

Table 2. Self-Efficacy scores broken down by gender and endurance sport. The scale ranges (min and max score) are presented in brackets next to each scale.

	Overall	Gender		Endurance Sport					
		Males	Females	Runners	Cyclists	Swimmers	Triathletes	Rowers	Other
	(343)	(233)	(108)	(136)	(49)	(49)	(50)	(52)	(7)
Endurance Self-Efficacy (0-170)	134	136	128	131	135	135	135	138	138
Coping Self-Efficacy (0-260)	175	175	174	172	185	172	179	168	184
Barrier Self-Efficacy (0-200)	138	139	138	140	134	129	137	146	138
General Self-Efficacy (0-40)	33.3	33.4	33.2	32.9	33.9	33.5	34.7	32.6	34.6

Measuring self belief. Results of online endurance sports survey.

To read the rest of this training article please visit:

<http://www.runultra.co.uk/Articles/March-2017/Measuring-self-belief-Results-of-online-endurance>

Table 3. ACSI-28 sub scale scores broken down by gender and endurance sport (Each scale ranges from 0-12).

	Gender		Endurance Sport						
	Overall (N = 343)	Males (N = 233)	Females (N=108)	Runners (N =136)	Cyclists (N=49)	Swimmers (N = 49)	Triathletes (N = 50)	Rowers (N =52)	Other (N = 7)
Coping with adversity	7.5	7.8	6.8	7.3	7.6	7.9	7.9	7.3	8.7
Peaking under pressure	6.9	7.2	6.0	6.5	6.4	7.5	7.3	7.4	7.0
Goal setting/Mental Prep	8.4	8.4	8.6	8.4	8.2	8.8	9.1	8.1	8.0
Concentration	8.5	8.6	8.1	8.1	8.7	8.6	8.4	9.2	8.3
Freedom from worry	7.1	7.2	6.9	7.3	7.7	6.9	7.3	5.4	9.3
Confidence/Motivation	8.2	8.4	7.7	7.9	8.2	8.3	8.3	9.1	7.4
Coachability	8.5	8.7	8.1	8.1	9.2	8.2	8.9	9.1	7.8

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