

Mr. Alex Stamp
139 Ramsay Road
Forest Gate
London **E7 9EP**

Mr. Adam Raoof & Mr. A.J. Roycroft

Golders Green Parish Church Hall,
West Heath Drive (off North End Road),
Golders Green,
London **NW11 7QG**

Dear Sirs

RE: Participation in a University Psychological Experiment

I write to you to request the participation of your chess team in a psychological experiment that I must complete for my BSc Psychology degree at Middlesex University.

The experiment is to discover a relationship between the personality types of sports persons and their views of control and fate. Should you allow your team to participate, I will need to travel up to your club and have the team sit in a room where they will complete two questionnaires and return to me before exit. The questionnaire should take no longer than 40 minutes to complete.

All psychological experiments conducted by anyone associated with Middlesex University are subject to review by an ethics committee to protect the welfare of its participants. This experiment has been submitted to the ethics committee and has gained ethical approval; therefore, your team should not suffer any psychological harm as a result of their participation.

I have enclosed a sample copy of the questionnaires and information sheet as it will be delivered to the participants. If you require more information concerning the details of the experiment, or of when or where it will need to be done please write. You can alternatively email me at AS1694@live.mdx.ac.uk.

Your assistance in this experiment would be greatly appreciated and I look forward to your response.

Yours Sincerely,

A handwritten signature in black ink, appearing to be 'AS' followed by a stylized flourish.

ALEX STAMP

INFORMATION SHEET

1st March 2010

Alexander R. Stamp - Middlesex University, Department of Psychology, The Burroughs, Hendon, London NW4 4BT.

Supervisor – Ms. Sylvia Sheppard, Middlesex University, Department of Psychology, The Burroughs, Hendon, London NW4 4BT.

This study aims to investigate the correlation between personality types and attitudes towards personal control and fate between specialists of different sports. You have been invited to participate in this study. Before commencing the research, it is important that you understand why the research is being conducted and what will be expected of you, should you choose to continue. Please take some time to read the following paragraphs and sign the attached consent form if you wish to continue.

Previous research has shown that there is a distinct correlation between personality types and preferences to recreational sports. It has also been suggested that perceptions on control and fate may also correlate similarly with certain personality traits. To help prove or disprove the relationship, I am requesting your participation in filling out a questionnaire. Your participation should not take more than **forty minutes** depending on how quickly you are able to answer the questions. The questionnaire may be completed wherever you feel most comfortable with it, be it at home, at university or at your sports club.

There are no health related or psychological risks in taking part in this study and all information will be one hundred per cent confidential and anonymous. All proposals for research using human participants are reviewed by an Ethics Committee before they can proceed. The Middlesex Psychology Department's Ethics Panel has reviewed this proposal and granted ethical approval. Your participation is completely voluntary and you have the right to withdraw at any time. Should this occur, any data collected from you will be destroyed and you will be permitted to leave.

Thank you for taking the time to read this information sheet and I hope that you will be able to assist me in my research. If you would like to discuss this further, please do not hesitate to contact me (Alex) via email at AS1694@live.mdx.ac.uk and I shall do my best to alleviate any issues and answer any queries.

On the following page, you will see a tear-off consent slip. Your participation and consent are very important to me, as the more results I can collate, the more accurate any findings will be and the more these can be generalised. If you are willing to consent to the use of your data, could you please complete and sign this slip and return it to me to confirm that you permit your results to be used in the analysis of the study. All the data collected during the study will be anonymous and any consent slips will be kept separate from the results once the analysis has begun.

Middlesex University School of Health and Social Sciences

Department of Psychology

Written Informed Consent

I have understood the details of the research as explained to me by the researcher, and confirm that I have consented to act as a participant.

I understand that my participation is entirely voluntary, the data collected during the research will not be identifiable, and I have the right to withdraw from the project at any time without any obligation to explain my reasons for doing so.

I further understand that the data I provide may be used for analysis and subsequent publication, and provide my consent that this might occur.

Print Name Sign Name

Date:

IPIP Questionnaire

Thank you for choosing to help me with my investigation. Below is the questionnaire that you are required to complete. Please answer all of the following questions. If you do not understand the wording, please address myself and I will endeavour to clarify what is being asked. The items on this questionnaire are statements. You will need to read the statement and select the box corresponding to how strongly you agree or disagree with it. Please be as honest as possible as it helps produce accurate results. Once completed, please attach this to your consent form with the paperclip provided and hand to me as you exit the room.

1. I am the life and soul of a party.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

2. I Insult People.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

3. I am always prepared.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

4. I get stressed out easily.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

5. I have a rich vocabulary.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

6. I often feel uncomfortable around others.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

7. I am interested in people.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

8. I leave my belongings lying around.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

9. I am relaxed most of the time.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

10. I have difficulty understanding abstract ideas.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

11. I feel comfortable around people.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

12. I am not interested in other people's problems.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

13. I pay attention to detail.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

14. I worry about things.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

15. I have a vivid imagination.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

16. I keep in the background.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

17. I sympathise with others feelings.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

18. I make a mess of things.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

19. I seldom feel blue.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

20. I am not interested in abstract ideas.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

21. I start conversations.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

22. I feel little concern for others.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

23. I get chores done right away.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

24. I am easily disturbed.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

25. I have excellent ideas.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

26. I have little to say.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

27. I have a soft heart.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

28. I often forget to put things back in their proper place.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

29. I am not easily bothered by things.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

30. I do not have a good imagination.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

31. I talk to a lot of different people at parties.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

32. I am not really interested in others.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

33. I like order.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

34. I get upset easily.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

35. I am quick to understand things.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

36. I don't like to draw attention to myself.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

37. I take time out for others.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

38. I try to avoid my duties.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

39. I rarely get irritated.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

40. I try to avoid complex people.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

41. I don't mind being the centre of attention.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

42. I am hard to get to know.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

43. I follow a schedule.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

44. I change my mood a lot.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

45. I use difficult words.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

46. I am quiet around strangers.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

47. I feel other's emotions.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

48. I neglect my duties.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

49. I seldom get mad.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

50. I have difficulty imagining things.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

51. I make friends easily.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

52. I am indifferent to the feelings of others.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

53. I am exacting in my work.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

54. I have frequent mood swings.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

55. I spend time reflecting on things.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

56. I find it difficult to approach others.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

57. I make people feel at ease.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

58. I waste my time.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

59. I get irritated easily.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

60. I avoid reading difficult material.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

61. I take charge.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

62. I inquire about others well-being.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

63. I do things according to a plan.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

64. I often feel blue.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

65. I am full of ideas.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

66. I don't talk a lot.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

67. I know how to comfort others.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

68. I do things in a halfway manner.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

69. I get angry easily.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

70. I will not probe deeply into a subject.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

71. I know how to captivate people.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

72. I love children.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

73. I continue until everything is perfect.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

74. I panic easily.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

75. I carry the conversation to a higher level.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

76. I bottle up my feelings.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

77. I am on good terms with nearly everyone.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

78. I find it difficult to get down to work.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

79. I feel threatened easily.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

80. I catch on to things quickly.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

81. I feel at ease with people.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

82. I have a good word for everyone.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

83. I make plans and stick to them.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

84. I get overwhelmed by emotions.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

85. I can handle a lot of information.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

86. I am a very private person.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

87. I show my gratitude.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

88. I leave a mess in my room.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

89. I take offence easily.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

90. I am good at many things.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

91. I wait for others to lead the way.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

92. I think of others first.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

93. I love order and regularity.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

94. I get caught up in my problems.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

95. I love to read challenging material.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

96. I am skilled in handling social situations.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

97. I love to help others.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

98. I like to tidy up things.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

99. I grumble about things.

Strongly Disagree

☐

Somewhat Disagree

☐

Neither Agree Nor
Disagree

☐

Somewhat Agree

☐

Strongly Agree

☐

100. I love to think up new ways to do things.

Strongly Disagree

☐

Somewhat Disagree

☐

Neither Agree Nor
Disagree

☐

Somewhat Agree

☐

Strongly Agree

☐

Many thanks for your support!

LOC Questionnaire

Thank you for choosing to help me with my investigation. Below is the questionnaire that you are required to complete. Please answer all of the following questions. If you do not understand the wording, please address myself and I will endeavour to clarify what is being asked. The items on this questionnaire are statements. You will need to read the statement and select the box corresponding to how strongly you agree or disagree with it. Please be as honest as possible as it helps produce accurate results. Once completed, please attach this to your consent form with the paperclip provided and hand to me as you exit the room.

- 1.** When I perform poorly, I usually feel that the main reason is that I haven't practiced enough for that match/game.

Strongly Disagree

☐

Somewhat Disagree

☐

Neither Agree Nor
Disagree

☐

Somewhat Agree

☐

Strongly Agree

☐

- 2.** My enjoyment of a social occasion is almost always dependant on the personalities of other people who are there.

Strongly Disagree

☐

Somewhat Disagree

☐

Neither Agree Nor
Disagree

☐

Somewhat Agree

☐

Strongly Agree

☐

- 3.** If I were to receive negative feedback, it would cause me to question my athletic and/or intellectual ability.

Strongly Disagree

☐

Somewhat Disagree

☐

Neither Agree Nor
Disagree

☐

Somewhat Agree

☐

Strongly Agree

☐

- 4.** Making friends is a funny business; sometimes I have to chalk up my successes to luck.

Strongly Disagree

☐

Somewhat Disagree

☐

Neither Agree Nor
Disagree

☐

Somewhat Agree

☐

Strongly Agree

☐

- 5.** If I did not get along with others, it would tell me that I hadn't put much effort into the pursuit of social goals.

Strongly Disagree

☐

Somewhat Disagree

☐

Neither Agree Nor
Disagree

☐

Somewhat Agree

☐

Strongly Agree

☐

6. Some of the times that I have received positive feedback on a game, it was due to the fact that the match/game was easy.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

7. It seems to me that failure to be acquainted with people like me would show my ignorance to interpersonal relationships.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

8. Sometimes my success in matches/games depends on some luck.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

9. In my case, the positive feedbacks I receive is always the direct result of my efforts.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

10. No Matter what I do, some people just don't like me.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

11. The most important ingredient in performing well is my athletic and/or intellectual ability.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

12. Often chance events can play a large part in causing rifts between friends.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

13. Maintaining friendships requires real effort to make them work.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

14. In my experience, once a coach/trainer gets the idea that you are a lazy player; your performance is more likely to receive negative feedback.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

15. It seems that getting along with people is a skill.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

16. Some of the negative feedback I receive, seems to be partially due to bad luck.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

17. When I fail to do as well as expected in a game/match, it is often due to a lack of effort on my part.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

18. Some people can make me have a good time, even when I don't feel very sociable.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

19. If I were to lose a game/match, it would probably be because I lacked skill in that area.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

20. In my experience, making friends is largely a matter of having good luck.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

21. When I hear of a divorce, I suspect that the couple didn't try enough to make their marriage work.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

22. Some of the positive feedback I receive may simply reflect that some games/matches were easier courses than others.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

23. I feel that people who are often lonely are lacking in social competence.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

24. I feel that some of the positive feedback I receive depends to a considerable extent on chance factors, for example, who the opponents are.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

25. Whenever I receive positive feedback, it is always because I have practiced a lot for that game/match.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

26. Some people just seem predisposed to dislike me.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

27. I feel that the positive feedback I receive reflects directly on my athletic and/or intellectual ability.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

28. I find that the absence of friendships is often a matter of not being lucky enough to meet that right people.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

29. In my case, success at making friends depends on how hard I work at it.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

30. Often negative feedback is given to me in matches/games where the coaches/trainers have failed to make training effective.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

31. Having good friends is simply a matter of one's social skill.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

32. My low points during games/matches sometimes make me think that I was just unlucky.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

33. Negative feedback informs me that I have not worked hard enough.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

34. To enjoy myself at a party, I have to be surrounded by others who know how to have a good time.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

35. If I were to get negative feedback I would assume that I lacked the ability to succeed in that game/match.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

36. If my marriage were a long, happy one, I'd say that I must be very lucky.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

37. In my experience, loneliness comes from not trying to be friendly.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

38. Sometimes I get positive feedback, only because the match/game was easy.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

39. In my experience, there is a direct connection between the absence of friendships and being socially inexperienced.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

40. Sometimes I feel that I should consider myself lucky for the positive feedback I get.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

41. I can overcome all obstacles in the path of athletic and/or intellectual success if I work hard enough.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

42. It is almost impossible to figure out how I have displeased some people.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

43. When I get positive feedback, it is because of my athletic and/or intellectual competence.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

44. Difficulties with my friends often start with chance remarks.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

45. If My Marriage were to succeed, it would have to be because I worked at it.

Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
☐	☐	☐	☐	☐

46. Some of the poor feedback I have received seems to reflect the fact that some people just don't like me.

Strongly Disagree

☐

Strongly Disagree

☐

Neither Agree Nor
Disagree

☐

Strongly Disagree

☐

Strongly Disagree

☐

47. It is impossible to maintain close personal relationships with people without tact and patience.

Strongly Disagree

☐

Strongly Disagree

☐

Neither Agree Nor
Disagree

☐

Strongly Disagree

☐

Strongly Disagree

☐

48. Some of the negative feedback I have received has been a function of bad luck (being in the wrong position(s) at the wrong time).

Strongly Disagree

☐

Strongly Disagree

☐

Neither Agree Nor
Disagree

☐

Strongly Disagree

☐

Strongly Disagree

☐

Many thanks for your support!