



Competitive Anxiety in Sport

By Rainer Martens, Robin S. Vealey, Damon Burton



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"Competitive Anxiety in Sport" is a review of competitive anxiety research that has used the 'Sport Competition Anxiety Test', (SCAT) and the 'Competitive State Anxiety Inventory-2' (CSAI-2). This book describes the theoretical basis and development procedures for each scale, including detailed information on reliability and validity. The actual scales for both SCAT and the CSAI-2 are contained in the text, and readers are encouraged to photocopy these scales for research purposes. With these ready-to-use tools, sport psychology researchers, teachers, and students have everything they need to test the authors' theory and arrive at their own conclusions about competitive anxiety and how to address it.

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