

## athlete burnout questionnaire

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Our comprehensive athlete burnout questionnaire is meticulously designed to help coaches, parents, and athletes identify early signs of physical and mental exhaustion. By assessing key indicators, this sports burnout survey provides valuable insights crucial for supporting athlete well-being, preventing long-term issues, and fostering a healthier, more sustainable athletic career for individuals at all levels.

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### Final Athlete Burnout Questionnaire

Final Athlete Burnout Questionnaire. Item # Subscale au + W. 1. RA. 2. E. 3. D. 4. E ... RA. = reduced sense of accomplishment, E = emotional/physical exhaustion, ...

### Athlete Burnout Questionnaire

by TD Raedeke · Cited by 239 — The Athlete Burnout Questionnaire (ABQ; Raedeke & Smith , 2001) 3 dimensions of athlete burnout: emotional/physical exhaustion, reduced sense of ...

### The Athlete Burnout Scale (ABO-S)

30 Aug 2017 — It consists of three subscales: reduced sense of accomplishment (four items, e.g., "I am not performing up to my abilities"), physical ...

### psychometric properties of the athlete burnout ...

by DP Guedes · 2016 · Cited by 12 — The ABQ assigns burnout scores to the frequency at which personal feelings and attitudes of the athletes towards the practice of sport are experienced. The ...

### psychometric properties of the athlete burnout questionnaire ...

by M Gerber · 2018 · Cited by 93 — The ABQ consists of 15 items, representing the three (previously described) dimensions of emotional/physical exhaustion, sport devaluation, and reduced sense of ...

### Usefulness of the Athlete Burnout Questionnaire (ABQ) as ...

31 Jan 2024 — According to Raedeke and Smith (2001), the Athlete Burnout Questionnaire is a multidimensional instrument that includes 15 items measuring three ...

### (PDF) Validation of a French Version of the Athlete Burnout ...

by NE Giusti · 2022 · Cited by 9 — The ABQ is the most popular measure of sport burnout, and previous work supports its reliability and construct validity.<sup>9,10</sup> The ABQ measures ...

#### A Measure of Burnout in Current NCAA Student-Athletes

by R Appleby · 2022 · Cited by 3 — The Athlete Burnout Questionnaire (ABQ; Raedeke, 1997; Raedeke and Smith, 2001, 2009) is the most commonly used method of assessing athlete ...

#### Preliminary Psychometric Validation of the Teammate ...

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 ...

#### The Athlete Burnout Questionnaire Manual by Thomas D., ...

by LA Sharp · 2010 · Cited by 18 — The Athlete Burnout Questionnaire (ABQ; Raedeke & Smith, 2001) has emerged as a valid and reliable theory based tool to measure burnout in adult-aged ...

#### Validation of the Athlete Burnout Questionnaire with youth ...