

## **Editorial**

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Welcome to the latest issue of Sport and Exercise Psychology Review. In this issue, we cover a range of interesting topics from both a research and applied perspective. Specifically, we focus on areas such as attachment, transnationalism, and experiences of pain. The articles presented provide novel insights and draw on contemporary methods. We hope you enjoy this issue.

Issue 2 of 2023 opens with an investigation of coach attachment patterns in the youth competitive and elite coaching community by Ashley Meggitt and colleagues from Anglia Ruskin University. Secure attachment orientation is seen to be vital to emotional regulation which subsequently affects the quality and effectiveness of coaching, as well as athletes' wellbeing and coach-athlete relationship. In Meggitt and colleagues' original research of 107 UK-based coaches (all level 2 or above) across multiple sports, only 51% demonstrated a secured attachment orientation with the rest being dismissive (13%), preoccupied (25%), and fearful-avoidant (11%). The results revealed the potential struggles competitive coaches have been experiencing, in this UK sample. Overall, the findings call for sport psychology practitioners to direct their attention and intervention efforts to competitive coaches for better coach-athlete interactions and their related outcomes in sport.

Next, the issue moves to a reflective piece of work on the influence of transnationalism, gender, and dual career on the professional development of a trainee sport psychologist by Lucrezia Fossi from University of Portsmouth and her supervisors. Seemingly, the philosophy and approach to sport psychology service delivery are largely impacted by a practitioner's life experience, values, and personal beliefs. Fossi and colleagues unfolded impacts from the perspectives of a transnational female dual career (i.e., athlete-coach) trainee sport psychologist. Despite the numerous challenges and barriers, Fossi and colleagues focused on demonstrating how reflection on experience and positive interpretations facilitated professional development and the capacity to overcome adversities. This work by Fossi et al. should encourage early

career or trainee sport psychologists to pause and reflect on experience (via positive interpretation) for their continuous development and to shape values and beliefs in their practices.

In a similar vein, the next article from Csenge Lantos and colleagues from the University of Portsmouth focused on the topic of transnational mobility with four UK-based transnational sport psychologists. Utilising a conversational research design the study yielded interesting findings around the challenges and benefits of their experiences, as well as their journeys to this point. Furthermore, the study highlights some of the coping mechanisms employed by these trainees. The findings offer important insights for training programmes and their affiliated organisations around how to support transnational trainees.

Last, Lloyd Emeka and Carla Meijen from St. Mary's University focus the on lived experience of pain tolerance in male ultra-marathon runners. These authors highlight the lack of research focusing on lived experiences within this context at present. To address this concern semi-structured interviews were conducted with six male ultra-marathon runners and were analysed via Interpretative Phenomenological Analysis. Through these multiple narratives, the findings provide an essential insight for researchers and practitioners around the distinction between real pain and discomfort as well as how this is grounded within the ultra-running context.