Vividness of Movement Imagery Questionnaire-2

Name: **Age:**

Gender: **Sport:**

Level at which sport is played at (e.g., Recreational, Club, University, National, International, Professional)

Years spent participating in this sport competitively:

Movement imagery refers to the ability to imagine a movement. The aim of this questionnaire is to determine the vividness of your movement imagery. The items of the questionnaire are designed to bring certain images to your mind. You are asked to rate the vividness of each item by reference to the 5-point scale. After each item, circle the appropriate number in the boxes provided. The first column is for an image obtained watching yourself performing the movement from an external point of view (External Visual Imagery), and the second column is for an image obtained from an internal point of view, as if you were looking out through your own eyes whilst performing the movement (Internal Visual Imagery). The third column is for an image obtained by feeling yourself do the movement (Kinaesthetic imagery). Try to do each item separately, independently of how you may have done other items. Complete all items from an external visual perspective and then return to the beginning of the questionnaire and complete all of the items from an internal visual perspective, and finally return to the beginning of the questionnaire and complete the items while feeling the movement. The three ratings for a given item may not in all cases be the same. For all items please have your eyes CLOSED.
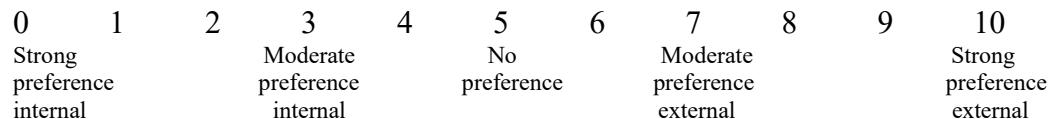
Think of each of the following acts that appear on the next page, and classify the images according to the degree of clearness and vividness as shown on the RATING SCALE.

RATING SCALE. The image aroused by each item might be:
Perfectly clear and as vivid (as normal vision or feel of movement) ……………   RATING 1
Clear and reasonably vivid   ……………   RATING 2
Moderately clear and vivid   ……………   RATING 3
Vague and dim   ……………   RATING 4
No image at all, you only "know" that you   ……………   RATING 5
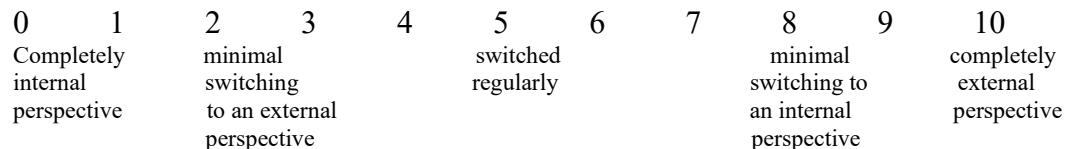are thinking of the skill.

Item	Watching yourself performing the movement (External Visual Imagery)						Looking through your own eyes whilst performing the movement (Internal Visual Imagery)						Feeling yourself do the movement (Kinaesthetic Imagery)				
	Perfectly clear and vivid as normal vision	Clear and reasonably vivid	Moderately clear and vivid	Vague and dim	No image at all, you only know that you are thinking of the skill		Perfectly clear and vivid as normal vision	Clear and reasonably vivid	Moderately clear and vivid	Vague and dim	No image at all, you only know that you are thinking of the skill		Perfectly clear and vivid as normal feel of movement	Clear and reasonably vivid	Moderately clear and vivid	Vague and dim	No image at all, you only know that you are thinking of the skill
1.Walking	1	2	3	4	5		1	2	3	4	5		1	2	3	4	5
2.Running	1	2	3	4	5		1	2	3	4	5		1	2	3	4	5
3.Kicking a stone	1	2	3	4	5		1	2	3	4	5		1	2	3	4	5
4.Bending to pick up a coin	1	2	3	4	5		1	2	3	4	5		1	2	3	4	5
5.Running up stairs	1	2	3	4	5		1	2	3	4	5		1	2	3	4	5
6.Jumping sideways	1	2	3	4	5		1	2	3	4	5		1	2	3	4	5
7.Throwing a stone into water	1	2	3	4	5		1	2	3	4	5		1	2	3	4	5
8.Kicking a ball in the air	1	2	3	4	5		1	2	3	4	5		1	2	3	4	5
9.Running downhill	1	2	3	4	5		1	2	3	4	5		1	2	3	4	5
10.Riding a bike	1	2	3	4	5		1	2	3	4	5		1	2	3	4	5
11.Swinging on a rope	1	2	3	4	5		1	2	3	4	5		1	2	3	4	5
12.Jumping off a high wall	1	2	3	4	5		1	2	3	4	5		1	2	3	4	5

1. Please indicate if you have a preference for using a particular visual imagery perspective on this scale (if you have no preference then circle 5):
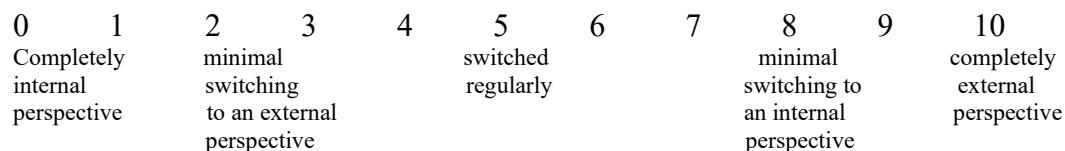
0	1	2	3	4	5	6	7	8	9	10

Strong preference internal   Moderate preference internal   No preference   Moderate preference external   Strong preference external

2. Please indicate on the following questions the extent to which you "switched" between imagery perspectives, when completing the two visual columns of the adapted VMIQ:

a) When completing the *watching yourself do it* (External Visual Imagery) column, what perspective did you use?

0	1	2	3	4	5	6	7	8	9	10

Completely internal perspective   minimal switching to an external perspective   switched regularly   minimal switching to an internal perspective   completely external perspective

b) When completing the *looking through your own eyes* (Internal Visual Imagery) column, what perspective did you use?

0	1	2	3	4	5	6	7	8	9	10

Completely internal perspective   minimal switching to an external perspective   switched regularly   minimal switching to an internal perspective   completely external perspective

3. When completing the two visual imagery columns please specify if you used kinaesthetic imagery at the same time as the designated visual imagery perspective:

EVI
0   1   2   3   4   5   6   7   8   9   10
No kinaesthetic   high kinaesthetic
imagery use   imagery use

IVI
0   1   2   3   4   5   6   7   8   9   10
No kinaesthetic   high kinaesthetic
imagery use   imagery use

4. If you used kinaesthetic imagery at the same time as the designated visual perspective please denote (Using the numbers 3 = most often, 1 = least often) the order in which visual and kinaesthetic imagery were used

EVI
Visual and Kinaesthetic imagery at the same time   _____
Visual then kinaesthetic imagery   _____
Kinaesthetic then visual imagery   _____

IVI
Visual and Kinaesthetic imagery at the same time   _____
Visual then kinaesthetic imagery   _____
Kinaesthetic then visual imagery   _____

5. On <u>one</u> of the diagrams below, please draw an arrow to illustrate where you imaged from most of the time, when completing the external visual imagery column.