

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>

Soulliard, Z., Kauffmann, A., Fitterman-Harris, H., Perry, J., & Ross, M. (2019). Examining relationships between positive body image, sport confidence, flow state and subjective performance among student-athletes. *Body Image*, 28, 93-100. DOI: <https://doi.org/10.1016/j.bodyim.2018.12.009>.

Hansen, A., Perry, J., Lace, J., Merz, Z., Montgomery, T. & Ross, M., (2019). Development and validation of a monitoring instrument for sport psychology practice: The Sport Psychology Outcomes and Research tool (SPORT). *Journal of Clinical Sport Psychology*, 13, 4, 543-560. DOI: 10.1123/jcsp.2018-0063.

Brauer, A., Athey, A., Ross, M., & Grandner, M. (2019). Sleep and health among collegiate student athletes. *CHEST*, 156, 6, 1234-1245. DOI: 10.1016/j.chest.2019.08.1921.

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-deficit disorder in elite athletes: A performance and health perspective. *Sport Medicine*, 48(3), 507-512. DOI: 1007/s40279-017-0829-S.

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., & Ross, M. (2023, October). *The importance of identifying collegiate athlete burnout*. Presentation at the 38th annual meeting of the Association for Applied Sport Psychology (AASP), Orlando, FL.

Chang, A., Wieggers, E., Hanske, S., Grace, M., Arett, J., & Ross, M. (2023, October). *Emotion regulation training for adolescent athletes and their parents: Implementing a sport-specific Unified Protocol for adolescents approach*. Presentation at the 38th annual meeting of the Association for Applied Sport Psychology (AASP), Orlando, FL.

Borato, L., & Ross, M. (2023, October). *Sports trauma injury predicts flow state in collegiate athletes*. Presentation at the 38th annual meeting of the Association for Applied Sport Psychology (AASP), Orlando, FL.

Jefferis-Henriques, S., Wieggers, E., Chang, A., & Ross, M. (2023, October). *An examination of diversity in NCAA student-athletes, coaches, and administrators: The need for greater advocacy*. Presentation at the 38th annual meeting of the Association for Applied Sport Psychology (AASP), Orlando, FL.

Steins, R., Jefferis-Henriques, S., Fiorenza, I., Collins, J., & Ross, M. (2023, October). *Adopting a scientist-practitioner-advocacy model for graduate training in sport psychology*. Panel at the 38th annual meeting of the Association for Applied Sport Psychology (AASP), Orlando, FL.

Steins, R., Jefferis-Henriques, S., Borato, L., & Ross, M. (2023, October). *The application of feminist theory to athletic injuries: The role of gender in recovery and mental health*. Presentation at the 38th annual meeting of the Association for Applied Sport Psychology (AASP), Orlando, FL.

Steins, R., Wiegers, E., & Ross, M. (2023, October). *Implementing feminist theory for women athletes with eating disorders*. Presentation at the 38th annual meeting of the Association for Applied Sport Psychology (AASP), Orlando, FL.

Collins, J., Fiorenzo, I., Perry, J., Steins, R., & Ross, M. (2022, October). *The clinical sport psychologist: The scientist-practitioner model of integrating sport psychology in clinical psychology doctoral education and training*. Panel presented at the 37th annual meeting of the Association for Applied Sport Psychology (AASP), Fort Worth, TX.

Collins, J., Johnson, T., & Ross, M. (2022, October). *The contributions of sport psychology consultation: The road to the world championships for a female youth Irish dancer*. Poster presented at the 37th annual meeting of the Association for Applied Sport Psychology (AASP), Fort Worth, TX.

Eisenstein, A., Steins, R., & Ross, M. (2022, October). *Coping with adversity, but not mental toughness or athlete psychological strain, is associated with COVID-19 related anxiety in a mixed athlete sample*. Poster presented at the 37th annual meeting of the Association for Applied Sport Psychology (AASP), Fort Worth, TX.

Fiorenzo, I., & Ross, M. (2022, October). *Profiling sport psychology services with a circus performer: Utilization of an assessment battery*. Poster presented at the 37th annual meeting of the Association for Applied Sport Psychology (AASP), Fort Worth, TX.

Lowell, K., & Ross, M. (2022, October). *Routine outcome monitoring of sport psychology consultation services for underrepresented athletes*. Poster presented at the 37th Annual Conference of the Association for Applied Sport Psychology (AASP), Fort Worth, TX.

Chang, A., & Ross, M. (2022, October). *COVID and athletic identity*. Poster presented at the 37th Annual Conference of the Association for Applied Sport Psychology (AASP), Fort Worth, TX.

Payne, C., Weigers, E., & Ross, M. (2022, October). *Is psychological strain related to athlete age?* Poster presented at the 37th Annual Conference of the Association for Applied Sport Psychology (AASP), Fort Worth, TX.

Perry, J., Cowper, I., Landers, A., Fiorenzo, I., & Ross, M. (2021, October). *Psychological consequence of sport injury: Impact of competitive status*. Poster presented at the 36th annual meeting of the Association for Applied Sport Psychology (AASP), Las Vegas, NV.

Perry, J., Landers, A., Cowper, I., Fiorenzo, I., & Ross, M. (2021, October). *Examination of resilience and mental health symptom severity in injured athletes*. Poster presented at the 36th annual meeting of the Association for Applied Sport Psychology (AASP), Las Vegas, NV.

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 executive coaching to sport psychological consultation*. Poster presented at the 35th Annual Meeting of the Association of Applied Sport Psychology (AASP), Orlando, FL.

Fitterman-Harris, H., Soulliard, Z., Poe, L., Perry, J., & Ross, M. (2020, October). *Differences in sociocultural attitudes toward appearance among student-athletes and non-athletes*. Poster presented at the 35th Annual Meeting of the Association of Applied Sport Psychology (AASP), Orlando, FL.

Bruce, M., Shulze, J., Lowell, K., McGrath, A., Collins, J., Fiorenzo, I., & Ross, M. (2020, October). *Under pressure: Collegiate women athletes' experiences of introjected motivation across career stage and team types*. Poster presented at the 35th Annual Meeting of the Association of Applied Sport Psychology (AASP), Orlando, FL.

Evans, L., Poe, L., Shulze, J., Collins, J., & Ross, M. (2020, October). *Differences in performance satisfaction and athletic coping skills in collegiate athletes who are seeking or not seeking sport psychology services*. Poster presented at the 35th Annual Meeting of the Association of Applied Sport Psychology (AASP), Orlando, FL.

Evans, L., Shulze, J., Collins, J., & Ross, M. (2020, October). *Mental toughness as a predictor of coping in college athletes*. Poster presented at the 35th Annual Meeting of the Association of Applied Sport Psychology (AASP), Orlando, FL.

Poe, L., Evans, L., Fitterman-Harris, H., Collins, J., Shulze, J., Perry, J., & Ross, M. (2020, October). *Influence of mindfulness domains on mental toughness in collegiate athletes*. Poster presented at the 35th Annual Meeting of the Association of Applied Sport Psychology (AASP), Orlando, FL.

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 (AASP), Orlando, FL.

Shulze, J., Oberle, J., Gfeller, J., & Ross, M. (2020, October). *A cross-sectional study of collegiate athletes' stress, coping, and adjustment across years of academic transition*. Workshop presented at the 35th Annual Meeting of the Association of Applied Sport Psychology (AASP), Orlando, FL.

Fiorenzo, I., Shulze, J., Perry, J., Collins, J., & Ross, M. (2020, October). *Ice in their veins: Collegiate athlete coping during a physical stressor test*. Poster presented at the 35th Annual Meeting of the Association of Applied Sport Psychology (AASP), Orlando, FL.

Montgomery, T., Collins, J., & Ross, M. (2019, October). *A new approach to service delivery: An overview of utilizing an executive coaching approach to sport psychology services*. Workshop presented at the 34th Annual Meeting of the Association of Applied Sport Psychology (AASP), Portland, Oregon.

Evans, L., Poe, L.M., Shulze, J., Collins, J., Montgomery, T., Hansen, A.A., Perry, J.E., & Ross, M.J. (2019, October). *Influences of Gender and Type of Sport on Sources of Sports Confidence*. Poster presented at the 34th Annual Meeting of the Association of Applied Sport Psychology (AASP), Portland, Oregon.

Soulliard, Z., & Ross, M.J. (2019, October). *Using Mindfulness-Acceptance-Commitment to Learning Applied Sport Psychology: A Case Study with an Undergraduate Student-Athlete in a Senior Capstone Practicum*. Poster presented at the 34th Annual Meeting of the Association of Applied Sport Psychology (AASP), Portland, Oregon.

Collins, J., Shulze, J., Hansen, A.A., Montgomery, T., Perry, J.E., & Ross, M.J. (2019, October). *Comparison of Flow State Between Men's and Women's Division I Basketball Teams*. Poster presented at the 34th Annual Meeting of the Association of Applied Sport Psychology (AASP), Portland, Oregon.

Shulze, J., Collins, J., Soulliard, Z., Perry, J.E., Montgomery, T., Hansen, A.A., & Ross, M.J. (2019, October). *Influence of Sport Confidence on Flow State Among Track & Field and Cross Country Student-Athletes*. Poster presented at the 34th Annual Meeting of the Association of Applied Sport Psychology (AASP), Portland, Oregon.

Soulliard, Z., Fitterman-Harris, H., Poe, L.M., Perry, J.E., & Ross, M.J. (2019, October). *State-Based Versus Trait-Based Body Appreciation Among Student-Athletes*. Poster presented at the 34th Annual Meeting of the Association of Applied Sport Psychology (AASP), Portland, Oregon.

Collins, J., Shulze, J., Hansen, A.A., Montgomery, T., Perry, J.E., & Ross, M.J. (2019, October). *Upperclassmen versus underclassmen: Assessing the differences in sources of confidence in Division I field hockey athletes*. Poster presented at the 34th Annual Meeting of the Association of Applied Sport Psychology (AASP), Portland, Oregon.

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., & Shulze, J. (2018, October). *Preparing for transition: Implementing the Student-Athlete Retirement Program (SARP) within a collegiate athletic department*. Workshop session presented at the 33rd Annual Meeting of the Association of Applied Sport Psychology (AASP), Toronto, Canada.

Hansen, A. A., Ross, M.J., Montgomery, T., Perry, J.E., Shulze, J., & Merz, Z. (2018, October). *Performance satisfaction among collegiate athletes utilizing the mindfulness-acceptance-commitment (MAC) approach to sport performance*. Poster presented at the 33rd Annual Meeting of the Association of Applied Sport Psychology (AASP), Toronto, Canada.

Montgomery, T., Ross, M., Hansen, A., & Perry, J. (2018, October). Heart rate variability as an outcome measure for stress inoculation training: A case study. Poster presented at the 33rd Annual Meeting of the Association of Applied Sport Psychology (AASP), Toronto, Canada.

Montgomery, T., Ross, M., Weinstock, J., Gfeller, J., Perry, J., & Hansen, A. (2018, October). The role of sport injury-related growth in pain reporting among student athletes. Poster presented at the 33rd Annual Meeting of the Association of Applied Sport Psychology (AASP), Toronto, Canada.

Shulze, J., Ross, M., Hansen, A., Montgomery, T., Otten, M., Samson, A., & Katz, G. (2018, October). *The role of facilitative interpretation of anxiety in a golf putting task*. Poster presented at the 33rd Annual Meeting of the Association of Applied Sport Psychology (AASP), Toronto, Canada.

Lace, J., Montgomery, T., Hansen, A., & Ross, M. (2018, October). Changing your concussion culture in sports. Poster presented at the 33rd Annual Meeting of the Association of Applied Sport Psychology (AASP), Toronto, Canada.

Lace, J., McGrath, A., Ross, M., Dorflinger, J., & Gfeller, J. (2018, October). *Comparing adolescents with non-sport and sport-related concussions on symptomatology and cognitive performance after injury*. Poster presented at the 33rd Annual Meeting of the Association of Applied Sport Psychology (AASP), Toronto, Canada.

Soulliard, Z. A., Oberle, J., Perry, J. E., Ross, M. J., & Pousson, M. (2018, October). *Differences in ways of coping between college athletes and non-athletes*. Poster presented at the 33rd Annual Meeting of the Association of Applied Sport Psychology (AASP), Toronto, Canada.

Soulliard, Z. A., Fitterman-Harris, H. F., Kauffman, A., Perry, J. E., & Ross, M. J. (2018, October). *Positive body image between student-athletes and non-athletes*. Poster presented at the 33rd Annual Meeting of the Association of Applied Sport Psychology (AASP), Toronto, Canada.

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 collegiate 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 Approach*.

Lace, J., Ross, M., Hansen, A., & Montgomery, T. (2018, January 29). *Changing the culture of concussion in sports*. Invited keynote address to the Brain Injury Association of Missouri seminar on *Sport Concussions: Facts, Fallacies and New Frontiers*. St. Louis, MO.

Hansen, A., Ross, M., Montgomery, T., & Lace, J. (2018, February 2). *Changing the culture of concussion in sports*. Invited keynote address to the Brain Injury Association of Missouri seminar on *Sport Concussions: Facts, Fallacies and New Frontiers*. Columbia, MO.

Lace, J., Ross, M., Montgomery, T., & Hansen, A. (2018, February 6). *Changing the culture of concussion in sports*. Invited keynote address to the Brain Injury Association of Missouri seminar on *Sport Concussions: Facts, Fallacies and New Frontiers*. Cape Girardeau, MO.

Montgomery, T., Ross, M., Hansen, A., & Lace, J. (2018, February 8). *Changing the culture of concussion in sports*. Invited keynote address to the Brain Injury Association of Missouri seminar on *Sport Concussions: Facts, Fallacies and New Frontiers*. Springfield, MO.

Montgomery, T., Ross, M., Lace, J., & Hansen, A. (2018, February 12). *Changing the culture of concussion in sports*. Invited keynote address to the Brain Injury Association of Missouri seminar on *Sport Concussions: Facts, Fallacies and New Frontiers*. Kansas City, MO.