

Sport Anxiety Scale-2: Reactions to Playing Sports

Many athletes get tense or nervous before or during games, meets, or matches. This happens even to pro athletes. Please read each question. Then, circle the number that says how you usually feel before or while you compete in sports. There are no right or wrong answers. Please be as truthful as you can be.

Before or while I compete in sports:	Not at all	A little bit	Pretty much	Very much
1. It is hard to concentrate on the game.	1	2	3	4
2. My body feels tense.	1	2	3	4
3. I worry that I will not play well.	1	2	3	4
4. It is hard for me to focus on what I am supposed to do.	1	2	3	4
5. I worry that I will let others down.	1	2	3	4
Before or while I compete in sports:	Not at all	A little bit	Pretty much	Very much
6. I feel tense in my stomach.	1	2	3	4
7. I lose focus on the game.	1	2	3	4
8. I worry that I will not play my best.	1	2	3	4
9. I worry that I will play badly.	1	2	3	4
10. My muscles feel shaky.	1	2	3	4
Before or while I compete in sports:	Not at all	A little bit	Pretty much	Very much
11. I worry that I will mess up during the game.	1	2	3	4
12. My stomach feels upset.	1	2	3	4
13. I cannot think clearly during the game.	1	2	3	4
14. My muscles feel tight because I am nervous.	1	2	3	4
15. I have a hard time focusing on what my coach tells me to do.	1	2	3	4

Scoring Key

Somatic: items 2, 6, 10, 12, 14.

Worry: items 3, 5, 8, 9, 11.

Concentration disruption: items 1, 4, 7, 13, 15.