SLU Sport Psychological Sciences and Consultation Lab
Manuscripts, Publications, and Presentations
2023

Peer Reviewed Journal Publications

Soulliard, Z. A., Fitterman-Harris, H. F., Perry, J. P., Poe, L., & Ross, M. J. (2021). Differences in body appreciation and functionality appreciation outside of and directly following sport among collegiate student athletes. *The Sport Psychologist*. https://doi.org/10.1123/tsp.2020-0175.

Merz, Z., Perry, J., Hansen, A., & Ross, M. (2020). The cost of mental illness: The public's derogation of athletes with psychological distress. *Stigma and Health.* https://doi.org/10.1037/sah0000213

Perry, J., Hansen, A., Ross, M., Montgomery, T., & Weinstock, J. (2019). Effectiveness of athletes' mental strategies in maintaining high heart rate variability: Utility of a brief athlete-specific stress assessment protocol. *Journal of Clinical Sport Psychology, 13, 41-55.* DOI: 10.1123/jcsp.2017-0016.

Hansen, A., Perry, J., Ross, M., & Montgomery, T. (2018). Facilitating a successful transition out of sport: Introduction of a student-athlete workshop. *Journal of Sport Psychology in Action*, DOI: 10.1080/21520704.2018.1463329

Merz, Z., Perry, J., & Ross, M. (2018). The role of the clinical sport neuropsychologist: An introductory case example. *Case studies in Sport and Exercise Psychology, 2, 1-11.*

Garner, A., Hansen, A., Baxley, C., & Ross, M. (2018). The use of stimulant medicine to treat attention-

Perry, J. E., Ross, M. J., Weinstock, J., & Weaver, T. (2017). Efficacy of a brief mindfulness intervention to enhance athletic task performance. *The Sport Psychologist***,** *31* (4), 410-421. DOI: 10.1123/tsp.2016-0130.

Perry, J.E., Ross, M., Weinstock, J., & Gfeller. (2017). Examining the interrelationships between motivation, conscientiousness, and individual sport performance. *Journal of Sports Science ,5,* 46-156. DOI: 10.17265/2332-7839/2017.03.002

Montgomery, T., Ross, M., Perry, J., & Hansen, A. (2017). The mental workout: Implementing phase 1 of the ten-minute toughness mental-training program. *Journal of Sport Psychology in Action,* DOI: 10.1080/21520704.2017.134213.

Perry, J. & Ross, M. (2016). Establishing a focus in sport psychology within a clinical psychology doctoral program: Reflections from a pilot year. *Journal of Sport Psychology in Action, 7,* 1-9.

Peer Reviewed Presentations

Collins, J., Fiorenzo, I., & Ross, M. (2021, October). *Applying athletic values and executive coaching to team and culture alignment with NCAA athletics.* Workshop presented at the 36th annual meeting of the Association for Applied Sport Psychology (AASP), Las Vegas, NV.

Fiorenzo, I., Perry, J., Weinstock, J., & Ross, J. (2021, October). *The impact of injury status on athlete psychological well-being during the COVID-19 pandemic.* Poster presented at the 36th annual meeting of the Association for Applied Sport Psychology (AASP), Las Vegas, NV.

Collins, J., Lowell, K., Fiorenzo, I., & Ross, M. (2021, October). *Differences in athletic values based on gender, academic standing, and team v. individual sports.* Poster presented at the 36th annual meeting of the Association for Applied Sport Psychology (AASP), Las Vegas, NV.

Bruce, M. J., Lowell, K. Collins, J., Fiorenzo, B. Merz, Z., Perry, J., & Ross, M. (2021, October). *Into the zone: Differences in flow states across individualized and team sports.* Poster presented at the 36th annual meeting of the Association for Applied Sport Psychology (AASP), Las Vegas, NV.

Collins, J., Oberle, J., & Ross, M. (2020, October). *Applying athletic values and*
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McGrath, A., Soulliard, Z., Perry, J., Poe, L., & Ross, M. (2020, October). *Functionality appreciation among student-athletes outside of sport vs. following sport practice.* Poster presented at the 35th Annual Meeting of the Association of Applied Sport Psychology

Poe, L.M., Evans, L., Collins, J., Shulze, J., Hansen, A.A., Montgomery, T., Perry, J.E., & Ross, M.J. (2019, October). *Sources of Stress and Coping Influences on Coherence Scores in Collegiate Athletes.* Poster presented at the 34th Annual Meeting of the Association of Applied Sport Psychology (AASP), Portland, Oregon.

Perry, J. E., Hansen, A. A., Montgomery, T., Ross, M.J.nsP at th6 692z As. cto8Artifacc (e)4 (d)ob.Ju

Lace, J., Dorflinger, J., Ross, M. & Gfeller, J. (2018, February). *Convergent and divergent validity between ImPACT and CPT3.* Presentation at the International Neuropsychological Society, Washington, DC.

Lace, J., Dorflinger, J., Ross, M. & Gfeller, J. (2018, February). *Relationships between parent- and self-reported executive dysfunction in adolescents with mild traumatic brain injury.* Presentation at the International Neuropsychological Society, Washington, DC.

Perry, J., Ross, M., Weinstock, J., & Weaver (2017, October). *Investigation of a brief mindfulness intervention to enhance athletic performance: Research findings and clinical applications.* Poster presented at the 32nd Annual Meeting of the Association of Applied Sport Psychology (AASP), Orlando, FL.

Hansen, A., Perry, J., Ross, M., Montgomery, T., & Merz, Z. (2017, October). *Development of the sport psychology outcomes and research tool (SPORT).* Poster presented at the 32nd Annual Meeting of the Association for Applied Sport Psychology (AASP), Orlando, FL.

Merz, Z. C., Perry, J., Ross, M., Montgomery, T., & Hansen, A. (2017, October). *Experiences of flow among individual and team-based collegiate athletes.* Poster presented at the 32nd Annual Meeting of the Association for Applied Sport Psychology (AASP), Orlando, FL.

Merz, Z. C., Ross, M., Perry, J., Montgomery, T., & Hansen, A. (2017, October). *An exploration of the taxonomy of collegiate athletic values.* Poster presented at the 32nd Annual Meeting of the Association for Applied Sport Psychology (AASP), Orlando, FL.

Kauffman, K., Soulliard, Z.A., Perry, J., Montgomery, T., Hansen, A., Merz, Z., & Ross, M. (2017, October). *Influences of intrinsic and extrinsic motivation on flow state*. Poster presented to the Association for Applied Sport Psychology, Orlando, FL.

Ross, M., & Perry, J. (2017, August). *Interventions to improve student-athlete well-being.* In D. Glenwick, Y. Harps-Logan, M. Ross, & J. Perry, *Faculty Athletic Representative to the NCAA: An innovative service position for academic psychologists.* Symposium conducted at the annual meeting of the American Psychological Association, Washington, DC.

Perry, J. E., Ross, M. J., Montgomery, T., Hansen, A., & Weinstock, J. (2016, September). *Effectiveness of athletes' coping strategies in maintaining high heart rate variability: Examination of the physiological recovery of collegiate soccer players.* Poster presentation at the Association for Applied Sport Psychology, Phoenix, AZ.

Montgomery, T., Perry, J. P, Hansen, A., & Ross, M.J. (2016, September). *An exploratory analysis of sport motivation within men and women collegiate soccer players.* Poster presentation at the Association for Applied Sport Psychology, Phoenix, AZ.

Hansen, A., Perry, J. E., Montgomery, T., & Ross, M. J. (2016, September). *Sources of sport confidence among NCAA division 1 colligate student-athletes.* Poster presentation at the Association for Applied Sport Psychology (AASP). Phoenix, AZ.

Hansen, A., Johansson, P., & Ross, M. J. (2016, September). *Eating disorder risk factors in adolescent athletes: The relationship to individual goal orientation and perceived motivational climate.* Poster presentation at the Association for Applied Sport Psychology (AASP). Phoenix, AZ.

Merz, Z. C., Perry, J., & Ross, M. (September, 2016). *Experiences of Flow State Among Collegiate Team-Sport Athletes.* Poster presentation at the 31st Annual Meeting of the Association for Applied Sport Psychology (AASP), Phoenix, AZ.

Invited Presentations

Ross, M. & Fiorenzo, I. (2021, January). Psychological factors in the adjustment and recovery from sport injuries. Presentation at the virtual *SSM Select Conference on the Ultimate Return to Sport: A Multidisciplinary Approg**gA(f1 (oggA(f1 .72 134.28 6 ref a2-3 (op7TT1 1 T1 2 (at)-2 (e)4 (U)2*