

# Bibliography

1. Cooper, S. E. (2019). Introduction to the special issue on coaching elite performers. *Consulting Psychology Journal: Practice and Research*, 71(2), 63–71. <https://doi.org/10.1037/cpb0000140>
2. Cupples, B., O'Connor, D., & Cobley, S. (2021). Facilitating transition into a high-performance environment: The effect of a stressor-coping intervention program on elite youth rugby league players. *Psychology of Sport & Exercise*, 56. <https://doi.org/10.1016/j.psychsport.2021.101973>
3. Burns, L., Weissensteiner, J. R., Cohen, M., & Bird, S. R. (2022). A survey of elite and pre-elite athletes' perceptions of key support, lifestyle and performance factors. *BMC Sports Science, Medicine & Rehabilitation*, 14(1), 1–12.
4. Manz, C. (2015). Taking the self-leadership high road: smooth surface or potholes ahead? *Academy of Management Perspectives*, 29(1), 132-151. <https://doi-org.proxy1.ncu.edu/10.5465/amp.2013.0060>
5. Gouttebauge, V., Castaldelli-Maia, J., Gorczynski, P., Hainline, B., Hitchcock, M., Kerkhoffs, G., Rice, S., & Reardon, C. (2019). Occurrence of mental health symptoms and disorders in current and former elite athletes: a systematic review and meta-analysis. *British Journal of Sports Medicine*, 53, 700-706. <https://bjsm.bmj.com/content/53/11/700>
6. Haraldsen, H. M., Nordin-Bates, S. M., Abrahamsen, F. E., & Halvari, H. (2020). Thriving, Striving, or Just Surviving? TD Learning Conditions, Motivational Processes and Well-Being among Norwegian Elite Performers in Music, Ballet, and Sport. *Roeper Review*, 42(2), 109–125.
7. Houlberg, B. J., & Scholefield, R. M. (2020). Developmental model of elite athletes: The integration of developmental science and practitioner experience. *Professional Psychology: Research and Practice*, 51(6), 550–559. <https://doi.org/10.1037/pro0000316>
8. O'Brien, K. T., & Kilrea, K. A. (2020). Unitive experience and athlete mental health: Exploring relationships to sport-related anxiety, motivation, and well-being. *The Humanistic Psychologist*. <https://doi.org/10.1037/hum0000173>
9. Outlaw, K., & Toriello, P. (2014). Off the court: Helping African American athletes address behavioral health concerns while using motivational interviewing. *Journal of Human Behavior in the Social Environment*, 24(5), 557-564. <https://doi-org.proxy1.ncu.edu/10.1080/10911359.2014.914761>
10. PAADS. (n.d.). Our story. <https://www.paads.org>
11. Petterson, H., & Olson, B. L. (2017). Effects of mindfulness-based interventions in high school and college athletes for reducing stress and injury, and improving quality of life. *Journal of Sport Rehabilitation*, 26(6), 578-587.
- Purcell, R., Gwyther, K., & Rice, S. M. (2019). Mental health in elite athletes: Increase awareness requires an early intervention framework to respond to athlete needs. *Sports Medicine - Open*, 5(1). <https://doi.org/10.1186/s40798-019-0220-1>
12. Puri, D., & Sood, S. (2018). Significance of positive mental health in student athletes. *Indian Journal of Health & Well-being*, 9(4), 609-615.
13. Reardon, C. L., Hainline, B., Miller Aron, C., Baron, D., Baum, A. L., Bindra, A., Budgett, R., Campriani, N., Castaldelli-Maia, J. M., Currie, A., Lee Derevensky, J., Glick, I. D., Gorczynski, P., Gouttebauge, V., Grandner, M. A., Hyun Han, D., McDuff, D., Mountjoy, M., Polat, A., & Purcell, R. (2019). Mental health in elite athletes: International Olympic Committee consensus statement (2019). *British Journal of Sports Medicine*, 53(11), 667-699.
14. Szatmari, B. (2021). Young stars and red giants: The moderating effect of age diversity on the relationship between the proportion of high performers and team performance. *Journal of Applied Psychology*. <https://doi.org/10.1037/apl0000971.supp> (Supplemental)

## EMERGENCY

In a crisis call "911" immediately

● If considering self-harm, call "988"

The National Suicide Intervention Lifeline

## SEXUAL MISCONDUCT

To speak to a counselor,

Call (800) 656-4673

RAINN

BULLYING/HAZING, VIOLENCE,  
ADDICTIONS & SUBSTANCE ABUSE

For helpful resources,

[thebmsproject.org/Safety](https://thebmsproject.org/Safety)

## CHILD ABUSE

To report suspected child abuse,

Call (800) 422-4453

Childhelp National Child Abuse Hotline

It is recommended that incident(s) of serious misconduct be reported to law enforcement.  
Minors should report incidents of misconduct to their parent(s) or guardian(s).