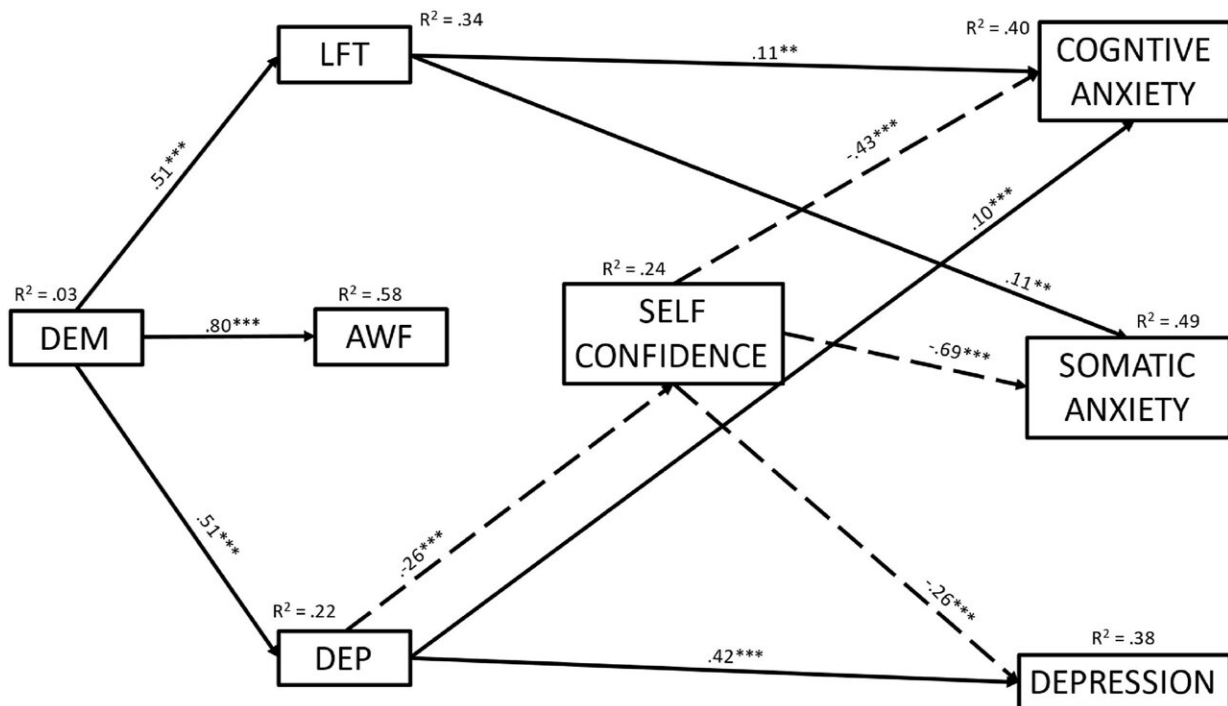


Study reveals warning signs of poor mental health in athletes

February 8 2023



Path analysis testing the revised model for the effect of irrational beliefs on self-confidence, cognitive and somatic anxiety, and depressive symptoms. Note: Cognitive and somatic anxiety refer specifically to competitive anxiety. Full lines denote significant positive relationships and dashed lines denote significant negative relationships. Numbers refer to standardized beta values. * = p

Citation: Study reveals warning signs of poor mental health in athletes (2023, February 8) retrieved 22 February 2023 from <https://medicalxpress.com/news/2023-02-reveals-poor-mental-health-athletes.html>

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