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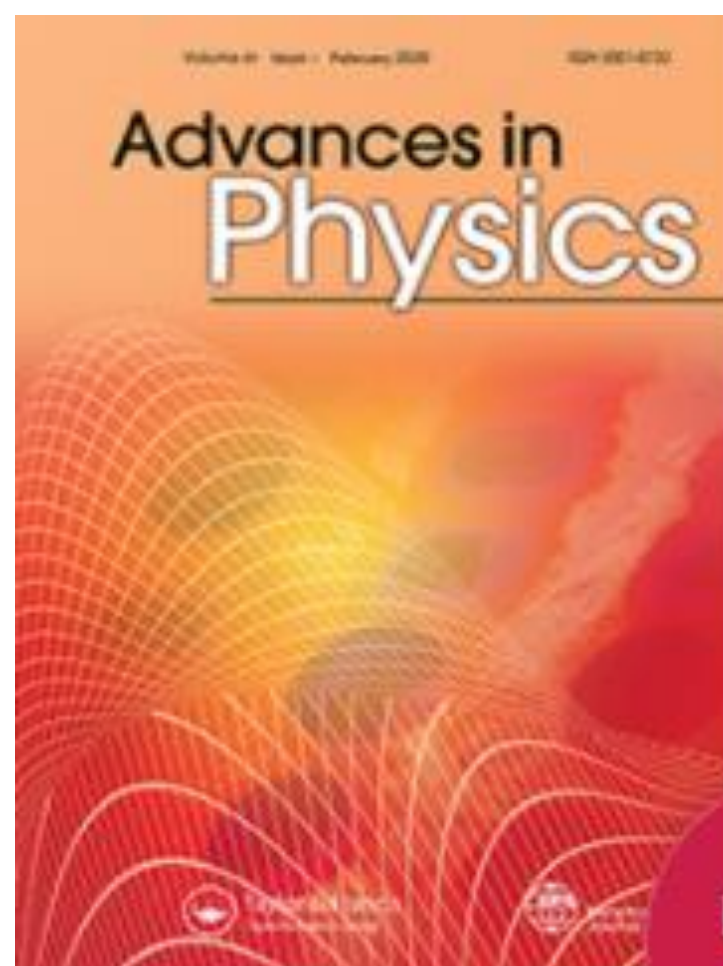
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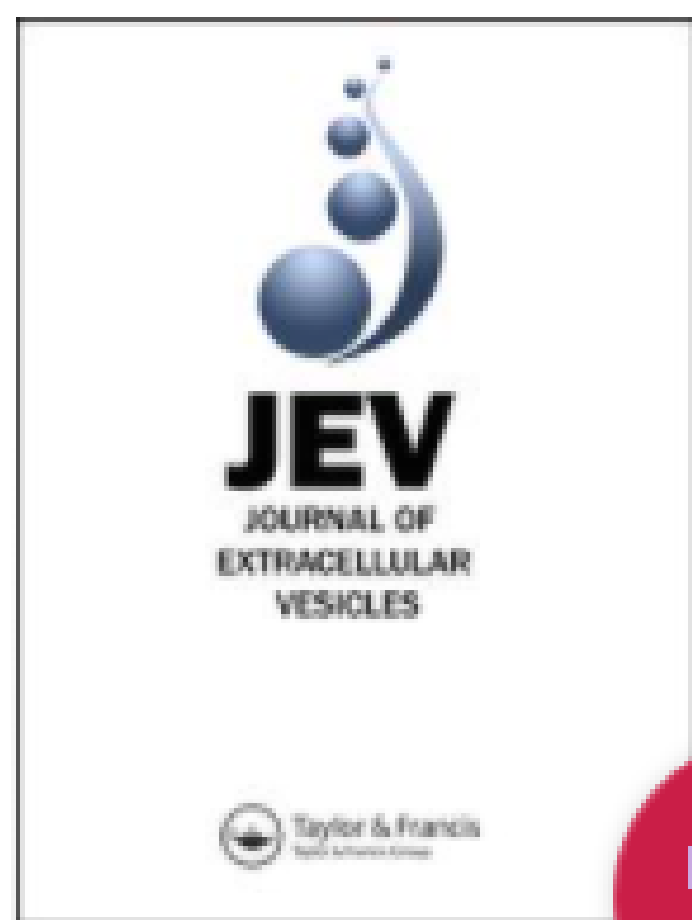
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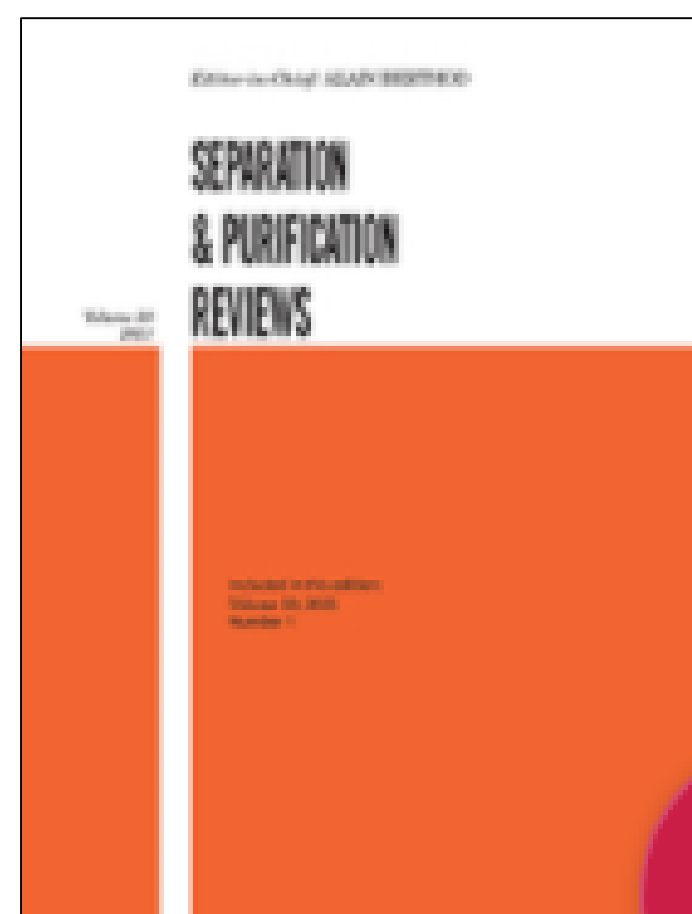
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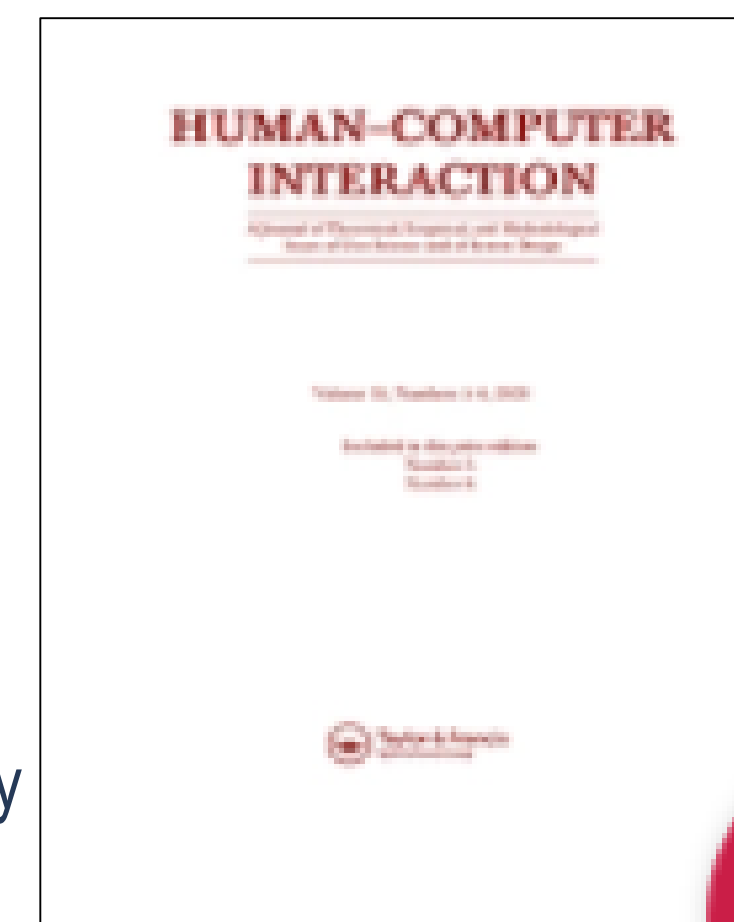
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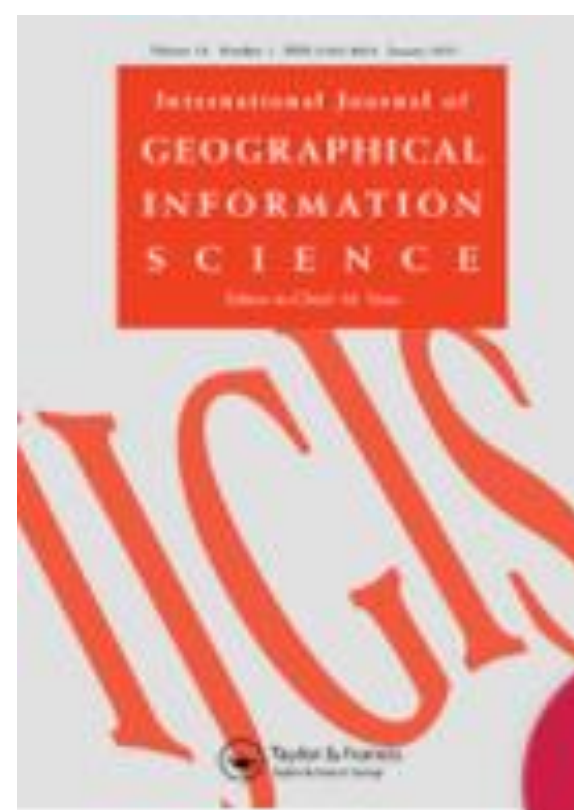
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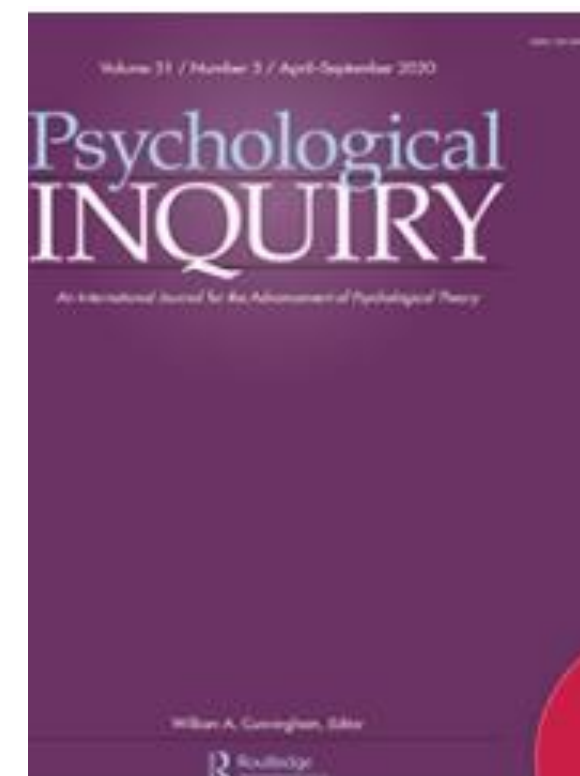
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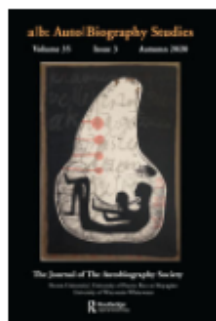
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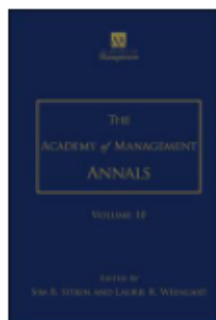
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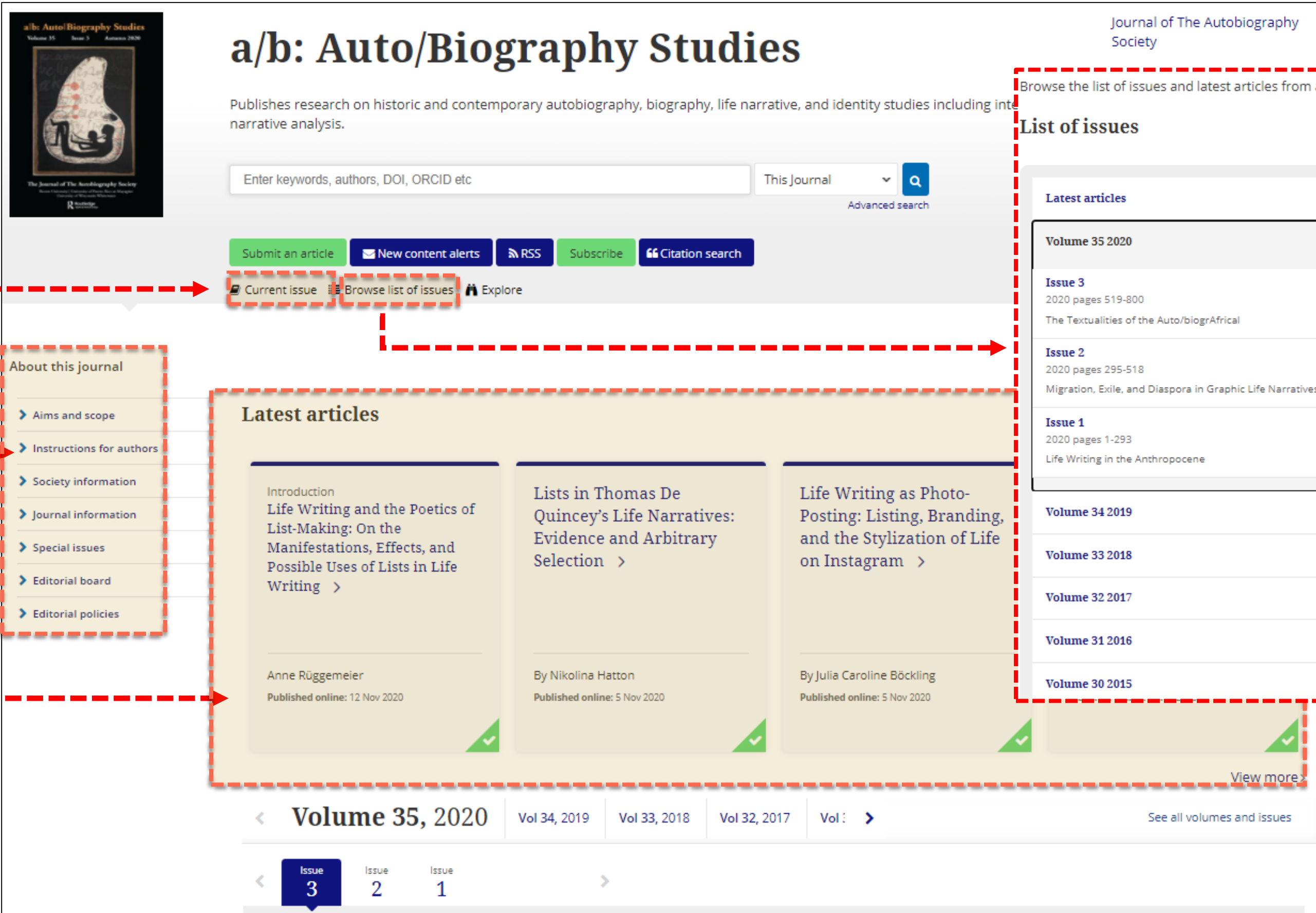
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When people speak or write about their experience of depression, a small number of metaphors often dominate their accounts. This article uses two graphic memoirs to show how comics artists may creatively transform such entrenched metaphors by drawing on the sociocultural conventions and formal properties of the medium.

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In 2010, two British graphic memoirs about the experience of suffering and recovering from clinical depression were published to considerable popular and critical acclaim. The stories in Darryl Cunningham's *Psychiatric Tales* are based on the diaries he kept during his work as a health-care assistant on an acute psychiatric ward, while also detailing his own struggle with severe anxiety and depression. Drawn in a style

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Choking interventions in sports: A systematic review

Peter Gröpel & Christopher Mesagno

Pages 176-201 | Received 21 Nov 2016, Accepted 14 Nov 2017, Published online: 19 Dec 2017

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ABSTRACT

Choking under pressure describes suboptimal sport performance in stressful situations, which has led to two fundamental 'choking' models: distraction and self-focus. The purpose of this review was to provide an overview of empirical studies that have tested interventions used to alleviate choking. The systematic review includes 47 empirical studies published up to April 2017, including experimental, quasi-experimental, and single-case studies with athletes. These studies encompassed a variety of interventions ($n = 13$) that were either distraction based or self-focus based. In addition, a third group – acclimatisation interventions – was identified. The results indicate that, in general, choking interventions based on both choking models and on acclimatisation provide a benefit to performance under pressure. The most reported effective interventions were pre-performance routines, quiet eye training, left-hand contractions, and acclimatisation training. The use of dual task was beneficial for performance under pressure but harmful when used in training. Mixed evidence was found for analogy learning, and null effects were reported for goal setting, neurofeedback training, and reappraisal cues. These results may help athletes and coaches select and implement effective strategies and methods to improve performance under pressure.

Q KEYWORDS: Choking under pressure, skilled performance, self-focus, distraction, intervention

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2. *Ashford, K., & Jackson, R. C. (2010). Priming as a means of preventing skill failure under pressure. *Journal of Sport & Exercise Psychology*, 32, 518–536. doi: 10.1123/jsep.32.4.518 [Crossref], [PubMed], [Web of Science ®], [Google Scholar]

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Introduction

Tim Borowski, a German national soccer player, is ready to take a penalty kick. If he fails to score, he would have to serve tonight's dinner to his teammates. Just before he shoots, however, something strange happens: Tim turns to his coach and teammates and shouts where he will kick the ball. To be sure, he also tells the goalkeeper. Another teammate is behind the goal jumping and waving his hands to distract Tim's attention. As Tim strikes the ball, the goalkeeper moves immediately to the corner where Tim shouted and where the ball is kicked, but Tim still scores. This is an example of another training day for the German soccer team. By practising these types of situations, the sport psychologist working with the team aims to

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Figure 1. PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analysis) chart of search strategy.

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Eligibility

Included

Records identified through database searching ($n = 529$)

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Records screened ($n = 526$)

Records excluded ($n = 471$)

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Full-text articles excluded ($n = 19$)

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Choking interventions in sports: A systematic review

Peter Gröpel^{a,b} and Christopher Mesagno^c

^aDepartment of Sport and Health Sciences, Technical University of Munich, Munich, Germany; ^bDepartment of Applied Psychology: Work, Education, Economy, University of Vienna, Vienna, Austria; ^cFaculty of Health, Federation University Australia, Ballarat, Victoria, Australia

ABSTRACT

Choking under pressure describes suboptimal sport performance in stressful situations, which has led to two fundamental 'choking' models: distraction and self-focus. The purpose of this review was to provide an overview of empirical studies that have tested interventions used to alleviate choking. The systematic review includes 47 empirical studies published up to April 2017, including experimental, quasi-experimental, and single-case studies with athletes. These studies encompassed a variety of interventions ($n = 13$) that were either distraction based or self-focus based. In addition, a third group – acclimatisation interventions – was identified. The results indicate that, in general, choking interventions based on both choking models and on acclimatisation provide a benefit to performance under pressure. The most reported effective interventions were pre-performance routines, quiet eye training, left-hand contractions, and acclimatisation training. The use of dual task was beneficial for performance under pressure but harmful when used in training. Mixed evidence was found for analogy learning, and null effects were reported for goal setting, neurofeedback training, and reappraisal cues. These results may help athletes and coaches select and implement effective strategies and methods to improve performance under pressure.

ARTICLE HISTORY

Received 21 November 2016
Accepted 14 November 2017

KEYWORDS

Choking under pressure; skilled performance; self-focus; distraction; intervention

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CONTACT

Peter Gröpel peter.groepel@univie.ac.at
The research began at the Technical University of Munich and concluded at the University of Vienna.
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