Appendix – B

MOVEMENT IMAGERY QUESTIONNAIRE – REVISED (MIQ-R)

Craig R. Hall and Kathleen A. Martin, 1997

RATING SCALES

Visual Imagery Scale

<table>
<thead>
<tr>
<th>7</th>
<th>6</th>
<th>5</th>
<th>4</th>
<th>3</th>
<th>2</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Very easy To see</td>
<td>Easy to see</td>
<td>Somewhat Easy to see</td>
<td>Neutral (Not easy not hard)</td>
<td>Somewhat Hard to see</td>
<td>Hard to see</td>
<td>Very Hard to see</td>
</tr>
</tbody>
</table>

Kinesthetic Imagery Scale

<table>
<thead>
<tr>
<th>7</th>
<th>6</th>
<th>5</th>
<th>4</th>
<th>3</th>
<th>2</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very easy To Feel</td>
<td>Easy to Feel</td>
<td>Somewhat Easy to Feel</td>
<td>Neutral (Not easy not hard)</td>
<td>Somewhat Hard to Feel</td>
<td>Hard to Feel</td>
<td>Very Hard to Feel</td>
</tr>
</tbody>
</table>
MOVEMENT IMAGERY QUESTIONNAIRE REVISED TEST ITEMS

1. **STARTING POSITION:** Stand with your feet and legs together and your arms at your sides.

   **ACTION:** Raise your right knee as high as possible so that you are standing on your left leg with your right leg flexed (bent) at the knee. Now lower your right leg so that you are again standing on two feet. Perform these actions slowly.

   **MENTAL TASK:** Assume the starting position. Attempt to feel yourself making the movement just performed without actually doing it. Now rate the ease/difficulty with which you were able to do this mental task.

   Rating

2. **STARTING POSITION:** Stand with your feet slightly apart and your hands at your sides.

   **ACTION:** Bend down low and then jump straight up in the air as high as possible with both arms extended above the head. Land with your feet apart and lower your arms to your sides.

   **MENTAL TASK:** Assume the starting position. Attempt to see yourself making the movement just performed with as clear and vivid a visual image as possible. Now rate the ease/difficulty with which you were able to do this mental task.

   Rating
3. **STARTING POSITION:** Extend the arm of your nondominant hand straight out to your side so that it is parallel to the ground, palm down.

**ACTION:** Move your arm forward until it is directly in front of your body (still parallel to the ground). Keep your arm extended during the movement and make the movement slowly.

**MENTAL TASK:** Assume the starting position. Attempt to feel yourself making the movement just performed without actually doing it. Now rate the ease/difficulty with which you were able to do this mental task.

| Rating |

4. **STARTING POSITION:** Stand with your feet slightly apart and your arms fully extended above your head.

**ACTION:** Slowly bend forward at the waist and try and touch your toes with your fingertips (or if possible, touch the floor with your fingertips or hands). Now return to the starting position, standing erect with your arms extended above your head.

**MENTAL TASK:** Assume the starting position. Attempt to see yourself making the movement just performed with as clear and vivid a visual image as possible. Now rate the ease/difficulty with which you were able to do this mental task.

| Rating |
Appendices

5. **STARTING POSITION:** Stand with your feet slightly apart and your hands at your sides.

**ACTION:** Bend down low and then jump straight up into the air as high as possible with both arms extended above the head. Land with your feet apart and lower your hands to your sides.

**MENTAL TASK:** Assume the starting position. Attempt to feel yourself making the movement just performed without actually doing it. Now rate the ease/difficulty with which you were able to do this mental task.

<table>
<thead>
<tr>
<th>Rating</th>
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6. **STARTING POSITION:** Stand with your feet and legs together and your arms at your sides.

**ACTION:** Raise your right knee as high as possible so that you are standing on two feet. Perform these actions slowly.

**MENTAL TASK:** Assume the starting position. Attempt to see yourself making the movement just performed with as clear and vivid a visual image as possible. Now rate the ease/difficulty with which you were able to do this mental task.

| Rating |
7. **STARTING POSITION:** Stand with your feet slightly apart and your arms fully extended above your head.

**ACTION:** Slowly bend forward at the waist and try and touch your toes with your fingertips (or if possible, touch the floor with your fingertips or hands). Now return to the starting position, standing erect with your arms extended above your head.

**MENTAL TASK:** Assume the starting position. Attempt to feel yourself making the movement just performed without actually doing it. Now rate the ease/difficulty with which you were able to do this mental task.

8. **STARTING POSITION:** Extend the arm of your non dominant hand straight out to your side so that it is parallel to the ground, palm down.

**ACTION:** Move your arm forward until it is directly in front of your body (still parallel to the ground). Keep your arm extended during the movement and make the movement slowly.

**MENTAL TASK:** Assume the starting position. Attempt to see yourself making the movement just performed with as clear and vivid a visual image as possible. Now rate the ease/difficulty with which you were able to do this mental task.