

# Self-compassion to decrease performance anxiety in climbers: A randomized control trial

- In climbing, anxiety may impair performance
- Self-compassion was hypothesized to decrease performance anxiety
- A two-week randomized control trial was used to investigate the effect of self-compassion on somatic and cognitive anxiety in sixty climbers
- In the posttest, the self-compassion intervention group showed increased self-compassion and decreased somatic performance anxiety compared to the waiting list control group
- No changes in cognitive performance anxiety were found
- The results suggest that self-compassion could be considered as a possible intervention to reduce physical symptoms of performance anxiety

Röthlin, P., & Leiggener, R. (2021). Self-compassion to decrease performance anxiety in climbers: A randomized control trial. *Current Issues in Sport Science (CISS)*, 6: 004. <https://doi.org/10.36950/2021ciss004>