

PSDQ[®]

INSTRUMENT

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

This is not a test - there are no right or wrong answers.

This is a chance to look at yourself. **It is not a test.** There are no right answers and everyone will have different answers. Be sure that your answers show how you feel about yourself. **PLEASE DO NOT TALK ABOUT YOUR ANSWERS WITH ANYONE ELSE.** We will keep your answers private and not show them to anyone.

The purpose of this study is to see how people describe themselves physically. In the following pages you will be asked to think about yourself physically; For example, how good looking you are, how strong you are, how good you are at sports, whether you exercise regularly, whether you are physically coordinated, whether you get sick very often and so forth. Answer each sentence quickly as you feel now. Please do not leave any sentence blank.

When you are ready to begin, please read each sentence and decide your answer (You may read quietly to yourself as I read aloud). There are six possible answers for each question – “True”, “False”, and four answers in between. There are six boxes next to each sentence, one for each of the answers. The answers are written at the top of the boxes. Choose your answer to a sentence and put a tick in the box under the answer you choose. **DO NOT** say your answer out loud or talk about it with anyone else. Before you start there are three examples below. A student named Bob has already answered the first two examples to show you how to do it. In the third example you must choose your own answer by ticking a box.

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. When I get sick I feel so bad that I cannot even get out of bed	1	2	3	4	5	6				
02. I feel confident when doing coordinated movements	1	2	3	4	5	6				
03. Several times a week I exercise or play hard enough to breathe hard (to huff and puff)	1	2	3	4	5	6				
04. I am too fat	1	2	3	4	5	6				
05. Other people think I am good at sports	1	2	3	4	5	6				
06. I am satisfied with the kind of person I am physically	1	2	3	4	5	6				
07. I am attractive for my age	1	2	3	4	5	6				
08. I am a physically strong person	1	2	3	4	5	6				
09. I am quite good at bending, twisting, and turning my body	1	2	3	4	5	6				
10. I can run a long way without stopping	1	2	3	4	5	6				
11. Overall, most things I do turn out well	1	2	3	4	5	6				
12. I usually catch whatever illness (flu, virus, cold, etc.) is going around	1	2	3	4	5	6				
13. Controlling movements of my body comes easily to me	1	2	3	4	5	6				
14. I often do exercise or activities that makes me breathe hard	1	2	3	4	5	6				
15. My waist is too large	1	2	3	4	5	6				
16. I am good at most sports	1	2	3	4	5	6				
17. Physically, I am happy with myself	1	2	3	4	5	6				
18. I have a nice looking face	1	2	3	4	5	6				
19. I have a lot of power in my body	1	2	3	4	5	6				
20. My body is flexible	1	2	3	4	5	6				
21. I would do well in a test of physical endurance and stamina	1	2	3	4	5	6				
22. I don't have much to be proud of	1	2	3	4	5	6				
23. I am sick so often that I cannot do all the things I want to do	1	2	3	4	5	6				
24. I am good at coordinated movements	1	2	3	4	5	6				
25. I get exercise or activity three or four times a week that makes me huff and puff and lasts at least 30 minutes	1	2	3	4	5	6				
26. I have too much fat on my body	1	2	3	4	5	6				
27. Most sports are easy for me	1	2	3	4	5	6				
28. I feel good about the way I look and what I can do physically	1	2	3	4	5	6				
29. I am better looking than most of my friends	1	2	3	4	5	6				
30. I am stronger than most people my age	1	2	3	4	5	6				
31. My body is stiff and inflexible	1	2	3	4	5	6				
32. I could jog 5 kilometres without stopping	1	2	3	4	5	6				
33. I feel that my life is not very useful	1	2	3	4	5	6				
34. I hardly ever get sick or ill	1	2	3	4	5	6				
35. I can perform movements smoothly in most physical activities	1	2	3	4	5	6				
36. I do physically active things (like jogging, dancing, bicycling, aerobics, gym, or swimming) at least three times a week	1	2	3	4	5	6				
37. I am overweight	1	2	3	4	5	6				
38. I have good sports skills	1	2	3	4	5	6				
39. Physically I feel good about myself	1	2	3	4	5	6				
40. I am ugly	1	2	3	4	5	6				
41. I am weak and have no muscles	1	2	3	4	5	6				
42. My body parts bend and move in most directions well	1	2	3	4	5	6				
43. I think I could run a long way without getting tired	1	2	3	4	5	6				
44. Overall, I am no good	1	2	3	4	5	6				
45. I get sick a lot	1	2	3	4	5	6				

46.	I find my body handles coordinated movements with ease	1	2	3	4	5	6
47.	I do lots of sports, dance, gym, or other physical activities	1	2	3	4	5	6
48.	My stomach is too big	1	2	3	4	5	6
49.	I am better at sports than most of my friends	1	2	3	4	5	6
50.	I feel good about who I am and what I can do physically	1	2	3	4	5	6
51.	I am good looking	1	2	3	4	5	6
52.	I would do well in a test of strength	1	2	3	4	5	6
53.	I think I am flexible enough for most sports	1	2	3	4	5	6
54.	I can be physically active for a long period of time without getting tired	1	2	3	4	5	6
55.	Most things I do, I do well	1	2	3	4	5	6
56.	When I get sick it takes me a long time to get better	1	2	3	4	5	6
57.	I am graceful and coordinated when I do sports and activities	1	2	3	4	5	6
58.	I do sports, exercise, dance or other physical activities almost every day	1	2	3	4	5	6
59.	Other people think that I am fat	1	2	3	4	5	6
60.	I play sports well	1	2	3	4	5	6
61.	I feel good about who I am physically	1	2	3	4	5	6
62.	Nobody thinks that I am good looking	1	2	3	4	5	6
63.	I am good at lifting heavy objects	1	2	3	4	5	6
64.	I think I would perform well on a test measuring flexibility	1	2	3	4	5	6
65.	I am good at endurance activities like distance running, aerobics, bicycling, swimming, or cross-country skiing	1	2	3	4	5	6
66.	Overall, I have a lot to be proud of	1	2	3	4	5	6
67.	I have to go to the doctor because of illness more than most people my age	1	2	3	4	5	6
68.	Overall, I am a failure	1	2	3	4	5	6
69.	I usually stay healthy even when my friends get sick	1	2	3	4	5	6
70.	Nothing I do ever seems to turn out right	1	2	3	4	5	6

Thank you