

## Supplement 2 Baseline questionnaire Runfitecheck

### Navigation block 1: Welcome

Dear runner,

Thank you for your interest in participating in research on injuries in novice runners!

VeiligheidNL is conducting this study in collaboration with Le Champion and the Athletics Union. During this study we will follow you and monitor your running activities over a period of 16 weeks and any physical complaints or injuries that you have suffered as a result of these activities. We will send you a short questionnaire once every two weeks by e-mail. You will receive a more extensive questionnaire at the beginning, after 8 weeks, and at the end of the study period.

The aim of the research is to gain insight into running and other sports activities, injuries and injury prevention behaviour of runners in order to ultimately prevent injuries among runners.

After you have read the information on the next page and given permission (informed consent) to participate in the study, we will start with the first questionnaire. It takes about 5 to 10 minutes to complete. We start with a pre-selection, to see if you belong to our target group.

Among the participants in the study, six running prizes worth 50 euros will be raffled off. This will be done at the end of the survey when all questionnaires have been completed. For more information see: <https://www.veiligheid.nl/sportblessures/home/disclaimer-onderzoek-hardlopen>>Disclaimer Research Running</a>

Please note! When you stop filling out the questionnaire in between, your data will not be stored. So fill in the questionnaire completely at once.

#### Privacy

For sending the questionnaires in the study we will use your e-mail address. Your e-mail address and other data will be processed confidentially; the results will not be traceable to you as a person. Each respondent will have a unique code that is linked to your data. The entered anonymous data will be kept for 15 years and then destroyed.

Participation in the study is voluntary. You may stop participating in this study at any time, without reason. The data collected up to that point will be used for the study. You can stop by sending an email to (one of) the following researchers of VeiligheidNL:

- Henrike van der Does ([h.vanderdoes@veiligheid.nl](mailto:h.vanderdoes@veiligheid.nl))
- Ellen Kemler ()

When you have any questions about the study, don't hesitate and ask them by e-mail.

#### Permission statement

- I have read the information about the study and had the opportunity to ask questions. I have had enough time to decide if I wanted to participate.

- I know that participation is voluntary and that I can decide at any time not to participate anymore. I don't have to give a reason for that.
- I consent to the collection and use of my data in the manner and for the purposes mentioned. I give permission to keep my anonymous data for another 15 years after this study for further research into running, running injuries and sports injury prevention.
- I want to participate in this study.

→ I hereby give permission for participation in the study and (re) analysis of my data.

### Navigation block 2: Target group

We are very happy that you want to participate in this study! We will start with asking you several questions about you and your running experience to determine if you belong to our target group.

To what extent do you run?

- Running is a 'main sport' for me (the most important sport)
- Running is a 'for me side sports' (I also do other sports)
- I'm going to start running soon

What is your age?

- Younger than 18 years
- 18 to 24 years
- 25 to 34 years
- 35 to 44 years
- 45 to 54 years
- 55 to 64 years
- 65 years or older

If answer '<18' → (exclude)

*If Leeftijd\_jonger\_18 go to Referral from start exclusion*

How many months of running experience have you gained in the last five years?

- None, but I do plan to start running soon
- Less than 6 months
- 6 to 12 months (0.5-1 year)
- 13 to 18 months (1-1.5 years)
- 19 to 24 months (1.5-2 years)
- More than 24 months (2 years)

How do you assess your own running experience?

- Inexperienced (beginner)
- Little experienced
- Somewhat experienced
- Experienced (advanced)
- Very Experienced (expert)

**In response >12 months of running experience and (very) experienced running level → go to page 24 (exclude)**

### Inclusion

You belong to our target group and we are happy to continue the study with you!

In order to be able to send you the following questionnaires, we would like to receive your e-mail address.

Your e-mail address will not be used for purposes other than participation in this study and for contact about the possible incentive. Your personal data will be processed by one researcher and stored in a secure environment.

After entering your e-mail address, click on 'Next' to continue the questionnaire.

E-mail address: .....

### Navigation block 3: General questions

How did you end up with this study?

- Through a call on social media
- Through registration for the Zandvoort Circuit Run, number of km:
- Through registration for a running event, namely (name of event + number of km):
- In a different way, namely:

Following are some questions about your demographics.

What is your gender?

- Male
- Female
- Other

What is your height in centimeters?

..... Cm

What is your weight in kilograms?

..... Kg

Don't want to answer

We would like to know how you physically strain your body through running. Following are some questions about this subject.

How many times a week do you on average exercise currently?

- N/A, I'm not working out at the moment but I'm going to start  
→ go to page 8; capacity questions
- Less than 1 time per week
- 1 time per week
- 2 times a week
- 3 times a week
- 4 or more times a week

How long (in minutes) do you exercise on average at a time?

*Enter 0 minutes if you are not currently exercising.*

..... minutes

How many times a week do you on average run currently ?

- N/A, I haven't started running yet
- Less than 1 time per week
- 1 time a week
- 2 times a week
- 3 times a week
- 4 or more times a week

How long (in minutes) do you run on average at a time?

*Enter 0 minutes if you are not currently running.*

..... minutes

In addition to load, capacity is also relevant. We'll ask you some questions about that now.

How is your condition?

1 stands for not good at all and 10 for very very good

1 2 3 4 5 6 7 8 9 10

How prone to injuries are you?

*How often and how quickly you suffer from an injury or other physical complaints (e.g. aches and pains)?*

1 stands for non-injury prone and 10 for very injury prone

1 2 3 4 5 6 7 8 9 10

To clarify the definitions in the questions, below are the definitions of an injury and a physical complaint:

An injury is defined as an event during exercise after which the athlete must stop his or her sports activity or is unable to start a subsequent sports activity.

A physical complaint is defined as another pain complaint, which does not fall under the definition of an injury.

Do you currently suffer from an injury or physical complaint caused by running?

- Yes, I suffer from an injury or physical complaint caused by running

→

go to page 10

- No, but I do suffer from an injury or physical complaint caused by another sport

→ go to page 10

- No, I do not suffer from an injury or physical complaint

*Go to Referral from no injury, complaint*

- Not applicable, I haven't started running yet

→

go to page 15

*Go to Referral from no trouble injury, complaint*

#### Navigation block 4: Injury and complaint

Following are some questions to gather more information about your injury or physical complaint.

Have you been suffering from this injury or physical complaint for more than three months?

- Yes
- No

To what extent are you currently bothered by this injury or physical complaint while running? *Do you currently have difficulties participating in normal training and competition due to injury or a physical complaint?*

- Fully participated, without health problems
- Fully participated, but with injury / physical complaint
- Reduced participation due to injury / physical complaint
- Cannot participate due to injury/physical complaint

To what extent have you currently reduced your training volume due to injury or physical complaint?

- No reduction
- To a minor extent
- To a moderate extent
- To a major extent
- I haven't been able to train at all

To what extent do you currently notice that the injury or physical complaint affects your running activities / performance?

- No effect
- To a minor extent
- To a moderate extent
- To a major extent
- I haven't been able to train at all

To what extent do you currently suffer from the symptoms of this injury or physical complaint?

- No symptoms/health complaints
- To a mild extent
- To a moderate extent
- To a severe extent

*If all questions show no complains or bother go to [Referral from no injury complaint]*

Where is the physical complaint/injury located?

- Upper body / upper extremities
- Lower back
- Pelvis
- Hip
- Groin
- Thigh front
- Thigh back
- Knee
- Tibia
- Calf
- Achilles tendon
- Ankle
- Foot
- Toes

What is the nature of the physical complaint/injury sustained?

- Bruise or bruising
- Muscle or tendon injury; (partial) rupture of a muscle
- Muscle or tendon injury; strain on muscle or tendon without sudden rupture
- Muscle or tendon injury; don't know what exactly
- Sprain, twisting or ligament injury; (partial) rupture of a ligament
- Sprain, twisting or ligament injury; twisting joint
- Sprain, twisting or ligament injury, don't know what exactly
- Acute bone fracture (e.g. fracture only due to sprain)
- Bone fracture; bone overload (e.g. fatigue fracture / stress fracture)
- Dislocated joint
- Nerve tightness (e.g. back hernia)
- Unknown
- Otherwise namely; .....

Have you been treated by a (para)medic for the physical complaint / injury? (multiple answers possible)

- No
- Yes, by a general practitioner
- Yes, by a sports physician
- Yes, by a physiotherapist
- Other, namely:

### *Referral from no injury, complaint*

#### **Navigation block 5: Behavior**

To prevent injuries, various aspects are important. We are curious to what extent you have experience with these aspects. First of all, some questions about your knowledge of injury (prevention).

##### General

Do you disagree or agree with the following statements?

- I know where to find information and advices on what to do if I experience physical complaints due to or while running
- I know where to find information and advice on how to prevent running injuries
- I know where to go for treatment when I have an injury
- There are measures that help to prevent running injuries
- I know what to do to prevent running injuries

##### Fatigue

Do you disagree or agree with the following statements?

- Prolonged mental fatigue increases the risk of injury
- If I am mentally tired from a long day of meetings at work or a day of studying, the risk of injuries is higher
- If I'm still physically tired from the previous training, it is better to postpone running for another day

##### Recovery and running apps and schedules

Do you disagree or agree with the following statements?

- After 48 hours of rest I have recovered sufficiently from running
- I know what measures help to recover after running
- Following a running schedule is more important to prevent injuries than listening to my body
- I can prevent a lot of running injuries by a good load build-up in my training schedule

##### Resting heart rate

Do you disagree or agree with the following statements?

Answer options: disagree, agree.

- My average resting heart rate indicates how prone I am to injury
- I know when I need to adjust my running training based on the value of my resting heart rate

##### Pain

Do you disagree or agree with the following statements?

- In case of acute pain, it is often best to stop running
- In case of muscle strain the day after a running training, I have to postpone the next training at least 1 day
- If pain disappears quickly at the beginning of training, it doesn't hurt to keep walking and finish the training session

Now some questions about your injury awareness are asked.

Do you disagree or agree with the following statements?

- Runners are more likely to get injured than other sports athletes
- Novice runners are more likely to get injured than experienced runners
- Runners are more likely to suffer a serious injury than other sports athletes

The extent to which you think you can prevent injuries is also important and is measured with the following statements.

To what extent do you agree with the following statements?

Indicate on a scale from 1 to 10.

1 stands for completely disagree and 10 stands for completely agree.

- If I feel a running injury emerging, I am in a position to take measures to prevent worse
- I sometimes keep on going too long while experiencing a running injury
- I can well estimate whether I can continue to exercise with a running injury
- I can well estimate whether I need medical treatment for a running injury
- If I suffer from a running injury I can properly assess how serious this injury is
- I am able to listen to the signals of my body before, during and after running

Your attitude towards injuries is also important. We measure attitude with the questions below.

To what extent do you agree with the following statements?

Indicate on a scale from 1 to 10.

1 stands for completely disagree and 10 stands for completely agree.

- I think it's important to take measures to prevent running injuries
- Running injuries happen no matter how careful you are
- Most running injuries aren't that serious
- Information about running injuries only makes me afraid of getting an injury.

### Navigation block 6: Injury prevention behaviour

We would like to know what actions you are currently taking to prevent running injuries.

Indicate below what you are currently doing to prevent running injuries. Enter not applicable (N/A) if you have not yet started running.

Answer options: never, rarely, sometimes, often, always, N/A (*I haven't started running yet*)."

- A short warm-up (consisting of slowly running for 5 to 10 minutes followed by some stretching exercises)
- 2 to 3 times a week muscle strengthening exercises
- Exercises to improve my running technique
- Regularly changing running surfaces
- Training with a running group
- Listening to my body (e.g. delaying training in case of aches and pains or taking it easy)
- Using a personal running schedule (tailored to my running capacity)
- Using a general running schedule
- Wearing ankle brace/knee brace
- Wearing compression socks
- Good training structure (consisting of gradually building up the intensity and extent of the training to work on a better condition)

- Another injury prevention measure (fill in below)

What other injury prevention measures do you take? If you have not filled in the answer option 'Other injury prevention measure' above, you can skip this question.

.....  
Skip question

*If not [Blesprev\_gedrag] [Spierverst\_oef] contains 'rarely, sometimes, often, always' go to Referral from beginning exclusion*

Can you indicate which muscle strengthening exercises you do?  
Can you indicate for each muscle-strengthening exercise how many minutes you do them at a time?  
Can you indicate per muscle strengthening exercises how often you do these per week?

→ go to page 26

*Reference from the beginning of exclusion*

#### Navigation block 7: Closure

*If [Age] [Jonger\_18 years] go to Exclude*

*If Running experience = Maand\_13\_18 OR Maand\_19\_24 OR Maand\_meer\_24 AND Running level = Experienced OR Zeer\_ervaren go to Exclude*

*If Blesprev\_gedrag → Anders = never, rarely, sometimes, often, always, n/a go to Dank*

Unfortunately, you do not belong to our target group of novice runners and you cannot participate in the study.

Thank you very much for your interest in the study and good luck with your running activities!

Do you have any further questions and/or comments? Then place it below. If you don't have any questions or comments, you can skip this question.

.....  
Skip this question

If you would like to contact our researchers directly, please send an e-mail to Henrike van der Does or Ellen Kemler.

- Henrike van der Does ([h.vanderdoes@veiligheid.nl](mailto:h.vanderdoes@veiligheid.nl))
- Ellen Kemler ([e.kemler@veiligheid.nl](mailto:e.kemler@veiligheid.nl))

Go to the next page and click 'Exit' to close the survey.

→ go to page 27

*Go to End\_vragenlijst*

Thank you for completing this questionnaire!

Within two weeks you will receive the first fortnightly questionnaire to monitor your running activities and injuries.



Do you have any further questions and/or comments? Then place it below. If you don't have any questions or comments, you can skip this question.

.....  
Skip this question

If you do not want to participate in the running prize giveaway and/or you want to contact our researchers directly for another reason, please mail to Henrike van der Does or Ellen Kemler.

- Henrike van der Does ([h.vanderdoes@veiligheid.nl](mailto:h.vanderdoes@veiligheid.nl))
- Ellen Kemler ([e.kemler@veiligheid.nl](mailto:e.kemler@veiligheid.nl))

Go to the next page and click on 'Exit' to send the questionnaire.

This is the end of the questionnaire.