

**RESULTS**

	Perceived weak	Pain	Let others down	Reoccur
	<i>B (SE)</i>	<i>B (SE)</i>	<i>B (SE)</i>	<i>B (SE)</i>
SC	-.22* (.10)	-.17 (.10)	-.29* (.10)	-.22* (.10)
PC	.14 (.10)	.34** (.10)	.29** (.10)	.29** (.07)
SC x PC	.17* (.09)	.20* (.08)	.17* (.08)	-.13 (.08)
Comp. Sport	-.31 (.21)	.03 (.20)	.10 (.21)	-.16 (.20)
<i>R</i> <sup>2</sup>	.07	.11	.09	.13

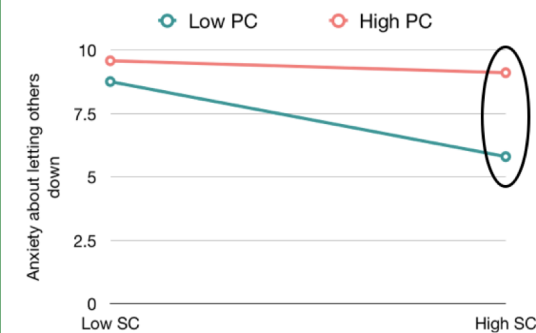
	Negative affect	Rumination
	<i>B (SE)</i>	<i>B (SE)</i>
SC	-.21* (.10)	-.19* (.10)
PC	.11 (.10)	.02 (.07)
SC x PC	.01 (.09)	-.12 (.08)
Comp. Sport	.13 (.21)	.38 (.21)
<i>R</i> <sup>2</sup>	.04	.08

\**p* < .05; \*\**p* < .01. Comp. Sport = currently competing in competitive sport (dummy-coded: 1 = no; 2 = yes). Partially standardized regressions are reported as competitive sport status was left in its original metric.

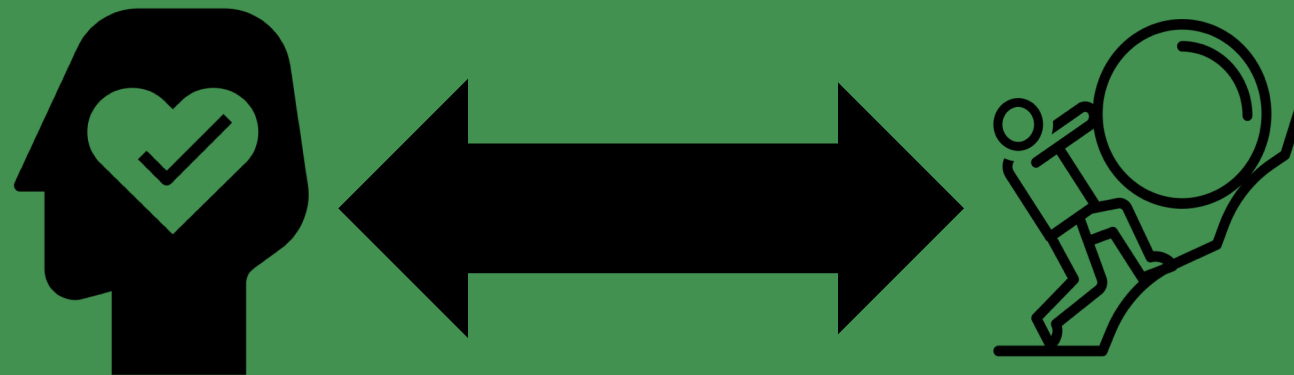
**SUMMARY**

-SC may serve an adaptive function for various setback-related anxiety outcomes, particularly when PC is low, as well as help to attenuate negative affect and rumination

-With frequent setback experiences and rising mental health issues being reported by athletes, findings may be used to promote SC beliefs through control-enhancing interventions



# Secondary Control (SC) is linked to lower rumination and negative emotions following sport setbacks



**Secondary Control**

**Primary Control**

## When primary control is low, SC relates to less worrying about being perceived weak, pain, and letting others down

### The Role of Secondary Control in Fostering Psychosocial Wellbeing for Athletes During Setbacks

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**INTRO**

-Secondary control (SC) involves adjusting the self to the environment; whereas Primary control (PC) involves acting on the environment

-SC in health & achievement settings can be adaptive for individuals facing setbacks when PC is low

-We tested the impact of athletes' PC & SC on important psychosocial outcomes

**METHODS**

-129 postsecondary North American athletes recruited via Prolific (*M*<sub>age</sub> = 21)

-87 women, 39 men, 1 non-binary, 2 did not disclose

-USA 68%; Canada 32%

**ANALYSIS**

-Cross-sectional design

-Tested main and int. effects of SC and PC on anxiety, rumination and affect when reflecting upon a critical past sport setback

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References available upon request.