Sport Anxiety Scale -2

REACTIONS TO PLAYING SPORTS

Many athletes get tense or nervous before or during games, meets or matches. This happens even to pro athletes. Please read each question. Then, circle the number that says bow you USUALLY feel before or while you compete in sports. There are no right or wrong answers. Please be as truthful as you can.

Not at all A little bit Pretty Much Very Much

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. It is hard to concentrate on the game | 1 | 2 | 3 | 4 |
| 2. My body feels tense. | 1 | 2 | 3 | 4 |
| 3. I worry that I will not play well. | 1 | 2 | 3 | 4 |
| 4. It is hard for me to focus on what I am supposed to do. | 1 | 2 | 3 | 4 |
| 5. I worry that I will let others down. | 1 | 2 | 3 | 4 |
| 6. I feel tense in my stomach. | 1 | 2 | 3 | 4 |
| 7. I lose focus on the game. | 1 | 2 | 3 | 4 |
| 8. I worry that I will not play my best. | 1 | 2 | 3 | 4 |
| 9. I worry that I will play badly. | 1 | 2 | 3 | 4 |
| 10. My muscles feel shaky. | 1 | 2 | 3 | 4 |
| 11. I worry that I will mess up during the game | 1 | 2 | 3 | 4 |
| 12. My stomach feels upset. | 1 | 2 | 3 | 4 |
| 13. I cannot think clearly during the game. | 1 | 2 | 3 | 4 |
| 14. My muscles feel tight because I am nervous. | 1 | 2 | 3 | 4 |
| 15. I have a hard time focusing on what my coach tells me to do. | 1 | 2 | 3 | 4 |
| 1. It is hard to concentrate on the game | 1 | 2 | 3 | 4 |

Scoring Key. Somatic: Items 2, 6, 10, 12, 14; Worry: Items 3, 5, 8, 9, 11; Concentration Disruption: Items I, 4, 7, 13, 15.