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The Placebo Effect of Ergogenic Aids: Sport Performance, Subjective Feelings and Potential Side-Effects

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Message from the Guest Editor

The placebo effect in sports nutrition (the improvement of sport performance derived from the belief of having ingested an ergogenic substance) has been gaining special interest in recent years. The possibility of improving physical performance by administering a harmless substance offers a remarkable opportunity for coaches and sport nutritionists.

The objective of this Special Issue is to bring together researchers in the fields of sports and exercise nutrition to explore the placebo effect for the enhancement of exercise performance, with a particular focus on sports scenarios. This could include, for example, the influence of the placebo effect on endurance, strength or sprint performance, and/or subjective perceptions (perceived effort, activeness, etc.). Within this Special Issue, experimental research, systematic and meta-analysis and narrative reviews are welcome to advance our knowledge of the placebo effect and its successful use in sports.



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Special Issue



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