Sports Science News
Number 1
November-December 2015

New Research Centre

On 20th November, the **PHYSICAL ACTIVITY, PHYSICAL EDUCATION, HEALTH AND SPORT** (PAPESH) **RESEARCH CENTRE** was inaugurated. This research centre looks for to increase and to improve the Sports Science research and to apply it to the Icelandic Society.

Ten researchers (6 with PhD degree) from two Department are part of this Research Centre. The re-searchers develop six re-search lines, through of the research projects, and finally, publish their results in Journals with Impact Factor. During this "travel" the senior researchers train young re-searchers (MSc and PhD Students) and to promote their scientific and academic career. So, the Research Centre looks for to do the best research possible. For that, we collaborate with researchers from other countries and universities.

The members of PAPESH Research Centre are:

Jose M. Saavedra, Director
Ásrún Matthíasdóttir
Hafrún Kristjánsdóttir
Hermundur Sigmundsson
Ingi Þór Einarsson
Kristján Halldórsson
Magnús K. Gíslason
Margrét L. Guðmundsdóttir
Milan Chang Guðjónsson
Sveinn Þorgeirsson

The researchers of this Research Group would like to show their acknowledgement to **Guðrún A. Sævarsdóttir** for her support and help in this project.

New PhD in Sports Science Department

On 22nd October, **Hafrún Kristjánsdóttir,** Head of Sports Science Department from Reykjavik University defenced her PhD Thesis entitle: "*Improving Access to Psychological Therapies in Iceland by offering Transdiagnostic Cognitive Behavioural Group Therapy – Psychometic issues and treatment effectiveness*". Her supervised were: **Jón Friðrik Sigurðsson** and **Paul Salkovskis**.

The **conclusion** of this study was: the Icelandic translation of the CORE-OM is psychometrically sound and can be applied in Icelandic mental health studies, especially studies on transdiagnostic treatments. The Icelandic TCBGT protocol is feasible for a wide range of mood and anxiety disorders in primary care and the treatment delivers similar effects on general and disorder specific symptoms. The results indicate that low intensity transdiagnostic group therapies may be a feasible way to improve access to psychological therapies for members of the public in primary care.

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Stress, musculoskeletal pain in adolescents

On 23rd October **Hermundur Sigmundsson** and his colleagues have published a very interesting paper. The conclusions of this study were: There was high prevalence of musculoskeletal pain, long-term pain and moderate to severe stress (PSQ ≥ 0.45) in this study sample. Perceived stress (PSQ) was related to the reporting of musculoskeletal pain among the adolescents and could explain some of the variation in pain intensity (VAS) and number of pain sites. There were no differences in stress levels (PSQ) between different types of musculoskeletal pain in the adolescents.

More information: Østerås, B., Sigmundsson, H. Haga, M. (2015). Perceived stress and musculoskeletal pain are prevalent and significantly associated in adolescents: an epidemiological cross-sectional study. *BMC Public Health*, *15*:1081. doi: 10.1186/s12889-015-2414-x

Active video games and obesity in children and adolescents

Recently, **Van 't Riet** and colleagues from Radboud University (Netherlands), Maastricht University, (Netherlands) and Northeastern University (USA) have published a very interesting meta-analysis. The objective of this study was performed to quantify the effectiveness of active videogames (AVGs) as obesity prevention interventions aimed at children and adolescents. Studies were included that focused on children or adolescents (≤18 years), assessed BMI as the outcome measure, used one or more AVGs as intervention, employed a controlled experimental design, used BMI as an outcome measure, enrolled participants up to and including 18 years of age, and comprised original studies. Employing these inclusion criteria, nine studies were included in the meta-analysis. Active videogames had a small to medium-sized and significant average effect on children and adolescents: Hedges' g=0.38 (95% CI: 0.00 - 0.77). Heterogeneity was substantial (I^2=0.91) but neither participants' weight status, nor sample size, intervention duration or dropout moderated the effect of AVGs. **Conclusion** is the results of this meta-analysis **provide preliminary evidence** that **active videogames can decrease BMI** among children and adolescents.

More information: Van 't Riet, J., Alblas, E., Crutzen, R., Lu, A.S. (2015). The effects of active videogames on BMI among young people: A meta-Analysis. In *Handbook of Research on Holistic Perspectives in Gamification for Clinical Practice* (277-292). Publisher: IGI Global, Editors: Daniel Novak, Bengisu Tulu, Havar Brendryen.