



Athlete Psychological Strain Questionnaire (APSQ)

Instructions:

Please read the following statement and indicate how often each statement occurred during the past 4 weeks.

		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
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

Developer Reference:

Rice, S.M., Parker, A.G., Mawren, D., Clifton, P., Harcourt, P., Lloyd, M., Kountouris, A., Smith, B., McGorry, P.D., & Purcell, R. (2020). Preliminary psychometric validation of a brief screening tool for athlete mental health among male elite athletes: the Athlete Psychological Strain Questionnaire. *International Journal of Sport and Exercise Psychology*, 18(6), 850–865. <https://doi.org/10.1080/1612197X.2019.1611900>

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