

Military Mental Skills Questionnaire

Name: _____

Date: _____ Age: ____ Years

	Strongly Disagree					Strongly Agree
Imagery Ability						
1. I can rehearse my tasks/missions in my mind.	1	2	3	4	5	6
2. I rehearse my skills in my head before I use them.	1	2	3	4	5	6
3. It is difficult for me to form mental pictures.	6	5	4	3	2	1
4. I can easily imagine how movements feel.	1	2	3	4	5	6
Mental Preparation						
5. I always set myself goals in training.	1	2	3	4	5	6
6. I always have very specific goals.	1	2	3	4	5	6
7. I always analyze my performance after I complete a mission or task.	1	2	3	4	5	6
8. I usually set goals that I achieve.	1	2	3	4	5	6
Self-Confidence						
9. I suffer from lack of confidence about my performance.	6	5	4	3	2	1
10. I approach all tasks/missions with confident thoughts.	1	2	3	4	5	6
11. My confidence drains away as a mission draw nearer.	6	5	4	3	2	1
12. Throughout missions I keep a positive attitude.	1	2	3	4	5	6
Anxiety and Worry Management						
13. I often experience fears about failing	6	5	4	3	2	1
14. I worry that I will disgrace myself during a mission.	6	5	4	3	2	1
15. I let mistakes worry me when I perform.	6	5	4	3	2	1
16. I worry too much about missions.	6	5	4	3	2	1
Concentration Ability						
17. My thoughts are often elsewhere during missions/briefings.	6	5	4	3	2	1
18. My concentration lets me down during missions/briefings.	6	5	4	3	2	1
19. Unexpected noises put me off my performance.	6	5	4	3	2	1
20. Being easily distracted is a problem for me.	6	5	4	3	2	1
Relaxation Ability						
21. I am able to relax myself before a mission.	1	2	3	4	5	6
22. I become too tense before missions	6	5	4	3	2	1
23. Being able to calm myself down is one of my strong points	1	2	3	4	5	6
24. I know how to relax in difficult circumstances.	1	2	3	4	5	6
Motivation						
25. During missions I am usually psyched enough to perform well	1	2	3	4	5	6
26. I really enjoy a tough mission/task.	1	2	3	4	5	6
27. I am good at motivating myself.	1	2	3	4	5	6
28. I usually feel that I try my hardest.	1	2	3	4	5	6

Mental Skill Questionnaire Scoring

This Questionnaire measures seven important aspects of the mental side of mission performance. They are:

1. Imagery Ability
2. Mental Preparation
3. Self-Confidence
4. Anxiety and Worry Management
5. Concentration Ability
6. Relaxation Ability
7. Motivation

Scoring Instructions

Using the table at the right, enter your score (the total for each individual mental skill category) and its corresponding percentage in the results table below.

The Percentage scores do not represent a right or wrong score as you would get in an exam. These percentages simply show you where you are now, and you should use them in the future to assess if you have progressed from this starting point.

Mental Skills Questionnaire Results

Date:	Score	Percentage
IMAGERY		
MENTAL PREPARATION		
SELF-CONFIDENCE		
ANXIETY AND WORRY		
CONCENTRATION		
RELAXATION		
MOTIVATION		

Score Total	Percentage
24	100
23	95.8
22	91.7
21	87.5
20	83.3
19	79.2
18	75
17	70.8
16	66.7
15	62.5
14	58.3
13	54.2
12	50
11	45.8
10	41.7
9	37.5
8	33.3
7	29.2
6	25
5	20.8
4	16.7

Next, select the three area's that you need the most work on. Seek out training in these skill areas to improve your mission performance!

Mental Skills to focus on:

1. _____
2. _____
3. _____

All scores should be at least 60%
 90% is elite
 70-80% is above average
 60% is acceptable
 50% or less = problem area

$$\text{Formula} = \text{Group total} / .24$$

$$= (\text{Group total} / 24) \times 100$$