

Return to Sport After Serious Injury Questionnaire

1 2 3 4 5 6 7

Does not correspond at all

Corresponds Exactly

Within my first season since returning to sport after injury...

1	...my confidence in performing challenging skills and techniques has been lower	1	2	3	4	5	6	7
2	...my belief in myself has been lower							
3	...my confidence has been lower							
4	...my fear of reinjury has interfered with performances							
5	...my performances have been unsatisfying							
6	...my anxiety about competing has been greater							
7	...my struggles to regain technical skills/abilities have been frustrating							
8	...my inability to meet others' expectations has been worse							
9	...my ability to focus during competition has been worse							
10	...my ability to perform has been affected by my injury							
11	...my appreciation of sport has been greater							
12	...my enjoyment of practice and competition has been greater							
13	...my motivation for sport success has been greater							
14	...my mental toughness has been better							
15	...my understanding about how to train/compete has been better							

Using a mean score, Return Concerns is composed of items 1-10 and Renewed Perspective includes items 11-15.