

		MOI	Almost Never	Rarely	Sometimes	Frequently	Almost Always
1	I am accomplishing many worthwhile things in my sport	RA	1	2	3	4	5
2	I feel so tired from my training that I have trouble finding energy to do other things	E	1	2	3	4	5
3	The effort I spend in my sport would be better spent doing other things	SD	1	2	3	4	5
4	I am not achieving much in my sport	RA	1	2	3	4	5
5	I feel overly tired from my sport participation	E	1	2	3	4	5
6	I don't care about my sport performance as much as I used to	SD	1	2	3	4	5
7	I am not performing up to my ability in my sport	RA	1	2	3	4	5
8	I feel "wiped out" from my sport	E	1	2	3	4	5
9	I am not into my sport like I used to be	SD	1	2	3	4	5
10	I feel physically worn out from my sport	E	1	2	3	4	5
11	I feel less concerned about being successful in my sport than I used to	SD	1	2	3	4	5
12	I am exhausted by the mental and physical demands on my sport	E	1	2	3	4	5
13	It seems that no matter what I do, I don't perform as well as I should	RA	1	2	3	4	5
14	I feel successful at my sport	RA	1	2	3	4	5
15	I have negative feelings toward my sport	SD	1	2	3	4	5

Note: Items 1 and 14 are reverse scored, MOI = measure of interest, RA = reduced accomplishment, SD = sport devaluation, E = exhaustion

Athlete Burnout Questionnaire

D Kirk



Athlete Burnout Questionnaire:

The Athlete Burnout Questionnaire Manual Thomas D. Raedeke, Alan L. Smith, 2009 This test manual the fourth in FIT's Sport and Exercise Psychology Test Clearinghouse is a succinct and informative resource outlining the conceptual basis of the athlete burnout syndrome and its measurement The manual delineates the process used in developing the ABQ and provides users with information on the meaning of scores derived from its use Aspects related to the ABQ are presented in a comprehensive manner Athlete Burnout Questionnaire ABQ along with the guidelines for administering and scoring it Conceptual underpinnings of the ABQ including an overview of the burnout construct and the operational definition used to guide item development as well as a description of how the preliminary item pool was developed Review of research using a within network approach to examining the internal structure of the burnout construct based on the ABQ plus a description of both internal consistency and stability of ABQ scores Discussion of a between network approach to construct validation by examining the relationship of ABQ scores to theoretically relevant variables stemming from stress sociological and motivational perspectives on burnout Basic descriptive statistical information that can help users interpret the meaning of scores derived from the ABQ *Athlete Burnout* Daniel J. Madigan, Henrik Gustafsson, Luke F. Olsson, J D

DeFreese, 2025-12-26 Athlete Burnout Recognition Prevention and Management provides the first contemporary account of athlete burnout Drawing on academic literature from both inside and outside of sport this book focuses on providing the tools necessary to understand and recognise the symptoms of athlete burnout It also informs practice by providing evidence based intervention strategies to aid in the prevention and management of athlete burnout Written in a concise user friendly and accessible format for athletes and coaches this book provides novel insights for practitioners students and academics alike interested in athlete health and sport psychology **The Biophysical Foundations of Human Movement** Bruce

Abernethy, 2005 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 **Proceedings of the**

10th International Conference on Movement, Health and Exercise Mohd Hasnun Arif Hassan, Lian Yee Kok, Ahmad Munir Che Muhamed, Koon Teck Koh, Chaipat Lawsirirat, 2025-09-30 This book gathers papers presented at the 10th International Conference of Movement Health and Exercise MoHE 2024 held at Subang Jaya Selangor Malaysia 10-12 September The content covers the following topics exercise science human performance physical activity sports medicine sports nutrition management and sports engineering technology The articles published will be of interest to researchers and

practitioners from the field of rehabilitation exercise medicine and sports technology [The Burnout Spectrum in Schools and Sports: Students, Teachers, Athletes, and Coaches at Risk](#) Dominika Maria Wilczyńska, David Alarcón, Chi-Ching Gary Chow, Jose Carlos Jaenes Sanchez, 2026-03-10 We are delighted to invite researchers for a comprehensive research compilation on The Burnout Spectrum in Schools and Sports Students Teachers Athletes and Coaches at Risk This topic addresses the critical issue of burnout a state of physical emotional and mental exhaustion caused by prolonged stress and frustration affecting performance and well being This compilation aims to explore the multifaceted dimensions of burnout its causes impacts and potential interventions across different groups engaged in educational and athletic settings Burnout has become a pervasive issue in modern society significantly affecting individuals in high stress environments such as schools and sports Among students and athletes burnout can lead to decreased academic and athletic performance mental health issues and a reduced quality of life Similarly teachers and coaches who play pivotal roles in nurturing and guiding these young individuals are also vulnerable to burnout This can result in diminished job satisfaction increased absenteeism and a higher likelihood of leaving the profession The primary objectives of this research compilation are to 1 Identify the prevalence and causes of burnout among students teachers athletes and coaches 2 examine the psychological physical and social impacts of burnout on these groups 3 explore existing coping mechanisms and interventions that have been effective in preventing or reducing burnout 4 propose innovative solutions and best practices for managing burnout in educational and sports contexts We welcome original research papers reviews case studies and theoretical articles that provide insights into various aspects of burnout Potential topics include but are not limited to The psychological and physiological mechanisms underlying burnout comparative studies of burnout across different age groups and settings the role of organizational culture in mitigating or exacerbating burnout innovative intervention programs and their effectiveness personal narratives and qualitative studies capturing the lived experiences of burnout longitudinal studies tracking the progression of burnout over time cross cultural perspectives on burnout in education and sports Investigating the relationship between burnout and other key variables *New Methodological, Intervention and Neuroscientific Perspectives in Sports Psychology, volume II* Antonio Hernández-Mendo, Jose María Carames Tejedor, M. Teresa Anguera, Verónica Morales-Sánchez, 2025-06-26 This Research Topic is the second volume of the Research Topic *New Methodological Intervention and Neuroscientific Perspectives in Sports Psychology* Please see the first volume here Within the discipline of sport psychology considerable work involves the development implementation and evaluation of interventions to improve the world of sport The importance of theory as a basis for such intervention efforts has been strongly emphasized In recent years research has shown that there are three factors on which to base future developments methodological innovations e g Mixed Methods new intervention approaches e g Empowering Disempowering Climates and advances in neuroscience e g inhibitory circuits Regarding methodological innovations the importance of mixed methods in this field is highlighted by their profound significance Indeed procedural

innovations with direct and indirect observational data has allowed the observational methodology to be considered as a mixed method in itself This approach has been implemented in recent years in many publications relating to various sports Other methodological advances involve the evolution of structural equation analysis For example the increasing use of invariance analysis mediation analysis PLS software which allows non normal samples multilevel analysis generalizability analysis and the graphical evolution of data with programs such as Neo4j

The Psychology of Soccer Joseph Dixon, Jamie Barker, Richard Thelwell, Ian Mitchell, 2020-03-19 Sports psychology exploring the effects of psychological interventions on important performance related outcomes has become ever more popular and prevalent within elite level soccer clubs in the past decade as teams look to gain psychological as well as physiological advantages over their competitors The Psychology of Soccer seeks to present the detailed understanding of the theories underpinning the psychological issues relating to soccer along with practical insights into effective psychological interventions and strategies This book uses contemporary theory and research to elucidate key concepts and applied interventions It includes world leading expert commentaries of contemporary theoretical and applied approaches in understanding critical issues in soccer and provides practical implications and insights into working effectively in soccer related contexts The Psychology of Soccer is an evidence based resource to guide research and facilitate practice and will be a vital resource for researchers practitioners and coaches within the area of sport psychology and related disciplines

Sport, Exercise, and Performance Psychology Angus Mugford, J. Gualberto Cremades, 2018-09-26 This book brings together world class professionals to share theoretical understanding applied to sport exercise and performance domains It highlights how to be more effective in developing psychological skills context and understanding for educators students and professionals From both academic and practitioner perspectives this book takes readers through contextual understanding of this field of study and into a wide variety of important areas Specifically the chapters focus on the mind body relationship and performance challenges and on core mental skills applied across different sport exercise and performance examples including professional athletes normal exercise populations and military service members The final section expands the context into the role of relationships and performance in group settings to cover a broad practice of modern day applied performance psychology

An Investigation of Burnout of Intercollegiate Athletes Allison Margaret Eades, 1990

Athlete Burnout Among High School Drill Team Members Tayler Jackson, 2025 High school drill team is an intensive year round sport that exposes athletes to heightened risk of burnout yet little research has examined this issue within the drill community This study investigated burnout among 59 recently graduated drill team athletes in the Rocky Mountain region using the Athlete Burnout Questionnaire ABQ The ABQ measured emotional physical exhaustion reduced sense of accomplishment and sport devaluation with results analyzed through descriptive statistics one way ANOVA and thematic coding of open ended responses Findings showed that emotional and physical exhaustion was the most prevalent form of burnout with 83.1% of

athletes reporting moderate to high levels Reduced accomplishment 32.2% and sport devaluation 28.8% were less frequent suggesting many athletes are in the early stages of burnout Qualitative data highlighted coaching issues and overwhelming time demands as the leading contributors These results suggest that burnout is shaped less by school size or competition level and more by workload management recovery opportunities and coach athlete dynamics Recommendations include structured rest balanced training and autonomy supportive coaching to safeguard athlete well being

Contemporary Athletics Compendium James Harry Humphrey, 2008 Athletics also known as track and field or track and field athletics is a collection of sports events that involve running throwing and jumping This book presents recent articles on athletics and issues related to athletes

Journal of Sport & Exercise Psychology, 2008

Burnout Symptoms Among Collegiate Certified Athletic Trainers Kate Drendel, 2015 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 Kahanov Eberman Deci Raedeke Pelletier et al 1995 and the Work Need Satisfaction Survey WNSS Deci Connell 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

Research Quarterly for Exercise and Sport, 2009

Literature Reviews in Sport Psychology Sheldon Hanton, 2006 Sport Psychology research has developed and expanded considerably over the last decade or two Its accelerating volume of research output embraces a wide variety of topics having both academic and practical impact and relating to other areas of Sports Science and also the broader overall discipline of mainstream psychology In this busy and developing arena the healthy and productive evolution of a research topic requires the periodic summarisation reflection and feedback that is the domain of the literature review A review acts as the primary catalyst for a topic s emerging organisation reorganisation and structure and generates perspectives and pointers for further study directions it establishes reference points and foundations for continued progress By its very nature it tends to be a larger publication than a typical focused research paper The pathways to publication of Sport Psychology research are often severely congested For example in 2004 four of the main refereed outlets for original research in Sport Psychology The Sport Psychologist the Journal of Applied Sport Psychology the Journal of Sport and Exercise Psychology and the Psychology of Sport and Exercise received over 400 submissions private communications Inevitably the space that established journals can afford to grant to review articles is limited both in terms of the article size and the frequency with which topics can be visited

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Specialization Status and Athlete Burnout, Engagement, and Motivation William Holt Johnson,2017 Early sport specialization in which athletes compete in one sport nearly year round at a young age is common in today s athletic culture Several national sport organizations advise against early specialization due to its potentially increasing the risk of burnout and maladaptive motivation outcomes C t et al 2009 CSFL 2016 NASPE 2010 However the few empirical studies that have examined the association of specialization with burnout engagement or motivation have found mixed results Gould et al 1996 Russell Strachan et al 2009 This might be in part due to researchers not differentiating between early and late specialization Theoretically early specialization creates greater risk of maladaptive outcomes compared to late specialization based on the Developmental Model of Sport Participation Cote Vierimaa 2014 Purpose This study examined if differences existed between early late and non specializers on burnout engagement and motivation Methods Two samples of athletes participated in this study The first sample was comprised of 276 female club soccer players with an average age of 14 94 SD 1 39 There were 112 early 22 late and 113 non specializers The second sample consisted of 106 wrestlers and swimmers 70 male and 36 female with an average age of 15 67 1 38 years Of the sample 30 were early 25 were late and 51 were non specializers Athletes completed a sport specific demographic survey that included questions assessing their sport involvement and specialization status In addition athletes completed the Athlete Burnout Questionnaire Raedeke Smith 2001 the Athlete Engagement Questionnaire Lonsdale et al 2007b and the Behavioral Regulation in Sport Questionnaire Lonsdale et al 2008 A series of one way ANOVAs were used to examine differences between early i e 13 or younger late and non specializers on burnout engagement and motivation Cohen s d was used to measure effect size Results For the soccer athletes ANOVAs found no significant differences between specialization groups and burnout p **The Sport Psychologist** ,2009

Advances in Psychology Research ,2010 Interpersonal, Individual, and Situational Factors Associated with Burnout in Student Athletes Alexis James Vlahos,1997

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