

RESEARCH ARTICLE - SUPPLEMENT

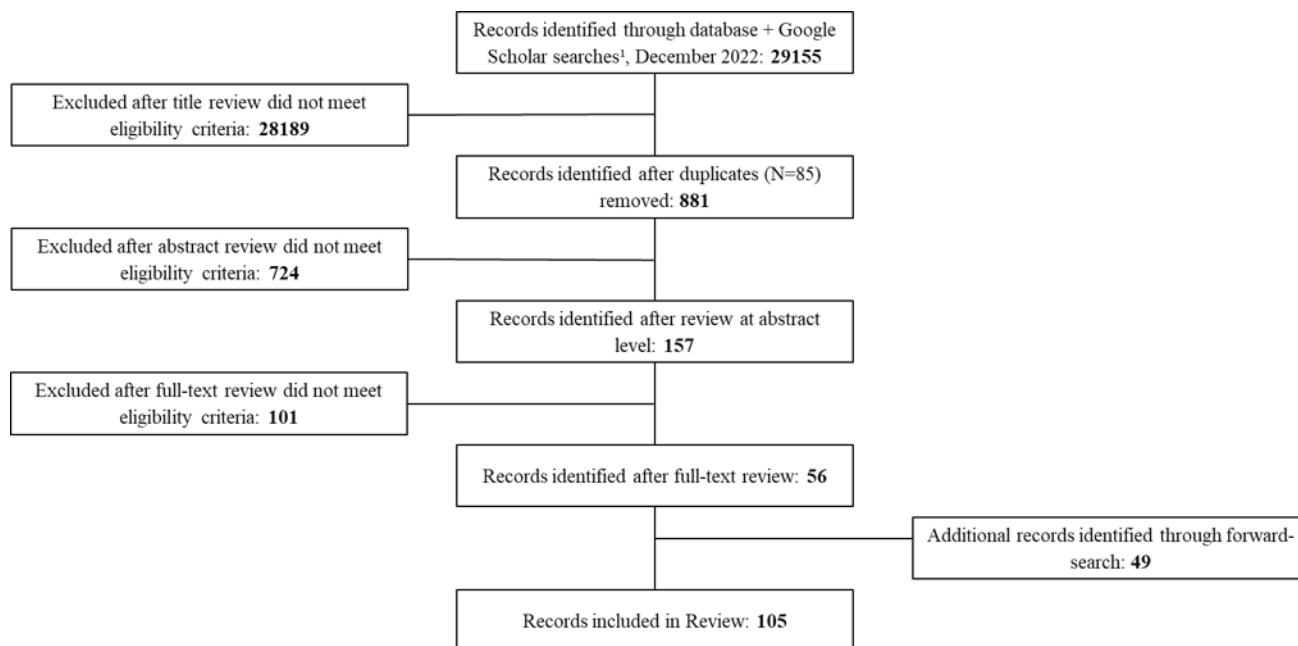
Appendix for Defining and Measuring Self-Presentation Concerns in Sport and Exercise: A Conceptual Paper

SJSEP, 2026(8):67-79

Appendix Table 1: Overview of universal and section specific inclusion and exclusion criteria

	Definitions	Measurement standards	Further evidence on measures
Inclusion criteria	Contributions referring to self-presentation concerns or impression management, ideally in a sport / performance setting	Contributions focusing on the assessment of self-presentation concerns or impression management in a sport setting	Contributions with a detailed section about a previously identified, standard measure to assess self-presentation concerns or impression management in sport
	Section specific Identified contributions included a detailed section defining self-presentation concerns / impression management, potentially also its correlates		
	Universal - Contributions were published in renowned journals, books, or conference proceedings - Contributions were published in languages spoken by the author of this review (English, German)		
Exclusion criteria	Section specific	Interventions conducted with participants suffering from any kind of psychological stress or illness	
	Universal Contributions published by institutions with commercial affiliations		

Appendix Figure 1: Flow diagram outlining the applied research approach



1 = Databases screened: ScienceDirect, Scopus, SportDiscus, PsycArticles, PubMed, PubPsych/PSYINDEX. An additional search was conducted using Google Scholar.

Appendix Table 2: Overview of research contributions meeting the inclusion criteria

Authors (Year)	Title	Source	Definitions	Featured in section	
				Assessment standards	Evidence on measures
Akehurst and Thatcher (2010)	Narcissism, social anxiety and self-presentation in exercise	ScienceDirect		Y	
Ankit and Uppal (2021)	How Machiavellianism engenders impression management motives	ScienceDirect	Y		
Asci, Lindwall, Altıntaş, and Edepli Gürsel (2014)	Gender differences in the relation of personality traits and self-presentation with physical activity	SportDiscus		Y	
Baumeister (1982)	A self-presentational view of social phenomena	Forward Search	Y		
Baumeister and Showers (1986)	A review of paradoxical performance effects: Choking under pressure in sports and mental tests	Forward Search	Y		
Bevan (2014)	A Method of Phenomenological Interviewing	Forward Search			Y
Bray, Martin, and Widmeyer (2000)	The relationship between evaluative concerns and sport competition state anxiety among youth skiers	Google Scholar		Y	Y
Brewer, Diehl, Cornelius, Joshua, and Van Raalte (2004)	Exercising caution: social physique anxiety and protective self-presentational behaviour	Forward Search	Y		
Brunet and Sabiston (2011)	Self-Presentation and Physical Activity in Breast Cancer Survivors: The Moderating Effect of Social Cognitive Constructs	Forward Search	Y		
Carleton, Collimore, and Asmundson (2007)	Corrigendum to “Social anxiety and fear of negative evaluation: Construct validity of the BFNE-II”	Forward Search			Y
Carleton, McCreary, Norton, and Asmundson (2006)	Brief Fear of Negative Evaluation Scale – Revised	Forward Search			Y
Carver and Glass (1976)	The self-consciousness scale: a discriminant validity study	Forward Search			Y

(continued)

Authors (Year)	Title	Source	Featured in section		
			Definitions	Assessment standards	Evidence on measures
Casale, Fioravanti, Rugai, Flett, and Hewitt (2020)	What Lies Beyond the Superordinate Trait Perfectionism Factors? The Perfectionistic Self-Presentation and Perfectionism Cognitions Inventory Versus the Big Three Perfectionism Scale in Predicting Depression and Social Anxiety	SportDiscus	Y	Y	Y
Conroy and Motl (2003)	Modification, Cross-Validation, Invariance, and Latent Mean Structure of the Self-Presentation in Exercise Questionnaire	SportDiscus			Y
Conroy, Motl, and Hall (2000)	Progress Toward Construct Validation of the Self-Presentation in Exercise Questionnaire (SPEQ)	SportDiscus			Y
Cox, Martens, and Russell (2003)	Measuring Anxiety in Athletics: The Revised Competitive State Anxiety Inventory 2	Forward Search			Y
Dimmock, Howle, and Jackson (2020)	Self-presentation in sport and exercise	Google Scholar	Y		
Divine (2012)	Examining the Relationship between Team Cohesion and Self-Presentation	Forward Search			Y
Divine, Munroe-Chandler, and Loughhead (2016)	Safety in numbers: The relationship between team cohesion and self-presentation	SportDiscus		Y	
Donachie, Hill, and Hall (2018)	The relationship between multidimensional perfectionism and precompetition emotions of youth footballers	Forward Search			Y
Donachie, Hill, and Madigan (2019)	Perfectionism and Precompetition Emotions in Youth Footballers: A Three-Wave Longitudinal Test of the Mediating Role of Perfectionistic Cognitions	SportDiscus		Y	Y
Driediger, McKay, Hall, and Echlin (2016)	A qualitative examination of women's self-presentation and social physique anxiety during injury rehabilitation	ScienceDirect			Y
Duke, Krishnan, Faith, and Storch (2006)	The psychometric properties of the Brief Fear of Negative Evaluation Scale	Forward Search			Y

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Authors (Year)	Title	Source	Featured in section		
			Definitions	Assessment standards	Evidence on measures
Edelmann (1984)	Individual Differences in Embarrassment: Self-Consciousness, Self-Monitoring and Embarrassability	ScienceDirect			Y
Ehrlenspiel and Mesagno (2020)	Anxiety in Sport	Google Scholar	Y		
Faro et al. (2020)	Comparison of competitive anxiety and self-confidence in Brazilian Jiu-Jitsu skills levels: a cross-sectional in-event study	SportDiscus		Y	
Fenigstein, Scheier, and Buss (1975)	Public and Private Self-Consciousness: Assessment and Theory	Forward Search			Y
Flett and Hewitt (1998)	Psychological Distress and the Frequency of Perfectionistic Thinking	Forward Search			Y
Flett, Nepon, Hewitt, Molnar, and Zhao (2016)	Projecting perfection by hiding effort: supplementing the perfectionistic self-presentation scale with a brief self-presentation measure	Forward Search			Y
Gammage and Hall (2004)	Self-Presentation in Exercise Contexts: Differences Between High and Low Frequency Exercisers	Google Scholar	Y	Y	Y
Gammage, Martin Ginis, and Hall (2004)	Self-Presentational Efficacy: Its Influence on Social Anxiety in an Exercise Context	Google Scholar		Y	Y
Gammage, Hall, Prapavessis, Maddison, and Martin (2004)	Re-Examination of the Factor Structure and Composition of the Self-Presentation in Exercise Questionnaire (SPEQ)	Google Scholar			Y
Gammage and Gabriel (2009)	Trait Self-Presentational Concerns and Performance in a Maximal Isometric Strength Test	SportDiscus		Y	
Gammage, Lamarche, and Drouin (2014)	Self-presentational efficacy: Does it moderate the relationship between social physique anxiety and physical activity in university students?	SportDiscus		Y	
Geisler (2018)	East–West measures of evaluative concern and selfpresentational thinking in intercollegiate soccer	SportDiscus		Y	

(continued)

Authors (Year)	Title	Source	Featured in section		
			Definitions	Assessment standards	Evidence on measures
Geukes, Mesagno, Hanrahan, and Kellmann (2013a)	Activation of Self-Focus and Self-Presentation Traits Under Private, Mixed, and Public Pressure	SportDiscus	Y	Y	
Geukes, Mesagno, Hanrahan, and Kellmann (2013b)	Performing under pressure in private: Activation of self-focus traits	SportDiscus		Y	Y
Geukes, Harvey, Trezise, and Mesagno (2017)	Personality and performance in real-world competitions: Testing trait activation of fear of negative evaluation, dispositional reinvestment, and athletic identity in the field	SportDiscus		Y	
Gurleyik, Ede, and Feltz (2019)	The Effects of Self-Presentation to Engage in Physical Activity	SportDiscus		Y	
Hagger et al. (2007)	Cross-cultural validity and measurement invariance of the social physique anxiety scale in five European nations	Forward Search			Y
Hart, Adams, Burton, and Tortoriello (2017)	Narcissism and self-presentation: Profiling grandiose and vulnerable Narcissists' self-presentation tactic use	Forward Search	Y		
Hausenblas, Brewer, and Van Raalte (2004)	Self-Presentation and Exercise	Google Scholar	Y		
Hewitt et al. (2011)	Perfectionistic Self-Presentation in Children and Adolescents: Development and Validation of the Perfectionistic Self-Presentation Scale—Junior Form	PsycArticles			Y
Hewitt et al. (2003)	The Interpersonal Expression of Perfection: Perfectionistic Self-Presentation and Psychological Distress	Forward Search			Y
Hill, Robson, and Stamp (2015)	The predictive ability of perfectionistic traits and self-presentational styles in relation to exercise dependence	ScienceDirect		Y	Y
Hill, Carvell, Matthews, Weston, and Thelwell (2017)	Exploring choking experiences in elite sport: The role of self-presentation	ScienceDirect		Y	Y

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Authors (Year)	Title	Source	Featured in section		
			Definitions	Assessment standards	Evidence on measures
Howle and Eklund (2013)	The effect of induced self-presentation concerns on cognitive appraisal and affect	SportDiscus	Y	Y	
Howle, Jackson, Conroy, and Dimmock (2015)	Winning friends and influencing people: Self-presentation motives in physical activity settings	Forward Search	Y		
Howle, Dimmock, Whipp, and Jackson (2015a)	Moving to Self-Present: An Investigation Into Proposed Antecedents of 2 x 2 Self-Presentation Motives	SportDiscus		Y	
Howle, Dimmock, Whipp, and Jackson (2015b)	The Self-Presentation Motives for Physical Activity Questionnaire: Instrument Development and Preliminary Construct Validity Evidence	Forward Search			Y
Howle, Dimmock, and Jackson (2016)	Relations between self-efficacy beliefs, self-presentation motives, personal task goals, and performance on endurance-based physical activity tasks	SportDiscus		Y	
Howle, Jackson, and Dimmock (2016)	On the formation of favourable impressions: Associations between self-presentation motives, task behaviour, and others' evaluations of the self in a team-sport setting	SportDiscus		Y	Y
Hudson and Williams (2001)	Associations between self-presentation and competitive A-trait: A preliminary investigation	SportDiscus	Y	Y	Y
James and Collins (1997)	Self-presentational sources of competitive stress during performance	Google Scholar	Y		
Jones and Pittmann (1982)	Toward a general theory of strategic self-presentation	Forward Search	Y		
La Greca, Dandes, Wick, Shaw, and Stone (1988)	Development of the Social Anxiety Scale for Children: Reliability and Concurrent Validity	Forward Search			Y
Lamarche, Gammage, and Strong (2009)	The effect of mirrored environments on self-presentational efficacy and social anxiety in women in a step aerobics class	SportDiscus		Y	
Lamarche, Gammage, Sullivan, and Gabriel (2013)	A Psychometric Evaluation of the Self-Presentational Efficacy Scale	Forward Search			Y

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Authors (Year)	Title	Source	Featured in section		
			Definitions	Assessment standards	Evidence on measures
Lane, Sewell, Terry, Bartram, and Nesti (1999)	Confirmatory factor analysis of the Competitive State Anxiety Inventory-2	Forward Search			Y
Leary (1983)	A Brief Version of the Fear of Negative Evaluation Scale	Forward Search			Y
Leary (1992)	Self-Presentational Processes in Exercise and Sport	Google Scholar	Y		
Leary and Kowalski (1990)	Impression Management: A Literature Review and Two-Component Model	Google Scholar	Y		
Lewis and Neighbors (2005)	Self-Determination and the Use of Self-presentation strategies	Forward Search	Y		
Liardi, Gammage, Deck, and Hall (2022)	Exercise Identity and Its Relation to Self-Presentation Concerns in Males and Females	Pubmed	Y		
Lindwall (2005)	Examining the Validity of a Swedish Version of the Self-Presentation in Exercise Questionnaire	SportDiscus			Y
Longbottom, Grove, and Dimmock (2012)	Trait perfectionism, self-determination, and self-presentation processes in relation to exercise behavior	SportDiscus		Y	
Lorimer and Westbury (2006)	Physical Self-Presentation and Competitive Anxiety in Male Master Divers	Scopus		Y	Y
Maddux, Norton, and Leary (1988)	Cognitive components of social anxiety: an investigation of the integration of self-presentation theory and self-efficacy theory	Forward Search	Y		
Martens, Burton, Vealy, Bump, and Smith (1983)	Competitive State Anxiety Inventory - 2 (CSAI-2) [Database record]	Forward Search			Y
Martens, Burton, Vealy, Bump, and Smith (1990)	Development and validation of the Competitive State Anxiety Inventory-2	Forward Search			Y
Martin and Mack (1996)	Relationships between physical self-presentation and sport competition trait anxiety: A preliminary study	Google Scholar		Y	Y
Martin, Rejeski, Leary, McAuley, and Bane (1997)	Is the social physique anxiety scale really multidimensional? Conceptual and statistical arguments for a unidimensional model	Forward Search			Y
Martin and Brawley (2002)	Self-Handicapping in Physical Achievement Settings: The Contributions of Self-Esteem and Self-Efficacy	Google Scholar			Y

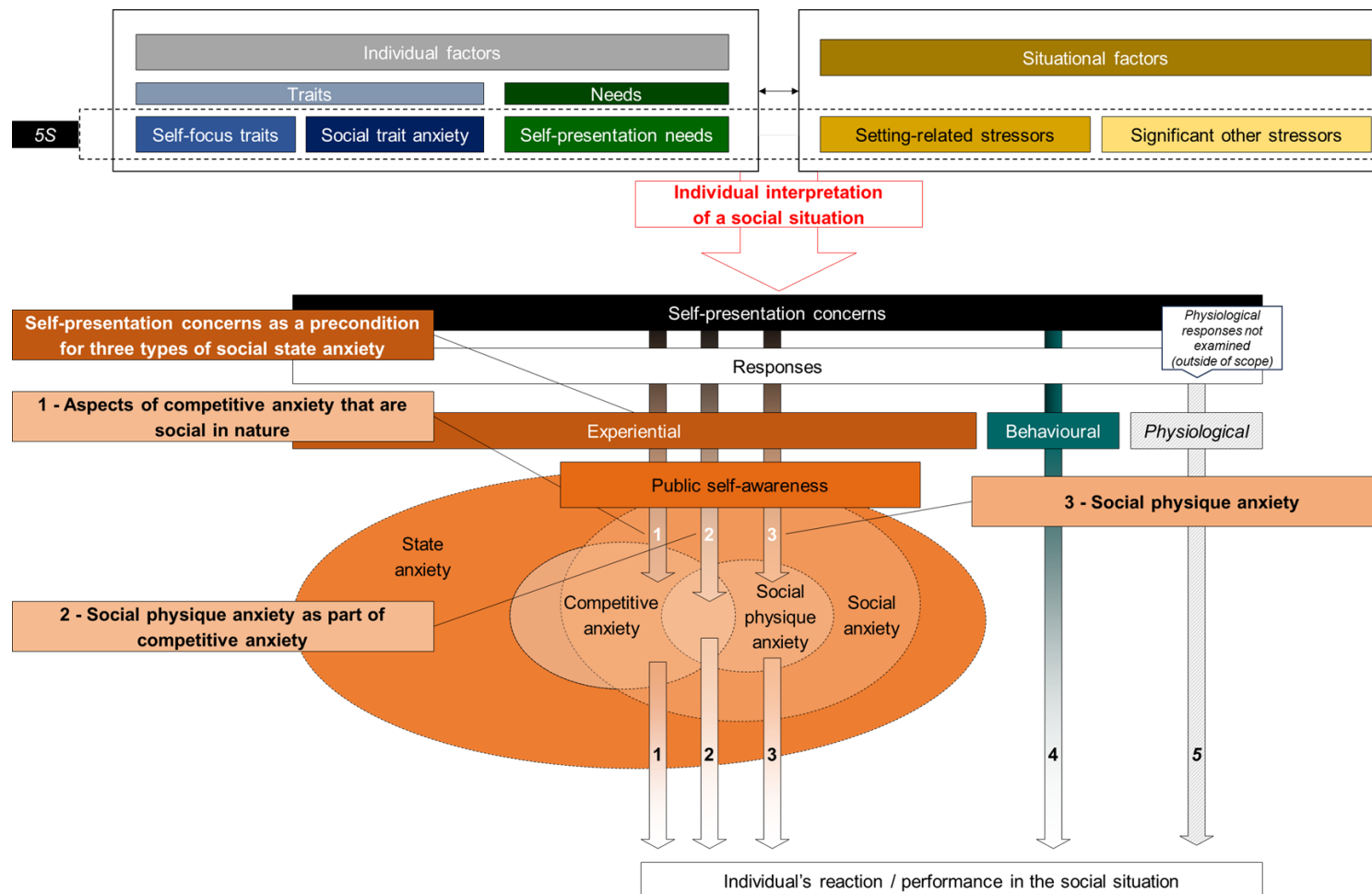
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Authors (Year)	Title	Source	Featured in section		
			Definitions	Assessment standards	Evidence on measures
McAuley and Burman (1993)	The social physique anxiety scale: Construct validity in adolescent females	Forward Search			Y
McFarland, Hendricks, and Ward (2023)	A contextual framework for understanding impression management	ScienceDirect	Y		
McGowan, Prapavessis, and Wesch (2008)	Self-Presentational Concerns and Competitive Anxiety	Sport Discus	Y	Y	Y
Mesagno, Harvey, and Janelle (2011)	Self-Presentation Origins of Choking: Evidence From Separate Pressure Manipulations	Sport Discus		Y	Y
Mesagno, Harvey, and Janelle (2012)	Choking under pressure: The role of fear of negative evaluation	Sport Discus		Y	
Motl and Conroy (2000)	Validity and factorial invariance of the social physique anxiety scale	Forward Search			Y
Payne, Hudson, Akehurst, and Ntoumanis (2013)	Development and Initial Validation of the Impression Motivation in Sport Questionnaire – Team	Google Scholar	Y		
Podlog, Gao, et al. (2013)	Injury Rehabilitation Overadherence: Preliminary Scale Validation and Relationships With Athletic Identity and Self-Presentation Concerns	PsycArticles		Y	Y
Podlog, Lochbaum, et al. (2013)	The relationship between self-presentation concerns and pre-game affect among adolescent American football players	SportDiscus	Y	Y	
Prapavessis, Grove, and Eklund (2004)	Self-Presentational Issues in Competition and Sport	SportDiscus	Y		
Reichenberger et al. (2015)	Angst vor negativer sozialer Bewertung: Übersetzung und Validierung der Furcht vor negativer Evaluation – Kurzsкала	Forward Search			Y
Renfrew, Howle, and Eklund (2017)	Self-Presentation Concerns May Contribute Toward the Understanding of Athletes' Affect When Trialing for a New Sports Team	Scopus	Y	Y	
Renner, Laux, Schütz, and Tedeschi (2004)	The relationship between self-presentation styles and coping with social stress	Forward Search	Y		
Ryckman, Robbins, Thornton, and Cantrell (1982)	Development and Validation of a Physical Self-Efficacy Scale	Forward Search			Y
Schlenker (1980)	Impression management: The self-concept, social identity, and interpersonal relations	Forward Search	Y		
Schlenker and Leary (1982a)	Audiences' reactions to self-enhancing, self-denigrating, and accurate self-presentations	Forward Search	Y		

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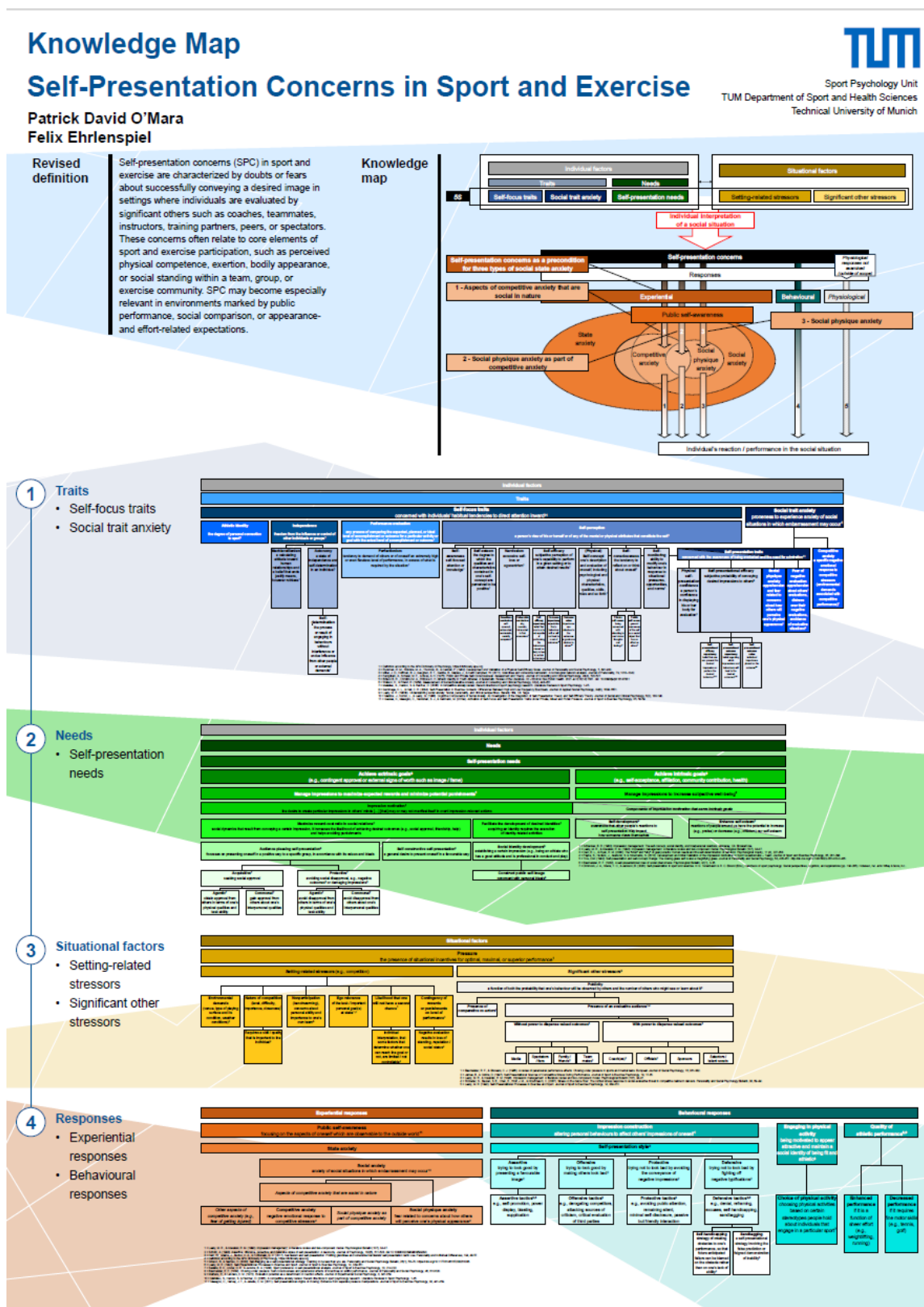
Authors (Year)	Title	Source	Featured in section		
			Definitions	Assessment standards	Evidence on measures
Schlenker and Leary (1982b)	Social anxiety and self-presentation: A conceptualization and model	Forward Search	Y		
Schneider (1969)	Tactical self-presentation after success and failure	Forward Search	Y		
Schuster (2008)	Sprachegebrauch, Depression und Selbstaufmerksamkeit: Eine Untersuchung über den Zusammenhang zwischen Sprachegebrauch beim Expressiven Schreiben, Depression und dispositioneller Selbstaufmerksamkeit	Forward Search			Y
Schütz (1998)	Assertive Offensive Protective and Defensive Styles of Self Presentation - A Taxonomy	Forward Search	Y		
Smith (2004)	Measurement of Social Physique Anxiety in Early Adolescence	Forward Search			Y
Terry, Lane, and Shepherdson (2005)	Re-evaluation of the factorial validity of the Revised Competitive State Anxiety Inventory-2	Forward Search			Y
Terry and Munro (2008)	Psychometric re-evaluation of the revised version of the Competitive State Anxiety Inventory-2	Forward Search			Y
Thatcher and Hagger (2008)	Psychological predictors of self-presentation concerns in sport	Google Scholar	Y	Y	
Tsorbatzoudis, Varkoukis, Kaissidis-Rodafinos, and Grouios (1998)	A test of the reliability and factorial validity of the Greek version of the CSAI-2	Forward Search			Y
Turner, Scheier, Carver, and Ickes (1978)	Correlates of self-consciousness	Forward Search			Y
Tyler (2012)	Triggering Self-Presentation Efforts Outside of People's Conscious Awareness	Forward Search	Y		
Watson and Friend (1969)	Measurement of Social-Evaluative Anxiety	Forward Search			Y
Williams, Hudson, and Lawson (1999)	Self-presentation in sport: Initial development of a scale for measuring athletes' competitive self-presentation concerns	Google Scholar			Y
Wilson and Eklund (1998)	The relationship between competitive anxiety and self-presentational concerns	ScienceDirect	Y		
Wong and Lox (1993)	Relation between sports context, competitive trait anxiety, perceived ability, and self-presentation confidence	SportDiscus		Y	Y

Appendix Figure 2: High-level view of the new knowledge map for self-presentation concerns in sport and exercise



The framework illustrates how self-presentation concerns (SPC) may arise from the interaction of individual characteristics (e.g., traits, needs) and situational influences, summarized in the 5S structure. These factors shape how individuals interpret socially evaluative situations and assess their likelihood of conveying a desired impression. If this perceived likelihood is low, SPC may emerge and potentially give rise to cognitive, emotional, or behavioral responses. Examples include different forms of social state anxiety, which in turn may affect performance or participation in the given context.

Appendix Figure 3: Knowledge map: Self-presentation concerns in sport and exercise



Note: For full readability of all elements, please refer to the high-resolution PDF version of this figure available as an online appendix.

Appendix Table 3: Overview of relevant research contributions for each measure, including the investigated type of sport and number of participants

Measure	Authors (Year)	Title	Sport	N (participants)	Multiple inclusion
BFNE	Gammage et al. (2009)	Trait Self-Presentational Concerns and Performance in a Maximal Isometric Strength Test	Mixed	96	Y
	Geisler (2018)	East–West measures of evaluative concern and selfpresentational thinking in intercollegiate soccer	Football	179	
	Geukes et al. (2017)	Personality and performance in real-world competitions: Testing trait activation of fear of negative evaluation, dispositional reinvestment, and athletic identity in the field	Basketball	53	Y
	Howle et al. (2015)	Moving to Self-Present: An Investigation Into Proposed Antecedents of 2 x 2 Self-Presentation Motives	Mixed	445	
	Mesagno et al. (2012)	Choking under pressure: The role of fear of negative evaluation	Basketball	138	
				Total: 911	
CSAI-2	Donachie et al. (2019)	Perfectionism and Precompetition Emotions in Youth Footballers: A Three-Wave Longitudinal Test of the Mediating Role of Perfectionistic Cognitions	Football	352	
				Total: 352	
CSAI-2 R	Faro et al. (2020)	Comparison of competitive anxiety and self-confidence in Brazilian Jiu-Jitsu skills levels: a cross-sectional in-event study	Brazilian Jiu-Jitsu	113	
	Mesagno et al. (2011)	Self-Presentation Origins of Choking: Evidence From Separate Pressure Manipulations	Field Hockey	45	
				Total: 158	

(continued)

Measure	Authors (Year)	Title	Sport	N (participants)	Multiple inclusion
CSPCI	Howle et al. (2013)	The effect of induced self-presentation concerns on cognitive appraisal and affect	Mixed	70	
	Hudson et al. (2001)	Associations between self-presentation and competitive A-trait: A preliminary investigation	Running	59	
	Renfrew et al. (2017)	Self-Presentation Concerns May Contribute Toward the Understanding of Athletes' Affect When Trialing for a New Sports Team	Mixed	63	
				Total: 192	
Phenomenological interviews	Hill et al. (2017)	Exploring choking experiences in elite sport: The role of self-presentation	Mixed	9	
				Total: 9	
PSPCI	Lorimer et al. (2006)	Physical Self-Presentation and Competitive Anxiety in Male Master Divers	High-board diving	84	Y
(PSES)	Martin et al. (1996)	Relationships between physical self-presentation and sport competition trait anxiety: A preliminary study	Mixed	146	
	Wong et al. (1993)	Relation between sports context, competitive trait anxiety, perceived ability, and self-presentation confidence	Mixed	96	
				Total: 326	
PSPS	Casale et al. (2020)	What Lies Beyond the Superordinate Trait Perfectionism Factors? The Perfectionistic Self-Presentation and Perfectionism Cognitions Inventory Versus the Big Three Perfectionism Scale in Predicting Depression and Social Anxiety	Mixed	602	
	Hill et al. (2015)	The predictive ability of perfectionistic traits and self-presentational styles in relation to exercise dependence	Mixed	248	
				Total: 850	
SASC (FNE)	Bray et al. (2000)	The relationship between evaluative concerns and sport competition state anxiety among youth skiers	Skiing	34	
				Total: 34	

(continued)

Measure	Authors (Year)	Title	Sport	N (participants)	Multiple inclusion
SCS	Geukes et al. (2013)	Performing under pressure in private: Activation of self-focus traits	Mixed	59	
	Geukes et al. (2013a)	Activation of Self-Focus and Self-Presentation Traits Under Private, Mixed, and Public Pressure	Handball	120	
				Total: 179	
SMPAQ	Howle et al. (2015)	Moving to Self-Present: An Investigation Into Proposed Antecedents of 2 x 2 Self-Presentation Motives	Mixed	445	Y
	Howle, Jackson, et al. (2016)	On the formation of favourable impressions: Associations between self-presentation motives, task behaviour, and others' evaluations of the self in a team-sport setting	Basketball	112	
				Total: 557	
SPAS	Gammage and Hall (2004)	Self-Presentation in Exercise Contexts: Differences Between High and Low Frequency Exercisers	Mixed	235	Y
	Gammage, Martin Ginis, et al. (2004)	Self-Presentational Efficacy: Its Influence on Social Anxiety in an Exercise Context	Mixed	68	Y
	Gammage et al. (2009)	Trait Self-Presentational Concerns and Performance in a Maximal Isometric Strength Test	Mixed	96	Y
	Gammage et al. (2014)	Self-presentational efficacy: Does it moderate the relationship between social physique anxiety and physical activity in university students?	Mixed	333	Y
	Lorimer et al. (2006)	Physical Self-Presentation and Competitive Anxiety in Male Master Divers	High-board diving	84	Y
				Total: 816	
<i>(continued)</i>					

Measure	Authors (Year)	Title	Sport	N (participants)	Multiple inclusion
SPEQ	Akehurst et al. (2010)	Narcissism, social anxiety and self-presentation in exercise	Mixed	160	Y
	Asci et al. (2014)	Gender differences in the relation of personality traits and self-presentation with physical activity	Mixed	460	
	Gammage, Martin Ginis, et al. (2004)	Self-Presentational Efficacy: Its Influence on Social Anxiety in an Exercise Context	Mixed	68	
	Gammage and Hall (2004)	Self-Presentation in Exercise Contexts: Differences Between High and Low Frequency Exercisers	Mixed	235	
	Gurleyik et al. (2019)	The Effects of Self-Presentation to Engage in Physical Activity	Cycling	108	
	Longbottom et al. (2012)	Trait perfectionism, self-determination, and self-presentation processes in relation to exercise behavior	Mixed	254	
				Total: 1285	
SPES	Gammage and Hall (2004)	Self-Presentation in Exercise Contexts: Differences Between High and Low Frequency Exercisers	Mixed	235	Y
	Gammage, Martin Ginis, et al. (2004)	Self-Presentational Efficacy: Its Influence on Social Anxiety in an Exercise Context	Mixed	68	Y
	Gammage et al. (2014)	Self-presentational efficacy: Does it moderate the relationship between social physique anxiety and physical activity in university students?	Mixed	333	Y
	Howle et al. (2015)	Moving to Self-Present: An Investigation Into Proposed Antecedents of 2 x 2 Self-Presentation Motives	Mixed	445	Y
	Howle et al. (2016)	Relations between self-efficacy beliefs, self-presentation motives, personal task goals, and performance on endurance-based physical activity tasks	Mixed	283	
	Lamarche et al. (2009)	The effect of mirrored environments on self-presentational efficacy and social anxiety in women in a step aerobics class	Step aerobics	51	
				Total: 1415	

(continued)

Measure	Authors (Year)	Title	Sport	N (participants)	Multiple inclusion
SPSQ	Divine et al. (2016)	Safety in numbers: The relationship between team cohesion and self-presentation	Mixed	168	
	McGowan et al. (2008)	Self-Presentational Concerns and Competitive Anxiety	Mixed	359	
	Podlog, Gao, et al. (2013)	Injury Rehabilitation Overadherence: Preliminary Scale Validation and Relationships With Athletic Identity and Self-Presentation Concerns	Mixed	223	
	Podlog, Lochbaum, et al. (2013)	The relationship between self-presentation concerns and pre-game affect among adolescent American football players	American football	112	
	Thatcher et al. (2008)	Psychological predictors of self-presentation concerns in sport	Mixed	228	
	Total 1090				

Note: BFNE = Brief Fear of Negative Evaluation Scale, CSAI-2 / CSAI-2R = Competitive State Anxiety Inventory-2 (Revised), CSPCI = Competitive Self Presentation Concerns Inventory, PSPCI = Physical Self Presentation Confidence Inventory, PSPS = Perfectionistic Self Presentation Scale, SASC = Social Anxiety Scale for Children, SCS = Self-Consciousness Scale, SMPAQ = Self-Presentation Motives for Physical Activity Questionnaire, SPAS = Social Physique Anxiety Scale, SPES = Self Presentation Efficacy Scale, SPEQ = Self-Presentation in Exercise Questionnaire, SPSQ = Self-presentation in sport questionnaire. Studies using several of these measures are indicated in the Multiple inclusion column and listed separately under each measure.

Appendix Table 4: Further collected evidence for each of the 14 assessment methods

Measure	Consistency	Further evidence available (validity, reliability, ...)	Limitations
BFNE	Overall internal consistency ranges between $\alpha = .80$ and $\alpha = .97$	Convergent validity	Factor structure
	- Carleton, McCreary, Norton, and Asmundson (2006) - BFNE: acceptable, $\alpha = .89$ - BFNE-II: excellent, $\alpha = .95$	- Correlations in the expected directions with - BDI and the UCLA Loneliness Scale (Duke et al., 2006) - Social Avoidance and Distress Scale (Watson & Friend, 1969) - Interaction Anxiousness Scale (Leary, 1983) - LSAS (related measure) and ADS-L (distant measure) (Reichenberger et al., 2015) - Other measures of anxiety symptomatology, e.g., BAI, ASR, PAQR (Collins et al., 2005)	Factor structure is controversial, there are arguments for both, a one factor and two factor model (Carleton et al., 2006; Reichenberger et al., 2015)
	- Duke, Krishnan, Faith, and Storch (2006) - BFNE: good, $\alpha = .80$	Significant correlations between BFNE change scores for individuals with social phobia and BAI, ASI, BDI-II, and FQ subscales (Collins et al., 2005)	Confirmatory factor analysis supported a two-factor solution corresponding to positive and reverse scored items (Duke et al., 2006)
	- Gammage and Gabriel (2009) - BFNE, men: $\alpha = .85$ - BFNE, women: $\alpha = .92$	Test-retest reliability	Reverse-worded items comprise a separate, methodologically based factor (Carleton et al., 2006)
	- Collins, Westra, Dozois, and Stewart (2005) - BFNE: exceptional, $\alpha = .97$	4-weeks: acceptable, ($r = .75$) (Geisler, 2018; Leary, 1983), ($r = .78$) (Reichenberger et al., 2015) 2-weeks: excellent, ($r = .94$) (Collins et al., 2005)	Items
	- Geisler (2018) - BFNE, German: $\alpha = .90$ - BFNE, Japanese: $\alpha = .80$	Inter-item reliability	Use of the reverse-worded items may actually result in an underestimation of fear of negative evaluation (Carleton et al., 2006)
		Excellent ($r = .97$) (Collins et al., 2005)	

(continued)

Measure	Consistency	Further evidence available (validity, reliability, ...)	Limitations
CSAI-2	- Good internal consistency, $\alpha = .70 - .90$ (Martens, Burton, Vealy, Bump, & Smith, 1983) - Acceptable reliability coefficients for both cognitive and somatic anxiety ($\alpha > .80$) (Cox, Martens, & Russell, 2003; Mesagno, Harvey, & Janelle, 2011)	Internal reliability (Cox et al., 2003; Martens, Burton, Vealy, Bump, & Smith, 1990) - Cognitive anxiety subscale = .81 - Somatic anxiety subscale = .82 - Self-confidence subscale = .88	Factor structure - Cox et al. (2003) - Problems related to statistical methods used to determine the factor structure of the inventory - Failure to confirm the factor structure of the CSAI-2 with a follow-up confirmatory factor analysis (CFA) - Flawed measurement model (Terry & Munro, 2008) - Three items hypothesized to load on the cognitive anxiety factor loaded on the self-confidence factor (Tsorbatzoudis, Varkoukis, Kaissidis-Rodafinos, & Grouios, 1998) - Goodness-of-fit indices indicated a poor ($< .85$) fit to the factor structure (Lane, Sewell, Terry, Bartram, & Nesti, 1999)
			Items Arbitrary decisions regarding inclusions of items (Cox et al., 2003)

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Measure	Consistency	Further evidence available (validity, reliability, ...)	Limitations
CSAI-2R	Internal consistency for the three subscales: Terry and Munro (2008): - Cognitive anxiety, $\alpha = .82 - .88$ - Somatic anxiety, $\alpha = .79 - .89$ - Self-confidence, $\alpha = .87 - .92$	Evaluation study by Terry and Munro (2008) - Strong support for the hypothesized factor structure - Greater level of support for the validity of the CSAI-2R	- Further psychometric re-evaluations are warranted (Terry & Munro, 2008) - Studies assessing other forms of reliability and validity are warranted (Cox et al., 2003) - Test of the psychometric properties of a reworded scale is encouraged (Terry et al., 2005)
	Terry, Lane, and Shepherdson (2005) - Cognitive anxiety, $\alpha = .75$ - Somatic anxiety, $\alpha = .85$ - Self-confidence, $\alpha = .83$		
CSPCI	Internal consistency for the four subscales (Williams, Hudson, & Lawson, 1999) - Concerns over others' impressions: $\alpha = .83$ - Fear of appearing incompetent: $\alpha = .66$ - Fear of appearing unable to cope with pressure: $\alpha = .84$ - Concern over current form: $\alpha = .79$	Construct validity (Williams et al., 1999) - Low intercorrelations between subscales was low, shared variance was less than 10% in all but one case - Comparison with SPSQ (Wilson & Eklund, 1998) indicated that both measures have similarities Discriminant validity (Williams et al., 1999) - As expected, CSPCI scores demonstrated little association with scores obtained on the social physique anxiety scale Test-retest reliability (Hudson & Williams, 2001; Williams et al., 1999) - Intraclass correlation coefficients were obtained for individual items and the CSPCI subscales, average of 0.75, indicating moderate to high temporal stability - Individual items: ranged from 0.43 – 0.77 - Subscales: ranged from 0.65 – 0.86	Limited evidence for convergent validity (Hudson & Williams, 2001; Williams et al., 1999, p. 498) - Associations between other directedness and CSPCI subscales were positive and significant, but their strength could only be classified as low - Proposed negative association between physical self-presentation confidence and CSPCI was upheld for three of the scales, but was only low; no association was revealed for the scale "fear of appearing unable to cope with pressure" Initial sample (Williams et al., 1999, p. 498) - Used a convenience, rather than a truly random sample

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Measure	Consistency	Further evidence available (validity, reliability, ...)	Limitations
Phenomenological interviews	N.A.	Enables extensive data collection due to less restrictions, Bevan (2014, pp. 136-137): - Phenomenological researcher is interested in describing a person's experience in the way he or she experiences it, and not from some theoretical standpoint - Systematic interviewing of an individual, as well as many people will provide important modes of appearing and how an experience is constituted, which limits the likelihood of incomplete analyses	No set standard how to use the approach (Bevan, 2014, p. 143): Phenomenology is complex and its research approach has much variety, which allows for obfuscation and methodological criticism
	Ryckman, Robbins, Thornton, and Cantrell (1982, p. 893) - PSES: $\alpha = .81 - .82$ - PSPC subscale (physical self-presentation confidence): $\alpha = .74 - .75$ - PPA subscale (perceived physical ability): $\alpha = .84 - .85$ McAuley and Burman (1993) - PSPC subscale: $\alpha = .62$	Ryckman et al. (1982, p. 898) - Test-retest reliability highly satisfactory - PSES: .80 ($p < .001$) - PSPC subscale: .69 ($p < .001$) - PPA subscale: .85 ($p < .001$) - Strong support for convergent validity due to its significant relationship with the Tennessee Physical Self Concept Scale - Good concurrent validity, significant associations with several individual-difference variables in the expected theoretical directions - Subjects who had strong perceptions of their physical self-presentation efficacy were found to be higher in self-esteem, less self-conscious and anxious, higher on sensation seeking and higher on perceived control of their outcomes - Strong predictive validity - Subjects with positive perceptions of their physical skills outperformed subjects with poorer self-regard in this area on three tasks involving physical skills	Ryckman et al. (1982, p. 898) - One possible limitation of the scales is that one would expect people who lacked self-presentation confidence to have more endomorphic and ectomorphic body builds, since such physiques [...] are evaluated unfavourably by many members of society. Such results were not found [...]. Lorimer and Westbury (2006, p. 776) - PSPC subscale has relatively low test-retest reliability and internal consistency

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Measure	Consistency	Further evidence available (validity, reliability, ...)	Limitations
PSPS	Hewitt et al. (2003) - Perfectionistic Self-Promotion subscale: $\alpha = .84 - .89$ - Nondisplay of Imperfection subscale: $\alpha = .83 - .91$ - Nondisclosure of Imperfection subscale $\alpha = .72 - .88$	Test-retest reliability (Hewitt et al., 2003) 3 weeks: - Perfectionistic Self-Promotion: .83 - Nondisplay of Imperfection: .84 - Nondisclosure of Imperfection: .74 4 months - Perfectionistic Self-Promotion: .81 - Nondisplay of Imperfection: .81 - Nondisclosure of Imperfection: .79	Hewitt et al. (2003, p. 1332): It is important to assess each of the facets / subscales with broader interpersonal models
		Factor structure (Hewitt et al., 2003)	
		Possible to distinguish three broad, independent domains of perfectionistic self-presentation	
		Subscales are internally consistent (Hewitt et al., 2003)	
		Subscales show adequate convergent validity (Hewitt et al., 2003)	
		Correlations with the Multidimensional Perfectionism Scale (MPS) showed that PSPS facets appeared to be more highly associated with self-oriented and socially prescribed perfectionism than with other-oriented perfectionism	

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Measure	Consistency	Further evidence available (validity, reliability, ...)	Limitations
SASC		Test-retest reliability (La Greca et al., 1988) - SASC: $r = .67$ - FNE subscale: $r = .70$ - SAD subscale: $r = .39$	
	La Greca, Dandes, Wick, Shaw, and Stone (1988) - SASC: $\alpha = .76$ - FNE (Fear of Negative Evaluation) subscale: $\alpha = .83$ - SAD (Social Avoidance and Distress) subscale: $\alpha = .63$	La Greca et al. (1988, pp. 88-90) - Grade differences: children in lower grades appear to report more social anxiety than those in the middle to upper elementary school grades - Sex differences: girls reported greater total social anxiety and greater fear of negative peer evaluations than boys - Psychometric support: neglected children reported higher levels of social avoidance and distress than popular or rejected children - Connection to general anxiety: childrens' reports of social avoidance and distress were significantly related to their reports of general anxiety on the RCMAS, but this relationship appeared to be stronger for boys than for girls	La Greca et al. (1988, p. 91) - Further research aimed at cross-validating the present findings and at extending the validation support for the SASC is needed - Further inquiry into etiology and ramifications of social anxiety during childhood may extend understanding of childrens' peer relationship difficulties

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Measure	Consistency	Further evidence available (validity, reliability, ...)	Limitations
SCS		Test-retest reliability (Fenigstein, Scheier, & Buss, 1975), 2 weeks: - SCS: .80 - Private self-consciousness subscale: .79 - Public self-consciousness subscale: .84 - Social anxiety subscale: .73	
	Geukes, Mesagno, Hanrahan, and Kellmann (2013)	Discriminant validity - Carver and Glass (1976): SCS components appeared to be relatively independent of - Otis Test of Mental Ability - Abbreviated Edwards Personal Preference Schedule - Test Anxiety Questionnaire - EASI Temperament Survey - Turner, Scheier, Carver, and Ickes (1978): both the construct and discriminant validity of the SCS subscales were supported: - All self-conscious subscales were relatively independent of a social desirability subset - Less than 6% of the variance in each self-consciousness subscale was shared with scores on the Self-Monitoring Scale - Minimal relationships between SCS subscales and measures of emotionality and test anxiety by Carver and Glass (1976) were in general replicated	
	- Satisfactory scores for modified German version, SAM Fragebogen (Filipp & Freudenberg, 1989), which doesn't include the social anxiety subscale: - Private self-consciousness subscale: $\alpha = .87$ - Public self-consciousness subscale: $\alpha = .87$		Fenigstein et al. (1975, p. 525) Absence of gender differences was unexpected; the data indicated no gender difference on any of the three subscales

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Measure	Consistency	Further evidence available (validity, reliability, ...)	Limitations
SMPAQ	Howle, Jackson, and Dimmock (2016) - Acquisitive agency subscale: $\alpha = .85$ - Acquisitive communion subscale: $\alpha = .90$ - Protective agency subscale: $\alpha = .90$ - Protective communion subscale: $\alpha = .96$	Factor structure - Howle, Dimmock, Whipp, and Jackson (2015, p. 238): two studies provided consistent support for the appropriateness of a four-factor operationalization in line with the intended conceptual model Convergent validity - Howle et al. (2015, p. 238): [two studies] indicated some support (i.e., 17 of 19 predictions supported) for [...] [the measure's] convergent validity, selected examples (Howle et al., 2015, p. 231): - Greater acquisitive-agentic motivation was associated with - Stronger impression motivation - Social recognition motivation - Greater use of impression management tactics - Favourable perceptions relating to respect within a class (i.e., sociometric status) - Acquisitive-communal scores were positively associated with - Affiliation motivation - Approach-oriented social goals - Protective-agentic scores positively correlated with social anxiety - Protective-communal scores were positively linked with avoidance-oriented social goals	General limitations of the three initial studies conducted (Howle et al., 2015, pp. 238-239): - No direct assessment of item content relevance along with representativeness - Inconsistent selection and number of expert reviewers - Reduced item pool was not re-examined by expert reviewers - Differences in the patterns of responding may have been influenced by the time at which participants completed the questionnaire - Observed a significant chi-square value for the estimated models, meaning an inexact fit - Did not assess whether the instrument captures situation-to-situation differences - Several associations were contrary to [...] expectations and indicate less support (i.e., only 27 of 55 hypothesis supported) for discriminant validity - The patterns of some motive interrelationships [...] differed between [studies] [...]

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Measure	Consistency	Further evidence available (validity, reliability, ...)	Limitations
SPAS	Hart, Leary, and Rejeski (1989), 12-item version: $\alpha = .90$	Test-retest reliability	Factor structure
		Hart et al. (1989), 8 weeks: .82	SPAS was originally developed as unidimensional scale, [...], exploratory factor analyses tend to extract two factors and a priori confirmatory factor analysis models do not exhibit a good fit [...] (Eklund et al., 1996; Hagger et al., 2007, p. 704; Petrie, Diehl, Rogers, & L., 1996)
		Convergent validity	K. A. Martin, Rejeski, Leary, McAuley, and Bane (1997) suggest that one of the factors identified in the analysis by Eklund et al. (1996), is conceptually unsound (Hagger et al., 2007)
		- Hart et al. (1989, p. 101): - Correlations as expected with measures of social anxiety and body esteem - Women who scored high on the SPAS experienced more distress when confronted with a fitness-related evaluation than those who scored low - In a hierarchical regression performed on subjective responses to a fitness evaluation, the SPAS contributed significantly to variance in self-reported stress and negative thoughts after forcing the entry of percent fat, body weight, and a body image index	
		- Eklund, Mack, and Hart (1996, p. 282) - SPAS scores have been found to correlate with a number of psychosocial variables logically associated with evaluative concerns among young adult women	
		Gender	Method effects
		Both the nine- and seven item versions exhibited factorial invariance across gender (Smith, 2004)	Due to item wording (Hagger et al., 2007), analyses suggest that misspecifications in the model [...] due to [...] [specific] items may be the result of both content and measurement issues
			Construct validity
			Validated largely on young adults, it cannot be assumed that the SPAS is appropriate [...] for other age/developmental groups (Smith, 2004)

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Measure	Consistency	Further evidence available (validity, reliability, ...)	Limitations
SPAS (continued)			Multiple versions exist, e.g. 12 items (Hart et al., 1989), 9 items (J. J. Martin, Engels, Wirth, & Smith, 1997), 7 items (Motl & Conroy, 2000)
			Cultural fit Modified version of the scale is generalizable across cultures, with some unique variations (Hagger et al., 2007)
SPEQ	Conroy, Motl, and Hall (2000)	Construct validity (Conroy et al., 2000) - Impression motivation - Positively related to body surveillance, perceived physical ability, and the number of days per week an individual reported exercising - Negatively related to physical self-presentation confidence - No association with number of hours per week an individual reported exercising, percentage of an individual's social time spent exercising - Impression construction - Weak positive relationships with time spent exercising, body surveillance, and perceived physical ability - Negatively related to physical self-presentation confidence - No association with number of hours or days per week an individual reported exercising	Conroy et al. (2000) - No significant correlation between impression motivation and either social physique anxiety or social desirability scores - Relatively small sample size Conroy and Motl (2003) - Research with other populations than young and middle-aged adults needed Lindwall (2005), Conroy and Motl (2003) 14-item, 11-item, and 9-item models failed to reach acceptable levels of fit, instead, statistical and substantive support was found for a two-dimensional 8-item two-factor model
	14-item version: - Overall: $\alpha = .85$ - Impression motivation subscale: $\alpha = .83$ - Impression construction subscale: $\alpha = .81$ 11-item version: - Overall: $\alpha = .85$ - Impression motivation subscale: $\alpha = .83$ - Impression construction subscale: $\alpha = .78$		

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Measure	Consistency	Further evidence available (validity, reliability, ...)	Limitations
SPEQ (continued)	Swedish version, 14 items (Lindwall, 2005) - Impression motivation subscale: $\alpha = .76 - .81$ - Impression construction subscale: $\alpha = .80 - .81$	Construct validity (Lindwall, 2005) - Impression motivation - Self-reported exercisers scored higher compared to non-exercisers - Moderately related to exercise frequency and exercise duration in females - Significantly related to exercise frequency in males (this was the only significant relation that was found for men) - Strongly to moderately related to exercise identity in females - Related to exercise identity in males - Related to social physique anxiety in males - Impression construction - Female exercisers scored higher than non-exercisers - Weakly related to exercise frequency and exercise duration in females - Related to exercise identity in males - Related to social physique anxiety in males	Lindwall (2005) - The two subscales merely seem to capture about 50% of the average item variance, SPEQ suffers from “construct underrepresentation” - Overlap between the two factors (impression motivation and impression construction), reflected in several items and a moderate to high interfactor-correlation - Identified different patterns for men and women in the relationship between SPEQ factors and exercise identity, social physique anxiety, and exercise participation Gammage, Hall, Prapavessis, Maddison, and Martin (2004) - Attempts to confirm the factor structure and composition were not successful - SPEQ items tended to focus too much on physical appearance as a both a self-presentational motive and behaviour

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Measure	Consistency	Further evidence available (validity, reliability, ...)	Limitations
SPEQ (continued)			Brunet and Sabiston (2011)
			• Researchers testing the psychometric properties have raised concerns regarding the scale composition • Different truncated versions have been developed, not clear which version of the SPEQ should be used
		Lindwall (2005)	Gammage, Hall, et al. (2004)
		• Factorial structure is invariant across gender	• SPEQ items designed to measure impression construction confound impression construction and impression motivation • Items designed to reflect impression motivation may also be problematic as they are limited to physical appearance, one specific item may more appropriately represent impression construction
SPES	Gammage, Martin Ginis, and Hall (2004)	Lamarche, Gammage, Sullivan, and Gabriel (2013)	Lamarche et al. (2013)
	• SPES: $\alpha = .84$	• Factor structure ◦ Confirmatory factor analysis indicated a 3-factor model, each representing a distinct latent variable • Test-retest reliability, 2 weeks (intraclass correlation coefficient): ◦ Self-presentational efficacy expectancy subscale: .84 ◦ Self-presentational outcome expectancy subscale: .40 ◦ Self-presentational outcome value subscale: .61	• Reliability and validity in samples other than university students still need to be assessed • Relative and unique contribution of the three factors in predicting exercise-related outcomes still needs to be investigated
	Gammage and Hall (2004)		
	• Self-presentational efficacy expectancy subscale: $\alpha = .92$ • Self-presentational outcome expectancy subscale: $\alpha = .89$ • Self-presentational outcome value subscale: $\alpha = .88$		

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Measure	Consistency	Further evidence available (validity, reliability, ...)	Limitations
SPES (continued)		Convergent validity (Lamarche et al., 2013)	
		- Self-presentational efficacy expectancy subscale - Significant predictor of physical activity, social physique anxiety, and fear of negative evaluation - Scores were negatively related to social physique anxiety and fear of negative evaluation scores - Self-presentational outcome value subscale - Significant predictor of social physique anxiety and fear of negative evaluation - Scores were negatively related to social physique anxiety and fear of negative evaluation scores	
SPSQ		Wilson and Eklund (1998)	Wilson and Eklund (1998)
	Wilson and Eklund (1998) - Performance/composure inadequacy subscale: $\alpha = .93$ - Appearing fatigued/lacking energy subscale: $\alpha = .93$ - Appearing athletically untalented subscale: $\alpha = .90$ - Physical appearance subscale: $\alpha = .93$	McGowan, Prapavessis, and Wesch (2008) - Correlations among self-presentation variables (consisting of the 4 SPSQ subscales and fear of negative evaluation) were reasonably strong - Self-presentational concern was most closely related with cognitive aspects of competitive anxiety and less strongly associated with somatic aspects - Re-examination of the factor structure and composition of the SPSQ supported the tenability of an abbreviated 21-item 4-factor model - All SPSQ subscales except for physical appearance - Demonstrated consistently higher associations with the cognitive state anxiety components of intensity and frequency than their somatic counterparts	McGowan et al. (2008) - Initial study did not examine the potential mediating roles of gender socialization factors and sport type - SPSQ does not measure all potential sources of self-presentational concerns associated with competitive anxiety, which would in turn weaken its predictive ability of state anxiety - Social desirability was not controlled for in the study

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Measure	Consistency	Further evidence available (validity, reliability, ...)	Limitations
SPSQ (continued)		McGowan et al. (2008)	
		○ Demonstrated consistently higher associations with the trait worry component of the SAS than with the trait somatic or concentration disruption component	
	Podlog et al. (2013)	○ Demonstrated a stronger overall relationship with the intensity symptoms of the CSAI-2 measures, followed by the frequency and then the direction symptoms	Divine (2012)
	• 21-item scale by McGowan et al. (2008) ○ Concerns about appearing athletically untalented (AAU) subscale: $\alpha = .90$ ○ Physical appearance (PA) subscale: $\alpha = .82$ ○ Appearing fatigued/lacking energy (FLE) subscale: $\alpha = .90$ ○ Mental composure inadequacies (MCI) subscale: $\alpha = .84$ • Amended version by Podlog et al. (2013) ○ AAU: $\alpha = .93$ ○ PA: $\alpha = .82$ ○ FLE: $\alpha = .94$ ○ MCI: $\alpha = .84$	Podlog et al. (2013) • Findings from 2 investigations indicated that concern over physical appearance and appearing fatigued/lacking energy were associated with the tendency to ignore practitioner recommendations (adherence to rehabilitation protocols in injured adolescent and collegiate athletes) • Findings from one investigation indicated that ○ Mental composure inadequacies were associated with the inclination to ignore practitioner recommendations ○ Concerns over physical appearance were associated with willingness to risk a premature return to sport ○ Concerns about appearing athletically untalented were predictive of adolescents' willingness to ignore practitioner recommendations ○ Concerns over physical appearance predicted both, the willingness to ignore practitioner recommendations and to risk a premature return	• With the exception of the physical appearance subscale, the SPSQ assesses only task aspects of competitive sport • Certain sources of self-presentational concerns, related to both task and social factors, [...] are not assessed ○ This may be limiting as the nature of the competition [...] may influence the level of self-presentational concerns [...]

References for Appendix Table 2

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