

## Trait Robustness of Sports-Confidence Inventory (TROSCI)

Name.....  
 Age.....Email address.....  
 Sport.....Team Name.....  
 Years of competitive experience.....Date.....

Please read the instructions carefully before responding to the statements.

Think about your confidence and how your performance may affect your confidence **generally**.

The statements below describe how you may feel **generally** about your confidence, answer each statement by circling the number that corresponds to how strongly you agree or disagree **generally**. Please try and respond to each item separately.

The terms **competition** refers to matches, tournaments or other competitive events.

Please answer the items as honestly and accurately as possible there are no right or wrong answers. Your response will be kept confidential.

		Strongly Disagree			Neutral				Strongly Agree
1 A bad result in competition has a very negative effect on my self-confidence.	1	2	3	4	5	6	7	8	9
2 My self-confidence goes up and down a lot.	1	2	3	4	5	6	7	8	9
3 Negative feedback from others does not affect my level of self-confidence.	1	2	3	4	5	6	7	8	9
4 If I perform poorly, my confidence is not badly affected.	1	2	3	4	5	6	7	8	9
5 My self-confidence is stable; it does not vary very much at all.	1	2	3	4	5	6	7	8	9
6 My self-confidence is not greatly affected by the outcome of competition.	1	2	3	4	5	6	7	8	9
7 If I make a mistake it has quite a large detrimental effect on my self-confidence.	1	2	3	4	5	6	7	8	9
8 My self-confidence remains stable regardless of fluctuations in fitness level.	1	2	3	4	5	6	7	8	9