

Table 1. The 23-item CART-Q (coach's version) as derived from the qualitative case studies

Items

-
- Closeness
1. Do you feel *close* to your athlete?
 2. Do you *like* your athlete?
 3. Do you *trust* your athlete?
 4. Do you *respect* your athlete's efforts?
 5. Do you feel *committed* to your athlete?
 6. Do you *appreciate* the 'sacrifices' your athlete has experienced in order to improve his/her performance?
 7. Do you feel that your *sport* (coaching) career with your athlete is *promising*?
- Co-orientation
8. Do you *communicate enough* with your athlete about training?
 9. Do you *agree* with your athlete's views?
 10. Do you *know* your athlete's strong points?
 11. Do you *know* your athlete's weak points?
 12. Do you *communicate well* with your athlete?
 13. Do you strive to achieve *similar goals* with your athlete?
 14. Do you feel there is *understanding* between your athlete and yourself?
- Complementarity
15. Do you think that both of you *work appropriately* in achieving the goals set?
 16. Do you think that both of you *work well* in achieving the goals set?
 17. When I coach my athlete, I feel *competent*.
 18. When I coach my athlete, I feel *interested*.
 19. When I coach my athlete, I am *understood*.
 20. When I coach my athlete, I am *ready* to do my best.
 21. When I coach my athlete, I feel at *ease*.
 22. When I coach my athlete, I feel *responsive*.
 23. When I coach my athlete, I adopt a *friendly* stance.

Item no.	Items	Component 1	Component 2	Component 3	h^2
2	Do you like your athlete/coach?	0.72			0.65
3	Do you trust your athlete/coach?	0.79			0.67
4	Do you respect your athlete/coach's efforts?	0.84			0.76
6	Do you appreciate the sacrifices your athlete/coach has experienced . . . ?	0.67			0.59
15	Do you think that both of you work appropriately in achieving the goals set?	0.73			0.71
16	Do you think that both of you work well in achieving the goals set?	0.71			0.68
1	Do you feel close to your athlete/coach?		0.72		0.56
5	Do you feel committed to your athlete/coach?		0.72		0.63
7	Do you feel that your sport career with your athlete/coach is promising?		0.77		0.66
13	Do you strive to achieve similar goals with your athlete/coach?		0.44		0.43
20	When I coach my athlete/When I am coached by my coach, I am ready to do my best			0.54	0.56
21	When I coach my athlete/When I am coached by my coach, I feel at ease			0.56	0.61
22	When I coach my athlete/When I am coached by my coach, I feel responsive			0.68	0.51
23	When I coach my athlete/When I am coached by my coach, I adopt a friendly stance			0.77	0.69
	Percentage of Variance	42.2	11.2	9.7	
	Eigenvalues	5.5	1.5	1.3	
	Alpha coefficients	0.86	0.83	0.78	

Items	<i>M</i>	SD	Skewness	Kurtosis
<i>Commitment</i>				
1. I feel close to my athlete/coach	5.26	1.31	− 0.67	0.10
2. I feel committed to my athlete/coach	5.80	1.14	− 0.82	0.18
3. I feel that my sport career is promising with my athlete/coach	5.25	1.36	− 0.74	0.40
<i>Closeness</i>				
4. I like my athlete/coach	6.16	1.02	− 1.52	
5. I trust my athlete/coach	6.02	1.13	− 1.22	
6. I respect my athlete/coach	6.25	1.01	− 1.77	
7. I feel appreciation for the sacrifices my athlete/coach has experienced in order to improve his/her performance	5.64	1.33	− 0.89	
<i>Complementarity</i>				
8. When I coach my athlete/When I am coached by my coach, I feel at ease	5.97	1.23	− 1.40	
9. When I coach my athlete/When I am coached by my coach, I feel responsive to his/her efforts	5.95	1.00	− 1.15	
10. When I coach my athlete/When I am coached by my coach, I am ready to do my best	6.08	1.14	− 1.64	
11. When I coach my athlete/When I am coached by my coach, I adopt a friendly stance	6.08	1.08	− 1.31	