

## PQM (Performance-specific Questionnaire for Musicians v4)

(Spahn & Nusseck, 2016)

Please address the following statements to the performance you have just completed. Read the full sentence through before choosing the answer, which most closely fits.

Please do not linger too long on each sentence. There are no right or wrong answers! Please cross only one box per statement.

	Not true at all			Very true	
	1	2	3	4	5
<b>A few minutes before the performance...</b>					
1 ... I could concentrate on the work at hand.	<input type="checkbox"/>				
2 ... I felt inner strength for the performance I was about to do.	<input type="checkbox"/>				
3 ... I could sense signs of agitation in my body.	<input type="checkbox"/>				
4 ... I managed to control my agitation and stay calm.	<input type="checkbox"/>				
5 ... I could imagine the audience enjoying my performance.	<input type="checkbox"/>				
6 ... I felt limited or disabled due to the way my body reacted to my agitation.	<input type="checkbox"/>				
7 ... I was looking forward to going on stage and showing what I could do.	<input type="checkbox"/>				
8 ... I could control my agitation.	<input type="checkbox"/>				
9 ... I thought about all the things that could go wrong.	<input type="checkbox"/>				
10 ... my agitation made me unsure.	<input type="checkbox"/>				
11 ... I felt well prepared.	<input type="checkbox"/>				
<b>During the performance...</b>					
12 ... I could stop thinking about what might go wrong.	<input type="checkbox"/>				
13 ... I could feel the agitation in my body.	<input type="checkbox"/>				
14 ... I had fun and wanted to show what I could do.	<input type="checkbox"/>				
15 ... I managed to control my agitation and stay calm.	<input type="checkbox"/>				
16 ... I could concentrate on my musical performance.	<input type="checkbox"/>				
17 ... I felt limited or disabled due to the way my body reacted to my agitation.	<input type="checkbox"/>				
18 ... I had the feeling that my performance came across well.	<input type="checkbox"/>				
19 ... my agitation made me unsure.	<input type="checkbox"/>				

During the performance... (continued)	Not true at all			Very true	
	1	2	3	4	5
20 ... I knew exactly what I was doing.	<input type="checkbox"/>				
21 ... I felt inner strength.	<input type="checkbox"/>				
22 ... I could control my agitation.	<input type="checkbox"/>				

Now, after the performance...	1	2	3	4	5
	23 ... I think my performance came across well.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24 ... it's hard to accept my performance as it was.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25 ... I'm looking forward to my next performance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26 ... I accept my performance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27 ... I can switch off.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28 ... it's hard to imagine that the audience liked my performance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29 ... I feel inner strength for the next performance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30 ... I am happy about my achievement.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31 ... I feel stressed, unhappy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32 ... this performance proves that performing suits me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33 ... I'm mainly thinking about what didn't work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

When considering the musical quality of my performance, I rate...	terrible	pretty bad	less good	good	very good	excellent
	1	2	3	4	5	6
1 ... the dynamic shaping as ...	<input type="checkbox"/>					
2 ... the rhythmic precision as ...	<input type="checkbox"/>					
3 ... the shaping of sound as ...	<input type="checkbox"/>					
4 ... the musical expression as ...	<input type="checkbox"/>					
5 ... the phrasing as ...	<input type="checkbox"/>					
6 ... the intonation as ...	<input type="checkbox"/>					
7 ... it in general as...	<input type="checkbox"/>					