

APPENDIX A EXERCISE IMAGERY INTERVIEW GUIDE

***Part A: Introduction and Demographics Information**

Thank you for agreeing to participate in this interview project. Shall we begin? We are talking to exercisers such as yourself about imagery use. The purpose of our study is to better understand imagery use by exercisers. I want to emphasize that your interview information will remain confidential. In the presentation of results, we will be focusing on group data. We may want to use selected quotes from the interviews in order to illustrate important ideas. These will be strictly anonymous, and we will ensure that your identity is protected. We are using a tape recorder to get complete and accurate information, and to make the interview process more efficient.

If you have any questions as we go along please ask them. Also, ask for clarification if at any time you do not understand what I am asking. Since you may have to think back in time, you might not be able to immediately remember some things. Take your time to recall; pauses are fine. If you still cannot remember after thinking back, then let me know, but please do not guess.

Do you have any questions now about what I have talked about so far? Ok then let's get started. The interview will be broken up into several parts. First, I will describe what imagery is. Second, I am going to ask you about some background information on your exercise involvement. Third, I will ask several questions related to your imagery use and exercise participation. Finally, at the end of the interview there will be an opportunity for you to add anything that you felt was important and not covered in the questions asked. Are you ready to begin?

***Part B: Introduction to imagery**

I will now give a definition of what imagery is. Imagery involves mentally seeing yourself exercising. The image in your mind should approximate the actual physical activity as closely as possible. Imagery may include sensations like hearing the music, feeling yourself move through the exercises, and feeling your heart beating. Imagery can also be associated with emotions. Some examples are imagining yourself getting psyched up or energized and feeling exhilarated after a workout. Imagery can also be used as a motivation to exercise. Some examples of motivational imagery are staying focused on exercise and not being distracted, setting exercise plans and goals such as imaging achieving goal of losing weight. Imagery can also be used to image proper form, technique, and routines. Do you have any questions regarding what imagery is? Do you use imagery in relation to your exercise participation (If answer 'yes,' ask the following questions below, if answer is 'no,' thank them for their time and participation)?

***Part C: (When/Where) Exercise and Imagery Use Questions**

At what time of the day do you image yourself exercising?

Do you image yourself exercising when you are not actually exercising?

How long (in minutes) do you image yourself exercising in a day?

Are there any other times when you image yourself exercising?

What are you doing when you image yourself exercising?

***Part D: What (Content) and Why (Functions) Exercise and Imagery Use Questions**

I would now like to know WHAT/WHY you image about exercise. Please describe in as much detail as possible what you image about exercising.

When you use imagery in relation to exercise, do you have images of your form and technique? If so, what kind of images? When you use form and technique imagery in relations to exercise, why do you use these images?

When you use imagery in relations to exercise, do you have images of your physical appearance? If so, what kind of images? When you use physical appearance imagery in relations to exercise, why do you use these images?

Probes:

In relations to your appearance, do you compare it from your past? Present? Future?

When you use imagery in relations to exercise, do you have images in regards to your health? If so, what kind of images? When you use health imagery in relations to exercise, why do you use these images?

When you use imagery in relations to exercise, do you have images making plans or strategies? If so, what kind of images? When you use plans or strategy imagery in relations to exercise, why do you use these images?

Does imaging yourself exercise motivate you to exercise? How does imagining yourself exercise motivate you to exercise?

Does imaging yourself exercise give you the confidence to exercise? How does imaging yourself exercising give you confidence to exercise?

To keep yourself going during the day, do you image exercising?

To relieve your stress, do you image exercising?

To get energized during the day, do you image exercising?

Is there anything I didn't mention before that you might want to add in regards to what and why you image about exercise?

Additional Probe:

I need to fully understand what it was about each thing you mentioned in regards to your imagery use. So thinking back, what was it about <...>?

***Part F: Internal and External Exercise Imagery Questions**

I would now like to describe two types of imagery perspectives. The first is an internal perspective, which is imagining the execution of a skill from your own vantage point. As if you had a camera on your head, you see only what you would see if you actually executed the particular skill. For example, as a jogger running through the woods, you would see the surrounding area such as trees, bushes, and water, but you would not image anything out of your normal range of vision. Because internal imagery is done from a first person perspective, the images would emphasize the feel of the movement. As a jogger, you would feel your heart beating, your shoes hitting the ground, the stride as you jog, the sweat coming down your brow. The second type is an external perspective. In external imagery you view yourself from the perspective of an external observer. It is as if you are watching yourself in the movies or on videotape. For example, if you were a weight lifter or aerobic participant imagining from an external perspective, you would see everything that is going on in the gym or studio.

Do you use an internal imagery perspective? Do you use an external perspective?

***Part G: General Exercise Imagery Questions**

Out of all the imagery questions asked above, what kind of imagery would you say you use the most (e.g., technique, appearance, health, plans/strategies)?

How has imagery use been beneficial to your exercise participation?

How has imagery use been harmful to your exercise participation?

Thinking back in time, how long have you been imagining yourself exercising?

How was your imagery changed over time? Has it improved? Are your images more vivid or clear? Do you image more now or in the past?

Do you think that you could benefit from imagery training?

***Part H: Conclusion**

As I mentioned when we began the interview you would have the opportunity to add anything that you felt was important and not covered in the questions asked.

Do you have suggestions or final thoughts?

What advice do you have to offer others on how imagery use can influence their exercise attitudes and behaviors?

What advice do you have to offer exercise leaders (or fitness professionals) regarding imagery use and exercise?

Thank you for your participation.