

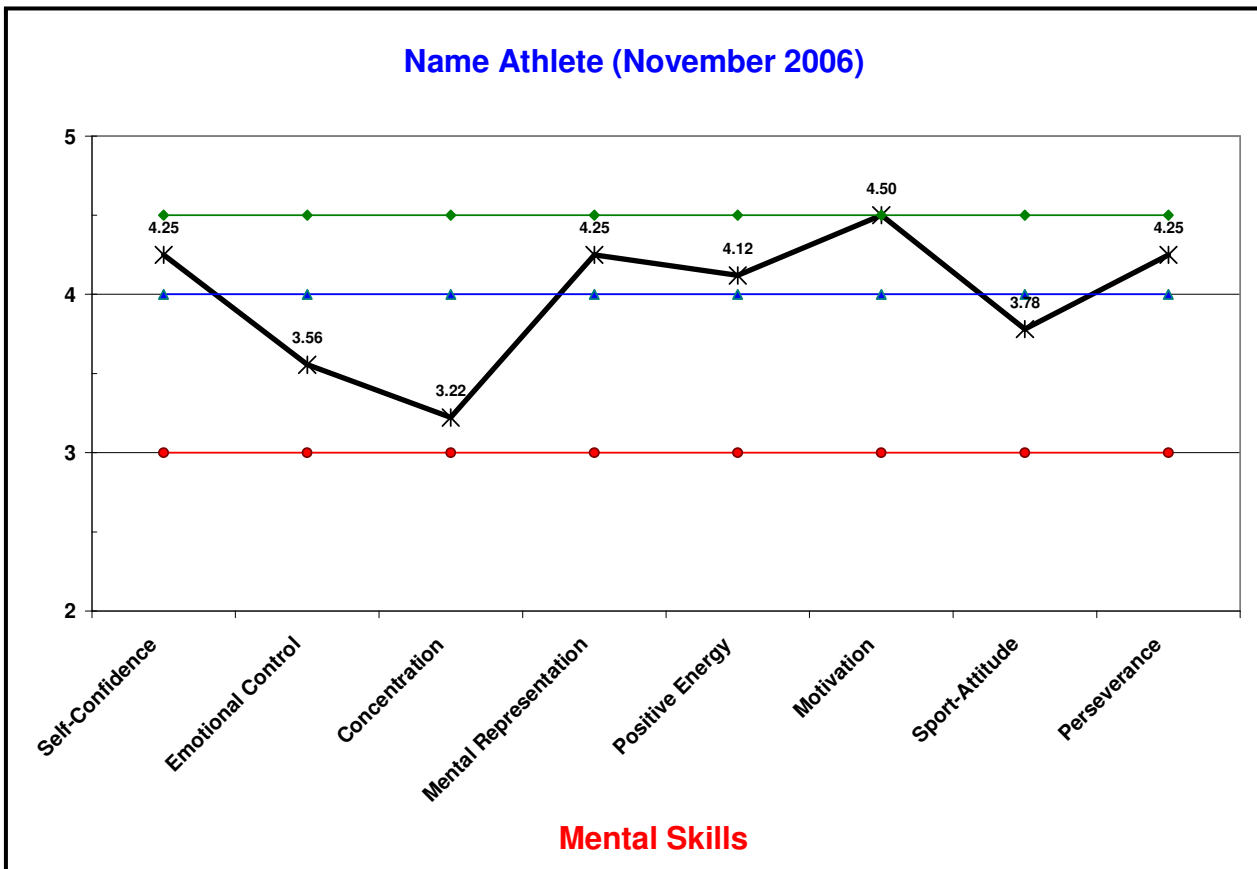
**This newsletter is dedicated to the value of Sport Psychological Assessment**

A sport psychological assessment is aimed to provide more clarity about an athlete’s sport psychological make-up. An increase in self-awareness is the first step to decide if appropriate follow-up is needed. Realizing his/her own strengths and weaknesses, an athlete may want to simply accept the way he/she is, feeling more confident about it. On the other hand, the results of the assessment could make an athlete wanting to plan for dealing with future situations differently, finding opportunities for improvement and development, and thereby empowering him/her self for strengthening his/her personal well-being and potential for performance excellence.

**Mental Skills Inventory for Sports (MSIS 2006)**

Assessment of current mental skill level in sports provides very valuable information, in order to determine individual athlete’s strengths and opportunities for development. As a consequence the mental training program can be tailored or facilitated to particular needs. The Mental Skills Inventory for Sports (adapted from J. Loehr, 1986) has been professionally developed over the past 13 years and successfully used with 1000+ elite and developmental level athletes in The Netherlands and Canada.

The Mental Skills Inventory for Sports is a 75 item questionnaire that assesses *self-confidence, emotional control, concentration, imagery, motivation, attitude, enjoyment (positive energy), and perseverance* in sports. After administration of the questionnaire, which takes approx. 25-30 minutes, results will be visually presented in an individualized profile (see below). The various crucial mental skills in sports, as well as validation of the athlete’s reported levels, will be addressed during a feedback session.



Administration of the Mental Skills Inventory for Sports is a standard practice at the start of a new mental training program with most athletes/teams. As a result, athletes gain more awareness of their strengths and opportunities for development, and become committed to work for improvement.

## Other Sport Psychological Assessment Tools

For different reasons the athlete, coach or sport psychologist may want to assess various personal and sport psychological preferences, characteristics or skills that may co-influence the athlete's performances or preparations for performances. For each assessment the sport psychologist will discuss the need with the athlete, explain the assessment process, and come to a mutual agreement through an informed consent for administration of the chosen sport psychological assessment tool(s).

The following tools/instruments are available from Mental Training & Coaching Centre for sport psychological assessment purposes:

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|---|---|
| <b>Myers-Briggs-Type-Indicator®</b>       | to discover and learn about personal preferences that: influence thinking and daily decision-making, explains about typical moments of stress, and provides insight in communication patterns and difficulties. |
| <b>Sources of Sports Confidence</b>       | to assess various sources of confidence in competitive sports.  |
| <b>Recovery-Stress Questionnaire</b>      | to measure the frequency of current general and sport-specific stress along with the frequency of recovery-associated activities.   |
| <b>Activity/Event Flow Scales</b>         | to assess flow (or optimal experience) in physical activity or in particular events.  |
| <b>Sports Imagery Questionnaire</b>       | to measure the extent (or frequency) to which various kinds of imagery is adopted by athletes.  |
| <b>Group Environment Questionnaire</b>    | to assess (individual perceptions of) cohesiveness in a sports team.  |
| <b>2x2 Goal Orientation Questionnaire</b> | to assess an athlete's preference for mastery (over others) and/or own performance (improvement) in practice and competition.   |
| <b>Performance Debriefing Forms</b>       | to monitor the athlete's mental readiness for and satisfaction with performances during regular season, play-offs and major events.   |
| <b>Career Thoughts Inventory</b>          | to improve the quality of career decisions, and to intervene/solve career problems effectively.   |

Other (sport) psychological assessment tools are available when indicated: personality tests, performance lifestyle assessments, eating disorder examination, sensation seeking scales, biofeedback training.

## Reports

For each (combination of) sport psychological assessment(s) an **individualized and confidential report** will be generated, and offered to the participating athlete (and/or their guardians). In a follow-up session the results will be discussed and explained. Also, on request and with permission of the participating athlete a **coach abstract** can be generated, including practical recommendations and tips for their coaching practice of the particular athlete.

All sport psychological assessment activities will be conducted in compliance with the professional standards of practice and code of ethics, as prescribed by the College of Alberta Psychologists.

**Feel free to inquire about possibilities for your Sport Psychological Assessment by**  
**Mental Training & Coaching Centre**