Girls, women, and female athletes in sport psychology: a decade-long review of the literature

**Problem**
There is a lack of visibility of girls, women, and female participants across research fields contributing to the perpetuation of existing inequities.

**Aim**
To explore whether these imbalances exist in sport psychology literature via a scoping review.

**Key Findings**

- **Underrepresentation**
  Over the past 10 years, more studies exclusively focusing on boys, men, and male athletes were published.

- **Selective Representation**
  Research is lacking for girls, women, and female athletes in recreational team sport contexts.

- **Reporting Challenges**
  Participant sex and gender descriptives were used interchangeably.

**Take-away**
Sport psychology researchers are encouraged to purposefully address specific issues affecting girl, women, and female athletes at all levels of sport while not conflating sex and gender.

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