**Questionnaire**

**This survey should take you no more than 15 minutes to complete. This first section asks about demographic and injury information. The following sections ask a series of questions pertaining to social support you were provided during your injury. All information you provide is confidential.**

1. Current Age:
2. Current Year in school (check one):

\_\_\_Freshmen \_\_\_Sophomore \_\_\_Junior \_\_\_Senior

\_\_\_5th Year Senior \_\_\_ Graduate \_\_\_Other

1. Gender (Check one):

\_\_\_ Female \_\_\_ Male Other (please specify):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Ethnicity: (Check all that apply)

 \_\_\_White/Caucasian \_\_\_Black/African American \_\_\_Hispanic/Latino/a

 \_\_\_Asian American \_\_\_Native American \_\_\_Pacific Islander

\_\_\_Other (please specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What sport do you currently compete in at the collegiate level? (Check all that apply):

\_\_\_Basketball \_\_\_Beach Volleyball \_\_\_Cross Country \_\_\_Equestrian

\_\_\_Fencing \_\_\_Field Hockey \_\_\_Golf \_\_\_Gymnastics

\_\_\_Ice Hockey \_\_\_Lacrosse \_\_\_Soccer \_\_\_Softball

\_\_\_Swimming \_\_\_Tennis \_\_\_Track and Field \_\_\_Volleyball

\_\_\_Water Polo Other (please specify):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How many seasons have you trained and/or competed in at the collegiate level? (Check one)

\_\_\_ Just joined the team \_\_\_ 1 season \_\_\_ 2 seasons

\_\_\_ 3 seasons \_\_\_ 4 seasons

1. What NCAA Division do you play in? (Check one)

\_\_\_I \_\_\_II \_\_\_III

**Injury is defined as a sport-related injury that requires you to miss one day of participation in practice or competition, not counting the day of the injury.**

Example. Injury occurs on Monday= Day 0

You don't play on Tuesday or Wednesday

It is a 2-day injury

**Injury severity is defined as an injury that removed you from participation in training and competition for the most amount of days, not including the day of injury.**

Example. Sprained ankle required 14 days with no training or competition

ACL tear required 10 months with no training or competition

The ACL tear is the most severe injury

1. Which of the following statements best describes you? (Check one)

A. \_\_\_ I have not sustained an injury in my collegiate career, but have been injured in high school

B. \_\_\_ I have sustained an injury in my collegiate career

C. \_\_\_ I have NEVER been injured

9. Are you currently injured? (Meaning you do no participate in training or competition)

\_\_\_Yes \_\_\_No

Read the definition of the type of support being considered and respond to the questions that follow it keeping your **ATHLETIC TRAINER** in mind. Please answer all the questions as best you can--there are no right or wrong answers. All your responses are strictly confidential.

**LISTENING SUPPORT: People who listen to you without giving advice or being judgmental.**

21. In general, how satisfied are you with the overall quality of listening support you received from your athletic trainer?

1 2 3 4 5

very dissatisfied very satisfied

22. How difficult would it be for you to obtain more listening support from your athletic trainer?

1 2 3 4 5

very difficult very easy

23. How important for your overall well-being is it to have your athletic trainer provide you with listening support?

1 2 3 4 5

very unimportant very important

**TASK APPRECIATION: People who acknowledge your efforts and express appreciation for the work you do.**

4. In general, how satisfied are you with the overall quality of task appreciation you received from your athletic trainer?

1 2 3 4 5

very dissatisfied very satisfied

5. How difficult would it be for you to obtain more task appreciation from your athletic trainer?

1 2 3 4 5

very difficult very easy

6. How important for your overall well-being is it to have your athletic trainer provide you with task appreciation?

1 2 3 4 5

very unimportant very important

**TASK CHALLENGE: People who challenge your way of thinking about your work or activity in order to stretch you, motivate you, and lead you to greater creativity, excitement, and involvement in your work or activity.**

7. In general, how satisfied are you with the overall quality of task challenge you received from your athletic trainer?

1 2 3 4 5

very dissatisfied very satisfied

8. How difficult would it be for you to obtain more task challenge from your athletic trainer?

1 2 3 4 5

very difficult very easy

9. How important for your overall well-being is it to have your athletic trainer provide you with task challenge?

1 2 3 4 5

very unimportant very important

**EMOTIONAL SUPPORT: People who comfort you and indicate to you that they are on your side and care for you.**

10. In general, how satisfied are you with the overall quality of emotional support you received from your athletic trainer?

1 2 3 4 5

very dissatisfied very satisfied

11. How difficult would it be for you to obtain more listening emotional support from your athletic trainer?

1 2 3 4 5

very difficult very easy

12. How important for your overall well-being is it to have your athletic trainer provide you with emotional support?

1 2 3 4 5

very unimportant very important

**EMOTIONAL CHALLENGE: People who challenge you to evaluate your attitudes, values, and feelings.**

13. In general, how satisfied are you with the overall quality of emotional challenge you received from your athletic trainer?

1 2 3 4 5

very dissatisfied very satisfied

14. How difficult would it be for you to obtain more emotional challenge from your athletic trainer?

1 2 3 4 5

very difficult very easy

15. How important for your overall well-being is it to have your athletic trainer provide you with emotional challenge?

1 2 3 4 5

very unimportant very important

**REALITY CONFIRMATION: People who are similar to you-see things the way you do-who help you confirm your perceptions and perspectives of the world and help you keep things in focus.**

16. In general, how satisfied are you with the overall quality of reality confirmation you received from your athletic trainer?

1 2 3 4 5

very dissatisfied very satisfied

17. How difficult would it be for you to obtain more reality confirmation from your athletic trainer?

1 2 3 4 5

very difficult very easy

18. How important for your overall well-being is it to have your athletic trainer provide you with reality confirmation?

1 2 3 4 5

very unimportant very important

**TANGIBLE ASSISTANCE: People who provide you with either financial assistance, products, and/or gifts.**

19. In general, how satisfied are you with the overall quality of tangible assistance you receive from your athletic trainer?

1 2 3 4 5

very dissatisfied very satisfied

20. How difficult would it be for you to obtain more tangible assistance from your athletic trainer?

1 2 3 4 5

very difficult very easy

21. How important for your overall well-being is it to have your athletic trainer provide you with tangible assistance?

1 2 3 4 5

very unimportant very important

**PERSONAL ASSISTANCE: People who provide you with services or help, such as running an errand for you or driving you somewhere.**

22. In general, how satisfied are you with the overall quality of personal assistance you received from your athletic trainer?

1 2 3 4 5

very dissatisfied very satisfied

23. How difficult would it be for you to obtain more personal assistance from your athletic trainer?

1 2 3 4 5

very difficult very easy

24. How important for your overall well-being is it to have your athletic trainer provide you with personal assistance?

1 2 3 4 5

very unimportant very important

**Listed below are a series of statements pertaining to feelings you experienced when you returned to participation in your sport or how you feel now thinking about when you will return to participation in your sport. Please think about how you felt/will feel and rate each of the statements using the scale below.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Strongly Disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| 1. I’m afraid that I might injury myself if I exercise | 1 | 2 | 3 | 4 | 5 |
| 2. If I were to try to overcome it, my pain would increase | 1 | 2 | 3 | 4 | 5 |
| 3. My body is telling me I have something dangerously wrong | 1 | 2 | 3 | 4 | 5 |
| 4. My pain would probably be relieved if I were to exercise | 1 | 2 | 3 | 4 | 5 |
| 5. People aren’t taking my medical condition seriously enough | 1 | 2 | 3 | 4 | 5 |
| 6. My accident has put my body at risk for the rest of my life. | 1 | 2 | 3 | 4 | 5 |
| 7. Pain always means I have injured my body  | 1 | 2 | 3 | 4 | 5 |
| 8. Just because something aggravates my pain does not mean it is dangerous | 1 | 2 | 3 | 4 | 5 |
| 9. I am afraid that I might injure myself accidentally | 1 | 2 | 3 | 4 | 5 |
| 10. Simply being careful that I do not make any unnecessary movements is the safest thing I can do to prevent my pain from worsening | 1 | 2 | 3 | 4 | 5 |
| 11. I wouldn’t have this much pain if there weren’t something potentially dangerous going on in my body | 1 | 2 | 3 | 4 | 5 |
| 12. Although my condition is painful, I would be better off if I were physically active | 1 | 2 | 3 | 4 | 5 |
| 13. Pain lets me know when to stop exercising so that I don’t injure myself | 1 | 2 | 3 | 4 | 5 |
| 14. It’s really not safe for a person with a condition like mine to be physically active | 1 | 2 | 3 | 4 | 5 |
| 15. I can’t do all the things normal people do because it’s too easy for me to get injured | 1 | 2 | 3 | 4 | 5 |
| 16. Even though something is causing me a lot of pain, I don’t think it’s actually dangerous | 1 | 2 | 3 | 4 | 5 |
| 17. No one should have to exercise when he/she is in pain | 1 | 2 | 3 | 4 | 5 |

**The following statements pertain to feelings you experienced during the first season since returning to sport after your injury. Please think about your feelings and rate each statement using the scale below.**

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

 Does not correspond at all Corresponds Exactly

2. …my belief in myself has been lower….

1 2 3 4 5 6 7

 Does not correspond at all Corresponds Exactly

3. …my confidence has been lower

1 2 3 4 5 6 7

 Does not correspond at all Corresponds Exactly

4. …my fear of reinjury has interfered with performances

1 2 3 4 5 6 7

 Does not correspond at all Corresponds Exactly

5. …my performances have been unsatisfying

1 2 3 4 5 6 7

 Does not correspond at all Corresponds Exactly

6. …my anxiety about competing has been greater

1 2 3 4 5 6 7

 Does not correspond at all Corresponds Exactly

7. …my struggles to regain technical skills/abilities have been frustrating

1 2 3 4 5 6 7

 Does not correspond at all Corresponds Exactly

8. …my inability to meet others’ expectations has been worse

1 2 3 4 5 6 7

 Does not correspond at all Corresponds Exactly

9. …my ability to focus during competition has been worse

1 2 3 4 5 6 7

 Does not correspond at all Corresponds Exactly

10. …my ability to perform has been affected by my injury

1 2 3 4 5 6 7

 Does not correspond at all Corresponds Exactly

11. …my appreciation of sport has been greater

1 2 3 4 5 6 7

 Does not correspond at all Corresponds Exactly

12. …my enjoyment of practice and competition has been greater

1 2 3 4 5 6 7

 Does not correspond at all Corresponds Exactly

13. …my motivation for sport success has been greater

1 2 3 4 5 6 7

 Does not correspond at all Corresponds Exactly

14. …my mental toughness has been better

1 2 3 4 5 6 7

 Does not correspond at all Corresponds Exactly

15. …my understanding about how to train/compete has been better

1 2 3 4 5 6 7

 Does not correspond at all Corresponds Exactly