

## **Development and reliability of the Russian version of "The Sport Imagery Questionnaire"**

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### **Abstract**

The purpose of this study was to investigate the psychometric properties of the Russian version of the "The Sport Imagery Questionnaire" (SIQ). The SIQ is directed on measuring frequency of use of images of various types by athletes. Participants were 253 athletes competing in 6 different sports. The results proved that the scale is a reliable instrument for the measurement of imagery use in Russian athletes and can be used in further imagery research in Russia. Age, gender and sport differences in types of imagery usage were found. © 2014, Facultat de Psicologia Universitat de Barcelona.

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### **Keywords**

Imagery, SIQ, Sport psychology, Young athletes