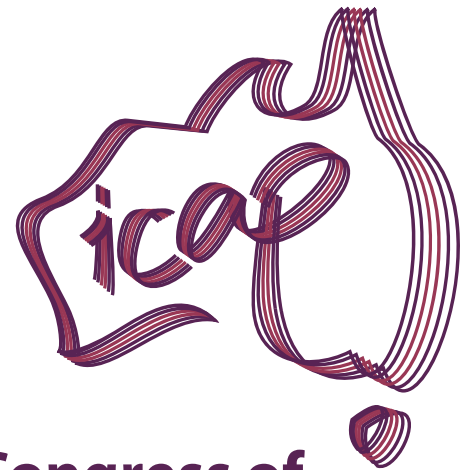


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results are impressive when compared with applied relaxation therapy results of only 39% remission and 34% dropouts. In this article we report on a trial of psychorationalism, a form of psychodynamic therapy, with 10 injured workers (6 female, 4 male). All workers had a soft tissue injury more than 52 weeks previous yet remained at reduced hours of work or unemployed. People were seen once per week for 12 weeks. Various psychometric tools were used to assess anxiety, depression, self-efficacy, self-esteem, defence styles and trauma. The tools were administered at baseline, week 6 and week 12. As there was no control group to compare results, an effect size calculation was used. The initial results indicate an effect size (Cohen's *d*) of 1.84 for anxiety, 2.13 for depression, and 1.08 for trauma. When Cohen's *d* is above 0.8 the effect size is considered large. Therefore, these effect sizes demonstrate the effect of psychorationalist therapy in this sample to be large. The initial results indicate that Psychorationalist therapy offers an effective form of treatment to injured workers. Further clinical trials will establish if the above effect sizes are typical. Given the current data further trials are encouraged.

Keywords: *psychorationalism, worker injuries, depression, trauma, anxiety*

A profile of the young tennis player at risk of burnout

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Four empirical studies were conducted to examine the change over time in perfectionism, trait anxiety, motivation, and coping, and the impact these variables have on burnout. This research was guided by Smith's (1986) Cognitive Affective Model of Athlete Burnout with the aim to identify a profile of the young tennis player at risk of burnout. Young tennis players between the ages of 10 and 17 years were assessed on burnout, perfectionism, trait anxiety, motivation, sources of stress and coping behaviour over 25 months. The tennis players were competing at the school, state and/or national level. Since burnout is considered to be

a fluid construct that builds up slowly, the longitudinal analysis allowed for the development of burnout to be measured overtime. Perfectionism, trait anxiety and motivation remained stable over the testing period. The use of ineffective coping strategies (i.e., non-productive) increased and effective coping strategies (i.e., productive) decreased over time. Age and components of perfectionism (i.e., positive perfectionism), coping (i.e., non-productive), and motivation (i.e., amotivation) were found to be significant predictors of burnout in the young tennis players. Positive perfectionism was identified as a protective factor and non-productive coping, amotivation and age as risk factors for burnout. The results show that the relationship between personality, motivation and coping variables and burnout is multifaceted. The results reported in this research have significant implications in the understanding, prevention and intervention of burnout in young tennis players. Coaches, parents and others working with young tennis players must be mindful of amotivation and the use of non-productive coping strategies particularly during the middle stages of adolescent development. Vigilance and continuous assessment of coping behaviour, motivation and burnout symptoms during the youth sport experience is recommended.

Keywords: *perfectionism, trait anxiety, motivation, coping, tennis player burnout*

A prospective study of time perspective and well-being: Present focused time perspectives predict change in depression

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There is general consensus that we all see the world differently and that this is an important element in understanding human behaviour. How we see the world is considered a factor influencing illnesses such as depression (Beck, 1976). But what does seeing the world differently mean? It is literally true with regard to vision. No two people share exactly the same vantage point and even if they did, eye-tracking experiments indicate that they would perceive