

Is Machiavellianism a Source of Positive Doping Attitudes?

The use of performance-enhancing drugs in sport is an issue of growing concern for governing bodies and health authorities. Recent high-profile examples of doping show its deleterious effects for the image of sport, fair competition, and athlete well-being. Having a positive attitude toward performance-enhancing drugs is a strong predictor of their use. Thus, in seeking to develop preventive interventions, it is important to identify antecedents that confer vulnerability to positive doping attitudes. Among these antecedents are personality characteristics, such as neuroticism and perfectionism. Other potential constellations of risk factors for positive doping attitudes may be the Dark Triad of Machiavellianism (manipulating others and thinking only of oneself), narcissism (having an overinflated view of oneself), and psychopathy (being impulsive and lacking empathy to others). This was the hypothesis of Nicholls et al., who tested relationships between the Dark Triad and positive doping attitudes in a recent cross-sectional study of amateur and professional athletes. In their study, 285 amateur, semiprofessional, and professional athletes between the ages of 18 and 30 years were surveyed on their levels of Machiavellianism, narcissism, and psychopathy alongside a measure of positive doping attitudes. Results revealed that both Machiavellianism and psychopathy positively predicted positive doping attitudes. Furthermore, in the multiple regression model, Machiavellianism emerged as the strongest predictor. These findings are the first to highlight that manipulation, deceit, and self-centeredness (i.e., Machiavellianism) may be salient characteristics of those athletes who are vulnerable to positive doping attitudes. Hence, they provide much needed insight on both screening and potential intervention.

Nicholls, A.R., Madigan, D.J., Backhouse, S.H., & Levy, A.R. (2017). Personality traits and performance enhancing drugs: The Dark Triad and doping attitudes among competitive athletes. *Personality and Individual Differences, 112*, 113–116. doi:10.1016/j.paid.2017.02.062

Journal website: <https://www.journals.elsevier.com/personality-and-individual-differences>

Author website: <http://www.hull.ac.uk/Faculties/staff-profiles/Professor-Adam-Nicholls.aspx>

Physically Active Older Adult Women Focus on Health and Functionality to Cope With Their Aging Bodies

The older adult population is steadily increasing. There is an identified need to explore older adult women's perceptions and experiences of coping with changes to their body's appearance, functionality, and health. The current study explored how physically active older women cope with their aging bodies and how they perceive the role of self-compassion in shaping their perceptions of their bodies. Twenty-one women aged 65–94 years participated in the study, and data were analyzed using thematic analysis. The participants were not only appreciative of their body's functionality but also engaged in self-criticism. To negotiate these perceptions, the women placed less emphasis on

appearance and focused on health and physical functioning. There was, however, evidence that they made efforts to manage their appearance in many ways, such as by styling their hair, using antiaging cream, engaging in physical activity, and dieting. The participants also engaged in downward and upward social comparisons to assess the adequacy (or inadequacy) of their bodies. Downward comparisons often led to feelings of body pride, whereas upward comparisons generally led to more negative feelings. The women felt that although self-compassion may be useful for helping some older women cope with their aging bodies, it was difficult and idealistic because the physical changes associated with aging moved them away from the ideal of youthfulness. They also noted that self-compassion changed over time and was easier to practice in some situations than others. The findings inform body image and self-compassion programs for older women, suggesting that a focus on functionality and health may be relevant, and self-compassion should be defined to ensure program relevance.

Bennett, E.V., Hurd Clarke, L., Kowalski, K.C., & Crocker, P.R.E. (2017). "I'll do anything to maintain my health": How women aged 65–94 perceive, experience, and cope with their aging bodies. *Body Image, 21*, 71–80. doi:10.1016/j.bodyim.2017.03.002

Journal website: <https://www.journals.elsevier.com/body-image>

Author website: <http://kin.educ.ubc.ca/erica-bennett/>

Harnessing the Power of the Group to Promote Physical Activity Self-Management

Knee osteoarthritis (OA) is a chronic degenerative disease and is one of the primary causes of physical disability associated with aging. Physical activity is regarded as a key disease-related prevention and management strategy for individuals with knee OA, yet rates of participation in regular physical activity are low. The authors employed a group-mediated and social cognitive theory-based intervention approach that has been demonstrated to be an effective means of promoting long-term physical activity adherence. A group dynamics approach was used to facilitate group cohesion and intervention adherence and to foster peer support. Self-regulatory efficacy is a key adherence cognition within social cognitive theory that represents individuals' confidence to carry out self-management behaviors (e.g., self-monitoring, goal setting). Enhancing self-regulatory efficacy is an important intervention outcome given its association with long-term physical activity adherence. The primary purpose of this pilot investigation was to examine the 12-month social cognitive outcomes of a group-mediated cognitive-behavioral physical activity intervention compared with traditional care in a sample of 40 individuals with knee OA. The traditional exercise program involved 3 months of group exercise sessions, 3 times per week. In the group-mediated cognitive-behavioral intervention, group-based cognitive-behavioral counseling was integrated with the same exercise program. At 12 months, compared with traditional care, participants in the intervention reported higher self-regulatory efficacy beliefs ($M = 62$ vs. 46 out of 100), higher mobility-related self-efficacy beliefs ($M = 82$ vs. 72 out of 100), and greater satisfaction with their

physical function ($M=1.22$ vs. 0.80 on a $+3$ to -3 scale). In addition, change in these three outcomes was associated with increased mobility and physical activity engagement at 12-month postintervention. These findings support previous research demonstrating the effectiveness of this intervention in a variety of populations (e.g., older adult, working mothers). This pilot intervention demonstrated promise for group-mediated cognitive-behavioral physical activity interventions for enhancing important adherence-related cognitions in a sample of individuals with knee OA and may warrant a large-scale efficacy trial in the future.

Focht, B.C., Garver, M.J., Lucas, A.R., Devor, S.T., Emery, C.F., Hackshaw, K.V., . . . Rejeski, W.J. (2017). A group-mediated physical activity intervention in older knee osteoarthritis patients: Effects on social cognitive outcomes. *Journal of Behavioral Medicine*, *3*, 530–537. doi:10.1007/s10865-017-9822-6

Journal website: <https://link.springer.com/journal/10865>

Author website: <https://ehe.osu.edu/human-sciences/directory/?id=focht.10>

Team Building: Conceptual, Methodological, and Applied Considerations

Competition and comparison are inherent in sport and sport teams. Accordingly, researchers and practitioners strive to understand how they can maximize the effectiveness of their teams to outperform others. Within the current article, the authors highlight the need to focus on both the composition of team members and the manner in which those members interact and function as a collective. This second need—to improve the functioning of a team—has predominantly been investigated under the guise of team building in sport. Historically, team-building research has focused on the development of group cohesion. Prior research has shown that team-building interventions in sport yield moderate/large effects for team performance, large effects for athlete cognitions, yet small and nonsignificant effects for social and task cohesion. Goal-setting interventions are the most effective, and the delivery method (i.e., direct vs. indirect) is inconsequential. Finally, the longer the team-building intervention, the better. The most relevant of these findings for the current article, however, was the lack of effectiveness in relation to cohesion, as a follow-up citation network and genealogical analysis by Bruner et al. (2013) highlighted the almost exclusive focus of team-building interventions for the development of cohesion. In recognizing the salience of cohesion within the team-building literature, the authors introduce teamwork as an important consideration for building and improving the functioning of team. Importantly, they highlight that teamwork involves more than increasing cohesion, but rather focuses on team members engaging in behaviors that maximize the likelihood of a team achieving its purpose. In this conceptualization, cohesion is a by-product (or emergent state) derived from proper teamwork. The authors introduce an integrative conceptual model of teamwork, which involves two foundational components—the management of team maintenance (behaviors to keep the team together) and the regulation of team performance (behaviors to achieve the team's goals). Two avenues worthy of future attention are also advanced, with the first being the development and validation of psychometrically sound assessment procedures for the components identified within the conceptual model. The second suggestion pertains to the need to develop, conduct, and evaluate interventions aimed at enhancing team maintenance and team performances, and the authors highlight the paucity of such work in sport, in comparison with other fields such as organizational

psychology. To conclude, although much of the team-building research in sport has involved cohesion, additional mechanisms involved in optimal team functioning exist, and teamwork represents one avenue worthy of continued attention.

Beauchamp, M.R., McEwan, D., & Waldhauser, K.J. (2017). Team building: Conceptual, methodological, and applied considerations. *Current Opinion in Psychology*, *16*, 114–117. doi:10.1016/j.copsyc.2017.02.031

Journal website: <http://www.sciencedirect.com/science/journal/2352250X?sd=1>

Author website: <http://kin.educ.ubc.ca/person/mark-beauchamp/>

Evidence That Mental Toughness May Provide Resiliency to Controlling Coaching

Mounting evidence now indicates that controlling coaches contribute to an array of negative outcomes for athletes. For instance, coach behaviors that include intimidation, pressure, and conditional regard predict higher anxiety, disaffection, and burnout in athletes. A question that arises from this work is whether there are any personal characteristics that might provide some resiliency to the debilitating effects of controlling coaching. This study sought to address this question and reasoned that athletes with higher mental toughness, the ability to achieve high levels of performance despite challenges and adversity, would cope better with pressures that are exerted by controlling coaches. In their study, 232 female youth netball players between the ages of 11 and 17 years were surveyed on perceptions of their coaches' controlling style, their own mental toughness, and two dimensions of thriving, namely learning and vitality. Results revealed that, in line with existing research, perceptions of a coach using a controlling interpersonal style were negatively associated with both dimensions of thriving, whereas mental toughness was positively associated with thriving. Moreover, for the learning dimension of thriving, this relationship was moderated by mental toughness such that the relationship between controlling style and learning was weaker among those high in mental toughness. These findings are the first to highlight that mental toughness may act as a potential buffer to the adverse effects of a controlling interpersonal style by coaches. The importance of this result notwithstanding, it will be important for researchers to continue to investigate how to encourage coaches to reduce their use of controlling behaviors. Furthermore, practitioners should identify how they can help athletes be mentally tough when their coaches are controlling.

Gucciardi, D.F., Stamatis, A., & Ntoumanis, N. (2017). Controlling coaching and athlete thriving in elite adolescent netballers: The buffering effect of athletes' mental toughness. *Journal of Science and Medicine in Sport*, *20*, 718–722. doi:10.1016/j.jsams.2017.02.007

Journal website: <https://www.journals.elsevier.com/journal-of-science-and-medicine-in-sport>

Author website: <https://staffportal.curtin.edu.au/staff/profile/view/D.Gucciardi>

Academic-Community Partnerships May Facilitate Childhood Obesity Prevention Programs in Head Start Sites

Community-based approaches for the prevention and management of childhood obesity are warranted in light of the alarming increase