

1) The study area is of relevance and interest in the applied domain, since it provides knowledge between the relationship of two little-studied variables, the type of competition and anxiety. However, I have concerns about some specific issues and problems to resolve.

2) Pag. 1 paragraph 1. It would be necessary to start the introduction with the reasons why the object of this study is of interest. Specifically, to expose the possible problems that competition in early ages can cause in the well-being of the participants and what their causes could be (risk factors). Thereupon authors should explain the concept of competitive anxiety and explanatory mechanisms leading to it and avoid explanations little adjusted to the objectives of the study as this paragraph.

3) Pag. 2 paragraph 1. The instruments, their characteristic and evolution should not be in this section. In any case, if it is considered necessary, this information should be in the instruments section within the method.

4) Pag. 2 line 54-57. It is important to note that the authors highlight the negative influence of participating in sports competition on the anxiety and as a consequence, on psychological health, even though there is sufficient scientific evidence in the opposite direction. Participation in sport has been shown to be beneficial for the psychosocial health of the child (Serve as an example: Eime , RM, Young, JA, Harvey, JT, Charity , MJ, & Payne , WR (2013). A systematic review of the psychological and social benefits of participation in sport for children and adolescents: informing development of a conceptual model of health through sport. *International journal of behavioral nutrition and physical activity*, 10 (1), 98.

It would be interesting to make a clear distinction between state anxiety and trait anxiety. The object of study is related to trait anxiety, however authors justify their hypothesis based on antecedents that analyse state anxiety. On the other hand, references have been used with the objective of relating performance to anxiety state, but the authors did not find that competition was a predictor of anxiety.

5) Pag. 2 line 56. It is necessary to better connect the previous arguments with this statement. Also, the relationship between the characteristics or “approaches of the competition” at an early age and the well-being or mental health of the participants is not at all obvious. None of the three references supports this relationship. Two of them analyse the effects of mental training on anxiety and the third one analyses the influence of anxiety on the suffocation feeling of the

participants. In addition authors specify in the discussion that there are no antecedents about this possible relationship.

6) **Pag. 2 line 65** Again it has been used a reference that does not support the argument captured in the text: (Harwood, Cumming, & Fletcher 2004)

7) **Pag. 2 line 71.** Authors have used again a work, which alludes to state anxiety, to justify their hypothesis. Only documents that have analysed the trait anxiety should be used (Rodríguez, et al., 2017).

8) **Pag. 2 line 76** Contextual variables are analysed but authors do not use them. You should look at the background that focuses on the type of competition and its relationship to anxiety.

09) **Pag. 2 line 85.** Again we find a reference that does not support the statement in the text. In addition, this statement is too strong and not very accurate.

10) **Pag. 2 line 86-87.** This relationship must be developed with greater depth and accuracy. The independent variable is the sports model. You must expose the antecedents that use different models with the direct or indirect objective of reducing anxiety. The only article cited does not have that objective. It is also interpreted that it is the promotion of values that could influence competitive anxiety.

11) **Pag. 2 line 86-87.** His relationship is not established at any time in the text, and it is difficult to achieve because it is based on two theoretical constructs that are very far from each other. Most analysis of the consequences of state-anxiety in formative stages is linked to the psychological welfare as for example to the development of basic psychological needs. The other most studied relationship is how negative affective states such as anxiety have an impact on future sports abandonment, mediated by the absence of these basic psychological needs or by motivational states. Authors should try to find out how their competition proposal could be favouring any of these relationships.

12) **Pag. 2 line 91 (Idem 11)**

13) **Pag. 3. Methods.** The criterion to consider the different groups of the sample is the category to which participants belong to according to their age. The problem is that these groups differ only in age, and in the type of instruction they have received, since they have different coaches (something that becomes a strange variable). It is therefore more interesting to use age as a moderator. Trait anxiety is mediated by the biological development of brain structures related to cognitive control,

and therefore depends on the rate of biological maturation. The problem is that the chronological age does not coincide with the biological maturation. It would therefore be necessary to use some of the variables that indicate this maturation as the peak age of growth in height, or as the relative age, although the latter is less efficient.

The grouping of the sample into categories made up of participants with differences of up to two calendar years may represent a real difference of up to 4 years in the state of maturity.

A possible grouping criterion would be the type of competition. Comparison of different competition rules, such as the minibasket, with respect to modifications in the other categories, could reveal the possible influence on anxiety.

14) **Pag. 3 line 107** I do not understand this grouping. In the procedure it has not been clarified when the questionnaires were passed. It is necessary to do it. The SAS-2 measures competitive anxiety so if there were participants who did not compete, they could not pass the questionnaire. This is a big problem because it is the true independent variable. If this group of non-participants in the competition has previously accumulated competitive experiences, you must specify in the description of the characteristics of the sample. If this were the case, it would also be necessary to have information on the variables that could be contaminating the relationship established here between the type of competition and anxiety. This group may have voluntarily decided not to compete due to lack of motivation towards competition, caused by some environmental trait or variable. They may perceive competition as aversive and that this generates greater trait anxiety. See:

Haraldsen , HM, Halvari , H., Solstad , BE, Abrahamsen , FE, & Nordin- Bates, SM (2019). The role of perfectionism and controlling conditions in Norwegian elite junior performers ' motivational processes. *Frontiers in psychology*, 10, 1366.

Sheehan , RB, Herring , MP, & Campbell, MJ (2018). Associations between motivation and mental health in sport: A test of the hierarchical model of intrinsic and extrinsic motivation. *Frontiers in psychology* , 9, 707.

15) **Pag. 6 paragraph 1.** Authors must interpret these results. These are the most important results of their study. They should have been analysed carefully and those theoretical models that explain anxiety used to justify how the competition proposal could be the cause of lower values with respect to previous studies.

16) **Pag. 6 line 193.** Again authors should justify why the proposal competition (mixed) may be the reason that, unlike the background, anxiety do not change. Sincerely, I think the reason may be

closer to the kind of motivation (more autonomous than controlled) that promotes the competition, one of the variables related to the mental health. In addition, women in comparison with men generally perceive the competition as more stressful and feel they have less control over their stress. Hence, it could be women who will benefit the most from this competition proposal.

See :

Kaiseler , M., Polman , RC, & Nicholls , AR (2013). Gender differences in stress, appraisal , and coping during golf putting . *International Journal of Sport and Exercise Psychology* , 11 (3), 258-272.

Stenling , A., Lindwall , M., and Hassmén , P.

(2015). Changes in perceived autonomy support , need satisfaction , motivation , and well-being in young elite athletes . *Sport Exerc . Perform . Psychol* . 4, 50–61. doi : 10.1037 / spy0000027

17) **Pag. 6 line 208.** The relationship established here is not possible. For this you should have carried out an experiment. It has not even controlled for the present mediator variables that may explain why non-participants in its competition obtain lower results.