**Abstract**

XXX.

Keywords: *XXX*

**Περίληψη**

ΧΧΧ.

Λέξεις κλειδιά: *ΧΧΧ*

**Introduction / Εισαγωγή**

XXX.

**Method / Μεθοδολογία**

***Participants / Συμμετέχοντες***

ΧΧΧ.

***Instruments / Όργανα μέτρησης***

ΧΧΧ.

***Procedure / Διαδικασία***

ΧΧΧ.

**Results / Αποτελέσματα**

***Subheading / Υπο-ενότητα***

ΧΧΧ.

Πίνακες και Διαγράμματα

Example / Παράδειγμα

**Table ΧΧ.** Descriptive statistics for the pre-competition variables for the two groups.

|  |  |  |
| --- | --- | --- |
|  | Experimental group | Control group |
|  | Competition 1 | Competition 2 | Competition 1 | Competition 2 |
|  | M | SD | M | SD | M | SD | M | SD |
| Competition importance | 5.67 | 1.90 | 5.88 | 1.51 | 6.50 | 1.73 | 5.75 | 1.27 |
| Cognitive anxiety | 1.46 | 0.60 | 1.18 | 0.43 | 1.08 | 0.57 | 1.26 | 0.39 |
| Somatic anxiety | 1.02 | 0.62 | 0.77 | 0.52 | 0.85 | 0.66 | 0.70 | 0.54 |
| Self-confidence  | 1.56 | 0.56 | 1.46 | 0.57 | 1.65 | 0.47 | 1.86 | 0.64 |

|  |  |
| --- | --- |
| Chart, line chart  Description automatically generated | Chart, line chart  Description automatically generated |
|  |  |
| Chart, line chart  Description automatically generated |

**Figure XX.** Changes in anxiety and confidence for the two groups across competitions.

**Discussion / Συζήτηση**

XXX.

**Significance for Sport or/and Physical Education or/and Quality of Life**

**Σημασία για τον Αθλητισμό ή/και τη Φυσική Αγωγή ή/και την Ποιότητα Ζωής**

ΧΧΧ.

**References / Βιβλιογραφία**

Example / Παράδειγμα

*Research article / Ερευνητικό άρθρο*

Hatzigeorgiadis, A., Zourbanos, N., Galanis, E., & Theodorakis, Y. (2011). Self-talk and sports performance: A meta-analysis. *Perspectives on Psychological Science, 6*(4)*,* 348-356. https://doi.org/10.1177/1745691611413136

*Book chapter / Κεφάλαιο σε βιβλίο*

Galanis, E., Hatzigeorgiadis, A., Zourbanos, N., & Theodorakis, Y. (2016). Why self-talk is effective? Perspectives on self-talk mechanisms in sport. In M. Raab, P. Wylleman, R. Seiler, A.-M. Elbe, & A. Hatzigeorgiadis (Eds.), *Sport and exercise psychology research: From theory to practice* (pp. 181–200). London: Academic Press Elsevier. doi:10.1016/B978-0-12-803634-1.00008-X

*Book / Βιβλίο*

Moran, A. (1996). *The psychology of concentration in sport performers: A cognitive analysis*. Hove, UK: Psychology Press.