

## ABSTRACT

### THE UNIFORM: A HIGH SCHOOL SPORT PSYCHOLOGY INTERVENTION

The present study implemented a mental skills training (MST) program to high school student-athletes at an inner-city school in Central California. The transtheoretical model served as the conceptual framework. The MST program called the UNIFORM was implemented with one athletic physical education class ( $n = 39$ ) and followed a quasi-experimental design. It was hypothesized that the participants would demonstrate a significant difference in their ability apply the mental skills in practice and competition. It was also hypothesized that the participants would experience a significant difference in their stages of change, self-efficacy, and decisional balance scores. The results indicated a significant increase in the application of relaxation, goal setting, self-talk, and imagery in either practice or competition. Decisional balance scores showed the pros of engaging in MST increased significantly, while the cons significantly decreased. The design of this study may serve as a model for future sport-based intervention programs.

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