

## Illinois Competition Test

Instructions: Complete the following scale on two separate occasions: during a quiet time before practice when you are fairly relaxed, and during a competitive situation that you feel is highly stressful. If you are not currently active in competition, recall such situations as clearly as possible and record your responses.

The following are several statements that athletes use to describe their feelings before competition. Read each statement and circle the appropriate number 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.

	<b>Not at all</b>	<b>Somewhat</b>	<b>Moderately so</b>	<b>Very much so</b>
1. I am concerned about this competition.	1	2	3	4
2. I feel nervous.	1	2	3	4
3. I feel at ease.	1	2	3	4
4. I have self-doubts.	1	2	3	4
5. I feel jittery.	1	2	3	4
6. I feel comfortable.	1	2	3	4
7. I am concerned I may not do as well in this competition as I could.	1	2	3	4
8. My body feels tense.	1	2	3	4
9. I feel self-confident.	1	2	3	4
10. I am concerned about losing.	1	2	3	4
11. I feel tense in my stomach.	1	2	3	4
12. I feel secure.	1	2	3	4
13. I am concerned about losing.	1	2	3	4
14. My body feels relaxed.	1	2	3	4
15. I'm confident I can meet the challenge.	1	2	3	4
16. I'm concerned about performing poorly.	1	2	3	4
17. My heart is racing.	1	2	3	4
18. I'm confident about	1	2	3	4

performing well.

19. I'm worried about reaching my goal.	1	2	3	4
20. I feel my stomach sinking.	1	2	3	4
21. I feel mentally relaxed.	1	2	3	4
22. I'm concerned that others will be disappointed with my performance.	1	2	3	4
23. My hands are clammy.	1	2	3	4
24. I'm confident because I mentally picture myself reaching my goal.	1	2	3	4
25. I'm concerned I won't be able to concentrate.	1	2	3	4
26. My body feels tight.	1	2	3	4
27. I'm confident of coming through under pressure.	1	2	3	4

Scoring: This scale is called the Competitive State Anxiety Inventory-2 (CSAI-2), a sport-specific state anxiety scale developed by Martens, Vealey, and Burton (1990). The scale divides anxiety into three components: cognitive anxiety, somatic anxiety, and a related component-self-confidence. Self-confidence tends to be the opposite of cognitive anxiety and is another important factor in managing stress. To score the CSAI-2, take all the scores for each item at face value with the exception of item 14, where you "reverse" the score. For example, if you circled 3, count that as 2 points (1 = 4; 2 = 3; 3 = 2; 4 = 1). Total your scores in the following manner:

\_\_\_ Cognitive state anxiety: Sum items 1, 4, 7, 10, 13, 16, 19, 22, and 25.

\_\_\_ Somatic state anxiety: Sum items 2, 5, 8, 11, 14, 17, 20, 23, 26.

\_\_\_ Self-confidence: Sum items 3, 6, 9, 12, 15, 18, 21, 24, and 27.

Your scores for each will range from 9 to 36, with 9 indicating low anxiety (confidence) and 36 indicating high anxiety confidence.