

Athlete Perception of Performance Scale (APPS)

Citations:

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Instructions for completion: Please think back over the last four weeks and respond to each item considering how often it applied to you. Please respond where 1 = *strongly disagree*; 5 = *strongly agree*.

	Strongly disagree	Disagree	Neutral	Agree	Strongly Agree
1. I felt useless as a player	1	2	3	4	5
2. I felt worthless and not good enough as a player	1	2	3	4	5
3. I felt like I'm a poor player	1	2	3	4	5
4. I felt a need to work harder for my team	1	2	3	4	5
5. I felt a need to train harder for future matches/contests	1	2	3	4	5
6. I felt a need to remove distractions, so I could focus	1	2	3	4	5
7. I realised I needed to avoid repeating mistakes	1	2	3	4	5
8. I saw no problems with my performance	1	2	3	4	5
9. I felt that I performed my best	1	2	3	4	5
10. I had no performance issues to worry about	1	2	3	4	5
11. I felt that I performed well	1	2	3	4	5

Scoring: The APPS provides three subscale scores, for guilt-proneness, shame-proneness and no concern.

Subscale	Items
Guilt-proneness	4,5,6,7
Shame-proneness	1,2,3
No-concern	8,9,10,11

Contact:

A/Prof Simon Rice
Principal Research Fellow & Clinical Psychologist
Orygen; Centre for Youth Mental Health, The University of Melbourne
simon.rice@orygen.org.au