

# Sport Competition Anxiety Test (SCAT Test)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Read each statement below, decide if you "Rarely", "Sometimes" or "Often" feel this way when competing in your sport, and tick the appropriate box to indicate your response.

Question	Rarely	Sometimes	Never
Competing against others is socially enjoyable.			
Before I compete I feel uneasy.			
Before I compete I worry about not performing well.			
I am a good sportsman when I compete.			
When I compete, I worry about making mistakes.			
Before I compete I am calm.			
Setting a goal is important when competing.			
Before I compete I get a queasy feeling in my stomach.			
Just before competing, I notice my heart beats faster than usual.			
I like to compete in games that demands a lot of physical energy.			
Before I compete I feel relaxed.			
Before I compete I am nervous.			
Team sports are more exciting than individual sports.			
I get nervous before I compete.			
Before I compete I usually get uptight.			

Total score: \_\_\_\_\_

## Scoring

The SCAT contains 15 items, 10 of which measure symptoms associated with anxiety, with five others that are not scored included to reduce the likelihood of an internal response-set bias.

The scores for the 10 items are summed to provide an overall measure, with a high score reflecting a greater tendency to experience competitive anxiety. Use the following table to calculate a total score.

A score of less than 17 indicates a low level of anxiety, 17 to 24 an average level of anxiety, and more than 24 a high level of anxiety.

The score for the response to each question is detailed below:

Question	Rarely	Sometimes	Never
Competing against others is socially enjoyable.	0	0	0
Before I compete I feel uneasy.	1	2	3
Before I compete I worry about not performing well.	1	2	3
I am a good sportsman when I compete.	0	0	0
When I compete, I worry about making mistakes.	1	2	3
Before I compete I am calm.	3	2	1
Setting a goal is important when competing.	0	0	0
Before I compete I get a queasy feeling in my stomach.	1	2	3
Just before competing, I notice my heart beats faster than usual.	1	2	3
I like to compete in games that demands a lot of physical energy.	0	0	0
Before I compete I feel relaxed.	3	2	1
Before I compete I am nervous.	1	2	3
Team sports are more exciting than individual sports.	0	0	0
I get nervous before I compete.	1	2	3
Before I compete I usually get uptight.	1	2	3

Martens, R. (1977). Sport competition anxiety test (SCAT) [Database record]. APA PsycTests. <https://doi.org/10.1037/t27556-000>