

EASDQ[®]

INSTRUMENT

All information supplied will be kept strictly confidential							
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NAME:	AGE:	(years)	(mths)	DATE:	/	/
MALE / FEMALE (circle one) PROGRAM:				GROUP:		

PLEASE READ THESE INSTRUCTIONS FIRST
This is not a test - there are no right or wrong answers.

This is a chance for you to look at how you think and feel about yourself. It is important that you:

- are honest
- give your own views about yourself, without talking to others
- report how you feel NOW (not how you felt at another time in your life, or how you might feel tomorrow)

Your answers are confidential and will only be used for research or program development. Your answers will not be used in any way to refer to you as an individual.

Use the eight-point scale to indicate how true (like you) or how false (unlike you), each statement over the page is as a description of you. Please do not leave any statements blank.

1 False	2 Mostly False	3 More false than true	4 More true than false	5 Mostly true	6 True
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SOME EXAMPLES

A. *I am a creative person.* 1 2 3 4 5 6

(The 5 has been circled because the person answering believes the statement "I am a creative person" is mostly true. That is, the statement is mostly like him/her.)

B. *I am good at writing poetry.* 1 2 3 4 5 6

(The 2 has been circled because the person answering believes that the statement is mostly false as far as he/she is concerned. That is, he/she feels he/she does not write good poetry.)

C. *I enjoy playing with pets.* 1 2 3 4 ~~5~~ 6

(The 5 has been circled because at first the person thought that the statement was mostly true but then the person corrected it to 6 to show that the statement was very true about him/her.)

Please do not leave any statements blank. If unsure, please ASK FOR HELP.

Please **circle the number** which is the **most correct** statement about you.

Statement	False					True				
01. I am a most skilled athlete in my best sport/event	1	2	3	4	5	6				
02. My technical skills in my best sport/event are better than most at my level of competition	1	2	3	4	5	6				
03. I recognise myself as very skilful in my best sport/event	1	2	3	4	5	6				
04. Coaches and competitors at my level of competition see me as very skilful in my best sport/event	1	2	3	4	5	6				
05. I excel in my best sport/event because of my skill level	1	2	3	4	5	6				
06. I excel in my best sport/event, because of the suitability of my body composition	1	2	3	4	5	6				
07. I excel in my best sport/event, because of the suitability of my body shape	1	2	3	4	5	6				
08. I excel in my best sport/event, because of the suitability of my body structure	1	2	3	4	5	6				
09. Having the right body shape helps me perform well in my best sport/event	1	2	3	4	5	6				
10. Compared to my team mates/competitors I am aerobically (endurance activities like continuous running, swimming or cycling) superior in my best sport/event	1	2	3	4	5	6				
11. My capacity for endurance makes me a good performer in my best sport/event	1	2	3	4	5	6				
12. I excel in my best sport/event because of my good aerobic fitness	1	2	3	4	5	6				
13. Compared to others at my level, I am anaerobically (short bursts of high intensity activities) superior in my best sport/event	1	2	3	4	5	6				
14. My capacity for short bursts of high intensity activities makes me a good performer in my best sport/event	1	2	3	4	5	6				
15. Coaches and competitors at my level, see me as very fit anaerobically , in my best sport/event	1	2	3	4	5	6				
16. Coaches and competitors at my level, see me as very fit aerobically , in my best sport/event	1	2	3	4	5	6				
17. I excel in my best sport/event because of my good anaerobic fitness	1	2	3	4	5	6				
18. In my best sport/event, I am more anaerobically powerful than others at my level of competition	1	2	3	4	5	6				
19. I am mentally a very strong competitor in my best sport/event	1	2	3	4	5	6				
20. I have better mental skills than others at my level in my best sport/event	1	2	3	4	5	6				
21. Coaches and competitors at my level, see me as a very focused competitor in my best sport/event	1	2	3	4	5	6				
22. I am mentally able to motivate myself appropriate to the situation when necessary	1	2	3	4	5	6				
23. I am mentally able to focus my attention on the appropriate things when performing in my best sport/event	1	2	3	4	5	6				
24. In my best sport/event I consistently perform to the level of my ability	1	2	3	4	5	6				
25. My performance in my best sport/event is particularly good for important competitions	1	2	3	4	5	6				
26. My performance in my best sport/event consistently meets my goals or expectations	1	2	3	4	5	6				
27. I am consistently able to give my best overall performance in my best sport/event	1	2	3	4	5	6				
28. I excel at my best sport/event because I am able to give a peak performance when necessary	1	2	3	4	5	6				
29. I am consistently able to 'pull it all together' (e.g. skills, physiological, body, and the mental side of things) when performing in my best sport/event	1	2	3	4	5	6				

Thank you