

# Sport Competition Anxiety Test (SCAT)

## Assessing Your Anxiety

Read each statement below, decide if you "Rarely", "Sometimes" or "Often" feel this way when competing in your sport, tick the appropriate box to indicate your response.

	Rarely	Sometimes	Often
1. Competing against others is socially enjoyable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Before I compete I feel uneasy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Before I compete I worry about not performing well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I am a good sportsman when I compete	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. When I compete, I worry about making mistakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Before I compete I am calm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Setting a goal is important when competing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Before I compete I get a queasy feeling in my stomach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Just before competing, I notice my heart beats faster than usual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I like to compete in games that demands a lot of physical energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Before I compete I feel relaxed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Before I compete I am nervous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Team sports are more exciting than individual sports	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I get nervous wanting to start the game	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Before I compete I usually get uptight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Athlete's Name \_\_\_\_\_

SCAT Score

Less than 17

You have a low level of anxiety

17 to 24

You have an average level of anxiety

More than 24

You have a high level of anxiety

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## Analysis

The score for the response to each question is detailed below. Enter the score for each question in the "Athlete's Score" column and then total the column up to provide a SCAT score.

Note that questions 1,4,7,10 and 13 score zero regardless of the response.

Question No	Rarely	Sometimes	Often	Athlete's Score
1	0	0	0	
2	1	2	3	
3	1	2	3	
4	0	0	0	
5	1	2	3	
6	3	2	1	
7	0	0	0	
8	1	2	3	
9	1	2	3	
10	0	0	0	
11	3	2	1	
12	1	2	3	
13	0	0	0	
14	1	2	3	
15	1	2	3	

Total

SCAT Score	Analysis
Less than 17	You have a low level of anxiety
17 to 24	You have an average level of anxiety
More than 24	You have a high level of anxiety