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The role of effort in moderating the anxiety – performance relationship: Testing the prediction of processing efficiency theory in simulated rally driving

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response and variability of gaze data. Predicted differences due to dispositional levels of anxiety were also found in the driving control and effort data. Although both groups of drivers performed worse under the threatening condition, the performance of the high trait anxious individuals was affected to a greater extent by the anxiety manipulation than the performance of the low trait anxious drivers. The findings suggest that processing efficiency theory holds promise as a theoretical framework for examining the relationship between anxiety and performance in sport.

Keywords: Processing efficiency anxiety visual search driving

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