

Some psychological skills or "mental skills" increase performance. Each athlete has his or her own preferences in performance techniques. Their use also evolves over the course of a career. There are no right or wrong answers. This questionnaire will help you identify areas for improvement.

For each of the following 30 propositions, note your degree of agreement(7) or disagreement(1).

<p style="text-align: center;">UMSAT-6</p> <p>Strongly disagree(1); Disagree(2); Not really disagree(3); Neither yes nor no(4); Somewhat agree(5); Agree(6); Strongly agree(7); Circle only one number per sentence. Do not spend too much time on any one statement.</p>	Strongly disagree	Disagree	Not really disagree	Neither yes nor no	Somewhat agree	Agree	Strongly agree
1. I can maintain my concentration throughout a training session or competition.	1	2	3	4	5	6	7
2. I can easily increase my activation level if necessary (even when tired).	1	2	3	4	5	6	7
3. I can easily create images in my head (technical gestures or game situations).	1	2	3	4	5	6	7
4. In competition, I worry about the risk of injury and the negative outcomes for me.	1	2	3	4	5	6	7
5. In competition, I can easily release muscular tension (before or after a technical move for example).	1	2	3	4	5	6	7
6. Before or during a competition, I feel my body tense, my hands sweaty and/or my stomach heavy.	1	2	3	4	5	6	7
7. During training or competition, I sometimes focus on a mistake or an unexpected event and lose my automatisms.	1	2	3	4	5	6	7
8. I know the sensations and/or mindset that correspond to my optimal activation level.	1	2	3	4	5	6	7
9. Before or during an event, I often worry about the consequences of poor results or imperfect actions.	1	2	3	4	5	6	7
10. My mental visualizations are daily or planned.	1	2	3	4	5	6	7
11. I organize my training sessions with achievable goals of progressive difficulty.	1	2	3	4	5	6	7
12. After the competition, I can relax my body, eat and/or fall asleep in the evening.	1	2	3	4	5	6	7
13. I have difficulty re-engaging my focus after a distraction or unexpected event.	1	2	3	4	5	6	7
14. I can increase or decrease my level of activation depending on the needs or times of a competition.	1	2	3	4	5	6	7
15. I find that my feelings and/or thoughts are very different in competition than in training.	1	2	3	4	5	6	7
16. To relax, I let my mind wander to pleasant memories or do things that are not related to my sport.	1	2	3	4	5	6	7
17. I talk to myself (self-talk) to regulate my stress, my concentration and/or my motivation.	1	2	3	4	5	6	7
18. I plan a series of things to do or think about before or during a competition.	1	2	3	4	5	6	7

UMSAT-6 Mental Skills Strongly disagree(1); Disagree(2); Not really disagree(3); Neither yes nor no(4); Somewhat agree(5); Agree(6); Strongly agree(7);	Strongly disagree	Disagree	Not really disagree	Neither yes nor no	Somewhat agree	Agree	Strongly agree
19. In my sport, encouragement, rewards, or fear of disappointment boost my motivation the most.	1	2	3	4	5	6	7
20. I can easily adjust my training if I feel persistent fatigue (>72 hours).	1	2	3	4	5	6	7
21. I consider that in my sport, attention is a key element of performance.	1	2	3	4	5	6	7
22. I can feel the move(s) or technical gesture(s) that I visualize.	1	2	3	4	5	6	7
23. I plan my training and recovery times with equal care.	1	2	3	4	5	6	7
24. When I am on the road, I follow a routine that helps me fall asleep easily (less screen time, quality of food etc...).	1	2	3	4	5	6	7
25. In my sport, my personal achievement and the fun of the game are the most powerful drivers of my motivation.	1	2	3	4	5	6	7
26. I can differentiate in my body between sensations related to an emotion and those related to the effort.	1	2	3	4	5	6	7
27. I easily shift my attention to my sensations or to external elements according to the need(s) of the game.	1	2	3	4	5	6	7
28. I mimic my technical gesture or use mental visualizations to prepare a performance.	1	2	3	4	5	6	7
29. When restrained by injury, I maintain my agility with mime, action observation and/or mental imagery.	1	2	3	4	5	6	7
30. I use pre-competitive rituals or performance routines to boost my confidence or concentration.	1	2	3	4	5	6	7

NAME/ID :

Test date :




Born :

Male

Female

Results (UMSAT6®)

You can save this pdf under a new file name (.pdf format) to keep your answers and/or to transmit them to a trusted third party.

Cognitive Skills Habilités Cognitives	Central Executive Network (CEN)	
Focus/Refocus : (1+7+13+21+27) Concentration		
Imagery : (3+10+17+22+28) Imagerie		
Goals setting : (11+18+20+23+30) Planification		
Affective Skills Habilités Psychosomatiques	Salience Network (SN)	
Energising : (2+8+14+25) Activation		
Competitive Anxiety : (6+9+15+26) Anxiété précompétitive		
Recovery Skills Habilités de Récupération	Default Mode Network (DMN)	
Recovery : (5+12+16+24+29) Récupération		

References :

- HUYGHE Lydie, 2022. Development of the Unified Mental Skills Assessment Tool (UMSAT6): a self-administered questionnaire on mental skills.

<https://institutneurosport.com/umsat6-development-notice-us.pdf>