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Athlete Burnout Questionnaire

The emergence of the ABQ, the Athlete Burnout Questionnaire, the most commonly used measure of the construct since its initial development in 1997, opened new horizons in athlete burnout research. Despite the resulting advances in athlete burnout research, recent discussion has pointed to the need to further improve the measurement of athlete burnout.

Burnout in Sport and Performance | Oxford Research ...

The key finding of the present article is that the three-factor structure of the Athlete Burnout Questionnaire (ABQ) could be confirmed in German speaking junior elite athletes. Our findings also show that the ABQ emotional/physical exhaustion and sport devaluation subscales can be used to describe processes involved in the development of domain-unspecific symptoms of burnout and depression.

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

Today, the ABQ is by far the most widely used questionnaire for assessing athlete burnout 60 symptoms (Gustafsson, Madigan, et al., 2017) and has been translated into several languages

(PDF) Usefulness of the Athlete Burnout Questionnaire (ABQ ...

The Athlete Burnout Questionnaire (ABQ) is a measure of athlete burnout and is recommended by a 2018 review on Burnout in Athletes as the 'measure of choice'. The most recent version of the ABQ consists of 15 items measuring the dimensions of (a) physical/emotional exhaustion, (b) reduced sense of accomplishment and (c) sports devaluation.

Burnout - A Consequence of More Than Just Physical Stress ...

The present study aims to investigate the psychometric properties of the Athlete Burnout Questionnaire (ABQ; Raedeke & Smith, 2001) to a sample of 388 Greek athletes drawn from a variety of sports.

(PDF) ATHLETE BURNOUT QUESTIONNAIRE: VALIDITY AND ...

The Athlete Burnout Questionnaire (ABQ; Raedeke & Smith, 2001) has emerged as a valid and reliable theory based tool to measure burnout in adult-aged athletes. However, the psychometric properties...

(PDF) Validation of the Athlete Burnout Questionnaire with ...

The Athlete Burnout Questionnaire (ABQ; Raedeke and Smith, 2001) is a 15-item self-report questionnaire of athlete burnout. Participants respond on a five-point Likert scale ranging from 1 (almost...

(PDF) Development and Preliminary Validation of an Athlete ...

The Athlete Burnout Questionnaire is a 15-item questionnaire capturing the three symptoms of athlete burnout (Raedeke & Smith, 2001). Similarly, the Maslach Burnout Inventory-General Scale (Schaufeliet al., 1996) is a 16-item questionnaire capturing burnout symptoms in coaches. We provide example items and the response format in Table 1.

The BASES Expert Statement on Burnout in Sport

Stress and Burnout Questionnaire This brief inventory has been designed to help you discover the warning signals of excessive stress. Relate the questions to your life over the last 3 -6 months. Look particularly for changes in your ways of coping, not so much your normal behaviour. Score 0 - for experiencing this only occasionally

Stress and Burnout Questionnaire

No sign of burnout here. 19-32: Little sign of burnout here, unless some factors are particularly severe. 33-49: Be careful - you may be at risk of burnout, particularly if several scores are high. 50-59: You are at severe risk of burnout - do something about this urgently. 60-75: You are at very severe risk of burnout - do something ...

Burnout Self-Test - Stress Management from MindTools.com

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 ...

Athlete Burnout Questionnaire Manual (Sport and Exercise ...

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

Athlete Burnout Questionnaire Manual | FiT Publishing

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Psychometric properties of the Athlete Burnout Questionnaire for young Brazilian adults 5 Page of 12

J. Phys. Educ. v. 27, e2708, 2016. The items that measure the sport devaluation component are aimed at indicating negative and indifferent attitudes towards sport participation (e.g., "I have negative feelings towards the sport").

08 Propriedades psicometricas Guedes e Souza Inglês

The questionnaire was administered to a sample of 1,217 young athletes (410 girls and 807 boys) aged 12 to 17 years. Exploratory factor analysis, followed by confirmatory factor analysis, was performed to identify the initial psychometric properties. Cronbach's alpha coefficient was used to assess the internal consistency of each factor of the ...

PSYCHOMETRIC PROPERTIES OF THE ATHLETE BURNOUT ...

Burnout was assessed with the Shirom-Melamed Burnout Measure (SMBM), and depression with the 9-item depression module of the Patient Health Questionnaire (PHQ). Values of ≥ 4.40 (SMBM) and > 14 (PHQ-9) were considered indicative of clinically relevant burnout or depression.

Effects of stress and mental toughness on burnout and ...

Abstract In this paper, we offer a general version of the Spanish adaptation of Athlete Burnout Questionnaire (ABQ) designed to measure the syndrome of burnout in athletes of different sports. In...