



# SPORT PERSONALITY QUESTIONNAIRE

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Personal Report

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## Introduction

Top athletes and their coaches recognize that elite athlete performance requires a combination of mental and physical skills. When you achieve the perfect combination, you are playing in the zone. This report provides information on your mental approach and mental skills. The objective is to help you identify and work on any mental factors that may be impeding your performance.

The factors covered in this report represent some of the latest thinking on the mental side of elite athlete performance. Athletes often refer to this as “attitude” and “confidence”. Talking about this, Michael Jordan said that having an effective mental game is what separated him from the rest of the NBA. Tiger Woods has said that mental mistakes have had a much more severe impact on his performance than physical errors.

The Sport Personality Questionnaire (SPQ20) covers twenty personality dimensions covering four key areas of your mental game: your confidence and mental resilience, your achievement drive and competitiveness, your sportsmanship, and your interest in power and your aggressiveness. The questionnaire also provides a measure of your overall mental skills and your team leadership potential.

Please bear the following points in mind as you consider the results from your assessment. First, your profile is based on what you have said about yourself through your responses to the questionnaire so that what we are measuring here is your own perception of what you are like. Second, the results can also be affected by your strategy for answering the questionnaire - whether this was conscious or unconscious - for example, whether you were very frank, whether you were very self-critical or whether you felt under pressure to convey a more than usually positive impression of yourself.

Third, the report describes different aspects of your sport personality/mental skills by comparing your responses against those of a large international comparison group of athletes. Your results are reported on a ten point scale known as the Standard Ten (Sten) scoring system. The table below indicates what different Sten scores mean and how they should be interpreted.

Sten	% scores	Level	Competence	Development Implication
8-10	15	5	Very High	Capitalize on
7	15	4	High	Round off
5-6	40	3	Average	Work on
4	15	2	Low	Develop
1-3	15	1	Very Low	Improve

Finally, this assessment is intended to help you clarify your view of yourself and help you to develop and achieve personal growth. If you do not recognize yourself in the following pages, check what other people think by taking views from your coach and fellow athletes.

## Assessment Scales

The SPQ20 has 20 scales that measure different aspects of your mental approach / style in sport.

Achievement and Competitiveness	
<b>Achievement</b>	This scale measures whether you are motivated to train hard and are prepared to make personal sacrifices to achieve excellence.
<b>Adaptability</b>	This scale measures whether you are open to new ideas and suggestions, and whether you keep up with technical developments.
<b>Competitiveness</b>	This scale assesses the degree to which you enjoy competing and want to get in the winner's circle.
<b>Conscientiousness</b>	This scale indicates the extent to which you prepare thoroughly, show self-discipline, and stay with the plan.
<b>Visualization</b>	This scale indicates how far you make use of imagery to help play well, rehearse performances, and stay calm.
<b>Intuition</b>	This scale gauges the extent to which you use your instincts and intuition in making performance decisions.
<b>Goal Setting</b>	This scale assesses whether you have set priorities and goals to help manage your development as an athlete.
Confidence and Resilience	
<b>Managing Pressure</b>	This scale assesses how effectively you handle anxiety and tension before important events.
<b>Self-Efficacy</b>	This scale indicates how much self-confidence you possess and how quickly you bounce back from setbacks.
<b>Fear of Failure Control</b>	This scale indicates the degree to which you are afraid of failing, letting people down, and not living up to your own and other people's expectations.
<b>Flow</b>	This scale assesses how far you are able to immerse yourself in your performance and play in the zone.
<b>Stress Management</b>	This scale measures whether you are experiencing burnout symptoms such as apathy, fatigue, anxiety, and isolation.
<b>Emotions</b>	This scale assesses how far you are able to regulate your feelings and emotions to maximize your performance.
<b>Self-Talk</b>	This scale shows the extent to which you talk positively to yourself to maintain motivation, stay calm, and perform well.
<b>Self-Awareness</b>	This scale assesses whether you ask for feedback, demonstrate awareness of your strengths and weaknesses, and reflect on your performance.
Interaction and Sportsmanship	
<b>Ethics</b>	This scale assesses whether you have strong principles, behave ethically, and show sportsmanship.
<b>Empathy</b>	This scale measures the extent to which you listen to and show concern for other contestants' views, feelings, and needs.
<b>Relationships</b>	This scale reveals the degree to which you develop relationships, engage in conversation, and socialize with other athletes.
Power and Aggressiveness	
<b>Aggressiveness</b>	This scale measures the extent to which you adopt an aggressive attitude and tend to intimidate opponents.
<b>Power</b>	This scale assesses the extent to which you enjoy having authority over people and aspire to leadership positions.

## Sport Personality Profile Summary

Overall Mental Skills	
Borderline Easygoing Contestant	You appear in the centre of the matrix in the Easygoing Contestant zone. At the present moment, you come out as average on Confidence and Resilience, and average on Achievement Drive and Competitiveness.
Leadership Potential	
Team Player	You came out as somewhat higher than average on Interaction and Sportsmanship, and much lower than average on Power and Aggressiveness. You are interested in building relationships and cooperating with people, but you are not at all interested in being influential and holding power.
Achievement and Competitiveness	
Level 3	Your responses to the questionnaire suggest that you put in as much effort and energy as most athletes to achieve success.
Confidence and Resilience	
Level 3	Your responses to the questionnaire suggest that at present you are feeling as confident and resilient as the average contestant in the comparison group.
Interaction and Sportsmanship	
Level 4	Your responses to the questionnaire suggest that interaction and sportsmanship is a pretty important driver for you. Your overall score on this factor is within the top 30 percent of the comparison group.
Power and Aggressiveness	
Level 1	You have a much lower score than the average contestant on the combined power and aggressiveness factor.
Response Style	
Less Self-Critical	Our analysis of your responses indicates that you seem to have responded to the questionnaire in a more positive or socially desirable way than most athletes in the comparison group. This may not have been conscious and may reflect your natural response style.

## Overall Mental Skills

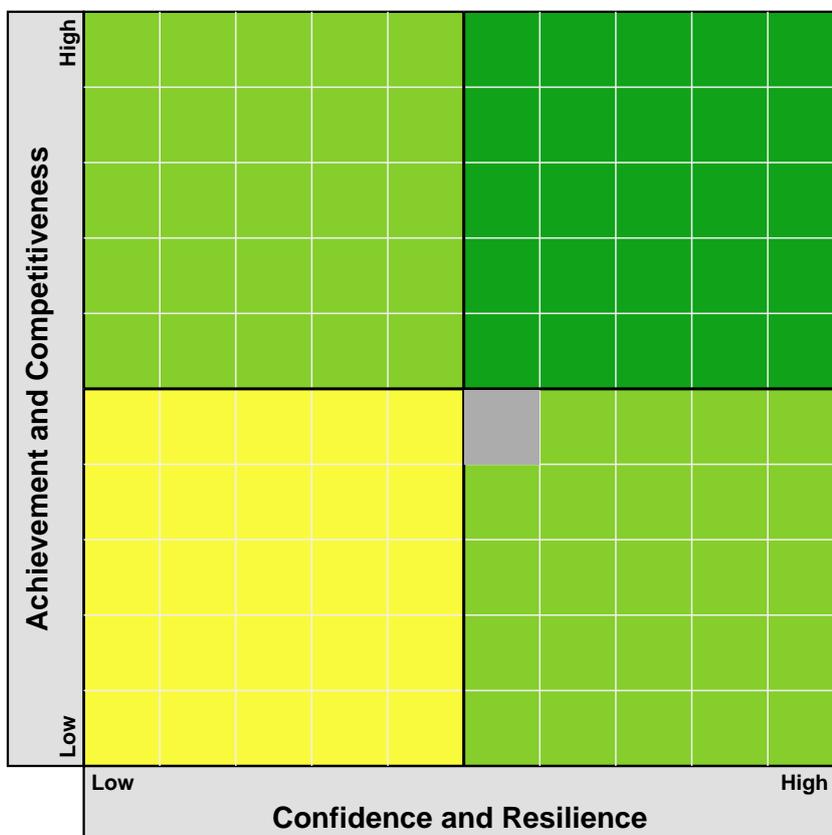
The Mental Skills Matrix below classifies athletes into four groups shown on axes of Confidence and Resilience, and Achievement and Competitiveness. These two factors measure your current level of confidence and self-belief, and how driven you are to achieve and win. The SPQ Scorecards on pages 6 and 7 show your results on these two broad factors and their elements. These groups are explained below.

### Tense Achiever

Athletes in the upper left part of this zone excel in motivation to achieve but lack confidence and resilience. They have the drive to work hard to realize their potential, but at the present point in time, they lack self-belief.

### Confident Achiever

Athletes located in the upper right part of this green zone excel in competitiveness and mental resilience. They feel positive about their game, are mentally strong, are motivated to achieve, and have the will to win.



### Tense Contestant

Athletes in the lower left part of this zone present as unsure about their abilities and their potential at the present point in time. They need help and support to boost their confidence and motivation.

### Easygoing Contestant

Athletes in the lower right part of this zone excel in confidence but lack motivation to achieve. They present as sure of themselves and stress-free but they lack the competitive drive to work hard to develop and realize their potential.

Borderline Easygoing Contestant. You appear in the centre of the matrix in the Easygoing Contestant zone. At the present moment, you come out as average on Confidence and Resilience, and average on Achievement Drive and Competitiveness.

The scorecards on the next pages give further details about this part of your mental game.

Achievement and Competitiveness Scorecard											
	Sten										
	1	2	3	4	5	6	7	8	9	10	
Achievement			<	...	>						
Adaptability							<	...	>		
Competitiveness				<	...	>					
Conscientiousness							<	...	>		
Visualization				<	...	>					
Intuition	<	...	>								
Goal Setting					<	...	>				
<b>Achievement and Competitiveness</b>				<	...	>					
	Improve			Work on			Capitalize on				
Achievement and Competitiveness	Level 3. Your responses to the questionnaire suggest that you put in as much effort and energy as most athletes to achieve success.										
<b>Description of dimensions</b>											
Achievement	Level 2. Your responses indicate that personal achievement is not a very important driver for you.										
Adaptability	Level 5. You present yourself as adaptable and opportunistic. You are prepared to experiment and take risks in order to succeed.										
Competitiveness	Level 3. You enjoy competing with others as much as most athletes do, and your need to win is as strong as that of most contestants in the comparison group.										
Conscientiousness	Level 4. You are pretty conscientious and well-organized. You have high standards and work hard to achieve your goals.										
Visualization	Level 3. You use imagery and visualization to a moderate extent to help think positively and perform well.										
Intuition	Level 1. You are reluctant to let your deep-down inner feelings guide you and you are unwilling to rely on your instincts and intuition.										
Goal Setting	Level 3. Your responses indicate that you use goal-setting as much as the average athlete in the comparison group.										

Confidence and Resilience Scorecard										
	Sten									
	1	2	3	4	5	6	7	8	9	10
Managing Pressure	■			■		< ... >	■		■	
Self-Efficacy	■			■		< ... >	■		■	
Fear of Failure Control	■			■		< ... >	■		■	
Flow	■			■		< ... >	■		■	
Stress Management	■			■		< ... >	■		■	
Emotions	■			<	...	>	■		■	
Self-Talk	■		<	...	>	■		■		■
Self-Awareness	■			■		< ... >	■		■	
<b>Confidence and Resilience</b>	■			■		< ... >	■		■	
	Improve			Work on			Capitalize on			
Confidence and Resilience	Level 3. Your responses to the questionnaire suggest that at present you are feeling as confident and resilient as the average contestant in the comparison group.									
<b>Description of dimensions</b>										
Managing Pressure	Level 3. You seem to manage pre-competition stress as successfully as the average contestant.									
Self-Efficacy	Level 3. You appear to be as confident about your ability to succeed as the average contestant in the comparison group.									
Fear of Failure Control	Level 3. Your responses indicate that you worry as much as the average athlete about failure and being judged negatively by others.									
Flow	Level 3. You seem to have had as many experiences of performing in the zone as the average contestant.									
Stress Management	Level 3. Your responses indicate that you are in as good physical and psychological shape as the average contestant.									
Emotions	Level 3. Your responses suggest that you have been as successful as the average athlete in managing your moods and emotions.									
Self-Talk	Level 2. You use self-talk occasionally to help deal with pre-competition stress and to maintain concentration and performance during competitions.									
Self-Awareness	Level 3. You appear to be as aware of the strengths and weaknesses of your game as the average contestant.									

## Leadership Potential

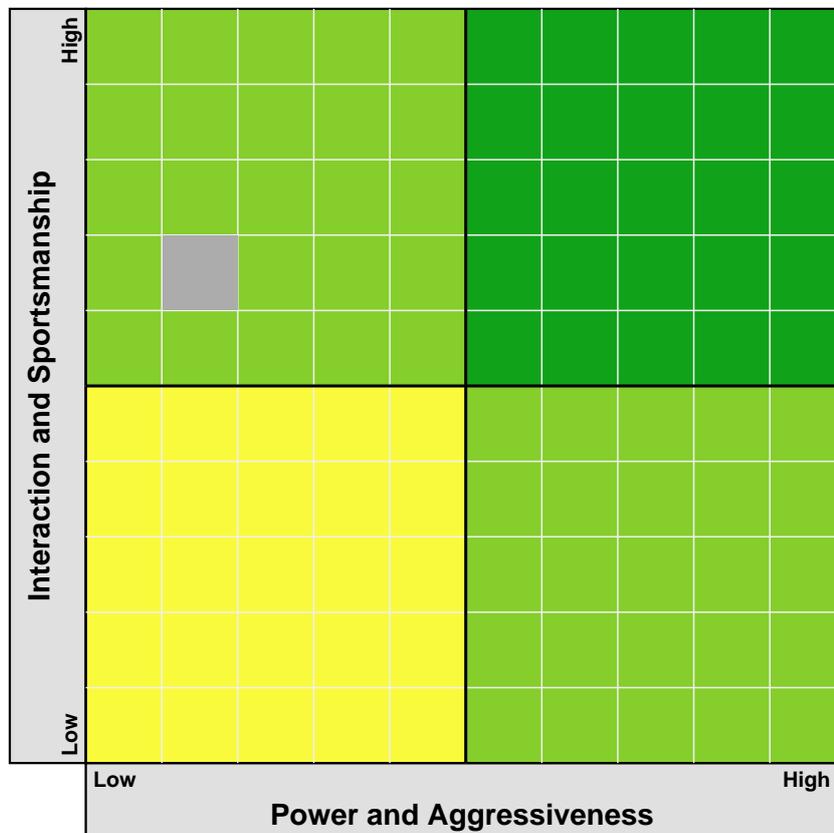
The Leadership Potential Matrix below classifies athletes into four groups shown on axes of Power and Aggressiveness, and Interaction and Sportsmanship. These factors measure your interest in having power and control over people and your interest in forming relationships, working cooperatively, and acting ethically. The SPQ Scorecards on pages 9 and 10 show your results for these two factors and their components. These groups are explained below.

### Team Player

Athletes located in the upper left part of this zone are not motivated by power and authority so they are likely to be reluctant leaders. They do like to be accepted and held in popular regard, however, which makes them natural team players.

### Democratic Captain

Athletes located in the upper right part of this green zone are motivated by power, personal status and prestige, and a need for friendly relationships. They like to lead and like to be accepted and held in popular regard. This makes them natural team leaders.



### Individual Player

Athletes located in the lower left part of this zone do not have the desire to lead or the desire to be liked and held in popular regard. They tend to prefer doing things on their own and do not seek the company or approval of fellow contestants.

### Controlling Captain

Athletes located in the lower right part of this zone have the desire to lead, to be influential and make an impact, but they do not have the desire to be liked and held in popular regard. This often means that they need to work hard to take people with them.

**Team Player.** You came out as somewhat higher than average on Interaction and Sportsmanship, and much lower than average on Power and Aggressiveness. You are interested in building relationships and cooperating with people, but you are not at all interested in being influential and holding power.

The scorecards on the next pages give further details about this part of your mental game.

Interaction and Sportsmanship Scorecard												
		Sten										
		1	2	3	4	5	6	7	8	9	10	
Ethics									< ... >			
Empathy						< ... >						
Relationships						< ... >						
<b>Interaction and Sportsmanship</b>						< ... >						
		Improve			Work on			Capitalize on				
Interaction and Sportsmanship	Level 4. Your responses to the questionnaire suggest that interaction and sportsmanship is a pretty important driver for you. Your overall score on this factor is within the top 30 percent of the comparison group.											
<b>Description of dimensions</b>												
Ethics	Level 5. Your responses indicate that you are a courteous and upright athlete who acts ethically.											
Empathy	Level 3. You present yourself as generally sympathetic, friendly, and keen to cooperate and avoid conflict.											
Relationships	Level 3. You come over as moderately extraverted and sociable, someone who enjoys the company of others but also likes their space.											

Power and Aggressiveness Scorecard	
	Sten
	1   2   3   4   5   6   7   8   9   10
Aggressiveness	
Power	
<b>Power and Aggressiveness</b>	
	<p>Improve                      Work on                      Capitalize on</p>
Power and Aggressiveness	Level 1. You have a much lower score than the average contestant on the combined power and aggressiveness factor.
<b>Description of dimensions</b>	
Aggressiveness	Level 1. You rarely perform in an activated, worked up, and aggressive state.
Power	Level 1. Your responses indicate that you are much less motivated by authority and power than the average contestant.

## Self-Improvement

1. Be prepared to work hard to achieve success as a professional or amateur athlete. Show through your behavior and actions that you want to learn, you want to get better, and you are prepared to put the work in.
2. Recognize that you are going to spend most of your time in training and in practice. Get the most out of training and practice by being enthusiastic, determined, and goal-driven. View training as a challenge to improve your skills and train with intensity and commitment. Try to consistently deliver more than you are asked to do by your coach or team captain.
3. Develop a strategy with your coach with clear stages for improving your overall game. Make sure you own your goals and they are SMART: Specific, Measurable, Achievable, Realistic, and Time bound. Continually review progress towards your objectives/goals and set new goals to replace achieved ones.
4. In competition, focus on performing well rather than winning as focusing on winning will do little to help you win. Enjoy the buzz from competing and performing well in front of others. Be aware of your thought patterns and self-talk at peak moments in competition and deploy techniques to counter negative thoughts. Identify what works for you and what doesn't work for you to maintain your best performance state.
5. Take the positives out of a situation where you don't perform the way you planned and analyze what you are going to do differently next time. Believe in your ability and never give up hope. Learn to control your explanations for winning and losing--give yourself full credit for your wins, and give your competitors credits for their wins.
6. When you are going through a difficult patch, stick with it, and do your best. Don't give up and go through the motions. Be prepared to adapt your behavior to increase your ability to play well and compete successfully. Remember that mental and physical skills' improvement takes time, commitment, and consistent effort.
7. [Click here](https://www.myskillsprofile.com/spq_development_recommendations.pdf) to download more tips and recommendations about how to develop your mental skills and improve your performance.  
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## Notes