



Sport Personality Questionnaire

Preparation Guide



Sport Personality Questionnaire

This guide is designed to help you understand what the Sport Personality Questionnaire (SPQ) measures and how to complete it. The SPQ assesses an athlete's confidence and mental skills from a sport perspective.

The SPQ will help you:

- compare your mental skills and style against a very large international comparison group of athletes;
- increase your awareness of how your personality and mental skills impact on your performance;
- understand the impact of your mental skills on coaches and competitors, and identify areas you need to work on to improve your performance and reach your potential.

The SPQ will help your coach:

- benchmark the confidence and mental skills of athletes;
- design coaching programs to increase mental skills and confidence, and improve individual and team performance.

What the SPQ Measures

The Sport Personality Questionnaire measures four areas of an athlete's mental game: Achievement and Competitiveness, Confidence and Resilience, Interaction and Sportsmanship, and Power and Aggressiveness. These cover personality factors, mental skills, and use of performance enhancement techniques.





Completing the Questionnaire

The questionnaire is presented on-screen in blocks of 42 statements which you are asked to rate on a 5-point scale ranging from 'Never/Almost Never' to 'Nearly Always/Always'.

Please consider the following points when you are completing the assessment:

- do the questionnaire when you are alert and free from interruptions;
- enter your responses by clicking on the appropriate rating for each statement. You must respond to every statement before you can go on to the next screen;
- complete the assessment from a sport perspective as the assessment is designed to throw light on your mental game in sport;
- try to be as discriminating as possible by using the full range of options on the 5-point response scale;
- avoid trying to select responses that you think will present you in the most favorable light--there are checks built into the assessment to assess the candor and consistency of your responses.

Feedback

The SPQ feedback report provides a concise summary of your mental game. The report also provides a link to a development guide with practical tips and recommendations for performance improvement.