Fig. 8: Comparison of average positive vs. discipline-specific MI interventions in Sports

![Bar chart showing frequencies of different intervention parameters in Sports and non-Sports settings.](chart)

**Legend:**
- Average positive
- Sports (♂)
- Trend analysis (♦)

### Parameters:
- Session (individual, group)
- Integration (before, after)
- Order (before and after)
- Supervision (not supervised, partly supervised, fully supervised)
- Directedness (non-directed, partly directed, task-specific)
- Location (before and after)
- Position (not task-specific, task-specific)
- Written medium (not written, written)
- Acoustic medium (not acoustic, acoustic)
- Visual medium (not visual, visual)
- Instruction type (no instructions, individualisation)
- Instruction mode (not task-specific, task-specific)
- Eyes (not visual, visual)
- Perspective (not directed, directed)
- Mode (task-specific, not task-specific)
- Focus (not task-specific, task-specific)
- Familiarisation (not task-specific, task-specific)

### Additional Metrics:
- Study duration
- MI intervention duration
- Total MITS count
- MITS per week
- MI trials per MITS
- MITS duration
- Total MI time