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APPENDIX A



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RESEARCH STUDY TO DETERMINE THE COPING-AND-MOTIVATIONAL STRATEGIES USED BY ENDURANCE ATHLETES

Dear participant.

This study is being done as part of a D. Phil in Sport Psychology. The aim of this study is to determine the motivation for athletes to participate in endurance sport, the stressors involved in endurance sport, the coping-and-motivational strategies used by athletes during endurance events. The last objective of this study is to determine how and where in the athlete's life these coping-and-motivational strategies have been developed and learned.

To accomplish these objectives, the study is divided in two phases that will not be on the same day but at least a few days apart. The first phase consists of you completing a questionnaire that will take between 45 – 85 minutes to complete.

The second phase will consist of an in-depth interview where the information from the questionnaire will be confirmed and clarified. This interview will take 2 – 3 hours to complete. During this interview you will also be asked questions about your past life and will be asked to draw timelines. These questions and timelines are used to determine where and how you have developed the coping-and-motivational strategies that you use during endurance races.

The information gathered here will be used for research purposes and will be published in a research report. The information might also be used for further research and possibly as part of future publications. However, personally you will remain anonymous and any information that might identify you will remain strictly confidential.

Please indicate on the indemnity form if you prefer that this information only be used for this study and not for further research purposes. I cannot give any rewards, monetary or otherwise, for your participation in this study and your participation are therefore completely voluntary. However, if you prefer, I can provide you with an abstract of the results once the study is complete. Your participation in this study will help a great deal to the understanding of endurance athletes as well as the dynamics involved in endurance sport.

If you are interested to participate in this study, please complete and sign the accompanying indemnity form.

Thank you.
Johnny O' Neil

RESEARCH STUDY: ENDURANCE ATHLETE'S COPING AND MOTIVATIONAL STRATEGIES

INDEMNITY FORM

I,(name and surname in block letters) wish to participate in the study that determines the coping-and-motivational strategies used by athletes during endurance events.

I understand that my identity will remain strictly confidential and anonymous and will in no way, directly or indirectly be made available to anyone except the individuals directly involved with the data-gathering phase of this study.

I understand that the results of this study will be made available in a research report and possibly further future articles or other publications. I hereby **give permission/do not give permission** (circle your choice), that the information provided by me be used in future research studies.

I understand that should I give my permission for this information to be used for future research, it is with the understanding that my identity will remain strictly confidential and anonymous and will in no way, directly or indirectly be made available to anyone except the individuals directly involved with the data-gathering phase of this study.

I understand that I will receive no rewards, monetary or otherwise, for my participation in this study and that my participation is completely voluntary. I **wish/do not wish** (circle choice) to receive an abstract of the results after completion of the study.

.....
Signature

.....
Date

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APPENDIX B

ENDURANCE SPORT PARTICIPATION QUESTIONNAIRE

1. GENDER:

Male	<input type="checkbox"/>
Female	<input type="checkbox"/>

2. RACE: (Used for biographical research only)

African	<input type="checkbox"/>
Asian	<input type="checkbox"/>
White	<input type="checkbox"/>
Coloured	<input type="checkbox"/>

3. AGE:

21 - 29	<input type="checkbox"/>
30 - 39	<input type="checkbox"/>
40 - 49	<input type="checkbox"/>
50+	<input type="checkbox"/>

4. TYPE OF ENDURANCE SPORT:

Marathon running	<input type="checkbox"/>
Ultra-marathon running	<input type="checkbox"/>
Cross-country running	<input type="checkbox"/>
Extreme cross-country running	<input type="checkbox"/>
Orienteering	<input type="checkbox"/>
Road cycling	<input type="checkbox"/>
Ultra-distance road cycling	<input type="checkbox"/>
Mountain Biking	<input type="checkbox"/>
Ultra-distance Mountain Biking	<input type="checkbox"/>
Canoeing /Kayaking	<input type="checkbox"/>
Mountaineering	<input type="checkbox"/>
Backpacking/Hiking	<input type="checkbox"/>
Endurance swimming (1000 m +)	<input type="checkbox"/>
Adventure Racing	<input type="checkbox"/>
Other	<input type="checkbox"/>

5. If “other”, please specify:

6. Please specify the endurance events that you have participated in during the last year:

7. Endurance sport usually involves a certain amount of pain and discomfort. Do you agree with this statement and explain your answer.

8. In endurance sport the environment has some impact on all participants. Below is a list of some of the environmental factors. With each factor, explain the physical and mental influence (if any) that each has on you before and during the endurance event.

8.1 EXTREME HEAT

Explain what you do to counter the physical and mental effects of extreme heat during an endurance event:

8.2 EXTREME COLD

Explain what you do to counter the physical and mental effects of extreme cold during an endurance event:

8.3 DEHYDRATION

Explain what you do to counter the physical and mental effects of dehydration during an endurance event:

8.4 ALTITUDE

Explain what you do to counter the physical and mental effects of altitude during an endurance event:

8.5 NUTRITION (FOOD) DEPRIVATION

Explain what you do to counter the physical and mental effects of nutritional deprivation during an endurance event:

8.6 SLEEP DEPRIVATION

Explain what you do to counter the physical and mental effects of sleep deprivation during an endurance event:

8.7 TERRAIN

Explain what you do to counter the physical and mental effects of terrain during an endurance event:

8.8 EQUIPMENT

Explain what you do to counter the physical and mental effects of poor or faulty equipment during an endurance event:

8.9 DISTANCE

Explain what you do to counter the physical and mental effects of long distances during an endurance event:

8.10 WIND

Explain what you do to counter the physical and mental effects of wind during an endurance event:

8.11 RAIN

Explain what you do to counter the physical and mental effects of rain during an endurance event:

8.12 UNCERTAINTY

Explain what you do to counter the physical and mental effects of uncertainty during an endurance event:

9. Why did you start participating in endurance sport?

10. Why do you prefer endurance sport to other sport?

11. Endurance sport requires a preparation over an extended period of time. How do you motivate yourself to continue exercising?

12. How do you motivate yourself during an endurance event to continue despite pain and discomfort?

13. How do you view difficulties or problems during an endurance event?

14. Describe how you see/and feel about yourself after completing an endurance event.

15. Explain why you see yourself in this way (question 14).

16. Briefly describe three things and/or situations that frustrates you during an event, and what you do when you feel this way

Frustration	What you do

17. Name 5 factors that increase your stress before and during an endurance event.

18. When you make a mistake during an endurance event, how does this make you feel?

19. What are the things/factors that makes endurance sport attractive to you?

20. How important are external rewards such as medals, prizes and prize money to you?

Very important		Important		Ambivalent		Not important	
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21. Motivate your answer in 14.

22. Name 5 emotions that you experience frequently during endurance events and briefly describe or give an example of a situation where you feel this way.

Emotion	Situation/Example

23. With each situation mentioned in 16, describe how you resolve this situation.

Situation	Solution

24. What are the characteristics of an endurance athlete?

25. What are the things that you do and think of when you experience pain and discomfort such being tired, sleepy, hungry etc?

26. Identify the symptoms that you experience before and/or during an endurance event?

SYMPTOM	
Increased heart rate	
Rapid breathing	
Tenseness or trembling muscles, tightness in neck, chest, shoulders or hands	
Increased sweating	
Inability to sleep	
Dryness of the mouth	
Numbness in hands and feet	
Tingling in limbs	
Dizziness or light-headedness	
Urge to urinate, nausea, vomiting, diarrhoea	

Pacing	
Trembling	
General restlessness	
Hyperventilation	
Pressured speech	
Hand-wringing or finger tapping	
Recurrent or obsessive thoughts	
Fear-inducing thoughts or ideas	
Confusion or inability to concentrate	
Feelings of doom	
Feelings of tension or nervousness	
Feelings of unreality, panic, or terror	
Feeling “psyched up”	

27. What do and think when you experience these symptoms?