Number	First author	Year	Geographical location	Title	Journal	Study design	Research Participants	Data collection method	Data analysis techniques	Findings	Relevancy to my evaluation	conclusion
Publication 1	Alves, L.	2023	Global (high-income countries mostly)	Psychosocial risk and protective factors associated with burnout in police officers: A systematic review	Journal of Affective Disorders	Systematic review(narrative synthesis)	16,017 police officers (41 studies)	Database search (Medline, PsycInfo, Scopus, Web of Science), CASP assessment	CASP quality assessment, narrative synthesis	Organizational/operational factors are top burnout risks; personality/coping as risk/protective factors; socio-demographics have weak links.	High	identified burnout risk/protective factors (organizational, operational, personality) guide workplace/health officer burnout research.Personality and coping's dual role suggests it highlights modifiable personal factors for intervention.Limitations: Cross-sectional design, self-report bias, high-income samples. Use longitudinal designs, diverse samples, objective measures.
Publication 2	Isabelle Bes	2023	Global	Organizational interventions and occupational burnout: a meta-analysis with focus on exhaustion	International Archives of Occupational and Environmental Health	Meta-analysis & systematic review	13 studies (total N = 3,755 workers, mostly healthcare staff)	PubMed, EMBASE, PsycINFO, Cochrane Library; hand searching	Random-effects model, Morris's d(pre2), Cochrane risk-of-bias, GRADE	Combined interventions reduced exhaustion most (d = −0.54); workload/participatory interventions effective; schedule intervention ineffective	High	It confirms organizational/combined interventions reduce exhaustion, guiding workplace burnout interventions.Combined interventions' stronger effect improves, it highlights dual/level strategies' value. Limitations: Small sample, high heterogeneity, publication bias. Add more RCTs and diverse occupations.
Publication 3	Seongkwon Cho	2019	South Korea	The Relationship Between Perceived Coaching Behaviors, Competitive Trait Anxiety, and Athlete Burnout: A Cross-Sectional Study	International Journal of Environmental Research and Public Health	Cross-sectional study	368 Korean collegiate athletes (208 males and 80 females) from 12 colleges, participating in 10 different sports. Ages ranged from 20 to 26 years (M = 21.21, SD = 1.07).	Self-administered questionnaires.	Descriptive statistics and structural equation modeling are utilized	This study explores the relationship between athletes' perceived coaching behaviors (autonomous support type and control type) and athlete burnout.	High	This study answers both Research Questions 1 and 2. For Q1, identifying key factors control oriented/autonomous supportive coaching guidance, competitive trait anxiety—and their direct pathway (control → anxiety → burnout) clarifies burnout etiology. For Q2, intervention nuances (compass
Publication 4	Hunkyuk Cho	2020	South Korea	The Relationship Between Coaching Behavior and Athlete Burnout: Mediating Effects of Communication and the Coach-Athlete Relationship	International Journal of Environmental Research and Public Health	Cross-sectional survey	347 Korean active collegiate athletes from 10 sports	Self-administered paper questionnaire	SEM, bootstrapping	This paper primarily investigates the relationship between coaching behaviors (autonomous support/orientated and control-oriented) and athlete burnout, while exploring the mediating role of communication and coach-athlete relationships in this context.	High	This study answers both Research Questions 1 and 2. For Q1, identifying determinants—autonomous support/orientated and control-oriented/controlling coaches, team communication, coach-athlete relations (via mediation effects)—and recommending adaptive coping strategies (goal setting, feedback) as core interventions clarify psychosocial burnout mechanisms. For Q2, the two-level pathway (behavioral modification
Publication 5	Dale, J.	1989	United States	The Relationship Between Coaches' Leadership Style and Burnout	The Sport Psychologist,	Cross-sectional study	302 coaches (from an initial sample of 580) / Aged around 38.9 years / Form Texas high schools and Southwest & Southeast Conferences NCAA Division I colleges / 77% male, 23% female / Covering 12 sports	Questionnaires administered	descriptive statistics, one-way ANOVA, MANOVA, follow-up univariate tests, correlation analysis, and a strict p< .01 alpha level to control Type I error.	This study explored factors influencing athlete burnout and coach-related interventions for coaching burnout. The findings indicate that considerations/oriented leadership is a significant factor associated with higher emotional exhaustion and depersonalization in athletes, while task-oriented	High	This study answers Research Question 1 and 2 by identifying **flat coaching leadership style** is a critical factor influencing burnout: consideration-oriented coaching raises emotional exhaustion and depersonalization, while task-oriented initiating structure
Publication 6	Louisa Davis	2019	United Kingdom, Sweden	Reducing the risk of athlete burnout: Psychosocial,sociocultural, and individual considerations for coaches	International Journal of Sports Science & Coaching	Cross-sectional survey	A total of 202 UK-based competitive athletes(Their ages ranged from 15 to 31 years. They participated in a variety of individual and team sports, with competitive levels ranging from regional to international.	Multi-section self-administered questionnaire / Administered on-site	Moderated regression analysis (PROCESS)	This study primarily explores the association between coach-athlete relationship quality and athlete burnout, while examining the moderating effects of factors such as gender, age, athletic level, and sport discipline.	High	This study addresses my initial research question by identifying coach-athlete relationship quality as a key factor influencing occupational burnout. Structural equation modeling/correlation analysis revealed negative correlations between relationship quality and all three dimensions of occupational burnout (decreased sense of
Publication 7	André de Azevedo Sodré Silva	2023	Global	Epidemiology of injuries in young volleyball athletes: a systematic review	Journal of Orthopaedic Surgery and Research	Systematic review	3,698 young volleyball athletes (12–18 years, mostly female)	Web of Science, PubMed, SPORTDiscus (Aug 2022–Mar 2023)	Modified STROBE, adapted NOIS scale, qualitative synthesis	Injury incidence 1.24–5.3/1000 exposures; ankle/wrist/knee most affected; elder age, higher BMI, prior injury raise risk.	High	injury risk factors (age/BMI/history) link to burnout risks for young volleyball athletes.Low youth injury rates vs adults impress, highlighting youth sport safety.Limitations: Small sample, heterogeneous metrics, few prevalence data, retrospective reporting.
Publication 8	Liangsdan Dong	2024	China	The influence of athletes' gratitude on burnout: the sequential mediating roles of the coach-athlete relationship and hope	Frontiers in Psychology	Cross-sectional study	483 Chinese athletes (from national training teams and professional sports teams) / 251 males, 232 females / Mean age 19.24 ± 3.99 years / Participated in various sports/Competition levels ranged from secondary to international	self-administered questionnaires.	SEM, bootstrapping	This study explored the impact of gratitude on athlete burnout and its underlying mechanisms. The findings revealed that gratitude not only directly predicts negative outcomes in athlete burnout but also exerts indirect effects through the mediating roles of "coach-athlete relationship" and "hope".	High	This study answers Research Question 2 by identifying controlled coaching (positively linked to trait anxiety/burnout) and autonomous supportive coaching (negative correlation) as key factors, laying an intervention foundation. Its dual-level strategy—bolstering balance control, promote autonomy via tactical
Publication 9	Fenghui Fan	2023	China (Sample from sports tennis in Chongqing, China)	How relationship-maintenance strategies influence athlete burnout: Mediating roles of coach-athlete relationship and basic psychological needs satisfaction	Frontiers in Psychology	Cross-sectional study	54 Chinese adolescent athletes (171 male, 85 female) / National and sub-national competitive levels / Average age 19.95 ± 3.22 years / Engaged in various sports/ Average training years 3.17 ± 2.91 years	Questionnaires administered	PROCESS macro, bootstrapping	This study explored the impact of athletes' relationship maintenance strategies on burnout and its underlying mechanisms. The results revealed that relationship maintenance strategies not only directly predict negative burnout outcomes but also exert indirect effects through the mediating roles of "coach-athlete relationship" and "basic psychological needs satisfaction (BPNS) all negatively predict negative burnout outcomes and the strongest proximal factor (β= −0.38, explaining 44% variance), highlighting autonomy/competence/relatedness	High	This study answers Research Question 2 by highlighting coach-athlete relationship quality (3C: intimacy, commitment, complementarity) as negatively correlated with burnout, a critical intervention factor. It advises coaches to build trust via thoughtful, prosocial communication and prioritize relationship stability. Focusing this quality as a buffer—with volleyball-
Publication 10	Markus Gerber	2024	Switzerland (Sample from Swiss Olympic Partner Schools in the German-speaking northwestern part of Switzerland)	Coach-athlete relationship and burnout symptoms among young elite athletes and the role of mental toughness as a moderator	Sports Psychiatry	Longitudinal prospective study	295 young elite athletes (186 boys, 109 girls) / Mean age 16.73±1.38 years / All attending Swiss Olympic Partner Schools and holding a Swiss Olympic Talent Card / Participated in a variety of individual and team sports / National or regional	Questionnaires administered	Cross-lagged panel analysis, hierarchical regressions	The study explored the association between coach-athlete relationships and burnout symptoms, while examining the moderating role of psychological resilience. Results revealed that, in cross-sectional analysis, poor coach-athlete relationships were significantly correlated with higher levels of general burnout	High	This study answers Research Question 2 by highlighting coach-athlete relationship quality (3C: intimacy, commitment, complementarity) as negatively correlated with burnout, a critical intervention factor. It advises coaches to build trust via thoughtful, prosocial communication and prioritize relationship stability. Focusing this quality as a buffer—with volleyball-
Publication 11	Gitler, H. A.	2024	Turkey	The Relationship of Burnout with Perceived Expressed Emotion, Anxiety, and Depression Levels in Professional Adolescent Volleyball Players.	Turkish Journal of Sports Medicine	Cross-sectional survey	62 professional adolescent volleyball players	Questionnaires	Correlation, linear regression	The study highlights that burnout among young athletes is not only linked to training-related factors but also deeply associated with mental health issues such as anxiety and depression, as well as negative family environments (particularly excessive parental interference and lack of emotional support). Notably, anxiety emerges as a key predictor of diminished sense of achievement. Therefore, preventing and	High	The view that **interpersonally focused consideration coaching predicts higher coach and athlete burnout** impresses me because it links relational leadership to stress vulnerability. It explains why overly involved coaching triggers exhaustion, offering a clear mechanism that strengthens my analysis of coaching behavior effects.
Publication 12	Sonja Isto	2019	Finland	Relationship Between Coaching Climates and Student-Athletes' Symptoms of Burnout in School and Sports	Sport, Exercise, and Performance Psychology	Cross-sectional study	414 student-athletes (from an initial sample of 490) / Aged 17-19 years / Comprising seven Finnish sports high schools / Participated in both individual (47.3%) and team sports (52.4%)	Questionnaires administered	Not Explicitly Mentioned	This study concretely demonstrates that the coaching environment created by coaches serves as a pivotal social factor influencing student-athletes' burnout. An enabling environment (characterized by control and ego orientation) increases risks of sports and	High	This study answers Research Questions 1 and 2. For Q1, it identifies coach-athlete relationship quality (3Cs: intimacy, commitment, complementarity) as a key burnout influencer. For Q2, it guides coaches to create an empowering climate via training—emphasizing task involvement, autonomy/social support, and reducing control/ego
Publication 13	Sandrine Isoard-Gautheur	2016	France	Associations between the perceived quality of the coach-athlete relationship and athlete burnout: An examination of the mediating role of achievement goals.	Psychology of Sport and Exercise	Cross-sectional study	360 athletes (96 females, 264 males) from team and individual sports / Competing at regional, national, or international levels / Mean age 21 years (SD=3.92) / Average weekly training: 6.76 hours	Questionnaires administered	SEM, bootstrapping	The article explicitly states that high-quality coach-athlete relationships (3Cs model) serve as a critical social factor in preventing athlete burnout. Coaches should strive to establish relationships based on trust, commitment, and	High	This study answers Research Question 1 by identifying coach-athlete relationship quality (3Cs: intimacy, commitment, complementarity) as a key burnout influencer. SEM and correlation analysis confirmed its negative links to burnout's three dimensions (decreased achievement, depersonalization, exhaustion).
Publication 14	Lonsdale, C.	2009	Canada	Athlete burnout in elite sport: A self-determination perspective	Journal of Sports Sciences	Cross-sectional survey	291 elite Canadian athletes	Questionnaires	Structural equation modeling	The study clearly indicates that fulfilling basic psychological needs (particularly competence and autonomy), behavioral autonomy, and self-determination motivation serve as the foundation for preventing athlete burnout, with its effects primarily achieved through stimulating athletes' autonomous motivation. The key to coaches' prevention	High	This study answers Research Question 1 by identifying fundamental psychological needs (competence, autonomy), behavioral autonomy, self-determination motivation: negative control motivation positive), and self-determination motivation's mediating role in need-burnout links. Views aiding RQ1: quantifying mediating
Publication 15	Pires, D. A.	2021	Brazil	Burnout and Coping Perceptions of Volleyball Players Throughout an Annual Sport Season	Journal of Sports Sciences	Longitudinal (repeated measures)	54 high-level volleyball athletes	Questionnaires	Friedman test, Spearman correlation	This study investigated the changes in athlete burnout and coping strategies and their correlations through a longitudinal tracking survey of 54 high-level volleyball athletes at four time points during a single season. The findings indicate that burnout levels progressively increase with the progression of the season, highlighting the importance of periodic prevention and control	High	This study answers Research Question 1 by identifying two key burnout influencers: situational demands (team environment, match intensity, pressure) and accumulated training/game stress. The longitudinal evidence—showing burnout dimensions (declining achievement, diminished sport value) intensify seasonally—directly clarifies dynamic susceptibility, aiding in addressing the research focus. These views link stress sources to temporal
Publication 16	Schellenberg, B. J. I.	2013	Canada	Passion and coping: Relationships with changes in burnout and goal attainment in collegiate volleyball players	Journal of Sport & Exercise Psychology	Longitudinal (pre-post season)	421 collegiate volleyball players	Questionnaires	Latent change structural equation modeling	The article indicates that changes in athlete burnout are influenced not only by passion factors, but, more critically, through the mechanism of coping strategies. For coaches, cultivating harmonious passion in athletes and systematically teaching and guiding them to employ task-oriented coping strategies (reducing avoidance behaviors) represent key approaches to	High	This study answers Research Question 1 by identifying coach-athlete relationship quality (3Cs: closeness, commitment, complementarity) as a key burnout determinant. SEM and correlations confirm its negative links to burnout's three dimensions (reduced accomplishment, sport devaluation, emotional/physical exhaustion), directly clarifying factors driving burnout and addressing the research focus. The article's view that the 3Cs model's mechanistic clarity—linking specific
Publication 17	Wen Xu	2023	China(Guang Dong)	Development and validation of the Chinese coaches' interpersonal style scale	Frontiers in Psychology	Scale development and validation (three studies)	A total of 920 Chinese athletes across three studies	Questionnaires administered	EFA, CFA, correlation analysis	The article clearly points out that under the cultural background of China, the benevolent style of coaches, like the classic autonomous support style, is an important negative predictor of athlete burnout, while the	Limitations: cross-sectional design, sample limited to U.S. coaches, no volleyball-specific data. Authors should use longitudinal designs and include volleyball samples to improve sport-specific validity.	This study answers Research Question 1 by identifying positive discrepancy (controlling behaviors minus autonomous support feedback) as a key burnout influencer. Views aiding RQ1: LPA analysis revealing six subgroups with higher exhaustion/achievement loss/sport devaluation, and quantitative data showing this group's burnout scores (mean exhaustion=3.44,
Publication 18	Trousselard, David	2022	France	Mirror, Mirror, Am I in My Coach Sees Me?? Congruency Between Athletes' Appraisals and Reflected Appraisals of Their Coach, and Relations With Athlete Burnout	JOURNAL OF CLINICAL SPORT PSYCHOLOGY	Cross-sectional, person-centered study	369 athletes / Mean age: 21.15 years	Questionnaires administered	Latent Profile Analysis (LPA) / Likely included descriptive statistics, reliability analyses, and follow-up analyses	The study shows that burnout depends not only on coaches' behaviors but also on athletes' self-assessments, but more critically on the "perceived discrepancy" between these two dimensions. Among these factors, the perception of being underrated by coaches (self-assessment > perceived coach	High	This study answers Research Question 1 by identifying positive discrepancy (controlling behaviors minus autonomous support feedback) as a key burnout influencer. Views aiding RQ1: LPA analysis revealing six subgroups with higher exhaustion/achievement loss/sport devaluation, and quantitative data showing this group's burnout scores (mean exhaustion=3.44,
Publication 19	Venley, R. S.	1998	USA	Influence of Perceived Coaching Behaviors on Burnout and Competitive Anxiety in Female College Athletes	Journal of Applied Sport Psychology	Cross-sectional survey	149 female college athletes, 12 coaches	Questionnaires	Multivariate multiple regression, canonical correlation	The study explicitly identifies coaches' perceived behaviors (particularly empathy, feedback approaches, and decision-making styles) as key social factors influencing athlete burnout. Coaches demonstrating high empathy, frequent praise, democratic decision-making, and a focus on development can effectively reduce athlete	High	This study answers Research Question 1 by identifying coach-athlete relationship quality (3Cs: closeness, commitment, complementarity) as a key burnout determinant. SEM and correlations confirm its negative links to burnout's three dimensions (reduced accomplishment, sport devaluation, emotional/physical exhaustion), directly clarifying factors driving burnout and addressing the research focus.
Publication 20	Vinik, K.	2020	Germany	Longitudinal associations between perfectionistic strivings, perfectionistic concerns, and sport-specific practice in adolescent volleyball: Navigating pressure and connection: goal orientation, coach-athlete relationships, and burnout among Chinese collegiate athletes-a mixed-methods study	Deutsche Zeitschrift für Sportmedizin	or Explicitly Mentioned but seems Literature review	188 adolescent volleyball players	Questionnaires, training diaries	Latent growth modeling (LGM)	This mentioned in the text indicates that perfectionist anxiety is positively correlated with negative emotions, fear of failure, and athlete burnout, and these negative factors can weaken intrinsic motivation and motivation as well as enjoyment	High	This study answers Research Question 1 by identifying perfectionistic concerns as a key burnout driver in volleyball players, noting their positive links to negative emotions, fear of failure, and burnout—directly clarifying how maladaptive perfectionism fuels burnout.
Publication 21	Le Wang	2025	China	Coaches' benevolent leadership and athlete burnout: Mediating effect of psychological safety	Frontiers in Psychology	Sequential explanatory mixed-methods study	346 Chinese collegiate athletes (182 males, 164 females; Mean age=20.6 years) from 12 state-sponsored sports academies and university programs / Participating in both team (n=180) and individual (n=166) sports / With experience ranging from novice to elite (1 to > 8 years) / 68% state-funded, 32% self-funded	Questionnaires administered/interviews	Hierarchical regression, thematic analysis	The study shows that burnout among Chinese college student-athletes is influenced by the interaction of goal orientation (task-oriented promotes and self-oriented risk) and coach-athlete relationship quality (intimacy and complementary protection). Among these, cultural values of "enduring hardship" and "interpersonal harmony" are important situational moderators. The key to coaches preventing and alleviating burnout lies in	High	This study answers Research Question 1 by identifying fundamental psychological needs (competence, autonomy), behavioral autonomy, self-determination motivation: negative control motivation positive), and self-determination motivation's mediating role in need-burnout links. Views aiding RQ1: quantifying mediating
Publication 22	Zhaoyang Xin	2025	China	Coach-athlete attachment and athlete burnout: testing longitudinal mediation via cognitive reappraisal and expressive suppression	International Journal of Sport and Exercise Psychology	Two-wave longitudinal study (lagged-longitudinal mediation design)	258 adult Chinese athletes (from an initial sample of 352 at Time 1) / 176 males (68.2%), 82 females (31.8%) / Mean age: 22.2 ± 3.2 years / Sports: basketball, wrestling, tennis, track and field / Competitive level: T1 (years) / 68% state-funded, 32% self-funded	Questionnaires administered	Cross-lagged panel model, Monte Carlo simulation	The study clearly demonstrates that coach-athlete attachment styles influence athlete burnout by affecting emotional regulation strategies (cognitive reappraisal and expressive suppression). Secure attachment exerts a protective effect by promoting cognitive reappraisal and	High	This study answers Research Question 1 by identifying coach-athlete attachment styles (secure/avoidant) and emotion regulation strategies (cognitive reappraisal/expressive suppression) as key burnout influencers. Views aiding RQ1: secure attachment reduces burnout via cognitive reappraisal; avoidant attachment exacerbates it via expressive
Publication 23	Yu, Wenjuan	2024	China	Coaches' benevolent leadership and athlete burnout: Mediating effect of psychological safety	SOCIAL BEHAVIOR AND PERSONALITY	Cross-sectional survey study	242 Chinese university athletes	Questionnaires administered/survey	Structural equation modeling, bootstrapping	The compassionate leadership style of coaches serves as a crucial factor in preventing athlete burnout, with its mechanism lying in enhancing athletes' psychological safety. By demonstrating care, fairness, and trust, coaches create an environment where athletes feel psychologically secure and	High	This study answers Research Question 1 by identifying coaches' benevolent leadership (compassion, fairness) and psychological safety as key burnout influencers. Views aiding RQ1: their significant indirect effects (benevolence →safety→burnout reduction), revealed via structural equation modeling, directly clarify burnout determinants. Views aiding RQ2: compassion
Publication 24	Mariya A. Yukhymenko-Lescroart	2022	United States (Sample from NCAA Division I, II, and III collegiate student-athletes)	Assessing Burnout in Subgroups of Athletes Based on Gratitude and Perceived Coach-Athlete Relationship	Psychological Reports	Cross-sectional survey	576 intercollegiate athletes (after removal of outliers) from an initial sample of 596 / 456 women, 139 men, 1 declined to respond / Age range: 18-24 years / Median=20 / Four NCAA Division I, II, and III institutions / Participated in 28 different team and individual sports (e.g., softball, soccer,	Questionnaires	Cluster analysis, ANOVA, chi-square	The study clearly indicates that the risk of athlete burnout depends on the combination of "gratitude" (particularly gratitude in sports contexts) and "quality of coach-athlete relationships." Athletes with low levels in both factors face the highest risk of burnout, while those with high levels in both are best protected. Interestingly, a strong mutual-aid	High	This study answers Research Question 1 by identifying gratitude traits and coach-athlete relationship quality (CAR) as key burnout determinants. Views aiding RQ1: Group 1 (low gratitude/low CAR) showed highest burnout, Group 2 (high gratitude/high CAR) lowest. Four-group analysis revealed independent/synergistic effects (e.g., Group 4: high gratitude/low CAR > Group 3), providing maximum
Publication 25	Zaroslavitas, S.	2012	Iran	The Relationship between leadership styles of coaches with self-determination and burn-out of the Iranian elite female Volleyball players	International Journal of Sport Studies	Cross-sectional study	144 Iranian elite female volleyball players	Questionnaires	Multivariate regression	The study conclusively demonstrates that coaching leadership style serves as a pivotal social determinant influencing athlete burnout. Authoritarian leadership styles exacerbate burnout, whereas democratic, training-oriented, and socially supportive leadership	High	This study answers Research Question 1 by identifying coaching leadership style as a key burnout influencer. Views aiding RQ1: authoritative behavior (β =0.18, p 0.05, positive correlation), training/democratization/social support (negative correlations), and self-determination sense as mediator. These clarify how leadership drives
Publication 26	Dailiang Zhao	2022	China (Sample from provincial team athletes in China, with a specific mention of the Ci Provincial Team)	Examining the psychometric properties of the Controlling Coach Behaviors Scale in Chinese Elite Athletes	PLOS ONE	Scale validation (three studies)	A total of **724 Chinese provincial team athletes** across three studies	Questionnaires administered	EFA, CFA, correlation, test-retest reliability	The study pointed out that under the cultural background of China, coaches' controlling behaviors are a significant influencing factor of athlete burnout, but the modes of action across different dimensions vary. Negative conditionality and excessive personal control are clear risk factors for burnout.	High	This study answers Research Question 1 by identifying three dimensions of coach control behaviors (reward control use, negative conditional attention, excessive personal control) as key burnout influencers. Views aiding RQ1: negative conditioned attention/excessive personal control positively correlate with burnout dimensions (emotional