

Survey - Knowledge of female athlete triad and the triad risk factors among female athletes

Frequently Ask Questions about the survey and the scale of the survey.

How to calculate the level of knowledge among the respondents from the total score?

The scale combines knowledge and confidence. The total points of the survey range between +35 and -35. Each question has a score range between +1 and -1. One point is the right answer and high confidence and minus one is the wrong answer and high confidence. The score of the questions is reduced when the coach has lower confidence in their answer (Confidence 4 = 1 point, Confidence 3 = 0.75 points, Confidence 2 = 0.5 points, and Confidence 1 = 0.25 points).

Example:

- If the answer is correct with the highest confidence (4) it is scored as 1.
- If the answer is incorrect with the highest confidence, it is scored as -1.
- If the answer is correct with the lowest confidence (1), it is scored as 0,25.
- If the answer is incorrect with the lowest confidence (1) it is scored as -0,25.
- If the answer is "I don't know", it is scored as zero

Note (1): It is also possible to use a knowledge scale without considering the confidence or considering apart from the confidence.

Note (2): For questions 15 and 16, each possible sub-answer is considered individually (0.25 or -0.25). Divide the number of possible answers by the point of the question. Later add the individual values to know the points of each question (4 to -4 for questions 15 and 2 to -2 for question 16).

How to calculate the level of knowledge among the respondents from the total score?

The percentage is calculated using the limits -35 to 35 of the score (Range of 70 points). A score of 0 will have a percentage of 50%, a score of -35 will have 0% and a score of 35 will be 100%.

Is there any range of scores to indicate the level of knowledge (high or low) among the respondents?

We do not have still enough data to establish an evaluation of the knowledge (high or low). This requires collecting data from more subjects in order to establish reference values. You can find more information about the values that we found in NCAA colleges of female athletes in the following articles:

Frideres, J. E., Mottinger, S. G., & Palao, J. M. (2016). Collegiate coaches' knowledge of the female athlete triad in relation to their characteristics. Central European Journal of Sport Sciences and Medicine, 14(4), 55-66. [[PDF](#)]

Frideres, J. E., Mottinger, S. G., & Palao, J. M. (2016). Collegiate coaches' knowledge of the female athlete triad in relation to sport type. Journal of Sports Medicine and Physical Fitness, 56(3), 287-94 [[Abstract](#)].

Note: If you have any question or you are interested in the instrument, you contact us through the following email [jefrideres@gmail.com]