

ANTECEDENTS AND CONSEQUENCES OF BURNOUT IN ATHLETES: PERCEIVED STRESS AND DEPRESSION

01 OBJECTIVE

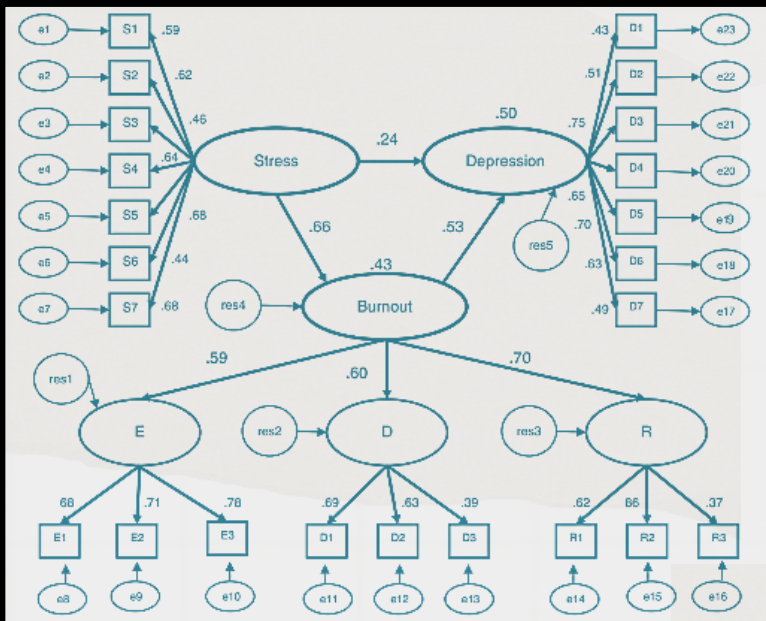
The aim of this study was to investigate the **relationship among perceived stress, burnout and depression** in a sample of athletes. It was hypothesized that stress is an antecedent of burnout and depression a possible consequence of both, stress and burnout.

02 METHOD

A sample of 453 athletes responded to Spanish versions of **Depression Anxiety Stress Scales (DASS)** and **Athlete Burnout Questionnaire (ABQ)**. Data analysis was conducted under the approach of **structural equation modelling (SEM)**.

RESULTS

03



04 CONCLUSION

This study provides evidence of the relationship among these variables in an only model where **stress accounted for 43% of the variance of burnout**, and jointly **stress and burnout for 50% of the variance of depression**.

[More information](#)