

# Movement Imagery Questionnaire-3

## Overview:

The MIQ-3 is the most recent version of the Movement Imagery Questionnaire (Hall & Pongrac, 1983) and the Movement Imagery Questionnaire-Revised (Hall & Martin, 1997). It is a 12-item questionnaire to assess individual's ability to image four movements using internal visual imagery, external visual imagery, and kinesthetic imagery. The MIQ-3 has good psychometric properties, internal reliability, and predictive validity.

## Reference:

Williams, S. E., Cumming, J., Ntoumanis, N., Nordin-Bates, S. M., Ramsey, R., & Hall, C. (2012). Further validation and development of the Movement Imagery Questionnaire. *Journal of Sport & Exercise Psychology*, 34, 621-646.

**To download full paper, please click here:**

[http://works.bepress.com/jennifer\\_cumming/27/](http://works.bepress.com/jennifer_cumming/27/)

\*If you decide to use the MIQ-3 in your research, please send any citations to [j.cumming@bham.ac.uk](mailto:j.cumming@bham.ac.uk). We will add this information to [www.jennifercumming.com](http://www.jennifercumming.com) so that other interested imagery researchers can find your work. We would also appreciate receiving a copy of your research findings.

# Movement Imagery Questionnaire-3

## Full Questionnaire with Instructions

### Instructions

This questionnaire concerns two ways of *mentally* performing movements which are used by some people more than by others, and are more applicable to some types of movements than others. The first is attempting to form a visual image or picture of a movement in your mind. The second is attempting to feel what performing a movement is like without actually doing the movement. You are requested to do both of these mental tasks for a variety of movements in this questionnaire, and then rate how easy/difficult you found the tasks to be. The ratings that you give are not designed to assess the goodness or badness of the way you perform these mental tasks. They are attempts to discover the capacity individuals' show for performing these tasks for different movements. There are no right or wrong ratings or some ratings that are better than others.

Each of the following statements describes a particular action or movement. Read each statement carefully and then actually perform the movement as described. Only perform the movement a single time. Return to the starting position for the movement just as if you were going to perform the action a second time. Then depending on which of the following you are asked to do, either (1) form as clear and vivid a visual image as possible of the movement just performed from an internal perspective (i.e., from a 1<sup>st</sup> person perspective, as if you are actually inside yourself performing and seeing the action through your own eyes), (2) form as clear and vivid a visual image as possible of the movement just performed from an external perspective (i.e., from a 3<sup>rd</sup> person perspective, as if watching yourself on DVD), or (3) attempt to feel yourself making the movement just performed without actually doing it.

After you have completed the mental task required, rate the ease/difficulty with which you were able to do the task. Take your rating from the following scale. Be as accurate as possible and take as long as you feel necessary to arrive at the proper rating for each movement. You may choose the same rating for any number of movements "seen" or "felt" and it is not necessary to utilize the entire length of the scale.

### RATING SCALES

#### Visual Imagery Scale

1	2	3	4	5	6	7
Very hard to see	Hard to see	Somewhat hard to see	Neutral (not easy nor hard)	Somewhat easy to see	easy to see	Very easy to see

#### Kinesthetic Imagery Scale

1	2	3	4	5	6	7
Very hard to feel	Hard to feel	Somewhat hard to feel	Neutral (not easy nor hard)	Somewhat easy to feel	easy to feel	Very easy to feel

1.      STARTING POSITION:      Stand with your feet and legs together and your arms at your sides.

ACTION:      Raise your right knee as high as possible so that you are starting on your left leg with your right leg flexed (bent) at the knee. Now lower your right leg so you are once again standing on two feet. The action is performed **slowly**.

MENTAL TASK:      Assume the starting position. Attempt to **feel** yourself making the movement just observed without actually doing it. Now rate the ease/difficulty with which you were able to do this mental task.

Rating: \_\_\_\_\_
  2.      STARTING POSITION:      Stand with your feet and legs together and your arms at your sides.

ACTION:      Bend down low and then jump straight up in the air as high as possible with both arms extended above your head. Land with both feet apart and lower your arms to your sides.

MENTAL TASK:      Assume the starting position. Attempt to **see** yourself making the movement just observed from an **internal perspective**. Now rate the ease/difficulty with which you were able to do this mental task.

Rating: \_\_\_\_\_
  3.      STARTING POSITION:      Extend the arm of your non-dominant hand straight out to your side so that it is parallel to the ground, palm down.

ACTION:      Move your arm forward until it is directly in front of your body (still parallel to the ground). Keep your arm extended during the movement, and make the movement **slowly**.

MENTAL TASK:      Assume the starting position. Attempt to **see** yourself making the movement just observed from an **external perspective**. Now rate the ease/difficulty with which you were able to do this mental task.

Rating: \_\_\_\_\_

4.      STARTING POSITION:      Stand with your feet slightly apart and your arms fully extended above your head.
- ACTION:      **Slowly** bend forward at the waist and try and touch your toes with your fingertips (or, if possible, touch the floor with your fingertips or your hands). Now return to the starting position, standing erect with your arms extended above your head.
- MENTAL TASK:      Assume the starting position. Attempt to **feel** yourself making the movement just observed without actually doing it. Now rate the ease/difficulty with which you were able to do this mental task.
- Rating: \_\_\_\_\_
- 
5.      STARTING POSITION:      Stand with your feet and legs together and your arms at your sides.
- ACTION:      Raise your right knee as high as possible so that you are starting on your left leg with your right leg flexed (bent) at the knee. Now lower your right leg so you are once again standing on two feet. The action is performed **slowly**.
- MENTAL TASK:      Assume the starting position. Attempt to **see** yourself making the movement just observed from an **internal perspective**. Now rate the ease/difficulty with which you were able to do this mental task.
- Rating: \_\_\_\_\_
- 
6.      STARTING POSITION:      Stand with your feet and legs together and your arms at your sides.
- ACTION:      Bend down low and then jump straight up in the air as high as possible with both arms extended above your head. Land with both feet apart and lower your arms to your sides.
- MENTAL TASK:      Assume the starting position. Attempt to **see** yourself making the movement just observed from an **external perspective**. Now rate the ease/difficulty with which you were able to do this mental task.
- Rating: \_\_\_\_\_

7.      STARTING POSITION:      Extend the arm of your non-dominant hand straight out to your side so that it is parallel to the ground, palm down.
- ACTION:      Move your arm forward until it is directly in front of your body (still parallel to the ground). Keep your arm extended during the movement, and make the movement **slowly**.
- MENTAL TASK:      Assume the starting position. Attempt to **feel** yourself making the movement just performed without actually doing it. Now rate the ease/difficulty with which you were able to do this mental task.
- Rating: \_\_\_\_\_
8.      STARTING POSITION:      Stand with your feet slightly apart and your arms fully extended above your head.
- ACTION::      **Slowly** bend forward at the waist and try and touch your toes with your fingertips (or, if possible, touch the floor with your fingertips or your hands). Now return to the starting position, standing erect with your arms extended above your head.
- MENTAL TASK:      Assume the starting position. Attempt to **see** yourself making the movement just observed from an **internal perspective**. Now rate the ease/difficulty with which you were able to do this mental task.
- Rating: \_\_\_\_\_
9.      STARTING POSITION:      Stand with your feet and legs together and your arms at your sides.
- ACTION:      Raise your right knee as high as possible so that you are starting on your left leg with your right leg flexed (bent) at the knee. Now lower your right leg so you are once again standing on two feet. The action is performed **slowly**.
- MENTAL TASK:      Assume the starting position. Attempt to **see** yourself making the movement just observed from an **external perspective**. Now rate the ease/difficulty with which you were able to do this mental task
- Rating: \_\_\_\_\_

10.      STARTING POSITION:                      Stand with your feet and legs together and your arms at your sides.
- ACTION:                                      Bend down low and then jump straight up in the air as high as possible with both arms extended above your head. Land with both feet apart and lower your arms to your sides.
- MENTAL TASK:                              Assume the starting position. Attempt to **feel** yourself making the movement just performed without actually doing it. Now rate the ease/difficulty with which you were able to do this mental task.
- Rating: \_\_\_\_\_
- 
11.      STARTING POSITION:                      Extend the arm of your non-dominant hand straight out to your side so that it is parallel to the ground, palm down.
- ACTION:                                      Move your arm forward until it is directly in front of your body (still parallel to the ground). Keep your arm extended during the movement, and make the movement **slowly**.
- MENTAL TASK:                              Assume the starting position. Attempt to **see** yourself making the movement just observed from an **internal perspective**. Now rate the ease/difficulty with which you were able to do this mental task.
- Rating: \_\_\_\_\_
- 
12.      STARTING POSITION:                      Stand with your feet slightly apart and your arms fully extended above your head.
- ACTION:                                      **Slowly** bend forward at the waist and try and touch your toes with your fingertips (or, if possible, touch the floor with your fingertips or your hands). Now return to the starting position, standing erect with your arms extended above your head.
- MENTAL TASK:                              Assume the starting position. Attempt to **see** yourself making the movement just observed from an **external perspective**. Now rate the ease/difficulty with which you were able to do this mental task
- Rating: \_\_\_\_\_

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## Response Form Only (if Instructions and Items are read to participants)

After you have completed the mental task required, rate the ease/difficulty with which you were able to do the task in the space provided below. Take your rating from the provided scale. Be as accurate as possible and take as long as you feel necessary to arrive at the proper rating for each movement. You may choose the same rating for any number of movements "seen" or "felt" and it is not necessary to utilise the entire length of the scale.

### RATING SCALES

#### *Visual Imagery Scale*

1	2	3	4	5	6	7
Very hard to see	Hard to see	Somewhat hard to see	Neutral (not easy nor hard)	Somewhat easy to see	easy to see	Very easy to see

#### *Kinesthetic Imagery Scale*

1	2	3	4	5	6	7
Very hard to feel	Hard to feel	Somewhat hard to feel	Neutral (not easy nor hard)	Somewhat easy to feel	easy to feel	Very easy to feel

1) Knee lift                      Rating: \_\_\_\_

7) Arm movement              Rating: \_\_\_\_

2) Jump                         Rating : \_\_\_\_

8) Waist Bend                 Rating: \_\_\_\_

3) Arm movement              Rating: \_\_\_\_

9) Knee lift                     Rating: \_\_\_\_

4) Waist Bend                 Rating: \_\_\_\_

10) Jump                        Rating: \_\_\_\_

5) Knee lift                     Rating: \_\_\_\_

11) Arm movement            Rating: \_\_\_\_

6) Jump                         Rating: \_\_\_\_

12) Waist Bend                Rating: \_\_\_\_

# Movement Imagery Questionnaire-3

## Instructions for Scoring

Subscale	Items
Internal Visual Imagery	Item 2 + Item 5 + Item 8 + Item 11/4
External Visual Imagery	Item 3 + Item 6 + Item 9 + Item 12/4
Kinesthetic Imagery	Item 1 + Item 4 + Item 7 + Item 10/4