

**Editorial: 50<sup>th</sup> anniversary of FEPSAC**

Bernd Strauss<sup>1</sup> and Nikos Ntoumanis<sup>2</sup>

<sup>1</sup>University of Muenster, Germany

<sup>2</sup>PAW Lab, School of Psychology, Curtin University, Perth, Australia

In 1969, 50 years ago, FEPSAC (European Federation of Sport Psychology) was founded in Vittel (France) during the 2<sup>nd</sup> European Congress of Sport Psychology; the first European Congress took place 1968 in Varna (Bulgaria). This year FEPSAC celebrates its 50<sup>th</sup> anniversary during the 15<sup>th</sup> European Congress of Sport and Exercise Psychology in Muenster (Germany).

The decade of the 1960s can be seen as the start of modern sport psychology worldwide, within universities, and with the establishment of international and many national sport psychological societies. For example, the ISSP (International Society of Sport Psychology) was also founded in 1965, in Rome (Italy) during the first World Congress of Sport Psychology. A few years later, specialized scientific journals belonging to scientific societies were formed. For example, in 1970, the *International Journal of Sport Psychology (IJSP)* was formed as an affiliated journal of the ISSP, and in 1979 the *Journal of Sport and Exercise Psychology (JSEP)* was formed as the official publication of the North American Society for Psychology of Sport and Physical Activity (NASPSPA). Soon after, this trend was followed by the establishment of other journals, mostly in the English language, to encourage internationalization and communication within the scientific community of sport and exercise psychology.

### **The Development of the Journal *Psychology of Sport and Exercise***

In this Special Issue, Elbe et al. (2019), as current Managing Council of FEPSAC, give a short overview of the successful development of FEPSAC in the last 50 years. Elbe et al. highlight some important milestones and decisions in the history of the society, among them the establishment of the *Psychology of Sport and Exercise (PSE)*, the official journal of FEPSAC. The first volume and issue of PSE was published in July 2000 by Elsevier, with Professor Stuart Biddle as founding editor. As current editors-in-chief, we have both been responsible for the smooth and successful running of the journal since our term started in 2011. We feel honored to

have been given the opportunity to serve the academic community of sport and exercise psychology in that important way for the last eight years. In Ntoumanis and Strauss (2019) we describe the development, the current policies, and goals of the PSE in detail. In this editorial, we give a very concise overview of these topics.

Although FEPSAC was founded in 1969, discussions within the organization to establish an official periodical did not begin until the early 1990s by Stuart Biddle, Lew Hardy, and Graham Jones (Biddle, 2000). It took several years until FEPSAC decided to establish a peer-reviewed journal (PSE), with the aim to offer an alternative publication venue among existing international leading sport and exercise science journals. Initially, the journal was proposed to have four printed issues per year and to be published by a worldwide operating and powerful publishing house. Former FEPSAC President Stuart Biddle and his colleagues submitted this journal proposal to Elsevier, which accepted it and became the publisher of the PSE.

### **Some Statistics for PSE**

The first 68-page issue of PSE was published in July 2000 and included four articles. Stuart Biddle was supported by a team of five highly experienced and well-known associate editors (Michael Bar-Eli, Lew Hardy, Glyn Roberts, Roland Seiler, and Robin Vealey), along with 20 distinguished international editorial board members, signaling the aim for worldwide coverage and dissemination.

In 2004, Stuart Biddle stepped down as Editor-in-chief. Co-Editors in Chief Dorothee Alfermann (Germany) and Adrian Taylor (UK) ran the journal from 2004-2007, and Dorothee Alfermann and Martin Hagger (UK, now in Australia) acted as co-editors in chief from 2007 to 2011. As mentioned above, we both started our term in mid-2011. Over the years, the journal has grown considerably, with an increase in the number of associate editors, editorial board

members, reviewers, submissions, printed issues per year (six issues per year, starting from 2005), and page numbers.

Since the first issue was released in July 2000, a total of 1,341 papers (19 of which are open access) have been published to date (November 2018).

PSE publishes more than over 100 papers a year (2016: 137; 2017: 107 and 2018: 157), with a constant rejection rate over the years (approx. 80%). We receive currently around 700 submissions annually, with numbers increasing each year. Consequently, the size of the editorial board ( $n = 55$ ; October 2018) and the number of associate editors ( $n= 13$ ) has also substantially increased. Examination of citation statistics shows that PSE articles are frequently cited, and this is reflected by consecutive increases in its impact factor (IF) in the last three years). The journal's current 2-year IF is 2.88, its 5-year IF is 3.29, and its 2018 Citescore (SCOPUS database) is 3.31. PSE's two-year impact factor was in 2018 the highest amongst all sport and exercise psychology journals. Additionally, PSE ranked highly in the journal categories "sport sciences" and "applied psychology". For 2019 we expect further increases in that measures. The monthly updated CiteScore tracker (taken from SCOPUS on January, 7<sup>th</sup>, 2019) gives good reasons to anticipate a Citescore for 2019 higher than 3.6.

In total, from 2000 to present, 1,341 published papers have been cited 29,140 times (SCOPUS, October 26, 2018), which translates to a commendable all-time average of 21.73 citations per paper. Taking a closer look at these statistics, the 2003 paper by Spence and Lee ("[Toward a comprehensive model of physical activity](#)") cited 309 times (SCOPUS), and the 2006 paper by Araujo, Davids, and Hristovski (2006) ("The ecological dynamics of decision making in sport"), cited 279 times , are the two most cited articles from the fields of exercise and sport psychology, respectively.

We aim to publish excellent papers from all over the world, which are thoroughly peer-reviewed by experts in the concerned field. To date, authors from all continents and 55

countries have published their work in *PSE*. The overall regional distribution of authors (irrespective of authorship order) for the six leading countries is: UK: 440 published papers; US: 336, Canada: 263; Australia: 179; Germany: 120, France: 83 (data taken from SCOPUS, covering the period from January 2000 to November 2018). The list of authors from 2000 to present contains a great variety of educational backgrounds and positions (from undergraduate students to the world's "who's who" in the field of sport and exercise psychology). Gershon Tenenbaum (US) is the most published author (24 papers), and Loughborough University (UK) leads among contributing universities (with 72 papers).

### ***Our Editorial Philosophy***

Our policy is to invite submissions from all over the world that aim to further our understanding of the role of psychological factors in diverse physical activity settings (sport, exercise, non-organized physical activity, school physical education). Such psychological factors can have one or more of the following roles in the manuscript: antecedents, outcomes, and mediators/moderators. We accept diverse quantitative and/or qualitative methodologies and we encourage combinations of such methodologies where possible. We welcome a variety of submission formats, including empirical research, systematic reviews, meta-analyses, registered reports, replication studies, commentaries, protocol papers for trials, and reports of professional practice (see our website for more details). With respect to specific topics, *PSE* occasionally publishes special issues (with at least 10 papers) or special sections (for a smaller number of papers).

Following recent developments and publication options in the wider psychology field (and more broadly), *PSE* has adopted the *transparency and openness promotion (TOP)* guidelines of the Center of Open Science (COS, <https://cos.io/our-services/top-guidelines/>), the only sport and exercise psychology journal to have done so thus far. Specifically, we require

authors to comply with the level 2 of these guidelines, which means that authors are encouraged to deposit their research data in a relevant data repository, to cite and link the dataset in their article, and when this is not possible, to make a statement explaining why such research data cannot be shared. *Registered reports* is also relatively new manuscript option in *PSE*, which is the first journal in the sport and exercise psychology field to offer such an option to researchers (see, Tamminen & Poucher, 2018). In the spirit of open science (e.g., Nosek et al., 2015) and transparency we have implemented a two-stage review process for such reports. Regarding *research replication*, *PSE* has again led the way in the sport and exercise psychology field by making such a submission option available (e.g. multi-lab replication, conceptual replication). *Commentaries* are also welcome. Authors may comment on recently published articles in *PSE* or in other journals, provided that the commented topic(s) is of interest to *PSE* readers.

Our aim is to publish the best papers in all fields of sport and exercise psychology. We strive to achieve this by being clear, fair, transparent, and fast in our decisions. Rapid accept decisions mean authors have the chance to publish their best work very quickly – this is supported by the ‘online-first’ publishing option on our website. Fast rejections give authors the chance to swiftly look for another journal; in the case of desk rejections, these are communicated within one week from submission. We also try to be swift, supportive, and responsive to the manifold and frequent questions of authors, reviewers, associate editors, editorial board members, readers, and journal staff. This also means that *PSE* never sleeps and is acutely aware of its daily priorities!

Despite the close links between FEPSAC and *PSE*, it is of utmost importance to clarify that all editorial decisions, which have been made and which will be made in the future, are not influenced by FEPSAC. Rather, such decisions are based on the professional scientific opinions of the editors who draw from the expertise of more than 1000 reviewers per year. To honour this great voluntary and important work, starting in 2011, *PSE* recognises the two best

reviewers every year with the Reviewer of the Year Award; to date 15 reviewers have received this award. We appreciate that this is a very small token of appreciation and that it unfortunately does not extend to all reviewers.

### ***Final Remarks***

Looking back at the past two decades, an excellent decision was made by FEPSAC and Stuart Biddle as founding editor at the end of the 1990s.

One of the most important reasons for *PSE*'s prominence in the area of sport and exercise psychology is the support of Elsevier. As a major science publisher and owner of the journal, Elsevier offers state-of-the-art publishing options and enhanced visibility which fosters the journal's further growth.

Another very important reason for the success of *PSE* is the wonderful and hard-working team of associate editors. These are currently Brandon Alderman, Duarte Araujo, Huelya Asci, Richard Keegan, Kathleen Martin Ginis, Kerry McGannon, Henning Plessner, Andrew Prestwich, Markus Raab, Claudio Robazza, Brett Smith, Natalia Stambulova, and Ian Taylor. We are very fortunate to work with leading and experienced scholars who are highly committed to *PSE*'s aims and procedures.

The concept of an international peer-reviewed journal with European origins, but open to publishing scientifically sound and innovative findings from across the world, has attracted many readers around the globe and incentivised many international scholars to submit their best work to the *PSE*, and/or to serve the journal as adhoc reviewers, members of the editorial board, or associate editors.

Happy Anniversary, FEPSAC!

## **References**

- Biddle, S. (2000). Psychology of sport and exercise – present and future. *Psychology of Sport and Exercise, 1* (1), 1-5.
- Elbe, A.-M., Bertollo, M., Debois, N., de Oliveira, R.F., Fritsch, J., Hatzigeorgiadis, A., Moesch, K., Raab, M., Sanchez, X., & Vaisetaite, L. (2019). Preface to the special issue: 50 years of FEPSAC, *Psychology of Sport and Exercise*,
- Nosek, B., Alter, G., Banks, G., Borsboom, D., Bowman, S.D., ....Yarkoni, T.. (2015). Scientific standards: Promoting and open science culture. *Science, 26*, 1422-1425. doi: 10.1126/science.aab2374.
- Ntoumanis, N., & Strauss, B. (2019). Psychology of Sport and Exercise: Recent Developments and Current Trends of a Leading Sport and Exercise Psychology Journal. In A.-M. Elbe & R. Seiler (Eds.), *50 years of FEPSAC – recent developments in European sport psychology*. Brussels: FEPSAC.
- Tamminen, K., & Poucher, Z. (2018). Open science in sport and exercise psychology: Review of current approaches and considerations for qualitative inquiry. *Psychology of Sport and Exercise, 36*, 17-28. doi: 10.1016/J.PSYCHSPORT.2017.12.010