

PSDQ[®]

Physical Self-Description Questionnaire

OUTLINE

The PSDQ (Marsh et al., 1994) is a 70-item scale designed to measure 10 facets of physical self-concept, along with general self-esteem. More specifically, the instrument is composed of 11 subscales, 9 of which are designed to tap perceptions of self related to specific areas of physical fitness and competence, 1 that measures self-perceptions of global physical competence, and 1 that measures global self-esteem.

The PSDQ instrument evolved from construct validity research related to both the Shavelson et al. (1976) hierarchical model of self-concept and the Self Description Questionnaire II. In particular, the PSDQ reflects three subscales from the SDQII (Physical Ability, Physical Appearance, and general Self); subscales constituting an earlier version of the instrument, as presented by Marsh and Redmayne (1994); and components of physical fitness as delineated by Marsh (1993) in a confirmatory factor analysis of data from the Australian Health and Fitness Survey (Marsh et al., 1994).

While the PSDQ was designed for use with adolescents, Marsh (1997; Marsh et al., 1994) has postulated that the instrument should also be appropriate for use with adults. However, there is as yet no construct validity research to substantiate this claim.

The PSDQ instrument can be referenced as follows:

Marsh, H. W., Richards, G. E., Johnson, S., Roche, L., & Tremayne, P. (1994). Physical Self-Description Questionnaire: Psychometric properties and a multitrait-multimethod analysis of relations to existing instruments. *Journal of Sport and Exercise Psychology*, 16, 270-305.

Summary

Although the PSDQ is a relatively new instrument, Marsh has already conducted a series of rigorous studies to establish the instrument's construct validity and overall psychometric reputation.

References

- Marsh, H. W. (1993). The multidimensional structure of physical fitness: Invariance over gender and age. *Research Quarterly for Exercise and Sport*, 64, 256-273.
- Marsh, H. W. (1997). The measurement of physical self-concept: A construct validation approach. In K. R. Fox (Ed.), *The physical self: From motivation to well-being*. Champaign, IL: Human Kinetics.
- Marsh, H. W., & Redmayne, R.S. (1994). A multidimensional physical self-concept and its relations to multiple components of physical fitness. *Journal of Sport and Exercise Psychology*, 16, 43-55.
- Marsh, H. W., Richards, G. E., Johnson, S., Roche, L., & Tremayne, P. (1994). Physical Self-Description Questionnaire: Psychometric properties and a multitrait-multimethod analysis of relations to existing instruments. *Journal of Sport and Exercise Psychology*, 16, 270-305.
- Shavelson, R. J., Hubner, J.J., & Stanton, G. C. (1976). Self-concept: Validation of construct interpretation of test scores. *Review of Educational Research*, 46, 407-441.

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