
Contents

Information for the User of the Recovery-Stress Questionnaire for Athletes	ix
Acknowledgments	xi
Introduction	1

Part I: Description and Application

Chapter 1	Description of the Recovery-Stress Questionnaire for Athletes	5
Chapter 2	Application of the Recovery-Stress Questionnaire for Athletes	11
Chapter 3	Individual-Specific Diagnostic Case Studies	13

Part II: Theory, Construction, and Validity

Chapter 4	Theory	21
Chapter 5	Construction of the Recovery-Stress Questionnaire for Athletes	29
Chapter 6	Test Statistics	35
	Summary of the RESTQ-Sport Features	65
	References	67
	About the Authors	73
Appendix A		
	Tables	A.1
Appendix B		
	Brief Instructions for the RESTQ-Sport Database Program	B.1
Appendix C		
	RESTQ-76 Sport	C.1
	Scales and Items of the RESTQ-76 Sport	C.9
Appendix D		
	RESTQ-52 Sport	D.1
	Scales and Items of the RESTQ-52 Sport	D.7
Appendix E		
	Scoring Key of RESTQ-76 Sport	E.1
	Scoring Key of RESTQ-52 Sport	E.2
	Blank Hand Scoring Profile Sheet	E.3