

RESTQ-76 Sport

Single code: _____ Group code: _____

Name (last): _____ (first): _____

Date: _____ Time: _____ Age: _____ Sex: _____

Sport/event(s): _____

This questionnaire consists of a series of statements. These statements possibly describe your mental, emotional, or physical well-being or your activities during the past few days and nights.

Please select the answer that most accurately reflects your thoughts and activities. Indicate how often each statement was right in your case in the past days.

The statements related to performance should refer to performance during competition as well as during practice.

For each statement there are seven possible answers.

Please make your selection by marking the number corresponding to the appropriate answer.

Example

In the past 3 days or nights ...

I read a newspaper

0	1	2	3	4	5	6
Never	Seldom	Sometimes	Often	More often	Very often	Always

In this example, the number 5 is marked. This means that you read a newspaper very often in the past three days.

Please do not leave any statements blank.

If you are unsure about which answer to choose, select the one that most closely applies to you.

Please respond to the statements in order without interruption.

In the past 3 days or nights ...

1. I watched TV

0	1	2	3	4	5	6
Never	Seldom	Sometimes	Often	More often	Very often	Always

2. I did not get enough sleep

0	1	2	3	4	5	6
Never	Seldom	Sometimes	Often	More often	Very often	Always

3. I finished important tasks

0	1	2	3	4	5	6
Never	Seldom	Sometimes	Often	More often	Very often	Always

4. I was unable to concentrate well

0	1	2	3	4	5	6
Never	Seldom	Sometimes	Often	More often	Very often	Always

5. everything bothered me

0	1	2	3	4	5	6
Never	Seldom	Sometimes	Often	More often	Very often	Always

6. I laughed

0	1	2	3	4	5	6
Never	Seldom	Sometimes	Often	More often	Very often	Always

7. I felt physically bad

0	1	2	3	4	5	6
Never	Seldom	Sometimes	Often	More often	Very often	Always

(continued)

RESTQ-76 Sport *(continued)*

-
- 8.** I was in a bad mood
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
- 9.** I felt physically relaxed
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
- 10.** I was in good spirits
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
- 11.** I had difficulties in concentrating
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
- 12.** I worried about unresolved problems
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
- 13.** I felt at ease
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
- 14.** I had a good time with friends
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
- 15.** I had a headache
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
- 16.** I was tired from work
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
- 17.** I was successful in what I did
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
- 18.** I couldn't switch my mind off
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
- 19.** I fell asleep satisfied and relaxed
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
- 20.** I felt uncomfortable
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
- 21.** I was annoyed by others
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always

(continued)

RESTQ-76 Sport *(continued)*

22. I felt down
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
23. I visited some close friends
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
24. I felt depressed
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
25. I was dead tired after work
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
26. other people got on my nerves
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
27. I had a satisfying sleep
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
28. I felt anxious or inhibited
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
29. I felt physically fit
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
30. I was fed up with everything
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
31. I was lethargic
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
32. I felt I had to perform well in front of others
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
33. I had fun
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
34. I was in a good mood
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
35. I was overtired
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always

(continued)

RESTQ-76 Sport *(continued)*

36. I slept restlessly
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
37. I was annoyed
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
38. I felt as if I could get everything done
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
39. I was upset
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
40. I put off making decisions
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
41. I made important decisions
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
42. I felt physically exhausted
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
43. I felt happy
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
44. I felt under pressure
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
45. everything was too much for me
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
46. my sleep was interrupted easily
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
47. I felt content
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
48. I was angry with someone
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
49. I had some good ideas
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always

(continued)

RESTQ-76 Sport *(continued)*

50. parts of my body were aching
- | | | | | | | |
|-------|--------|-----------|-------|------------|------------|--------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Never | Seldom | Sometimes | Often | More often | Very often | Always |
51. I could not get rest during the breaks
- | | | | | | | |
|-------|--------|-----------|-------|------------|------------|--------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Never | Seldom | Sometimes | Often | More often | Very often | Always |
52. I was convinced I could achieve my set goals during performance
- | | | | | | | |
|-------|--------|-----------|-------|------------|------------|--------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Never | Seldom | Sometimes | Often | More often | Very often | Always |
53. I recovered well physically
- | | | | | | | |
|-------|--------|-----------|-------|------------|------------|--------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Never | Seldom | Sometimes | Often | More often | Very often | Always |
54. I felt burned out by my sport
- | | | | | | | |
|-------|--------|-----------|-------|------------|------------|--------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Never | Seldom | Sometimes | Often | More often | Very often | Always |
55. I accomplished many worthwhile things in my sport
- | | | | | | | |
|-------|--------|-----------|-------|------------|------------|--------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Never | Seldom | Sometimes | Often | More often | Very often | Always |
56. I prepared myself mentally for performance
- | | | | | | | |
|-------|--------|-----------|-------|------------|------------|--------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Never | Seldom | Sometimes | Often | More often | Very often | Always |
57. my muscles felt stiff or tense during performance
- | | | | | | | |
|-------|--------|-----------|-------|------------|------------|--------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Never | Seldom | Sometimes | Often | More often | Very often | Always |
58. I had the impression there were too few breaks
- | | | | | | | |
|-------|--------|-----------|-------|------------|------------|--------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Never | Seldom | Sometimes | Often | More often | Very often | Always |
59. I was convinced that I could achieve my performance at any time
- | | | | | | | |
|-------|--------|-----------|-------|------------|------------|--------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Never | Seldom | Sometimes | Often | More often | Very often | Always |
60. I dealt very effectively with my teammates' problems
- | | | | | | | |
|-------|--------|-----------|-------|------------|------------|--------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Never | Seldom | Sometimes | Often | More often | Very often | Always |
61. I was in good condition physically
- | | | | | | | |
|-------|--------|-----------|-------|------------|------------|--------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Never | Seldom | Sometimes | Often | More often | Very often | Always |
62. I pushed myself during performance
- | | | | | | | |
|-------|--------|-----------|-------|------------|------------|--------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Never | Seldom | Sometimes | Often | More often | Very often | Always |
63. I felt emotionally drained from performance
- | | | | | | | |
|-------|--------|-----------|-------|------------|------------|--------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Never | Seldom | Sometimes | Often | More often | Very often | Always |

(continued)

RESTQ-76 Sport *(continued)*

64. I had muscle pain after performance
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
65. I was convinced that I performed well
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
66. too much was demanded of me during the breaks
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
67. I psyched myself up before performance
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
68. I felt that I wanted to quit my sport
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
69. I felt very energetic
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
70. I easily understood how my teammates felt about things
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
71. I was convinced that I had trained well
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
72. the breaks were not at the right times
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
73. I felt vulnerable to injuries
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
74. I set definite goals for myself during performance
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
75. my body felt strong
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
76. I felt frustrated by my sport
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always
77. I dealt with emotional problems in my sport very calmly
0 1 2 3 4 5 6
Never Seldom Sometimes Often More often Very often Always

Thank you very much!

(continued)

RESTQ-76 Sport *(continued)*

Scales and Items of the REST-76 Sport

Scale 1: general stress

- 22. I felt down
- 24. I felt depressed
- 30. I was fed up with everything
- 45. everything was too much for me

Scale 2: emotional stress

- 5. everything bothered me
- 8. I was in a bad mood
- 28. I felt anxious or inhibited
- 37. I was annoyed

Scale 3: social stress

- 21. I was annoyed by others
- 26. other people got on my nerves
- 39. I was upset
- 48. I was angry with someone

Scale 4: conflicts/pressure

- 12. I worried about unresolved problems
- 18. I couldn't switch my mind off
- 32. I felt I had to perform well in front of others
- 44. I felt under pressure

Scale 5: fatigue

- 2. I did not get enough sleep
- 16. I was tired from work
- 25. I was dead tired after work
- 35. I was overtired

Scale 6: lack of energy

- 4. I was unable to concentrate well
- 11. I had difficulties in concentrating
- 31. I was lethargic
- 40. I put off making decisions

Scale 7: somatic complaints

- 7. I felt physically bad
- 15. I had a headache
- 20. I felt uncomfortable
- 42. I felt physically exhausted

Scale 8: success

- 3. I finished important tasks
- 17. I was successful in what I did
- 41. I made important decisions
- 49. I had some good ideas

Scale 9: social relaxation

- 6. I laughed
- 14. I had a good time with my friends
- 23. I visited some close friends
- 33. I had fun

Scale 10: somatic relaxation

- 9. I felt physically relaxed
- 13. I felt at ease
- 29. I felt physically fit
- 38. I felt as if I could get everything done

Scale 11: general well-being

- 10. I was in good spirits
- 34. I was in a good mood
- 43. I felt happy
- 47. I felt content

Scale 12: sleep quality

- 19. I fell asleep satisfied and relaxed
- 27. I had a satisfying sleep
- 36. I slept restlessly
- 46. my sleep was interrupted easily

Scale 13: disturbed breaks

- 51. I could not get rest during the breaks
- 58. I had the impression there were too few breaks
- 66. too much was demanded of me during the breaks
- 72. the breaks were not at the right times

Scale 14: burnout/emotional exhaustion

- 54. I felt burned out by my sport
- 63. I felt emotionally drained from performance
- 68. I felt that I wanted to quit my sport
- 76. I felt frustrated by my sport

Scale 15: fitness/injury

- 50. parts of my body were aching
- 57. my muscles felt stiff or tense during performance
- 64. I had muscle pain after performance
- 73. I felt vulnerable to injuries

Scale 16: fitness/being in shape

- 53. I recovered well physically
- 61. I was in a good condition physically
- 69. I felt very energetic
- 75. my body felt strong

Scale 17: burnout/personal accomplishment

- 55. I accomplished many worthwhile things in my sport
- 60. I dealt very effectively with my teammates' problems
- 70. I easily understood how my teammates felt about things
- 77. I dealt with emotional problems in my sport very calmly

(continued)

RESTQ-76 Sport *(continued)*

Scale 18: self-efficacy

52. I was convinced I could achieve my set goals during performance
 59. I was convinced that I could achieve my performance at any time
 65. I was convinced that I performed well
 71. I was convinced that I had trained well

Scale 19: self-regulation

56. I prepared myself mentally for performance
 62. I pushed myself during performance
 67. I psyched myself up before performance
 74. I set definite goals for myself during performance

Note: Items 36 and 46 of the scale of sleep quality have to be inverted for analysis.

Single code: _____

Group code: _____

Name (last): _____

(first): _____

Age: _____ Sex: _____

Date: _____ Time: _____

Sport/event(s): _____

Scoring Key of RESTQ-76 Sport

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
General stress	Emotional stress	Social stress	Conflicts/pressure	Fatigue	Lack of energy	Physical complaints	Success	Social recovery	Physical recovery	General well-being	Sleep quality	Disturbed breaks	Emotional exhaustion	Injury	Being in shape	Personal accomplishment	Self-efficacy	Self-regulation
22	5	21	12	2	4	7	3	6	9	10	19	51	54	50	53	55	52	56
24	8	26	18	16	11	15	17	14	13	34	27	58	63	57	61	60	59	62
30	28	39	32	25	31	20	41	23	29	43	36*	66	68	64	69	70	65	67
45	37	48	44	35	40	42	49	33	38	47	46*	72	76	73	75	77	71	74
Sum	Sum	Sum	Sum	Sum	Sum	Sum	Sum	Sum	Sum	Sum	Sum	Sum	Sum	Sum	Sum	Sum	Sum	Sum
Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean

*Items 36 and 46 have to be inverted for analysis: (0 = 6) (1 = 5) (2 = 4) (3 = 3) (4 = 2) (5 = 1) (6 = 0).