

Mental Skills Assessment Form

Name: _____

Date: _____

Sport: _____ Age: _____

Sex: Male Female

Please complete the following questions without discussing them with anyone.

1. Below is a list of reasons why people sometimes participate in sports. Please read the list carefully and think of why you participate in your sport. Then:
 - a. Place a **checkmark** in the box in front of the **five most important reasons** for your participation.
 - b. **Rank the items that you have checked in order of their importance for you.** "1" for being the most important reason for your participation, "2" being the next most important, and so on.

Rank

- ___ Becoming a healthier person.
- ___ Improving my skills.
- ___ Having fun.
- ___ Making and enjoying friends.
- ___ Excitement of competition.
- ___ Learning social skills.
- ___ Developing confidence in myself as a person.
- ___ Winning in competition.
- ___ Earning respect from others.
- ___ Learning life skills, such as setting goals, dealing with frustration, etc.
- ___ Earning self-respect.
- ___ Performing well in competition.
- ___ Doing something I do well.
- ___ Being part of a team.
- ___ Financial gains: salary, scholarships, etc.

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2. Have you participated in organized competition during the past two weeks? Yes No

3. Check the box in front of the following five items you selected on the previous page and answer the following question.

a. To what extent have you had the following experiences as a result of participating in your sport during the past two weeks? Please circle the number that best represents your experience.

	Not at all				A great deal
<input type="checkbox"/> Becoming a healthier person.	1	2	3	4	5
<input type="checkbox"/> Improving my skills.	1	2	3	4	5
<input type="checkbox"/> Having fun.	1	2	3	4	5
<input type="checkbox"/> Making and enjoying friends.	1	2	3	4	5
<input type="checkbox"/> Excitement of competition.	1	2	3	4	5
<input type="checkbox"/> Learning social skills.	1	2	3	4	5
<input type="checkbox"/> Developing confidence in myself as a person.	1	2	3	4	5
<input type="checkbox"/> Winning in competition.	1	2	3	4	5
<input type="checkbox"/> Earning respect from others.	1	2	3	4	5
<input type="checkbox"/> Learning life skills, such as setting goals, dealing with frustration, etc.	1	2	3	4	5
<input type="checkbox"/> Earning self-respect.	1	2	3	4	5
<input type="checkbox"/> Performing well in competition.	1	2	3	4	5
<input type="checkbox"/> Doing something I do well.	1	2	3	4	5
<input type="checkbox"/> Being part of a team.	1	2	3	4	5
<input type="checkbox"/> Financial gains: salary, scholarships, etc.	1	2	3	4	5

4. To what extent do you feel a pressure to perform well from each of the following people? Circle the number corresponding to your answer.

	No pressure at all				A great amount of pressure
Mother	1	2	3	4	5
Father	1	2	3	4	5
Spouse (or significant other)	1	2	3	4	5
Other relatives	1	2	3	4	5
Friends	1	2	3	4	5
Coach	1	2	3	4	5
Teammates	1	2	3	4	5
Other competitors	1	2	3	4	5
Self	1	2	3	4	5
Others	1	2	3	4	5

Please specify: _____

5. To what extent do you usually feel relaxed or nervous just before you begin to perform in important competition?

	Very relaxed				Very nervous
	1	2	3	4	5

6. To what extent do you usually feel relaxed or nervous while performing in important competition? Very relaxed 2 3 4 Very nervous
1 2 3 4 5

7. While performing in important competition, to what extent are you usually able to maintain your concentration? Very relaxed 2 3 4 Very nervous
1 2 3 4 5

8. If you are sometimes distracted while performing in important competition, what kinds of things distract you? Check all that apply.
 My nerves Bodily feelings My own thoughts Sounds
 Visual stimuli Other, please explain: _____

9. If you make a mistake while performing in important competition, how quickly are you usually able to recover and perform well? Not at all 2 3 4 Very quickly
1 2 3 4 5

10. When you "talk" to yourself just before an important competition, are you primarily positive or negative? Negative 2 3 4 Positive
1 2 3 4 5

11. How often do you imagine yourself performing in competition? Never 2 3 4 Very often
1 2 3 4 5

12. If you do imagine yourself performing in competition, how vivid are your images? Not vivid 2 3 4 Very vivid
1 2 3 4 5

13. In your images, how well are you performing? Very poorly 2 3 4 Very well
1 2 3 4 5

14. When you have performed below your expectation or are discouraged or upset about your performance or your sport participation, to what extent do you receive emotional support from each of the following people?

	No emotional support					A great amount of emotional support
Mother	1	2	3	4	5	
Father	1	2	3	4	5	
Spouse (or significant other)	1	2	3	4	5	
Other relatives	1	2	3	4	5	
Friends	1	2	3	4	5	
Coach	1	2	3	4	5	
Teammates	1	2	3	4	5	
Other competitors	1	2	3	4	5	
Self	1	2	3	4	5	
Others	1	2	3	4	5	

Please specify: _____

15. Please list several athletes in your sport whom you admire. After each name list the qualities that you particularly admire or respect.

Athlete	Qualities
_____	_____
_____	_____
_____	_____
_____	_____

16. If your sport has an "in-season" and an "off-season," please give the approximate dates for the beginning and end of your "in-season."

In-season begins: _____ In-season ends: _____

17. Approximately how many hours a week do you spend practicing and competing in your sport?

In-season hours per week: _____ Off-season hours per week: _____

18. On average, to what extent is your life in balance during your "in-season" and "off-season"? Please circle the number that is most appropriate.

In-season

Too much time and energy
Devoted to non-sport activities

1

2

Comfortable balance

3

4

Too much time and energy
Devoted to sport

5

Off-season

Too much time and energy
Devoted to non-sport activities

1

2

Comfortable balance

3

4

Too much time and energy
Devoted to sport

5