

Sport Mental Training Questionnaire – SMTQ

Below are twenty statements. They concern specific experiences that can be described as mental skills associated with the training process and sport competitions. Using the following scale from 1 to 5, indicate your level of agreement with each statement. Numbers (1-5) describe how much you agree or disagree with each statement:

- 1 - strongly disagree,**
2 - disagree,
3 - neutral,
4- agree,
5 - strongly agree.

Please note that in this study there are no right or wrong answers. Please be as honest as possible with your response. Go with whatever first thought comes to mind.

I can control my emotions when I am under pressure.	1	2	3	4	5
I use self-talk to improve my actions, focusing my attention on key-elements of performance (technique, tactics, body sensations, etc.).	1	2	3	4	5
I have a high level of self-confidence that makes me believe I can achieve anything I put my mind to.	1	2	3	4	5
I understand and follow the rules established in training.	1	2	3	4	5
When I am under pressure during a competition I'm able to relax physically and mentally, so that I am ready to perform.	1	2	3	4	5
I use self-talk to help myself overcome difficult times.	1	2	3	4	5
I am able to "bounce back" and overcome any failure. It does not discourage me from further action.	1	2	3	4	5
During a competition I am able to adapt quickly to changes in performance demands and to distracting factors.	1	2	3	4	5
During preparation for the competition I create real and accurate "inner films," planning possible obstacles and feeling sensations associated with the actual situation to come.	1	2	3	4	5
I know my own value, my strengths and weaknesses, and I plan how to improve them.	1	2	3	4	5
I accept my role in the group, and I see it clearly.	1	2	3	4	5
Whenever I lose my self-control during a competition, I can regain control of my own actions in the right moment.	1	2	3	4	5
I talk to myself to regulate my own thoughts, emotions and arousal.	1	2	3	4	5
I have an unshakable belief in my athletic ability.	1	2	3	4	5
I understand my role, and the role of others on my team and how it all fits into the greater system	1	2	3	4	5
I can relax, and reduce my arousal level during competition if the situation requires so.	1	2	3	4	5
I use mental imagery to control my own emotions.	1	2	3	4	5
I am able to communicate effectively with my team, and staff during the competition.	1	2	3	4	5
I am able to concentrate my attention on my performance and maintain it during it's duration, and in case of any disruption, I can quickly refocus	1	2	3	4	5
Before the start of competition I visualize my performance going exactly the way I want it to look like during the real competition.	1	2	3	4	5