

University of Groningen

## Validation of the Dutch Acute Recovery and Stress Scale and the Short Recovery and Stress Scale

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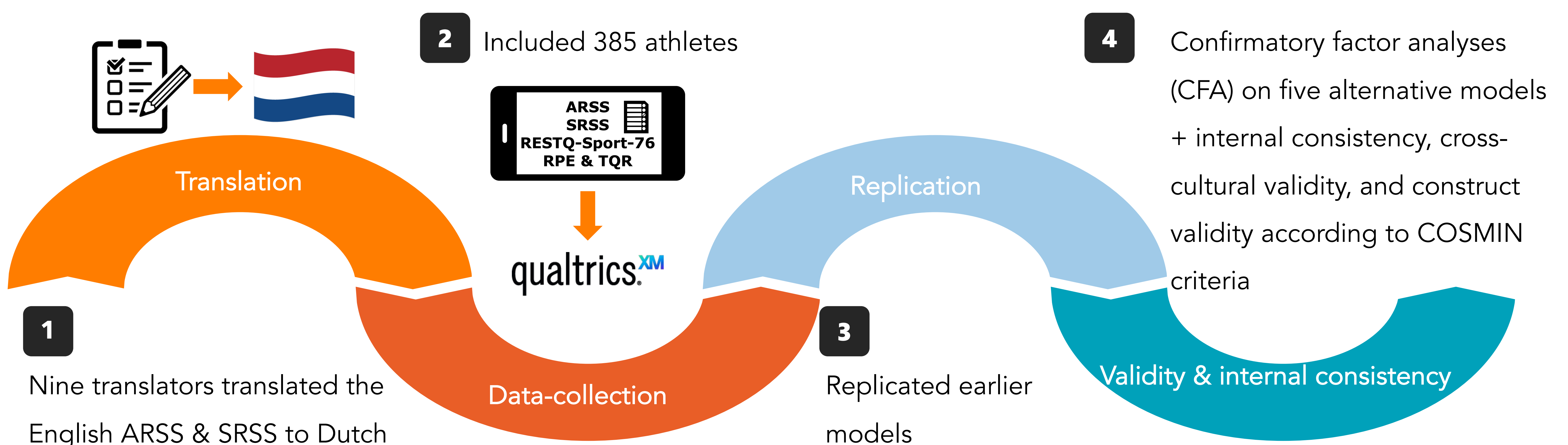
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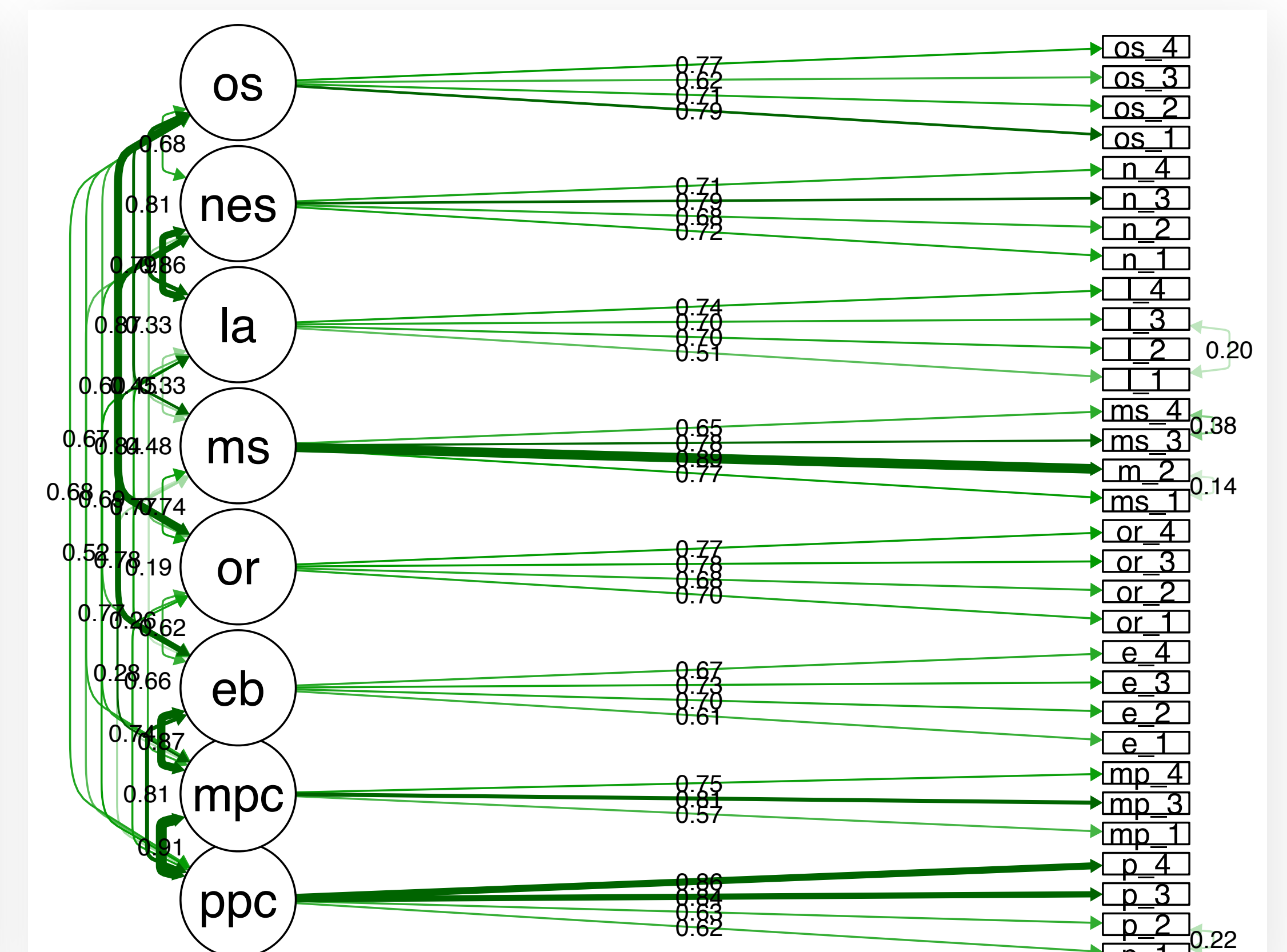
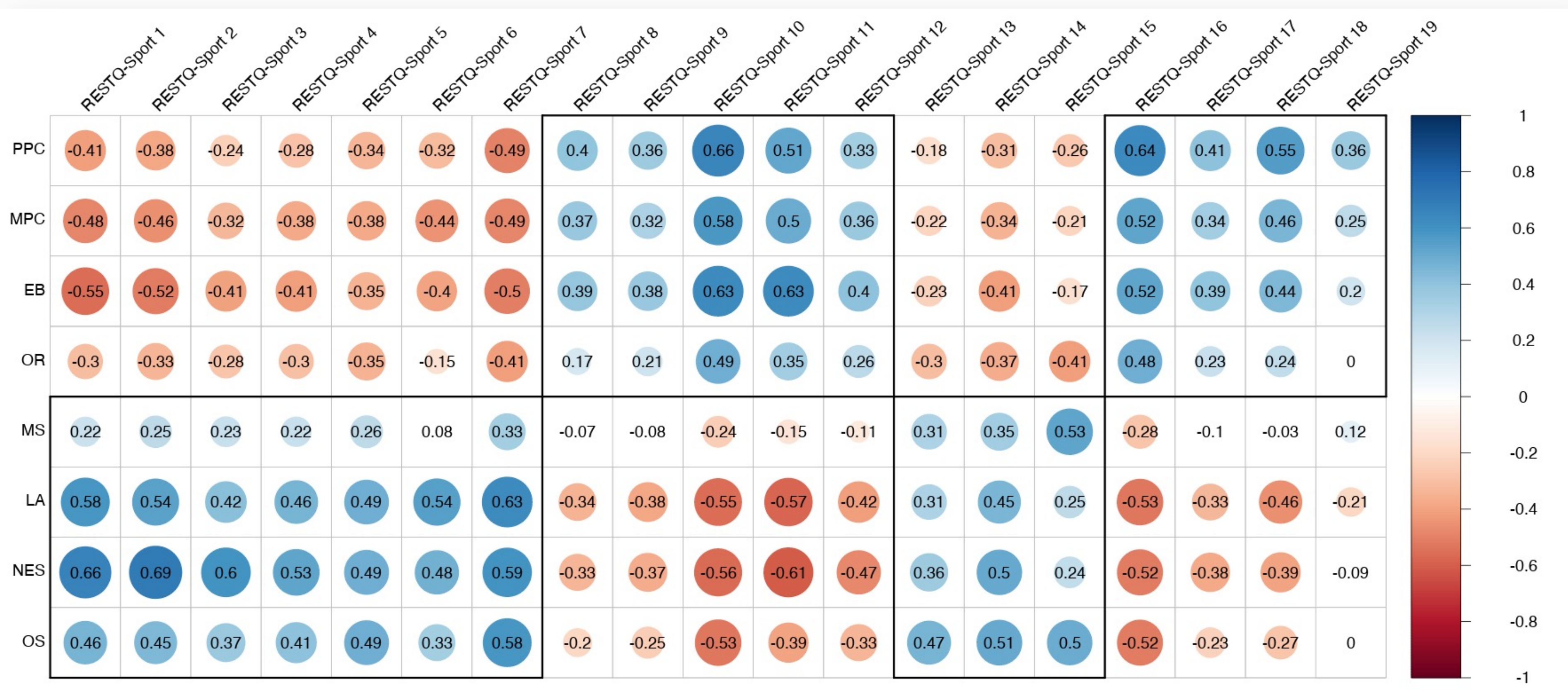
# Monitoring the recovery-stress states of athletes: Psychometric properties of the Acute Recovery and Stress Scale and Short Recovery and Stress Scale among Dutch and Flemish Athletes

Background: The Acute Recovery and Stress Scale (ARSS) and the Short Recovery and Stress Scale (SRSS) are frequently used to monitor recovery and stress in athletes. However, currently only German and English variations exist that imply that recovery and stress are independent and unrelated constructs. Our aim was to replicate and extend previous psychometric assessments by incorporating recovery and stress dimensions into one model in Dutch and Flemish athletes.

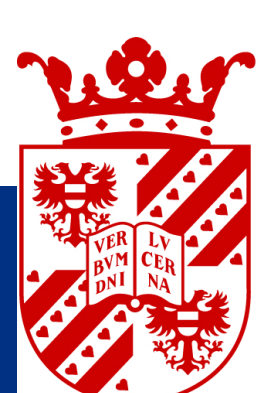
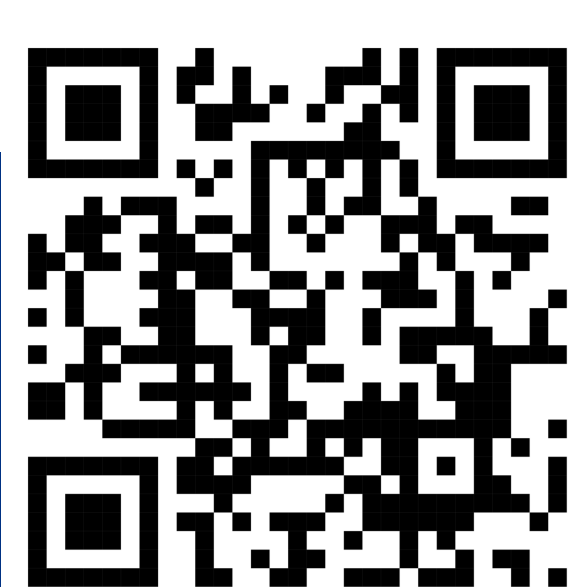


**Result 1:** The ARSS & SRSS scales correlate with corresponding scales of the RESTQ-Sport-76 (& the TQR).

**Result 2:** The structure of the ARSS & SRSS could be improved (RMSEA = .07, CFI = .90, TLI = .88, SRMR = .07)



**Conclusion:** We found valuable evidence that the Dutch translations of the ARSS and SRSS show sufficient construct and convergent validity, and are both correlated with total quality of recovery. In addition, recovery and stress could be considered as intertwined constructs which is in line with the theorized model. However, the model fit is less than ideal.



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