BACKGROUND
• In recent years, sport psychology studies of being “clutch” – that is, giving a positive response to a pressure situation – have begun to gain traction.

OUR PURPOSE
• To advance our understanding of the psychological underpinnings of clutch performance by two new quantitative athlete assessments, as well as a qualitative inquiry.

OUR DATA
• 298 triathletes of a variety of backgrounds were recruited and asked to complete questionnaires online.

Triathletes’ Retrospective Accounts of Past Clutch Performances: A Mixed-Methods Study

Correlations

<table>
<thead>
<tr>
<th>Moderate Positive Relationship</th>
<th>Intuitive Control and Positive Anxiety</th>
<th>$r = .163$</th>
<th>$p = .001$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Positive Relationship</td>
<td>Positive Anxiety and Traditional Anxiety</td>
<td>$r = .441$</td>
<td>$p &lt; .001$</td>
</tr>
<tr>
<td>Negative Relationship</td>
<td>Traditional Anxiety and Intuitive Control</td>
<td>$r = -.337$</td>
<td>$p &lt; .001$</td>
</tr>
</tbody>
</table>

Qualitative Results

<table>
<thead>
<tr>
<th>Highest level of control + positive anxiety</th>
<th>Credited extensive mental and physical preparation for success</th>
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<tbody>
<tr>
<td>Moderate level of control + positive anxiety</td>
<td>Most likely to focus on the outcome of the performance</td>
</tr>
<tr>
<td>Lowest level of control + positive anxiety</td>
<td>More often mentioned pride in just completing the race</td>
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So, we suggest that conventional state anxiety (e.g., concern) may still benefit a clutch performance if accompanied by other, positive feelings (e.g., excitement).

IMPLICATIONS
• Practitioners, coaches, and athletes may draw on these findings to capture future success under pressure conditions.

Mark P. Otten
mark.otten@csun.edu
Jessie Lewis
Bruno Gamboa
Micaela Enríquez
Isabel López

METHODOLOGY
• The athletes were first asked to identify a past clutch performance, and then fill out these questionnaires retrospectively:
  - Intuitive Control Inventory
  - Competitive State Anxiety Inventory-Positive (CSAI-P)
  - Competitive State Anxiety Inventory-2 (CSAI-2R)