

Supplement Table S1. Assessed demographics, sports- and injury-related information and used questionnaires.

Demographic data	<ul style="list-style-type: none"> • Sex • Age • Graduation level • Occupation • Study course • Semesters of study
Sports-related data	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Current injury status • <i>Description of injury</i> • Frequency within the last 12 months • <i>Setting of current or past injury</i> • <i>Date of current or past injury</i> • <i>Cause of current or past injury</i> • Severity of current or past injury • Medical treatment of current or past injury • <i>Drug treatment of current or past injury</i> • Rehabilitation measures of current or past injury • <i>Achievement of pre-injury performance level (only past injuries)</i> • <i>Recovery time (only past injuries)</i> • <i>Consequences of current or past injury</i> • Chronicity
Psychosocial data	<ul style="list-style-type: none"> • Life Events (SRRS) • Perceived Stress (PSQ) • <i>Depression and Anxiety (STADI)</i> • <i>Worry (PSWQ)</i> • <i>Mental Health (GHQ)</i> • <i>Fatigue (FAS)</i> • Competition anxiety (WAI-T) • Locus of Control (IE-4) • <i>Rumination (PTQ)</i> • Mindfulness (MAAS) • Social Support (FSoz-KU14) • <i>Burnout (ABQ-D)</i> • <i>Sports-related rumination (SCRS)</i> • 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.