

## Athlete Strain Questionnaire

Instructions for completion: Please think back over the last four weeks and respond to each item considering how often it applied to you. Please respond where 1 = none of the time; 5 = all of the time.

Over last 4 weeks, describe what's going on:	None of the time	A little	Sometimes	Most of the time	All the time
It was difficult to be around teammates	1	2	3	4	5
I found it difficult to do what I needed to	1	2	3	4	5
I was less motivated	1	2	3	4	5
I was irritable, angry or aggressive	1	2	3	4	5
Couldn't stop worrying about injury/performance	1	2	3	4	5
Training was more stressful	1	2	3	4	5
I found it hard to cope with pressure	1	2	3	4	5
I worry about what comes after athletics	1	2	3	4	5
I needed alcohol or other substances to relax	1	2	3	4	5
I took unusual risks off the field/court	1	2	3	4	5

Rice SM, Parker AG, Mawren D, Clifton P, Harcourt P, Lloyd M, Kountouris A, Smith B, McGorry PD, Purcell R. Preliminary psychometric validation of a brief screening tool for athlete mental health among male elite athletes. *International Journal of Sport and Exercise Psychology*. 2019; 1-16. doi: 10.1080/1612197X.2019.1611900 Rice S, Olive L,

Gouttebarga V, Parker AG, Clifton P, Harcourt P, ... & Purcell R. Mental health screening: severity and cut-off point sensitivity of the Athlete Psychological Strain Questionnaire in male and female elite athletes. *BMJ Open Sport & Exercise Medicine*. 2020; 6(1), e000712. doi:10.1136/bmjsem-2019-000712