

Illinois Competition Questionnaire

Form A

Directions: Below are some statements about how persons feel when they compete in sports and games. Read each statement and decide if you **HARDLY EVER**, or **SOMETIMES**, or **OFTEN** feel this way when you compete in sports and games. If your choice is **HARDLY EVER**, blacken the square labeled A, if your choice is **SOMETIMES**, blacken the square labeled B, and if your choice is **OFTEN**, blacken the square labeled C. There are no right or wrong answers. Do not spend too much time on any one statement. *Remember* to choose the word that describes how you *usually* feel when competing in *sports and games*.

- | | Hardly Ever | Sometimes | Often |
|--|----------------------------|----------------------------|----------------------------|
| 1. Competing against others is socially enjoyable. | A <input type="checkbox"/> | B <input type="checkbox"/> | C <input type="checkbox"/> |
| 2. Before I compete I feel uneasy. | A <input type="checkbox"/> | B <input type="checkbox"/> | C <input type="checkbox"/> |
| 3. Before I compete I worry about not performing well. | A <input type="checkbox"/> | B <input type="checkbox"/> | C <input type="checkbox"/> |
| 4. I am a good sport when I compete. | A <input type="checkbox"/> | B <input type="checkbox"/> | C <input type="checkbox"/> |
| 5. When I compete I worry about making mistakes. | A <input type="checkbox"/> | B <input type="checkbox"/> | C <input type="checkbox"/> |
| 6. Before I compete I am calm. | A <input type="checkbox"/> | B <input type="checkbox"/> | C <input type="checkbox"/> |
| 7. Setting a goal is important when competing. | A <input type="checkbox"/> | B <input type="checkbox"/> | C <input type="checkbox"/> |
| 8. Before I compete I get a queasy feeling in my stomach. | A <input type="checkbox"/> | B <input type="checkbox"/> | C <input type="checkbox"/> |
| 9. Just before competing I notice my heart beats faster than usual. | A <input type="checkbox"/> | B <input type="checkbox"/> | C <input type="checkbox"/> |
| 10. I like to compete in games that demand considerable physical energy. | A <input type="checkbox"/> | B <input type="checkbox"/> | C <input type="checkbox"/> |
| 11. Before I compete I feel relaxed. | A <input type="checkbox"/> | B <input type="checkbox"/> | C <input type="checkbox"/> |
| 12. Before I compete I am nervous. | A <input type="checkbox"/> | B <input type="checkbox"/> | C <input type="checkbox"/> |
| 13. Team sports are more exciting than individual sports. | A <input type="checkbox"/> | B <input type="checkbox"/> | C <input type="checkbox"/> |
| 14. I get nervous wanting to start the game. | A <input type="checkbox"/> | B <input type="checkbox"/> | C <input type="checkbox"/> |
| 15. Before I compete I usually get uptight. | A <input type="checkbox"/> | B <input type="checkbox"/> | C <input type="checkbox"/> |

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Illinois Competition Questionnaire

Form C

Directions: We want to know how you feel about *competition*. You know what competition is. We all compete. We try to do better than our brother or sister or friend at something. We try to score more points in a game. We try to get the best grade in class or win a prize that we want. We all compete in sports and games. Below are some sentences about how boys and girls feel when they compete in sports and games. Read each statement below and decide if you **HARDLY EVER**, or **SOMETIMES**, or **OFTEN** feel this way when you compete in sports and games. Mark A if your choice is **HARDLY EVER**, mark B if you choose **SOMETIMES**, and mark C if you choose **OFTEN**. There are no right or wrong answers. Do not spend too much time on any one statement. *Remember* to choose the word which describes how you *usually* feel when competing in *sports and games*.

	Hardly Ever	Sometimes	Often
1. Competing against others is fun.	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input type="checkbox"/>
2. Before I compete I feel uneasy.	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input type="checkbox"/>
3. Before I compete I worry about not performing well.	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input type="checkbox"/>
4. I am a good sport when I compete.	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input type="checkbox"/>
5. When I compete I worry about making mistakes.	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input type="checkbox"/>
6. Before I compete I am calm.	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input type="checkbox"/>
7. Setting a goal is important when competing.	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input type="checkbox"/>
8. Before I compete I get a funny feeling in my stomach.	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input type="checkbox"/>
9. Just before competing I notice my heart beats faster than usual.	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input type="checkbox"/>
10. I like rough games.	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input type="checkbox"/>
11. Before I compete I feel relaxed.	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input type="checkbox"/>
12. Before I compete I am nervous.	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input type="checkbox"/>
13. Team sports are more exciting than individual sports.	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input type="checkbox"/>
14. I get nervous wanting to start the game.	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input type="checkbox"/>
15. Before I compete I usually get upright.	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input type="checkbox"/>

SCORING SCAT

The procedure for scoring SCAT is identical for both forms. For each item one of three responses is possible: (a) **Hardly ever**, (b) **Sometimes**, and (c) **Often**. The 10 test items (2, 3, 5, 6, 8, 9, 11, 12, 14, and 15) are scored according to the following directions, whereas the spurious items (1, 4, 7, 10, and 13) are not scored:

- 1 = Hardly ever
- 2 = Sometimes
- 3 = Often

Scoring for Items 6 and 11 is reversed according to the following key:

- 1 = Often
- 2 = Sometimes
- 3 = Hardly ever

Thus, the range of possible SCAT scores extends from 10 to 30. SCAT questionnaires in which one test item is omitted can still be scored, but any inventory in which two or more test items are omitted should be invalidated. To obtain the SCAT score for a questionnaire in which a single test item has been omitted, compute the mean item score for the nine items answered, multiply this value by 10, and then round the product to the nearest whole number.

For ease in hand scoring, a scoring template can be made. When SCAT is used with large numbers, machine-scored answer sheets may be preferable.

SCAT NORMS

Updated normative information on SCAT is provided for male and female youth sport, high school, and college athletes (see Tables 5.1 and 5.4 through 5.6) as well as for the sports of baseball, basketball, football, soccer, swimming, tennis, volleyball, and wrestling (see Tables 5.2, 5.3, and 5.7 through 5.10). It should be noted that over half the data used in computation of these norms were obtained from colleagues who have conducted independent competitive A-trait research with such sports as baseball (Brustad & Weiss, 1987), basketball (Brustad, 1986), golf (Krane & Williams, 1987), sailing (Petlichkoff, 1986), shooting (Gould, Petlichkoff, Simons, & Vevera, 1987), soccer (Lewthwaite, 1988; Scanlan & Passer, 1979a, 1979b), swimming (Rinehart, 1981), volleyball (Cox, in press), and wrestling (Scanlan & Lewthwaite, 1984, 1985, 1986; Scanlan, Lewthwaite, & Jackson, 1984).

The Sport Competition Anxiety Test for Children (SCAT-C) appears on the facing page.

Table 5.1 Summary of Test Statistics for Norm Samples by Competitive Level and Gender

Sample	<i>N</i>	<i>M</i>	<i>SD</i>
Youth sports (SCAT-C)			
Male	903	17.82	4.33
Female	191	18.74	4.82
High school (SCAT-A)			
Male	159	23.03	3.93
Female	193	22.45	4.36
College (SCAT-A)			
Male	97	20.92	4.40
Female	468	19.79	4.37

Table 5.2 Summary of Test Statistics for Norm Samples by Sport

Sample	<i>N</i>	<i>M</i>	<i>SD</i>
Baseball/softball	130	18.88	4.59
Basketball	565	19.77	4.95
Football	181	17.94	4.30
Soccer	303	17.04	4.30
Swimming	121	20.74	3.71
Tennis	109	20.89	4.92
Volleyball	358	19.82	4.29
Wrestling	239	20.91	4.43

Table 5.3 Summary of Competitive Levels Constituting Sport Samples

Sample	<i>N</i>	Youth sports	High school	College	Elite
Baseball/softball	130	108	...	22	...
Basketball	565	371	155	39	...

(cont.)