

■ Table 21.1 ■

**Measures Assessing the Self in the Physical Domain**

Variable or concept	Measure	Dimension or characteristic	Source and web site (if applicable)
Physical self-worth	Physical Self-Perception Profile (PSPP)	Self-perceptions of conditioning, strength, sport, and body; global physical self-worth	Fox (1990); Fox & Corbin (1989)
Physical self-worth	Children and Youth Physical Self-Perception Profile (CY-PSPP)	Self-perceptions of conditioning, strength, and sport; appearance self-perceptions and global physical self-worth are assessed by Harter's (1985) scales	Whitehead (1995)
Physical self-concept	Physical Self-Description Questionnaire (PSDQ)	Self-perceptions of health, strength, physical activity, endurance and fitness, sport competence, coordination, appearance, flexibility, and body fat; global physical self-concept; global self-esteem	Marsh, Richards, Johnson, Roche, & Tremayne (1994) <a href="http://www.self.ox.ac.uk/Instruments/packages.htm">www.self.ox.ac.uk/Instruments/packages.htm</a>
Exercise identity	Exercise Identity Scale (EIS)	Exercise identity (unidimensional)	Anderson & Cychosz (1994)
Physical activity identity	Physical Activity Identity Scale (PAIS)	Physical activity identity (unidimensional)	Miller, Ogletree, & Welshimer (2002)
Runner identity	Modified Athletic Identity Measurement Scale (AIMS)	Runner identity (unidimensional)	Brewer et al. (1993); Strachan et al. (2005)
Exercise self-definition	Physical activity self-definition (PASD) items	Self-definitions measured either globally (exerciser) or specific to the type of activity (e.g., runner, weightlifter, cyclist)	Kendzierski et al. (1998); Kendzierski & Morganstein (2009)
Exercise schema	Exerciser Self-Schema Scale	Self-description and importance of being an exerciser	Kendzierski (1988)
Possible selves	Open-Ended Possible Selves Questionnaire	Hoped-for and feared possible selves	Cross & Markus (1991); Dunkel et al. (2006)
Possible selves	Closed-ended possible selves measure	Positive and negative possible selves	Markus & Nurius (1986)