Sport Psychology Attitude-Revised (SPA-R)

by James Lani

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The Sport Psychology Attitude-Revised (SPA-R) is an instrument used for the assessment of attitudes toward sport psychology in general. The scale is an adaptation of the Attitudes Toward Seeking Sport Psychology Consultation Questionnaire (ATSSPCQ; Martin, Wrisberg, Beitel, & Lounsbury, 1997) revealing four subscales: stigma tolerance, confidence in sport psychology consultation, personal openness, and cultural preference.

Another version has been developed pertaining more specifically to coaches’ attitudes, the Sport Psychology Attitude-Revised Coaches (SPA-RC).

Authors


Reliability and Validity

From the Martin et al abstract: “Confirmatory factor analysis demonstrated the factorial validity of the four-factor model for the SPA-R for male and female athletes, late adolescent and adult athletes, and athletes from different countries.”

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References


