**Demographics Questionnaire**

**Please respond to the following questions about your sex and age:**

1. What is your sex? \_\_\_\_\_\_\_\_\_\_

2. What is your age (years)? \_\_\_\_\_\_\_\_\_\_

**Please respond to the following questions about your golf experience. This includes any form of golf (e.g., playing 18 holes on a standard golf course, playing miniature golf, etc…)**

3. Please estimate how many times in your life have you played golf, as defined above (CIRCLE ONE)?

Never 1 – 10 times 11 – 20 times 21 – 30 times

31 – 40 times 41 – 50 times 51 – 60 times 61 – 70 times

71 – 80 times 81 – 90 times 91 – 100 times More than 100 times

4. Please estimate how many times in the past year you played golf, as defined above (CIRCLE ONE)?

Never 1 – 10 times 11 – 20 times 21 – 30 times More than 30 times

**Please respond to the following questions about your health, alcohol/drug use, caffeine use, and last night’s sleep.**

5. Do you have any illness, injury, or disability that could make putting difficult? If so, please describe below.

6. Have you consumed alcohol or drugs within the past 24 hours? (CIRCLE ONE)? Yes No

7. Have you consumed caffeine in the last 3 hours? (CIRCLE ONE)? Yes No

8. Please indicate how long you slept last night: \_\_\_\_\_ hours \_\_\_\_\_ minutes

**Movement Specific Reinvestment Scale**

Below are a number of statements about your movements. The possible answers go from ‘strongly agree’ to ‘strongly disagree’. There are no right or wrong answers so circle the answer that best describes how you feel for each question.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1. I rarely forget the times when my movements have failed me, however slight the failure.** | | | | | |
| strongly disagree | moderately  disagree | weakly disagree | weakly  agree | moderately agree | strongly agree |
| **2. I’m always trying to figure out why my actions failed.** | | | | | |
| strongly disagree | moderately  disagree | weakly disagree | weakly  agree | moderately agree | strongly agree |
| **3. I reflect about my movement a lot.** | | | | | |
| strongly disagree | moderately  disagree | weakly disagree | weakly  agree | moderately agree | strongly agree |
| **4. I am always trying to think about my movements when I carry them out.** | | | | | |
| strongly disagree | moderately  disagree | weakly disagree | weakly  agree | moderately agree | strongly agree |
| **5. I’m self conscious about the way I look when I am moving.** | | | | | |
| strongly disagree | moderately  disagree | weakly disagree | weakly  agree | moderately agree | strongly agree |
| **6. I sometimes have the feeling that I’m watching myself move.** | | | | | |
| strongly disagree | moderately  disagree | weakly disagree | weakly  agree | moderately agree | strongly agree |
| **7. I’m aware of the way my mind and body works when I am carrying out a movement.** | | | | | |
| strongly disagree | moderately  disagree | weakly disagree | weakly  agree | moderately agree | strongly agree |
| **8. I’m concerned about my style of moving.** | | | | | |
| strongly disagree | moderately  disagree | weakly disagree | weakly  agree | moderately agree | strongly agree |
| **9. If I see my reflection in a shop window, I will examine my movements.** | | | | | |
| strongly disagree | moderately  disagree | weakly disagree | weakly  agree | moderately agree | strongly agree |
| **10. I am concerned about what people think about me when I am moving.** | | | | | |
| strongly disagree | moderately  disagree | weakly disagree | weakly  agree | moderately agree | strongly agree |

A clock on a wall

Description automatically generated with medium confidence**Analogy Group Instructions**

**Explicit Group Instructions**

**Text

Description automatically generated**

**Intrinsic Motivation Inventory**

For each of the following statements, please indicate how true it is for you, using the scale below each item. **PLEASE MAKE YOUR RESPONSES IN REFERENCE TO THE PRACTICE SESSION (NOT THE PUTTING THAT OCCURRED BEFORE THE PRACTICE SESSION).**

1. I enjoyed doing this activity very much

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

2. I put a lot of effort into this activity

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

3. It was important to me to do well at this activity

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

4. I was anxious while working on this activity

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

5. I think this is an important activity

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

6. I think I am pretty good at this activity

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

7. I felt like it was not my own choice to do this activity

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

8. I did not feel nervous at all while doing this activity

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

9. I didn’t put much energy into this activity

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

10. I felt like I had to do this activity

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

11. This was an activity that I couldn’t do very well

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

12. I thought this was a boring activity

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |
|  | |  | | |  | |

13. I believe I had some choice about doing this activity

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

14. I think doing this activity is useful for improving golf putting

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

15. I did this activity because I had to

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

16. I felt pressured while doing this activity

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

17. I believe doing this activity could be beneficial to me

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

18. This activity did not hold my attention at all

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

19. After working at this activity for a while, I felt pretty competent

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

20. I would describe this activity as very interesting

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

21. I tried very hard on this activity

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

22. I think this activity is important to do because it can improve golf putting

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

23. I did this activity because I wanted to

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

24. I was very relaxed in doing this activity

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |
|  | |  | | |  | |

25. I didn’t try very hard to do well at this activity

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

26. This activity was fun to do

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

27. I did this activity because I had no choice

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

28. I felt very tense while doing this activity

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

29. While I was doing this activity, I was thinking about how much I enjoyed it

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

30. I am satisfied with my performance at this activity

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

31. I believe this activity could be of some value to me

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

32. I was pretty skilled at this activity

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

33. I would be willing to do this activity again because it has some value to me

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

34. I think doing this activity could help me to improve golf putting

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

35. I think I did pretty well at this activity, compared to other participants

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

36. I didn’t really have a choice about doing this activity

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

37. I thought this activity was quite enjoyable

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all true | | somewhat true | | | very true | |

**Revised Competitive State Anxiety Inventory-2**

Directions: A number of statements that athletes have used to describe their feelings before competition are given below. Read each statement and then the appropriate location and write the self-determined associated number to the right of the statement to indicate how you feel right now – at this moment. There are no right or wrong answers. Do not spend too much time on any one statement, but choose the answer that describes your feelings right now.

Not Somewhat Moderately Very Much

At All So So

1. I feel jittery. (0…………………………………………….100)\_\_\_\_\_

2. I am concerned that I may not (0…………………………………………….100)\_\_\_\_\_

do as well in this competition as I could.

3. I feel self-confident. (0…………………………………………….100)\_\_\_\_\_

4. My body feels tense. (0…………………………………………….100)\_\_\_\_\_

5. I am concerned about losing. (0…………………………………………….100)\_\_\_\_\_

6. I feel tense in my stomach. (0…………………………………………….100)\_\_\_\_\_

7. I’m confident I can meet the (0…………………………………………….100)\_\_\_\_\_

challenge.

8. I am concerned about choking (0…………………………………………….100)\_\_\_\_\_

under pressure.

9. My heart is racing. (0…………………………………………….100)\_\_\_\_\_

10. I’m confident about performing (0…………………………………………….100)\_\_\_\_\_

well.

11. I’m concerned about performing (0…………………………………………….100)\_\_\_\_\_

poorly.

12. I feel my stomach sinking. (0…………………………………………….100)\_\_\_\_\_

13. I’m confident because I mentally (0…………………………………………….100)\_\_\_\_\_

picture myself reaching my goal.

14. I’m concerned that others will be (0…………………………………………….100)\_\_\_\_\_

disappointed with my performance.

15. My hands are clammy. (0…………………………………………….100)\_\_\_\_\_

16. I’m confident of coming through (0…………………………………………….100)\_\_\_\_\_

under pressure.

17. My body feels tight. (0…………………………………………….100)\_\_\_\_\_

**Free Recall**

Report, in as much detail as possible, any rules, methods, or techniques you recall using to putt **DURING THE POSTTEST WHEN YOU WERE PUTTING FOR MONEY WHILE BEING VIDEOTAPED.**