

Measuring Collective Efficacy in Female Netball

This study developed a multidimensional measure of collective efficacy specific to the sport of netball using polytomous item response theory (PIRT), confirmatory factor analysis, and multi-level confirmatory factor analysis. Collective efficacy, an extension of Bandura's (1977, 1986, and 1997) self-efficacy construct, is the shared belief of a group in its abilities to work together to execute the actions required to reach a certain level of attainment. Because collective efficacy is proposed to be a team-level construct but is measured through individuals' perceptions of the team's efficacy, it leads to measurement issues. Another issue when developing new measures is the optimal rating scale. To address this issue, the authors used PIRT. PIRT leads to item statistics that are sample invariant, and item statistics are not dependent on other items in a measure; therefore, it provides a more flexible approach to test development and score interpretation. The authors also note that most studies examining collective efficacy where data were aggregated have not provided evidence of multilevel measurement. To fill this gap, the authors use multilevel confirmatory factor analysis to simultaneously consider the individual and group-level data to provide evidence of the hypothesized factor structure. Archival data from two datasets were combined and included 537 high-level netball players from 56 different teams. The collective efficacy measure included 25 items divided into six subscales (labeled attack, defense, motivation, obstacles, communicate, and general). Participants answered items on an 11-point Likert scale. To establish convergent validity, participants also completed the Group Environment Questionnaire. Overall, the results from this study provided good evidence that the 25-item measure represents the six-factor model well at both the individual and team level. The authors note that the results provide evidence of the utility of PIRT and multilevel confirmatory factor analysis when developing and analyzing multilevel constructs by providing item-level and cross-level analyses.

Fletcher, R.B., Wilkinson, H., Bladon, H., & Gargiulo, A. (2017). Developing a measure of collective efficacy for female netball using polytomous item response modeling and multilevel confirmatory analysis. *Group Dynamics: Theory, Research, and Practice*, 21, 61–76. doi:10.1037/gdn0000062

Journal website: <http://www.apa.org/pubs/journals/gdn/>
Author website: https://www.massey.ac.nz/massey/learning/colleges/college-humanities-social-sciences/staff/staff_home.cfm?stref=243530

Self-Determined Motivation Is Good for Your Heart

Cardiovascular disease (CVD) is a significant global health concern, with an estimated 23.6 million CVD-related deaths per year worldwide by 2030. Behavior changes related to adopting a healthy lifestyle, such as increasing physical activity (PA) and engaging in healthy eating (HE), can help reduce the negative outcomes related to CVD. Drawing upon Self-Determination Theory, this study examined whether more autonomous motivation and perceived competence would predict a greater adoption of PA and HE behaviors, which in turn would lead to positive psychological and physiological health outcomes. This study extended previous studies by examining patients with CVD adoption of both healthy

behaviors—PA and HE—in the same investigation. A secondary focus was on the role of moderate/strenuous PA compared with mild PA in predicting patients' long-term health. Immediately following a CVD diagnosis, participants were recruited for this year-long study. The sample included 401 men and 124 women who were, on average, 60 years old (range: 28–75 years old). Participants were assessed on physiological and psychological variables four times over a 12-month period, with about half ($n = 262$) completing measurements at all time points. Results revealed that individuals who reported more self-determined motivation in general also felt more autonomously motivated to make healthy lifestyles changes in terms of HE and PA. Greater feelings of perceived competence predicted more HE and moderate/strenuous PA but not mild PA. HE at 6 months was predictive of life satisfaction and reduced waist circumference at 12 months, whereas moderate/strenuous PA predicted positive changes in physiological indicators (i.e., reduced triglycerides and cholesterol levels). These findings highlight the importance of self-determined, rather than controlled, motivation in determining whether individuals make long-term lifestyle changes. Of note, self-determined motivation led to patients with CVD engaging in more vigorous PA, which translated to improved physiological health. The authors suggest health care professionals find ways within cardiac rehabilitation settings to engender autonomous motivation and increased perceptions of competence.

Guertin, C., Pelletier, L.G., Émond, C., & Lalande, G. (2017). Change in physical and psychological health over time in patients with cardiovascular disease: On the benefits of being self-determined, physically active, and eating well. *Motivation and Emotion*, 41, 294–307. doi:10.1007/s11031-017-9608-8

Journal website: <https://link.springer.com/journal/11031>
Author website: <http://socialsciences.uottawa.ca/human-motivation/people/guertin-camille>

Is “Fitspiration” Inspiring the Right Things?

“Fitspiration” refers to images or text posted on social media in order to inspire people to be healthier—often through diet and physical activity. However, although they are designed to promote health, they often depict very lean and fit body types that are unattainable for most women, focus on appearance over function, and, in many instances, promote unhealthy diet and exercise behaviors. This study investigated whether women who posted fitspiration on Instagram reported more unhealthy eating and exercise behaviors compared with other female Instagram users. A total of 203 female Instagram users (101 posted Fitspiration images and 102 posted travel images) completed measures of drive for thinness, drive for muscularity, bulimia, and body dissatisfaction, as well as compulsive exercise. Results showed that the Fitspiration group (which was slightly younger) reported higher drive for thinness and bulimia, as well as higher drive for muscularity and compulsive exercise. In addition, a significantly greater proportion of women in the Fitspiration group were considered at risk for eating disorders than in the travel image group. The authors concluded that, although Fitspiration images are supposed to inspire health and fitness, women who post these messages may

actually have unhealthy attitudes and behaviors toward diet and exercise. It is possible that they use these images as a socially acceptable way to justify their own unhealthy behaviors. Future research should investigate the effect of simply viewing these images as well.

Holland, G., & Tiggemann, M. (2017). “Strong beats skinny every time”: Disordered eating and compulsive exercise in women who post fitspiration on Instagram. *International Journal of Eating Disorders*, 50, 76–79. doi:10.1002/eat.22559

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That’s My Team—And It Makes Me Feel Better

The primary aim of this study was to examine the impact of team identification and social connectedness on meaning in life. A sense of meaning in one’s life is an indicator of well-being, and it can involve both personal and social aspects of psychological health. Previous research has indicated that sport team identification is associated with both well-being and meaning in life. Building upon this work, the current study examined the interrelationships among team identification, social connectedness, and meaning in life and used the Team Identification-Social Psychological Health Model as the guiding framework. The authors hypothesized that level of identification with a local sport team would positively predict sense of belonging and meaning in life, and sense of belonging would mediate the relationship between team identification and meaning in life. Three hundred and eighty students completed a questionnaire packet containing demographic questions and measures of sport fandom, sense of belonging, presence of meaning in life, and sport spectator identification. Results indicated that sense of belonging mediated the relationship between team identification and meaning in life, as well as fandom and meaning in life. The results also showed that the correlated, but not redundant, constructs of fandom and identification can both lead to a sense of belonging, which then lead to the presence of meaning. The authors conclude that when combined with previous literature, the current study suggests that sport team identification, and possibly fandom, assists individuals in meeting three critical human needs: belonging, distinctiveness, and meaning.

Wann, D.L., Hacksthor, J., & Sherman, M.R. (2017). Testing the team identification-social psychological health model: Medial relationships among team identification, sport fandom, sense of belonging, and meaning in life. *Group Dynamics: Theory, Research, and Practice*, 21, 94–107. doi:10.1037/gdn0000066

Journal website: <http://www.apa.org/pubs/journals/gdn/>

Author website: <http://www.murraystate.edu/academics/CollegesDepartments/CollegeOfHumanitiesAndFineArts/Psychology/Faculty/DWannFacInfo.aspx>

Fixated on Health: A Cautionary Tale of Being an Exercise Science Student

Although it is well established that engaging in regular physical activity and limiting sedentary behavior and excessive caloric intake are good for one’s health, exaggerated attention on nutrition and physical activity may lead to negative health consequences. Orthorexia nervosa, a condition characterized by a fixation on health food, with attention on food quality (and not quantity), has

started to receive more attention in recent research. This study examined whether university students in health-oriented programs are more prone to developing signs of orthorexia nervosa compared with nonhealth-oriented programs. Differences in health status, physical activity, and orthorexia nervosa between students enrolled in exercise science and business programs were examined. University students ($N=327$) from either the exercise science or business program completed a series of questionnaires, which measured health status (quality of life), physical activity (walking, sitting, and moderate- and vigorous-intensity physical activity), and orthorexia nervosa. The results showed that students from the exercise science program had worse scores on physical functioning, role-physical, and bodily pain subscales but higher general health than students in the business program. Physical activity levels did not differ between the two groups. Exercise science students displayed signs of orthorexia nervosa to a greater extent than business students. There was a higher frequency of orthorexia nervosa in the exercise science students than in business students. Men in the exercise science program showed signs of orthorexia nervosa in combination with high levels of physical activity most often. These findings are important given that many of these exercise science students will go onto careers that may involve coaching individuals about health and wellness. It is important that such role models demonstrate a balanced approach to engaging in physical activity and healthy eating, such that the focus on health does not become a fixation leading to orthorexia nervosa.

Malmborg, J., Bremander, A., Olsson, M.C., & Bergman, S. (2017). Health status, physical activity, and orthorexia nervosa: A comparison between exercise science students and business students. *Appetite*, 109, 137–143. <http://dx.doi.org/10.1016/j.appet.2016.11.028>

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Team Sport Participation Buffers Peer Rejection for Depressive Boys

Aggressive and depressive symptoms have been linked to problematic peer relationships during adolescence, including negative treatment by one’s peer group and a lack of acceptance from peers. Given the potential socioemotional benefits of sport participation, the authors of this study were interested in seeing if the frequency and type of sport participation moderated the relationship between depressive and aggressive symptoms and peer rejection. It was hypothesized that previous depressive and aggressive symptoms would predict peer rejection the following year, and that these relationships would be weaker for boys (than girls) and participants in team sports (than individual sport participants). The sample for this longitudinal study included 291 White boys and girls (approximately 50%) who were surveyed during Grade 6 in elementary school and 1 year later during Grade 7 in secondary school. At Time 1, participants self-reported the amount and type (individual vs. team) of sport participation, as well as their socioeconomic status and perceived athletic and social competence. They also completed peer nominations to indicate which classmates were experiencing depressive symptoms (e.g., “Those who are unhappy or sad”) and aggressive symptoms (e.g., “Those who start a fight over nothing”). At Time 1 and Time 2, youth were asked to identify