

EASDQ®

Elite Athlete Self Description Questionnaire

OUTLINE

The purpose of the EASDQ is to assess various components of the elite athlete self-concept. The EASDQ contains 29 items and six scales: Skill (eg. “I recognise myself as very skilful in my best sport/event”); Body (eg. “I excel in my best sport/event because of the suitability of my body shape”); Aerobic (eg. “Compared to my team mates/competitors I am aerobically superior in my best sport/event”); Anaerobic (eg. “My capacity for short bursts of high intensity activity makes me a good performer in my best sport/event”); Mental (eg. “I am mentally able to motivate myself appropriate to the situation when necessary”); and Performance (eg. “I excel at my best sport/event because I am able to give a peak performance when necessary”). Participants respond to each item using a six-category true-false ordinal response scale.

The EASDQ was developed, based on an intuitive model, in which it was... “hypothesised that overall performance by elite athletes was a function of skill levels, body suitability, physiological (aerobic and anaerobic) competence, and mental competence” (1995: 4). Six scales, postulated as components of the elite athlete self-concept were developed. A pool of items was developed for each scale to reflect “...aspects such as self-perceptions of competence in relation to relative and absolute standards and the inferred perceptions of others (coaches and other elite athletes)” (1995: 5). The pool of items was evaluated by sport psychology experts for their suitability with elite athletes. An initial draft of the EASDQ was then administered to small groups of elite athletes who commented on item clarity and wording.

Reliability

Cronbach alpha internal consistency coefficients for two samples (Australian Institute of Sport athletes, $n = 151$; elite high school athletes, $n = 349$) combined ranged from .83 (Performance) to .89 (Body) with a mean alpha coefficient of .85. Separate sample mean coefficients of .86 (AIS athletes) and .84 (high school athletes) were also reported.

Validity

Confirmatory factor analysis of the response of both groups combined and of each separate sample supported the six a priori factor structure; there was also support for the factorial invariance (and therefore the generalisability) of participants' responses across the two samples. Hierarchical confirmatory factor analysis indicated a single higher order factor and the invariance of the hierarchical structure across the two samples.

References

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- Marsh, H. W. (1998). Age and gender effects in physical self-concepts for adolescent elite-athletes and non-athletes: A multi-cohort-multi-occasion design. *Journal of Sport & Exercise Psychology*, 20(3), 237-259.

*** Please note that the SELF Research Centre does not provide statistical support to researchers who use this instrument.**