

Running head: MILITARY TRAINING MENTAL TOUGHNESS INVENTORY

Table 1.
Standardized factor loadings, means and standard deviations for retained items.

4		Study 1a (<i>n</i> = 279)		Study 1b (<i>n</i> = 156)		Study 2 (wk 20) (<i>n</i> = 104)		(Study 2 wk 23)		Study 3 (<i>n</i> = 134)	
		FL	M (SD)	FL	M (SD)	FL	M (SD)	FL	M (SD)	FL	M (SD)
1	His recent performances have been poor.	0.72	4.23(1.50)	0.82	4.08(1.52)	0.64	4.57(1.82)	0.86	4.95(1.40)	0.63	4.81(1.26)
2	He is in pain (e.g., associated with high levels of physical effort).	0.77	4.06(1.78)	0.74	3.98(1.59)	0.75	4.86(1.76)	0.87	4.89(1.60)	0.66	4.78(1.48)
3	The conditions are difficult (e.g., on exercise).	0.80	4.22(1.55)	0.88	4.12(1.49)	0.82	5.05(1.55)	0.90	4.91(1.58)	0.87	5.00(1.22)
4	He has been reprimanded/punished	0.81	4.06(1.68)	0.75	4.41(1.61)	0.82	5.11(1.56)	0.83	4.90(1.51)	0.69	5.06(1.19)
5	He has not had much sleep	0.74	4.04(1.51)	0.82	3.87(1.36)	0.85	4.95(1.50)	0.85	4.79(1.52)	0.80	4.78(1.24)
6	He is under pressure to perform well (e.g., assessments, test conditions)	0.73	4.41(1.62)	0.72	4.22(1.53)	0.79	5.23(1.65)	0.84	4.88(1.58)	0.75	4.92(1.36)
	Total Mental Toughness		4.17(1.30)		4.11(1.25)		4.95(1.34)		4.89(1.36)		4.89(1.01)

Note. FL is the standardized factor loading

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Table 2. Means, SDs, and inter-correlations between variables in studies 2 and 3 with alpha coefficients in parentheses

	Mean	SD	1	2	3	4	5	6	7	8	9
Study 2 (n = 104)											
1 Mental Toughness (wk 20)	4.95	1.34	(.90)								
2 Mental Toughness (wk 23)	4.89	1.36	.72**	(.94)							
3 SMTQ	2.98	0.40	.33**	.43**	(.78)						
4 SMTQ-Confidence	3.08	0.48	.27**	.37**	.83**	(.66)					
5 SMTQ-Constancy	3.38	0.45	.31**	.40**	.75**	.51**	(.45)				
6 SMTQ-Control	2.42	0.61	.20*	.24*	.74**	.33**	.40**	(.62)			
7 Resilience	3.94	0.70	.32**	.35**	.68**	.62**	.52**	.46**	(.81)		
8 Self-confidence	4.12	0.63	.25**	.33**	.71**	.72**	.52**	.38**	.75**	(.85)	
9 Final Course Grade	4.05	1.57	.33**	.56**	.39**	.33**	.39**	.23*	.33**	.35**	
Study 3 (n = 134)											
	Mean	SD	1	2	3						
1 Mental Toughness	4.89	1.01	(.87)								
2 P Company Score	47.25	17.63	.36**								
3 Fitness Score	0.03	0.74	.43**	.42**							

** $p < .01$ * $p < .05$