

## **APPENDIX**

### ***Outline of the interview***

- 1.What are the setbacks and challenges of daily training for you? How did they affect you?
- 2.What are the setbacks and challenges of regular competition for you? How did they affect you?
- 3.What are the daily setbacks and challenges you experience most often? Please describe specifically (situations, feelings, thoughts, reactions).
- 4.What do you think of the everyday setbacks and challenges you face?
- 5.What do you usually do when you face daily setbacks and challenges?
- 6.In your past experiences of coping with daily setbacks and challenges, what did you find difficult for you?
- 7.What kind of help do you think will help you better cope with everyday setbacks and challenges?
- 8.How has the campus environment (*e.g.*, classroom learning, extracurricular activities, *etc.*) affected you coping with everyday setbacks and challenges?
- 9.Is there anything else about everyday setbacks and challenges that we have not talked about but that you think is important or unique?

### ***Informed consent form for the structural study of athletic buoyancy***

Dear Athlete,

Thank you for accepting the invitation to participate in the athletic buoyancy research!

To ensure the smooth progress of the study and fully protect your rights, please read the following information carefully before deciding to participate:

#### **I. Study Introduction**

This study adopts a qualitative research method. It will conduct interviews with high-level athletes from Tsinghua University, transcribe the recordings into verbatim scripts for analysis, and explore the structure of daily psychological resilience (*i.e.*, athletic buoyancy) among student-athletes in a competitive sports environment. Targeting high-level athletes at Tsinghua University, this research aims to expand the

understanding of the concept of athletic buoyancy, supplement the theoretical basis for future intervention studies, and contribute to the enhancement of athletic buoyancy.

## II. Content and Process of Participation

The researcher will conduct a 1-1.5-hour recorded interview with you. The interview will focus on the daily setbacks and challenges you have experienced in the competitive sports environment, including their impact on you, your attitudes, and the coping strategies you have developed.

## III. Benefits of Participation

By participating in the interview, you will gain self-awareness through the process of reviewing and organizing your experiences. Additionally, you will receive a souvenir as a token of appreciation.

## IV. Rights of Participants

Your participation in this research is entirely voluntary, and you may terminate the interview at any time. If you wish to withdraw, please inform the researcher of your reasons for withdrawal to facilitate adjustments and improvements to the study.

## V. Obligations of Participants

Please approach the interview with a positive attitude and express yourself openly and honestly to the researcher. During the interview, take the process seriously and provide truthful responses. Do not give untrue answers due to malice, perfunctory attitudes, or ingratiation. The most authentic and natural information will help us obtain more valuable research results for practical application. Thus, your sincerity is the best contribution.

## VI. Confidentiality Principle

All results and data obtained in this research (including personal information, interview recordings, and transcripts) belong to the researcher and will be used exclusively for research purposes. All materials are strictly confidential. Research results will be published for scientific purposes without disclosing your personal privacy.

I have read and understood the above information. I voluntarily agree to participate in this athletic buoyancy study.

This informed consent form is made in duplicate, with one copy held by the researcher and one by the participant.

Participant (Signature):\_\_\_\_\_

Date:\_\_\_\_\_

Researcher (Signature):\_\_\_\_\_

Date:\_\_\_\_\_