

EASDQ[®]

Elite Athlete Self Description Questionnaire

VARIABLE NAMES FOR DATA ENTRY & SCORING OF THE EASDQ

The following pages reveal the factor structure of the EASDQ. This information should be used during data entry and scoring.

Number	Item	Var Names
01.	I am a most skilled athlete in my best sport/event	SK1001
02.	My technical skills in my best sport/event are better than most at my level of competition	SK1002
03.	I recognise myself as very skilful in my best sport/event	SK1003
04.	Coaches and competitors at my level of competition see me as very skilful in my best sport/event	SK1004
05.	I excel in my best sport/event because of my skill level	SK1005
06.	I excel in my best sport/event, because of the suitability of my body composition	BO2006
07.	I excel in my best sport/event, because of the suitability of my body shape	BO2007
08.	I excel in my best sport/event, because of the suitability of my body structure	BO2008
09.	Having the right body shape helps me perform well in my best sport/event	BO2009
10.	Compared to my team mates/competitors I am aerobically (endurance activities like continuous running, swimming or cycling) superior in my best sport/event	AE3010
11.	My capacity for endurance makes me a good performer in my best sport/event	AE3011
12.	I excel in my best sport/event because of my good aerobic fitness	AE3012
16.	Coaches and competitors at my level, see me as very fit aerobically , in my best sport/event	AE3016
13.	Compared to others at my level, I am anaerobically (short bursts of high intensity activities) superior in my best sport/event	AN4013
14.	My capacity for short bursts of high intensity activities makes me a good performer in my best sport/event	AN4014
15.	Coaches and competitors at my level, see me as very fit anaerobically , in my best sport/event	AN4015
17.	I excel in my best sport/event because of my good anaerobic fitness	AN4017
18.	In my best sport/event, I am more anaerobically powerful than others at my level of competition	
19.	I am mentally a very strong competitor in my best sport/event	MC5019
20.	I have better mental skills than others at my level in my best sport/event	MC5020
21.	Coaches and competitors at my level, see me as a very focused competitor in my best sport/event	MC5021
22.	I am mentally able to motivate myself appropriate to the situation when necessary	MC5022
23.	I am mentally able to focus my attention on the appropriate things when performing in my best sport/event	MC5023
24.	In my best sport/event I consistently perform to the level of my ability	OV6024
25.	My performance in my best sport/event is particularly good for important competitions	OV6025

26.	My performance in my best sport/event consistently meets my goals or expectations	OV6026
27.	I am consistently able to give my best overall performance in my best sport/event	OV2027
28.	I excel at my best sport/event because I am able to give a peak performance when necessary	OV2028
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	OV2029