



The focus of the Laboratory for Self-talk (Self-talk LAB) group is the study of the antecedents, processes, and mechanisms that underpin self-talk in sport, physical education and health settings by using experimental and cross-sectional designs in the laboratory and field.

Members of Self Talk Group



[Hatzigeorgiadis Antonis](#)

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The Washington Post

Three ways to help yourself feel safe in an insane world

Hatzigeorgiadis, A., Zourbanos, N., Mpoupaki, S., & Theodorakis, Y. (2009). Mechanisms underlying the self-talk – performance relationship: The effects of motivational self-talk on self-confidence and anxiety. *Psychology of Sport and Exercise*, 10, 186-192.



When Talking to Yourself, the Way You Do It Makes a Difference

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Hatzigeorgiadis, A., Zourbanos, N., Galanis, E., & Theodorakis, Y. (2011). Self-talk and Sport Performance: A Meta-Analysis. *Perspectives on Psychological Science*, 6, 354 -362.

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