

PSDQ-S INSTRUMENT

All information supplied will be kept strictly confidential.

Name:

Age: (years/months)

Date:

Male/female (circle one)

Program:

Group:

Please read these instructions first.

This is not a test. There are no right or wrong answers.

This is a chance to look at yourself. **It is not a test.** There are no right or wrong answers and everyone will have different answers. Be sure that your answers show how you feel about yourself. **Please do not talk about your answers with anyone else.** We will keep your answers private and not show them to anyone.

In the following pages you will be asked to think about yourself physically (for example, how good looking you are, how strong you are, how good you are at sports, whether you exercise regularly, whether you are physically coordinated, whether you get sick very often). Answer each sentence quickly to indicate the way you feel now. Please do not leave any statement blank.

When you are ready to begin, read each sentence and decide your answer. (You may read quietly to yourself as I read aloud.) There are six possible answers for each question: true, false, and four answers in between. There are six numbers next to each sentence, one for each of the answers. The answers are printed at the top. Choose your answer to a sentence and circle it. **Do not** say your answer out loud or talk about it with anyone else. Before you start, look at the three examples presented. A student named Bob has already answered the examples to show you how to do it.

- | | 1 | 2 | 3 | 4 | 5 | 6 | | | |
|--|-------|--------------|----------------------|----------------------|-------------|------|---|---|---|
| | False | Mostly false | More false than true | More true than false | Mostly true | True | | | |
| A. <i>I am a creative person.</i> | | | | 1 | 2 | 3 | 4 | 5 | 6 |
| (The 5 is circled because the person answering believes the statement "I am a creative person" is mostly true. That is, the statement is mostly like him or her.) | | | | | | | | | |
| B. <i>I am good at writing poetry.</i> | | | | 1 | 2 | 3 | 4 | 5 | 6 |
| (The 2 is circled because the person answering believes that the statement is mostly false. That is, this person feels he or she does not write good poetry.) | | | | | | | | | |
| C. <i>I enjoy playing with pets.</i> | | | | 1 | 2 | 3 | 4 | 5 | 6 |
| (The 5 is circled because at first the person thought that the statement was mostly true but then the person corrected it to 6 to show that the statement is very true.) | | | | | | | | | |

Please **circle the number** that is the **most correct** statement.

- | | 1 | 2 | 3 | 4 | 5 | 6 | | | |
|---|-------|--------------|----------------------|----------------------|-------------|------|---|---|---|
| | False | Mostly false | More false than true | More true than false | Mostly true | True | | | |
| 1. I feel confident when doing coordinated movements. | | | | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. I am a physically strong person. | | | | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. I am quite good at bending, twisting, and turning my body. | | | | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. I can run a long way without stopping. | | | | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. Overall, most things I do turn out well. | | | | 1 | 2 | 3 | 4 | 5 | 6 |

(continued)

PSDQ-S Instrument *(continued)*

	1	2	3	4	5	6
	False	Mostly false	More false than true	More true than false	Mostly true	True
6. I usually catch whatever illness (flu, virus, cold) is going around.	1	2	3	4	5	6
7. Controlling my body movements comes easily to me.	1	2	3	4	5	6
8. I often do exercise or activities that make me breathe hard.	1	2	3	4	5	6
9. My waist is too large.	1	2	3	4	5	6
10. I am good at most sports.	1	2	3	4	5	6
11. Physically, I am happy with myself.	1	2	3	4	5	6
12. I have a nice-looking face.	1	2	3	4	5	6
13. I have a lot of power in my body.	1	2	3	4	5	6
14. My body is flexible.	1	2	3	4	5	6
15. I am sick so often that I cannot do all the things I want to do.	1	2	3	4	5	6
16. I am good at coordinated movements.	1	2	3	4	5	6
17. I have too much fat on my body.	1	2	3	4	5	6
18. I am better looking than most of my friends.	1	2	3	4	5	6
19. I can perform movements smoothly in most physical activities.	1	2	3	4	5	6
20. I do physically active things (e.g., jog, dance, bicycle, exercise at a gym, swim) at least three times a week.	1	2	3	4	5	6
21. I am overweight.	1	2	3	4	5	6
22. I have good sport skills.	1	2	3	4	5	6
23. Physically, I feel good about myself.	1	2	3	4	5	6
24. Overall, I am no good.	1	2	3	4	5	6
25. I get sick a lot.	1	2	3	4	5	6
26. I find my body handles coordinated movements with ease.	1	2	3	4	5	6
27. I do lots of sports, dance, work out, or other physical activities.	1	2	3	4	5	6
28. I am good looking.	1	2	3	4	5	6
29. I could do well in a test of strength.	1	2	3	4	5	6
30. I can be physically active for a long period without getting tired.	1	2	3	4	5	6
31. Most things I do I do well.	1	2	3	4	5	6
32. When I get sick, it takes me a long time to get better.	1	2	3	4	5	6
33. I do sports, exercise, dance, or other physical activities almost every day.	1	2	3	4	5	6
34. I play sports well.	1	2	3	4	5	6

(continued)

PSDQ-S Instrument *(continued)*

	1	2	3	4	5	6
	False	Mostly false	More false than true	More true than false	Mostly true	True
35. I feel good about who I am physically.	1	2	3	4	5	6
36. I think I would perform well on a test measuring flexibility.	1	2	3	4	5	6
37. I am good at endurance activities like distance running, aerobics, bicycling, swimming, or cross-country skiing.	1	2	3	4	5	6
38. Overall, I have a lot to be proud of.	1	2	3	4	5	6
39. I have to go to the doctor because of illness more than most people my age do.	1	2	3	4	5	6
40. Nothing I ever do seems to turn out right.	1	2	3	4	5	6

Scoring Instructions

Each of the 40 items from PSDQ-S instrument is denoted by three codes (below). The first is a two-digit number (01 to 40) indicating the item number on the PSDQ-S instrument. The second is a two-letter abbreviation for the factor and the number of the item from the original PSDQ. Note that these refer to the number following the two-letter abbreviation based on the original long form of the PSDQ, and not all these items appear on the short form of the PSDQ (PSDQ-S). For example, there is no AC1 because AC1 (i.e., the first item of the AC scale) corresponds to an item that was not selected to be part of the PSDQ-S. An asterisk (*) indicates that the item should be reverse scored when computing scale scores (i.e., subtract the response from 7 to get the reverse-scored response). The third two-digit number (in parentheses) is the item number on the original PSDQ. To compute simple scores for each PSDQ-S scale, simply sum responses to items from each scale and divide by the number of items (making sure to reverse-score negatively worded items—those denoted by *—before summing the responses).

Item Codes

01 CO1 (02); 02 ST1 (08); 03 FL1 (09); 04 EN1 (10); 05 ES1 (11); 06 HE2* (12); 07 CO2 (13); 08 AC2 (14); 09 BF2* (15); 10 SP2 (16); 11 GP2 (17); 12 AP2 (18); 13 ST2 (19); 14 FL2 (20); 15 HE3* (23); 16 CO3 (24); 17 BF3* (26); 18 AP3 (29); 19 CO4 (35); 20 AC4 (36); 21 BF4* (37); 22 SP4 (38); 23 GP4 (39); 24 ES4* (44); 25 HE5* (45); 26 CO5 (46); 27 AC5 (47); 28 AP5 (50); 29 ST5 (51); 30 EN5 (54); 31 ES5 (55); 32 HE6* (56); 33 AC6 (58); 34 SP6 (60); 35 GP6 (61); 36 FL6 (64); 37 EN6 (65); 38 ES6 (66); 39 HE7* (67); 40 ES8* (70)