

Psychological Readiness of injured Athlete to return to Sport (PRIA-RS)-Questionnaire

For each question, please indicate the answer that comes closest to your personal assessment or your current state of mind.

1. How do you evaluate the progression you have experienced during the rehabilitation/sport functional recovery period since your injury?	very bad	bad	neither good nor bad	good	very good
2. How is your mood?	very bad	bad	neither good nor bad	good	very good
3. What is your physical state in view of a potential return to the team?	very bad	bad	neither good nor bad	good	very good
4. How do you evaluate the functional status of your damaged area?	very bad	bad	neither good nor bad	good	very good
5. Do you feel any discomfort or limitations that prevent you from training as normal?	yes	—	don't know	—	no
6. Are you feeling nervous about returning to regular training with the team?	yes	—	don't know	—	no
7. How secure do you feel when performing physical actions or movements in the injured area?	very bad	bad	neither good nor bad	good	very good
8. Give an estimated percentage of how likely you are to experience a recurrence of the injury soon.	80–100%	60–80%	40–60%	20–40%	0–20%
9. What level of pressure do you feel in your surroundings to return to training with the team?	excessive	high	normal	low	none
10. How would you evaluate your overall condition in view of a potential return to full training?	very bad	bad	neither good nor bad	good	very good

Total score: