

■ Table 33.1 ■

Measures Assessing Psychological Skills

Variable or concept	Measure	Dimension or subscale	Source	Website
Personality traits	Athletic Motivation Inventory (AMI)	Drive, aggression, determination, guilt proneness, leadership, self-confidence, emotional control, mental toughness, conscientiousness, coachability, trust	Tutko, Lyon, & Ogilvie (1969)	None
Psychological skills	Psychological Skills Inventory for Sports (PSIS)	Anxiety, concentration, confidence, mental preparation, team emphasis, motivation	Mahoney, Gabriel, & Perkins (1987)	None
Coping strategies	Athletic Coping Skills Inventory-28 (ACSI-28)	Peaking under pressure, goal setting and mental preparation, freedom from worry, coachability, coping with adversity, concentration, and confidence and achievement orientation	Smith, Schutz, Smoll, & Ptacek (1995)	None
Psychological skills in practice and competition	Test of Performance Strategies (TOPS)	Competition strategies (self-talk, emotional control, automaticity, goal setting, imagery, activation, negative thinking, relaxation) and practice strategies (goal setting, emotional control, automaticity, relaxation, self-talk, imagery, attentional control, activation)	Thomas, Murphy, & Hardy (1999)	www.topsfirst.com
Psychological skills	Ottawa Mental Skills Assessment Tool-3 (OMSAT-3)	Foundation skills (goal setting, self-confidence, commitment), psychosomatic skills (stress reactions, fear control, relaxation, activation), cognitive skills (imagery, mental practice, focusing, refocusing, competition planning)	Durand-Bush, Salmela, & Green-Demers (2001)	www.mindeval.com/shop/product/omsat_3/
Mental toughness	Mental Toughness Questionnaire (MTQ)	Control, commitment, challenge, confidence	Clough, Earle, & Sewell (2002)	None
Mental toughness	Australian Football Mental Toughness Inventory (AfMTI)	Thriving through challenge, sport awareness, tough attitude, desire for success	Gucciardi, Gordon, & Dimmock (2008)	None
Imagery ability	Movement Imagery Questionnaire (MIQ)	Kinesthetic, visual	Hall, Pongrac, & Buckholz (1985)	None
Imagery ability	Movement Imagery Questionnaire-Revised (MIQ-R)	Kinesthetic, visual	Hall & Martin (1997)	http://ses-gcre-mades.barry.edu/PerformanceEnhancement/Self-report/MIQ-R.doc

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Variable or concept	Measure	Dimension or subscale	Source	Website
Imagery ability	Vividness of Movement Imagery Questionnaire (VMIQ)	Kinesthetic, visual	Isaac, Marks, & Russell (1986)	www.coaching-wales.com/1373.file.dld
Frequency of imagery	Sport Imagery Questionnaire (SIQ)	Motivational general—mastery, motivational general—arousal, motivational specific, cognitive general, cognitive specific	Hall, Mack, Paivio, & Hausenblas (1998)	None
Self-talk use	Self-Talk Use Questionnaire (STUQ)	When, content, functions (practice, competition), how	Hardy, Hall, & Hardy (2005)	None
Functions of self-talk	Functions of Self-Talk Questionnaire (FSTQ)	Effort and motivation, cognitive and emotional control, confidence and belief, automaticity, attention and concentration	Theodorakis, Hatzigeorgiadis, & Chroni (2008)	None
Frequency of self-talk	Self-Talk Questionnaire (S-TQ)	Motivational, cognitive	Zervas, Stavrou, & Psychountaki (2007)	None
Concentration	Test of Attentional and Interpersonal Style (TAIS)	Attentional style (broad external focus, overloaded by external stimuli, broad internal focus, overloaded by internal stimuli, narrow focus, reduced focus)	Nideffer (1976)	www.enhanced-performance.com
Goal orientations	Sport Orientation Questionnaire (SOQ)	Competitiveness, win orientation, goal orientation	Gill & Deeter (1988)	None
Goal orientations	Task and Ego Orientation Questionnaire (TEOSQ)	Task orientation, ego orientation	Duda (1989)	www.brianmac.co.uk/teosq.htm
Goal orientations	Perceptions of Success Questionnaire (POSQ)	Task orientation, ego orientation	Roberts, Treasure, & Balague (1998)	None