

Demographics

Gender:

- Male
- Female
- Other (please specify) _____

Age (years) _____

Race/Ethnicity:

- African American
- Caucasian
- Caribbean
- Hispanic
- Asian
- Native American
- Middle Eastern
- Other (please specify) _____

What is your country of permanent residence? _____

What is your current level of participation?

- Professional runner
- Competitive Age-grouper (regularly wins or places in top 25% of age-group)
- Middle-of-the-pack Age-grouper (regularly finishes roughly in the middle of age-group)
- Recreational/casual Age-grouper (content to just finish the race)

What is your *preferred* running race distance?

- 100 mile
- 75 mile
- 50 mile
- 50k
- Full marathon (26.2 mile)
- Half Marathon (13.1 miles)
- 10k
- 5k
- Other (please specify) _____

What running race distance are you *currently* training for (if not currently training, what was the last running race distance you trained for)?

- 100 mile
- 75 mile
- 50 mile
- 50k
- Full marathon (26.2 mile)
- Half Marathon (13.1 miles)
- 10k
- 5k
- Other (please specify) _____

What is the *longest* running race (single stage) you have completed in the last year?

- 100 mile
- 75 mile

- 50 mile
- 50k
- Full marathon (26.2 mile)
- Half Marathon (13.1 miles)
- 10k
- 5k
- Other (please specify) _____

How many years (including this year) have you been competing in running races? _____ year(s)

On average how many *days* per week do you run? _____

On average how many *miles* per week do you run? _____

On average how many *hours* per week do you run? _____

Would you like to change the number of *hours* you train per week?

- I would like to train for *fewer* hours
- I would like to train for *more* hours
- I would like to train for the *same number* of hours as I currently do (no change)

Have you sustained a running-related injury that has kept you from training in the past year?

- Yes
- No

Sport Mental Toughness Questionnaire

Thank you for agreeing to participate in this study. Please respond to the following items by circling the number that best reflects your opinion on each of the following items.

		Not at all True D	Somewhat Untrue C	Somewhat True B	Very True A
1.	I can regain my composure if I have momentarily lost it.	1	2	3	4
2.	I worry about performing poorly.	1	2	3	4
3.	I am committed to completing the tasks I have to do.	1	2	3	4
4.	I am overcome by self-doubt.	1	2	3	4
5.	I have an unshakeable confidence in my ability.	1	2	3	4
6.	I have what it takes to perform well while under pressure.	1	2	3	4
7.	I get angry and frustrated when things do not go my way.	1	2	3	4
8.	I give up in difficult situations.	1	2	3	4
9.	I get anxious by events I did not expect or cannot control.	1	2	3	4
10.	I get distracted easily and lose my concentration.	1	2	3	4
11.	I have qualities that set me apart from other competitors.	1	2	3	4
12.	I take responsibility for setting myself challenging targets.	1	2	3	4
13.	I interpret potential threats as positive opportunities	1	2	3	4
14.	Under pressure, I am able to make decisions with confidence and commitment.	1	2	3	4

Note: Items 1 - 6 measure **Confidence**, 7 - 10 measure **Constancy**, 11 - 14 measure **Control**. Confidence scores range 6 - 24, Constancy and Control scores range 4-16. Composite scores range 14-56. Items 1-8 are positively scored (i.e., 4 = 4, 3 = 3, 2 = 2, 1 = 1). Items 9-14 are negatively scored (i.e., 4 = 1, 3 = 2, 2 = 3, 1 = 4)

Exercise Addiction Inventory - EAI

Section 1:

Instructions: Please answer each of the following items by marking one choice for each numbered statement. There are no “right” or “wrong” answers, so choose the most accurate response for you. Please answer each question carefully. Thank you.

		Strongly Disagree ▼	Disagree ▼	Neither Agree nor Disagree ▼	Agree ▼	Strongly Agree ▼
1	Exercise is the most important thing in my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Conflicts have arisen between me and my family and/or my partner about the amount of exercise I do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	I use exercise as a way of changing my mood (e.g. to get a buzz, to escape, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	Over time I have increased the amount of exercise I do in a day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	If I have to miss an exercise session I feel moody and irritable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	If I cut down the amount of exercise I do, and then start again, I always end up exercising as often as I did before.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		▲ Strongly Disagree	▲ Disagree	▲ Neither Agree nor Disagree	▲ Agree	▲ Strongly Agree

Note: only Q's 1-6 are on the original scale 7-12 are additional questions

The statements are coded such that high scores indicate addictive exercise behavior: 1 = *Strongly Disagree*, 2 = *Disagree*, 3 = *Neither Agree nor Disagree*, 4 = *Agree*, and 5 = *Strongly Agree*. A score of 24 or above on the EAI indicates a high risk for exercise addiction, whereas a score of 13-23 indicates an exerciser with some symptoms of exercise addiction (often called a committed exerciser). A score of 0-12 indicates an asymptomatic exerciser.

Sport Imagery Questionnaire (SIQ)

Imagery is defined as creation or re-creation of an experience in the mind (Weinberg & Gould, 2011). Athletes use mental imagery in training and in competition. This questionnaire was designed to assess the extent to which you incorporate imagery into your sport. Any statement depicting a function of imagery that you rarely use should be given a **low rating**. In contrast, any statement describing a function of imagery which you use frequently should be given a **high rating**. Your ratings will be made on a seven-point scale, where *one* is the **rarely** or never engage in that kind of imagery end of the scale and *seven* is the **often** engage in that kind of imagery end of the scale. Statements that fall within these two extremes should be rated accordingly along the rest of the scale. Read each statement below and write in the blank the appropriate number from the scale provided to indicate the degree to which the statement applies to you when you are practicing or competing in your sport. Don't be concerned about using the same numbers repeatedly if you feel they represent your true feelings. Remember, there are no right or wrong answers, so please answer as accurately as possible.

Scale

Rarely						Often
1	2	3	4	5	6	7

1. I make up new plans/strategies in my head. ____
2. I image the atmosphere of winning a race (e.g., the excitement that follows winning a race). ____
3. I image giving 100%. ____
4. I can consistently control the image of a physical skill. ____
5. I imagine the emotions I feel while running. ____
6. I imagine my skills improving. ____
7. I image alternative strategies in case my race plan fails. ____
8. I imagine myself handling the arousal and excitement associated with running. ____
9. I imagine myself appearing self-confident in front of my opponents. ____
10. I imagine other athletes congratulating me on a good performance. ____
11. I image each section of a race (e.g., flat vs hilly, fast vs. slow). ____
12. I imagine myself being in control of difficult situations. ____
13. I can easily change an image of a skill ____
14. I image other applauding my performance. ____
15. When imaging a particular skill I can consistently perform it perfectly in my mind. ____
16. I image myself winning a medal. ____
17. I imagine the stress and anxiety associated with running ____

18. I image myself continuing with my race plan, even when performing poorly. ____
19. When I image myself performing, I feel myself getting psyched up. ____
20. I can mentally make corrections to physical skills. ____
21. I imagine executing entire sections just the way I want them to happen in a race. ____
22. Before attempting a particular skill, I imagine myself performing it perfectly. ____
23. I imagine myself being mentally tough. ____
24. When I image myself running, I feel anxious. ____
25. I imagine the excitement associated with performing. ____
26. I image myself being interviewed as a champion. ____
27. I image myself to be focused during a challenging situation. ____
28. When learning a new skill, I imagine myself performing it perfectly. ____
29. I imagine myself successfully following my race plan. ____
30. I image myself working successfully through tough situations (e.g. bad weather conditions, hills.) ____

How often do you use imagery for running?

- Never
- Almost never
- Occasionally/Sometimes
- Almost every time
- Every time

SCORING THE SIQ

To score the Sport Imagery Questionnaire (SIQ), the individual items comprising each of the subscales (i.e. CS, CG, MG-M, and MG-A) are grouped together as follows:

Cognitive

Specific

item 4
item 6
item 13
item 15
item 20
item 22
item 28

Motivational General- Arousal

item 5
item 8
item 17
item 19
item 24
item 25

Cognitive

General

item 1
item 7
item 11
item 18
item 21
item 29

Motivational General- Mastery

item 3
item 9
item 12
item 23
item 27
item 30

Motivational

Specific

item 2
item 10
item 14
item 16
item 26

The mean subscale scores (e.g. CS, CG, MS, MG-M, and MG-A) can be calculated for a respondent by summing the item scores (ratings) for each subscale and dividing by the number of items in the subscale. Each item is rated on a 7-point scale from 1=*rarely* to 7=*often*; therefore, a higher score reflects greater imagery use.