



Performance Perception Questionnaire (PPQ)
Questionário de Perceção de Rendimento (QPR)

Sport Performance Perception Questionnaire (SPPQ)
Questionário de Perceção de Rendimento Desportivo (QPRD)

Professional Performance Perception Questionnaire (PPPQ)
Questionário de Perceção de Rendimento Profissional (QPRP)

Authorship

A. Rui Gomes (2016)
(rgomes@psi.uminho.pt)

Adaptation, Performance and Human Development
Research Group
www.ardh.pt

University of Minho
School of Psychology
Campus de Gualtar
4710-057 Braga

Date of this version: 30/07/2023

This version eliminates previous ones.

To access the most recent version, visit the website www.ardh.pt

Responsibility of the Adaptation, Performance and Human Development group:

X Originally developed this instrument

Translated this instrument from an original version of other authors

Table of contents

Using the instrument 	3
References 	4
Description 	5
Versions of the instrument 	6
Scores calculation 	7
Application conditions 	8
SPPQ - Sports	9
SPPQ (Athletes: Retrospective version – Last game/competition)	10
SPPQ (Athletes: Retrospective version – Until this moment) 	11
SPPQ (Athletes: Anticipatory version – Next game/competition) 	12
PPPQ - Organizations	13
PPPQ (Professionals: Retrospective version – Until this moment) 	14

| Using the instrument |

The instruments provided by the Adaptation, Performance, and Human Development Research Group (APHD) are from two categories: (1) developed by the research group, and (2) adapted by the research group.

In the case of instruments adapted by the research group, permission was obtained from the original authors of the instruments to do the adaptation to the Portuguese language. However, there is no exclusivity in the use of the instrument by the APHD research group, and its use by others is free, as long as the authorship of the adaptation is respected in case of using a translated version provided by the research group.

Rules of utilization

- The instruments are destined exclusively for research and “action-research” purposes. In the case of “action-research”, the use of the instruments is limited to professionals with specific training for this purpose. In this sense, we are not responsible for the incorrect or improper use of the provided materials.
- The use of the instruments for commercial purposes, sale or advertising of other associated products is strictly prohibited.

Authorization

- It is not necessary to obtain authorization from the research group to use the instruments if the instruments are used for the described purposes.
- If the instruments are an adaptation of original instruments of other authors, it is necessary to have the authorization of the original authors of the instrument when the purpose is to develop other versions of the instruments in a different language from the Portuguese translation.

| References |

Crocker, P. R. E., & Graham, T. R. (1995). Coping by competitive athletes with performance stress: Gender differences and relationships with affect. *The Sport Psychologist*, 9, 325-338.

(*) Gomes, A. R. (2016). *Questionário de Perceção de Rendimento Desportivo (QPRD)*. Relatório técnico não publicado [Unpublished technical report]. Braga: Escola de Psicologia, Universidade do Minho.
<https://hdl.handle.net/1822/86575>

Gomes, A. R., Almeida, A., & Resende, R. (2019). Athletes' perception of leadership according to their perceptions of goal achievement and sport results. *Perceptual and Motor Skills*, 127(2) 415–431.
<https://doi.org/10.1177/0031512519892384>

Nogueira, D., Fontes, L., Gomes, A. R., & Resende, R. (2022). Referees' emotions and performance perception: The importance of stress and cognitive appraisal. *Cuadernos de Psicología del Deporte*, 22(2), 156-170.
<https://doi.org/10.6018/cpd.468751>

(*) This reference may be used to cite the instrument in scientific works and technical reports.

| Description |

The Sport Performance Perception Questionnaire (SPPQ) was first used in sport contexts (Gomes, 2016), based on previous studies about this topic (see Crocker & Graham, 1995). It is possible to use the instrument in other activities besides sports, making the adjustment in the item's formulation. The quotation and interpretation of results is similar for all the activities.

Some studies using this instrument indicate the acceptable psychometric properties of the instrument (Gomes, Almeida, & Resende, 2019; Nogueira et al., 2022).

The instrument has 10 items, evaluating two dimensions:

(1) **Perception of individual performance** (5 items): person' perception about the achievement of individual performance.

(2) **Perception of team performance** (5 items): person' perception about the achievement of team performance. This dimension should be used only in cases where individuals assume their activities in teams and have collective indicators of performance.

| Versions of the instrument |

According to the goals of each researcher, it is possible to adapt the instrument to be used in two versions:

(1) **Retrospective version:** evaluates the person's perception of previous performance (ex: last game in sports, last week in other professional activities, etc.).

(2) **Anticipatory version:** evaluates the person's perception of future performance (ex: next game in sports, next week in other professional activities, etc.).

Items are answered in a Likert scale of five points (1 = *Disagree*; 5 = *Agree*).

Final scores result from a mean calculation. Higher results signify strong perceptions of individual and team performance.

| Scores calculation |

Dimensions	Items
1. Perception of individual performance	1, 2, 3, 4, 5 Total = 1 – 5
2. Perception of team performance	6, 7, 8, 9, 10 Total = 1 – 5
	Total = 10 items

| Application conditions |

- 1) Explain the purpose of the evaluation to the participants (“analysing how they evaluate performance in their main professional/occupational activity”) and the confidentiality of the data collection.
- 2) Organize 10 to 15 minutes for the application and answering the instrument.
- 3) Organize a quiet and reserved context for the evaluation and avoid the presence of people not involved in the evaluation process.

SPPQ - Sports

QPRD - Desporto

| SPPQ (Athletes: Retrospective version – Last game/competition)|

Name _____ Age _____

Date ____ / ____ / ____

Sport club _____

Last game/competition _____

Please think about your LAST game and answer to the next questions. There are no “correct” or “incorrect” answers, just think about the option that best describe your opinion about your last game/competition.

In my last game/competition, I...	Disagree	Somewhat disagree	Somewhat agree	Agree	Completely agree
1. Performed as I expected	1	2	3	4	5
2. Achieved my goals	1	2	3	4	5
3. Achieved the success I wished for	1	2	3	4	5
4. Improved my skills to the level I intended to	1	2	3	4	5
5. Felt satisfied as an athlete	1	2	3	4	5

In the last game/competition of my TEAM, WE...	Disagree	Somewhat disagree	Somewhat agree	Agree	Completely agree
6. Performed as expected	1	2	3	4	5
7. Achieved our goals	1	2	3	4	5
8. Achieved the success we wished for	1	2	3	4	5
9. Improved our skills to the level we intended to	1	2	3	4	5
10. Felt satisfied to be part of this group/team	1	2	3	4	5

| **SPPQ (Athletes: Retrospective version – Until this moment)** |

Name _____ Age _____

Date ____ / ____ / ____

Sport club _____

Last game/competition _____

Please think about the games you realized until now and answer to the next questions. There are no “correct” or “incorrect” answers, just think about the option that best describe your opinion about your games/competitions so far.

Until NOW, in games/competitions, I...	Disagree	Somewhat disagree	Somewhat agree	Agree	Completely agree
1. Performed as I expected	1	2	3	4	5
2. Achieved my goals	1	2	3	4	5
3. Achieved the success I wished for	1	2	3	4	5
4. Improved my skills to the level I intended to	1	2	3	4	5
5. Felt satisfied as an athlete	1	2	3	4	5

Until NOW, in games/competitions, my TEAM...	Disagree	Somewhat disagree	Somewhat agree	Agree	Completely agree
6. Performed as expected	1	2	3	4	5
7. Achieved our goals	1	2	3	4	5
8. Achieved the success we wished for	1	2	3	4	5
9. Improved our skills to the level we intended to	1	2	3	4	5
10. Felt satisfied to be part of this group/team	1	2	3	4	5

| SPPQ (Athletes: Anticipatory version – Next game/competition) |

Name _____ Age _____

Date ____ / ____ / ____

Sport club _____

Next game/competition _____

Please think about your NEXT game and answer to the next questions. There are no “correct” or “incorrect” answers, just think about the option that best describe your opinion about your next game/competition.

In my next game/competition, I will...	Disagree	Somewhat disagree	Somewhat agree	Agree	Completely agree
1. Perform as I expect	1	2	3	4	5
2. Achieve my goals	1	2	3	4	5
3. Achieve the success I wish for	1	2	3	4	5
4. Improve my skills to the level I intend to	1	2	3	4	5
5. Fell satisfy as an athlete	1	2	3	4	5

In the next game/competition of my TEAM, WE will...	Disagree	Somewhat disagree	Somewhat agree	Agree	Completely agree
6. Performe as we expect	1	2	3	4	5
7. Achieve our goals	1	2	3	4	5
8. Achieve the success we wish for	1	2	3	4	5
9. Improve our skills to the level we intend to	1	2	3	4	5
10. Fell satisfy to be part of this group/team	1	2	3	4	5

PPPQ - Organizations

Professional Performance Perception Questionnaire (PPPQ)

Questionário de Perceção de Rendimento Profissional (QPRP)

| PPPQ (Professionals: Retrospective version – Until this moment) |

Name _____ Age _____

Date ____ / ____ / ____

Organization _____

Please think about your work activity until now and answer to the next questions. There are no “correct” or “incorrect” answers, just think about the option that best describe your opinion about your professional situation so far.

Until NOW, in my work, I...	Disagree	Somewhat disagree	Somewhat agree	Agree	Completely agree
1. Performed as I expected	1	2	3	4	5
2. Achieved my goals	1	2	3	4	5
3. Achieved the success I wished for	1	2	3	4	5
4. Improved my skills to the level I intended to	1	2	3	4	5
5. Felt satisfied as a professional in this activity	1	2	3	4	5

Until NOW, in our work, my TEAM...	Disagree	Somewhat disagree	Somewhat agree	Agree	Completely agree
6. Performed as expected	1	2	3	4	5
7. Achieved our goals	1	2	3	4	5
8. Achieved the success we wished for	1	2	3	4	5
9. Improved our skills to the level we intended to	1	2	3	4	5
10. Felt satisfied to be part of this group/team	1	2	3	4	5