



8. INTERNATIONAL CONGRESS OF EXERCISE AND SPORT PSYCHOLOGY
24-26 APRIL 2025
ISTANBUL - TURKEY

CONGRESS PROGRAM

Time	24 April 2025 Thursday
10.00-10.45	Opening Ceremony - Conference Hall Prof.Dr. Gözde ERSÖZ Prof. Dr. Turgay BİÇER (President of the Association for Exercise and Sport Psychology) Prof.Dr. Mehmet Mustafa YORULMAZLAR (Dean of the Faculty of Sport Sciences at Marmara University) Prof.Dr. Mustafa KURT (Rector of Marmara University) Dr. Osman Aşkın BAK (Minister of Youth and Sports)
10.45-11.30	Opening Keynote - Conference Hall The Olympic Movement for Youth: Inspiration, Passion and Success Ahmet GÜLÜM (President of the Turkish National Olympic Committee) Chair:Dr.Turgay BİÇER
11.30-12.15	Keynote Speech - Conference Hall Sport Psychology in the Context of Values: Character or Talent? Dr. Turgay Biçer Chair:Dr. Seyhan HASIRCI
12.15-13.00	Lunch
13:00-14:00	Oral Presentations - Conference Hall Chair: Dr. Onur AKYÜZ Frequency Domain Analysis of Brain Electrical Activity During Basketball Free Throws Using Electroencephalography (EEG) <u>TEKE, Ramazan Semih; TAKMAZ, Gamze; GÖÇMEN Recep; GÖKSEL DURU, Dilek; SÜEL, Emin; DURU, Adil Deniz</u> Investigating the Relationship between Sense of Presence and Anxiety Responses in Virtual Reality Among Athletes <u>TÜRKERİ-BOZKURT, Hande; BREWER, Britton W.; KORUÇ, Ziya</u> Virtual Reality-Supported Video Modeling for Enhancing Motor Skill Acquisition in Swimming NAMLİ, Sevinç; ÖZDEMİR, Kübra; ŞEN, İlhan; <u>BEDİR, Deniz</u> The Effect of Mental Training with Biofeedback on Performance in Athletes <u>TUNA, Nehir; KORUÇ, Ziya</u> Cyclic Variation of Prefrontal Cortex Activity in Athletes with Primary Dysmenorrhoea: An fNIRS Study <u>ŞERAN, Buket; BEDİR, Deniz; AĞDUMAN, Fatih; KORKMAZ, Onur Erdem; AKMAN, Onur; BADICU, Georgian</u>

13:00-14:00	Oral Presentations - Seminar Hall Chair: Dr. İlker ÖZMUTLU
	Why Does Team Captaincy End in Professional Football? Perceptions and Experiences from the Head Coach's Perspective on the Revocation of the Captaincy Armband <u>ORHAN, Selman</u>
	The Effect of Drama Education on Empathic and Social Self-Efficacy: The Case of the Sports Management Department <u>KILINÇ, Ceren; BEŞLER, Hamza Kaya</u>
	Examination of Athletes' Regret Experiences <u>BALIKÇI, Elif; KARAGÖZOĞLU, Cengiz</u>
	The Role of Mindfulness in Sport, Exercise And Physical Activity Research: A Bibliometric Study <u>TERZİOĞLU, Zeynep Ayça; BAYKÖSE, Nazmi; KORKMAZ, Deniz Necla</u>
	Lost Challenge or Perceived Threat? Psychological Reflections on Burnout in Youth Soccer Players <u>ÖĞRAŞ, Bülent Emre; KARA, Mehmet; ÇETİN, Çağrı Mehmet</u>
14:00-14:15	Break
14:15-15:00	Keynote Speech - Conference Hall SPORTS as a Freedom Issue Dr. Daniş Navaro Chair:Dr. Çiğdem ÖNER
15:00-15:45	Panel - Conference Hall Psychological Performance in Sports through Athletes and Coaches' Experiences Bora Aydınlik (Turkish National Football Player) Osman Zeki Korkmaz (Head Coach) Nida Eliz Üstündağ (Turkish National Swimmer) Chair: Dr. Leyla TAVACIOĞLU
15:45-16:00	Break
16:00-16:45	Workshop - Conference Hall Evaluation and Publication Process in Academic Journals Dr. Deniz Bedir Chair: Dr. Süleyman Erim ERHAN
16:45-17:30	Workshop - Conference Hall Measurement and Evaluation of Cognitive Features in Sports with PEBL Application Dr. Recep Göçmen \ Melek Erol Chair: Dr. Buse SULLU TUĞYANOĞLU
17:30-17:45	Break
17:45-18:30	Keynote Speech - Conference Hall The Invisible Side of Sports Performance: Psychological Skills Training in Football Dr. Veysel Küçük Chair: Dr. Birol DOĞAN

18.30-19.15	<p>Workshop - Conference Hall</p> <p>Wearable Technology and Psychometric Tests to Increase Athletic Performance</p> <p>Dr. Rıdvan EKMEKÇİ</p> <p>Chair: Dr. Eda AĞAŞCIOĞLU</p>
Time	<p style="text-align: center;">25 April 2025</p> <p style="text-align: center;">Friday</p>
09:30-11.00	<p>Oral Presentations - Conference Hall</p> <p>Chair: Dr. Yalçın BEŞİKTAŞ</p> <p>Examination of the Use of Legitimate Power by Sports Business Managers over Trainers <u>ÇIRPI, Yeşim</u>; KIZILOĞLU, Mehmet</p> <p>Brain Fog and Sports: Mental Health in University Students ÖZSOY, Damla; <u>TOPAL, İrem</u></p> <p>The Effect of Burnout on Aggression and Anger in Basketball Athletes <u>ÖĞRAŞ, Bülent Emre</u>; DOĞRUER, Ayselnur</p> <p>Investigating the Visual Response and Anticipation Times of Boys and Girls <u>SÜREN, Nisa</u>; BALOĞLU, Rahime; BOZKURT, Sinan; YETİŞ, Mina</p> <p>Research for Positioning Digitally Guided Pedal Generator Equipment with Feedback and its Effects on Starting Cycling for Sports <u>DEMİR, Tefik Serman</u>; DURU, Adil Deniz</p> <p>Investigation of Sports Commitment Levels of Individuals Attending Sports Centers <u>YILDIRIM, Muhammed</u>; DENİZ, Mustafa Kemal</p> <p>An Examination of Psychological Flexibility in Yalova University Students in Terms of Regular Exercise Behavior ÖZSOY, Damla; <u>YARDIM, Burak</u></p>
09:30-11.00	<p>Oral Presentations - Seminar Hall</p> <p>Chair: Dr. Mehmet ACET</p> <p>Analysis of Perceived Competence and the Interaction of the Relative Age Effect in Football Players: The Case of İstanbulspor <u>PINARLI, Elifnur</u>; KÜÇÜK, Veysel</p> <p>Investigation of Narcissistic Personality Traits of Professional Goalkeepers <u>AKYÜZ, Onur</u></p> <p>Perception of Irrational Performance Beliefs and Mental Fatigue Awareness in Wrestlers <u>TOY, Ali Burak</u>; BAYRAKTAR, Murat; TAŞÇIOĞLU, Ramazan; OKUYUCU, Selçuk</p> <p>Adaptation of the Perceived Performance in Sports Questionnaire to Turkish and Examination of its Psychometric Properties <u>ÜZGÜ, Mehmet Ali</u>; BİRSEN, Miraç Tunahan; TİNGAZ, Emre Ozan</p> <p>Assessment of Normative Values of Physical Fitness Tests in Male Football Players with a Digital Platform <u>ÇAPAR, Aysel</u>; UZUN, Selda; BOZ, Mehmet Can</p> <p>Effect of Post-Exercise Dry Immersion on the Autonomic Nervous System <u>ACHYLOV, Rahmet</u>; ÇOTUK, H. Birol; AKBAŞ, Savaş</p>

09:30-11.00	Dance and Sport Psychology: Cognitive and Emotional Benefits of Dance <u>AĞAOĞLU TOPÇU, Ceren</u>
11.00-11.15	Break
11.15-12.00	/Keynote Speech - Conference Hall Performance Psychology from Theory to Application: The Psychophysiological Mechanisms of Mental Control Under Pressure Dr.Recep Görgülü Chair:Dr. İlhan ODABAŞI
12.00-13.00	Lunch
13.00-14.00	Oral Presentations - Conference Hall Chair:Dr. Esen Kızıldağ KALE
	The Effect of the Coach-Athlete Relationship on Collective Efficacy Through Congruence of Team-Referenced Attributions <u>MENEVŞE, Olgu</u> ; DURDUBAŞ, Deniz
	Fear of Missing Out and Intention to Continue Sports in Student-Athletes: The Mediating Role of Alienation from School and Devaluation to Sport <u>KARADAĞ, Duygu</u> ; URFA, Osmanı; AŞÇI, F.Hülya
	The Mediating Role of Cognitive Flexibility in the Relationship Between Perfectionism and Self-Esteem: A Structural Equation Model Approach <u>ÇİFTÇİ, Muhammet Cihat</u> ; ALTIN, Yasin; YARAYAN, Yunus Emre
	The Role of Mental Toughness and Emotional Intelligence in Professional Basketball Game Performance <u>YAZICI, Atakan</u> ; GÜNAY, Mehmet; TOK, Serdar
	The Role of Social Identity, Transactive Memory Systems, and Teamwork on Team Performance <u>ÖZLÜ, Canberk</u> ; SEZER, Umut; DURDUBAŞ, Deniz; KORUÇ, Ziya
13.00-14.00	Oral Presentations - Seminar Hall Chair: Dr. Ali Burak TOY
	Therapy Approaches in Sport Psychology: A Review on Current Approaches and Effectiveness <u>SULU, Buse</u> ; KILIÇ, Beyza Nur
	Mindset Theory and Its Applications: A Growth-Oriented Approach from Education to Sports <u>ÖZDEMİR, Enes</u> ; KARAGÖZOĞLU, Cengiz
	A review on the psychological, psychophysiological and ergogenic effects of music usage in exercise and sports <u>ÇAKALOĞLU, Erdem</u>
	Bibliometric Analysis of The 100 Most Cited Article in The Field of Sport and Exercise Psychology BAYKÖSE, Nazmi; <u>ESİN YÜZER, İlayda</u>
	Investigating the Relationship Between Attitudes of Sports Sciences Students Towards Artificial Intelligence and Work Finding Anxiety TOGO, Osman Tolga; ÖZTÜRK, Arda; <u>BATUR, Çağla</u> ; YÜCEL, Defne
14.00-14.15	Break
14.15-15.00	Erasmus Projects from a Psychosocial Perspective in Sports - Conference Hall Unclusive Resilience: Creating Enviroemntal Sustainability and Disaster Resilence Throught Paralympic Sports Dr. Ümran Başer (Head of International Projects Department)

14.15-15.00	Merve Küçükkesil (Psychologist) Bilal Çalayan (Youth and Sports Specialist) Chair:Dr. Gözde ERSÖZ
15.00-15.15	Break
15.15-16.00	Workshop -Conference Hall Project evaluation process and common mistakes from the panelist's perspective Dr. Emine Çağlar Chair: Dr. Erdem ÇAKALOĞLU
16.00-16.45	Keynote Speech - Conference Hall Athlete Burnout and Psychological Health Dr. Kelly Renner Chair: Dr. Deniz DURDUBAŞ
16.45-17.00	Break
17.00-17.45	Keynote Speech - Conference Hall A Broad Study on Career Transition: Those Who Don't Succeed Dr. Miquel Torregrossa Chair: Dr. İhsan SARI
17.45-18:45	Oral Presentations - Conference Hall Chair: Dr. Nilgün VURGUN
	Effects of Wake-Up Time and Training Time on Perceived Exertion in Elite Athletes with Different Chronotypes <u>SAHİN ÖZARSLAN, Fatma</u> ; BUĞUR, Ahmet Ömer; DURU, Adil Deniz
	Acute Effects of Affirmation Exercise on Heart Rate Variable in Elite Athletes <u>ÜNLÜGÜZEL, Benhur</u> ; BEŞLER, Hamza Kaya; EKMEKÇİ, Rıdvan
	Adaptation and Psychometric Properties of the Mind-Wandering Scales for Sports <u>BİRSEN, Miraç Tunahan.</u> ; ÜZGÜ, Mehmet Ali; TİNGAZ, Emre Ozan
	Examining Competition Rumination Levels Among Athletes from the Perspective of Demographic Variables <u>EKMEKÇİ, Rıdvan</u> ; ÇAKIR, Rıdvan
	Yoga and the Brain: Neurophysiological and Cognitive Reflections of Short-Term Yoga Practice <u>GÜMÜŞ, Gizem</u> ; ATMACA, Deniz; DURU, Adil Deniz
	Oral Presentations - Seminar Hall Chair: Dr. Selman ORHAN
17.45-18:45	The Digital Face of Motivation: The Impact of Exercise Content on Social Media <u>AYÇİÇEK, Ceyda Nur</u> ; ÖNCÜ, Erman
	Investigation of Depressive Symptoms and Sleep Quality Among Regular Exercisers AÇIKALIN, Nazlı Nur; AKIN, Gökçe; PEHLİVAN, Aysel
	An Analysis of Digital Fatigue Levels in Combat Sports Athletes Based on Various Variables <u>SARI, Göktuğ</u> ; KIRMIZIGÜL, Derya; GÖNÜLATEŞ, Süleyman; BEŞLER, Hamza Kaya

17.45-18:45	Investigation of the Response Time of Children Involved in the Sport of Taekwondo <u>SAHBAZ, Tacinisa</u> ; TURAN, Emircan; BOZKURT, Sinan
	Maintaining Academic Success and Sporting Activities Together "Under the Shadow of Exam Stress" <u>ERDOĞAN YÜCE, Ülküm</u>
19.00	Gala Dinner - Bosphorus Tour
Time	26 April 2025 Saturday
09:30-10:30	Oral Presentations - Conference Hall Chair:Dr. Aydan GÖZMEN ELMAS
	Motivations of Wheelchair Curling Athletes to Participate in Sport: A Qualitative Research <u>DAŞKESEN, Sonay Serpil</u> ; BEDİR, Deniz; İLHAN, Ekrem Levent; DEMİR ONUR, Tuğba; MAİR, Heather
	The Role of Self-Compassion and Passion on Exercise Dependence: A Comparison of Two Alternative Models <u>SARAÇ, Hakan</u> ; URFA, Osman; AŞÇI, F. Hülya
	Perceived Coaching Feedback Questionnaire: Validity and Reliability Study <u>KAYĞUSUZ, Şeval</u> ; SULU, Buse; AŞÇI, Hülya
	Investigation of Coaches' Communication Patterns for Teamwork in Team Debriefings <u>DURDUBAŞ, Deniz</u> ; SEZER, Umut
	Social Identity and Team Resilience : The Mediating Role of Team Maintenance (Youth Athletes) <u>ARUK, Çağrı</u> ; DURDUBAŞ, Deniz
09:30-10:30	Oral Presentations - Seminar Hall Chair: Dr. Emre Ozan TINGAZ
	"Being Hunted or Hunter": A Metaphorical Evaluation of Intra-Team Hierarchy Among Young Male Football Players <u>ELMAS, Safer</u> ; GÖZMEN ELMAS, Aydan
	The Effect of Technology-Supported Physical Education Course on Motivation and Self-Efficacy <u>ARSLAN, Nazım Çağatay</u> ; ÇELİK, Nurullah
	Relationship Between Decision Making Styles, Five-Factor Personality Traits, and Cognitive Flexibility <u>DİREK, Furkan</u> ; TAŞTAN, Zarife; TÜRKSOY IŞIM, Ayşe
	The Role of Childhood Experiences on the Mental Toughness of Athletes from the Perspective of Schema Therapy <u>ÇELİK, Elif Nur</u> ; KARAGÖZOĞLU, Cengiz
	Mental Toughness in Paralympic Athletes: A Systematic Review of the Psychosocial Literature <u>KILIÇ, Beyza Nur</u> ; SULU, Buse
10.30-10.45	Break
10.45-11.30	Panel - Conference Hall Sport Psychology in the Paralympic Environment: Perceptions of Coaches, Athletes and Administrators Av.Murat Aksu (President of the Turkish National Paralympic Committee) Yiğit Caner Aydın - (Turkish National Para-Archery Athlete) Yiğit Doğukan Bozkurt - (Turkish National Para-Rowing Athlete) Serdar Orkun Pelvan - (Para-Rowing Coach) Chair: Dr. Gözde ERSÖZ

11.30-12.15	<p>Panel - Konferans Salonu</p> <p>Biopsychosocial Model in Sport Psychology</p> <p>Dr. Hasan Birol Çotuk (Faculty Member at Marmara University)</p> <p>Dr. Korkut Ulucan (Faculty Member at Marmara University)</p> <p>Dr. Adil Deniz Duru (Faculty Member at Marmara University)</p> <p>Chair: Dr. Sami MENGÜTAY</p>
12.15-13.00	Lunch
13:00-13:45	<p>Panel - Conference Hall</p> <p>Determinant Psychological Factors in Shooting Performance</p> <p>Murat Kocakaya (President of the Turkish Shooting Federation)</p> <p>Şevval İlayda Tarhan (Turkish National Shooting Athlete)</p> <p>Yusuf Dikeç (Turkish National Shooting Athlete)</p> <p>Chair: Dr.Cengiz KARAGÖZOĞLU</p>
13.45-14.00	Break
14:00-15.30	<p>Oral Presentations - Conference Hall</p> <p>Chair: Dr. Duygu KARADAĞ</p> <p>Psychological Impacts of Effective Feedback in Coach-Athlete Communication <u>AKKAYA BOYRAZ, Defne Ezgi; BİÇER, Turgay; BİÇER, Kaan</u></p> <p>Peer Communication and Psychological Resilience: A Study on Young Athletes <u>AKKAYA BOYRAZ, Defne Ezgi; AKKAYA, Cemre Can</u></p> <p>The Role of Athletic Identity and Mental Toughness in Determining Psychological Recovery in Sport <u>DURAN, Esra Nur; GÖZMEN ELMAS, Aydan</u></p> <p>The Relationship Between Athletes' Career Ending Anxiety, Future Time Perspectives, and Meaning in Life <u>KIZILDAĞ KALE, Esen; TURGUT, Canan; DOĞUSAN, Senanur</u></p> <p>An Investigation of Sport Injury Anxiety in Female Flag Football Players <u>ÖZCAN, Huriye Seray; AKIN, Gökçe; PEHLİVAN, Aysel</u></p> <p>Injury in Elite Soccer Players with its Psychosocial Dimension: An Evaluation from the Perspective of Physiotherapists <u>ÖZYILMAZ, Erkan; İLHAN, Ekrem Levent; HANEDAR CÖMERT, Ayşe Nur</u></p>
14:00-15.30	<p>Oral Presentations - Seminar Hall</p> <p>Chair: Dr. Gökhan ÇALIŞKAN</p> <p>Doping in the Framework of Psychosocial Studies: Risk Factors and Protective Factors <u>GÜL, Dilan; NERGİZ, Hüseyin</u></p> <p>Investigating Imagery Ability Across Age, Gender, and Sport-Related Demographic Variables <u>UĞUR, Yunus; COŞKUN, Hamit; ŞENYURT, Ahmet Yasin</u></p> <p>Examining Stress Coping Strategies and Perceived Coaching Behaviors with Certain Variables <u>YILMAZ, Yusuf Sacit; KÜÇÜK, Veysel</u></p> <p>Exploring the Relationship Between Mental Toughness and Anxiety in Adolescent Combat Sports Athletes <u>ALP, Ayşegül Funda; ALDIRMAZ, Canan; ULUDAĞ UYANIKER, S. Sevil</u></p>

14:00-15.30	Comparison of Failure and Unrelenting Standards Schemas in Team Athletes and Individual Athletes ÖZEL, Yağmur; ERMAN, K. Alparslan
	Comparison of Physical Self-Defense Levels of Female Athletes TUNCER, Pamuk Gizem; BEŞLER, Kaya Hamza; EKMEKÇİ, Rıdvan
	The Effect of Primitive Reflexes on Cognitive Ability in Swimmers UZUN, Hatice
15:30-16.00	Closing Hall: Conference Hall
Time	26 April 2025 Saturday
POST-CONGRESS WORKSHOP	
16.00-16.30	Workshop - Conference Hall Schema Therapy in Sports Elif Nur ÇELİK Chair: Dr. Erdem ÇAKALOĞLU
16.30-17.00	Workshop - Conference Hall Success Begins in the Mind: Imagery in Sports Bersu Çolak Chair: Dr. Recep GÖÇMEN
17.00-17.30	Workshop - Conference Hall Team Culture and Values: The Foundations of Succeeding Together Resul Sağlam \ Yunus Emre Coşgun Chair: Dr. Gözde ERSÖZ
17.30-18.00	Workshop - Conference Hall Emotional Coordination: Awareness Workshop for Sportsmen Garip Saygıner Kılıç \ Yunus Emre Coşgun Chair: Dr. Aydan GÖZMEN ELMAS
18.00-18.30	Workshop - Conference Hall Mind to Muscle Suggestion: Autogenic Training Yusuf Sacit Yılmaz Chair: Dr. Veysel KÜÇÜK
18.30-19.00	Workshop - Conference Hall Dance and Movement Therapy: Body Awareness Melek Erol Chair: Dr. Gözde ERSÖZ