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The Development of an Inventory to Assess Peer Athlete Mentoring Functions

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Using a multi-phase approach, the purpose of the present study was to develop a psychometrically sound questionnaire to measure peer athlete mentoring functions. In phase 1 the experiences of 14 elite peer mentored athletes were explored through individual interviews. Based on the results of phase 1, phase 2 consisted of item development and assessment of content validity evidence with six elite athletes and six expert judges. In phase 3 Canadian National team and varsity athletes who were peer mentored completed an initial 42-item version of the Athlete Mentoring Questionnaire (AMQ) and its factor structure was examined using confirmatory factor analysis (CFA), exploratory structural equation modeling (ESEM), and hierarchical ESEM (ESEM-within-CFA) approaches. Measurement invariance testing was also performed in phase 3. The final version of the AMQ contains 34 items measuring six mentoring functions: mental guidance, coach relations, task instruction, career assistance, role modeling, and friendship. The development of the AMQ provides researchers and practitioners with a viable sport-specific measurement tool to assess peer athlete mentoring functions. It is hoped that the development of the AMQ will spur research in the emerging area of peer athlete mentoring.