Validity

Construct validity has been studied with respect to the intercorrelations of scales, the factorial structure, and the stability of the intercorrelations across different samples. The recovery-stress state could be validated against psychological measures such as mood state, classical criteria such as performance, and biological state indicators.

Norms

Reference values and expert ratings in English and German are available for some versions.
Recovery-Stress Questionnaires

The RESTQ identifies the current recovery-stress states and provides a complete picture of the actual extent of stress and recovery. The questionnaire is based on the hypothesis that an accumulation of stress in different areas of life, with insufficient opportunity for recovery, leads to a critical psychophysiological state.

The Instrument

The RESTQ was developed to measure the frequency of current stress symptoms along with the frequency of recovery-associated activities. Through the simultaneous assessment of stress and recovery, a differentiated picture of the current recovery-stress state can be provided.

Five forms of the RESTQ are available. A general version (RESTQ-Basic) with seven stress scales and five recovery scales is the foundation for the specific versions for athletes (RESTQ-Sport), for coaches (RESTQ-Coach), for adolescents (RESTQ-CA), and for the work context (RESTQ-Work). All versions contain scales measuring specific aspects of stress and recovery in their field. The modular structure is the unique feature of the RESTQ. Each version has its specific time frame of three or seven days/ nights. A Likert-type scale is used with values ranging from 0 (never) to 6 (always) indicating how often the respondent participated in various activities or experienced relevant states.

The profile of the RESTQ scales provides valuable information immediately on areas where improvement is needed. The questionnaire is useful for research on stress and recovery and ideal for applied settings.

While the manual is provided in English, English and German speaking samples have been used to provide data of psychometrics. The German questionnaires are available as print version; the English versions are available as digital version on request.

Reliability

Cronbach’s Alpha coefficients show good to satisfactory estimations of the accuracy of measurement. Test-retest coefficients are stable concerning short-term fluctuations and decline over longer time periods corresponding with the measurement intent.

Facts

K. W. Kallus, M. Kellmann (Eds.), 2016

Age range: 10 to 88 years (depends on version)

Implementation: individual and group

Duration: 5 - 15 minutes (depends on version)

Assessment of the current recovery-stress state

Characteristics and Advantages

- precise subjective appraisal of events in the assessment and an accurate focus on the frequency of behavior
- differentiated picture of the current recovery-stress state based on nonspecific and additional field related specific scales
- modular structure
- easy use of test material