

Sport Competition Anxiety Test

Read each statement below. Decide if you “rarely,” “sometimes,” or “often” feel this way when competing in your sport and mark that box.	Rarely	Sometimes	Often
1. Competing against other people is socially enjoyable.			
2. Before I compete: I feel uneasy.			
3. Before I compete: I worry about not performing well.			
4. I am a good sportsman when I compete.			
5. When I compete: I worry about making mistakes.			
6. Before I compete: I am calm.			
7. Setting a goal is important when competing.			
8. Before I compete: I get a queasy feeling in my stomach.			
9. Just before competing: I notice my heart beats faster than usual.			
10. I like to compete in games that demands a lot of physical energy.			
11. Before I compete: I feel relaxed.			
12. Before I compete: I am nervous.			
13. Team sports are more exciting than individual sports.			
14. I get nervous wanting to start the game.			
15. Before I compete: I usually get uptight.			
Totals			

Scoring		
Rarely = 1 point	Sometimes = 2 points	Often = 3 points

Levels of Anxiety		
Low levels of anxiety = Less than 17	Average levels of anxiety = 17 – 24	High levels of anxiety = More than 24