

## Athlete Psychological Strain Questionnaire

### Citations:

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

**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*.

	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. I 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

**Scoring:** The APSQ provides a Total Score (sum of all 10 items) and three subscale scores, that assess the following domains:

Subscale	Items	APSQ Range*	APSQ Cutoff Scores (total score)
Self-regulation difficulties	1-4	<i>Moderate</i>	15-16
Performance concerns	5-8	<i>High</i>	17-19
Externalised coping	9-10	<i>Very high</i>	20+

\*Cut-off scores based on N=1,093 elite athletes (n=84 females) in Rice, Olive et al (2020, *BMJ Open – Sports & Ex Med*). Original article by Rice, Parker et al. (2019) reported a single cut-off score of 21.

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