**Psychological Performance States Inventory**

**Instructions – Complete approximately an hour before competition**

The effects of highly competitive sports can be powerful and very different among athletes. Some very common statements that athletes have used to describe their psychological states when anticipating or performing sports under pressure are given below. The inventory you are about to complete measures how you feel at this moment. Please complete the inventory as honestly as you can. Read each statement and then circle the appropriate number*.* There are no right or wrong answers. Your answers will be kept completely confidential, and we will only be looking at group responses. Do not spend too much time on any one statement, but choose the answer which describes your feelings right now.

Totally agree

Totally disagree

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1) My heart is racing……………............…………………… | 1 | 2 | 3 | 4 | 5 |
| 2) I feel I have the capacity to cope with this performance… | 1 | 2 | 3 | 4 | 5 |
| 3) I am conscious that others will be judging my performance | 1 | 2 | 3 | 4 | 5 |
| 4) I believe in my ability to perform………………………….. | 1 | 2 | 3 | 4 | 5 |
| 5) I am worried that I may make mistakes............................... | 1 | 2 | 3 | 4 | 5 |
| 6) I feel physically nervous……………………………...…… | 1 | 2 | 3 | 4 | 5 |
| 7) My chest feels tight…………………………………………. | 1 | 2 | 3 | 4 | 5 |
| 8) I am worried about the uncertainty of what may happen…. | 1 | 2 | 3 | 4 | 5 |
| 9) I find myself trembling…….……………………..……….. | 1 | 2 | 3 | 4 | 5 |
| 10) I tend to dwell on shortcomings in my performance…….. | 1 | 2 | 3 | 4 | 5 |
| 11) I am worried about the outcome of my performance……. | 1 | 2 | 3 | 4 | 5 |
| 12) I feel tense in my stomach……………………………….. | 1 | 2 | 3 | 4 | 5 |
| 13) I am prepared for my upcoming performance…………… | 1 | 2 | 3 | 4 | 5 |
| 14) I am conscious about the way I will look to others……… | 1 | 2 | 3 | 4 | 5 |
| 15) I have a slight tension headache………………………….. | 1 | 2 | 3 | 4 | 5 |
| 16) I am worried that I may not perform to the best of my ability | 1 | 2 | 3 | 4 | 5 |
| 17) I am confident that I will be able to reach my target….…… | 1 | 2 | 3 | 4 | 5 |
| 18) I am aware that I will scrutinise my performance………... | 1 | 2 | 3 | 4 | 5 |
| 19) I feel lethargic…………………………..………………….. | 1 | 2 | 3 | 4 | 5 |
| 20) My body feels tense…………………………..…………… | 1 | 2 | 3 | 4 | 5 |
| 21) I feel a lump in my throat…………………………………… | 1 | 2 | 3 | 4 | 5 |
| 22) I am aware that I will be conscious of every movement I make | 1 | 2 | 3 | 4 | 5 |
| 23) I am worried about the consequence of failure……………. | 1 | 2 | 3 | 4 | 5 |
| 24) I am worried that I may not meet the expectations of important others……………………………....……….………. | 1 | 2 | 3 | 4 | 5 |
| 25) My hands are clammy………………………………...…… | 1 | 2 | 3 | 4 | 5 |
|  |  |  |  |  |  |

Performance Anxiety Subscales

Worry = Items 5, 8, 11, 16, 23 (min 5 – max 25)

Private Self Focus = Items 10, 18, 22 (min 3 – max 15)

Public Self Focus = Items 3, 14, 24 (min 3 – max 15)

Autonomic Hyperactivity = Items 1, 7, 12, 21, 25 (min 5 – max 25)

Somatic Tension = Items 6, 9, 15, 19, 20 (min 5 – max 25)

Perceived Control = Items 2, 4, 13, 17 (min 4 – max 20)