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DeFreese, J.D., Madigan, D. J., & Gustafsson, H. (in press). An introduction to the JCSP special issue on burnout in sport and performance. *Journal of Clinical Sport Psychology*.

An Introduction to the JCSP Special Issue on Burnout in Sport and Performance

J.D. DeFreese¹, Daniel J. Madigan², & Henrik Gustafsson³

¹The University of North Carolina at Chapel Hill, USA

²York St John University, UK

³Karlstad University, Sweden

Time flies in both life and scientific discovery at a rate that often does not feel commensurate with our human experience. Consequently, we find it extremely hard to believe that it has been nearly 15 years since the last special issue on burnout in sport (Smith, Lemyre, & Raedeke, 2007). Moreover, it has been somewhere in the range of 35-40 years, depending on the paper you reference, since sport scientists first recognized the relevance of burnout for athletes or others within the sport environment (e.g., coaches). Even more recently, the World Health Organization's recognition of burnout in working professionals (World Health Organization, 2019), and the increasing sport stressors and negative psychosocial health experiences noted by both researchers and the media during the COVID-19 pandemic (DeFreese et al., 2021), set the stage to revisit burnout research in sport. Accordingly, we as an editorial team thought it was well timed to reconsider the contemporary literature and put out a broad call (open to multiple burnout topic areas and paper formats) for this *Journal of Clinical Sport Psychology* Special Issue on Burnout in Sport and Performance.

We had several goals with this special issue among them were (1) to showcase the breadth of research on burnout that has advanced the field since the last special issue, (2) to allow for a broad range of scientific contributors with diverse areas of expertise, countries of origin, and years of experience examining burnout in sport, and (3) to spark continued conversation and interest in a topic which we have all dedicated some portion of our careers to and feel is extremely important to the field of sport and exercise psychology ... burnout. As with any editorial team that puts out a broad call for scholarship and contributions on a specific topic area, we hoped for an array of high-level work with insightful take-homes that spark critical conversations and future research. We feel strongly that the contributors to this special issue delivered on all accounts. As a result, we have been able to assemble a two-volume special issue,

one volume of each to be published in *JCSP* in 2022 and 2023. This division of articles allowed us to highlight more work, more diverse types of scholarly articles, and to work with some authors who needed more time to revise their work during this global pandemic. Among these articles, we found it meaningful to include a multi-author “future of the field” piece highlighting the views of both junior and senior scholars in the burnout space (Special Issue Volume 1, 2022) and our own more detailed editorial taking stock of the historical lessons from our self-defined “eras” of research on burnout in sport (Special Issue Volume 2, 2023). Ultimately, we could not be prouder and more enthusiastic regarding the final product for this special issue.

We would be remiss if we did not finish this introduction to the special issue without issuing many thanks to those who allowed it to be possible. First, we would like to thank Human Kinetics, the Journal of Clinical Sport Psychology, and, in particular, Editor-in-Chief, Dr. Justine Reel. Dr. Reel and the journal provided us with this important platform, the autonomy to make decisions about the content and structure of the special issue, and all the resources necessary to achieve our goals. We feel fortunate to have had such support. The authors of the manuscripts also deserve our thanks and congratulations for providing such rigorous and innovative work. Moreover, two professionals in the field, Drs. Christine Pacewicz and Kathleen Mellano, who served as Guest Editorial Board members, deserve special thanks. Finally, an esteemed panel of senior scholars in the field contributed to the consensus review and future directions paper, their expertise of which we are extremely thankful.

As the field of burnout in sport and performance has extended across research teams and continues to welcome more scholars and diverse scholarship into the field, so do we wish this special issue will as well. We feel strongly that the field of burnout research and practice will only benefit from the involvement of others that share our overall goals – to better understand an

important topic with the goal of ultimately using this knowledge to improve the environment where athletes practice and perform their talents. At this time, we would also like to thank you too for taking the time to read these collected works, and hope that you find this special issue stimulating as we do. We hope that it sparks continued questions, ideas, and scholarship in the future on the important topic of burnout in sport and performance.

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