

## Sources of Sport-Confidence Questionnaire

Think about a time when you were very self-confident in your sport, and think about the types of things that made you confident in those situations. Consider how important each of those sources was in creating that feeling of self-confidence. (Check one box for each item.)

I usually gain self-confidence in my sport when I . . .

	1	2	3	4	5	6	7
	Not at all important			Of highest importance			
1. master a new skill in my sport.	<input type="checkbox"/>						
2. improve my performance on a skill.	<input type="checkbox"/>						
3. improve my skills.	<input type="checkbox"/>						
4. increase the number of skills I can perform.	<input type="checkbox"/>						
5. develop new skills and improve.	<input type="checkbox"/>						
6. win.	<input type="checkbox"/>						
7. demonstrate I am better than others.	<input type="checkbox"/>						
8. show ability by winning or placing.	<input type="checkbox"/>						
9. know I can outperform others.	<input type="checkbox"/>						
10. prove I am better than opponents.	<input type="checkbox"/>						
11. show I am one of the best.	<input type="checkbox"/>						
12. keep my focus on the task.	<input type="checkbox"/>						
13. psych myself up.	<input type="checkbox"/>						
14. know I am mentally prepared.	<input type="checkbox"/>						
15. stay focused on my goals.	<input type="checkbox"/>						
16. prepare myself physically and mentally.	<input type="checkbox"/>						
17. believe in my ability to give maximum effort.	<input type="checkbox"/>						
18. feel good about my weight.	<input type="checkbox"/>						
19. feel I look good.	<input type="checkbox"/>						
20. feel my body looks good.	<input type="checkbox"/>						
21. get positive feedback from teammates.	<input type="checkbox"/>						
22. know I have support from others.	<input type="checkbox"/>						
23. am told others believe in me.	<input type="checkbox"/>						
24. am encouraged by coaches and family.	<input type="checkbox"/>						
25. get positive feedback from coaches.	<input type="checkbox"/>						
26. receive support and encouragement.	<input type="checkbox"/>						
27. believe in my coach's abilities.	<input type="checkbox"/>						
28. know coach will make good decisions.	<input type="checkbox"/>						
29. know coach is a good leader.	<input type="checkbox"/>						
30. trust in coach's decisions.	<input type="checkbox"/>						
31. feel coach provides good leadership.	<input type="checkbox"/>						
32. see successful performances.	<input type="checkbox"/>						
33. watch another athlete perform well.	<input type="checkbox"/>						
34. watch a teammate perform well.	<input type="checkbox"/>						

(continued)

## Sources of Sport-Confidence Questionnaire *(continued)*

<b>35.</b> see a friend perform successfully.	<input type="checkbox"/>						
<b>36.</b> watch teammates at my level.	<input type="checkbox"/>						
<b>37.</b> perform in an environment I like.	<input type="checkbox"/>						
<b>38.</b> follow certain rituals.	<input type="checkbox"/>						
<b>39.</b> feel comfortable in an environment.	<input type="checkbox"/>						
<b>40.</b> like the environment I'm performing in.	<input type="checkbox"/>						
<b>41.</b> get breaks from officials.	<input type="checkbox"/>						
<b>42.</b> see breaks going my way.	<input type="checkbox"/>						
<b>43.</b> feel everything is going right.	<input type="checkbox"/>						
<b>44.</b> Self-suggested source:	<input type="checkbox"/>						
<b>45.</b> Self-suggested source:	<input type="checkbox"/>						

## Scoring the Sources of Sport-Confidence Questionnaire

To summarize responses from the questionnaire, total the scores for each group of items, referred to as a *subscale*, and then divide by the number of items in the subscale to produce a mean score. The higher the score, the more your self-confidence is derived from that particular source. For example, a score of 6 for mastery and a score of 2 for social support would indicate that your sport confidence is derived more from mastery than from social support. This might prompt you to re-create some conditions, such as achieving some key performance indicators in the last training session before competition, to help you feel confident. The items that correspond to each subscale are as follows:

Mastery (items 1 to 5)

Demonstration of ability (items 6 to 11)

Physical and mental preparation (items 12 to 17)

Physical self-presentation (items 18 to 20)

Social support (items 21 to 26)

Coach's leadership (items 27 to 31)

Vicarious experience (items 32 to 36)

Environmental comfort (items 37 to 40)

Situational favorability (items 41 to 43)

If you have come up with your own sources of sport confidence (see bottom of questionnaire), first see if they fit into any of the existing categories. If they don't, then you might create another category of your own into which they do fit. Score your own subscale in the same way as you scored the others.

It is worthwhile noting that Professor Vealey and her colleagues did find some significant gender differences in the importance of certain sources of sport confidence. For example, female athletes perceived physical self-presentation and social support to be more important contributors to sport confidence than did their male counterparts. Other research has shown that females generally have lower self-confidence than males, particularly when involved in masculine-type tasks. When females participate in feminine-type tasks such as dance or netball (a predominantly female sport), the trend is reversed. This is indicative of the influence of situational and task characteristics on athletes' confidence. It reinforces the discussion in chapter 4 on gender differences in anxiety.