| Appendix 4. Pearson correlations between the Dutch ARSS scales, SRSS items, and RPE and TQR (*N* = 385). |
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| Scale/ Item |  |
| RPE | TQR |
| PPC | .07 | .23\* |
|  | .02 | .22\* |
| MPC | .03 | .19\* |
|  | .03 | .10\* |
| EB | -.05 | .15\* |
|  | .02 | .06 |
| OR | -.23\* | .63\* |
|  | -.05 | .54\* |
| MS | .19\* | -.63\* |
|  | .13 | -.54\* |
| LA | -.09 | -.08 |
|  | .00 | -.06 |
| NES | .03 | -.14\* |
|  | -.03 | -.13\* |
| OS | .11 | -.51\* |
|  | -.02 | -.22\* |
| Note. The upper matrix describers the correlations within the ARSS scales, the lower matrix describes the correlations within the SRSS items. PPC = Physical Performance Capability, MPC = Mental Performance Capability, EB = Emotional Balance, OR = Overall Recovery, MS = Muscular Stress, LA = Lack of Activation, NES = Negative Emotional State, OS = Overall Stress, \* = p <.05. |