

Instrument Title: Physical Activity and Sport Anxiety Scale (PASAS)  
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**Physical Activity and Sport Anxiety Scale**  
(Norton, Hope & Weeks, 2004)

**Directions:** These statements describe how a person might feel or think while participating in athletic activities. Please rate how characteristic each statement is of you while playing sports or exercising/working-out.

	1 Not at all characteristic of me	2 Slightly characteristic of me	3 Moderately characteristic of me	4 Very Characteristic of me	5 Extremely characteristic of me
1. I worry about what people will think of me while playing sports, even though it will not make any difference.					
2. I feel that I will humiliate myself when I play sports.					
3. I rarely worry about what kind of impression I am making on someone while exercising/working out. *					
4. I am usually worried about what kind of impression I make while playing sports.					
5. I am afraid that people will find fault with my performance while playing sports.					
6. Sometimes I think I am too concerned with what other people think about my performance while exercising/working out.					
7. I feel nervous if other people are watching me when I am exercising/working out.					
8. I usually get nervous when I play sports in front of even a few people who are watching.					
9. I feel that I will humiliate myself when I exercise/work out.					
10. I don't want the ball to come to me when I play team sports.					
11. Other people's opinions of how well I play sports do not bother me.*					
12. I feel self-conscious when playing sports.					
13. I pass the ball to a teammate when I get nervous.					
14. I could not care less if an audience was watching me perform.*					

15. I avoid social gatherings if I think they will involve an athletic activity.					
16. I avoid exercising/working out where others can see me.					

