

First question

I am taking this survey...

- ☐ Before the education session
- ☐ After the education session

Female Athlete Triad Questions

I have heard of the female athlete triad.

- ☐ True
- ☐ False

Please list the components of the female athlete triad.

I have heard of RED-S.

- ☐ True
- ☐ False

Please write out what RED-S stands for.

Please list ways that RED-S can affect your overall well-being.

Please answer true or false.

Skipping or losing my period while playing sports is normal

- ☐ True
- ☐ False

A menstrual cycle typically occurs every 28 +/- 7 days.

- ☐ True
- ☐ False

I'm old enough to have weak bones that fracture easily.

- ☐ True
- ☐ False

Female athletes who skip their period don't have increased difficulty becoming pregnant.

- ☐ True
- ☐ False

Not eating enough calories could cause me to skip or lose my period.

- ☐ True
- ☐ False

Stress fracture risk is not influenced by the number of calories I consume.

- ☐ True
- ☐ False

Stress fractures occur more often in girls who skip their period.

- ☐ True
- ☐ False

Low energy availability can impair performance.

- ☐ True
- ☐ False

Low energy availability can affect sleep and mental health.

- ☐ True
- ☐ False

Low energy availability does not affect other body systems including the cardiovascular system and GI system.

- ☐ True
- ☐ False

Low energy availability can weaken the immune system.

- ☐ True
- ☐ False

I have previously been told that it is normal to miss my period if I am an athlete / exercising hard.

- ☐ True
- ☐ False
- ☐ Not Sure

Who told you this information?

- ☐ Coach
- ☐ Teammate
- ☐ Medical Provider
- ☐ Family Member
- ☐ Friend

☐ Other

Do you follow any specific dietary restrictions or avoid certain foods when you're in season?

- ☐ Yes
☐ No

Please list these dietary restrictions.

Do you follow any specific dietary restrictions or avoid certain foods when you're out of season?

- ☐ Yes
☐ No

Please list these dietary restrictions.

Have you ever had a stress fracture?

- ☐ Yes
☐ No
☐ Not Sure

Which bone(s) were broken?

Have you ever had a DEXA scan?

- ☐ Yes
- ☐ No
- ☐ Not Sure

Do you have regular periods? (Once every 28 days)

- ☐ Yes
- ☐ No
- ☐ Not Sure

How often do you get your period?

Are there times or circumstances where you notice that you get your period less often?

Do you think that missing your period correlates with the intensity of your training?

Have you ever had fluctuations in your weight? (more than 10%)

- ☐ Weight gain

- ☐ Weight loss
- ☐ No change
- ☐ Not Sure

Has anyone ever told you that you need to...

- ☐ Gain weight?
- ☐ Lose weight?
- ☐ Neither of the above

Who told you that you need to gain or lose weight?

Are you currently happy with your weight?

- ☐ Yes
- ☐ No
- ☐ Not sure

Are you currently trying to ...

- ☐ Lose weight
- ☐ Gain weight
- ☐ Stay the same weight
- ☐ Not really thinking about it

Demographics

How old are you?

18	19	20	21	21	22	23	
Age							

What is your race/ethnicity?

- ☐ American Indian or Alaskan Native
- ☐ Asian
- ☐ Black or African American
- ☐ Hispanic
- ☐ Native Hawaiian or Pacific Islander
- ☐ White or Caucasian
- ☐ Multiple Races or Ethnicities
- ☐ Other (please specify)

What is your height in feet and inches?

What is your weight in pounds?

90 110 130 150 170 190 210 230 250

Weight

Where do you currently live?

- ☐ Alone in a dorm
- ☐ In a dorm with one or more roommates
- ☐ Alone in an off-campus house
- ☐ In an off-campus house with one or more roommates
- ☐ With parents or relatives
- ☐ Other (please specify)

For how many years have you been swimming competitively?

0 2 5 7 9 12 14 16 18 21 23

Years

What swimming event(s) do you compete in? (Include distance and stroke)

At what age did you get your first period?

0 2 5 7 9 12 14 16 18 21 23

Age

I haven't gotten my period

☐

How many periods have you gotten within the last 12 months?

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14

Number of periods

Are you taking any female hormones (through birth control or otherwise)?

- ☐ Yes
- ☐ No

Have you ever been diagnosed with an eating disorder?

- ☐ Yes
- ☐ No

Do you have any vitamin or mineral deficiencies?

- ☐ Yes (specify)
- ☐ No
- ☐ Not Sure

Do you have a history of any mood or mental health disorders?

- ☐ Depression
- ☐ Anxiety
- ☐ Bipolar Disorder
- ☐ ADHD
- ☐ OCD
- ☐ Prefer not to disclose
- ☐ Other (please specify)
- ☐ No history of mood or mental health disorders

Post-Education Session

Please respond according to how strongly you agree or disagree with the statements below.

	Strongly Agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
I learned something new at this presentation	☐	☐	☐	☐	☐
I better understand the female athlete triad after attending this presentation	☐	☐	☐	☐	☐
I better understand RED-S after attending this presentation	☐	☐	☐	☐	☐
I found this presentation helpful or informative	☐	☐	☐	☐	☐
This presentation was relevant to swimmers in particular	☐	☐	☐	☐	☐
I paid attention to the entire presentation	☐	☐	☐	☐	☐
I would feel comfortable reaching out to athletic training/medical staff if I felt that I was experiencing one or more component of the female athlete triad	☐	☐	☐	☐	☐

I would recommend this presentation to a friend who plays a different sport.

- ☐ Agree
- ☐ Disagree
- ☐ Neutral

Which sports teams do you think would benefit from hearing this presentation?

- ☐ Basketball
- ☐ Cross Country
- ☐ Fencing
- ☐ Field Hockey
- ☐ Lacrosse
- ☐ Soccer
- ☐ Tennis
- ☐ Track and Field
- ☐ Volleyball

Please answer these questions based on how much you agree with these statements. As a reminder, your responses are completely anonymous.

I think I am experiencing one or more components of the female athlete triad.

- ☐ Yes
- ☐ No
- ☐ Not Sure

This presentation motivated me to seek help for a component of the female athlete triad that I think I may be experiencing.

- ☐ Agree
- ☐ Disagree

I do not want to / do not feel comfortable reaching out for help regarding a component of the female athlete triad I think I may be experiencing.

- ☐ Agree
- ☐ Disagree

I think I am experiencing RED-S

- ☐ Yes
- ☐ No
- ☐ Not Sure

This presentation motivated me to seek help for the RED-S symptoms I think I may be experiencing.

- ☐ Agree
- ☐ Disagree

I do not want to / do not feel comfortable reaching out for help with RED-S symptoms.

- ☐ Agree
- ☐ Disagree

I think one or more of my teammates may be experiencing one or more components of the female athlete triad.

- ☐ Yes
- ☐ No

I think one or more of my teammates may be experiencing RED-S.

- ☐ Yes
- ☐ No

I would feel comfortable encouraging a teammate to seek help if I think they are experiencing one or more components of the female athlete triad or RED-S.

- ☐ Very uncomfortable

- ☐ Somewhat uncomfortable
- ☐ Neither comfortable nor uncomfortable
- ☐ Somewhat comfortable
- ☐ Very comfortable

Powered by Qualtrics

