

# Recovery Stress Questionnaire For Athletes

Recovery-stress Questionnaire for Athletes The Recovery-Stress Questionnaires Stress Management Questionnaire A Modified Stress Questionnaire Life Challenge Inventory Measurement of Stress, Trauma, and Adaptation Stress Mastery Questionnaire Stress Management Questionnaire Stress Management Questionnaire The Life Challenge Inventory Questionnaires and Inventories Handbook of Stress Evaluating Stress Machinery and Production Engineering Wilson's Carpentry and Joinery Machinery Validation of the General Nordic Questionnaire (QPSNordic) for Psychological and Social Factors at Work Power American Machinist Health Survey for England Michael Kellmann Michael Kellmann James C. Petersen Rachel Ann Noe Ruth Schelkun B. Hudnall Stamm James C. Petersen Ph D Franklin Stein James C. Petersen Ruth Schelkun Lewis R. Aiken Leo Goldberger Carlos P. Zalaquett John Wilson F.B.I.C.C. Lester Gray French

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provides athletic specialists trainers and coaches with resources for monitoring athletes to avoid over training burnout and decreased performance the questionnaire is based on the hypothesis that an accumulation of stress in different areas of life with insufficient opportunity for recovery leads to a compromised psychophysical state stress states are based on 12 nonspecific and seven sports specific scales the questionnaire package offers tools to measure and track an athlete's recovery including two complete questionnaires 72 and 56 item forms manual scoring keys profile sheets and a user manual that describes questionnaire development and data and profile interpretation c book news inc

the recovery stress questionnaires restqs identifies the current recovery stress states and provides a complete picture of the actual extent of stress and recovery written to support those using the restq this manual offers advice on scope and application facets of stress and recovery versions and scoring interpretation of results and reliability and validity for each of the five forms of the questionnaire the questionnaire is based on the hypothesis that an accumulation of stress in different areas of life with insufficient opportunity for recovery leads to a critical psychophysiological state the restq measures the frequency of current stress symptoms along with the frequency of recovery associated activities to offer a differentiated picture of the current recovery stress state there are five forms of the restq a general version restq basic with seven stress scales and five recovery scales is the foundation for the specific versions for athletes restq sport for coaches restq coach for children and adolescents restq ca and for the work context restq work all versions take a modular structure and contain scales measuring specific aspects of stress and recovery in their field these scales provide valuable information immediately on areas where

improvement is needed in stress and recovery research across a range of applied settings drawing on experiences and scientific findings from sport to make them usable for an expanded understanding of recovery in the fields of health work and other related areas this manual is written for the scientific community applied psychologists and health scientists and interested readers

stress management questionnaire smq a guide to stress mastery and stress resilience profile the stress management questionnaire smq consists of first a valid and reliable stress risk assessment 87 psychometrically developed questions rating on a 5 pt likert scale along with a 36 page stressmastery interpretive guide the smq guide are used in companies and organizations to help employees learn about their stress risk level and discover through the guide how to master stress on the job and to become more stress resilient how it works after answering 87 scientifically developed questions a personal stress risk profile is produced i e from low to high risk on the 11 smq stress scales to obtain one's risk levels on the scales each person's score is compared to the norm group that was used to establish the smq some of the smq scales are anger burnout tension perfectionism time urgency and 6 more the stressmastery guide is an important part of the smq it describes and defines the purpose of each smq scale what a risk score means and then offers a roadmap or plan for personal change the guide is a comprehensive source of techniques and strategies that have been proven successful in preventing reducing and managing stress wherever or wherever it may occur target audience the smq is ideal for anyone experiencing stress anxiety and burnout especially in the world of work it can be by individuals as a self development tool or as is most common it can be used in virtually any stress management program or counseling session in addition the online smq can be used a corporate needs assessment or to determine the overall level of employee stress for a department group or for the entire organization a facilitators guide is available to help integrate the smq into a stress management program versions two version of the smq are available a print and an internet online version the print version which is 48 pages can be ordered here through create space the online version can be ordered from stressmaster.com translations the smq is available in french spanish norwegian slovenian a german translation is in the works history the smq is fully researched niosh 1080 and normed assessment tool that is easy to use and quick to score and receive results it is based upon the work of drs james petersen hans selye herbet benson meyer freidmann and ray rosenmann and is consistent with modern stress management theory and practice dr james petersen a noted psychologist author and expert on stress and stress mastery created the smq in his biofeedback and stress management clinic in order to help chronically stressed individuals to gain a better understanding of their stressors personal stress warning signs and to determine if stress is affecting one's health productivity and life satisfaction the smq is founded on decades of scientific research niosh 1980 and evidence based stress reduction methods and techniques over the past 30 years the smq has helped more than 600 000 individuals to effectively manage their stress as a result the smq has become an integral part of many corporate stress management programs and wellness health centers around the world now the smq is available to the public for personal self development and stress relief right at home

the stress mastery questionnaire smq the stress mastery questionnaire smq was created by dr james petersen an internationally recognized psychologists and stress mastery expert through careful research using standard psychometric techniques the smq was created in dr peteren's biofeedback and stress management clinic to help his clients gain a better understanding of how stress was affecting them at a physical and emotional level in 1980 dr petersen and his team conducted a validation study of the smq funded by the national institute of occupational safety and health the result of this research is the stress mastery questionnaire which is one of the few valid and reliable stress self assessment and

educational tools available the name of the original assessment was the stress management questionnaire smq but was recently changed to the stress mastery questionnaire this reflects the philosophy that stress can be mastered with a solid stress assessment couples with expert counseling coaching or training the smq is essentially a personal stress assessment tool that provides each person who takes it with precise information about thier stress and how stress may be affecting them at this time a total of 11 stress scales provides key formation in three main domains stress warning sign stress effects and stressors the smq can be used as a personal self improvement program or as part of a broader stress management training or coaching program the smq has been in use since 1980 with over 600 000 individuals and hundreds of companies benefiting from its use by trainers stress coaches eap programs management consultants and mental health professionals worldwide including citicorp banamex mexico jpmorgan nationwide insurance speedway llc kpmg federal reserve bank of sf state of arizona and many more how is the smq completed the smqis easy to take with result generated immediately after completing it each person is provided with an link and unique access code that allows them to answer 87 questions about stress after completing the smq each person receives a stress profile showing his or her scores on each of the 11 stress risk scales the stress mastery program the smq is part of a larger and more inclusive stress mastery program that inlcudes assessment since stress is the result of how we think and respond to the stressors and daily hassles of life the smq shines a light on those behaviors and attitudes that impact the stress response essentially the smq assesses each person s risk on 11 unique stress areas e g anger perfectionism burnout etc and presents the results in a brief stress profile that is easy to understand based upon a comparison with our norm group the profile shows one s stress risk level from low to high on the 11 smq scales awareness the results of the smq are provided to each person in a detailed stress report that reveals specific behaviors and attitudes that can contribute to one s stress this report goes deeper than the profile and shows the actual responses to the 87 smq questions in essence it reveals the specifics of what to change in the process of learning how to master stress and become more stress resilient action without action nothing happens the stressmastery guide provides evidence based and effective ways to master stress and build stress resilience each person who takes the smq receives a copy of the stressmastery guide 43pp for personal use or in a stressmastery workshop or coaching program the guide describes the meaning of each scale offers key information on what to know and what to do when one scores high on any scale more info at stressmaster com

the stress management questionnaire smq assists in the identification of symptoms linked to stress the stressors that trigger the symptoms and the copers that aid in the reduction of stress the smq is a quick and effective tool to provide individuals with a personal stress profile that identifies an individualâ s stressors and provides copers that help reduce the symptoms of stress

questionnaires inventories the use of questionnaires and inventories as a means of obtaining useful information about populations individuals products and events has existed since the nineteenth century but it wasn t until the twentieth century and the development of modern statistical methods and more recently the advent of digital technology that they came to be considered indispensable tools in a wide range of fields including the behavioral and social sciences education health and business questionnaires and inventories is written for researchers and practitioners in the above mentioned disciplines and for all others who rely upon these important tools of the trade written by a well known authority in the field it is a complete how to guide to the construction administration analysis and interpretation of all types of questionnaires and inventories after a concise review of the historical origins and theoretical underpinnings of assessment tools and rating scales dr aiken presents chapters providing detailed hands on coverage of the construction administration scoring and interpretation of questionnaires

psychological inventories and population surveys following chapters feature in depth discussions of the statistical analysis of data as well as test reliability and validity the final two chapters are devoted to the critical assessment of most commercially available questionnaires and inventories questionnaires and inventories includes many features designed to help readers quickly master the skills they need to construct their own assessment tools including helpful chapter end summaries bibliographies quizzes and practice exercises perhaps the most valuable didactic tool is the diskette which contains a power house of programs that readers will find invaluable in designing constructing administering scoring and evaluating all types of questionnaires and inventories questionnaires and inventories is an indispensable tool for practitioners in the behavioral and social sciences as well as for market research professionals attitude and product researchers and political pollsters it is also an excellent supplemental text for upper level graduate courses in psychology education sociology health studies political science and other disciplines

bringing together twenty nine noted experts in various therapeutic and stress management fields it details the history conditions for use and key references for finding the measure and psychometrics of twenty one different instruments used in the evaluation of stress

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