

■ 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://wvuecommerce.wvu.edu/index.cfm?do=product.product&id=738191991%5F91w&product_id=2159