

## The Sport Psychological Safety Inventory

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**Instructions for completion:** Please respond to the statements below in terms of how strongly you agree or disagree with each according to: 'Strongly Disagree' (0), 'Disagree' (1), 'Neutral/Unsure' (2), 'Agree' (3) 'Strongly Agree' (4).

	Strongly Disagree	Disagree	Neutral/Unsure	Agree	Strongly Agree
1. My sport setting is a safe space to disclose mental health problems	0	1	2	3	4
2. My sport setting provides a supportive environment to disclose mental health problems	0	1	2	3	4
3. Leadership staff in my sport take mental health seriously	0	1	2	3	4
5. I have good knowledge of mental health problems in sport settings	0	1	2	3	4
6. I know the mental health signs I should keep an eye on in sport settings	0	1	2	3	4
7. If I experienced a mental health problem, I would be aware of the symptoms	0	1	2	3	4
8. I know how to maintain good mental health in the sport setting	0	1	2	3	4
9. Those in my sport setting would be supportive about mental health problems	0	1	2	3	4
10. Mental health problems would reflect poorly on me in a sport setting(r)	0	1	2	3	4
11. I think that mental health problems in sport settings communicate weakness(r)	0	1	2	3	4
12. I would think I'd failed if I experienced any mental health problems(r)	0	1	2	3	4

*Note.* (r)= item to be reverse scored

**Scoring:** The SPSI provides a Total Score (sum of all 11 items), that assess the following domains:

- Mental Healthy Environment Subscale: Sum items 1, 2, 3, 9
- Mental Health Literacy Subscale: Sum items 5, 6, 7, 8
- Low Self-Stigma Subscale: Sum items 10r, 11r, 12r