

Survey Introduction & Consent Final

In this survey you will be asked some questions about your experience as a professional rugby player. The aim of this research is to understand more about the experience of professional rugby players during training and high-level competition. This research could help improve performance in high-level competition. You may be asked to fill out subsequent surveys following training or competition.

Please fill out the survey truthfully – it is very important that you communicate your individual feelings about the questions we ask, to help us build an accurate picture of the experience of being a professional rugby player.

All information is for research purposes only, and is confidential. Your data will be stored safely and anonymously, and we will not share your answers with anyone.

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To measure your feelings about a particular aspect of your rugby experience, you will be asked to use sliders. When answering the survey questions, please keep in mind that a response of 0 or 100 indicates an extreme state. Usually, responses will lie somewhere on a continuous gradient between these two extremes. Please demonstrate that you are able to use the slider by answering the question below.

Not confident at all

Extremely confident

Do you feel confident
to answer questions
using this slider?

Have you read the information about the study and had an opportunity to ask questions?

Yes

No

Do you agree to take part in the study?

Yes

No

Performance Competence Confidence BASELINE

Over the past month, how well do you feel **you personally** have been performing overall in training and competition?

Extremely bad

Extremely good

0

100

Feeling about
performance

How well do you feel about the following components of your **individual performance** in training and competition over the past month?

Extremely bad

Extremely good

0

100

Passing technique

Support play in attack

1 on 1 Defense

Effectiveness in
contact

Decision-making in
game-play

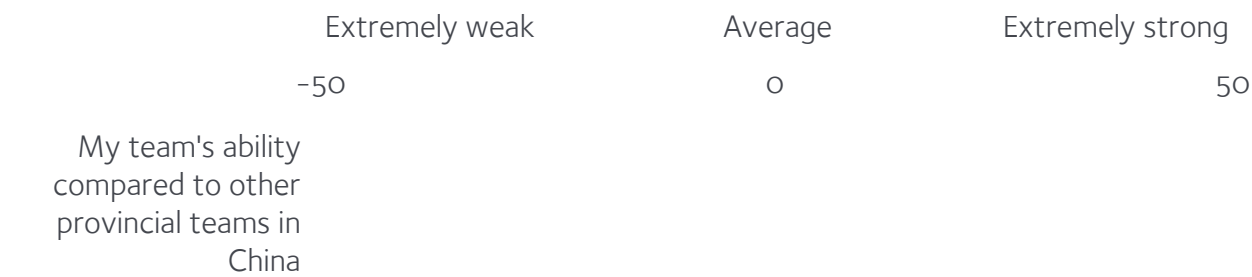
Rate your **individual ability** in rugby, relative to:



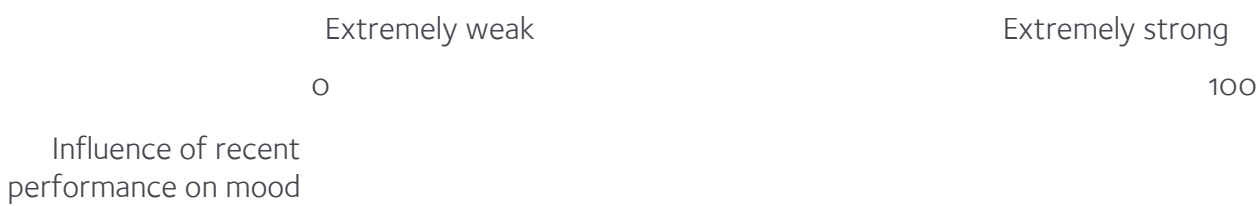
How well do you feel your **team** has been performing in training and competition over the past month?



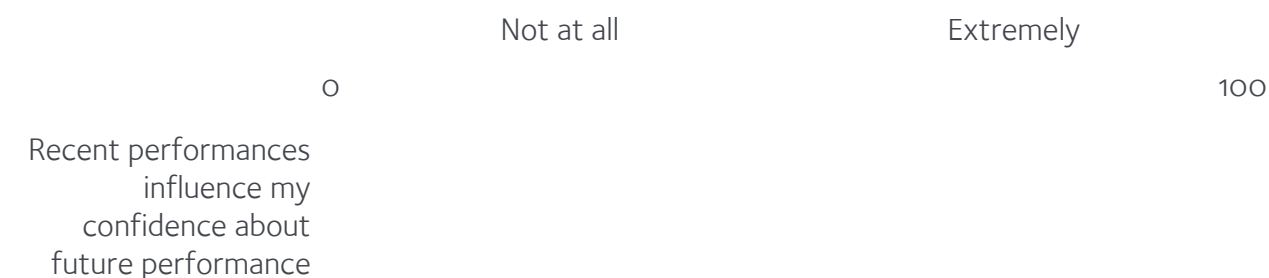
Rate your team's overall ability, relative to other teams in China



To what extent does the way you perform influence your mood?

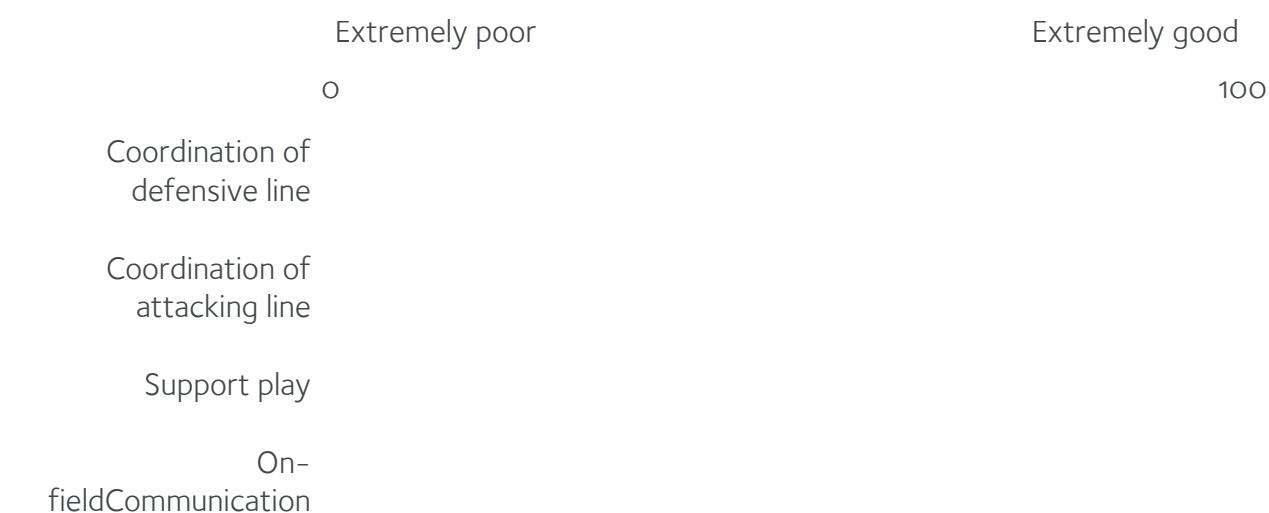


To what extent does your recent performance influence your confidence for future performance?

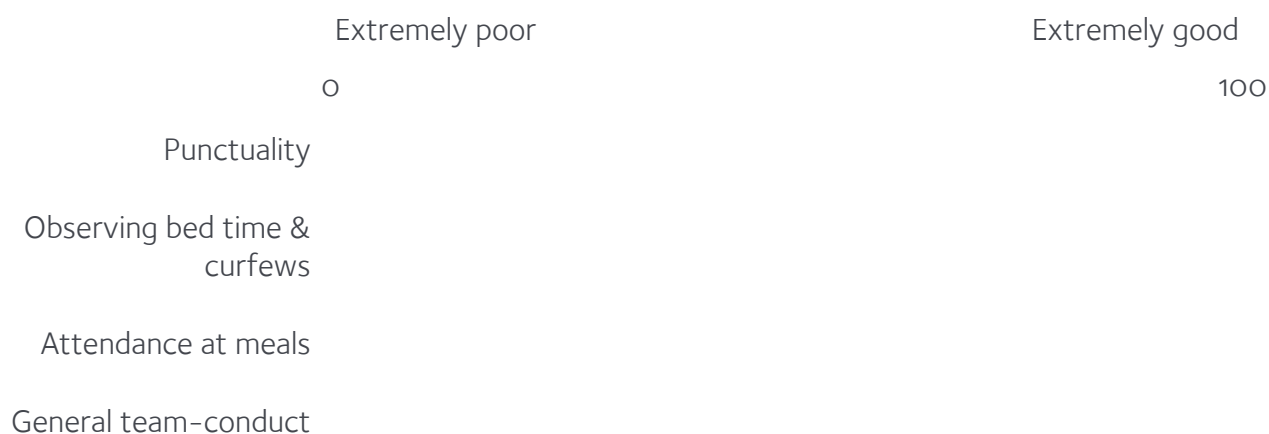


Joint-Action BASELINE

How do you feel about the following components of team coordination on the field over the past month?



How do you feel about the team's commitment to discipline over the past month?



During the past month, to what extent have you felt that others can rely on you to perform your role on the field (for example, in key moments of competition or training)?



During the past month, to what extent have you felt that you can rely on others to perform their role on the field (for example, in key moments of competition or training)?



Team Click BASELINE

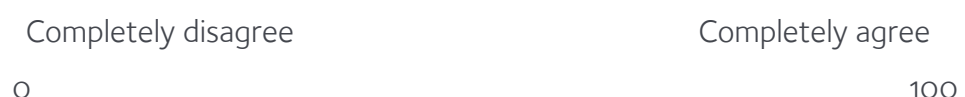
In the past month, how strong has the unspoken understanding been between team members?



How is the general atmosphere in the team in the past month?

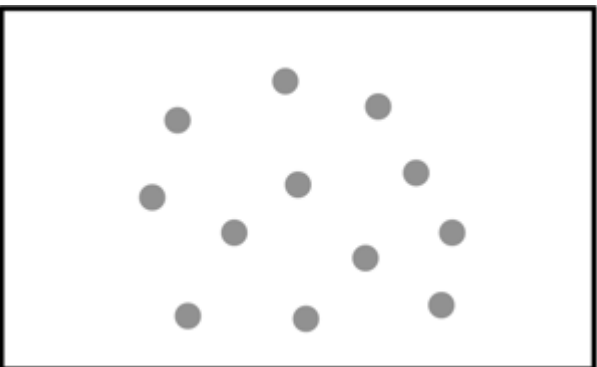
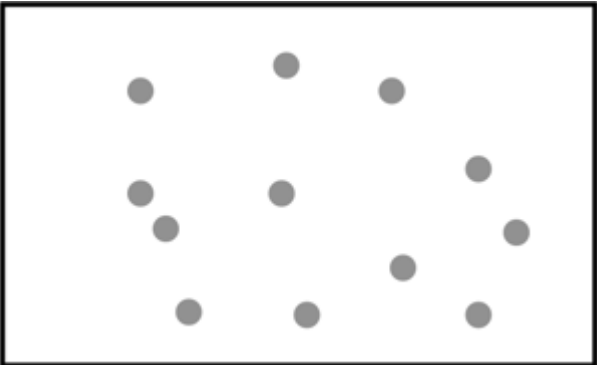
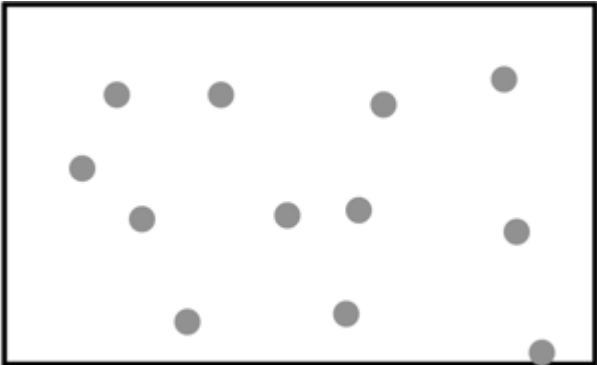
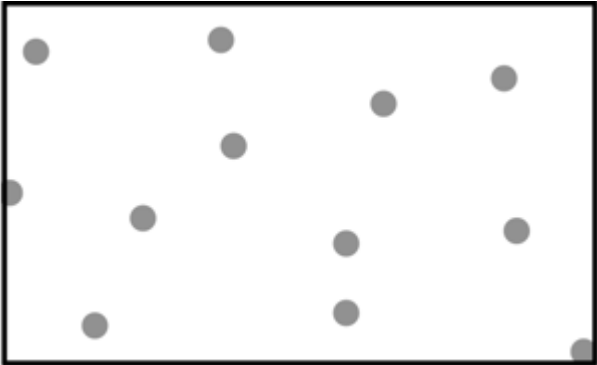


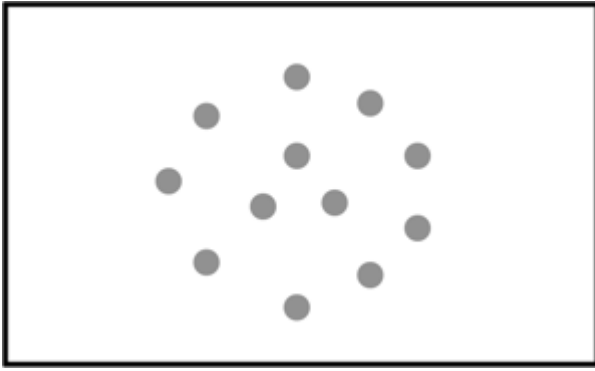
When coordinating with others on the field in the past month, do you feel that your individual ability is extended by the ability of your team mates?



My abilities are
extended by my team
mates

Below is a series of images that represents the coordination of a team. Please select the image that corresponds to how you felt the team coordinated over the past month:





Bonding BASELINE

How emotionally supportive has the team felt in the past month?

Extremely weak

Extremely strong

O

100

Feeling of emotional Support

In the past month, how strong is the feeling that everyone is working towards a shared goal?

Extremely weak

Extremely strong

O

100

Feeling of a shared
Goal

Answer the following questions about you and your team

1 completely disagree

2

3

4

5 completely agree

1. I am one with my team.

O



○

O

O

1 completely disagree

2

3

4

5 completely agree

2. I feel immersed in my team.

O

○

O

O

O

1 completely disagree

2

3

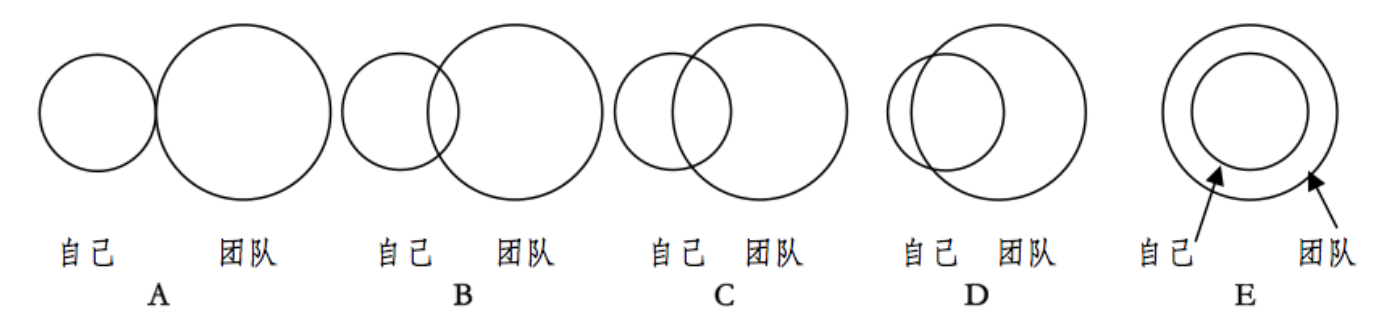
4

5 completely agree

	1 completely disagree	2	3	4	5 completely agree
3. I have a deep emotional bond with my team.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. My team is me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I'll do for my team more than any other group members would do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I am strong because of my team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I make my team strong	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. When someone criticises my team, it feels like a personal insult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I am very interested in what members of other teams think of my team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. When I talk about my team, I usually say "we" rather than "they."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. When someone praises my team, it feels like a personal compliment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

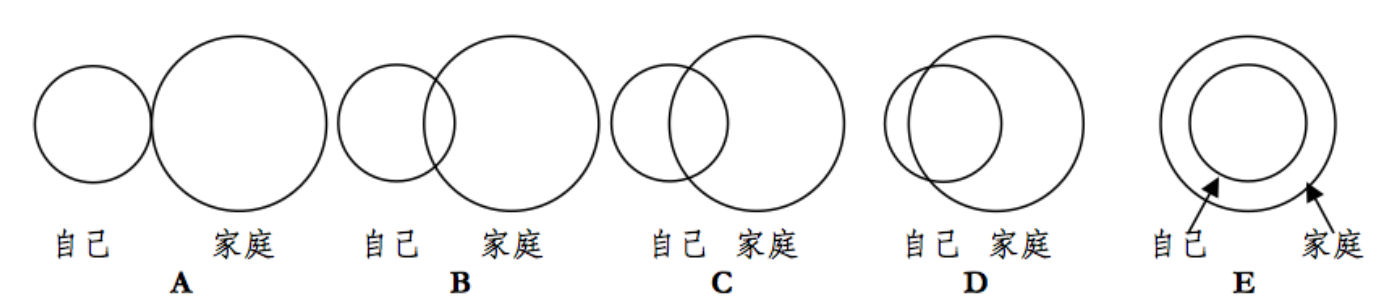
	1 completely disagree	2	3	4	5 completely agree
12. If a story in the media criticised my team, I would feel embarrassed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. My team's successes are my successes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Below are five images that represent different ways people represent their relationship to their team:



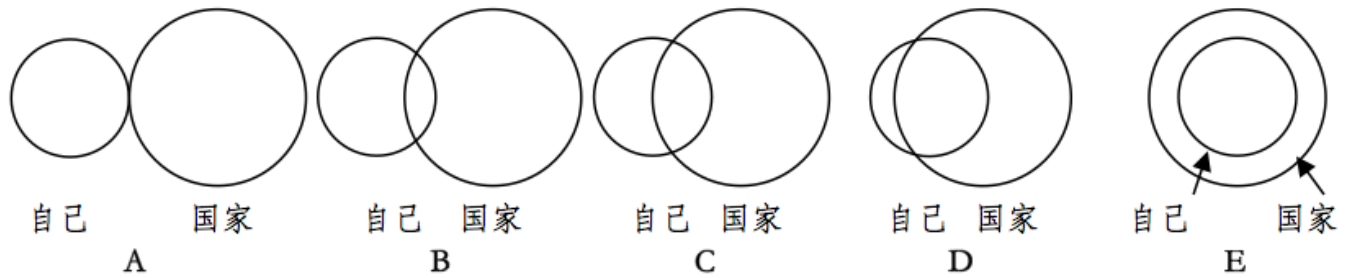
Which image best represents your relationship with the team?

Below are five images that represent different ways people conceive of their relationship to their family:



Which image best represents your relationship to your family?

Below are five images that represent different ways people conceive of their relationship to their country:



Which image best represents your relationship to your country?

Thinking about these relationships, please rank them below in order of which you feel most connected to. 1 for most connected, 3 for least connected.

Country

Family

Team

TIPI

Here are a number of personality traits that may or may not apply to you. Please write a number next to each statement to indicate the extent to which you agree or disagree with that statement. You should rate the extent to which the pair of traits applies to you, even if one characteristic applies more strongly than the other.

I see myself as:

	Disagree strongly	Disagree moderately	Disagree a little	Neither agree nor disagree	Agree a little	Agree moderately	Agree strongly
Extraverted, enthusiastic.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Critical, quarrelsome	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dependable, self- disciplined	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxious, easily upset	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Open to new experiences, complex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reserved, quiet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sympathetic, warm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Disorganized, careless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Calm, emotionally stable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Conventional, uncreative	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Athlete Information BASELINE

What is your name?

What is your date of birth?

Month

Day

Year

How many years have you been a member of this team (to the nearest year)?

Team

Playing Position

What is your rugby training age? (How many years have you been playing rugby, to the nearest year?)

What is your athlete status?

- First level 健将
- First Level athlete 一级运动员
- Second level athlete 二级运动员

What is your status in your team?

- 正式
- 协议
- 试训
- 二级班
- 集训
- Other

Are you in the starting team or a reserve?

- Starting Team
- Reserve

What is your injury status?



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