

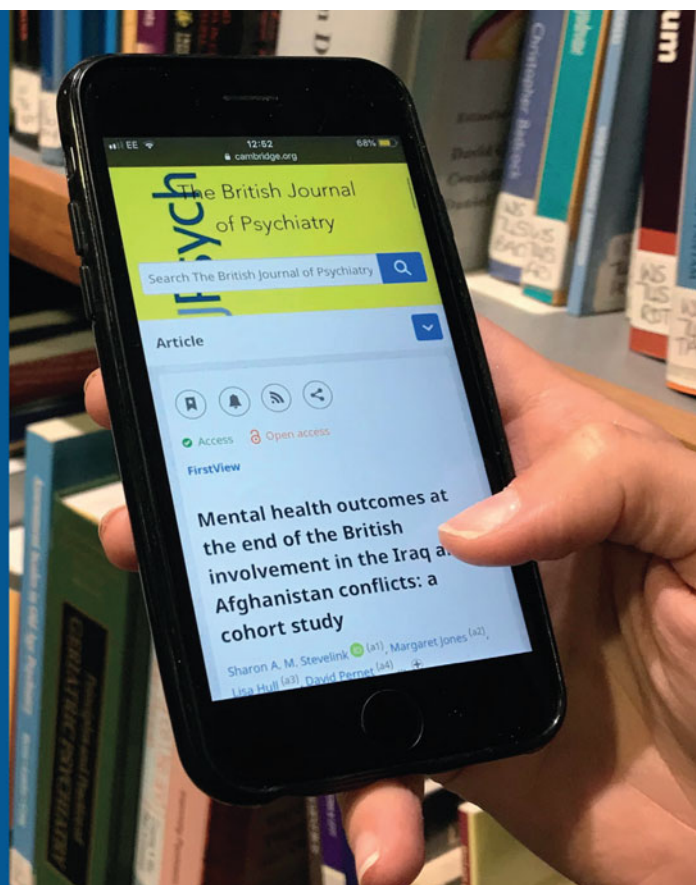


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In this issue, (373–380) authors Ian Andrew James et al present two frameworks conceptualising stress in footballers: the Power Threat Meaning Framework, which describes stress in non-diagnostic terms; and the Yerkes–Dodson curve, which describes how stress can affect footballers' mental and physical performances on the pitch. Both frameworks can combine to enable therapists to understand players' distress and its impact and to guide towards appropriate treatments, and this is shown in a fictitious case study.

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