

Age:

Gender:

Position:

Have you ever got an injury while pursuing sports?

- Yes
- No

If yes, what were the consequences? (You may select more than one option)

- I had to miss a few training sessions and matches/competitions.
- I had to miss several weeks.
- I had to miss half/the whole season.
- I needed minor medical treatment.
- I needed longer medical treatment (e.g. rehabilitation treatment).
- I had to undergo surgery.
- I had to stop playing sport.
- I was not injured.
- Other (your own answer): _____

How long after your recovery were you able to return to training?

- 1-2 weeks
- 3-4 weeks
- 1-2 months
- 3-6 months
- More than 6 months
- I did not continue training
- I was not injured

How long after recovery were you able to participate in a match/competition?

- 1-2 weeks
- 3-4 weeks
- 1-2 months
- 3-6 months
- More than 6 months
- I did not participate afterwards (retired, stopped due to injury)
- I was not injured

1. Appendix

	1	2	3	4	5	6
immediately after injury - mentally						
immediately after injury - physically						
start of rehabilitation - mentally						
start of rehabilitation - physically						
during rehabilitation - mentally						
during rehabilitation – physically						
end of rehabilitation – mentally						
end of rehabilitation - physically						
after rehabilitation - mentally						
after rehabilitation – physically						

2. Appendix

Athlete Burnout Questionnaire

This questionnaire contains 15 statements relating to feelings about sport.

Please read each statement and mark your answer as follows:

If you think you almost never experience the feeling described, circle 1. If you rarely experience it, circle 2; if you sometimes experience it, circle 3. If you often experience the feeling, circle 4; if you experience it almost constantly, circle 5. Please answer all questions; there are no right or wrong answers. Answer in a way that most accurately reflects your feelings. Do not think too much about it; listen to your first instinct!

1. I am performing many worthwhile things in the sport	1	2	3	4	5
2. I feel so tired from the training that I do not find the energy to do other things	1	2	3	4	5
3. The effort I need to put into sport would be better used in more productive activities	1	2	3	4	5
4. I feel extremely tired from the sport participation	1	2	3	4	5
5. I am not reaching important goals with the sport	1	2	3	4	5
6. I am not as concerned about my sport performance as I used to be	1	2	3	4	5
7. I am not performing up to my ability in the sport	1	2	3	4	5
8. I feel physically and emotionally worn out by sport	1	2	3	4	5
9. I am not as interested in sport as I used to be	1	2	3	4	5
10. I am physically exhausted by sport	1	2	3	4	5

11. I am not as worried about being successful at sports as I used to be	1	2	3	4	5
12. I feel exhausted by the physical and mental demands of the sport	1	2	3	4	5
13. It seems that no matter what I do, I don't perform as well as I should	1	2	3	4	5
14. I feel successful at sports	1	2	3	4	5
15. I have negative feelings and thoughts towards my sport activity	1	2	3	4	5

3. Appendix

Grob's Subjective Well-Being Scale

1. My future looks bright.	1	2	3	4	5
2. I enjoy life more than most people.	1	2	3	4	5
3. I am satisfied with how my life goals are being realised.	1	2	3	4	5
4. I cope well with the things in my life	1	2	3	4	5
5. No matter what happens, I am able to see the bright side of things.	1	2	3	4	5
6. I enjoy life.	1	2	3	4	5
7. I feel that my life has meaning.	1	2	3	4	5
8. My life is on track.	1	2	3	4	5

How often have you worried in the past few weeks about...?

9. Have you had problems with other people?	1	2	3	4	5
10. With your parents?	1	2	3	4	5
11. Your friendships?	1	2	3	4	5
12. With school or other work?	1	2	3	4	5
13. Will you become older?	1	2	3	4	5
14. Because of your health?	1	2	3	4	5
15. Because of your friend/partner?	1	2	3	4	5
16. Because of financial problems?	1	2	3	4	5

Please indicate to what extent you agree or disagree with these statements!

How often have you worried in the past few weeks about...?

In the past few weeks, have you...

17. ...you had stomach ache?	1	2	3	4	5
18. ...you had heart palpitations or heart problems?	1	2	3	4	5
19. you were ill and unable to go to school/work?	1	2	3	4	5
20.did you lose your appetite?	1	2	3	4	5
21. did you feel dizzy?	1	2	3	4	5
22. couldn't you fall asleep?	1	2	3	4	5
23. were you unusually tired?	1	2	3	4	5
24. did you have a severe headache?	1	2	3	4	5

In the past few weeks, did you ...

25. Were you happy because you achieved something?	1	2	3	4	5
26. Were you pleased that others liked you?	1	2	3	4	5
27. Did you feel completely happy?	1	2	3	4	5
28. Did you feel that things turned out the way you wanted them to?	1	2	3	4	5
29. Have you successfully solved any problems?	1	2	3	4	5
30. I am at least as capable of doing things as most people	1	2	3	4	5
31. I feel that my life is at least as valuable as that of others.	1	2	3	4	5
32. I have a good opinion of myself.	1	2	3	4	5
33. I feel abandoned even when I don't want to.	1	2	3	4	5
34. Sometimes I feel as if there is something wrong with me.	1	2	3	4	5
35. I don't feel like doing anything.	1	2	3	4	5
36. I have lost interest in other people and do not engage with them	1	2	3	4	5
37. Nothing gives me any pleasure anymore.	1	2	3	4	5
38. I find my life boring.	1	2	3	4	5
39. I sometimes waste my time.	1	2	3	4	5

If you would like to share any thoughts or feelings on this topic, please write a few lines. Thank you for participating in this survey. I wish you every success in the future.

