

2017

# The Development of an Inventory to Assess Peer Athlete Mentoring Functions

Matt Hoffmann

*University of Windsor*, [hoffmanm@uwindsor.ca](mailto:hoffmanm@uwindsor.ca)

Todd Loughead

*University of Windsor*, [loughead@uwindsor.ca](mailto:loughead@uwindsor.ca)

Follow this and additional works at: <https://scholar.uwindsor.ca/research-result-summaries>  
Consistent with the TCPS 2 (4.7) this is a research summary provided to participants and should not be considered a formal publication of results.

---

## Recommended Citation

Hoffmann, M., & Loughead, T. (2017). The Development of an Inventory to Assess Peer Athlete Mentoring Functions. Retrieved from <https://scholar.uwindsor.ca/research-result-summaries/2>



This work is licensed under a [Creative Commons Attribution-Noncommercial-No Derivative Works 4.0 License](https://creativecommons.org/licenses/by-nc-nd/4.0/).

This Completed Summary is brought to you for free and open access by Scholarship at UWindsor. It has been accepted for inclusion in Research Result Summaries by an authorized administrator of Scholarship at UWindsor. For more information, please contact [scholarship@uwindsor.ca](mailto:scholarship@uwindsor.ca).

Using a multi-phase approach, the purpose of the present study was to develop a psychometrically sound questionnaire to measure peer athlete mentoring functions. In phase 1 the experiences of 14 elite peer mentored athletes were explored through individual interviews. Based on the results of phase 1, phase 2 consisted of item development and assessment of content validity evidence with six elite athletes and six expert judges. In phase 3 Canadian National team and varsity athletes who were peer mentored completed an initial 42-item version of the Athlete Mentoring Questionnaire (AMQ) and its factor structure was examined using confirmatory factor analysis (CFA), exploratory structural equation modeling (ESEM), and hierarchical ESEM (ESEM-within-CFA) approaches. Measurement invariance testing was also performed in phase 3. The final version of the AMQ contains 34 items measuring six mentoring functions: mental guidance, coach relations, task instruction, career assistance, role modeling, and friendship. The development of the AMQ provides researchers and practitioners with a viable sport-specific measurement tool to assess peer athlete mentoring functions. It is hoped that the development of the AMQ will spur research in the emerging area of peer athlete mentoring.