

Participant ID: _____

Date: _____

The Movement Specific Reinvestment Scale (MSRS)

Instructions: Circle the answer that best describes how they feel.

	Strongly Disagree					Strongly Agree
Conscious Motor Processing						
I am always trying to think about my movements when I carry them out	1	2	3	4	5	6
I reflect about my movement a lot	1	2	3	4	5	6
I am always trying to figure out why my actions failed	1	2	3	4	5	6
I am aware of the way my body works when I am carrying out a movement	1	2	3	4	5	6
I rarely forget the times when my movements have failed me	1	2	3	4	5	6
Movement Self-Consciousness						
I am concerned about my style of moving	1	2	3	4	5	6
I am self-conscious about the way I look when I am moving	1	2	3	4	5	6
If I see my reflection in a shop window, I will examine my movements	1	2	3	4	5	6
I sometimes have the feeling that I am watching myself move	1	2	3	4	5	6
I am concerned about what people think about me when I am moving	1	2	3	4	5	6

Gait-Specific Attentional Profile[©]

Participant ID: Year of birth.....

**Mark the appropriate circle to indicate
how you feel when you walk**

NOT AT ALL
NOT VERY MUCH
MODERATELY SO
OFTEN
VERY MUCH SO

- | | | | | | |
|---|---|---|---|---|---|
| A1. I feel strained..... | ① | ② | ③ | ④ | ⑤ |
| A2. I am concerned about what people think about my movements | ① | ② | ③ | ④ | ⑤ |
| A3. I think about previous occasions when I lost my balance | ① | ② | ③ | ④ | ⑤ |
| A4. I think about what would happen if I fell..... | ① | ② | ③ | ④ | ⑤ |
| A5. I get confused and make illogical decisions..... | ① | ② | ③ | ④ | ⑤ |
| A6. Worrisome thoughts about falling run through my mind | ① | ② | ③ | ④ | ⑤ |
| A7. I try to think about the way I walk/move..... | ① | ② | ③ | ④ | ⑤ |
| A8. I consciously try to control my movements..... | ① | ② | ③ | ④ | ⑤ |
| A9. I examine the way I walk/move..... | ① | ② | ③ | ④ | ⑤ |
| A10. I feel tense..... | ① | ② | ③ | ④ | ⑤ |
| A11. I find it difficult to concentrate on two things at once | ① | ② | ③ | ④ | ⑤ |

To be completed by researcher/clinician

Calculate the total score from each item relating to the following four categories: -

Anxiety (sum of A1, A2, A10)	=
Conscious movement processing (sum of A7, A8, A9)	=
Task-irrelevant ruminations/thoughts (sum of A3, A4, A6)	=
Processing inefficiencies (sum of A5, A11)	=