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COVID-19-related questions

Please answer the following questions with “Yes” or “No.”

Q4: Have you taken a test (e.g., PCR test) for COVID-19?

Q5: Have you been confirmed as infected with COVID-19 based on a test (e.g., PCR test)?

Q6: Has anyone in your family been infected with COVID-19?

Only students who are members of an athletic team should answer the following questions.

Past Selection History

Q11: Please indicate your past selection history. 0 National team of Japan, 1

Representative of the Kanto region, 2 Prefectural representative, 3 City representative, 4

No representation history

Past Tournament Participation Level

Q12: Please select your highest achievement in tournaments you have participated in. 0

International tournament, 1 National tournament, 2 Kanto regional tournament, 3

Prefectural tournament, 4 District tournament

Resilience Scale for Japanese High School Students

Please select the number (1–7) that best represents your response for each question:

1. Not at all true, 2. Mostly not true, 3. Somewhat not true, 4. Neither agree nor disagree, 5. Somewhat true, 6. Mostly true, 7. Completely true.

- 1) When faced with difficulties, I can usually find a way out.
- 2) Most of the time, I deal with things calmly.
- 3) I am decisive.
- 4) My belief in myself gets me through tough times.
- 5) I feel able to handle many things at once.
- 6) I can usually manage to succeed one way or another.
- 7) I am at peace with myself.
- 8) Having faced difficulties before, I believe I can overcome future challenges.
- 9) When needed, people often rely on me.
- 10) I am proud of what I have accomplished in life.
- 11) I can control my emotions and desires.
- 12) I can usually find something to laugh about.
- 13) There are teachers at school who worry if I am absent.
- 14) There are teachers at school who believe in my potential to succeed.
- 15) There are teachers at school who always look out for me.
- 16) Outside of school and home, there is an adult I can trust.
- 17) Outside of school and home, there is an adult who consistently cares about me.
- 18) Outside of school and home, there is an adult who believes I will succeed.
- 19) I enjoy spending time and doing fun activities with my family.
- 20) My family and I make decisions together.
- 21) My family discusses any concerns or problems I have.
- 22) I have friends who always care about me.
- 23) I have friends I can talk to about my problems.
- 24) My friends aim to do what is right.

Note. This questionnaire was translated by the authors of this paper.

Ref. Nobunari A, Masaru U. Reliability and validity of the resilience scale for Japanese high school students. *Bull Inst Health Sport Sci.* 2012;35:67–72.