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Figure 1. Thematic Map

Theme	First Order Themes	Second Order Themes
	——Inclusive	
Emotional Wellbeing <i>in</i> Balance	——Focused Organised Thoughts	
balance	Positive Sense of Self	
	Positive Interactions	
Γ	——Contextual	
_	——Disorganised Thoughts	
Emotional Wellbeing Imbalance	—Negative Sense of Self	
imbalance	—Personal & Professionals	
	Relationship Difficulties	
-	——Physical Health Difficulties	
	— Spectrum of <i>Im</i> balance	
	Perceptions of Pressure & Judgement	
	——Negative Thoughts, Emotions & Self-Belief	
Wellbeing <i>Im</i> balance – Impact on Equestrian	——Changes in Horse-Rider Partnership	
Sportspeople -	—Unpredictable Behaviour &	
	Increased Risk-Taking	
L	—Inhibited Performance,	
	Progressions & Development	

