

Mensuellement, l'équipe de l'Observatoire québécois du loisir réalise une veille permettant de répertorier plusieurs articles scientifiques récents. En collaboration de la Direction du sport, du loisir et de l'activité physique (DSLAP), nous vous proposons de nombreux articles portant sur des thématiques variées : sport, activité physique, sécurité et intégrité dans les sports, loisir et plein air.

Voici la recension pour novembre 2023. Vous y trouverez 33 références.

Bonne lecture !

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Articles

1. Développement du sport

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E-sport
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Inclusion
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3. Développement du plein air

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[The Influence of parents' outdoor recreation preferences on children's outdoor activities in state parks](#)

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Pratiques politiques



[Healthy by nature: Policy practices aimed at maximizing the human behavioral health benefits of nature contact](#)

Groupes sociaux
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[Effectiveness of behavioural economics-informed interventions to promote physical activity: A systematic review and meta-analysis](#)

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[24-Hour movement behaviours research during the COVID-19 pandemic: a systematic scoping review](#)

5. Genre, sport et loisir

En collaboration avec le Laboratoire pour la progression des femmes dans le sport.



Diversité sexuelle
Inclusion
LGBTQ+



[Close, but not always close enough to come out to': a large-scale online qualitative study of interpersonal relationships experienced by LGBTQ+ individuals in sport](#)

Inclusion
LGBTQ+
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[Attitudes towards LGBTQ+ inclusion in Canadian figure skating](#)

Arbitre
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["It Was My Story to Tell and I Wasn't Ready to Tell It": Stigma Management Amongst LGBTQ+ Sport Officials](#)

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["There may not be a rainbow sticker at the door, but there are my rainbow shoes": A qualitative exploration of resilience among LGBTQ+ adults in physical activity contexts](#)

Femme
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Préjugés



[Run like a girl! Sports-Related gender bias in language and vision](#)

Fidélisation
Médias
Performance



[Olympic Games, media coverage and brand image/performance from fan and gender perspectives](#)

Résumés

1. Développement du sport

Esports gender diversity: A leisure constraints perspective

Esports are a leading form of digital leisure. Esports offer salient career opportunities, ranging from professional players to roles in science, technology, engineering, and mathematics, fields where women have been traditionally underrepresented. Yet women are also underrepresented at the professional level in esports. This is particularly problematic as high-level competitors provide visible representation to inspire others, foregoing opportunities to leverage esports broad appeal. We employ the hierarchical model of leisure constraints to understand what limits individuals from engaging in leisurely pursuits. The purpose of our study is to compare leisure constraints to esports participation by gender. Data were collected from male and female esports participants ($N = 402$) *via* online survey. Results show that female esports participants had significantly higher interpersonal and intrapersonal constraints. This likely influences their desire to work in esports and related fields, thereby partially explaining the lack of female representation in the upper echelons of esports.

Pizzo, A. D., Na, S., Kim, D., Alexandris, K., & Hyun, M. (2023). [Esports gender diversity: A leisure constraints perspective](#). *Journal of Leisure Research*, 1-22.

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Attitudes of campus recreational sport employees toward LGBTQ+ participants: does targeting training make an impact?

This study examined the impact of an LGBTQ+ diversity training on the attitudes of employees within a campus recreational sports setting. Diversity trainings are a common component of inclusive management, but little empirical research examining their efficacy exists. Specifically, a training program consisting of one in-person training session and four monthly inclusion guides detailing the promotion of LGBTQ+ participant inclusion was implemented and evaluated. A retrospective pretest-posttest design measured attitudes towards the LGBTQ+ population for both individuals who underwent the training and a control group of employees who did not participate in the training. Results indicate that there were significant differences in the pre- and post-training aggregated attitudinal sub-scale mean scores reported by campus recreational sports employees after participating in the training and no such differences were reported in the control group. Guided by previous research and pro-diversity theory, this study provides management implications for recreational sporting spaces.

Knee, E., Anderson, A. R., Ramos, W. D., & Miller, A. M. (2023). [Attitudes of campus recreational sport employees toward LGBTQ+ participants: does targeting training make an impact?](#). *Leisure/loisir*, 1-24.

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Prevalence of interpersonal violence against children in sport in six European countries

Background

Investigating prevalence of child abuse in sport is a relatively new field of research, born from the need for credible data on this phenomenon.

Objective

To establish prevalence rates of interpersonal violence against children in sport in six European countries.

Participants and setting

The sample ($N = 10,302$) consists of individuals aged 18–30 who had participated in organized sport prior to age 18 (49.3 % male, 50 % female).

Methods

A self-report questionnaire was developed (the *Interpersonal Violence Against Children in Sport Questionnaire* or IVACS-Q) to measure prevalence of five categories of interpersonal violence (neglect, psychological violence, physical violence, non-contact sexual violence, and contact sexual violence) against children who participate in sport. Validation testing (published separately) showed reasonable levels of convergent and divergent validity. Prevalence rates are calculated by national context, whether inside or outside sport, and by sex (male/female).

Results

Prevalence of IVACS *inside* sport differed by category: *psychological* violence (65 %, $n = 6679$), *physical* violence (44 %, $n = 4514$), *neglect* (37 %, $n = 3796$), *non-contact sexual* violence (35 %, $n = 3565$), and *contact sexual* violence (20 %, $n = 2060$). Relatively small geographical differences were found. Across all categories, males (79 %, $n = 4018$) reported significantly more experiences *inside* sport than females (71 %, $n = 3653$) ($\chi^2(1) = 92.507$, $p < .000$). Strong correlations were found between experiencing violence inside and outside sport.

Conclusions

Interpersonal violence against children in sport is widespread. The sector's approach to prevention must recognize the risks to female and male children (and *all* children) and the additional vulnerabilities of abused children. Further comparative and longitudinal research within sport is required.

Hartill, M., Rulofs, B., Allroggen, M., Demarbaix, S., Diketmüller, R., Lang, M., ... & Vertommen, T. (2023). [Prevalence of interpersonal violence against children in sport in six European countries](#). *Child Abuse & Neglect*, 146, 106513.

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Sport participation

Millions of adolescents participate in sport programs annually across the globe. In this article, we will discuss key issues related to adolescent sport participation. First, demographic information, including inequalities related to sport participation, are discussed along with details on the organization of youth sport. Then, we present how adolescents in appropriate sport environments can experience a range of positive outcomes such as improved physical health, mental health, and mental health literacy. However, inappropriate environments can contribute to poor outcomes including poor physical health outcomes, mental health challenges, and dropout from sport. We conclude by suggesting ways in which parents, coaches, administrators, and peers can all play a role in helping to create appropriate sport environments for adolescents.

Pankow, K., Vella, S. A., & Holt, N. L. (2024). [Sport participation](#). In Reference Module in Neuroscience and Biobehavioral Psychology. Elsevier.

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Nonaccidental violence among elite athletes in Finland: associations with sport conditions and mental well-being and Ill-being

The aim of this research was to study the prevalence of nonaccidental violence among elite athletes in Finland, the predisposing factors to violence, and its consequences for mental well-being and ill-being. A total of 2,045 Finnish athletes participated in the study. Logistic and linear regression analyses were used to analyze the associations. The results indicated that 38.8% had experienced psychological abuse, 14.7% bullying, 13.3% gender-based harassment, and 5.5% sexual harassment. Female and younger athletes reported more violent experiences than male and older athletes. A team's safe atmosphere and readiness to act protected athletes from nonaccidental violence, whereas the coach did not play a role. Nonaccidental violence, particularly psychological abuse, was associated with reduced mental well-being and increased ill-being. Our results suggest that it is worth investing in the team's mutual relationships and safe cooperation when ensuring appropriate behavior and preventing nonaccidental violence among athletes.

Kaski, S., & Kinnunen, U. (2023). [Nonaccidental violence among elite athletes in Finland: associations with sport conditions and mental well-being and Ill-Being](#). *Journal of Clinical Sport Psychology*, 1(aop), 1-20.

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The role of virtual reality and augmented reality in sports psychology: advancements, applications, and implications

The essential purpose of this research study is to determine the role of virtual and augmented reality in sport psychology. Research determines the advancements, applications, and implications of virtual and augmented reality. According to the research, virtual and augmented reality are the main independent variables. Sports psychology is the dependent variable for determining the research using secondary data. These data were collected from different websites related to variables. These data are based on numerical form. For this purpose, I used E-views software to determine the results. Descriptive statistic analysis, correlation coefficient analysis, unit root test, and equality test analysis also explain the co-integration test between virtual and augmented reality. The overall result found a significant impact of virtual reality in sport psychology. Augmented reality shows positive and significant relation in sport psychology.

Baye, Z., & Yusuf, K. (2023). [The role of virtual reality and augmented reality in sports psychology: advancements, applications, and implications](#). *Revista de Psicología del Deporte (Journal of Sport Psychology)*, 32(3), 110-118.

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2. Développement du loisir

Participation sociale des aînés faisant face à des dynamiques de marginalisation et d'exclusion: étude de cas auprès de divers acteurs du milieu communautaire de loisir

Certains aînés font face à une stigmatisation qui limite leur participation à des loisirs au sein de la communauté. Les milieux de loisir sont encore trop peu outillés pour soutenir la participation des aînés faisant face à des enjeux liés à des conditions « invisibles » tels que des atteintes neurocognitives, une déficience intellectuelle ou une problématique de santé mentale. Une recherche-action vise à accompagner ces milieux dans la compréhension des dynamiques de marginalisation et d'exclusion liées à cette stigmatisation afin d'être en mesure de les outiller dans la création d'espaces plus favorables à la participation de tous les aînés. Des entrevues et des groupes de discussion ont été menés auprès d'usagers, d'intervenants/bénévoles ou de gestionnaires de divers milieux (n=24). Certains enjeux et des pistes d'action ont été dégagés pour guider le développement d'outils afin de mieux outiller les milieux de loisir pour l'inclusion d'aînés avec une condition invisible.

Carbonneau, H., Clapperton, P., Caouette, M., Poulin, V., Aubin, G., Marcoux, L., ... & Ferdais, E. (2023). [Participation sociale des aînés faisant face à des dynamiques de marginalisation et d'exclusion: étude de cas auprès de divers acteurs du milieu communautaire de loisir](#). *Leisure/loisir*, 1-21.

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Technology, innovation and leisure: Leisure engagement in new and unexpected ways

The interweaving of technology and leisure has become an integral part of leisure choice, access, engagement, management, and product development. This interweaving has resulted in new and innovative ways people can access leisure, created leisure opportunities for marginalized groups, and improved efficiencies and effectiveness in management. However, challenges have also resulted, such as the blurring of work/leisure time, raising quality of life issues. The intent of this special issue is to bring attention to ways in which technology and leisure influence each other. The articles in this issue explore various types of technology used to experience leisure, leisure constraints to technology, and aspects of identity related to technology, and leisure. This special issue can extend the body of knowledge of leisure and technology thus contributing to innovations in leisure and better quality of life.

Devine, M. A., & Gale, T. (2023). [Technology, innovation and leisure: Leisure engagement in new and unexpected ways](#). *Journal of Leisure Research*, 54(5), 513-518.

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“Sadly, we just let it go, it is so normalized”: Staff descriptions of violence among children within organized leisure

The aim of this study was to investigate how staff describe violence among children within organized leisure in Sweden, named school-age EduCare. The study is based on ten semi-structured interviews with staff, and analyzed with theoretical concepts of Lefebvre’s space theory, and Galtung’s theory of violence. The results reveal three types of violence—*quarrel for fun*, *violations*, and *physical violence*—and three ways of reacting and managing it—*stress and resignation*, *material adaption*, and *adaption through guarding*. In conclusion, this study shows an everyday life filled with violent spaces, but limited resources for staff to cope with violence and create safe spaces for children and staff. The study pinpoints the complexity in everyday life where violence in different ways occurs between children, and staff are unable to manage this in an appropriate way. Instead, staff adjust to time and place, where spaces of violence between children are normalized.

Borg, A. L., & Lager, K. (2023). [“Sadly, we just let it go, it is so normalized”: Staff descriptions of violence among children within organized leisure](#). *Journal of Leisure Research*, 1-19.

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Impacts of reflexive modernization in the context of sports, tourism, and leisure activities in nature: A theoretical review

This article aims to understand the extent to which reflexive modernization dynamics have had an impact on tourism, sports, and recreational activities in nature. To this end, this exploratory, bibliographic, and theoretical article is organized in three sections. In the first, we approach the theoretical background used to analyze the investigated object. Next, we make a brief digression to describe the reconfigurations of recreational activities developed in nature over time until the advent of reflexive modernity advent. Finally, in the third part of the study, we seek to show how reflexive modernization has affected tourism, sports, and recreational activities carried out in nature. In general terms, after the analyses, it was possible to infer that reflexive modernization has structurally modified recreational practices in nature, impacting how the market provides products in view of how people relate to the natural environment.

Machado de Oliveira, V., Fernando Badaró, L., Braga da Silva Souza, N., Volski Mattes, V., Augusto Marques dos Reis, R., & de Souza, J. (2023). [Impacts of reflexive modernization in the context of sports, tourism, and leisure activities in nature: A theoretical review](#). *Journal of Leisure Research*, 1-18.

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How do compulsory volunteer experiences at sporting events help improve sport participation and life satisfaction?

Education programs in many countries include voluntary experiences that have been made compulsory requirements. However, the positive effect of this has not yet been identified in the field of leisure. This study, therefore, investigated how compulsory volunteer experiences affect volunteers' future behavioral intention and well-being. Specifically, we examined the effect of compulsory volunteers' nostalgia on exercise motivation, extraversion, sport participation intention, and life satisfaction based on the broaden-and-build theory of positive emotions. A total of 605 responses were collected from university students who had compulsory volunteer experiences at sport events. Results showed that nostalgia positively affected exercise motivation and extraversion; exercise motivation had a positive effect on extraversion, life satisfaction, and sport participation intention. In addition, extraversion positively affected life satisfaction and sport participation intention. The findings of this study contribute to identifying the role of compulsory volunteer experience and understanding its impact on individuals' future behavior and well-being.

Cho, H., & Kang, H. K. (2023). [How do compulsory volunteer experiences at sporting events help improve sport participation and life satisfaction?](#). *Leisure Sciences*, 1-26.

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The impact of internet use on leisure: Gender and age heterogeneity in young people

We explore internet use and in-person leisure activities in young people depending on gender and age in an endeavor to uncover primary sources of heterogeneity in that relationship. Using a causal model, we analyze Catalan Youth Observatory 2017 Youth Survey data to explore causal links between internet use and in-person leisure, and using a segmentation algorithm, we explore the effects of gender and age on that relationship. We observed a positive relationship between internet use and in-person leisure that varied according to both age and gender, but also found that gender only contributed to heterogeneity in the younger group. Compared to younger men, younger women seek more information concerning leisure, conduct more online transactions, and access entertainment more. Once younger people enter adulthood, online entertainment and transactions become more focused on in-person leisure, and the influence of information-seeking and social interaction/communication is reduced.

Lamberti, G., López-Sintas, J., & Lopez Belbeze, P. (2023). [The impact of internet use on leisure: Gender and age heterogeneity in young people](#). *Journal of Leisure Research*, 1-21.

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Online communities, identity, and leisure: Why online communities mean so much to married women with young children

Social media has generated diverse ways to enjoy leisure activities, for instance, through online communities where people interact and share leisure interests. This study applied qualitative research methods to examine the online and offline leisure activities of 20 married Taiwanese women with young children. It explored how their participation in online communities allowed them to construct collective identities and interact to find meaning in their lives. The results suggest that online communities have become “third places” that enabled these women to satisfy their leisure and social needs and find functional support for their emotional and cognitive needs. The activities and autonomy they experienced in a communal world generated a sense of freedom and offered coping resources for them. Meanwhile, the specific intentions and goals behind their participation suggest that a more nuanced analysis can provide a better understanding of leisure practices and embedded social meanings.

Ho, C. H. (2023). [Online communities, identity, and leisure: Why online communities mean so much to married women with young children](#). *Journal of Leisure Research*, 54(5), 560-580.

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Turn off to tune in: Digital disconnection, digital consciousness, and meaningful leisure

This think piece reflects on the pervasiveness of smartphones—and the constant connection to information, entertainment, and social connections through the internet—in our lives and the implications for this in leisure. While the benefits of smartphones are well-established, and it seems we are well-served by them, the nuanced, cumulative negative consequences of smartphone use have become apparent. Building from these concerns and employing the theoretical framework of digital well-being, this think piece explores the role, value, and functionality of digital disconnection to enhance meaningful leisure. Further, it explores the notion of digital consciousness, which describes not only self-control of technology use, but also the role of personal choice and agency in deciding where technology should exist within one’s life and their leisure.

Harmon, J., & Duffy, L. (2023). [Turn off to tune in: Digital disconnection, digital consciousness, and meaningful leisure](#). *Journal of Leisure Research*, 1-21.

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3. Développement du plein air

The Influence of parents' outdoor recreation preferences on children's outdoor activities in state parks

Parents play a vital role in influencing their children's outdoor recreation participation. Families can enjoy nature and stay active in state parks, which provide abundant opportunities for outdoor recreation and education. The purpose of this study was to examine the relationship between parents' experiences with, and attitudes toward, outdoor recreation and children's participation in outdoor recreation at state parks. A total of 104 parents completed an online survey in spring 2020. In state park settings, parents generally valued their children's participation in non-consumptive outdoor recreation activities more than consumptive activities. A series of chi-square analyses further indicated, however, that parents who prefer engaging in consumptive recreation activities placed higher importance on their children's participation in the consumptive activities of fishing and hunting. Parents' outdoor recreation activity preferences did not reflect differences in their own levels of physical activity but did relate to variations in their children's physical activity levels.

Foss, K., Liu, H. L., & Carotta, C. L. (2023). [The Influence of parents' outdoor recreation preferences on children's outdoor activities in state parks](#). *Journal of Outdoor Recreation, Education, and Leadership*.

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Healthy by nature: Policy practices aimed at maximizing the human behavioral health benefits of nature contact

Research suggests that spending time in nature is associated with numerous human behavioral health benefits, including improved executive functioning abilities, enhanced recovery from stressful situations, better mental health, and better educational outcomes. Greener neighborhoods also tend to have positive population-level health outcomes. Although promising, much of this research has focused primarily on selective populations and fails to account for cultural differences in how "nature" is conceptualized. Therefore, challenges may arise as policymakers aim to implement nature-based policies in their communities, given the immense cultural diversity of the United States alone. Given this ever-present challenge in behavioral sciences, policy recommendations aim both to maximize benefits of nature contact and to employ a flexible equity lens that allow for differences according to community need.

LoTempio, S., McDonnell, A. S., Nadkarni, N., Walker, S., Gallegos-Riofrío, C. A., Scott, E. E., ... & Strayer, D. L. (2023). [Healthy by nature: Policy practices aimed at maximizing the human behavioral health benefits of nature contact](#). *Policy Insights from the Behavioral and Brain Sciences*, 10(2), 247-255.

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Understanding recreational ecosystem service supply-demand mismatch and social groups' preferences: Implications for urban–rural planning

Recreational ecosystem service (RES) supply and demand are fundamentally influenced by urbanization and are closely related to residents' well-being. Nevertheless, how socio-economic attributes affect spatial RES demand and preferences and can be integrated into urban–rural planning is still unclear. Taking the Beijing-Tianjin-Hebei urban agglomeration region of China as an example, based on survey and spatial data, we applied the Recreation Opportunity Spectrum and a new transferable Quasi-Poisson regression model to examine spatial RES supply and demand. Then, a scaling approach was adopted to interpret the urban–rural spatial patterns of RES. The results showed that the RES supply values exhibited either quadratic relationships or no particular patterns in most cities along urban–rural gradients, while the RES demand values monotonically decreased with an exponential decay or power law. The RES imbalance with higher demand (43%) in urban areas, the supply–demand balance (37%) in urban–rural fringes, and the supply sufficiency (64%) in rural areas were dominant. Divergent RES demand and preferences were identified across genders, ages, income, city scales, and household statuses. Females showed higher preferences for water, grassland, and agricultural landscapes than males; older groups showed higher preferences for natural landscapes but traveled less distance for RES; and high-income groups showed a lower frequency of visits but pursued longer travel distances. We suggest that at both the regional-city and local-community levels, more adaptive and elaborate landscape planning and design should be implemented by integrating urban–rural heterogeneity and the specific population's preferences into RES management.

Sun, X., Liu, H., Liao, C., Nong, H., & Yang, P. (2024). [Understanding recreational ecosystem service supply-demand mismatch and social groups' preferences: Implications for urban–rural planning](#). *Landscape and Urban Planning*, 241, 104903.

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Time perception in naturalistic and urban immersive virtual reality environment

Being in contact with natural environments is associated with better health and well-being and has beneficial effects on attention restoration. It also seems that perception of the experience duration changes in different environments, particularly natural versus urban. For instance, watching images of a natural environment can modulate individuals' attentional levels. The present study aimed to test the possible effects of the environment on time perception with an immersive virtual reality environment. We exposed 52 participants to either a natural or urban setting and asked them to perform three temporal tasks and estimate the duration of the walk. Results showed that after being immersed in a natural environment, participants felt less activated and happier compared to the urban setting. Furthermore, the environment modulated participants' perception of time, indicating that participants were more accurate and less variable when exposed to a natural compared to an urban environment.

Mioni, G., & Pazzaglia, F. (2023). [Time perception in naturalistic and urban immersive virtual reality environments](#). *Journal of Environmental Psychology*, 90, 102105.

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A global-scale review of smart city practice and research focusing on residential neighbourhoods

Smart cities have emerged as a pivotal aspect of urban planning and policy, leveraging technology and data analytics to enhance sustainability and citizens' quality of life. Nonetheless, the focus on residential neighbourhoods, integral components of cities, has been notably lacking in the sphere of smart city planning and policy. This paper endeavours to assess the evolution of smart cities in relation to neighbourhoods, elucidating dimensions and sectors while concentrating on comprehending project applications and their outcomes. This study employs a systematic literature review to ascertain the role of neighbourhoods within smart cities. Using content analysis, this methodology facilitates the accumulation of insights into smart city research and practice at the neighbourhood level. The paper empirically addresses these findings, identifying dimensions and pertinent sectors concerning residential neighbourhoods. Furthermore, it delves into projects and applications, elaborating on their implementation across diverse sectors. The analysis discerns gaps in technology-driven development planning for varying neighbourhood types within smart cities. Introducing technology-driven advancements into existing urban settings presents substantial challenges, particularly for developing nations, primarily due to limitations and constraints imposed by their current built environments. The study further underscores the perils tied to implementing city-level policies at the neighbourhood scale, prompting a query about their inclusivity. The findings imply the imperative of integrating physical planning and technology-driven solutions within smart city development, with a keen focus on neighbourhoods' social and physical characteristics. This approach becomes particularly significant when considering the inherent risks and constraints that accompany technology-based urban enhancements in the context of neighbourhoods.

Nath, N., Nitnai, R., Manabe, R., & Murayama, A. (2023). [A global-scale review of smart city practice and research focusing on residential neighbourhoods](#). Habitat International, 142, 102963.

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4. Développement de l'activité physique

Is frequency of practice of different types of physical activity associated with health and a healthy lifestyle at different ages?

Several studies have shown that physical activity (PA) is related to physical and mental health. Yet, there are few studies on the frequency of PA as it relates to health and a healthy lifestyle. The purpose of this study was to investigate the relationship between the frequency of practicing different types of physical activities (dependent variables), living a healthy lifestyle (BMI, smoking and alcohol consumption), physical health (sum of all doctor visits except psychiatrists) and mental health (a sum of visits to psychiatrists) at different ages (independent variables). We focused on three types of PA: (1) medium to high-intensity aerobic exercises; (2) low to medium intensity relaxing and stretching exercises, (3) outdoor leisure PA. 9,617 participants (ages: 19 -81) were included in the study (with health registries over a period of 10 years prior to a cross-sectional survey). Descriptive statistics and multinomial logistic regression on frequencies of three types of PA and factors related to health and healthy lifestyles, as well as age and sex, were performed in this study. The results indicate that a higher frequency of practicing PA had a higher probability of association with the following factors: lower BMI, less or non-smoking behavior (types 1 & 3); higher education (types 1 & 2); higher age (types 2 & 3) and better physical health (type 1). Occasional (practicing sometimes) PA, type 2, was positively associated with poorer mental health (higher number of psychiatrist visits). Women were more likely to practice PA type 2, and men – PA types 3 & 1. Conclusion: In general, a higher frequency of PA is related with better health and healthy life styles; with the exception of PA type 2 that is related to poorer mental health.

Liutsko, L., Leonov, S., Pashenko, A., & Polikanova, I. (2023). [Is frequency of practice of different types of physical activity associated with health and a healthy lifestyle at different ages?](#)

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The role of mobile fitness applications in student leisure activities

The purpose of this study is to examine the behavior of students when using mobile applications (apps) during physical activity and to identify the determinants of their behavior. Analysis of variance, *t* test, chi-square test of independence, and chi-squared automatic interaction detection decision trees were utilized. Exploratory analysis was undertaken to identify the motivation behind the use of apps, using the self-determination theory as a framework. The results showed that the main reason for using apps is to record and save data for personal use and to improve the effectiveness of training. Students mostly use apps while running and cycling. The determinants of student app use are gender, place of residence, material situation, and level of higher education (bachelor's or master's degree). The results of the exploratory analysis indicate that motivations for using apps for most surveyed students are autonomous. The results provide a greater understanding of the role of mobile app use during leisure.

Berbeka, J., Borodako, K., Rudnicki, M., & Łapczyński, M. (2023). [The role of mobile fitness applications in student leisure activities](#). *Journal of Leisure Research*, 54(5), 519-538.

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A systematic review and meta-analysis of the long-term effects of physical activity interventions on objectively measured outcomes

Background

Although physical activity interventions are frequently reported to be effective, long-term changes are needed to generate meaningful health benefits. There are criticisms that evaluations of physical activity interventions mostly report short-term outcomes and that these are often self-reported rather than measured objectively. This study therefore aimed to assess the long-term (at least 24 month) effectiveness of behavioural interventions on objectively measured physical activity.

Methods

We conducted a systematic review with a meta-analysis of effects on objectively measured physical activity. We searched: Cochrane CENTRAL, EMBASE, PsychInfo, CINAHL and Pubmed up to 10th January 2022. Studies were included if they were in English and included a physical intervention that assessed physical activity in the long-term (defined as at least 24 months). Results Eight studies with 8480 participants were identified with data suitable for meta-analysis. There was a significant effect of interventions on daily steps 24 months post baseline (four studies, SMD: 0.15, 95% CI: 0.02 to 0.28) with similar results at 36 to 48 months of follow up (four studies, SMD: 0.17, 95% CI: 0.07 to 0.27). There was a significant effect of interventions on moderate-to-vigorous physical activity 24 months post baseline (four studies, SMD: 0.18 95% CI: 0.07 to 0.29) and at 36 to 48 months (three studies, SMD: 0.16 95% CI: 0.09 to 0.23). The mean effect size was small. However, the changes in moderate-to-vigorous physical activity and steps per day were clinically meaningful in the best-performing studies.

Conclusion

This review suggests that behavioural interventions can be effective in promoting small, but clinically meaningful increases in objectively measured physical activity for up to 48 months. There is therefore a need to develop interventions that can achieve greater increases in long-term physical activity with greater efficiency.

Gasana, J., Keeffe, T. O., Withers, T. M., & Greaves, C. J. (2023). [A systematic review and meta-analysis of the long-term effects of physical activity interventions on objectively measured outcomes](#). BMC Public Health, 23(1), 1697.

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Effects of out-of-school physical activity interventions based on self-determination theory in children and adolescents: A systematic review and meta-analysis

Objective

This systematic review and meta-analysis aimed to examine the effects of out-of-school physical activity (PA) interventions, based on Self-Determination Theory (SDT), on basic psychological needs (BPN), motivation toward PA, and PA levels in youths.

Design

Systematic review and meta-analyses.

Method

We searched for intervention studies examining the effects of PA interventions based on SDT implemented outside the school published in English and Spanish in six electronic databases up to January 2022.

Results

Outcomes of interest were BPN, motivation, and PA levels. In total, nine studies were included in this review. Seven individual meta-analyses were conducted for each variable, revealing nonsignificant clustered effects for the outcomes autonomy satisfaction ($g = 0.12$, 95% CI [-0.31, 0.55]), competence satisfaction ($g = 0.02$, 95% CI [-0.28, 0.32]), relatedness satisfaction ($g = 0.13$, 95% CI [-0.43, 0.68]), autonomous motivation ($g = 0.15$, 95% CI [-0.38, 0.67]), controlled motivation ($g = 0.12$, 95% CI [-0.32, 0.55]), amotivation ($g = -0.36$, 95% CI [-0.88, 0.16]), and PA behavior ($g = 0.02$, 95% CI [-0.08, 0.12]).

Conclusion

Meta-analyses suggest that out-of-school PA interventions based on SDT are not effective in increasing levels of needs satisfaction, types of motivation, and PA levels.

Tapia-Serrano, M. Á., López-Gajardo, M. A., Sánchez-Miguel, P. A., González-Ponce, I., García-Calvo, T., Pulido, J. J., & Leo, F. M. (2023). [Effects of out-of-school physical activity interventions based on self-determination theory in children and adolescents: A systematic review and meta-analysis](#). *Scandinavian Journal of Medicine & Science in Sports*, 33(10), 1929-1947.

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Functional social support and physical activity in community-dwelling older adults: A scoping review

Background

Globally, the population of older people is increasing and is estimated to reach nearly 2.1 billion by 2050. Physical activity (PA) is one of the key components for healthy ageing, as it can prevent noncommunicable diseases, improve mental health, cognitive functioning and quality of life. However, PA decreases with age. About two-thirds of those aged 65-74 years and three-quarters of those aged 75 or more do not meet PA guidelines. A systematic review from 2017 showed that social support (SOSU) and loneliness are associated with PA in older people. The aim of this scoping review was to update that systematic review by identifying and mapping all of the available knowledge, including results from mixed-methods and qualitative studies, and to explore associations between functional SOSU and PA in older people.

Methods

A scoping review was conducted using the Joanna-Briggs manual. Empirical studies investigating associations between functional SOSU and PA levels in older adults were identified through a systematic search of the electronic databases Web of Science, PubMed, ProQuest, PsycInfo, PSYINDEX, SocINDEX and Scopus up to March 2022, without time or geographic restrictions. After removing duplicates, 17,196 articles were screened for titles and abstracts by two independent researchers. Strict inclusion and exclusion criteria were set in advance.

Results

88 articles matched the inclusion criteria; 71% were quantitative studies and 29% qualitative studies. Most studies used self-reported PA measures, only 13% of the studies used objective-reported PA measures. Most studies showed a significant positive association between functional SOSU and PA. The results were analysed separately for the different SOSU types.

Conclusions

Functional SOSU is positively associated with PA while lack of SOSU is a major barrier to exercise. The study offers a comprehensive overview of measures for SOSU and PA and thereby informs future research and policy-making.

Steinhoff, P., & Reiner, A. (2023). [Functional social support and physical activity in community-dwelling older adults: A scoping review](#). *European Journal of Public Health*, 33(Supplement_2), ckad160-1417.

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Effectiveness of behavioural economics-informed interventions to promote physical activity: A systematic review and meta-analysis

Objective

For beneficial health outcomes sufficient and sustained physical activity levels are recommended but difficult to achieve. This systematic review evaluates the effectiveness of behavioural economics (BE)-informed interventions to increase individuals' physical activity level in the long-term.

Methods

We conducted a systematic literature search using Medline (via PubMed), PsycInfo, and EconLit (both via EBSCOhost) including randomized controlled trials of at least 24 weeks duration that evaluated BE-informed interventions to promote physical activity in adults. Potential BE approaches were commitment devices, social incentives, motivational feedback, goal setting, gamification, and financial incentives. Risk of bias was assessed using the revised Cochrane risk-of-bias tool for (cluster-) randomized trials. A random-effects meta-analysis was conducted to summarize the outcome measure daily step count.

Results

Based on 13 studies with 4347 participants, the BE-informed interventions most often applied were commitment lotteries (n = 8) and social incentives (n = 7). Risk of bias assessment classified five studies as low, six as moderate, and two as high risk of bias. Significant results on study level towards BE-informed interventions were observed for commitment lotteries (n = 3) and gamification (n = 4). Including healthy and diseased individuals in the meta-analysis (n = 10), the increase in daily step count in experimental groups compared to control was statistically significant for the intervention period (standardized mean difference (SMD) = 0.13, 95%-CI: 0.00–0.25, I² = 59%, p = 0.04) but not for the follow-up (SMD = 0.08, 95%-CI: –0.00–0.17, I² = 17%, p = 0.06). Excluding high risk of bias studies (n = 2) resulted in statistically significant effects with reduced heterogeneity for both periods.

Conclusion

Our review reveals a potential effect of BE-informed interventions to promote physical activity. The small effect underlines the importance to evaluate the behavioural channels which may explain the heterogeneity in individuals' responses to BE strategies.

Reisgies, H., Shukri, A., Scheckel, B., Karasch, O., Wiesen, D., Stock, S., & Müller, D. (2023). [Effectiveness of behavioural economics-informed interventions to promote physical activity: A systematic review and meta-analysis](#). *Social Science & Medicine*, 116341.

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The role of anticipated affect in the context of physical activity: a scoping review

Individuals often anticipate how they will feel during a potential future behaviour. Assuming that this anticipation may influence actual behaviour, the aim of this scoping review was to provide a comprehensive overview of the literature on the role of anticipated affect in the context of physical activity. Thus, relationships between anticipated affect and (1) other psychological variables related to physical activity or (2) physical activity behaviour were analysed. Five data bases were searched for studies involving anticipated affect of physical activity, resulting in 33 relevant studies. The results were clustered into five categories. (1a) Anticipated affect was related to intention and (1b) to affective experiences. However, a forecasting error appeared in several studies showing that participants underestimated how positive their emotions during or after physical activity actually were. (2a) Due to a low number of studies, it remains unclear whether anticipated affect can predict future physical activity behaviour directly. (2b) Intervention studies with physical activity as the dependent variable and (2c) as the independent variable revealed promising approaches to facilitate positive anticipated affect regarding future physical activity. Future research should consider cognitive biases in affective forecasting studies and develop validated questionnaires for studying anticipated affect of physical activity.

Feil, K., Fritsch, J., Weyland, S., Warmbrunn, U., & Jekauc, D. (2023). [The role of anticipated affect in the context of physical activity: a scoping review](#). *International Review of Sport and Exercise Psychology*, 1-33.

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24-Hour movement behaviours research during the COVID-19 pandemic: a systematic scoping review

Objectives

Many studies examining 24-hour movement behaviours based on the 24-Hour Movement Guidelines (24HMG) have been published during the COVID-19 pandemic. However, no comprehensive reviews summarized and synthesized the evidence concerning studies using 24HMG. The aim of this scoping review was to synthesize the evidence from the 24HMG studies published during the pandemic.

Methods

Three electronic databases (Web of Science, PubMed, EBSCO) were utilized to conduct a literature search. The search procedure adhered to the guidelines set by the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA). Initially, a total of 1339 research articles published in peer-reviewed journals were screened. After eliminating 461 duplicates, 878 articles remained. The titles and/or abstracts of these articles were then cross-checked, and 25 articles were included. Subsequently, two authors independently assessed full-text of articles based on the pre-defined inclusion and exclusion criteria, resulting in the final selection of 16 articles that met the inclusion criteria. Study characteristics (e.g., study population, study design, measurement) were extracted and then summarized. According to the Viable Integrative Research in Time-use Research (VIRTUE) epidemiology, the included studies were further classified into different but interrelated study domains (e.g., composition, determinants, health outcomes).

Results

The majority of included articles focused on children and adolescents as study population. This study primarily demonstrated that a low prevalence of meeting the 24HMG among children and adolescents during the COVID-19 pandemic. There has been a decline in the percentage of individuals meeting the 24HMG compared to the pre-COVID-19 period. The majority of included studies focused on sociodemographic factors when examining the correlates of meeting the 24HMG, while a few studies assessed factors of other domains, such as social, cultural, and environmental aspects.

Conclusion

The COVID-19 pandemic had an impact on healthy 24-hour movement behaviours in children and adolescents. In conjunction with the studies conducted during the COVID-19 pandemic, more studies were encouraged to explore the correlates of meeting the 24HMG and the associated health benefits in wider ranges of populations.

Zhang, D., Chen, S., López-Gil, J. F., Hong, J., Wang, F., & Liu, Y. (2023). [24-Hour movement behaviours research during the COVID-19 pandemic: a systematic scoping review](#). BMC Public Health, 23(1), 1-13.

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Close, but not always close enough to come out to': a large-scale online qualitative study of interpersonal relationships experienced by LGBTQ+ individuals in sport

Despite concerted efforts, LGBTQ + inclusivity is not fostered across all sporting contexts. Interpersonal relationships with teammates and coaches are particularly significant when it comes to cultivating positive and inclusive LGBTQ + experiences within sport. Using online qualitative data collected from 741 LGBTQ + adults, this study examined how relationships with coaches, teammates and sport-related staff impacted sport experiences and participation. Participant responses were independently coded using reflexive thematic analysis. Data were used to develop a new visual model to understand different types of relationships LGBTQ + individuals experience in sport and how this impacted their sport experiences. Exclusive sport relationships were characterised by experiences of discrimination and were found to greatly influence how participants viewed sport and physical activity contexts as adults. Inert or neutral sport relationships were maintained through protective self-distancing techniques. Inclusive relationships with coaches and teammates were primarily based on acceptance and associated with viewing physical activity positively. Identity-concealment strategies and athletic ability were identified as factors that impacted LGBTQ + adults' relationships within sport. Our overall findings demonstrate how discrimination in the form of overt or subtle sexual and gender prejudice can thwart feelings of relatedness among LGBTQ + athletes.

Herrick, S. S., Moisan, A., & Duncan, L. R. (2023). '[Close, but not always close enough to come out to': a large-scale online qualitative study of interpersonal relationships experienced by LGBTQ+ individuals in sport](#)'. *Sport, Education and Society*, 1-15.

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Attitudes towards LGBTQ+ inclusion in Canadian figure skating

Background:

As part of an examination of the current climate regarding gender and sexual diversity in figure skating, this paper reports on a 2019 pilot study examining the attitudes of athletes, coaches, officials, and administrators at Skate Canada (the national figure skating organization).

Objectives:

To describe attitudes towards LGBTQ+ inclusion in figure skating; to assess whether attitudes vary by gender, sexual identity, or level of participation in skating; and to examine the impact of contact with LGBTQ+ people on attitudes towards inclusion.

Methods:

We conducted an online survey of 106 Skate Canada members in 2019, including attitudinal, demographic, and inter-group contact questions. We employed factor analysis to summarize the attitudinal questions, and multiple regression analyses to examine the effects of demographic and contact variables on attitudes.

Results:

Four main factors emerged, reflecting a continuum of passive to active support for diversity and inclusion in skating. Although all respondents' attitudes toward LGBTQ+ inclusion in figure skating were mostly positive, athletes and coaches were significantly less likely to believe that skating is an inclusive environment than volunteers and officials. Additionally, those who identified as gender and/or sexually diverse scored significantly higher on the personal advocacy factor. In the multiple regression analyses, more frequent contact with LGBTQ+ individuals was associated with significant increases in both passive and active support for inclusion.

Conclusion:

Gender and sexually diverse respondents, and those with more frequent contact with LGBTQ+ individuals, demonstrated higher levels of both active and passive support for inclusion in Canadian figure skating. We recommend that sports organizations should conduct ongoing attitudinal surveys of their membership to monitor progress towards LGBTQ+ inclusion, and should remain attuned to the unique experiences of LGBTQ+ athletes and coaches.

Schnell, A., Godley, J., & Bridel, W. (2023). [Attitudes towards LGBTQ+ inclusion in Canadian figure skating](#). *The Open Sports Sciences Journal*, 16(1).

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"It Was My Story to Tell and I Wasn't Ready to Tell It": Stigma Management Amongst LGBTQ+ Sport Officials

The erasure of marginalized people, especially LGBTQ+ people, is commonplace in sport. As sport has become more commercialized, even at grassroots and youth levels), one group that has become even further marginalized and dehumanized are sports officials. Understanding the intersection of marginalized identities is important; as such, this study examined how homophobia and transphobia interplay with the sports officiating profession. Semistructured interviews with 16 self-identified LGBTQ+ referees revealed a series of organizational and social factors that led officials to either pass as non-LGBTQ+ or to come out as LGBTQ+, leading to the development of the LGBTQ+ Referee Identity Management Process Model. Implications for better supporting LGBTQ+ officials to promote higher levels of retention and career satisfaction are presented.

Baeth, A. C., Tingle, J. K., Jacobs, B. L., & Zvosec, C. C. (2023). ["It Was My Story to Tell and I Wasn't Ready to Tell It": Stigma Management Amongst LGBTQ+ Sport Officials](#). *Journal of Sport and Social Issues*, 47(3), 228-255.

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“There may not be a rainbow sticker at the door, but there are my rainbow shoes”: A qualitative exploration of resilience among LGBTQ+ adults in physical activity contexts

Researchers have identified LGBTQ+ -specific stressors that hinder physical activity participation; however, LGBTQ + resilience against these stressors has yet to be explored. The purpose of this study was to gain an understanding of how LGBTQ + resilience is experienced within physical activity. Ten focus groups with LGBTQ + adults ($N = 36$) were conducted online and subject to abductive thematic analysis. Experiences of individual resilience were conceptualized through the interplay of: (a) persistence-adaptability (ranging from being regimented with physical activity to being flexible and amenable to changes), (b) toughness-tenderness (possessing mental grit to self-kindness), and (c) complaisance-resistance (internalizing to resisting norms that govern physical activity). Participants also described three sites for community resilience: (a) LGBTQ + communities that provided pivotal social support, but rarely for physical activity, (b) digital communities that could support or thwart LGBTQ + resilience, but often prioritized aesthetics, and (c) physical activity communities that supported participation, but often perpetuated LGBTQ + exclusion.

Herrick, S. S., & Duncan, L. R. (2023). [“There may not be a rainbow sticker at the door, but there are my rainbow shoes”: A qualitative exploration of resilience among LGBTQ+ adults in physical activity contexts](#). *Psychology of Sport and Exercise*, 64, 102324.

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Run like a girl! Sports-Related gender bias in language and vision

Gender bias in Language and Vision datasets and models has the potential to perpetuate harmful stereotypes and discrimination. We analyze gender bias in two Language and Vision datasets. Consistent with prior work, we find that both datasets underrepresent women, which promotes their invisibilization. Moreover, we hypothesize and find that a bias affects human naming choices for people playing sports: speakers produce names indicating the sport (e.g. 'tennis player' or 'surfer') more often when it is a man or a boy participating in the sport than when it is a woman or a girl, with an average of 46% vs. 35% of sports-related names for each gender. A computational model trained on these naming data reproduces the bias. We argue that both the data and the model result in representational harm against women.

Harrison, S., Gualdoni, E., & Boleda, G. (2023). [Run like a girl! Sports-Related gender bias in language and vision](#). *arXiv preprint arXiv:2305.14468*.

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Olympic Games, media coverage and brand image/performance from fan and gender perspectives

Purpose

The purpose of this paper is to explore and test certain assumptions concerning the role of the media in its coverage of the Olympic Games, US men's and women's basketball in particular, and its perceived impact on brand image of the athletes' performance from a fan's motivational and financial perspective.

Design/methodology/approach

Uses and gratifications theory and sport fan motivation scales were used to identify potential impacts of media coverage and branding on athletic performance. Based on a study of 143 working professionals that identified themselves as Olympic sport fans in the Pittsburgh, PA metropolitan area, several hypotheses were tested.

Findings

The most to least important factor-based constructs found from a PCA (Principal Components Analysis)/factor analysis included competitiveness, fan commitment, media connections, media impacts, demographics and financial impacts. When using the construct athletic performance at the Olympic level as the dependent variable, results suggested that competitiveness, media connections and fan commitment were significant for males only, while only media connections for significant for females. Males were found to be more player-centric than females, willing to be more focused on the competitive nature of the Olympic Games and to dedicate more money for such activities.

Originality/value

Focusing on Olympic Games and associated athletes' competitive nature opens a unique perspective from fan's gender perspective.

Smith-Ditizio, A., & Smith, A. D. (2023). [Olympic Games, media coverage and brand image/performance from fan and gender perspectives](#). *Benchmarking: An International Journal*, 30(2), 503-531.

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