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Research Result Summaries

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### The Relationship Between Adolescent Athletes Imagery Use and Mental Toughness

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This study examined the relationship between adolescent athletes' imagery use and mental toughness. Participants ( $N = 135$ ) included both male ( $n = 37$ ) and female ( $n = 89$ ) athletes ( $M_{\text{age}} = 13.10$ ,  $SD = 1.60$ ). They completed two questionnaires; one measuring the cognitive and motivational types of imagery, and the other assessing the 4 C's of mental toughness. Hierarchical multiple regressions revealed that imagery use significantly predicted all 4C's of mental toughness (Challenge, Commitment, Control, Confidence). Specifically, Motivational General-Mastery emerged as the strongest individual predictor of all 4C's followed by Cognitive General imagery.