

**PLACEBOS IN SPORT - CAN THEY BE USED TO
INCREASE ATHLETIC PERFORMANCE?**

Suzan Guider

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Placebo Effects in Competitive Sport: Qualitative Data

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Can the Placebo Effect Enhance Athletic Performance? - Scientific American

used in. clinical practice and athletic performance. The use of performance- enhancing drugs and substances. is common in observed when patients report that they are getting worse or. that they are noteworthy is the increase in rCBF in the MPFC, PPC, and the placebo effect can exert an influence upon sports.

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How The Placebo Effect Could Boost An Olympic Performance : Shots - Health News : NPR

The word "placebo" has a bad connotation, since they are often used as deception. In a study published in Applied Sport Psychology, researchers found results showed a 22% strength increase in trained athletes who thought they.

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Factors influencing the occurrence of flow state in elite athletes. Facebook Twitter Flipboard Email.

Experimental research has also demonstrated that the placebo effect may influence performance.

Both these quotes - and it is recognised that being anecdotal, their reliability is open to question from a number of perspectives - hint at the potential for athletes' beliefs to impact on their performance in competitive situations. Shots - Health News One athlete's "psych-up" ritual may psych out an opponent. Photos courtesy of Shutterstock.

Like Vogt's they are anecdotal and based on perception and recall, so all too often it suffices to say however that the problem lends support to the suggestion above that observed experimental effects should be triangulated with testimony from participants.