**Supplement S1.** Assessed demographics, sports- and injury-related information and used questionnaires.

|  |  |
| --- | --- |
| **Demographic data** | * Sex * Age * Graduation level * Occupation * Study course * Semesters of study |
| **Sports-related data** | * Sport * Type of sports * Training sessions in main sport * Additional training sessions * Hours of training per week * Competition participation * Competition level * Performance level * Squad level * Number of years conducting the sport * Seasonal phase * Part of national team * Experience with mental training |
| **Injury-related data** | * Current injury status * *Description of injury* * Frequency within the last 12 months * *Setting of current or past injury* * *Date of current or past injury* * *Cause of current or past injury* * Severity of current or past injury * Medical treatment of current or past injury * *Drug treatment of current or past injury* * Rehabilitation measures of current or past injury * *Achievement of pre-injury performance level (only past injuries)* * *Recovery time (only past injuries)* * *Consequences of current or past injury* * Chronicity |
| **Psychosocial data** | * Life Events (SRRS) * Perceived Stress (PSQ) * *Depression and Anxiety (STADI)* * *Worry (PSWQ)* * *Mental Health (GHQ)* * *Fatigue (FAS)* * Competition anxiety (WAI-T) * Locus of Control (IE-4) * *Rumination (PTQ)* * Mindfulness (MAAS) * Social Support (FSoz-KU14) * *Burnout (ABQ-D)* * *Sports-related rumination (SCRS)* * Self-Compassion (SCS-D short scale) * Fear of (re-)injury (TSK) * Athletic Identity (AIMS-D) * Willingness to spend (EESS) * Self-Efficacy (ESES) * Coping behavior (Brief COPE) * Resilience (BRS) * Sense of Coherence (SOC-L9) |

**Note.** Information and questionnaires **not** used in the data analyses of the present study are italic.