

		MOI	Almost Never	Rarely	Sometimes	Frequently	Almost Always
1	I am accomplishing many worthwhile things in my sport	RA	1	2	3	4	5
2	I feel so tired from my training that I have trouble finding energy to do other things	E	1	2	3	4	5
3	The effort I spend in my sport would be better spent doing other things	SD	1	2	3	4	5
4	I am not achieving much in my sport	RA	1	2	3	4	5
5	I feel overly tired from my sport participation	E	1	2	3	4	5
6	I don't care about my sport performance as much as I used to	SD	1	2	3	4	5
7	I am not performing up to my ability in my sport	RA	1	2	3	4	5
8	I feel "wiped out" from my sport	E	1	2	3	4	5
9	I am not into my sport like I used to be	SD	1	2	3	4	5
10	I feel physically worn out from my sport	E	1	2	3	4	5
11	I feel less concerned about being successful in my sport than I used to	SD	1	2	3	4	5
12	I am exhausted by the mental and physical demands on my sport	E	1	2	3	4	5
13	It seems that no matter what I do, I don't perform as well as I should	RA	1	2	3	4	5
14	I feel successful at my sport	RA	1	2	3	4	5
15	I have negative feelings toward my sport	SD	1	2	3	4	5

Note: Items 1 and 14 are reverse scored, MOI = measure of interest, RA = reduced accomplishment, SD = sport devaluation, E = exhaustion

Athlete Burnout Questionnaire

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web par extension la version miniature de desserts tels qu éclairs mousses ou tartelettes est parfois rangée dans la famille des petits fours sous le nom de mignardise diminués ou réductions dans une pâtisserie française sont appelés