



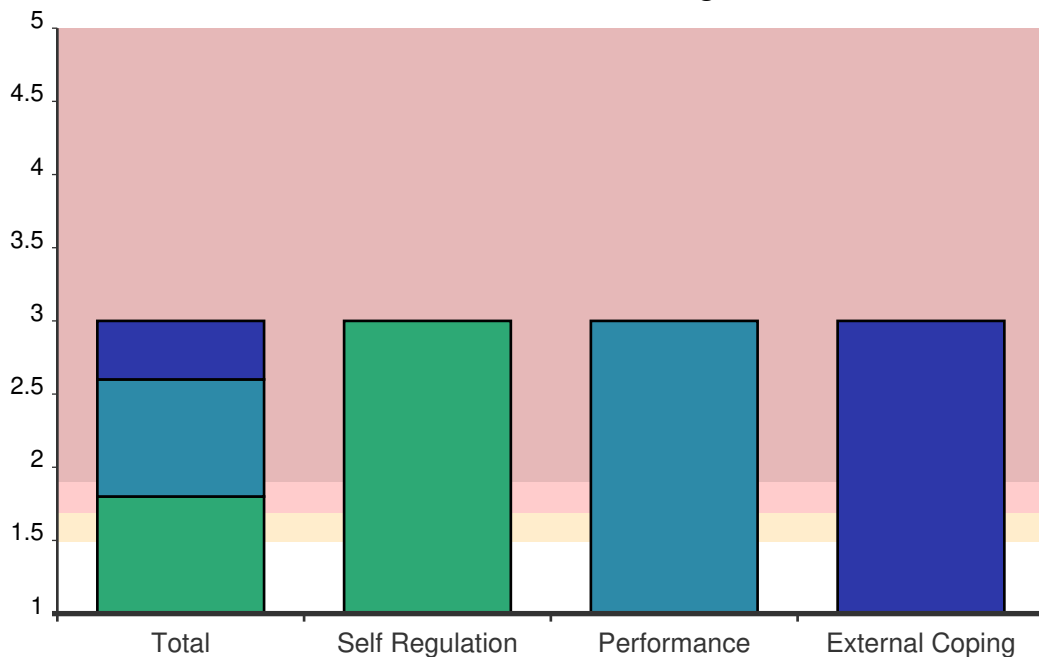
Athlete Psychological Strain Questionnaire (APSQ)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	1 Aug 2025
<i>Date of birth (age)</i>	1 Jan 1999 (26)	<i>Time taken</i>	34s
<i>Assessor</i>	Dr Emerson Bartholomew		

Results

	Raw Score	Average Score (1 to 5)	Descriptor	Percentile
APSQ Total (10 to 50)	30	3	Very High distress	99.9
Self regulation (4 to 20)	12	3	N/A	99.7
Performance (4 to 20)	12	3	N/A	98.6
External coping (2 to 10)	6	3	N/A	99.9

APSQ Average Score



Scoring and Interpretation Information

For comprehensive information on the APSQ, [see here](#).

A total score is given ranging from 10 to 50. Higher scores indicate greater psychological strain and distress. Subscale scores are also available with ranges below:



Client Name | Generic Client

- Self-Regulation (Items 1, 2, 3, 4): Raw score range 4-20. Assesses a combination of low motivation for training/competition and interpersonal difficulties in relationship with teammates and coaches.
- Performance (Items 5, 6, 7, 8): Raw score range 4-20. Evaluates anxiety, pressure, and distress specifically related to competitive performance and achievement expectations.
- External Coping (Items 9, 10): Raw score range 2-10. Measures externalised coping strategies including substance use and risk-taking behaviours outside the sporting context.

Raw scores are converted into average scores, indicating the average response for each question, where:

- 1 = None of the time
- 2 = A little of the time
- 3 = Some of the time
- 4 = Most of the time
- 5 = All of the time

A percentile score is presented based upon sex from the data provided by Rice et al. (2020).

Cut off scores to assist in interpretation are provided by Rice et al. (2020):

- 10-14 Minimal Strain
- 15-16 Moderate Strain
- 17-19 High Strain
- ?20 Very High Strain

On first administration, a stacked bar graph of the total and subscale average scores is shown. For multiple administrations, a line graph of the total and subscale average scores is produced to track changes over time.

Client Responses

		None of the time	A little of the time	Some of the time	Most of the time	All of the time
1	It was difficult to be around teammates	1	2	3	4	5
2	I found it difficult to do what i needed to do	1	2	3	4	5
3	I was less motivated	1	2	3	4	5
4	I was irritable, angry, or aggressive	1	2	3	4	5
5	I could not stop worrying about injury or my performance	1	2	3	4	5



Client Name | Generic Client

Client Responses (cont.)

		None of the time	A little of the time	Some of the time	Most of the time	All of the time
6	I found training more stressful	1	2	3	4	5
7	If found it hard to cope with selection pressures	1	2	3	4	5
8	I worried about life after sport	1	2	3	4	5
9	I needed alcohol or other substances to relax	1	2	3	4	5
10	I took unusual risks off-field	1	2	3	4	5