



# **SPORT PERSONALITY QUESTIONNAIRE**

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Personal Report

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## Introduction

Top athletes and their coaches recognize that elite athlete performance requires a combination of mental and physical skills. When you achieve the perfect combination, you are playing in the zone. This report provides information on your mental approach and mental skills. The objective is to help you identify and work on any mental factors that may be impeding your performance.

The factors covered in this report represent some of the latest thinking on the mental side of elite athlete performance. Athletes often refer to this as “attitude” and “confidence”. Talking about this, Michael Jordan said that having an effective mental game is what separated him from the rest of the NBA. Tiger Woods has said that mental mistakes have had a much more severe impact on his performance than physical errors.

The Sport Personality Questionnaire (SPQ20) covers twenty personality dimensions covering four key areas of your mental game: your confidence and mental resilience, your achievement drive and competitiveness, your sportsmanship, and your interest in power and your aggressiveness. The questionnaire also provides a measure of your overall mental skills and your team leadership potential.

Please bear the following points in mind as you consider the results from your assessment. First, your profile is based on what you have said about yourself through your responses to the questionnaire so that what we are measuring here is your own perception of what you are like. Second, the results can also be affected by your strategy for answering the questionnaire - whether this was conscious or unconscious - for example, whether you were very frank, whether you were very self-critical or whether you felt under pressure to convey a more than usually positive impression of yourself.

Third, the report describes different aspects of your sport personality/mental skills by comparing your responses against those of a large international comparison group of athletes. Your results are reported on a 10-point scale known as the Standard Ten (Sten) scoring system. The table below indicates what different Sten scores mean and how they should be interpreted.

Sten	Percent	Level	Competence	Development
8-10	15	5	Very High	Capitalize on
7	15	4	High	Round off
5-6	40	3	Average	Work on
4	15	2	Low	Develop
1-3	15	1	Very Low	Improve

Finally, this assessment is intended to help you clarify your view of yourself and help you to develop and achieve personal growth. If you do not recognize yourself in the following pages, check what other people think by taking views from your coach and fellow athletes.

## Assessment Scales

The SPQ20 has 20 scales that measure different aspects of your mental approach / style in sport.

Achievement and Competitiveness	
<b>Achievement</b>	This scale measures whether you are motivated to train hard and are prepared to make personal sacrifices to achieve excellence.
<b>Adaptability</b>	This scale measures whether you are open to new ideas and suggestions, and whether you keep up with technical developments.
<b>Competitiveness</b>	This scale assesses the degree to which you enjoy competing and want to get in the winner's circle.
<b>Conscientiousness</b>	This scale indicates the extent to which you prepare thoroughly, show self-discipline, and stay with the plan.
<b>Visualization</b>	This scale indicates how far you make use of imagery to help play well, rehearse performances, and stay calm.
<b>Intuition</b>	This scale gauges the extent to which you use your instincts and intuition in making performance decisions.
<b>Goal Setting</b>	This scale assesses whether you have set priorities and goals to help manage your development as an athlete.
Confidence and Resilience	
<b>Managing Pressure</b>	This scale assesses how effectively you handle anxiety and tension before important events.
<b>Self-Efficacy</b>	This scale indicates how much self-confidence you possess and how quickly you bounce back from setbacks.
<b>Fear of Failure Control</b>	This scale indicates the degree to which you are afraid of failing, letting people down, and not living up to your own and other people's expectations.
<b>Flow</b>	This scale assesses how far you are able to immerse yourself in your performance and play in the zone.
<b>Stress Management</b>	This scale measures whether you are experiencing burnout symptoms such as apathy, fatigue, anxiety, and isolation.
<b>Emotions</b>	This scale assesses how far you are able to regulate your feelings and emotions to maximize your performance.
<b>Self-Talk</b>	This scale shows the extent to which you talk positively to yourself to maintain motivation, stay calm, and perform well.
<b>Self-Awareness</b>	This scale assesses whether you ask for feedback, demonstrate awareness of your strengths and weaknesses, and reflect on your performance.
Interaction and Sportsmanship	
<b>Ethics</b>	This scale assesses whether you have strong principles, behave ethically, and show sportsmanship.
<b>Empathy</b>	This scale measures the extent to which you listen to and show concern for other contestants' views, feelings, and needs.
<b>Relationships</b>	This scale reveals the degree to which you develop relationships, engage in conversation, and socialize with other athletes.
Power and Aggressiveness	
<b>Aggressiveness</b>	This scale measures the extent to which you adopt an aggressive attitude and tend to intimidate opponents.
<b>Power</b>	This scale assesses the extent to which you enjoy having authority over people and aspire to leadership positions.

## Sport Personality Profile Summary

OVERALL MENTAL SKILLS	
<b>Borderline Tense Contestant</b>	You appear on the border between the Tense Achiever and Tense Contestant zones. At the present moment, you come out as average on Achievement Drive and Competitiveness, and well below average on Confidence and Resilience.
LEADERSHIP POTENTIAL	
<b>Team Player</b>	You came out as somewhat higher than average on Interaction and Sportsmanship, and slightly lower than average on Power and Aggressiveness. You are interested in building relationships and cooperating with people, but you are not really interested in being influential and holding power.
ACHIEVEMENT AND COMPETITIVENESS	
<b>Level 3</b>	Your responses to the questionnaire suggest that you put in as much effort and energy as most athletes to achieve success.
CONFIDENCE AND RESILIENCE	
<b>Level 1</b>	Your responses to the questionnaire suggest that at present you are feeling less confident and resilient than the average contestant in the comparison group.
INTERACTION AND SPORTSMANSHIP	
<b>Level 4</b>	Your responses to the questionnaire suggest that interaction and sportsmanship is a pretty important driver for you. Your overall score on this factor is within the top 30 percent of the comparison group.
POWER AND AGGRESSIVENESS	
<b>Level 2</b>	You have a slightly lower score than the average contestant on the combined power and aggressiveness factor.
RESPONSE STYLE	
<b>Neutral</b>	Our analysis of your response style indicates that you have generally responded to the questionnaire in a candid way.

## Overall Mental Skills

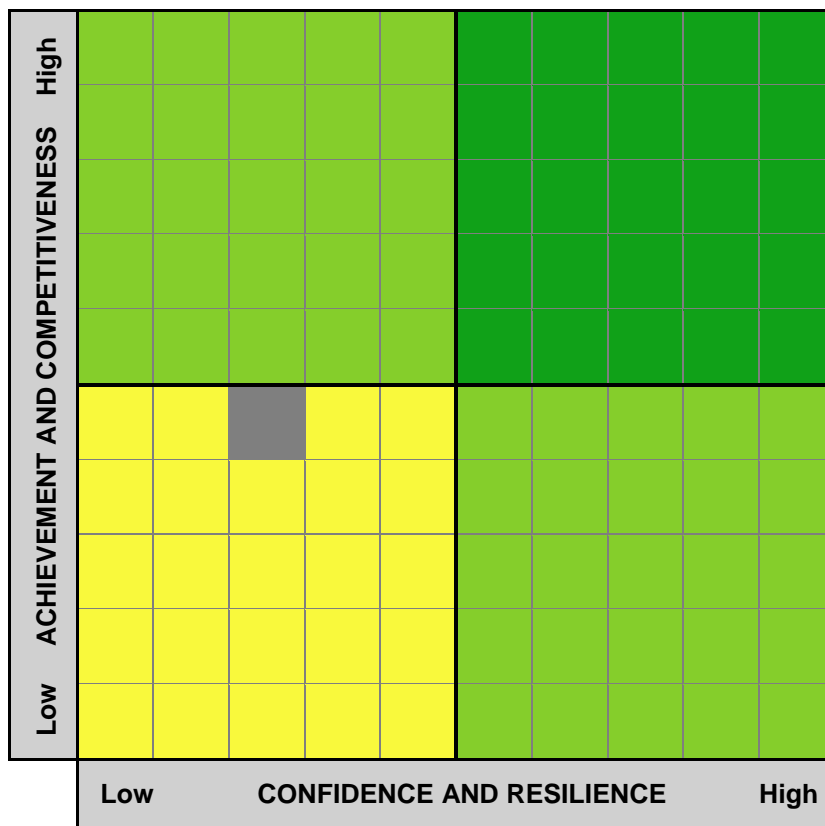
The Mental Skills Matrix below classifies athletes into four groups shown on axes of Confidence and Resilience, and Achievement and Competitiveness. These two factors measure your current level of confidence and self-belief, and how driven you are to achieve and win. The SPQ Scorecards on pages 6 and 7 show your results on these two broad factors and their elements. These groups are explained below.

### TENSE ACHIEVER

Athletes in the upper left part of this amber zone excel in motivation to achieve but lack confidence and resilience. They have the drive to work hard to realize their potential, but at the present point in time, they lack self-belief.

### CONFIDENT ACHIEVER

Athletes located in the upper right part of this green zone excel in competitiveness and mental resilience. They feel positive about their game, are mentally strong, are motivated to achieve, and have the will to win.



### TENSE CONTESTANT

Athletes in the lower left part of this amber zone present as unsure about their abilities and their potential at the present point in time. They need help and support to boost their confidence and motivation.

### EASYGOING CONTESTANT

Athletes in the lower right part of this amber zone excel in confidence but lack motivation to achieve. They present as sure of themselves and stress-free but they lack the competitive drive to work hard to develop and realize their potential.

### Borderline Tense Contestant

You appear on the border between the Tense Achiever and Tense Contestant zones. At the present moment, you come out as average on Achievement Drive and Competitiveness, and well below average on Confidence and Resilience. The scorecards on the next pages give further details about this part of your mental game.

### Achievement and Competitiveness Scorecard

	Sten										
	1	2	3	4	5	6	7	8	9	10	
Achievement			<	...	>						
Adaptability							<	...	>		
Competitiveness	<		...	>							
Conscientiousness			<	...	>						
Visualization					<	...	>				
Intuition							<	...	>		
Goal Setting	<	...	>								
<b>Achievement and Competitiveness</b>				<	...	>					
	Improve			Work on			Capitalize on				

Achievement and Competitiveness	Level 3. Your responses to the questionnaire suggest that you put in as much effort and energy as most athletes to achieve success.
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Description of dimensions	
Achievement	Level 2. Your responses indicate that personal achievement is not a very important driver for you.
Adaptability	Level 5. You present yourself as adaptable and opportunistic. You are prepared to experiment and take risks in order to succeed.
Competitiveness	Level 1. Your responses indicate that participating is more important to you than winning.
Conscientiousness	Level 2. You are pretty easygoing and are not terribly well-organized. You take things as they come and prefer not to make plans.
Visualization	Level 3. You use imagery and visualization to a moderate extent to help think positively and perform well.
Intuition	Level 4. More than the average contestant in the comparison group, you let your deep-down inner feelings guide you and you act on your instincts and intuition.
Goal Setting	Level 1. You need to develop a long term view of what you want to achieve, and set some clear and challenging goals to guide your development.

### Confidence and Resilience Scorecard



Confidence and Resilience	Level 1. Your responses to the questionnaire suggest that at present you are feeling less confident and resilient than the average contestant in the comparison group.
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#### Description of dimensions

Managing Pressure	Level 1. You seem to get very anxious before competing and you have difficulty managing your nerves.
Self-Efficacy	Level 1. At present, you don't appear to believe in your ability to perform well in competition.
Fear of Failure Control	Level 1. Your responses indicate that you worry more than the average athlete about failure and being judged negatively by others.
Flow	Level 2. You seem to have had somewhat fewer experiences of performing in the zone than the average contestant.
Stress Management	Level 1. Your responses indicate that you are experiencing some significant physical and psychological symptoms of burnout. You should discuss this with your coach.
Emotions	Level 1. Your responses indicate that you are having difficulty finding effective strategies to manage your moods and emotions.
Self-Talk	Level 1. You do not appear to use self-talk to help deal with pre-competition stress and to maintain concentration and performance during competitions.
Self-Awareness	Level 3. You appear to be as aware of the strengths and weaknesses of your game as the average contestant.

## Leadership Potential

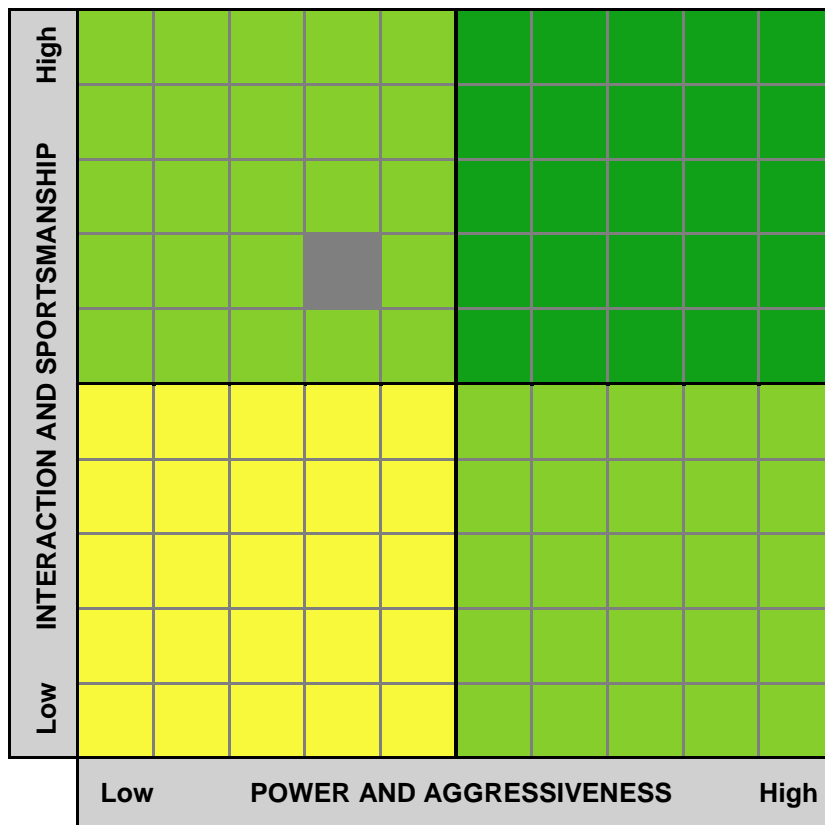
The Leadership Potential Matrix below classifies athletes into four groups shown on axes of Power and Aggressiveness, and Interaction and Sportsmanship. These factors measure your interest in having power and control over people and your interest in forming relationships, working cooperatively, and acting ethically. The SPQ Scorecards on pages 9 and 10 show your results for these two factors and their components. These groups are explained below.

### TEAM PLAYER

Athletes located in the upper left part of this amber zone are not motivated by power and authority so they are likely to be reluctant leaders. They do like to be accepted and held in popular regard, however, which makes them natural team players.

### DEMOCRATIC CAPTAIN

Athletes located in the upper right part of this green zone are motivated by power, personal status and prestige, and a need for friendly relationships. They like to lead and like to be accepted and held in popular regard. This makes them natural team leaders.



### INDIVIDUAL PLAYER

Athletes located in the lower left part of this amber zone do not have the desire to lead or the desire to be liked and held in popular regard. They tend to prefer doing things on their own and do not seek the company or approval of fellow contestants.

### CONTROLLING CAPTAIN

Athletes located in the lower right part of this amber zone have the desire to lead, to be influential and make an impact, but they do not have the desire to be liked and held in popular regard. This often means that they need to work hard to take people with them.

### Team Player

You came out as somewhat higher than average on Interaction and Sportsmanship, and slightly lower than average on Power and Aggressiveness. You are interested in building relationships and cooperating with people, but you are not really interested in being influential and holding power. The scorecards on the next pages give further details about this part of your mental game.



### Interaction and Sportsmanship Scorecard

		Sten									
		1	2	3	4	5	6	7	8	9	10
Ethics		Yellow			Light Green	<	...	>	Dark Green		
Empathy		Yellow			Light Green	Dark Green		<	...	>	Dark Green
Relationships		Yellow			Light Green	<	...	>	Dark Green		
<b>Interaction and Sportsmanship</b>		Yellow			Light Green	<	...	>	Dark Green		
		Improve			Work on			Capitalize on			
Interaction and Sportsmanship	Level 4. Your responses to the questionnaire suggest that interaction and sportsmanship is a pretty important driver for you. Your overall score on this factor is within the top 30 percent of the comparison group.										
<b>Description of dimensions</b>											
Ethics	Level 3. Your responses indicate that you as courteous and upright as the average athlete.										
Empathy	Level 5. You present yourself as sympathetic, friendly, and keen to cooperate and avoid conflict.										
Relationships	Level 4. You come over as quite extraverted and sociable, a contestant who likes to be around people.										

Power and Aggressiveness Scorecard											
	Sten										
	1	2	3	4	5	6	7	8	9	10	
Aggressiveness	[Yellow]			[Light Green]	[Green]	<	...	>	[Dark Green]		
Power	...	>	[Yellow]		[Light Green]	[Green]	[Green]	[Dark Green]	[Dark Green]		
<b>Power and Aggressiveness</b>	[Yellow]			<	...	>	[Green]	[Dark Green]	[Dark Green]		
	Improve				Work on			Capitalize on			
Power and Aggressiveness	Level 2. You have a slightly lower score than the average contestant on the combined power and aggressiveness factor.										
<b>Description of dimensions</b>											
Aggressiveness	Level 4. You tend to perform in a somewhat activated, worked up, and aggressive.										
Power	Level 1. Your responses indicate that you are much less motivated by authority and power than the average contestant.										

## Self-Improvement

1. Be prepared to work hard to achieve success as a professional or amateur athlete. Show through your behavior and actions that you want to learn, you want to get better, and you are prepared to put the work in.
2. Recognize that you are going to spend most of your time in training and in practice. Get the most out of training and practice by being enthusiastic, determined, and goal-driven. View training as a challenge to improve your skills and train with intensity and commitment. Try to consistently deliver more than you are asked to do by your coach or team captain.
3. Develop a strategy with your coach with clear stages for improving your overall game. Make sure you own your goals and they are SMART: Specific, Measurable, Achievable, Realistic, and Time bound. Continually review progress towards your objectives/goals and set new goals to replace achieved ones.
4. In competition, focus on performing well rather than winning as focusing on winning will do little to help you win. Enjoy the buzz from competing and performing well in front of others. Be aware of your thought patterns and self-talk at peak moments in competition and deploy techniques to counter negative thoughts. Identify what works for you and what doesn't work for you to maintain your best performance state.
5. Take the positives out of a situation where you don't perform the way you planned and analyze what you are going to do differently next time. Believe in your ability and never give up hope. Learn to control your explanations for winning and losing--give yourself full credit for your wins, and give your competitors credits for their wins.
6. When you are going through a difficult patch, stick with it, and do your best rather than give up and going through the motions. Be willing to adapt your behavior to increase your ability to play well and compete successfully. Remember that mental and physical skills' improvement takes time, commitment, and consistent effort.
7. [Click here](#) to download more tips and recommendations about how to develop your mental skills and improve your performance.

## SPQ20 Psychometric Scorecard

No	Scale	Raw	Sten	Meaning
1	Achievement	19	4	Higher than about 25% of the comparison group
2	Adaptability	25	8	Higher than about 90% of the comparison group
3	Competitiveness	18	3	Higher than about 10% of the comparison group
4	Conscientiousness	16	4	Higher than about 25% of the comparison group
5	Visualization	21	6	Higher than about 60% of the comparison group
6	Intuition	21	7	Higher than about 75% of the comparison group
7	Goal Setting	13	2	Higher than about 5% of the comparison group
8	Managing Pressure	9	3	Higher than about 10% of the comparison group
9	Self-Efficacy	10	3	Higher than about 10% of the comparison group
10	Fear of Failure Control	9	3	Higher than about 10% of the comparison group
11	Flow	15	4	Higher than about 25% of the comparison group
12	Stress Management	8	1	Higher than about 1% of the comparison group
13	Emotions	18	3	Higher than about 5% of the comparison group
14	Self-Talk	16	4	Higher than about 5% of the comparison group
15	Self-Awareness	20	5	Higher than about 40% of the comparison group
16	Ethics	20	6	Higher than about 60% of the comparison group
17	Empathy	26	8	Higher than about 90% of the comparison group
18	Relationships	23	7	Higher than about 75% of the comparison group
19	Aggressiveness	20	7	Higher than about 75% of the comparison group
20	Power	9	1	Higher than about 1% of the comparison group
21	Impression Management	19	5	Higher than about 40% of the comparison group

## Notes