

# State of Mind Indicator for Athletes (SOMIFA: Kerr & Apter, 1999)

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
 Date: \_\_\_\_\_ Activity: \_\_\_\_\_  
 Occasion/Event: \_\_\_\_\_ Outcome: \_\_\_\_\_

**INSTRUCTIONS:**

Please answer the following questions about the sporting event or the specific part of the event indicated.

I Choose one from each of the following pairs of statements which most closely describes your feelings during this performance. (Check the appropriate box in each case). Please try to judge in terms of **THE TIME YOU WERE ACTUALLY PERFORMING** (NOT how you felt immediately before or after, how you should have felt, how you feel now, or how you usually would have felt).

**I WANTED TO:**

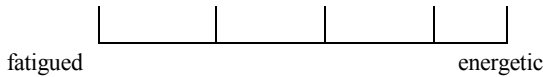
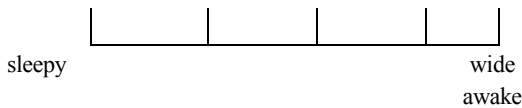
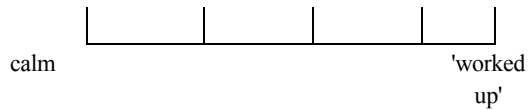
- 1.a.  achieve something important to me (e.g., status, money, improved skill).
- 1.b.  simply enjoy the fun of participating in the event.
- 2.a.  keep to the instructions and expectations of coaches and others.
- 2.b.  do my own thing whatever the consequences.
- 3.a.  be tough with and dominating over my opponent(s) during performance.
- 3.b.  be friendly and sympathetic with my opponent(s) during performance.
- 4.a.  perform well for myself.
- 4.b.  perform well for others (e.g. coach, team, supporters, etc.).

5. Of all the items which you chose above, which is the **ONE** that you were most aware of during performance. (Please write the number and letter in this box)

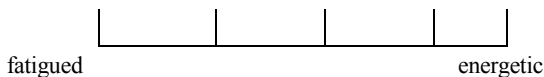
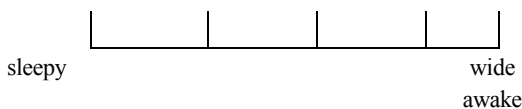
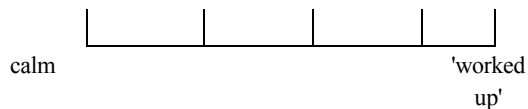
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**II Please circle the appropriate point on the scales below.**

1. How **DID YOU FEEL** in relation to each of the following dimensions? (Please circle the appropriate point.)



2. How **WOULD YOU HAVE LIKED TO HAVE FELT** in relation to each of the following dimensions?



3. How well do you consider you performed by your own standards? (Average means **YOUR** average, etc.)

well	below	average	above	well
below	average		average	above
average				average

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Kerr, J. H. & Apter, M. J. (1999) . The State of Mind Indicator for Athletes. In J. H. Kerr (Ed.), *Experiencing sport: Reversal theory* (pp.242-244). Chichester, England: Wiley.