

APPENDIX I

Table 1.Division of the KAB questionnaire into Descriptive, Behaviour, Education, Perceptions/attitude and Knowledge components, with corresponding KAB Questionnaire question number and the permissible answers for the analysis.

Component	Question no.	Question wording	Permissible answers
Demographics	1a	When was your last Rugby ligament sprain or muscle strain?	Yes (“week”, “month”, “year”, “longer”), No (“Never”), No answer (blank)
	10	What is your age?	Any
	11	What is your position	Forward, Back, no answer (blank)
	12	What is your ethnic origin	“Black/African”, “Mixed/Coloured”, “White”, “Asian”, “Other”, no answer (blank)

Behaviour	1b, c, d, e	Was ice/compression/elevation used?	Correct behaviour (“yes”), incorrect behaviour (“no”), no answer (blank)
	1f	In the first 72 hours did you apply heat/drink alcohol/exercise the injured part/massage the injured part?	Correct behaviour (“no”), incorrect behaviour (“yes”), no answer (blank)
	2a	At practice this season did you warm up/cool down, wear a mouthguard, spend time on tackling/rucking /scrummaging (Forwards only - Q11)?	Correct behaviour (“Always” and “usually”), incorrect behaviour (“occasionally” and “never”), no answer (blank)
	2c	At games this season did you warm up/cool down, wear a mouthguard?	Correct behaviour (“Always” and “usually”), incorrect behaviour (“occasionally” and “never”), no answer (blank)
	7a, 8a	Do you undertake off-season/ pre-season training?	Correct (“Yes”), incorrect (“no”), no answer (blank)
Education	3a	In relation to rugby, have you received information on warm-up/cool down, hydration/nutrition, physical conditioning, safe techniques, protective equipment, injury management?	Yes (“yes”), No (“no”), Unsure (“don’t know”), No answer (blank)