

Athlete Burnout Questionnaire

Athlete Burnout Questionnaire athlete burnout questionnaire is a vital tool used by coaches, sports psychologists, and researchers to assess the psychological and physical exhaustion experienced by athletes. Burnout in athletes is a complex phenomenon characterized by emotional, mental, and physical fatigue, often resulting from prolonged stress, overtraining, or inadequate recovery periods. Proper identification and assessment of burnout symptoms through a structured questionnaire can help in developing effective intervention strategies, improving athlete well-being, and enhancing performance.

Understanding Athlete Burnout What Is Athlete Burnout? Athlete burnout refers to a state of physical and emotional exhaustion caused by persistent stress, overtraining, and high-performance demands. It manifests through feelings of fatigue, decreased motivation, and a decline in performance. Burnout not only affects athletic performance but also impacts mental health, leading to anxiety, depression, and loss of enjoyment in sports.

Causes of Athlete Burnout Several factors contribute to burnout, including:

- Overtraining: Excessive training without adequate rest.
- High Expectations: Pressure to perform at elite levels.
- Lack of Recovery: Insufficient recovery periods between training sessions.
- External Stressors: Academic, social, or personal issues.
- Poor Coaching Practices: Lack of support or negative feedback.
- Inadequate Motivation: Loss of interest or enjoyment in sport.

Signs and Symptoms of Burnout Recognizing burnout early is crucial. Common signs include:

- Persistent fatigue and tiredness.
- Decreased performance and motivation.
- Mood disturbances such as irritability or depression.
- Withdrawal from teammates or activities.
- Physical symptoms like frequent injuries or illness.
- Loss of enjoyment or passion for the sport.

The Importance of an Athlete Burnout Questionnaire Why Use a Burnout Questionnaire? Implementing a standardized athlete burnout questionnaire offers numerous benefits:

- Early Detection: Identifies signs of burnout before they escalate.
- Objective Measurement: Provides quantifiable data on an athlete's mental and physical state.
- Personalized Interventions: Guides tailored strategies to address specific issues.
- Monitoring Progress: Tracks changes over time to evaluate intervention effectiveness.
- Research and Data Collection: Facilitates large-scale studies on burnout patterns.

Key Features of an Effective Questionnaire An effective athlete burnout questionnaire should:

- Cover multiple dimensions of burnout, including emotional exhaustion, depersonalization, and reduced personal accomplishment.
- Be validated scientifically to ensure reliability and accuracy.
- Be easy to administer and interpret.
- Be sensitive to cultural differences and language barriers.
- Include both self-report items and, if possible, observational components.

Components of an Athlete Burnout Questionnaire Core Dimensions Assessed Most athlete burnout questionnaires examine three primary dimensions:

1. Emotional Exhaustion: Feelings of being emotionally drained and overwhelmed.
2. Depersonalization: Developing negative, detached attitudes toward sport, coaches, or teammates.
3. Reduced Personal

Accomplishment: Feeling of inefficacy and decreased confidence. Sample Items in a Burnout Questionnaire Typical items might include statements like: - "I feel emotionally drained after training or competitions." - "I have become indifferent toward my sport." - "I believe I am not performing as well as I should." Respondents usually rate these statements on a Likert scale, such as from 1 (Strongly Disagree) to 5 (Strongly Agree). Developing and Validating an Athlete Burnout Questionnaire Steps in Development 1. Literature Review: Examine existing tools and research to identify key burnout indicators. 2. Item Generation: Create questions that accurately reflect burnout symptoms. 3. Expert Review: Consult with sports psychologists, coaches, and athletes to refine items. 4. Pilot Testing: Administer the questionnaire to a small sample for initial validation. 5. Statistical Analysis: Use methods such as factor analysis to determine construct validity and reliability. 6. Finalization: Adjust items based on analysis and feedback. Validation and Reliability A scientifically validated questionnaire must demonstrate: - Reliability: Consistency of results over time (test-retest reliability) and within the instrument (internal consistency). - Validity: The tool's ability to measure what it intends to, including content validity, construct validity, and criterion validity. Implementing the Athlete Burnout Questionnaire Administration Guidelines - Ensure confidentiality to promote honest responses. - Provide clear instructions on how to complete the questionnaire. - Be aware of cultural sensitivities and language nuances. - Consider timing—administer periodically, such as pre-season, mid-season, and post-season. Interpreting Results - Identify athletes with high scores indicating significant burnout. - Look for patterns across different dimensions. - Use results to inform discussions with athletes and coaching staff. - Develop individualized plans to address burnout symptoms. Strategies to Prevent and Manage Athlete Burnout Prevention - Implement Periodized Training: Balance training loads with adequate rest. - Promote Enjoyment: Encourage intrinsic motivation and fun in sports. - Foster Supportive Environment: Provide emotional support from coaches and peers. - Set Realistic Goals: Avoid excessive pressure through achievable targets. - Educate Athletes: Teach stress management techniques and self-care. Management - Rest and Recovery: Schedule breaks and reduce training intensity. - Psychological Support: Engage sports psychologists for counseling. - Adjust Training Plans: Tailor programs to individual needs. - Enhance Social Support: Strengthen relationships within the team. - Address External Stressors: Help athletes manage academic, personal, or social issues. The Future of Athlete Burnout Assessment Technological Advances Emerging technologies are facilitating real-time monitoring of athlete well-being through: - Mobile apps for self-reporting. - Wearable devices tracking physiological markers. - Data analytics to identify burnout risk patterns. Integrating Multidimensional Approaches Combining questionnaires with physiological data and behavioral observations provides a comprehensive view of athlete health. 3 Continuous Validation Ongoing research ensures that burnout questionnaires remain valid across diverse populations and evolving sports contexts. Conclusion An athlete burnout questionnaire is an indispensable tool in modern sports science, enabling early detection, targeted intervention, and ongoing monitoring of burnout symptoms. By understanding the components and proper application of these questionnaires, coaches, sports psychologists, and athletes themselves can work together to prevent burnout, optimize performance, and promote holistic well-being. Implementing validated assessment tools, combined with supportive strategies, fosters a sustainable athletic environment where athletes can excel without compromising their mental and physical health. QuestionAnswer

What is an athlete burnout questionnaire? An athlete burnout questionnaire is a standardized tool designed to assess the levels of burnout experienced by athletes, including emotional exhaustion, depersonalization, and reduced personal accomplishment. Why is it important to use a burnout questionnaire for athletes? Using a burnout questionnaire helps identify early signs of burnout, allowing coaches and sports psychologists to implement interventions and prevent negative outcomes such as decreased performance and mental health issues. What are the most common burnout questionnaires used in sports psychology? Some of the most common tools include the Athlete Burnout Questionnaire (ABQ), the Sports Burnout Scale (SBS), and the Maslach Burnout Inventory adapted for athletes. How reliable are athlete burnout questionnaires? Most validated athlete burnout questionnaires have demonstrated good reliability and validity, making them effective tools for assessing burnout levels and tracking changes over time. Can an athlete burnout questionnaire predict future burnout or dropout? Yes, certain burnout questionnaires can help identify athletes at risk of future burnout or dropout by highlighting high levels of emotional exhaustion and disengagement. How often should athletes complete a burnout questionnaire? The frequency depends on the athlete and context, but typically, athletes may complete the questionnaire quarterly or after particularly intense training periods to monitor their mental health. Are there digital or online versions of athlete burnout questionnaires? Yes, many burnout assessments are available in digital formats, making it easier for coaches and psychologists to administer, analyze, and track athlete responses remotely.

4 How can the results of an athlete burnout questionnaire be used to improve athlete well-being? Results can inform targeted interventions such as mental health support, workload adjustments, and stress management strategies to enhance athlete well-being and performance.

Athlete Burnout Questionnaire: An Essential Tool for Monitoring and Managing Athletic Well-Being

In the high-stakes world of competitive sports, where physical prowess and mental resilience are constantly tested, the phenomenon of athlete burnout has gained increasing attention among coaches, sports psychologists, and researchers alike. Recognized as a multidimensional construct characterized by emotional, physical, and motivational exhaustion, burnout can significantly impair an athlete's performance, well-being, and long-term participation in sport. To effectively identify, monitor, and address burnout, the development and utilization of specialized assessment tools—most notably, the athlete burnout questionnaire (ABQ)—have become crucial. This article provides an in-depth exploration of the athlete burnout questionnaire, covering its theoretical foundations, development process, structure, applications, and implications for athlete health and performance.

--- **Understanding Athlete Burnout: The Need for Assessment**

The Concept of Athlete Burnout Athlete burnout is a psychological syndrome resulting from chronic stress and overexposure to training demands, often leading to feelings of emotional exhaustion, reduced sense of accomplishment, and sport devaluation. It differs from general fatigue or temporary stress responses, representing a sustained decline in motivation and psychological well-being. Key dimensions of athlete burnout include:

- Emotional and physical exhaustion: Feelings of being emotionally drained and physically depleted.
- Reduced sense of accomplishment: A decline in perceived competence and achievement.
- Sport devaluation: Developing negative attitudes toward one's sport or training activities.

Understanding these facets underscores the importance of early detection and intervention, which is where the athlete burnout questionnaire plays a vital role.

The Rationale for Using a Questionnaire Unlike informal assessments or observational methods, standardized

questionnaires provide a systematic way to quantify burnout levels, track changes over time, and compare across individuals or groups. They facilitate: - Early identification of at-risk athletes - Evaluation of intervention efficacy - Research into burnout's prevalence and correlates Given the complex, subjective nature of burnout, structured self-report tools like the ABQ are indispensable for comprehensive assessment. --- Athlete Burnout Questionnaire 5 Development of the Athlete Burnout Questionnaire Theoretical Foundations The ABQ was primarily grounded in the multidimensional model of burnout, which conceptualizes burnout as comprising three core components—emotional exhaustion, reduced sport accomplishment, and sport devaluation. These dimensions have been validated across diverse athletic populations, making them ideal targets for measurement. Item Generation and Validation Process Developing a reliable and valid athlete burnout questionnaire involves several rigorous steps: 1. Literature Review and Expert Consultation: - Gathering existing theoretical frameworks and empirical findings. - Consulting sports psychologists, coaches, and athletes to ensure contextual relevance. 2. Item Pool Creation: - Drafting statements reflecting each burnout dimension. - Ensuring clarity, relevance, and comprehensiveness. 3. Pilot Testing: - Administering preliminary items to small athlete samples. - Gathering feedback on item clarity and relevance. 4. Psychometric Analysis: - Conducting exploratory and confirmatory factor analyses. - Assessing reliability (internal consistency, test-retest reliability). - Evaluating validity (construct, convergent, discriminant). 5. Refinement: - Removing or modifying items based on statistical and experiential data. - Finalizing the questionnaire for broader application. The result is a psychometrically sound tool capable of capturing the multifaceted nature of athlete burnout. --- Structure and Content of the Athlete Burnout Questionnaire Core Dimensions and Sample Items Most athlete burnout questionnaires are structured around three to four subscales, each targeting specific aspects: 1. Emotional/Physical Exhaustion - Sample Item: "I feel emotionally drained after practice or competition." - Purpose: Measures feelings of fatigue and depletion resulting from sport participation. 2. Reduced Sense of Accomplishment - Sample Item: "I believe I am not progressing in my sport as I should." - Purpose: Assesses perceptions of competence and achievement. 3. Sport Devaluation - Sample Item: "I am losing interest in my sport." - Purpose: Captures negative attitudes or reduced enthusiasm toward the sport. 4. (Optional) Sport-Related Cynicism or Depersonalization - Some versions include items reflecting emotional distancing or cynicism toward training and competition. Each item is typically rated on a Likert scale, often ranging from 1 (strongly disagree) to 5 (strongly agree), allowing for nuanced responses. Athlete Burnout Questionnaire 6 Scoring and Interpretation Scores on each subscale can be summed or averaged to yield an overall burnout score, with higher scores indicating greater burnout. Interpretation involves: - Identifying athletes with elevated scores in specific dimensions. - Comparing scores across time points to detect trends. - Using cut-off scores, if established, to classify burnout severity. It's critical to consider cultural, sport-specific, and individual differences when interpreting results. --- Applications of the Athlete Burnout Questionnaire In Clinical and Coaching Settings The ABQ serves as a practical tool for: - Screening and Early Detection: Coaches and sports psychologists can identify athletes experiencing early signs of burnout before performance declines or psychological issues manifest. - Monitoring and Intervention: Regular administration allows tracking of burnout levels over training cycles, informing the timing and focus of interventions such as stress management, workload adjustments, or counseling. - Return-to-Play

Decisions: Post-injury or post-stress assessments can guide the athlete's readiness to resume training or competition. In Research and Policy Development Researchers utilize the ABQ to: - Explore prevalence rates across sports, genders, age groups, and competitive levels. - Investigate psychological and physiological correlates of burnout. - Evaluate the effectiveness of prevention and intervention programs. Data derived from such studies inform policy recommendations for athlete welfare and holistic training practices. Limitations and Considerations While valuable, the ABQ's effectiveness depends on: - Honest and reflective responses: Athletes must be willing to disclose feelings accurately. - Cultural adaptation: Items should be culturally sensitive and validated across different populations. - Complementary assessments: The questionnaire should be part of a broader evaluation, including interviews, behavioral observations, and physiological measures. --- Implications for Athlete Well-Being and Performance Preventive Strategies and Interventions Athlete Burnout Questionnaire 7 Using the ABQ, stakeholders can implement targeted strategies such as: - Adjusting training loads: To prevent physical and emotional exhaustion. - Promoting autonomy and mastery: To bolster motivation and reduce devaluation. - Fostering social support: To buffer stress and enhance engagement. - Encouraging recovery and rest: To restore energy levels and mental clarity. Long-Term Benefits Regular assessment and proactive management can lead to: - Improved athlete satisfaction and retention - Enhanced performance consistency - Reduced risk of burnout-related issues like depression or dropout - A healthier sporting environment prioritizing athlete well-being --- Future Directions in Athlete Burnout Assessment Advancements in athlete burnout assessment aim to: - Develop more nuanced, sport-specific questionnaires - Incorporate objective measures such as physiological markers or wearable technology data - Utilize digital platforms for real-time monitoring - Integrate qualitative approaches for richer contextual understanding Furthermore, cross- cultural validation and longitudinal studies will strengthen the generalizability and predictive power of burnout assessments. --- Conclusion The athlete burnout questionnaire exemplifies a vital instrument in the modern sporting landscape, bridging the gap between theoretical understanding and practical application. Its comprehensive, multidimensional approach enables stakeholders to identify early warning signs, tailor interventions, and foster sustainable athletic careers. As awareness of athlete mental health continues to grow, such tools will remain central to promoting resilience, enjoyment, and peak performance in sports. Recognizing and addressing burnout is not merely about optimizing outcomes on the field but about safeguarding athletes' holistic health and long-term engagement in sport. --- In summary, the athlete burnout questionnaire is a cornerstone in the proactive management of athlete well-being. Its development, application, and Athlete Burnout Questionnaire 8 continual refinement reflect a commitment to understanding the complex psychological landscape of athletes and ensuring that sporting success does not come at the expense of mental health. athlete burnout, burnout assessment, sports psychology, mental health in athletes, athletic performance, stress management, sports psychology tools, athlete well-being, burnout symptoms, athletic training mental health

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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 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

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

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 health sports medicine sports nutrition management sports studies 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

dieses interdisziplinär ausgerichtete handbuch ist ein umfassendes nachschlagewerk zum thema stressregulation und sport es bietet einen fundierten Überblick zu zentralen theorien der stressentstehung und stressbewältigung zu persönlichkeitsfaktoren welche die stressbewältigung beeinflussen sowie zu den physiologischen kognitiven emotionalen und verhaltensbezogenen reaktionen die durch akute und chronische stressbelastungen ausgelöst werden das werk behandelt das thema sowohl aus der sicht des gesundheitssports stressregulation durch sport als auch aus dem blickwinkel des leistungssports stressregulation im sport so geht es zum einen darum inwieweit sich belastungen des alltags durch sport und bewegung besser bewältigen lassen so dass gesundheitsbeeinträchtigungen vermieden oder reduziert werden und zum anderen darum wie sportler mit hohen trainingsbelastungen und psychischem druck in einer weise umgehen können dass die optimale leistungsfähigkeit erhalten bleibt last but not least enthält das handbuch aktuelles grundlagenwissen zum einfluss von stress auf die gesundheit und liefert eine Übersicht zu stressmanagement programmen und deren wirksamkeit auch aktuelle methodische fragen und entwicklung der stressforschung werden beleuchtet sämtliche kapitel wurden von ausgewiesenen experten verfasst und sind übersichtlich strukturiert das handbuch ist ein wichtiges referenzwerk für verschiedene professionen d h sowohl bestens geeignet für wissenschaftler wie auch professionals im bereich des gesundheits und leistungssports einschlägig

interessierte praktiker lehrende und master studierende des weiteren eignet es sich als ideale textsammlung für lehrveranstaltungen

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

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

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 athletes 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 athletes 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 emailed 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 athletes 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 athletes 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

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

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 although reviews that appear in books usually enjoy a larger and more appropriate space allocation they typically have not carried the hallmark of external independent peer review that journal publication provides this collection presents a number of contemporary reviews of significant and popular topics from some prominent researchers within each area an important and distinctive feature of this volume is that all the chapters have been subjected to peer review by expert referees a process usually reserved solely for journal publications this book offers up to date literature reviews with a distinctive conceptual theoretical and practical focus

researchers in occupational settings have found similarities in the symptomatology of workplace burnout and depression bianchi schonfeld laurent 2015 however sport psychology researchers have stated that sport burnout and depression are separate constructs cresswell eklund 2006 the purpose of the current study was to investigate the relationship between burnout and depression to help determine if their symptoms are indeed distinct or if they potentially overlap an additional purpose was to assess gender differences at present there are no studies examining the relationship between burnout and depression in an intercollegiate athlete sample participants were 422 intercollegiate athletes from all divisions of the ncaa naia and njcaa athletes completed an anonymous online survey consisting of the athlete burnout questionnaire abq raedeke smith 2001 the zung self rating depression scale sds zung 1965 and two symptom checklists designed for this study results revealed a strong statistically significant positive correlation $r = .600$ between total burnout and depression scores moreover each subscale of the abq was statistically significantly correlated to total depression scores the correlation between burnout and depression was stronger in female athletes compared to male athletes however this difference was not statistically significant sixty six percent of the sample reported having experienced what they defined as burnout from sport of this subsample forty seven percent reported that while burned out they experienced five or more diagnostic and statistical manual dsm v american psychiatric association 2013 symptoms of depression with at least one being a depressed mood or loss of interest the current study demonstrates there is a strong relationship between sport burnout and depression in intercollegiate athletes indicating a possible overlap in symptoms thus the findings suggest that the two constructs may be more similar than previously understood further an increased understanding of the relationship between burnout and depression in sport may assist with prevention or screening as well as contribute to more substantial treatment for burned out athletes

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 (Côté et al., 2009; Csikszentmihalyi, 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 Symonds, 2015; 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 (Côté & 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 (SD = 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

this new updated fourth edition of Arnold Leunes's textbook has comprehensive coverage of sport psychology with a healthy balance between theory and application. The strong applied approach is emphasized throughout but is essentially apparent in the second half of the book. The book features a strong pedagogical program including interesting applied vignettes, chapter outlines, bolded key terms with glossary, very thorough chapter summaries, student-oriented suggested readings, and numerous tables and figures to visually summarize the key concepts. The book's shorter chapters make it easier to assign one per class. In addition, a website of supplemental resources free of charge for instructors and students makes this new edition even more accessible and student-friendly. psyppress.com/sportpsychology/leunes

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