

Sport Anxiety Scale-2

Read the following questions carefully, and respond with the choice that says how you USUALLY feel before or while you compete in sports. There are no right or wrong answers.

Before or while I compete in sports:

	Not At All	A Little Bit	Pretty Much	Very Much
1) It is hard to concentrate on the game	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) My body feels tense	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) I worry that I will not play well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4) It is hard for me to focus on what I am supposed to do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5) I worry that I will let others down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Before or while I compete in sports:

	Not At All	A Little Bit	Pretty Much	Very Much
6) I feel tense in my stomach	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7) I lose focus on the game	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8) I worry that I will not play my best	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9) I worry that I will play badly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10) My muscles feel shaky	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Before or while I compete in sports:

	Not At All	A Little Bit	Pretty Much	Very Much
11) I worry that I will mess up during the game	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12) My stomach feels upset	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13) I cannot think clearly during the game	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14) My muscles feel tight because I am nervous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15) I have a hard time focusing on what my coach tells me to do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>