

■ 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 |

(continued)

■ **Table 33.1** ■

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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 |