

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.

