

THE EXERCISE CAUSALITY ORIENTATIONS SCALE

Below are a series of situations that people can find themselves in with regard to exercising. Each situation is followed by three responses (a, b and c) that represent different ways in which people could react. Please imagine yourself in each situation and circle a number on the scale below EACH response (a, b AND c) to indicate the extent to which EACH response would be characteristic of you in that situation. There are no right or wrong answers and no trick questions. We simply want to know the extent to which you think you would react in these different ways to each situation.

1 You are beginning a new exercise programme. You are likely to:

a) Attend a structured exercise class where an exercise leader is telling you what to do.

1 2 3 4 5 6 7
Very unlikely Moderately likely Very likely

b) Decide for yourself which type of exercise you would like to complete.

1 2 3 4 5 6 7
Very unlikely Moderately likely Very likely

c) Tag along with your friends and do what they do.

1 2 3 4 5 6 7
Very unlikely Moderately likely Very likely

2 You are asked to keep a record of all the weekly exercise you have completed in an exercise diary. You are likely to view the diary:

a) As a reminder of how incapable you are at fulfilling the task.

1 2 3 4 5 6 7
Very unlikely Moderately likely Very likely

b) As a way to measure your progress and to feel proud of your achievements.

1 2 3 4 5 6 7
Very unlikely Moderately likely Very likely

c) As a way of pressurising yourself to exercise.

1 2 3 4 5 6 7
Very unlikely Moderately likely Very likely

3 In order to monitor how well you are doing in an exercise programme you are likely to want to:

a) Be given a lot of praise and encouragement from others.

1	2	3	4	5	6	7
Very unlikely			Moderately likely			Very likely

b) Evaluate your own performance and provide yourself with positive feedback.

1	2	3	4	5	6	7
Very unlikely			Moderately likely			Very likely

c) Just hope that what you are doing is correct.

1	2	3	4	5	6	7
Very unlikely			Moderately likely			Very likely

4 You have been exercising regularly for 6 months but recently you have been missing sessions and are finding it hard to get motivated to exercise. You are likely to:

a) Approach someone to help motivate you.

1	2	3	4	5	6	7
Very unlikely			Moderately likely			Very likely

b) Ignore the problem, nothing can be done to improve your motivation.

1	2	3	4	5	6	7
Very unlikely			Moderately likely			Very likely

c) Employ your own strategies to motivate yourself.

1	2	3	4	5	6	7
Very unlikely			Moderately likely			Very likely

5 You have been told that setting goals is a good way to motivate yourself to exercise. You would likely:

a) Set your own realistic but challenging goals.

1	2	3	4	5	6	7
Very unlikely			Moderately likely			Very likely

b) Make someone important to you set goals for you to aim for.

1	2	3	4	5	6	7
Very unlikely			Moderately likely			Very likely

c) Not set goals because you may not be able to live up to them.

1	2	3	4	5	6	7
Very unlikely			Moderately likely			Very likely

6 During a discussion with an exercise counsellor he/she presents many options on the best way for you to exercise to achieve fitness and health benefits. It is likely that your first thought would be:

a) What do you (the exercise leader) think I should do?

1	2	3	4	5	6	7
Very unlikely			Moderately likely			Very likely

b) What do I think is the best option for me?

1	2	3	4	5	6	7
Very unlikely			Moderately likely			Very likely

c) What has everyone else done in the past?

1	2	3	4	5	6	7
Very unlikely			Moderately likely			Very likely

7 During an exercise session how hard you are working out is likely to be governed by:

a) The intensity you have been told to exercise at.

1	2	3	4	5	6	7
Very unlikely			Moderately likely			Very likely

b) What everyone around you is doing.

1	2	3	4	5	6	7
Very unlikely			Moderately likely			Very likely

c) How you are feeling whilst exercising at the intensity you choose.

1	2	3	4	5	6	7
Very unlikely			Moderately likely			Very likely

Thank you very much for completing this questionnaire

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