

Part III: The Motivations of Marathoners Scales (MOMS)

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Directions: *Please rate each of the following items in terms of its importance as a reason for you to run. Use the 7-point scale next to each item to indicate your rating. A score of 1 would indicate that the item is "not a reason" for running; a score of 7 indicates that the item is a "very important reason" for running; and scores in-between represent relative degrees of each reason. Read each item and then circle the appropriate score to indicate how important the specific item is as a reason for you to run.*

<u>Possible Reasons for Running:</u>	Not a Reason							A Most Important Reason
	1	2	3	4	5	6	7	
1. To help control my weight	1	2	3	4	5	6	7	
2. To compete with others	1	2	3	4	5	6	7	
3. To earn respect of peers	1	2	3	4	5	6	7	
4. To reduce my weight	1	2	3	4	5	6	7	
5. To improve my running speed	1	2	3	4	5	6	7	
6. To earn the respect of people in general	1	2	3	4	5	6	7	
7. To socialize with other runners	1	2	3	4	5	6	7	
8. To improve my health	1	2	3	4	5	6	7	
9. To compete with myself	1	2	3	4	5	6	7	
10. To become less anxious	1	2	3	4	5	6	7	
11. To improve my self-esteem	1	2	3	4	5	6	7	
12. To have something in common with other people	1	2	3	4	5	6	7	
13. To add a sense of meaning to life	1	2	3	4	5	6	7	
14. To prolong my life	1	2	3	4	5	6	7	
15. To become less depressed	1	2	3	4	5	6	7	
16. To meet people	1	2	3	4	5	6	7	
17. To become more physically fit	1	2	3	4	5	6	7	
18. To distract myself from daily worries	1	2	3	4	5	6	7	
19. To make my family or friends proud of me	1	2	3	4	5	6	7	
20. To make my life more purposeful	1	2	3	4	5	6	7	
21. To look leaner	1	2	3	4	5	6	7	
22. To try to run faster	1	2	3	4	5	6	7	
23. To feel more confident about myself	1	2	3	4	5	6	7	
24. To participate with my family or friends	1	2	3	4	5	6	7	
25. To make myself feel whole	1	2	3	4	5	6	7	
26. To reduce my chance of having a heart attack	1	2	3	4	5	6	7	

<u>Possible Reasons for Running:</u>	Not a Reason						A Most Important Reason
	1	2	3	4	5	6	7
27. To make my life more complete	1	2	3	4	5	6	7
28. To improve my mood	1	2	3	4	5	6	7
29. To improve my sense of self-worth	1	2	3	4	5	6	7
30. To share a group identity with other runners	1	2	3	4	5	6	7
31. It is a positive emotional experience	1	2	3	4	5	6	7
32. To feel proud of myself	1	2	3	4	5	6	7
33. To visit with friends	1	2	3	4	5	6	7
34. To feel a sense of achievement	1	2	3	4	5	6	7
35. To push myself beyond my current limits	1	2	3	4	5	6	7
36. To have time alone to sort things out	1	2	3	4	5	6	7
37. To stay in physical condition	1	2	3	4	5	6	7
38. To concentrate on my thoughts	1	2	3	4	5	6	7
39. To solve problems	1	2	3	4	5	6	7
40. To see how high I can place in races	1	2	3	4	5	6	7
41. To feel a sense of belonging in nature	1	2	3	4	5	6	7
42. To stay physically attractive	1	2	3	4	5	6	7
43. To get a faster time than my friends	1	2	3	4	5	6	7
44. To prevent illness	1	2	3	4	5	6	7
45. People look up to me	1	2	3	4	5	6	7
46. To see if I can beat a certain time	1	2	3	4	5	6	7
47. To blow off steam	1	2	3	4	5	6	7
48. Brings me recognition	1	2	3	4	5	6	7
49. To have time alone with the world	1	2	3	4	5	6	7
50. To get away from it all	1	2	3	4	5	6	7
51. To make my body perform better than before	1	2	3	4	5	6	7
52. To beat someone I've never beaten before	1	2	3	4	5	6	7
53. To feel mentally in control of my body	1	2	3	4	5	6	7
54. To get compliments from others	1	2	3	4	5	6	7
55. To feel at peace with the world	1	2	3	4	5	6	7
56. To feel like a winner	1	2	3	4	5	6	7

Thank you for completing this questionnaire