Supplementary Table S1. RESTQ factors (general and specific).

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NON-SPECIFIC SPORT FACTORS													
General Stress (α= 0.94)													
GS		ES		SS		C/P		F		LE		PC	
item	λ	item	λ	item	λ	item	λ	item	λ	item	λ	item	λ
GS1	0.69	ES1	0.62	SS1	0.67	CP1	0.55	F1	0.52	LE1	0.52	PC1	0.57
GS2	0.64	ES2	0.66	SS2	0.72	CP2	0.62	F2	0.55	LE2	0.57	PC2	0.58
GS3	0.71	ES3	0.64	SS3	0.63	CP3	0.54	F3	0.61	LE3	0.59	PC3	0.63
GS4	0.73	ES4	0.67	SS4	0.55	CP4	0.65	F4	0.64	LE4	0.51	PC4	0.65
General Recovery (α=0.87)													
S		SR				PR				GWB			
item	λ	item	λ			item		λ		item		λ	
S1	0.46	SR1	0.54			PR1		0.33		GWB 1		0.47	
S2	0.53	SR2	0.54			PR2		0.60		GWB 2		0.69	
S3	0.60	SR3	0.54			PR 3		0.63		GWB 3		0.69	
S4	0.67	SR4	0.68			PR4		0.71		GWB 4		0.69	
SPECIFIC SPORT FACTORS													
Sport Stress (α= 0.78)						**Sport Specific Recovery** (α=0.90)							
DB		EE		I		BS		PA		SE		Self-R	
item	λ	item	λ	item	λ	item	λ	item	λ	item	λ	item	λ
DB1	0.67	EE1	0.68	I1	0.47	BS1	0.25	PA1	0.66	SE1	0.72	SR1	0.70
DB2	0.67	EE2	0.66	I2	0.46	BS2	0.74	PA2	0.61	SE2	0.71	SR2	0.63
DB3	0.65	EE3	0.56	I3	0.47	BS3	0.68	PA3	0.50	SE3	0.76	SR3	0.49
DB4	0.64	EE4	0.52	I4	0.44	BS4	0.72	PA4	0.53	SE4	0.80	SR4	0.66

λ: standard loading; GS: general Stress; ES: emotional Stress; SS: social Stress; C/P: conflicts/pressure; F: fatigue; LE: lack of energy; PC: physical complaints; S: success; SR: social recovery; PR: physical recovery; GWB: general well-being; DB: disturbed breaks; EE: emotional exhaustion; I: injury (I), BS: being in shape; PA: personal accomplishment; SE: self-efficacy; SR: self-regulation.