

## Sports Mental Toughness Questionnaire Smtq

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### **Sports Mental Toughness Questionnaire Smtq**

The Sports Mental Toughness Questionnaire (SMTQ): A psychometric evaluation of the Turkish version. December 2017. *Studia sportiva* 11 (2):90-100. DOI: 10.5817/StS2017-2-9. Project: The Sports ...

### **(PDF) The Sports Mental Toughness Questionnaire (SMTQ): A ...**

Mental toughness in sport is frequently spoken about but almost never measured. The Mental Toughness Questionnaire for Athletes and Players (MTQ-A) below resolves this. It is a simple way for competitors to gain insight into the mental aspects of what they do. It will assess both the mental aspects of your sport (Mental Toughness) as well as overall mental health and wellbeing.

### **Free Mental Toughness Questionnaire for Athletes and ...**

The Sports Mental Toughness Questionnaire (SMTQ; Sheard et al., 2009) was used to assess participants' MT. The SMTQ is a multidimensional measurement of MT that is based on the qualitative constituents of MT consistently identified in the MT literature (Sheard, 2013).

### **Sports mental toughness questionnaire: evaluation for use ...**

The Sports Mental Toughness Questionnaire (SMTQ): A psychometric evaluation of the Turkish version The objective of this study was to adapt the Sports Mental Toughness Questionnaire (SMTQ) for use in Turkey, and to test its reliability and validity.

### **The Sports Mental Toughness Questionnaire (SMTQ): A ...**

The Sports mental toughness questionnaire (SMTQ): A psychometric evaluation of the Turkish version Dotazník sportovní psychické odolnosti (SMTQ): psychometrické hodnocení turecké verze METHODOLOGY Participants The sample of study consisted of 184 males ( $24.22 \pm 3.01$  years) and 153 females ( $21.54 \pm 3.82$  years),

### **The Sports mental toughness questionnaire (SMTQ): A ...**

The Sports Mental Toughness Questionnaire (SMTQ; Sheard et al., 2009) is a 14-item scale providing a global MT score and three subscale scores for Confidence (e.g., "I have unshakeable confidence...)

### **Progress Toward Construct Validation of the Sports Mental ...**

Using Sport Mental Training Questionnaire (SMTQ) participants reported their mental training routines. This was a 66-item inventory which yielded an overall mental training score as well as scores for the 4 subscales of foundational skills, performance skills, personal development skills, and mental techniques.

### **The Sport Mental Training Questionnaire: Development and ...**

To assess mental toughness, the Sports Mental Toughness Questionnaire (SMTQ) (Sheard et al., 2009) was administered; while to assess PWB, Ryff's PWB scale (1989a) were given to volunteer participants. To identify the internal consistency of the validated questionnaires, Cronbach's alpha score was used.

### **Evaluation of sport mental toughness and psychological ...**

The Sports Mental Toughness Questionnaire (SMTQ): This three-dimensional 13-item scale, which was developed by Sheard et al. (2009) and adapted to the Turkish culture by Pehlivan (2014), was used in the study. The sub-scales are "confidence", "constancy" and "control". The Cronbach Alpha coefficient of the scale was measured as 0.72.

### **Is Mental Toughness in Elite Athletes a Predictor of Moral ...**

This 48-item questionnaire assesses total mental toughness, as well as six subcomponents: challenge, commitment, interpersonal confidence, confidence in own abilities, emotional control, and life control. Items are rated on a 5-point Likert-type scale anchored at 1 (strongly disagree) and 5 (strongly agree).

### **Mental Toughness | Measurement in Sport and Exercise**

Introduction to Mental Toughness and MTQ The original mental toughness psychometric measure (MTQ48), which is now available commercially, was developed in collaboration between Peter Clough, Professor of Applied Psychology at MMU and Dr Keith Earle, Senior Lecturer, The University of Hull, and Doug Strycharczyk, Managing Director, AQR Ltd.

### **MENTAL TOUGHNESS QUESTIONNAIRE A USER GUIDE**

To assess mental toughness, the Sports Mental Toughness Questionnaire (SMTQ) (Sheard et al., 2009) was administered; while to assess PWB, Ryff's PWB scale (1989a) were given to volunteer participants. To identify the internal consistency of the validated questionnaires, Cronbach's alpha score was used.

### **ERIC - EJ1139876 - Evaluation of Sport Mental Toughness ...**

This study examines the construct validity of an original self-report instrument for the assessment of mental toughness: the Sports Mental Toughness Questionnaire (SMTQ). Two independent studies supported a three-factor (Confidence, Constancy, and Control) 14-item model for the SMTQ. With a sample of 633 athletes (427 males, 206 females; M age = 21.5 years; SD = 5.48), drawn from 25 sport classifications, and competing at international, national, county and provincial, or club and regional ...

### **Progress Toward Construct Validation of the Sports Mental ...**

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### **Progress Toward Construct Validation of the Sports Mental ...**

There are seven components to mental toughness, such as confidence, constancy, control, determination, self-belief, positive cognition and visualisation. These components can be measured with self-assessment questionnaires such as the Sports Mental Toughness Questionnaire (SMTQ) and the Psychological Performance Inventory (PPI-A) [12, 13]. More specifically, the SMTQ measures confidence, constancy and control, whereas the PPI-A measures determination, self-belief, positive cognition and ...

### **A survey of "mental hardiness" and "mental toughness" in ...**

Sports Mental Toughness Questionnaire (SMTQ) The SMTQ (21) was used to measure MT. The 14-item SMTQ provides a global measure of MT as well as the three subscales of confidence, constancy, and control. Participants respond to items using a 4-point Likert scale, ranging from (1) not at all

true, to (4) very true.

**Comparison of Mental Toughness and Power Test Performances ...**

Sheard et al. then developed the Sport Mental Toughness Questionnaire (SMTQ). Two independent studies supported a three-factor (Confidence, Constancy, and Control) 14-item model for the SMTQ.

**Mental toughness in sport | SpringerLink**

The "Moral Disengagement in Sport Scale-Short" (MDSS) developed by Boardley and Kavussanu (2008) and adapted to Turkish by Gülpinar (2015), and the "Sports Mental Toughness Questionnaire" (SMTQ) developed by Sheard et al. (2009) and adapted to Turkish by Pehlivan (2014) were used as data collection tools.

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