

Sports Mental Toughness Questionnaire (SMTQ)

Please indicate your agreement/disagreement with each statement below in relation to your involvement with participation in esports.

1. I can regain my composure if I have momentarily lost it.

1	2	3	4
(Not at all True)			(Very True)

2. I worry about performing poorly.

1	2	3	4
(Not at all True)			(Very True)

3. I am committed to completing the tasks I have to do.

1	2	3	4
(Not at all True)			(Very True)

4. I am overcome by self-doubt

1	2	3	4
(Not at all True)			(Very True)

5. I have an unshakeable confidence in my ability.

1	2	3	4
(Not at all True)			(Very True)

6. I have what it takes to perform well while under pressure.

1	2	3	4
(Not at all True)			(Very True)

7. I get angry and frustrated when things do not go my way.

1	2	3	4
(Not at all True)			(Very True)

8. I give up in difficult situations.

1	2	3	4
(Not at all True)			(Very True)

9. I get anxious by events I did not expect or cannot control.

1	2	3	4
(Not at all True)			(Very True)

10. I get distracted easily and lose my concentration.

1	2	3	4
(Not at all True)			(Very True)

11. I have qualities that set me apart from other competitors.

1	2	3	4
(Not at all True)			(Very True)

12. I take responsibility for setting myself challenging targets.

1	2	3	4
(Not at all True)			(Very True)

13. I interpret potential threats as positive opportunities.

1	2	3	4
[Not at all True]			[Very True]

14. Under pressure, I am able to make decisions with confidence and commitment.

1	2	3	4
(Not at all True)			(Very True)

This is the end of the questionnaire, thank you for participating.

Sports Mental Toughness Questionnaire Smtq

Daniel Gucciardi, Sandy Gordon



Sports Mental Toughness Questionnaire Smtq:

Embracing the Beat of Expression: An Mental Symphony within **Sports Mental Toughness Questionnaire Smtq**

In some sort of consumed by displays and the ceaseless chatter of fast conversation, the melodic splendor and psychological symphony created by the written term often fade into the background, eclipsed by the constant noise and interruptions that permeate our lives. However, set within the pages of **Sports Mental Toughness Questionnaire Smtq** a charming literary treasure filled with natural feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, that captivating masterpiece conducts readers on an emotional trip, skillfully unraveling the concealed tunes and profound impact resonating within each carefully constructed phrase. Within the depths with this moving review, we shall explore the book is central harmonies, analyze their enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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