



Competitive Anxiety in Sport

Rainer Martens, Robin Vealey, Damon Burton

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Competitive Anxiety in Sport is a comprehensive review of competitive anxiety research that has used the Sport Competition Anxiety Test, or SCAT (a trait scale), 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.

Competitive Anxiety in Sport outlines directions for future research using SCAT. In addition, the book features the full original report on the development of the CSAI-2 and instructions for using it.

Competitive Anxiety in Sport concludes with a theory of competitive anxiety based on an interaction between uncertainty about the outcome and the importance assigned to that outcome. The reader is invited to test the theory and challenged to replace it with a better one.

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 without further written permission. 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 the causes of competitive anxiety and how to address them.

This extension of and replacement for Martens's original competitive anxiety monograph published in 1977 also features the following:

- The test construction procedures with complete results of the reliability and validity of each scale

- Extensive reviews of 88 studies using SCAT and 16 using the CSAI-2

- New, more comprehensive norms for SCAT and the CSAI-2

- A new theory of competitive anxiety that synthesizes the findings and offers direction for future investigation

Competitive Anxiety in Sport is an essential reference for any research sport psychologist who is investigating competitive anxiety. Clinical sport psychologists will also find this book helpful in understanding the causes of competitive anxiety.

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