**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.