

Supplementary file

Effect of Mindfulness on the Stress–Recovery Balance in Professional Soccer Players during the Competitive Season

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Table S1. Cronbach's Alpha and partial square eta of mindfulness program on each dimension of RESTQ-76 Sport questionnaire.

Dimensions	Cronbach's Alpha	η^2
I. Non-sport-specific stress	0.890	-
1. General stress	0.612	0.11
2. Emocional stress	0.600	0.11
3. Social stress	0.685	0.16
4. Conflict/Pressure	-0.016	0.10
5. Fatigue	0.600	0.10
6. Lack of energy	0.549	0.17
7. Physical disturbances	0.709	0.11
II. Non-sport-specific recovery	0.773	-
8. Success	0.666	0.15
9. Social recovery	0.695	0.05
10. Physical recovery	0.551	0.06
11. General well-being	0.882	0.05
12. Sleep quality	0.563	0.08
III. Sport Specific Stress	0.736	-
13. Altered rest periods	0.684	0.09
14. Burnout	0.775	0.18
15. Physical injuries	0.540	0.16
IV. Sport-specific recovery	0.909	-
16. Well-being / Fitness	0.835	0.13
17. Personal fulfillment	0.353	0.12
18. Self-efficacy	0.748	0.12
19. Self-regulation	0.782	0.12
V. Global Stress	0.909	-
VI. Global recuperation	0.993	-
VII. Global Index	0.821	-

Table S2. Partial square eta of mindfulness program on global dimension of RESTQ-76 Sport questionnaire.

	Differences Between Groups	Treatment Effect
Global stress	0.19	0.13
Global recovery	0.19	0.30
Stress-recovery balance	0.30	0.12