

# PSDQ<sup>®</sup>

## Physical Self-Description Questionnaire

### VARIABLE NAMES FOR DATA ENTRY & SCORING OF THE PSDQ

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

| Number | Item                                                                                                                     | Var Names |
|--------|--------------------------------------------------------------------------------------------------------------------------|-----------|
| 1*     | When I get sick I feel so bad that I cannot even get out of bed                                                          | HE1001    |
| 12*    | I usually catch whatever illness (flu, virus, cold, etc.) is going around                                                | HE1012    |
| 23*    | I am sick so often that I cannot do all the things I want to do                                                          | HE1023    |
| 34     | I hardly ever get sick or ill                                                                                            | HE1034    |
| 45*    | I get sick a lot                                                                                                         | HE1045    |
| 56*    | When I get sick it takes me a long time to get better                                                                    | HE1056    |
| 67*    | I have to go to the doctor because of illness more than most people my age                                               | HE1067    |
| 69     | I usually stay healthy even when my friends get sick                                                                     | HE1069    |
| 2      | I feel confident when doing coordinated movements                                                                        | CO1002    |
| 13     | Controlling movements of my body comes easily to me                                                                      | CO1013    |
| 24     | I am good at coordinated movements                                                                                       | CO1024    |
| 35     | I can perform movements smoothly in most physical activities                                                             | CO1035    |
| 46     | I find my body handles coordinated movements with ease                                                                   | CO1046    |
| 57     | I am graceful and coordinated when I do sports and activities                                                            | CO1057    |
| 3      | Several times a week I exercise or play hard enough to breathe hard (to huff and puff)                                   | PA1003    |
| 14     | I often do exercise or activities that makes me breathe hard                                                             | PA1014    |
| 25     | I get exercise or activity three or four times a week that makes me huff and puff and lasts at least 30 minutes          | PA1025    |
| 36     | I do physically active things (like jogging, dancing, bicycling, aerobics, gym, or swimming) at least three times a week | PA1036    |
| 47     | I do lots of sports, dance, gym, or other physical activities                                                            | PA1047    |
| 58     | I do sports, exercise, dance or other physical activities almost every day                                               | PA1058    |
| 4*     | I am too fat                                                                                                             | BF1004    |
| 15*    | My waist is too large                                                                                                    | BF1015    |
| 26*    | I have too much fat on my body                                                                                           | BF1026    |
| 37*    | I am overweight                                                                                                          | BF1037    |
| 48*    | My stomach is too big                                                                                                    | BF1048    |
| 59*    | Other people think that I am fat                                                                                         | BF1059    |
| 5      | Other people think I am good at sports                                                                                   | SP1005    |
| 16     | I am good at most sports                                                                                                 | SP1016    |
| 27     | Most sports are easy for me                                                                                              | SP1027    |
| 38     | I have good sports skills                                                                                                | SP1038    |
| 49     | I am better at sports than most of my friends                                                                            | SP1049    |

|     |                                                                                                                 |        |
|-----|-----------------------------------------------------------------------------------------------------------------|--------|
| 60  | I play sports well                                                                                              | SP1060 |
| 6   | I am satisfied with the kind of person I am physically                                                          | GP1006 |
| 17  | Physically, I am happy with myself                                                                              | GP1017 |
| 28  | I feel good about the way I look and what I can do physically                                                   | GP1028 |
| 39  | Physically I feel good about myself                                                                             | GP1039 |
| 50  | I feel good about who I am and what I can do physically                                                         | GP1050 |
| 61  | I feel good about who I am physically                                                                           | GP1061 |
| 7   | I am attractive for my age                                                                                      | AP1007 |
| 18  | I have a nice looking face                                                                                      | AP1018 |
| 29  | I am better looking than most of my friends                                                                     | AP1029 |
| 40* | I am ugly                                                                                                       | AP1040 |
| 51  | I am good looking                                                                                               | AP1051 |
| 62* | Nobody thinks that I am good looking                                                                            | AP1062 |
| 8   | I am a physically strong person                                                                                 | ST1008 |
| 19  | I have a lot of power in my body                                                                                | ST1019 |
| 30  | I am stronger than most people my age                                                                           | ST1030 |
| 41* | I am weak and have no muscles                                                                                   | ST1041 |
| 52  | I would do well in a test of strength                                                                           | ST1052 |
| 63  | I am good at lifting heavy objects                                                                              | ST1063 |
| 9   | I am quite good at bending twisting, and turning my body                                                        | FL1009 |
| 20  | My body is flexible                                                                                             | FL1020 |
| 31* | My body is stiff and inflexible                                                                                 | FL1031 |
| 42  | My body parts bend and move in most directions well                                                             | FL1042 |
| 53  | I think I am flexible enough for most sports                                                                    | FL1053 |
| 64  | I think I would perform well on a test measuring flexibility                                                    | FL1064 |
| 10  | I can run a long way without stopping                                                                           | EN1010 |
| 21  | I would do well in a test of physical endurance and stamina                                                     | EN1021 |
| 32  | I could jog 5 kilometers without stopping                                                                       | EN1032 |
| 43  | I think I could run a long way without getting tired                                                            | EN1043 |
| 54  | I can be physically active for a long period of time without getting tired                                      | EN1054 |
| 65  | I am good at endurance activities like distance running, aerobics, bicycling, swimming, or cross-country skiing | EN1065 |
| 11  | Overall, most things I do turn out well                                                                         | SE1011 |
| 22* | I don't have much to be proud of                                                                                | SE1022 |
| 33* | I feel that my life is not very useful                                                                          | SE1033 |
| 44* | Overall, I am no good                                                                                           | SE1044 |
| 55  | Most things I do, I do well                                                                                     | SE1055 |
| 66  | Overall, I have a lot to be proud of                                                                            | SE1066 |
| 68* | Overall, I am a failure                                                                                         | SE1068 |
| 70* | Nothing I do ever seems to turn out right                                                                       | SE1070 |