

## ESM 1. Questionnaire Study 1: Athlete Sample

### Welcome!

Thank you very much for your participation in this questionnaire. We, a research group of the University of Konstanz, are interested in the optimization of endurance performance by psychological self-regulation strategies through psychological self-regulation strategies. This project is supervised by Dr. Wanja Wolff (Department of Sports Science) and Dr. Maik Bieleke (Department of Psychology) and is being carried out by Anna Hirsch as part of her doctoral thesis at the University of Konstanz. The processing of the questionnaire will take about 20 minutes. Thank you very much!

### First, we would ask you to generate your individual code. Note down for this purpose in each case:

The last letter of your first name (e.g., Max → X)

▼ A ... Z

The second number of your birthday (e.g., 17.06.2004 → 7)

▼ 0 ... 9

The first letter of your mother's first name (e.g., Lisa → L).

▼ A ... Z

The second number of your birth month (e.g., 17.06.2004 → 6)

▼ 0 ... 9

### Information about your participation

#### Questionnaire processing

Maybe the answer options to the questions asked are not sufficient or you would like to add something. Therefore, you have the possibility to leave a comment in a text field. This is optional and you can also directly edit the next question without a comment.

#### Gender declaration

For better readability, personal terms that refer to both men and women in this questionnaire are generally and men at the same time, are only used in the masculine form, as is customary in German e.g., "athletes" instead of "athletes" or "athletes and athletes". However, this does in no way reflect gender discrimination or a violation of the principle of equality.

#### Further processing of the collected data

We store the information collected in the study in anonymized form. Scientific work on improving athletic performance is published based on the data collected. It is not possible to draw any conclusions about your person based on the publications. The data is stored without your name and contact details on computers that are connected to the Internet. Legal access to the data from outside is not possible.

#### Rights

Your participation in the study is voluntary. You can terminate the study at any time, without giving reasons and without incurring any legal disadvantage.

**Privacy**

All information that allows conclusions to be drawn about your person will be treated completely confidentially by the employees of the project, i.e., it will not be passed on to third parties outside the project. Only authorized employees of the research project have access to the collected data

**Contact**

If you have any questions regarding the questionnaire, if any ambiguities arise regarding your participation, or if you would like to report a research-related problem, you may contact the project manager Anna Hirsch by e-mail ([Anna.Hirsch@uni-konstanz.de](mailto:Anna.Hirsch@uni-konstanz.de)), or by mail (University of Konstanz, Sport Psychology, 78457 Konstanz, Germany).

## Athletes Survey

Please answer a few questions about yourself:

1. How old are you?

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2. What is your gender?

- female
- male
- other
- prefer not to say

3. For how many years have you been practicing cycling?

▼ < 1 ... > 30

4. Why did you start practicing cycling?

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5. How many years have you been cycling in competitions?

▼ < 1 ... > 30

6. How many competitions (licensed races) have you participated in in the last 6 months?

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7. If participated: What was your wattage of the last step in your last BDR step test?

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**8. Which form of cycling have you been doing competitions in? (several answers possible)**

- Road
- Track
- MTB
- Trial
- MTBO
- Cyclo-cross

**9. Which form of cycling is your current competitive discipline? Please commit yourself to one discipline.**

- Road
- Track
- MTB
- Trial
- MTBO
- Cyclo-cross

**10. How many hours per week do you specifically practice cycling?**

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**11. What is your level of cycling?**

- Elite (WT, KPT, KT)
- Elite (Elite amateur, amateur)
- Elite G/S Women and Elite Women
- Juniors (Man) U19
- Juniors (Woman) 19
- Other (please specify in the next field)

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**12. What competition are you currently preparing for?**

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**13. Do you do any other sports?**

No

Yes, namely: \_\_\_\_\_

**14.** How many hours per week do you practice all in all? (cycling and others)

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Thank you for having completed the questions about your person.

In the following section, we would like to figure out how one can deal even more successfully with one's inner obstacles in cycling. This might be about identifying central inner obstacles a successful dealing is still difficult with. Beyond that, you can think about strategies that you already use successfully to master the obstacles you are confronted with in professional cycling.

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In the following please think of a typical course of your competitions.

**What are the issues you mentally struggle with the most?**

In professional cycling, there are a number of factors you cannot control (like technical defects, weather conditions, the track, or the behavior of other cyclists). Here, we are interested in controllable behavior or actions, that you can use to transform a race into a race that you perceive to be successful (like resisting the temptation to bury your head in the sand). Inner obstacles are something that you can overcome by yourself.

**1. Please describe your central inner obstacles in a typical competition.**

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**2. How do you typically deal with these inner obstacles?**

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**3. To what extent is your strategy mentioned above helpful for you to overcome your inner obstacles?**

- Not at all
- Somewhat
- Partly
- Rather
- Very much

**4. Even if you have already found a successful way to deal with your inner obstacles, there is always the possibility to boost one's performance. How could you deal even better with the inner obstacles mentioned above?**

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Thank you for your answers concerning your inner obstacles.

In the following section we are going to ask you about the strategies you use - for example - to prepare for competitive situations.

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Please imagine you are supposed to participate in a step test on the ergometer.

**1. What strategies to overcome inner obstacles do you use?**

**Please write down at least one strategy. You can specify up to 5 strategies.**

Strategy 1:

Strategy 2:

(...)

**2. How often do you use the respective strategy?**

	never	rarely	sometimes	often	always
Strategy 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strategy 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**3. To what extent is the respective strategy helpful for you to overcome inner obstacles?**

	not at all	somewhat	partly	rather	very much
Strategy 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strategy 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Thank you for your answers concerning the strategies you use.

In the following section, there will be some more questions about you. We are going to ask you to rate different statements.

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### **CfS-CS-D (III)**

**Please answer the following statements in the way that most applies to you.** Answer spontaneously and do not think too long. There are no right or wrong answers.

*(Answers given on a five-point Likert scale from “does not apply” to “applies completely”)*

1. I can resist temptations.
2. I waste a lot of time before I get things done.
3. For me, it is hard to resist my cravings.
4. I put off things that I find unpleasant for as long as possible.
5. I can keep on doing things where others would already stop.
6. I can deny myself something I desire but do not need.
7. I waste time on unimportant things instead of working on things that matter.
8. When I set out to do something hard, I see it through to the end.
9. My bad habits are problematic for me.
10. Even though I have a lot to do, I find it hard to tackle these things.
11. When I set out to improve at something, there is little that can stop me.
12. If I want something that is bad for me, I do it anyway.
13. Even when there is a lot to do, it is easy for me to tackle things right away.
14. It is hard for me to continue doing something I do not want to do.
15. I can control how I respond to stimuli.
16. I tackle new projects right away.
17. When a task challenges me, it is easy for me to stick with it and keep going.
18. If I want to do something I should not do, I will not do it.
19. I do nothing, although there is much to do.
20. I find it easy to maintain good behavior.

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### **SBPS**

**Please answer the following statements in the way that most applies to you.** Answer spontaneously and do not think too long. There are no right or wrong answers.

*(Answers given on a seven-point Likert scale from “do not agree at all” to “fully agree”)*

1. I am often faced with unfinished business and don't know what to do.
2. I find it difficult to entertain myself.
3. Many of the things I have to do are repetitive and monotonous.
4. It takes more stimulation to get me going than it does for most other people.
5. Most of the things I do do not motivate me.
6. In most situations, I have a hard time finding something to do or see, to keep my interest.



7. **A lot of the time I just sit around and do nothing.**
8. **I feel half dead and dull unless I'm doing something exciting or even dangerous.**

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### **Planning Propensity**

The next statements relate to how you approach important and difficult goals. Think about goals that are important to you and that you would like to achieve. However, the goals should not be so easy to achieve and challenge you. When you have such goals in mind, read through each statement and decide how it applies to you personally.

*(Answers given on a seven-point Likert scale from “does not apply at all” to “applies completely”)*

1. **I think about when and where decisive moments for achieving my goals might occur.**
2. **I think about opportunities and possibilities that I could take advantage of.**
3. **I imagine what obstacles might occur.**
4. **I deal with what setbacks are to be expected.**
5. **I plan how best to achieve my goals.**
6. **I plan the specific actions that I will take to achieve my goal.**
7. **I plan how to protect myself from distractions.**
8. **I plan how to deal with difficulties.**

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If you have any suggestions or comments regarding the questionnaire, please feel free to share them.

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*Please note that this questionnaire has been adapted from the original Qualtrics version for publication and has been translated from the original language. The formatting therefore differs from the original.*