

■ Table 31.1 ■

Measures Assessing Athlete Burnout

| Variable or concept | Measure | Subscale | Source | Website |
|---------------------|---|--|-----------------------------------|---|
| Burnout | Maslach Burnout Inventory-General Survey (MBI-GS) | Professional efficacy (6 items), cynicism (5 items), and exhaustion (5 items) | Maslach, Jackson, & Leiter (1996) | www.mindgarden.com/products/mbi.htm |
| Athlete burnout | Eades Athletic Burnout Inventory (EABI) | Emotional and physical exhaustion (9 items), psychological withdrawal (7 items), devaluation by coach and teammates (6 items), negative self-concept of athletic ability (8 items), congruent athlete and coach expectations (3 items), and personal and athletic accomplishment (3 items) | Eades (1990) | |
| Athlete burnout | Athlete Burnout Questionnaire (ABQ) | Reduced sense of accomplishment (5 items), sport devaluation (5 items), and emotional and physical exhaustion (5 items) | Raedeke & Smith (2009) | http://wvcommerce.wvu.edu/index.cfm?do=product.product&id=738191991%5F91w&product_id=2159 |