

Korrekturfahne qnr2 (afhessen) 16.01.2025, 11:33

<https://www.soscisurvey.de/afhessen/?s2preview=cC7v524Jxx7v3TX7...>

afhessen → qnr2

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Seite 01

AF40

Questionnaire on analgesics use among American Football Players in Hesse

Dear Sir or Madam,

Dear active players and friends of American Football,

I discovered my passion for American Football as a player in 2021. I am currently studying Human Medicine in my 9th semester at the Fulda campus of Philipps University Marburg. As part of my doctoral thesis, I am conducting a study on the use of painkillers among American Football players in Hesse. To assess the current state of painkiller use in this sport, I have created a questionnaire. The goal of the study is to derive measures for health prevention in American Football. This can only succeed with your support. Therefore, I kindly ask for your participation.

This online survey is aimed at the following athletes:

- All American Football players over 18 years old in Hesse
- Active participants in games and training during the 2024 season

To achieve representative and meaningful results, the responses of each individual player are of great importance. There are no right or wrong answers.

- Participation in the survey is voluntary.
- Completing the questionnaire takes approximately 10 minutes. NOTE: The questionnaire must be completed in one session.
- All information is collected anonymously in compliance with data protection regulations and will be treated confidentially.
- Results will be presented in aggregated statistical form, ensuring no conclusions can be drawn about individuals or clubs.
- The findings will be used exclusively for research and within the framework of the dissertation.

The online survey will be open from October 21, 2024, to January 19, 2025.

For any questions, I am always available via email: wienecka@students.uni-marburg.de.

Thank you in advance for your participation in this survey.

Sincerely,

Annika Wienecke

In this and subsequent texts, gender-inclusive language is used with colons (:). This aims to enhance the visibility of individuals beyond binary genders while improving readability and accessibility, for example, for screen readers.

Seite 02

AF41

1. Did you play American Football in Hesse during the 2024 season?

- ☐ Yes
- ☐ No

A. Demographics

AF06

Please enter the following personal details

2. Please enter your year of birth (e.g., 1994 or 2001)

AF01

3. Please enter your gender.

AF02

- ☐ M
- ☐ W
- ☐ D

4. Please indicate your league affiliation in the 2024 season.

AF03

Bitte auswählen

5. Please enter your main position (please enter only one).

AF04

Bitte auswählen

6. Please indicate how many years you have been actively playing American football.

AF05

Please round to whole years

Years

B. Sport activity

AF07

Please complete the following questions about your sporting activities in American football and beyond

7. How often did you train with the following contact levels during the 2024 season?

AF08

	Never	Rarely	Sometimes	Often	Always
No Contact	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Two Hand Touch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wrap Up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Full Contact	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. How many minutes a week do you train in American football?

AF09

min

9. Do you regularly practise other sports in addition to American Football?

AF10

- ☐ Yes
- ☐ No

10. What other sport do you play?

AF11

Multiple Answers possible

11. How many minutes per week do you train in these other sports in total?

AF12

min

C. Health

AF13

Please fill in the following information about your health and medication history

12. Do you take medication regularly?

AF14

- ☐ Yes
- ☐ No

13. What medication do you take regularly?

AF15

Multiple answers possible

14. How often and in what dosage do you take them?

AF16

Medication		Dose		Frequency	
Medication		Dose		Frequency	
Medication		Dose		Frequency	

15. Were these prescribed or recommended by a doctor?

AF17

- ☐ Yes
- ☐ No

16. Do you suffer from a chronic illness that requires you to take painkillers regularly?

AF18

If „YES“ is selected at this point, participants will be automatically redirected to the screenout.

- ☐ Yes
- ☐ No

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D. Medical care

AF19

Please fill in the following information about the medical care of your American football team and how you deal with injuries and pain

17. Is there medical support for your team on match days?

AF20

- ☐ Yes
☐ No

18. What qualification does the medical team on match days have?

AF21

- ☐ Physiotherapist
☐ Physician
☐ First aider
☐ Paramedic
☐ Nurse
☐ Other
☐ None

19. Who makes the „return to field“ decision after an injury during the match?

AF22

- ☐ Physiotherapist
☐ Physician
☐ Coach
☐ Supervisor
☐ Myself
☐ Other

20. Who makes the „return to training“ decision after a prolonged Injury during the season?

AF23

- ☐ Physiotherapist
☐ Physician
☐ Coach
☐ Supervisor
☐ Myself
☐ Other

AF24

21. How often do you experience pain that affects your ability to play American Football?

Never

Rarely

Sometimes

Often

Always

22. Where is the pain mainly localised?

AF25

If you have suffered from various pains in the last season, please decide on the following questions for the most important problem from your point of view

A filter has been added here so that only the selected options are queried later.

- ☐ Head
- ☐ Neck
- ☐ Shoulders
- ☐ Upper arms
- ☐ Elbows
- ☐ Forearms
- ☐ Hands
- ☐ Fingers
- ☐ Chest
- ☐ Back
- ☐ Stomach
- ☐ Hips
- ☐ Buttocks
- ☐ Thighs
- ☐ Knees
- ☐ Lower legs
- ☐ Ankles
- ☐ Feet
- ☐ Toes
- ☐ Period Pain

23. How severe would you rate this pain on a scale of 1 to 10?

AF26

The pain scale was recorded for each item indicated in the previous question

	1
	2
	3
	4
	5
	6
	7
	8
	9
	10

24. How would you categorise the pain most of the times?

Chronic pain is persistent and lasts for months or years. While acute pain is sudden, sharp, and typically short-lived.

AF27

The categories were recorded for each item indicated in the previous question

- ☐ Chronic
- ☐ Acute

25. Have you ever played American Football despite acute pain?

AF28

☐ Yes

☐ No

26. How often did you take painkillers in connection with American Football in the 2024 Season?

AF29

Never

Rarely

Sometimes

Often

Always

27. If you ever taken painkillers in connection with American Football, when did you mainly take them?

AF30

Before the exercise

During the exercise

After the exercise

no painkillers taken in connection with american football

28. In what daily dose do you take which painkiller in connection with American Football?

AF31

Paractamol mg

Ibuprofen mg

ASS (Aspirin) mg

Diclofenac mg

Other mg

29. In which situation do you tend to take painkillers?

AF32

Please drag the slider towards the situation you are more inclined to use painkillers for

Training

Game

E. Attitude/Knowledge about painkillers

AF33

Please rank the following statements on a scale from 1 (strongly agree) to 5 (strongly disagree)

AF34

	1 Totally agree	2 agree	3 neither agree or disagree	4 disagree	5 totally disagree
The use of painkillers in professional sport is acceptable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The use of painkillers in amateur sport is acceptable.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The use of painkillers in American football is widespread.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am aware of the risks and side effects of painkillers.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am aware of the risks associated with practising sport while taking painkillers.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I consider taking painkillers to be dangerous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

F. Influencing the intake

AF35

Please indicate in the following 3 questions to what extent you are influenced in your consumption of painkillers

30. Do you feel that your painkiller use is influenced by your coaches?

AF36

☐ Yes, not to take painkillers

☐ Yes, to take painkillers

☐ No, it is not influenced

31. Do you feel that your painkiller use is influenced by your supervisors?

AF37

☐ Yes, not to take painkillers

☐ Yes, to take painkillers

☐ No, it is not influenced

32. Do you feel that your painkiller use is influenced by your teammates?

AF38

☐ Yes, not to take painkillers

☐ Yes, to take painkillers

☐ No, it is not influenced

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<https://www.soscisurvey.de/afhessen/?s2preview=cC7v524Jxx7v3TX7...>**33. Apart from the above, what else influences your use of painkillers in relation to American football?**

Multiple Answers possible

AF42

Seite 08**Thank you for your participation**

AF39

Thank you very much for your participation!

I would like to thank you very much for your help. And wish everyone a good offseason and a successful and injury-free 2025 season!

Your answers have been saved, you can now close the browser window.

If you have any questions regarding the survey or the subject matter, please contact me by e-mail:
wienecka@students.uni-marburg.de

Letzte Seite**Vielen Dank für Ihre Teilnahme!**

Wir möchten uns ganz herzlich für Ihre Mithilfe bedanken.

Ihre Antworten wurden gespeichert, Sie können das Browser-Fenster nun schließen.

Möchten Sie in Zukunft an interessanten und spannenden Online-Befragungen teilnehmen?

Wir würden uns sehr freuen, wenn Sie Ihre E-Mail-Adresse für das SoSci Panel anmelden und damit wissenschaftliche Forschungsprojekte unterstützen.

E-Mail:

Am Panel teilnehmen

Die Teilnahme am SoSci Panel ist freiwillig, unverbindlich und kann jederzeit widerrufen werden. Das SoSci Panel speichert Ihre E-Mail-Adresse nicht ohne Ihr Einverständnis, sendet Ihnen keine Werbung und gibt Ihre E-Mail-Adresse nicht an Dritte weiter.

Sie können das Browserfenster selbstverständlich auch schließen, ohne am SoSci Panel teilzunehmen.

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Annika Wienecke, Philipps-Universität Marburg – 2024