

Measuring Mental Toughness – MTQ48

The measure of mental toughness has been developed by Dr Peter Clough and Dr Keith Earle

Mental Toughness (as measured by the mental toughness questionnaire MTQ48) has emerged as a significant factor in the development of young people. Over the past three years research and case studies has emerged which shows that mental toughness is strongly correlated with:

PERFORMANCE

Studies carried out in schools, colleges and universities in the UK and in Holland show that there is a close link between MT and the performance of young persons in exams and tests. These studies consistently show that around 25% of the variation in a person's performance in exams is explained by their mental toughness.

It is therefore possible to develop an individual's mental toughness which then translates into better performance. Early small-scale studies in education are beginning to confirm this.

Studies in the occupational world show exactly the same thing. It is likely that mental toughness is also a factor in teacher/tutor performance.

WELLBEING

The higher the level of MT the more the individual is able to deal with the pressures, stressors and challenges of everyday life. They are able to deal more easily with even the most difficult days. This translates into outcomes such as better attendance, less stress and significantly lower reported bullying.

POSITIVE BEHAVIOURS

The higher the level of MT the more the individual demonstrates positive behaviours. They will adopt a "can do" attitude and there is clear evidence that the higher the level of mental toughness the more likely the student will engage in the class and the school (asking questions, engaging in discussion, etc).

ASPIRATION

Studies show that the higher the level of MT the greater the level of aspirations of the individual. This is particularly significant in areas of social and economic deprivation where “worklessness” can develop. MT is correlated with aspirations do better than the prevailing norm.

This is a 48 item questionnaire which takes about 10-15 minutes to complete.

PLEASE NOTE THAT THIS QUESTIONNAIRE CAN ONLY BE USED BY LICENSED A MTQ48 TRAINER/COACH

It is:

- **Extremely easy to use.** The questionnaire uses a 5 point Likert scale to capture responses.
- **Accessible.** The reading age for the item databank is 9+ years of age. The questionnaire has been used successfully with students from year 7 upwards
- **Quick.** Test results are processed immediately and expert reports are available within a day.
- **Capable of producing expert reports.** The version normally used within secondary education and FE generates:
 - A developmental report – reporting the scores, what they mean, and offering general coaching suggestions
- **Reliable** – a technical term to indicate whether it measures MT consistently. The reliability score for MTQ48 overall is 0.90 which is generally acknowledged as high.
- **Valid** – another key technical term which indicates whether it that it measures what it claims to measure. The concurrent validity score for MTQ48 overall and its scales ranges from 0.25 to 0.42 which again is generally acknowledged as high.

This means that MTQ48 is widely accepted as a high quality measure. In 2008, the University of Western Ontario carried out an independent review of MTQ48 and an independent factor analysis to confirm that our description of toughness is appropriate and that the measure is valid. This was published in New Scientist in Sept 2009

- **Normative.** This means that the test results for an individual are compared to the test results for a relevant norm group which represents the population at large. It is designed to operate in a normative sense. This provides significant additional value for the user. This means that the measure can be used for:
 - Diagnosis – identify what are the factors at play for individuals and groups in each situation
 - Evaluation – to measure progress consistently
 - Research - to assess which interventions are most effective and with which students/pupils
 - And is an intervention it is own right

When and where necessary The Langton will fund the Mental Toughness measure and Positive Action will kindly offered the measure at a reduced price, if any parent would like to have their son tested.

For more information about the measure and cost please contact Gilda Scarfe directly either via email gilda.scarfe@positive-action.co.uk or by phone on 0777 3383569.