
Athlete Burnout Questionnaire

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Questionnaire*

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The Development of the Eades Athlete Burnout Inventory Frontiers Media SA
The fourth edition of a classic, leading resource for the field of sport, exercise, and performance psychology Now expanded to two volumes, and featuring a wealth of new chapters from highly respected scholars in the field, this all-new edition of the Handbook of Sports Psychology draws on an international roster of experts and scholars in the field who have assembled state-of-the-art knowledge into this thorough, well-rounded, and accessible volume. Endorsed by the International Society of Sport Psychology, it represents an invaluable source of theoretical and practical information on our understanding of the role of psychology in sport, exercise, and performance—and how that understanding can be applied in order to improve real-world outcomes. Presented in eight parts, the Handbook of Sports Psychology, 4th Edition adds new material on emerging areas such as mindfulness, brain mapping, self-consciousness, and mental toughness, and covers special topics such as gender

and cultural diversity, athletes with disabilities, and alcohol and drug use in sports. In addition, it covers classic topics such as what motivates an athlete to perform; why do some choke under pressure; how do top performers handle leadership roles; what does one do to mentally train; how an athlete deals with injury; and much more. Fourth edition of the most influential reference work for the field of sport psychology New coverage includes mindfulness in sport and exercise psychology, ethics, mental toughness, sport socialization, and making use of brain technologies in practice Endorsed by the International Society of Sport Psychology (ISSP) Handbook of Sports Psychology, 4th Edition is an indispensable resource for any student or professional interested in the field of sports psychology.

Getting Ahead of the Game Psychology Press

Provides athletic specialists, trainers, and coaches with resources for monitoring athletes to avoid over-training, burnout, and decreased performance. The questionnaire is based on the hypothesis that an accumulation of stress in different areas of life, with insufficient opportunity for recovery, leads to a compromised psychophysical state. Stress states are based on 12

nonspecific and seven sports-specific scales. The questionnaire package offers tools to measure and track an athlete's recovery, including two complete questionnaires (72- and 56-item forms), manual scoring keys, profile sheets, and a user manual that describes questionnaire development and data and profile interpretation. c. Book News Inc. Assessment in Applied Sport Psychology Springer Nature

The psychological health of competitive athletes is of paramount importance to performance, retention, and well-being in sport, and national governing bodies are increasingly concerned with its promotion. *Psychosocial Health and Well-being in High-Level Athletes* offers students, researchers, and practicing sport psychologists an accessible and rigorous grounding in the manifestations of psychosocial health in athletes, the threats athletes face to their psychosocial health, and the interventions which can be designed to enhance it. Seeking to guide future research and expand professional understanding of psychosocial issues in sport, the book is based on a model of cognitive, emotional, social, and spiritual health. It clearly defines these dimensions in a sporting context before discussing pertinent threats—such as career transitions, injuries and abuse—and interventions, including adversarial growth, life-skill interventions, prevention and organization policy, and mindfulness-based interventions. Providing an innovative and integrated perspective on psychosocial health and well-being in competitive sport, this book is essential reading for upper-level students taking any clinical sport psychology modules, and for sport psychologists, coaches, and administrators working with

competitive athletes.

Measurement in Sport and Exercise Psychology Nova Publishers

Author's abstract: Burnout has become to be regarded as a debilitating problem for athletes, but individual differences that may provide a buffer to burnout characteristics have only partially been examined. The purpose of this study was to examine the possible association between optimism, trait confidence, need for achievement, gender, and years of competitive experience and symptoms of burnout in collegiate tennis players. Four inventories were used to assess the 86 collegiate participants (47 men, 39 women): the Athlete Burnout Questionnaire (ABQ; Raedeke & Smith, 2001), the Trait Sport Confidence Inventory (TSCI; Vealey, 1986), the Life Orientation Test-Revised (LOT-R; Scheier, Carver, & Bridges, 1994), and the Need Achievement Pride Scale (NAPS; Metzler, 2007). Participants were from universities located across the United States. Results indicated that an association existed between optimism and trait confidence and symptoms of burnout. Significant variance was explained for the burnout subscales of emotional/physical exhaustion ($R^2 = .208$, $S.E. = 3.14$), reduced sense of accomplishment ($R^2 = .469$, $S.E. = 2.33$), and sport devaluation ($R^2 = .281$, $S.E. = 3.43$). Optimism provided significant contribution to the emotional/physical exhaustion and reduced sense of accomplishment subscales. Trait confidence provided significant contribution to the reduced sense of accomplishment and sport devaluation subscales. It was also found that need for achievement and years of competitive experience each provided significant contributions to a single subscale of burnout.

The Specialization and Diversification of Athlete Development In Age Group Swimmers Human Kinetics

"This comprehensive book presents an integrated study of human movement and applies this knowledge to human performance and physical activity across the lifespan. The Biophysical Foundations of Human Movement, Second Edition, considers basic methods and concepts, typical research questions, key historical developments, professional training and organizations, and suggestions for further reading within each subdiscipline. The authors offer a unique perspective on the subdisciplines by exploring not only the basic science but also the changes in human movement and movement potential that occur throughout the lifespan as well in response to training, practice, and other lifestyle factors."

Current Perspectives on Social Comparisons and Their Effects Human Kinetics

The Athlete Burnout Questionnaire Manual

Professional Practice in Sport Psychology Routledge

Written by a former Olympic consultant, this authoritative book examines youth sports in America today, from the organizations and companies that dominate organized youth sports to high-profile controversies ranging from burnout and out-of-control parents to the health risks of youth football.

- Examines negative influences of youth sports on families, from financial sacrifice to parental misbehavior
- Discusses the benefits of playing on an organized team
- Provides a historical overview of youth sports in the United States
- Contains a list of resources for further study
- Includes contact information on important sports-related organizations

Advances in Sport and Exercise Psychology Human Kinetics

Athletic trainers (ATs) are allied health care professionals with the primary responsibilities of preventing, recognizing, managing and rehabilitating athletic injuries amongst a physically active population (Athletic trainer, 2015). Due to the environmental demands of this occupation, several studies have been conducted to investigate how various factors may influence the careers, health, and potential burnout of these practitioners (e.g., Kania, Meyer, & Ebersole, 2009; Kahanov, Eberman, & Juzeszyn, 2013). Clinical burnout is a psychological syndrome that is identified by three factors including, "emotional and physical exhaustion, depersonalization (cynicism), and decreased sense of personal accomplishment that develop secondary to chronic, overwhelming work demands" (Maslach, Schaufeli, & Leiter, 2001, p. 402-403). The relationship between burnout and the self-determination theory constructs of motivational regulation and basic psychological needs (BPN) satisfaction have been well studied among athletes (Cresswell & Eklund, 2005b; Deci & Ryan, 1985). In order to explore these relationships among ATs, several research questions were the focus of the current study: 1) Do burnout symptoms vary over the course of a sport season and, if so, how?, 2) Do basic psychological needs satisfaction and motivation change over the course of a sport season and, if so, how?, and 3) Are changes in burnout symptoms related to changes in basic psychological needs satisfaction and motivation? To develop answers to these questions, ATs from throughout the country were recruited to participate in an online survey that

consisted of a demographic questionnaire, the Athlete Burnout Questionnaire (ABQ; Raedeke & Smith, 2001), the Sport Motivation Scale (SMS; Pelletier et al., 1995), and the Work Need Satisfaction Survey (WNSS; Deci, Connell, & Ryan, 1989). Participants were e-mailed three separate times throughout the fall season and at the conclusion of each survey distribution period, descriptive statistics were performed on the demographic questionnaire, ABQ, SMS, and WNSS. In addition, a Repeated Measures Analysis of Variance (RM-ANOVA) was conducted to determine if there was any significant change in the ABQ, SMS, or WNSS responses across the season. Finally, regression analyses were conducted to determine how much variance in burnout symptoms was explained by relevant demographic information as well as SMS and WNSS variables. In general, participants scored low on burnout and adequately on BPN satisfaction and self-determined motivational profiles. The ABQ variables of reduced accomplishment and devaluation demonstrated a steady increase across the study, whereas emotional exhaustion increased from T1 to T2 but decreased during T3. Furthermore, the mean score for amotivation increased while identified regulation decreased across all three time points. More interestingly, all three forms of intrinsic motivation decreased from T1 to T3 while integrated regulation and external regulation increased from T1 to T2. Finally, all of the WNSS variables decreased from T1 to T2 and increased from T2 to T3. RM-ANOVA results did not indicate any statistically significant variation in these factors over the course of the study; however, 61.1% of the variance in the T1 total burnout

scores could be explained by number of days off per week, amotivation, identified regulation, and perceived autonomy. Finally, while these ATs did not score particularly high on burnout, their supervisors should be still be aware of the symptoms and treatment methods for this condition. In addition managers should also encourage ATs to take time away from work to tend to their needs. Lastly, through BPN satisfaction, more self-determined forms of motivation should develop as a result.

Thesis Presented to the Faculty of Springfield College In Partial Fulfillment of the Requirements for the Degree Master of Science

Elsevier Health Sciences

This study analyzed and compared the severity of performance slumps of collegiate student-athletes in general and across academic years. The factors examined with performance slumps included athlete burnout, academic burnout, relationship satisfaction, and grade point averages. The first hypothesis was that reduced accomplishment scores from the athlete burnout questionnaire would indicate the severity of performance slumps. The results did not support the hypothesis. The second hypothesis was that the severity of performance slumps would positively correlate with academic burnout and negatively correlate with relationship satisfaction. The results supported this hypothesis. The third hypothesis was that student-athletes who experienced a performance slump during their sophomore year would have significantly higher scores of athlete and academic burnout and lower relationship satisfaction scores. This hypothesis was based on sophomore slump literature, explaining that sophomores must establish an identity, overcome

academic pressures, and maintain relationships without support programs. The results showed that there was no significant difference. The fourth hypothesis was that student-athletes would experience a performance slump more often in their sophomore year than other academic years. The results showed that the student-athletes experienced performance slumps more often in their freshman and sophomore years. The fifth hypothesis was that student-athletes' grade point averages before and after a performance slump would be higher than their grade point averages during. The results supported this hypothesis. Discussion centers on explaining the results based on student-athletes' personal descriptions of performance slumps.

Football Psychology John Wiley & Sons
The fourth edition of *Advances in Sport and Exercise Psychology* retains the book's sterling reputation in the field and provides advanced psychology students with a thorough examination and critical analysis of the current research in the psychology of physical activity. This revitalized text, known in its first three editions as *Advances in Sport Psychology*, uses a traditional textbook approach, appropriate for advanced classes, as opposed to an informal handbook style. Longtime editor and author Thelma Horn is joined by a new coeditor, Alan Smith, as well as new and returning contributors (55 in all), including many of the most prolific researchers and scholars in the field. As the updated title indicates, this edition emphasizes exercise psychology constructs as well as sport psychology. The new edition highlights some of the career possibilities in health and wellness areas as well as some of the distinctions between sport and exercise

psychology research. Further updates to this text include the following:

- Nine new and heavily referenced chapters, including Family Influences on Active Free Play and Youth Sport, Leadership in Physical Activity Contexts, and Youth Talent Development
- Refreshed theoretical and empirical data based on advances in the sport, exercise, and physical activity psychology field
- Expanded topics in exercise psychology, such as physical activity and mental health, physical activity and cognitive abilities, and health-based exercise motivation models
- Contemporary interest areas in sport psychology, such as perfectionism, passion, self-presentation concerns, stereotype threat, psychopathology issues in sport and exercise, positive youth development, sport talent development, and physical activity within specific populations

The reorganized text is divided into seven parts. Part I provides an overview of the field in the psychology of physical activity. Part II examines characteristics of people that can affect their behavior and psychosocial well-being in sport, exercise, and physical activity contexts. In part III, students learn about socioenvironmental factors that impinge on participants' behavior and psychosocial well-being in sport and physical activity domains. Part IV explores psychological factors that can affect behavior and performance in sport and physical activity settings. In part V, students gain insights into the motivational models and theories regarding individuals' behavior in sport, exercise, and physical activity contexts. Part VI discusses the links between sport, physical activity, exercise, and health. Part VII analyzes the concepts related to lifespan and developmental

processes. For instructors, *Advances in Sport and Exercise Psychology* includes an image bank that houses nearly all the tables and figures from the book. With its broad range of new and established content, its inclusion of exercise psychology constructs, and its addition of many new and bright voices, *Advances in Sport and Exercise Psychology* maintains the standard of excellence set by its preceding editions.

Understanding Sport Psychology

Routledge

Advances in Psychiatry and Behavioral Health is an annual review publication that covers the current practices and latest developments in the field. Each issue is divided into sections for comprehensive coverage of relevant hot topics areas within psychiatry, including, Neurosciences, Psychotherapeutics, Suicide Research, Women's Mental Health, Sports Psychiatry, and Education. The Editor-in-Chief of the publication is Dr. Dr. Deepak Prahakar, a leading expert in the field. Topics covered this year include but are not limited to: Multifunctional Antidepressants: Beyond the SSRIs; Neuropsychiatric Manifestations of COVID-19; Third-wave CBT for OCD; Advances in Psychotherapy for PTSD; Advances in Psychotherapy for Eating Disorders; Lethal means safety approaches for suicide prevention; Identifying People at Risk for Suicide; Digital technology for suicide prevention; Treatment of Premenstrual Dysphoric Disorder (PMDD); Domestic violence and its impact on women's mental health; Review of GABA-A receptor modulators in treatment of reproductive depression; Anxiety disorders in athletes; mental health symptoms and disorders in women athletes; diagnosis and management of substance use disorders in athletes; Mental Health in Youth

Athletes; *Advances in Psychology* training; *Learning Psychiatry Then and Now*; and *Dementia after traumatic brain injury*.

The Flexible Mind Oxford University Press

Elite sport can be an unforgiving and harsh environment. This book explores psychological predictors of wellbeing and performance excellence in elite level athletes, and presents an innovative approach for optimizing mental wellbeing and sporting performance. Jointly developed by performance psychologists, clinical psychologists and sport scientists the Flexible Mind approach draws on contemporary psychological theory and research to help athletes build 'psychological flexibility' - the ability to experience challenging thoughts and emotions and still be true to one's values. A range of case studies relating to different sports are used to demonstrate how three core components - Being Present, Being Open and Doing What Matters - can improve athletes' performance and wellbeing.

This book will be a game-changing resource for sports psychologists, mental health practitioners, coaches and support staff who are committed to helping athletes to excel and stay well.

Sport Psychology SAGE Publications

Clinical sport psychology is a rapidly growing field that brings together research and clinical interventions from both clinical psychology and sport and performance psychology.

Complementary to sports medicine and clinical sport psychiatry, clinical sport psychology addresses the mental health needs and psychological well-being of athletes, coaches, and other members of the sport community. It offers scientifically informed conceptualizations of psychological distress as it manifests

in sport settings, as well as empirically supported clinical interventions tailored to the needs of sport populations. This volume addresses the latest research findings regarding mental health among athletes and other sport professionals, including epidemiological research concerning depression, anxiety, eating disorders, and conduct and interpersonal problems. In addition, it explores the unique etiology of mental health problems among athletes, including psychological sequelae of injury and trauma, as well as concise practice guidelines for conceptualizing and treating psychological distress in sport populations. Strategies for thorough yet efficient psychological assessment of athletes, coaches, and other sport professionals are also provided. A compendium of relevant empirical research and clinical best practices for assessment and treatment, this handbook charts the course that clinical sport psychology has taken since its inception as a distinct clinical specialty and highlights future directions for this rapidly growing practice domain. It offers essential reading for psychologists and other mental health professionals who provide clinical services in sport and performance settings.

User Manual Routledge
Contemporary Advances in Sport Psychology brings together leading international researchers to showcase some of the most important emerging topics in contemporary sport psychology. Each chapter offers a comprehensive review of current knowledge and research on a cutting-edge theme, followed by in-depth discussion of conceptual and methodological issues, and then outlines potential avenues for further research. The book covers themes including: Contemporary

personality perspectives Choking models of stress and performance Coping in sport Relational-efficacy beliefs Self-determination theory Transformational leadership Organizational psychology in sport Quantitative and qualitative methods in sport psychology The review format provides the perfect entry point for all researchers, advanced students or practitioners looking to engage with the latest research themes in contemporary sport psychology, offering a greater depth of discussion than the typical journal article. Informing knowledge generation, applied research and professional practice, Contemporary Advances in Sport Psychology is an essential addition to any sport science library.

A Self-determination Theory

Perspective Human Kinetics
Assessment in Applied Sport Psychology is a comprehensive resource that offers both students and professionals the opportunity to hone their skills to help their clients, starting with the initial consultation and lasting through a long-term relationship. In this text, Jim Taylor and a team of sport psychology experts help practitioners gain a deep understanding of assessment in order to build trusting relationships and effective intervention plans that address the needs and goals of their clients. Part I of Assessment in Applied Sport Psychology covers topics such as the importance of assessment, the appropriateness of qualitative and quantitative assessment, ethical issues that can arise from assessment, and the impact of diversity in the use of assessment. Part II introduces readers to six ways that consultants can assess athletes: mental health screening, personality tests, sport-specific objective measures, interviewing, observation, and applied

psychophysiology. Chapters in this section explain the strengths and weaknesses of each approach—for example, when traditional pencil-and-paper and observation approaches may be more appropriate than interviewing—and offer consultants a more complete toolbox of assessments to use when working with athletes. Part III addresses special issues, such as career transition, talent identification, and sport injury and rehabilitation. One chapter is devoted to the hot-button issue of sport-related concussions. Tables at the end of most chapters in parts II and III contain invaluable information about each of the assessment tools described, including its purpose, publication details, and how to obtain it. Chapters also contain sidebars that provide sample scenarios, recommended approaches, and exercises to use with clients.

Assessment in Applied Sport Psychology works toward two main goals. The first is to help consultants gain a complete understanding of their clients through the use of a broad range of assessment tools. The second is to show consultants how to ethically and effectively use assessments to develop a comprehensive understanding of their clients, thus enabling them to assist their clients in achieving their competitive and personal goals.

Sports and Athletics Developments
Elsevier Health Sciences

Sport psychologists working with athletes, teams and sports performers are only as effective as their professional techniques and competencies will allow. This is the first book to offer a detailed and critical appraisal of the conceptual foundations of contemporary professional practice in sport psychology. The book presents a series

of reviews of the most up-to-date academic and professional literature on professional practice, exploring issues that all psychologists face when working with clients in sport and offers important evidence-based recommendations for best practice. Key topics covered include: models of practice and service delivery counselling and clinical intervention working with teams working with young performers providing life skills training managing career transitions working with special populations enhancing coach-athlete relations. With contributions from leading sport psychology consultants in the UK, the US, Canada, Australia and continental Europe, this is a comprehensive and thought-provoking resource that bridges the gap between research and application. It is vital reading for all advanced students, researchers and professionals working in sport psychology.

The Routledge Handbook of Clinical Sport Psychology Oxford University Press

How do athletes overcome fears, slumps, mental blocks, or injuries? How do they deal with stress and anxiety, be it from competitors, teammates, audiences, parents, coaches, or themselves? What psychological techniques prove effective in mental training for peak performance, maintaining concentration, motivation, and competitive drive? How can an athlete enhance his or her commitment to a training regimen, or how might the average person better adhere to a program of fitness and exercise? Readers will find answers to these questions and more in the Encyclopedia of Sport and Exercise Psychology.

Features & Benefits: Entries explore the theory, research, and application of psychology as it relates to sport and

fitness in a manner that is accessible and jargon-free to help readers better understand human behavior in sport and exercise settings. From personal factors to situational factors influencing performance to specific psychological techniques for enhancing performance, this work provides comprehensive coverage of the field via approximately 350 to 400 signed entries. Entries conclude with cross-references and suggestions for further readings to guide students further in their research journey. Available in print and online, this monumental work is edited by two leading figures in the field with a distinguished international Editorial Advisory Board to select and assign entries, ensuring authoritative content readers can trust. Key Themes: Career Transition Certification, Credentialing, and Roles of Sport and Exercise Psychologists Disability Emotion Exercise Health Group Dynamics History and Foundation Leadership Morality, Aggression, and Ethics in Sport Motivation Motor Control Perception and Cognition in Sport Personality and Psychological Characteristics in Sport Psychobiology Psychological Skills/Interventions Psychosociocultural Self-Concept/Self-Perceptions, and Identity Youth Sport

A review SAGE

Measurement in Sport and Exercise Psychology provides a complete analysis of the tools and methods used in sport and exercise psychology research. Each chapter of this accessible text presents key measurement variables and concepts, including their definitions; an evaluation of the measurement constructs and tools available; and an explanation of any controversies in each topic. The text includes access to an online resource that presents 14

measurement instruments in their entirety. This resource also contains additional web links to many other measurement instruments. Drawing on their experience as leading researchers in the field, editors Tenenbaum, Eklund, and Kamata have selected a team of recognized scholars to bring both breadth and depth to this essential resource. By thoroughly examining each measurement tool, Measurement in Sport and Exercise Psychology assists readers in determining strengths and limitations of each tool and discovering which tools are best suited to their research projects. Readers will also gain critical knowledge to expand the field by recognizing opportunities for new methods of measurement and evaluation. The text begins with a historical review of measurement in sport and exercise psychology followed by a comprehensive description of theories and measurement issues. It provides detailed information regarding ethical and cultural issues inherent in the selection of specific testing protocols as well as issues in interpreting meta-analysis. This is followed by discussion of the commonly used constructs and inventories in three areas: cognition, perception, and motivation measurement; emotion (affect) and coping measurement; and social and behavioral measurement.

Recommendations for researchers and practitioners included at the end of each chapter provide starting points for considering ways to incorporate chapter content into research projects and professional practice. Tables located at the end of each chapter summarize key information for quick reference and provide online sources, when available, so that readers can access each measurement tool. Original source

information is provided for those tools not available online. Measurement in Sport and Exercise Psychology assists readers in evaluating the effectiveness of specific measurement tools. As the most complete and up-to-date directory of tools and inventories in the field of sport and exercise, this text offers a thorough explanation of considerations, controversies, recommendations, and locations for accessing these measurement tools.

Mental Health in Elite Sport Frontiers Media SA

While we know much about the psychology of sport, little gets translated onto the playing field. Typically, there is only consultation when a problem arises or when performance falls short. The purpose of this study was mainly exploratory in order to gather data on three factors of mental health, find any associations between those factors, and to predict any risk factors using demographic variables. Three validated measurement tools were used to measure burnout (Athlete Burnout Questionnaire; Raedeke & Smith, 2004), depression (Beck Depression Inventory-II; Beck et al., 1996), and transition readiness (British Athletes Lifestyle Assessment Needs in Career and Education; Lavallee & Wylleman, 1999).

The three measures (ABQ, BDI, and BALANCE) were found to be positively associated based on non-parametric correlation analyses. Medium to large effect sizes were found between each pair, indicating that there are possibly shared factors between depression, burnout, and transition risk. Multiple regression analyses indicated no significant demographic predictors of burnout, depression, or transition readiness. The results of this study show that most student-athletes in this sample are at mild risk for burnout, depression, and transition issues. Mental health screenings, like this one, can provide valuable information to athletic administrations and help avoid larger issues in the future.

Routledge International Handbook of Sport Psychology Routledge

The Oxford Handbook of Sport and Performance Psychology describes current research findings in the study of human performance: what makes performance excellent and what can go wrong? For the first time in one volume, experts from all fields of performance are brought together, covering domains including sports, the performing arts, business, executive coaching, the military, and other applicable, high-risk professions.