



10th ASPASP International Congress

“Innovation, Health & Psychology: Future Directions in Sport Exercise, and Digital Well-being”

24–27 June 2026 · Asia Hotel, Bangkok, Thailand

Pre-Congress Meeting · Tue 23 June 2026

17:00–18:00 ASPASP MC Meeting

Room A

Day 1 · Wed 24 June 2026

09:00–17:00 Registration

10:30–12:00 Workshop 1

Team Cohesion VS Team Bonding: Differential Effects of Creative Interventions on Team Dynamics

Room A

ID	Title	Presenter	Affiliation
WS-01	Team Cohesion VS Team Bonding: Differential Effects of Creative Interventions on Team Dynamics	Doshi Anvi, S Dhayasree, Roy Jolly	Sri Ramachandra Institute of Higher Education and Research (DU), India.

12:00–13:00 Lunch

13:00–14:00 Workshop 2

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The Psychological Impact of Facilities Management on Athlete Performance

Room A

ID	Title	Presenter	Affiliation
WS-02	The Psychological Impact of Facilities Management on Athlete Performance	Chai Poh Fatt	Sarawak Sports Psychology Association, Malaysia.

14:00–15:00 Workshop 3

Neuro-biosignal Analysis for Mental Wellness: Theory and Practice of Prefrontal EEG and PPG in Daily Life and Elite Sport

Room A

ID	Title	Presenter	Affiliation
WS-03	Neuro-biosignal Analysis for Mental Wellness: Theory and Practice of Prefrontal EEG and PPG in Daily Life and Elite Sport	Eunjo Lim	Grand Marketing, Thailand.

15:00–15:30 Coffee Break

15:30–16:00 Opening Ceremony **Room A**

16:00–16:45 Keynote 1 **Room A**

HRV in Sport Psychology: Non-invasive Vagus Nerve Stimulation Protocols to Improve Self-Regulation in Athletes

Prof. Dr. Sylvain Laborde

German Sport University, Cologne, Germany.

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Day 2 - Thu 25 June 2026

08:00–08:45 Keynote 2

Room A

Evidence-Based Practice with Evidence-informed Decision-Making

Prof. Dr. Kaori Araki

Juntendo University & Corazon, Co., Ltd., Japan.

08:45–09:30 Keynote 3

Room A

The Human Side of Sport Psychology: Reflections on Care, Culture, and Sustainable Practice

Prof. Dr. Alessandro Quartiroli

University of Wisconsin, La Crosse, USA.

09:30–09:45 Coffee Break

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09:45–11:15 Symposium (2 parallel rooms)

Symposium 1 — Psychological Pathways to Good Health and Well-being — Motivation, Identity, and Sustainable Engagement in Sport and Education

Room A

No.	Time Slot	ID	Title	Presenter	Affiliation
1	09:45–10:05	SYM 1-01	Predictors of Mindfulness and Well-being among Trainee Teachers: A Structural Equation Modeling Approach to General Health and Subjective Happiness	Chin Ngien Siong	Institute Pendidikan Guru Kampus Batu Lintang, Sarawak, Malaysia.
2	10:05–10:25	SYM 1-02	Assessing Sport Commitment in Educational Settings: Measurement Approaches and Practical Applications	Arthur Ling Wei	Institute Pendidikan Guru Kampus Batu Lintang, Sarawak, Malaysia.
3	10:25–10:45	SYM 1-03	The Relationship between Athletic Identity, Academic Identity and Motivation: A Mediation Analysis of Academic Outcomes among Trainee Teachers	Teo Boon Sian	Universiti Sains Malaysia, Malaysia.
4	10:45–11:05	SYM 1-04	Sustaining Motivation, Cognitive Vitality, and Well-being through Brain-Breaks: Evidence from Trainee Teachers in Malaysian Educational Settings	Garry Kuan	Universiti Sains Malaysia, Malaysia.
Symposium 1 Q & A					

Symposium 2 — Health & Exercise / Neuro Mindful Athlete Program

Room B

No.	Time Slot	ID	Title	Presenter	Affiliation
1	09:45–10:00	SYM 2-01	The Empowering and Therapeutic Effects of Physical Activity on Mental Health	Youngho Kim & Soojin Kang	Seoul National University of Science and Technology, South Korea.

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No.	Time Slot	ID	Title	Presenter	Affiliation
2	10:00–10:15	SYM 2-02	Time Use Profiles among Adolescents in Singapore: Relationships with Wellbeing, Parental Support, and Self-efficacy	C. K. John Wang, et al.	Nanyang Technological University, Singapore.
3	10:15–10:30	SYM 2-03	Exercise and Cognitive Function in Depression: Evidence from Recent Meta-analytic Studies	Yu-Kai Chang	National Taiwan Normal University, Taiwan.
4	10:30–10:45	SYM 2-04	Effects of the Neuro Mindful Athlete Program on the Movement Time and Mental Readiness of Fencers	Chatkamon Singnoy, et al.	Burapha University, Thailand.
5	10:45–11:00	SYM 2-05	Physical Activity, Brain Health, and Mental Health: A Biopsychophysiological Approach Using EEG, Heart Rate Variability, and Wearable Data	Minjung Woo	University of Ulsan, South Korea.
Symposium 2 Q & A					

11:15–12:15 Poster Session

Poster Hall

Board No.	ID	Title	Presenter	Affiliation
1	SP-P-01	Athletes' Perceptions of Coach Leadership Behavior and Its Impact on Team Cohesion: A Case Study of the WTBA World Championship	Wang Ya Ting	University of Taipei, Taiwan.
2	SP-P-02	Father and I: A Narrative Inquiry into the Coach-athlete Relationship in Bowling	Cheng, Hsing-Chao	University of Taipei, Taiwan.
3	SP-P-03	Mindfulness and Acceptance in the Psychological Context of Sports Injury: A Scoping Review	Kohei Watanabe	Waseda University, Japan.

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Board No.	ID	Title	Presenter	Affiliation
4	SP-P-04	Relationship Between Collective Efficacy and Individual Performance in Individual Sports	Hayashi Mako	Hosei graduate university, Japan.
5	SP-P-05	Cognitive Appraisal of Game Situations and Performance Fluctuations in Baseball Pitchers: A Qualitative Study	Fumika Kumagai	Kanazawa University, Japan.
6	SP-P-06	Subjective Well-being of University Student-Athletes Who Value Sport-life Balance	Hirokazu Arai	Hosei University, Japan.
7	SP-P-07	Factors Associated with Presenteeism Behavior and Propensity among Adolescent Athletes: A Decision Tree Analysis	Tasuku Sakai	University of Tsukuba, Japan.
8	SP-P-08	Development and Psychometric Evaluation of the Novelty Support in Physical Education Scale	Wei-ting Hsu	National Dong Hwa University, Taiwan.
9	SP-P-09	Dimensions of Non-verbal Communication Used by Football Referees: A Content Analysis of Professional Matches	Kiso Murakami	Tokyo University of Science, Japan.
10	SP-P-10	Lived Bodily Experience and the Emergence of Meaning in Sport: A Practice-based Interpretation	Daisuke Takeda	Tokai University, Japan.
11	SP-P-11	The Effects of the Light Triad Personality on Rehabilitation Adherence in Injured Athletes	Chung, Pei-chi	National Taiwan Sport University, Taiwan.
12	SP-P-12	Motivation for Course Enrollment and Its Relationship with Shooting Skill and Tactical Skill in University Basketball Classes (SP)	Ryo Konno	Meiji Pharmaceutical University, Japan.
13	SP-P-13	The Effects of PETTLEP Imagery Training on Shooting Performance, Self-confidence, and Anxiety in Collegiate Athletes	Su Jhen Dong	National Tsing Hua University, Taiwan.
14	SP-P-14	The Effect of Goal Specificity and Visual Feedback on the Willpower of Undergraduates: Based on Sports Scenarios	Xueqing Zhang	Tianjin Normal University, China.

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Board No.	ID	Title	Presenter	Affiliation
15	SP-P-15	Sport Massage's Impact on Bodily and Mental Awareness	Thanida Bhasavanija	Ramkhamhaeng University, Thailand.
16	SP-P-17	Effects of Different Game Settings on the Scanning of Football Players	Takayuki Natsuhara	Tokyo Seitoku University, Japan.
17	SP-P-18	The Interaction Effect of Trait Anxiety and State Anxiety on Psychological Competitive Ability	Natsu Takaishi	Osaka University of Health and Sport Sciences, Japan.
18	SP-P-19	Quality of Life as Predictor of Competitive Anxiety Among Collegiate Athletes: A Comparison of Individual and Team Sports	Supatcharin Kemarat	Thammasat University, Thailand.
19	SP-P-20	To Investigate the Five Competitions of the 68kg Gold Medalists in the 2020 Tokyo Olympic Games of Taekwondo	Wang An Ching	University of Taipei, Taiwan.
20	SP-P-21	The Predictive Utility of Tripartite Efficacy on Quality of Relationship Between Athlete and Coach	Ching-Huei Lai	National Taiwan Normal University, Taiwan.
21	SP-P-22	Positive Spillover Among Japanese Collegiate Student-athletes	Nanao Sawada	Hosei university, Japan.
22	SP-P-23	Referee Efficacy in Sport Officiating: A Critical Synthesis of Current Evidence and Developmental Gaps	Pofu-Lee	National Ilan University, Taiwan.
23	SP-P-24	Relationship Between Athletes' Narcissistic Personality Tendencies and Training Burnout: The Moderating Effect of Intrinsic Motivation	Chang Ching-Jou	National Tsing Hua University, Taiwan.
24	SP-P-25	A Pilot Study on the Predictive Effects of Self-determined Motivation and Treatment Satisfaction on Rehabilitation Adherence in Sports Injury	You, Wan-Ting	National Tsing Hua University, Taiwan.
25	SP-P-26	The Effects of Coach-perpetrated Interpersonal Violence on Yips Tendencies Through Social Anxiety in Baseball Players	Kazushi Ikeda	Japan University of Economics, Japan.

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Board No.	ID	Title	Presenter	Affiliation
26	SP-P-27	The Relationship Between Menstrual Symptoms and Subjective Performance in Female University Athletes According to Menstrual Cycle Phase	Ami Ota	Graduate School of Osaka University of Health and Sport Sciences, Japan.
27	SP-P-28	International Migration of Sports Coaches: A Scoping Review of Themes, Contexts, and Methodologies	Zhang Yuanhe	Waseda University, Japan.
28	SP-P-29	Social Media Addiction and Its Association with Mental Health, Self-esteem, and Coping Skills in Athletes	Apiluk Theanthong	Thammasat University, Thailand.
29	SP-P-30	A Qualitative Study on the Challenges of AI Camera-based Remote Coaching in Open-skill Sports	Hideaki Takai	Nippon Sport Science University, Japan.
30	SP-P-31	A Study on the Intervention Effects of Basketball on the Physical Fitness and Cognitive Function of Male Middle School Students	Lin Chi	Minnan Normal University, China.
31	HE-P-01	Immersive Gamified Value Co-creation in Esports: A VR-based Experimental Study on Fan Behavioral Responses	Fong-jia Wang	Tamkang University, Taiwan.
32	HE-P-02	Exercise Imagery as a Health-Promoting Cognitive Strategy: Links to Physical Activity and Mental and Physical Health	Dojin An	Seoul National University of Science and Technology, South Korea.
33	HE-P-04	A Qualitative Study on Gender Differences in Barriers to Physical Activity Among Taiwanese University Students	Chun-Ming Chen	National Chung Cheng University, Taiwan.
34	HE-P-05	Combining the Transtheoretical Model and the Theory of Planned Behavior to Predict Regular Exercise Intention among Office Workers	Yuan-Hung Fang	National Taiwan Normal University, Taiwan.
35	HE-P-06	Effects of Acute Aerobic Exercise on EEG-measured Brain Activation during E-learning	Jisu Kim	Seoul National University of Science and Technology, South Korea.

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Board No.	ID	Title	Presenter	Affiliation
36	HE-P-07	The Influence of Psychological Capital on the Formation of Exercise Self-schema Among Exercise Participants	Dahyun Park	Seoul National University of Science and Technology, South Korea.
37	HE-P-08	Application of the COM-B Model to Understand Physical Activity Predictors: A Meta-analysis	Song Im	Seoul National University of Science and Technology, South Korea.
38	HE-P-09	Exercise Psychology Perspectives on Enhancing Physical Activity Participation in Individuals with Obesity	Kim Sang Yun	Seoul National University of Science and Technology, South Korea.
39	HE-P-10	What Matters More for Physical Activity? Self-perceived, Socially Comparative, or Objective Fitness	Dahyun Park	Seoul National University of Science and Technology, South Korea.
40	HE-P-11	Effects of an Iyengar Yoga-based Stress Management Program on Mental Health, Musculoskeletal Pain, and Autonomic Regulation in Mothers of Children with Disabilities	Sujin Lee, Yanghee Cho & Minjung Woo	University of Ulsan, South Korea.

12:15–13:30 Lunch

13:30–18:00 Half-day Cultural Tour

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Day 3 - Fri 26 June 2026

08:00–08:45 Keynote 4

Room A

Embodied Movement for Long-lasting Physical Activity Participation and Holistic Health

Prof. Dr. Maria Kosma

Louisiana State University, USA.

08:45–09:30 Keynote 5

Room A

Encouraging Exploration and Adaptation in PE and Sports: The Role of a Pedagogical Approach to Support Nonlinearity in Coaching and Learning

Prof. Dr. Chow Jia Yi

National Institute of Education, Singapore.

09:30–09:45 Coffee Break

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09:45–11:15 Symposium (3 parallel rooms)

Symposium 3 — Exercise & Cognitive Function in Children & Athletes

Room A

No.	Time Slot	ID	Title	Presenter	Affiliation
1	09:45–10:00	SYM 3-01	Exercise and Cognitive Function in Children: Evidence Integrated from Behavioral and Neuroscience Research	Yu-Kai Chang	National Taiwan Normal University, Taiwan.
2	10:00–10:15	SYM 3-02	Acute Effects of Varying Cognitive Load During Table Tennis on Executive Function and EEG Activity in Children	Chiao Ling Hung	National Taiwan University, Taipei, Taiwan.
3	10:15–10:30	SYM 3-03	Effects of Acute Exercise on Executive Functions in Children Born Preterm: Evidence from Multiple Experimental Investigations	Feng-Tzu Chen	National Tsing Hua University, Taiwan.
4	10:30–10:45	SYM 3-04	Motor Competence and Neurocognitive Function in Children with Attention-deficit/Hyperactivity Disorder	Ting-Yu Chueh	Master's Program of Transition and Leisure Education for Individuals with Disabilities, Taiwan.
5	10:45–11:00	SYM 3-05	Cardiorespiratory Fitness and Emotional Inhibitory Control in Late-middle-aged and Older Adults with and Without Risk of Alzheimer's Disease	Kao-Teng Yang	National Taiwan Sport University, Taiwan.

Symposium 3 Q & A

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Symposium 4 — Measurement to Intervention — Psychological Pathways to Good Health and Well-being in Sport and Education

Room B

No.	Time Slot	ID	Title	Presenter	Affiliation
1	09:45–10:00	SYM 4-01	A Bibliometric Analysis of the Validation of Physical Activity and Exercise-related Questionnaires in the Scopus Database	Nurzulaikha Binti Mahd Ab.Lah	Universiti Pertahanan Nasional Malaysia, Malaysia.
2	10:00–10:15	SYM 4-02	Validation of the Sports Motivation Scale-6 for Chinese University Badminton Student-athletes	Chongwei Li	Universiti Sains Malaysia, Malaysia.
3	10:15–10:30	SYM 4-03	The Somatic Bridge: Associations between Physical Activity, Mindfulness Experience, and Embodied Awareness among University Students	Xianjun Chen, Qiang Wu & Garry Kuan	Hainan University, China.
4	10:30–10:45	SYM 4-04	Exercise Frequency and Psychological Need Satisfaction among Chinese University Students: Evidence from a Self-determination Theory Perspective	Kangle Chen	Universiti Sains Malaysia, Malaysia.
5	10:45–11:00	SYM 4-05	Enhancing Psychological Well-being through Combined Exercise and Music Interventions: Evidence from Sports-anxious Chinese University Students	Zhutang Liu	Universiti Sains Malaysia, Malaysia.
Symposium 4 Q & A					

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Symposium 5 — Mental Performance Consultant in Asia

Room C

No.	Time Slot	ID	Title	Presenter	Affiliation
1	09:45–10:05	SYM 5-01	The same team but different generations: How to adapt the success from 2015 to 2017	Kaori Araki	Juntendo University, Corazon Co., Ltd., Japan.
2	10:05–10:25	SYM 5-02	When you fall in love with the team: Pros and cons when you see them for a long time	Yongchul Chung	Sogang University, Korea.
3	10:25–10:45	SYM 5-03	Beyond the Armor: The Human Depth and Connections That Make a Professional Team Function	Takuya Endo	Yokohama DeNA Baystars, Japan.
4	10:45–11:05	SYM 5-04	Reflexive Practice in Sport Psychology: Navigating Hypermasculine Coaching Environments	Michele Joan D. Valbuena	Philippines.
Symposium 5 Q & A					

11:15–12:30 Oral (3 parallel rooms)

Oral 1 — SP: Sports & Performance Psychology

Room A

No.	Time Slot	ID	Title	Presenter	Affiliation
1	11:15–11:30	SP-O-01	Appraisal of Required Goal-setting Skills for Athletes: A Scale Development on University Student-athletes	Hiroki Hakata	Hosei University, Japan.
2	11:30–11:45	SP-O-02	Coach Behaviors and Athletes' Life Skills: The Mediating Role of Basic Psychological Needs	Yamada Yaeko	Otemon Gakuin University, Japan.

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No.	Time Slot	ID	Title	Presenter	Affiliation
3	11:45–12:00	SP-O-03	Narcissism and Risk Decision-making in Athletes: A Dual-system Mediation Model	Fan Hongying	Beijing Sport University, China.
4	12:00–12:15	SP-O-04	From Choking to Performance Error: A Multidimensional Classification Framework	Xin Yue	Beijing Sport University, China.
5	12:15–12:30	SP-O-11	The Application of Work Alliances in Chinese Sports Psychology Practice	Yang Ge	Beijing Sport University, China.

Oral 2 — SP: Sports & Performance Psychology

Room B

No.	Time Slot	ID	Title	Presenter	Affiliation
1	11:15–11:30	SP-O-09	Validation of the SMHAT-1 in Chinese Elite Athletes	Yang Ge	Beijing Sport University, China.
2	11:30–11:45	SP-O-05	A Latent Profile Analysis of Sport-induced Psychological Fatigue: A Study on Athlete Heterogeneity	Jingyi Xie	Central China Normal University, China.
3	11:45–12:00	SP-O-06	The Impact of Cooperative Exercise on Social Anxiety: The Mediating Role of Empathy	Sun Meirong	Beijing Sport University, China.
4	12:00–12:15	SP-O-08	Decolonizing Flow: A Thematic Analysis of Filipino Athletes' Lived Experiences of Optimal Performance	Adrian M. Segovia	Centro Escolar University, Philippines.
5	12:15–12:30	HE-O-14	Acute Moderate-Intensity Running on the Incubation Effect of Divergent Thinking	Chaoyue Zhang	Beijing Sport University, China.

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Oral 3 — SP: Sports & Performance Psychology

Room C

No.	Time Slot	ID	Title	Presenter	Affiliation
1	11:15–11:30	SP-O-12	Influence of Passion on Appraisal, Emotions and Flow: A Comparison Between Athletes and Performing Artists	Rashmeke Badri Narayanan	NIE-Nanyang Technological University, Singapore.
2	11:30–11:45	SP-O-13	From Psychosocial Stress to Flow: A Multidimensional Systems Framework for Student-athlete Mental Health	Raul Calderon Jr	Flow Sports Consulting.
3	11:45–12:00	SP-O-14	Innovation of Teaching Sport and Exercise Psychology with AI Tools: A SDT Approach	Chiao Lin Nien	National Taiwan University of Sport, Taiwan.
4	12:00–12:15	SP-O-15	Exploring Collectively Encountered Stressors in Competitive Team Sports: An Interpretative Phenomenological Analysis	Ammar Alyousef	King Faisal University, Saudi Arabia.
5	12:15–12:30	SP-O-16	Exploring The Efficacy of Short-term Art-based Interventions in Mood Regulation	Dhayasree Srivathsan	Sri Ramachandra Institute of Higher Education and Research (DU), India.

12:30–13:30 Poster Session

Poster Hall

Board No.	ID	Title	Presenter	Affiliation
1	GH-P-01	Echo Chamber Tendencies in Weight-loss Information Seeking among Female Athletes: Differences by Self-perceived FAT-related Symptoms	Mitsuhiro Amazaki	Aichi University, Japan.
2	GH-P-02	The Relationship Between Echo Chamber Tendencies in Weight-loss Information Seeking and Disordered Eating Risk among Female Athletes (Full Paper)	Chihiro Kemuriyama	Gifu Shotoku Gakuen University, Japan.

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Board No.	ID	Title	Presenter	Affiliation
3	GH-P-03	Adaptive Coping or Negative Cycle of Interpersonal Violence?: A Short-Longitudinal Study of Interpersonal Violence Victims with CPTSD	Hayato Toyoda	The University of Tokyo, Japan.
4	GH-P-04	Energy Metabolic Responses to Different Resistance Training Modes Using Smart Fitness Equipment: A Pilot Study	Nai-Wen Kan	Taipei Medical University, Taiwan.
5	GH-P-05	The Relationship Between Classification of Life Skills Acquisition Patterns and Career Maturity in Collegiate Athletes	Koji Yamamoto	Kansai University of Welfare → Aichi Syukutoku University.
6	GH-P-06	Which Combination of Life Skills Contributes to the Well-being of Japanese University Athletes?	Nishida Junichi	Kindai University, Japan.
7	GH-P-07	Estimating the Causal Relationship Between Acquisition of Life Skills and Self-regulated Learning Strategies	Fujishima Shota	Kindai University, Japan.
8	GH-P-08	Development of a Japanese Version of the Mental Health Literacy Inventory: A Preliminary Study	Shintaro Kanno	Nihon University, Japan.
9	GH-P-09	The Effects of a Two-week Problem-solving Therapy and Behavioral Activation Program on Social Anxiety	Toshihiko Tsutsumi	Osaka University of Human Sciences, Japan.
10	GH-P-10	A Review of the Dose-effect Relationship and Influencing Factors of Exercise Interventions on Self-efficacy	Linianhong	Yunnan University, China.
11	GH-P-11	Probiotic Lactobacillus Kefiranofaciens K6 Attenuates Overtraining Syndrome-induced Performance Decline	Wen-Ching Huang	National Taipei University of Nursing and Health Sciences, Taiwan.
12	GH-P-12	Status Quo Study on Social and Emotional Learning (SEL) of International Volunteers in Northern Thailand	Wang Wei-Chieh	National Taitung University, Taiwan.

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Board No.	ID	Title	Presenter	Affiliation
13	GH-P-13	Validation of the Non-communicable Diseases Risk Behavior and Holistic Well-being Questionnaire	Chanon Chitbunchongchak	Ramkhamhaeng University, Thailand.
14	GH-P-14	The Relationship Between Stress and Sense of Coherence — The Moderating Effect of Trait Anxiety	Hiroto Onohara	Osaka University of Health and Sport Sciences, Japan.
15	GH-P-15	Promoting Physical Activity and Family Bonding in Thailand: The Role of Sports Documentary Media in Shaping Attitudes and Behavioral Intentions	Sutima Suwankan	Thammasat University, Thailand.
16	CN-P-01	Mental Rotation Advantages Do Not Generalize Across Sports: Angle-dependent Patterns in Badminton Players	Diao Hualin	Nanyang Technological University, Singapore.
17	CN-P-02	Effects of Six-week Aquatic Resistance Training on Rehabilitation Outcomes in an Ironman Triathlete: A Case Study	Kung Chia Long	University of Taipei, Taiwan.
18	CN-P-03	Effects of Attentional Focus on Postural Sway During Single-leg Stance at Different Viewing Distances	Takayoshi Miyaguchi	Kanazawa University, Japan.
19	CN-P-04	Working Memory Load Modulates Auditory Sensory Processing and Evidence Accumulation in Taekwondo Athletes	Wang Xiaotong	Beijing Sport University, China.
20	CN-P-05	Effects of a 12-week Functional Training Intervention on Executive Function in Older Adults	Shu-Cheng Lin	National Chiayi University, Taiwan.
21	CN-P-06	Perceptual Accuracy of Spatial Information During Tool Use in Baseball Players	Yuta Kamiya	Hokuriku Institute of Wellness and Sports Science, Japan.
22	CN-P-07	Estimating Vertical Gaze Angle in a Back Tuck Somersault Using a Mobile Eye Tracker and VOR-based Calibration	Yusuke Sato	Nihon University, Japan.

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Board No.	ID	Title	Presenter	Affiliation
23	CN-P-08	Does the Influence of Trait Anxiety on Cognitive Processing Differ by Task Duration?	Koki Watanabe	Osaka University of Health and Sport Sciences, Japan.
24	MT-P-01	The Effects of Mindfulness Training on Basic Psychological Needs in Adolescent Female Golfers	Hsin-Yun Chuang	University of Taipei, Taiwan.
25	MT-P-02	The Relationship Between Self-talk and Self-confidence among Adolescent Female Tag Rugby Athletes	Yu-Kai Huang	University of Taipei, Taiwan.
26	MT-P-03	Experiential Avoidance as a Mediator of Perfectionism, Competitive Somatic Anxiety, and Performance	Tomofumi Takayama	Nagano University, Japan.
27	MT-P-04	An Autoethnographic Study of Sport Mental Training Practice in an Elite Beach Volleyball Athlete	Suzuka Hashimoto	Toyota Motor Corporation, Japan.
28	MT-P-05	Effects of a Diary-based Intervention on Enhancing Self-regulated Learning Skills in University Weightlifters	Toga Soshin	Nihon University, Japan.
29	MT-P-06	Development of a Mental Fatigue Assessment Application for Athletes	Thanumporn Thonglong	Udon Thani Rajabhat University, Thailand.
30	MT-P-07	Structural Relationships of Mental Toughness Factors in Non-contact Sport Athletes	Tanida Julvanichpong	Burapha University, Thailand.
31	MT-P-08	Structural Relationships of Mental Toughness Factors among Thai Contact Sport Athletes	Tanida Julvanichpong	Burapha University, Thailand.
32	MT-P-09	The Effects of PETTLEP Imagery Program on Mental Toughness in University-level Kurash Athletes: A Pilot Study	Shidhisan Setthakriengkrai	Kasetsart University, Thailand.

12:30–13:30 Lunch

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13:30–15:00 Virtual Presentation (2 parallel rooms — online)

Virtual Presentation A — Sports / Performance / Mental Training

Virtual Room A

No.	Time Slot	ID	Title	Presenter	Affiliation
1	13:30–13:48	SP-O-21	Effects of TGfU on Motivation in 14-Year-Old Athletes during Handball Training	Nguang Ung Siong	Institute of Teacher Education Malaysia Tun Abdul Razak Campus, Malaysia.
2	13:48–14:06	SP-O-27	Effect of Indogenous Sape Music-assisted Mental Imagery on Burnout, Mental Energy, and Sport Performance among Youth Athletes	Elvis Mehid	Universiti Sains Malaysia, Malaysia.
3	14:06–14:24	SP-O-34	United by Emotions: Mindset & Passion among Indian Para-athletes	Sargun Kaur Sethi	High performance centre Gymnastics, India.
4	14:24–14:42	MT-O-06	Psychological Interventions to Improve Athletes' Confidence: Evidence from a Systematic Review and Meta-Analysis and Implications for Future Digital Well-being	Hou Ruihan	Beijing Sport University, China.
5	14:42–15:00	SP-O-35	The Psychological effects of a 4-Week Mental Training Program in Professional Cyclists	Benjarat Sattayanukrom	Mahidol University, Thailand.

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Virtual Presentation B — Good Health & Well-being

Virtual Room B

No.	Time Slot	ID	Title	Presenter	Affiliation
1	13:30–13:45	GH-O-04	Impact of Brain-breaks Exercise Video Program on Fundamental Motor Skills Performance in Primary School Students in Kapit, Sarawak	Jeswenny Fresshila John	Universiti Sains Malaysia, Malaysia.
2	13:45–14:00	GH-O-05	Perception of Academic Motivation towards Learning Physical Education among Primary School Students in Kuching, Sarawak, Malaysia	Fazrul Mustaqim Bin Sahmat	SK Semerah Padi, Malaysia
3	14:00–14:15	GH-O-07	Psychological Needs and Satisfaction of Technology-based Learning in Physical Education among Upper Primary School Children in Selangau District, Sarawak	Mohd. Fadzwan Bin Junaidi	Sekolah Kebangsaan Sekaan Kechil, Malaysia.
4	14:15–14:30	GH-O-08	A Holistic Structural Model of Health Determinants and Quality of Life among Chinese University Students: A Preliminary Study	Yuefan Li	Universiti Sains Malaysia, Malaysia.
5	14:30–14:45	GH-O-09	Exploring Academic Stress and Sports Commitment towards Sports among Trainee Teachers	Clarriechel Walter Lakun	Institute of Teacher Education Campus Batu Lintang Malaysia, Malaysia.
6	14:45–15:00	HE-O-09	Undergraduate Teacher's Situational Motivation and Motivational Climate Towards Physical Education	Lydia Wong Juan Ye	Universiti Sains Malaysia, Malaysia.

15:00–15:15 Coffee Break

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15:15–16:30 Oral (3 parallel rooms)

Oral 4 — SP: Sports & Performance Psychology

Room A

No.	Time Slot	ID	Title	Presenter	Affiliation
1	15:15–15:30	SP-O-20	Stress and Recovery Dynamics in Cricketers: A Comparison Across Skill Levels	Meganathan M	Sri Ramachandra Institute of Higher Education and Research (DU), India.
2	15:30–15:45	SP-O-17	Self-efficacy Variations by Position, Gender, and Expertise in Volleyball Players	Akalya Selvaranjan	Sri Ramachandra Institute of Higher Education and Research (DU), India.
3	15:45–16:00	SP-O-18	Enhancing Team Cohesion in Athletes: A Multi-session Art-based Approach	Anvi Doshi	Sri Ramachandra Institute of Higher Education and Research (DU), India.
4	16:00–16:15	SP-O-19	Examining the Influence of Perfectionism Type and Training Satisfaction in Athletes	Priyanshi T Timrescha	Sri Ramachandra Institute of Higher Education and Research (DU), India.
5	16:15–16:30	SP-O-22	Voluntarily Induced Duchenne Smile: A Performance Tool for Stress Regulation in Athletes	Maitri Phanasgaonkar	Sri Ramachandra Institute of Higher Education and Research (DU), India.

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Oral 5 — SP: Sports & Performance Psychology

Room B

No.	Time Slot	ID	Title	Presenter	Affiliation
1	15:15–15:30	SP-O-23	Gender Differences in Perceptions of Parental Involvement: Insights from Young Football Players	Aastha Desai	Sri Ramachandra Institute of Higher Education and Research (DU), India.
2	15:30–15:45	SP-O-24	Temporal Changes in Competitive State Anxiety among Taekwondo Athletes	Rankireddi Mamaswi	Sri Ramachandra Institute of Higher Education and Research (DU), India.
3	15:45–16:00	SP-O-26	Mental Toughness and Emotional Intelligence in Combat Sport Anxiety	Tayida Kosonkitja	Kasetsart University, Thailand.
4	16:00–16:15	SP-O-28	Observation Orientation in Sport: Exploring Convergent–Divergent Focus Patterns	Aaisha Ehsan	Sri Ramachandra Institute of Higher Education and Research (DU), India.
5	16:15–16:30	HE-O-16	The Effect of Moderate-intensity Running on Creative Higher-order Learning	Chaoyue Zhang	Beijing Sport University, China.

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Oral 6 — SP: Sports & Performance Psychology

Room C

No.	Time Slot	ID	Title	Presenter	Affiliation
1	15:15–15:30	SP-O-29	Cognitive Processes and Attention Management for Performance Enhancement in Esports	Anuttarungoon Nualtong	Kasetsart University, Thailand.
2	15:30–15:45	SP-O-33	The PETTLEP Imagery Has an Effect on Athletic Ability	Rungfa Thiamklang	Kasetsart University, Thailand.
3	15:45–16:00	SP-O-31	Integration of Positive Psychology into Psychological Service Delivery During Competition	Dylan Augustine	Sri Ramachandra Institute of Higher Education and Research (DU), India.
4	16:00–16:15	SP-O-32	Auditory–motor Synchronization and Post-stimulus Behavioral Patterns in Running Cadence	Rinta Ogasahara	The University of Tokyo, Japan.
5	16:15–16:30	SP-O-30	The Stress and Recovery Dynamics among Batsman and Bowlers in Cricket	Meganathan	Sri Ramachandra Institute of Higher Education and Research (DU), India.

16:30–17:30 ASPASP General Assembly

Room A

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Day 4 - Sat 27 June 2026

08:00–08:45 Keynote 6

Room A

Yoga for Anxiety: Evidence, Mechanisms, and Clinical Implications

Prof. Dr. Chu I-Hua

Kaohsiung Medical University, Taiwan.

08:45–10:30 Symposia (3 parallel rooms)

Symposium 6 — Psychological Support for Elite Athletes in Asia

Room A

No.	Time Slot	ID	Title	Presenter	Affiliation
1	08:45–09:03	SYM 6-01	The History, Present, and Future of Psychological Support for Athletes in Thailand	Naruepon Vongjaturapat	Institute of Entrepreneurial Science Ayothaya, Thailand.
2	09:03–09:21	SYM 6-02	The History, Present, and Future of Psychological Support for Athletes in Taiwan	Kao San-Fu	National Tsing Hua University, Taiwan.
3	09:21–09:39	SYM 6-03	Applied Sport Psychology in Saudi Arabia	Tawfeeq Albakry	Umm Al-Qura University, Mecca, Saudi Arabia.
4	09:39–09:57	SYM 6-04	Cultivating the Mind: A Cultural Approach to Psychological Training for Chinese Olympians	Liwei Zhang & Yang Ge	Beijing Sport University, China.
5	09:57–10:15	SYM 6-05	The History, Present, and Future of Psychological Support for Athletes in Japan	Yasuhisa Tachiya	Asia University, Japan.

Symposium 6 Q & A

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Symposium 7 — 24-Hour Movement Behavior & Childhood Health

Room B

No.	Time Slot	ID	Title	Presenter	Affiliation
1	08:45–09:00	SYM 7-01	Beyond Levels: A Social-ecological Network Reveals Key Hubs and Gender Differences in Physical Fitness	Guifang Liu	Shenzhen University, China.
2	09:00–09:15	SYM 7-02	Adherence to 24-hour Movement Guidelines and Preadolescents' Health-related Outcomes: A One-year Prospective Study	Shenjiao Zhong	Shenzhen University, China.
3	09:15–09:30	SYM 7-03	The Illusion of Stress: Self-Perception Bias in 24-hour Movements and Its Psychological Cost among Examinees	Huaxuan Liu	Fujian Normal University, China.
4	09:30–09:45	SYM 7-04	Snapshots of Stress: Evolving 24-Hour Behavioral Profiles Across the Postgraduate Exam Preparation Journey	Xianghui Liao	Fujian Normal University, China.
5	09:45–10:00	SYM 7-05	Social Ecological Factors of Childhood Overweight and Obesity: A Cross-sectional Study in China	Mu Liu	Shandong Sport University, China.
6	10:00–10:15	SYM 7-06	Effects of the Fundamental Motor Skills Promotion Program on Body Composition and Physical Fitness in Children	Shi Yuxi	Shandong Sport University, China.

Symposium 7 Q & A

Symposium 8 — Athletic Mental Energy & Performance Psychology in Taiwan

Room C

No.	Time Slot	ID	Title	Presenter	Affiliation
1	08:45–09:03	SYM 8-01	Sport Psychology Research and Practice in Taiwan: A Cross-cultural Perspective	Frank J.H. Lu	Chinese Culture University, Taiwan.
2	09:03–09:21	SYM 8-02	Small Stress, Big Impact: Role of Daily Stressors in Sport Injuries	Chyi, Theresa	Chinese Culture University, Taiwan.

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No.	Time Slot	ID	Title	Presenter	Affiliation
3	09:21–09:39	SYM 8-03	Understanding Life Stress Among Adolescent Athletes: An Informed Grounded Theory	Wei-Jiun Shen	Chinese Culture University, Taiwan.
4	09:39–09:57	SYM 8-04	An Eight-week Psychological Preparation Program for an Elite Recurve Archer: A Case Study	San-Fu Kao	National Tsing Hua University, Taiwan.
5	09:57–10:15	SYM 8-05	Athletic Mental Energy: An Emerging Field in Sport Psychology	Frank J.H. Lu	Chinese Culture University, Taiwan.
Symposium 8 Q & A					

10:30–10:45 Coffee Break

10:45–12:15 Oral (3 parallel rooms)

Oral 7 — HE: Health & Exercise Psychology (Session 1)

Room A

No.	Time Slot	ID	Title	Presenter	Affiliation
1	10:45–11:03	HE-O-13	Acute Moderate-Intensity Running on the Incubation Effect of Convergent Thinking	Chaoyue Zhang	Beijing Sport University.
2	11:03–11:21	HE-O-01	Effectiveness of Immersive Virtual Reality Exercise on Reducing Females' Depression: A Systematic Review	Tian Hongmei	Universiti Putra Malaysia, Malaysia.
3	11:21–11:39	HE-O-02	Development and Validation of the Chinese Novelty Need Frustration Scale in Physical Education	Pan, Min	National Taipei University of Nursing and Health, Taiwan.

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No.	Time Slot	ID	Title	Presenter	Affiliation
4	11:39–11:57	HE-O-03	The Relationship Between Motor Competence and Physical Activity in School-aged Children: Mediating Role of Perceived Motor Competence	Bingyan Zhang	Shenzhen University, China.
5	11:57–12:15	HE-O-04	Tai Chi Enhances Meaning in Life in Compulsory Drug Rehabilitation: The Mediating Role of Emotion Regulation	Chen Jun	Beijing Sport University, China.

Oral 8 — HE: Health & Exercise Psychology (Session 2)

Room B

No.	Time Slot	ID	Title	Presenter	Affiliation
1	10:45–11:00	HE-O-05	Effects of Physical Activity on Emotion Regulation Self-Efficacy	Lixin Ai	Tianjin Normal University
2	11:00–11:15	HE-O-06	Catastrophic Thoughts and Psychological States in Relation to Daily Subjective and Objective Sleep Among Athletes	Rei Amemiya	University of Tsukuba / Institute of Health and Sport Sciences, Japan.
3	11:15–11:30	HE-O-07	How Music Supports Training: A Grounded Theory Analysis of Regular Exercisers' Experience with Music	Xia Jingjing	Beijing Sport University, China.
4	11:30–11:45	HE-O-08	Short-term Activation of Psychological Security in Physical Education Teachers: Experimental Evidence	Jing Li	Central China Normal University, China.
5	11:45–12:00	SP-O-07	Psychological States and Organizational Performance in the Hakone Ekiden Qualifying Race	Kazuyoshi Tokumoto	Shibaura Institute of Technology, Japan.
6	12:00–12:15	SP-O-25	Immediate Effects of a Single Complex Training Session on Neuromuscular Performance and Psychological Readiness in Team Sport Athletes	Mahendra Kumar Singh	Lakshmbai National Institute of Physical Education, India.

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Oral 9 — HE: Health & Exercise Psychology (Session 4)

Room C

No.	Time Slot	ID	Title	Presenter	Affiliation
1	10:45–11:03	HE-O-11	Integrating AI into SMARTS Goal Setting: A Flipped Classroom Approach for Enhancing Learning Effectiveness Among Part-time Students	Wu Pei-Hsuan	National Taiwan University of Sport, Taiwan.
2	11:03–11:21	HE-O-17	Physical Activity Barriers among Prospective Professionals	Ishant Chauhan	Sri Ramachandra Institute of Higher Education and Research, India.
3	11:21–11:39	HE-O-18	Evaluating the Effects of a Drone Sports Program on Enhancing Self-regulation, Self-esteem, and Self-efficacy among Out-of-school Adolescents in the Republic of Korea	Dong Hee Kang	Seoul National University of Science and Technology, South Korea.
4	11:39–11:57	HE-O-19	From Algorithms to Action: A Five-year Research Trajectory on AI-driven Physical Activity Behavior	Dojin An	Seoul National University of Science and Technology, South Korea.
5	11:57–12:15	HE-O-20	Pitfalls in an Exercise Psychology Delivery: Examining an Imagery Intervention	Efraim George	Sri Ramachandra Institute of Higher Education and Research, India.

12:15–13:15 Lunch

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13:15–14:45 Oral (3 parallel rooms)

Oral 10 — HE: Health & Exercise Psychology (Session 3)

Room A

No.	Time Slot	ID	Title	Presenter	Affiliation
1	13:15–13:33	HE-O-15	The Effect of Moderate-Intensity Physical Activity with Mindfulness Interventions on the Incubation Effect of Creative Thinking	Chaoyue Zhang	Beijing Sport University, China.
2	13:33–13:51	HE-O-12	Multidimensional GBV in Taiwan's Competitive Sports: A Qualitative Thematic Analysis of Athlete Experiences	Chen, Chun-Ming	National Chung Cheng University, Taiwan.
3	13:51–14:09	HE-O-10	A Six-week Mindfulness Training Intervention for Table Tennis Players: A Pilot Study	Chi Hsin-Wang	National Taiwan University of Sport, Taiwan.
4	14:09–14:27	HE-O-21	Intervention of Negative Emotions with Therapeutic Metaphors in Anxious Athletes	Xiaoyu Zhang	Beijing Sport University, China.
5	14:27–14:45	GH-O-03	Barriers to Physical Activity Among Sports Physiotherapists	Mirdula S	Sri Ramachandra Institute of Higher Education and Research, India.

Oral 11 — CN + GH: Cognitive/Neuroscience & Good Health

Room B

No.	Time Slot	ID	Title	Presenter	Affiliation
1	13:15–13:30	CN-O-02	Expert Advantage in Multisensory Anticipation During Sport Is Optimal Only When Integration Occurs	Haoping Yang	Beijing Sport University, China.
2	13:30–13:45	CN-O-03	Visual Temporal Independence and Superior Decision Mechanisms in Elite Swimmers: A Drift-diffusion Model Analysis	Ye Mao	Beijing Sport University, China.

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No.	Time Slot	ID	Title	Presenter	Affiliation
3	13:45–14:00	CN-O-04	Predicting Match Outcomes in Wheelchair Table Tennis Using EEG and HRV: A Machine Learning Pilot Study	Sarawut Kusump	Sports Authority of Thailand, Thailand.
4	14:00–14:15	CN-O-05	Inhibitory Processes and Reaction Speed in Soccer Players	Takahiro Matsutake	Osaka Metropolitan University, Japan.
5	14:15–14:30	GH-O-01	The Efficacy of Gambling Warning Messages: A Systematic Review with Implications for China's Response	Xinyu Cai	Central China Normal University, China.
6	14:30–14:45	GH-O-02	Promoting Student-Athlete Well-Being: The Role of Identity Integration within the Dual Career Competency Framework	Aravind Athrey	M S Ramaiah University of Applied Sciences, India.

Oral 12 — MT + GH: Mental Training & Good Health

Room C

No.	Time Slot	ID	Title	Presenter	Affiliation
1	13:15–13:30	MT-O-01	The Dynamics of Sports Anxiety Among Collegiate Athletes: A Grounded Theory Approach	Dann Ian G. Broa	University of Mindanao Digos College, Philippines.
2	13:30–13:45	MT-O-02	Mindfulness Training for Disabled Athletes' Mental Health and Subjective Well-being: A Randomized Controlled Trial	Hu Jiayu	Shenzhen University, China.
3	13:45–14:00	MT-O-03	Calligraphy Training for Collegiate Athletes: The Effects of Attentional Focus and Embodied Regulation	Xin Yue	Beijing Sport University, China.
4	14:00–14:15	MT-O-04	Unconscious Goal Priming Effects on Athletic Intuitive Decision-making: The Mediating Role of Athletic Cognition	Sun Meirong	Beijing Sport University, China.
5	14:15–14:30	MT-O-05	The Effect of Secure Attachment Priming on Physical Education Teachers' Innovative Behavior	Li Jing	Central China Normal University, China.

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No.	Time Slot	ID	Title	Presenter	Affiliation
6	14:30–14:45	GH-O-06	Cognitive Interference in Sport: Relationship with Athlete Mental Well-being	Siddharth R Chandran	Sri Ramachandra Institute of Higher Education and Research, India.

14:45–15:00 Coffee Break

15:00–15:15 Wrap-Up - Q & A **Room A**

15:15–15:45 Closing Ceremony **Room A**

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