

# The English-speaking, Hungarian, Latvian, Lithuanian, Romanian, Russian, Slovak, and Spanish adaptations of Makarowski's *Stimulating and Instrumental Risk Questionnaire* for martial arts athletes

## Authors' Contribution:

- A Study Design
- B Data Collection
- C Statistical Analysis
- D Manuscript Preparation
- E Funds Collection

Ryszard Makarowski <sup>1</sup>, Andrzej Piotrowski <sup>2</sup>, Radu Predoiu <sup>3</sup>, Karol Görner <sup>4</sup>, Alexandra Predoiu <sup>3</sup>, Georgeta Mitrache <sup>3</sup>, Romualdas Malinauskas <sup>5</sup>, Néstor Vicente-Salar <sup>6</sup>, Zermena Vazne <sup>7</sup>, Evgeny Cherepov <sup>8</sup>, Márta Miklósi <sup>9</sup>, Klára Kovács <sup>10</sup>, Raluca Pelin <sup>11</sup>, Zahra Nikkhah-Farkhani <sup>12</sup>, Ole Boe <sup>13</sup>, Samir Rawat <sup>14</sup>, Abhijit Deshpande <sup>14</sup>, Mieczysław Plopa <sup>15</sup>, Wojciech Plopa <sup>15</sup>

<sup>1</sup> Faculty of Administration and Social Sciences, Elblag University of Humanities and Economics, Elblag, Poland

<sup>2</sup> Institute of Psychology, University of Gdańsk, Department of Personality Psychology and Forensic Psychology, Gdańsk, Poland

<sup>3</sup> National University of Physical Education and Sports, Faculty of Physical Education and Sport, Teachers' Training Department, Bucharest, Romania

<sup>4</sup> Faculty of Arts, Matej Bel University, Banska Bystrica, Slovakia

<sup>5</sup> Department of Physical and Social Education, Lithuanian Sports University, Kaunas, Lithuania

<sup>6</sup> Biochemistry and Cell Therapy Unit, Institute of Bioengineering, University Miguel Hernandez, Elche, Spain; Department of Applied Biology-Nutrition, Alicante Institute for Health and Biomedical Research (ISABIAL-FISABIO Foundation), University Miguel Hernandez, Elche, Spain

<sup>7</sup> Department of Sport and Training Theory, Education Psychology and Education Internship, Latvian Academy of Sport Education, Riga, Latvia

<sup>8</sup> Department of Physical Education and Health, South-Ural State University, Chelyabinsk, Russia

<sup>9</sup> Department of Pedagogical Psychology, University of Debrecen, Debrecen Hungary

<sup>10</sup> Institute of Educational Studies, University of Debrecen, Debrecen, Hungary

<sup>11</sup> University Politehnica of Bucharest, Faculty of Medical Engineering, Department of Physical Education and Sports - Kinetotherapy, Bucharest, Romania

<sup>12</sup> Business Management Department, University of Bojnord, Bojnord, Iran

<sup>13</sup> Department of Business, Strategy and Political Sciences, University of South-Eastern Norway, Kongsberg, Norway; Bjorknes University College, Oslo, Norway

<sup>14</sup> Symbiosis International University, Pune, Maharashtra, India

<sup>15</sup> University of Economics and Human Sciences in Warsaw, Warsaw, Poland

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## Abstract

### Background and Study Aim:

The competition is an unique event which supposes pressure, social and financial stake, in these conditions increasing the athletes' probability of getting injured. And this probability is higher in the case of new and inexperienced athletes, in which case (mainly), the win-at-all-costs philosophy may lead to less calculated risks. The goal of the current study is recommendation to researchers, coaches of various martial arts (combat sports)

disciplines, physical education teachers, and psychologists with a measure of stimulating and instrumental risk. Adapting the S&IRQ will allow for assessing athletes in terms of sports risk.

#### Material and Methods:

The Hungarian, Latvian, Lithuanian, Romanian, Russian, Slovak, Spanish, and English adaptation of Makarowski's Stimulating and Instrumental Risk Questionnaire (S&IRQ) was made. Two types of risk are discussed: (a) stimulating risk, which focuses on the experience of pleasurable physiological stimulation, and (b) instrumental risk, which is a goal-oriented strategy/tactics. Our study has also a cross-sectional nature, analyzing the results for instrumental and stimulating risk, in the case of eight groups of athletes. The questionnaire's reliability and validity analyses on martial arts athletes from Hungary (n = 47), Latvia (n = 32), Lithuania (n = 47), English-speaking athletes from other countries (n = 58), Romania, (n = 61), Russia (n = 53), Slovakia (n = 29) and Spain (n = 25) was made. Reliability was measured using the Cronbach's  $\alpha$  internal consistency coefficient, which ranged from 0.69 to 0.83. A confirmatory factor analysis was used to verify the questionnaire's internal structure.

#### Results:

Results of research using the eight versions of the S&IRQ indicate that the measure possesses good psychometric properties and can be used in international research. Also, single-factor analysis of variance revealed significant differences between the groups of athletes. Romanian athletes achieved the highest mean scores for the stimulating risk scale, while athletes from Spain achieved the lowest results. Considering the instrumental risk, Spanish athletes registered the highest score and athletes from Russia the lowest values.

#### Conclusions:

The S&IRQ can be used in international studies, as part of psychological training by sport psychologists, coaches, martial arts athletes, athletes from various sport disciplines, for their professional and personal development. The appendix includes Arabic, Chinese, English, French, German, Greek, Hungarian, Indian (Marathi and Hindi), Indonesian, Italian, Latvian, Lithuanian, Macedonian, Moldavian, Persian, Polish, Portuguese, Romanian, Russian, Slovak and Spanish versions of the S&IRQ for martial arts athletes, together with the norms for both women and men. The questionnaire can be used not only by athletes, but also by other people over 16 years old.

#### Keywords:

combat sports • extreme sports • instrumental risk • risk perception • risk-taking • stimulating risk

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Authors have declared that no competing interest exists

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#### Author's address:

Karol Görner, Faculty of Arts, Matej Bel University, Banska Bystrica, Slovakia, Tajovského 40, 974 01 Banska Bystrica, Slovakia; e-mail: karol.gorner@umb.sk

#### Stimulating risk taking (SRT)

– *noun* is dominated by positive arousal and emotional processes, is uncontrollable, impulsive, focuses on the short term and emphasizes potential gains – e.g. *If I play chess/board games etc, I prefer to play for money* [40].

#### Arousal – *noun* is

a physiological and cognitive activation in response to a situation leading to readiness to *take action* [61].

#### Positive arousal – *noun* refers

to the intensity with which pleasure is experienced; positive arousal is increasing individuals' preferences for risk [62].

#### Instrumental risk taking

(IRT) – *noun* is dominated by negative arousal and cognitive processes, is controllable,

## INTRODUCTION

Career athletes are necessarily exposed to risks of injury and failure in competition [1-3]. Among the many risk factors in sports, the most important are health risks, risk of heavy injury, and even death [4-6]. These risks are greater for inexperienced athletes [7].

Different sports disciplines are related to a high risk of injury, for example rugby [8]. Equestrian sports and cheerleading also, involve a significant risk of fatal accidents [9]. Moreover, the same sports discipline can involve different risk levels. For example, in rafting in so-called class 2 rapids, mistakes do not cause a risk of injury, whereas they can cause death in class 6 rapids [10]. In sky-diving and BASE jumping, the rate of fatal accidents is 1 per 2317 jumps [11]. Finally, wingsuit diving is the most dangerous extreme sport in

the world in terms of the number of fatal accidents [12, 13]. Combat sports and martial arts (relationship – see glossary) are disciplines with elevated degree of risk (considering the injury rate), the number of athletes with disfunctions falling within 30-70%, while in the Olympic years it usually reaches higher limits [14]. In judo and wrestling it was found that the most frequent injuries occur at the lower extremities, followed by upper extremities and head [15].

Athletes training in extreme sports (or adepts of extreme form of physical activity – see glossary) systematically bring about situations where their health and life depend on their own skill. These individuals gain the most satisfaction from extreme experiences, as the perception of danger is chiefly related to their skill level [16, 17]. Extreme sports athletes claim that many everyday

situations involve high risk, for example, driving a car [18]. Many more people die in traffic accidents than in extreme sports accidents [19, 20]. In Great Britain, the rate of fatal accidents for rock climbing was 1:4000, which is much lower than for motorcycle driving (1:500) [21]. It is also worth mentioning that injuries, accidents, and deaths take place in sports not usually considered risky, such as swimming, cycling, or marathon running. Over 30% of athletes have sustained a sports injury [22]. Athletes also risk career failure, loss of income, and deterioration of health. According to the World Anti-Doping Agency [23], doping is detected in 1-2% of athletes, most often in body-builders and cyclers. A good, trusting relationship between the coach and the athletes is a protective factor against doping [24].

In the current article, we define risk as a result of a consciously made decision about a potential loss, harm, or gain, and risk-taking as a willful behavior which might result in loss, harm, or gain. We mention that risk is different from danger, which is more concrete and specific [25-27]. Subjective risk perception is influenced by a range of factors such as age, the level of experienced stress, motivation, personality, psychological resilience, level of athletic experience, and so forth. Risk-prone athletes are characterized by lower conscientiousness and high extraversion and neuroticism, while more risk-averse athletes exhibit higher conscientiousness [28, 29]. Conscientiousness-related perfectionism might be a good predictor of injury risk in young athletes [30].

Aside from the risk of injury, loss of health, or death, sports also involve other types of risk. They are not related to physical harm but to failure due to erroneous decisions. The risk of making a wrong decision increases with the amount of pressure [31]. These other types of risk are closely related to the health-related risks described above. Risk of failure during competition is based on two theoretical accounts: *risk as analysis* and *risk as feelings* [32]. These labels are a simplification, as risk is not an emotion in itself, but it can cause strong emotional arousal. Risk-taking can thus have two motivations: achieving an important goal (*instrumental risk*) or experiencing pleasurable physiological arousal (*stimulating risk*).

Taking instrumental risk is necessary for goal achievement [33-36] – it is an instrument in goal achievement. It is controlled, rational, and

calculated rather than spontaneous – a result of an informed decision focused on bringing about the desired result. It occurs in individuals with high levels of self-control. In situations of instrumental risk, the individual concentrates on the possible losses and sets the achievement of positive results as their goal. Instrumental risk facilitates appropriate behavior (strategy, tactics) for achieving the set goal. It is assumed to stem from a certain necessity, for example, of adaptation to the current conditions, survival, maintaining a positive self-image, or achievement of certain goals which require risky behavior. Risk-taking behavior results from a necessity of behaving in a certain way, regardless of the character of that necessity. Risk-taking can thus involve economic behaviors, for example, stock trading or gambling [37], or typical sports behaviors, for example, analytic chess playing or making tactical decisions during aviation competitions or cross-country runs [38]. It can be assumed that individuals taking instrumental risks are motivated towards analytical and rational thinking [39-41].

When risk-taking behavior is oriented towards experiencing pleasurable physiological arousal, for example, sexual intercourse, drug use, or extreme sports, it is referred to as stimulating risk. This type of risk serves to create a “buzz”. Stimulating risk is chiefly facilitated by the individual need for stimulation and it is not preceded by an analysis of possible losses. It is impulsive and related to low self-control. The individual taking stimulating risk does not focus on potential losses – the participation in the risky situation itself is what counts. The emotional system of information processing dominates in stimulating risk. The desire to experience positive emotions motivates stimulating risk-taking [42].

The concept of stimulating risk stems from the theory of the so-called optimal level of stimulation [43]. It is worth noting that individuals can be characterized by differing patterns of behavior in risky situations in different spheres of life. One individual might display instrumental risk-taking behaviors in the financial sphere and stimulating risk-taking behaviors in the recreational sphere. It is also possible to engage in both types of risk-taking behaviors in the same sphere, depending on the specific situation. Individuals occupying executive positions and facing high instrumental risk every day often engage in stimulating risk-taking behaviors during their free time.

reflective, focuses on the long term and emphasizes potential losses [40].

**Sports competition** – *noun* is characterized by unique, unrepeatable situations, with a high social and financial stake, supposing public and mediated actions [63].

**Combat sport** – *noun* a sport in which one person fights another, e.g. wrestling, boxing and the martial arts [64].

**Martial arts** – *plural noun* any of various systems of combat and self-defence, e.g. judo or karate, developed especially in Japan and Korea and now usually practised as a sport [64] – “every combat sport is martial arts but not vice versa” [65, p. 18].

**Extreme sport** – *noun* a sport considered more dangerous and thrilling than ordinary sports and often involving hazardous airborne stunts and tricks [64].

**EFPA** – “extreme form of physical activity are extreme sports, often classified according to the environment in which they are performed (water, land, air), extreme form of physical recreation as well as gainful activity or voluntary service, and all varieties of physical activity that meet at least one classification criterion of the feature associated either with extreme risk of injury or death, or extreme body burden with high level of effort, or extreme coordination difficulty” [66, p. 18, see also 67].

**Equestrian** – *adjective* relating to horses or riding, *noun* somebody who is skilled at riding horses or performing on horseback [64].

In line with the existing theory [44], instrumental risk can be related to the telic dimension and stimulating risk – to the paratelic dimension. Table 1 summarizes the characteristics of stimulating and instrumental risk.

The demand for psychological measures with good psychometric properties is increasing in contemporary sports, as psychology plays an increasingly significant part in building the athletes' competitive edge. The questionnaire described in the current article fits with the trend of creating modern measures of psychological aspects of risk in athletes [45-47]. *The Stimulating and Instrumental Risk Questionnaire (S&IRQ)* responds to the aforementioned demand and allows for measuring athletes' preferred level of stimulating and instrumental psychological risk.

The goal of the current study is recommendation to researchers, coaches of various martial arts (combat sports) disciplines, physical education teachers, and psychologists with a measure of stimulating and instrumental risk. Adapting the S&IRQ will allow for assessing athletes in terms of sports risk [48].

## MATERIAL AND METHODS

### Characteristics of the examined group

Three hundred and fifty-two martial arts athletes (91 women and 261 men) participated in the study, practicing: judo (n = 129), boxing (n = 90), karate (n = 65), sambo (n = 31), taekwondo (n = 22) and jujitsu (n = 15). They were athletes from Hungary (n = 47), Latvia (n = 32), Lithuania (n = 47), Romania (n = 61), Russia (n = 53), Slovakia (n = 29), Spain (n = 25), and English-speaking athletes from other countries – athletes who studied abroad (n = 58). The criterion for inclusion as an athlete was a minimum of one year of experience as an active member of

a sports club. Recreational sportsmen were not included in the study.

### Ethical requirements

The research was voluntary and anonymous. Respondents consciously gave consent to participate in the research. The research was conducted in accordance with the Helsinki Declaration. Ethical approval for the research was provided by the regional/ local ethics committee of the National University of Physical Education and Sport, Bucharest (the number of the study authorization assigned is 2479).

### Procedure

Original Polish version of the questionnaire was translated into English and then translated into Polish by translators with psychological experience. The final Hungarian, Latvian, Lithuanian, Romanian, Russian, Slovak and Spanish versions of the English version were created through reversion, compared and used in the research. All authors contributed equally to the study and questionnaire versions. The versions of the Makarowski's *Stimulating and Instrumental Risk Questionnaire* for athletes were created and applied on-line between December 2019 to July 2020.

### Theoretical validity

The most important, fundamental, and necessary type of validity is theoretical validity, or the degree to which a given test reflects a latent psychological trait. One of the methods of estimating theoretical validity is analyzing the test's internal structure using confirmatory factor analysis. It involves checking whether a given test is comprised of a certain number of factors, determined on the basis of psychological theory. The current study used the asymptotically distribution-free method, which does not require meeting the assumption of a multidimensional normal distribution.

**Table 1.** Comparison of stimulating and instrumental risk.

Stimulating risk	Instrumental risk
Greater focus on the <b>benefits</b>	Greater focus on the possible <b>losses</b>
Greater role played by <b>emotional processes</b>	Greater role played by <b>cognitive processes</b>
<b>Unconscious</b> information processing	Chiefly <b>conscious</b> information processing
<b>Impulsive</b> decision-making	<b>Reflexive</b> decision-making
The risk is <b>uncontrollable</b>	The risk <b>can be controlled</b>

Source: Own elaboration based on Zaleśkiewicz [40].

### Scale reliability

To estimate the internal consistency, a reliability analysis was carried out using Cronbach's  $\alpha$  coefficient. Internal consistency, also referred to as homogeneity of the method, denotes the degree to which a given test can be considered to measure a single construct.

### Statistical analysis

The estimation and analysis of the results is based on the following indicators: count (N); mean (M); median (Me); standard deviation (SD or  $\pm$ ); skewness (SKE); kurtosis (K); significance level, probability ( $p$ ); the significance level  $\alpha$  is the threshold for  $p$  below which the null hypothesis is rejected even though by assumption it was true, and something else is going on ( $\alpha$ ); distribution, F-Snedecor statistics, result of the analysis of variance ( $F$ ); degrees of freedom ( $df$ ); Root Mean Square Error of Approximation (RMSEA); low RMSA (LO); high RMSE (HI); goodness of fit index (GFI); adjusted goodness of fit index (AGFI); CMIN/ $df$  denotes the chi-square value divided by the degrees of freedom, whereas TLI denotes the Tucker-Lewis index; test of closeness of fit ( $p$ -close). The latter indices are related to structural equation modeling [49, 50].

Two separate one-way analysis of variances (ANOVA design) with stimulating and instrumental risk as dependent variables (DV's) were conducted. We used also Hochberg GT2 post-hoc test for unequal sample sizes and homogeneity of dispersion. Descriptive statistics and correlations (Pearson's  $r$ ) between the individual items of the S&IRQ were calculated first. The first stage of the statistical analysis involved calculating the descriptive statistics for all the studied groups (English-speaking, Hungarian, Latvian, Lithuanian, Romanian, Russian, Slovak,

and Spanish athletes). Then, a confirmatory factor analysis (CFA) was carried out. Thus, the psychometric properties of the resulting scales were tested by calculating the descriptive statistics and correlations, by carrying out an internal consistency and criterion validity analyses. The Statistica 13.1 and SPSS Amos 26 software was used for the analyses.

When the root mean square error of approximation (RMSEA) value is less than 0.05, the model fits the data well [51, 52]. The model fits the data acceptably if the RMSEA value is between 0.06 and 0.08 [51, 53]. If the value is greater than 0.08, the model fits the data poorly.

The  $p$ -close test assesses the closeness of fit of the empirical data to the theoretical model. Additionally, the  $p$ -close tests the null hypothesis that the RMSEA is not greater than 0.05. If the  $p$ -close test value is less than 0.05, the null hypothesis is rejected and it is concluded that the computed RMSEA is greater than 0.05, which indicates a lack of a close fit. The goodness of fit index (GFI) should exceed 0.90 [54]. This measure is not directly linked to the sample size, but it provides information as to whether the tested model fits the data significantly better than no model at all [55]. Therefore, we can conclude that our model has been verified against the results distribution from the data matrix.

## RESULTS

### Descriptive statistics and item correlations

The age and gender proportions of the samples were relatively similar (Table 2).

**Table 2.** Descriptive statistics of the sample.

Country	N	Women	Men	$M_{age}$	SD
English-speaking	58	12	46	27.57	11.62
Hungary	47	17	30	32.22	10.34
Latvia	32	10	22	27.78	9.14
Lithuania	47	8	39	22.65	5.52
Romania	61	20	41	25.41	7.67
Russia	53	8	45	22.13	3.70
Slovakia	29	9	20	29.65	13.67
Spain	25	7	18	27.24	10.54
Sum	352	91	261		

**Table 3.** Descriptive statistics and reliability coefficients of the sample.

Country	Stimulating risk					Instrumental risk				
	M	SD	SKE	K	$\alpha$	M	SD	SKE	K	$\alpha$
English-speaking	13.32	3.81	-0.46	-0.39	0.80	14.77	3.23	-0.63	-0.06	0.78
Hungary	12.22	3.36	-0.08	-0.03	0.76	15.22	2.37	-0.45	-0.26	0.69
Latvia	12.34	3.36	0.01	-0.96	0.82	14.71	2.23	-0.21	-0.28	0.74
Lithuania	12.15	2.56	-0.15	0.24	0.76	16.51	2.51	-0.48	-0.38	0.75
Romania	14.21	3.23	-0.77	1.00	0.81	15.54	3.29	-0.54	0.38	0.79
Russia	14.18	2.11	-0.10	-0.07	0.73	14.39	2.64	0.12	-0.67	0.70
Slovakia	12.52	4.34	-0.16	-0.78	0.83	15.64	2.71	-0.56	-0.15	0.79
Spain	12.11	3.42	-0.10	-0.05	0.79	16.76	2.82	-0.68	0.64	0.75

The descriptive statistics for each language version of the S&IRQ show that, for example, Romanian athletes achieved the highest mean scores on the stimulating risk scale ( $M = 14.21 \pm 3.23$ ), while Spanish athletes achieved the lowest results ( $M = 12.11 \pm 3.42$ ). Considering the instrumental risk, athletes from Spain registered the highest score ( $M = 16.67 \pm 2.82$ ) and athletes from Russia the lowest values ( $M = 14.39 \pm 2.64$ ) (Table 3).

Cronbach's  $\alpha$  values are presented in Table 3. They ranged from 0.73 to 0.83 for the stimulating risk scale and from 0.69 to 0.79 for the instrumental risk scale.

The DV's are normally distributed (skewness coefficient being less than 1), while variances of the DV's are relatively equal for each of the groups under comparison (Levene test is not significant, in the case of stimulating and instrumental risk). In the case of both stimulating and instrumental risk statistical analysis of the data revealed significant differences between the

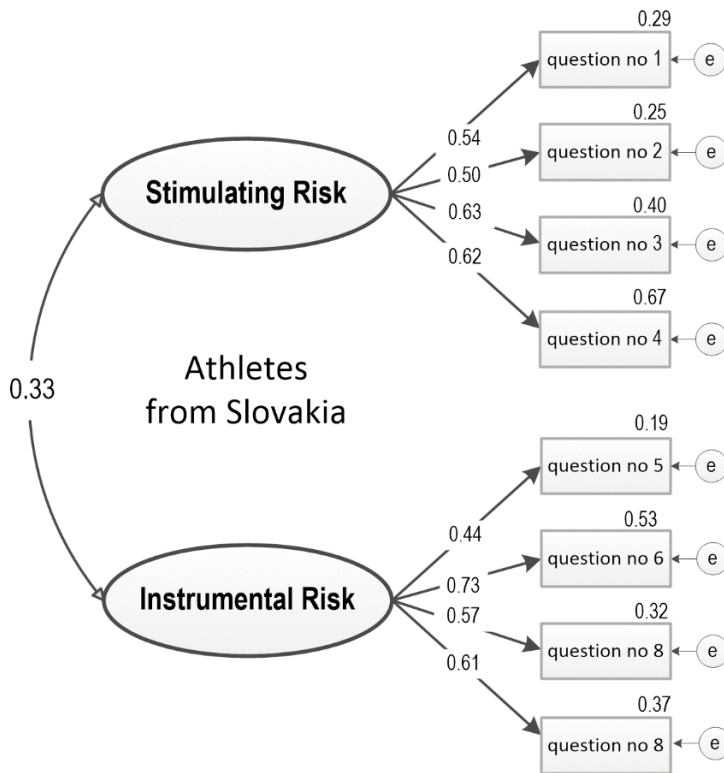
eight investigated groups. The effect size index is  $f = 0.26$  (stimulating risk), respectively  $f = 0.23$  (instrumental risk). We can say that there are moderate associations between the scores obtained for stimulating and instrumental risk and the affiliation of athletes in one of the eight groups (Table 4).

#### Theoretical validity – confirmatory factor analysis

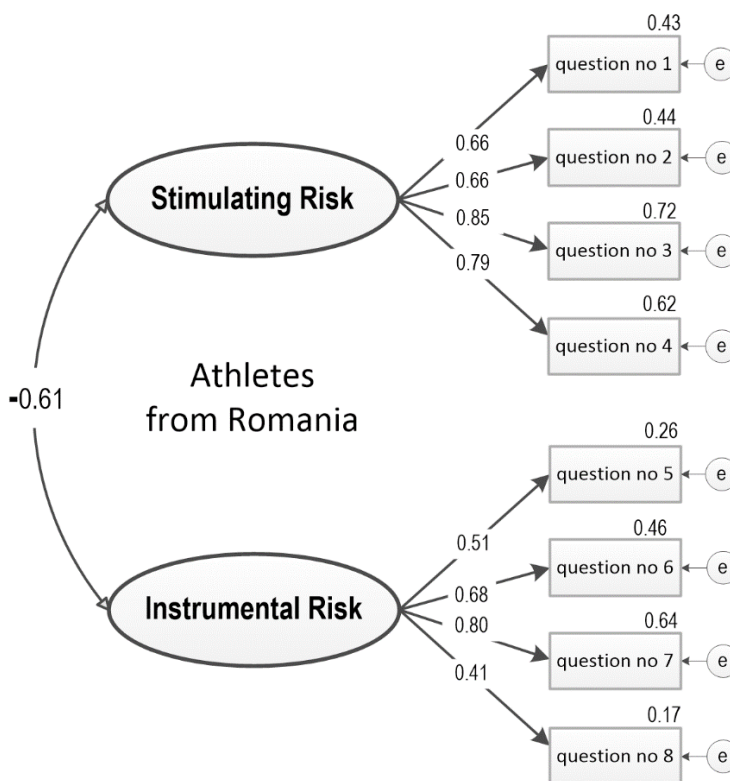
Two latent variables – stimulating and instrumental risk – were included in eight path models. Figures 1-3 show the relationships between the variables. Due to the fact that the path analysis showed similar psychometric properties of the questionnaire in all countries, we present an example of results from Slovakia, Romania and English-speaking athletes from other countries. The Pearson's  $r$  correlation coefficient was  $-0.61$  in the Romanian athletes group,  $0.33$  in the Slovak athletes group, and  $-0.20$  in the English-speaking athletes group. All correlations were statistically significant.

**Table 4.** Differences in stimulating and instrumental risk among athletes from the eight groups included in the study.

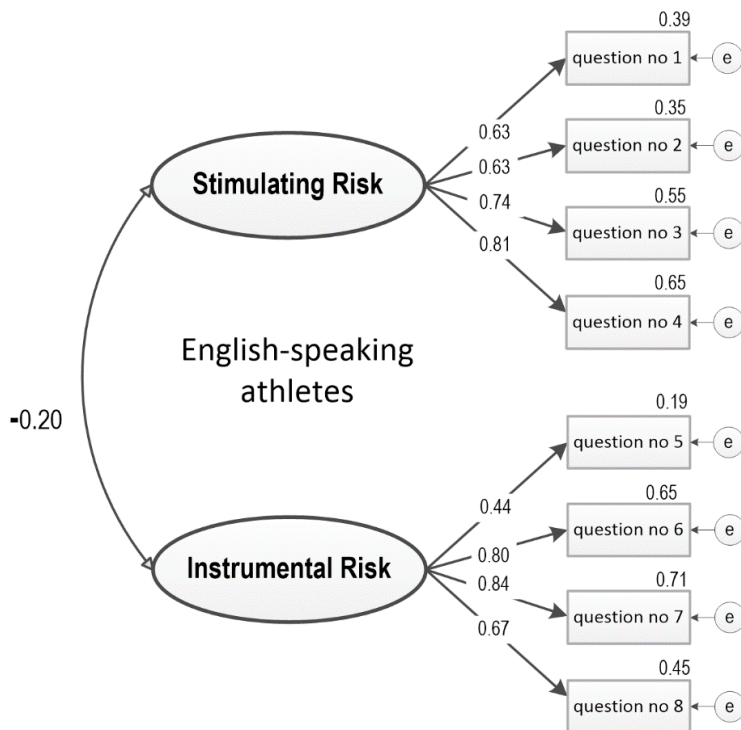
Country/ Investigated groups	Stimulating risk post-hoc analysis (Hochberg GT2, $p < 0.05$ )	Instrumental risk post-hoc analysis (Hochberg GT2, $p < 0.05$ )
1 English-speaking; 2 Hungary; 3 Latvia; 4 Lithuania; 5 Romania; 6 Russia; 7 Slovakia; 8 Spain	1:2; 1:3; 1:4; 1:7; 1:8; 2:5; 2:6; 3:5; 3:6; 4:5; 4:6; 5:7; 5:8; 6:7; 6:8	1:4; 1:8; 2:4; 2:8; 3:4; 3:8; 4:5; 4:6; 4:7; 5:8; 6:8; 7:8
F	4.984	4.223
p	<0.05	<0.05
f	0.26	0.23



**Figure 1.** Confirmatory analysis model for the Slovak athletes group.



**Figure 2.** Confirmatory analysis model for the Romanian athletes group.



**Figure 3.** Confirmatory analysis model for the English-speaking athletes group.

In all eight models, the RMSEA was lower than 0.08, the GFI and AGFI (in most cases) were higher than 0.90, and the p-close test value was generally higher than 0.05. This indicates a good fit of the model. The properties of the  $\chi^2$  distribution make it easy to reject the null hypothesis and thus discredit the model in large samples, when in reality it might be acceptable (Table 5).

### DISCUSSION

Researchers underlined that risk-taken behavior should be investigated across different sports, in younger athletes, but also in older athletes (Masters), knowing that both, younger and older athletes (between 40-75 years old), accept their practice as being inherently risky [56]. Therefore, we highlight the importance of creating a reliable tool for risk-taken behavior assessment (in the context in which the topic is facing limited methodological instruments), which can be applied in different countries and with different martial arts athletes, in order to support them (and their families), identifying those who need better assistance in training and competition – a unique event which supposes pressure, increasing the athletes’ probability of getting injured.

Eight samples of athletes were tested – martial arts athletes from Hungary, Latvia, Lithuania, Romania, Russia, Slovakia, Spain, and English-speaking athletes from other countries (athletes from various countries who studied abroad). The statistical analyses revealed two scales: (a) stimulating risk and (b) instrumental risk. The questionnaire has only 8 items, four for each scale. It can be used for quick and inexpensive assessment of risk levels in sports. It can be used by sports psychologists, coaches in various disciplines, as well as the athletes themselves. We mention that availability, simplicity and easy testing in various conditions represent important characteristics which a suggested tool (along with methodological criteria) must meet [57, 58].

The obtained scores allow for determining a given person’s (e.g., an athlete’s) attitudes towards preferred types of risk. Especially among young athletes, the questionnaire can allow for shaping the preferences towards risk-taking behaviors according to the so-called master model. Therefore, after one’ investigation of top athletes using the S&IRQ, conclusions related to the selection process and, also, related to the personal and professional development of athletes can be drawn. It must be underscored that eight language versions of the questionnaire



**Table 5.** The models' fit indicators in the eight groups.

Country	Chi <sup>2</sup>	p	CMIN/df	RMSA (LO-HI)	TLI	GFI	AGFI	p-close
English-speaking	19.91	0.385	2.860	0.022 (0.001–0.093)	0.996	0.957	0.913	0.653
Hungary	21.47	0.275	1.137	0.042 (0.001–0.011)	0.928	0.939	0.884	0.501
Latvia	22.30	0.271	1.175	0.044 (0.001–0.090)	0.961	0.945	0.877	0.228
Lithuania	31.95	0.032	1.635	0.043 (0.024–0.068)	0.928	0.938	0.912	0.164
Romania	43.11	0.010	2.256	0.056 (0.035–0.092)	0.922	0.958	0.921	0.588
Russia	31.87	0.036	1.643	0.060 (0.016–0.079)	0.990	0.960	0.928	0.562
Slovakia	21.22	0.327	1.576	0.038 (0.001–0.088)	0.918	0.956	0.927	0.740
Spain	16.65	0.638	0.601	0.001 (0.001–0.018)	0.967	0.939	0.898	0.587

achieved similar psychometric properties. Thus, the questionnaire can be recommended for use by the Hungarian, Latvian, Lithuanian, Romanian, Russian, Slovak, Spanish, and English-speaking athletes from other countries. Additionally, further adaptational studies can be carried out.

Using the Makarowski's *Stimulating and Instrumental Risk Questionnaire*, specialists or athletes themselves may increase awareness regarding the level of risk-taken behavior, preventing actions and reactions with possible negative effect on young athletes development, on their physical and mental health. A psychological *screening* can be made, identifying and stratifying risk-taken behavior in sport.

The present study provides researchers, coaches, athletes, versions of the questionnaire in multiple languages. The S&IRQ completes the methods, at international level, considering risk assessment. An interesting list of risk attitude measures, including measures of personality traits related to risk and behavioral measures of risk, can be found [see 59]. Considering the sports domain, we mention the Triad CRA (Triad Cumulative Risk Assessment) and RED-S CAT (Relative Energy Deficiency in Sport Clinical Assessment Tool) which make inferences regarding athletes' risk level: high, moderate or low [45] – as authors highlighted, Triad CRA and RED-S CAT have less consensus on the specific risk level assigned. Other researchers are using dual-task assessments in order to identify the risk of lower-extremity injury [46] or the Risk Assessment Form – *Sport & Physical Activity* [60]. Therefore, specialists are paying attention to risk-taken assessment, also, inside PE lessons and School Sport.

We emphasize that using the S&IRQ, sport psychologists, physical education teachers, coaches etc, cannot draw conclusions regarding the mental health of a particular athlete, instead, they can identify athletes, students who need better guidance with respect to injury management.

## CONCLUSIONS

Risk can be divided into two chief types: instrumental and stimulating. Each type of risk is motivated by different causes. Instrumental risk is taken from necessity, to achieve a given goal. It is usually preceded by an analysis of possible losses and gains. Stimulating risk is taken in order to experience pleasure and it involves the experiencing positive emotions. Risk-taking in sports can be related to achieving success when it is properly calculated, but it can also involve failure, injury, or even death. It seems that every coach or sports psychologists could benefit from knowing what type of risk is preferred by a given athlete. This can allow for modifying both their training plans as well as the strategy during sports events. The current article presented an adaptation of the S&IRQ on a sample of Hungarian, Latvian, Lithuanian, Romanian, Russian, Slovak, Spanish and English-speaking martial arts athletes from other countries. It has shown that the S&IRQ possesses good psychometric properties and that it can be successfully employed for assessing risk perception (from 16 years old). The instrument can be used by martial arts athletes from various disciplines.

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## APPENDIX

### Description of S&IRQ dimensions

The *Stimulating and Instrumental Risk Questionnaire* is used to measure the style of perception and interpretation of risky behaviors. It distinguishes between two styles of risky behaviors: stimulating (S) and instrumental (I). Stimulating risk – risk is perceived as a way to get stimulation through increased physiological arousal.

The important elements are focusing on activity and sensation seeking by searching for highly stimulating situations that bring pleasure, irrespective of the outcome. Gain, win, or loss is of no importance as the activity is intended to cause a pleasant state of excitement that is an end in itself.

Instrumental risk – risk is perceived as an opportunity for a positive result. Risk is taken only when there is a chance of winning or of gain. The stimulating aspect of risk taking is of no importance. This kind of risk requires rational thinking and orientation solely towards a goal as it is only winning that counts, and a possible future win makes individuals look for tools to increase their likelihood of success. The questionnaire can be used without individually requesting the authors' permission.

### Rating scale and norms

The questionnaire can be used in individual and group studies. Answers are assigned a specific number of points as follows: *true* = 5; *rather true* = 4; *hard to say* = 3; *rather untrue* = 2; *untrue* = 1.

The (stimulating risk) dimension includes the following items: 1, 3, 5 and 7. The minimum score is 4, and the maximum score is 20. The (instrumental risk) dimension includes the following items: 2, 4, 6 and 8. The minimum score is 4, and the maximum score is 20. There are no reverse items. Norms were calculated for athletes, but the questionnaire can be used in research of other groups, not only athletes.

**Norms** (The norms for women and men are the same):

The questionnaire can be used without individually requesting the authors' permission.

The appendix includes English, Arabic, Chinese, French, Greek, Hungarian, Italian, Indonesian, Indian (Marathi and Hindi), Lithuanian, Latvian, Moldavian, German, Persian, Polish, Portuguese, Slovak, Romanian, Russian, Spanish version of the Questionnaire for athletes and not only athletes.

Sten	Stimulating risk	Instrumental Risk	Sten	Score
1	4-6	4-8	1	Very low
2	7-8	9	2	Very low
3	8-10	10-11	3	Low
4	11-12	12-13	4	Low
5	13	14	5	Average
6	14-15	15	6	Average
7	16-17	16-18	7	High
8	18-19	19	8	High
9	20	20	9	Very high
10			10	Very high

The Arabic, Chinese, French, Greek, Indonesian, Indian (Marathi and Hindi), Moldavian, German, Persian, Portuguese and Italian were not validated (cultural adaptation of these questionnaires was not carried out).

## English

# The Questionnaire S&IRQ (Makarowski)

Please remember that there are no “correct” or “incorrect” answers, only truthful ones count.  
Please mark your answer with an X.

		True	Rather true	Hard to say	Rather untrue	Untrue
1	When I pursue my passions, I like the moments of balancing on the edge of risk.	a	b	c	d	e
2	I take the risk only when it is necessary to reach my goal.	a	b	c	d	e
3	Sometimes, I unnecessarily tempt fate.	a	b	c	d	e
4	When I have to risk, I carefully calculate the possibility of failure.	a	b	c	d	e
5	I am attracted to various hazardous actions (e.g. travelling across remote, unknown places) even if I do not know what can happen to me there.	a	b	c	d	e
6	Before taking a risky decision, I always thoroughly consider all pros and cons.	a	b	c	d	e
7	Sometimes I risk to feel the “adrenaline” because that makes me feel that I really live.	a	b	c	d	e
8	Risky decisions require thinking, peace, and time.	a	b	c	d	e

## Arabic

## ةديفم رطاخم ةيزيفحت رطاخم نايبتسا

## Stimulating and Instrumental Risk (Makarowski)

في X ةم ال ع عض . طقف ةقد داص تاباج! لب ةئطاخ وأ ةحيحص تاباج! دجوت ال . ةيلاتال تاحل طصم ال يل ع بجأ نأ كجرا . كباوج ناكم

	حص	ام ووج يل احص	بحص	ام اعون	حص ريغ	
1	رطاخم ةفاح يل ع انأ ام دن ع تالاح بحأ يتياوه ةسرامم ي ف	a	b	c	d	e
2	بابسأل ا نود ردقل ب دتجأ ناياحأ	a	b	c	d	e
3	يل ع رظنت رطاخم ام فرع أ ال ام دن ع يتح (ةروجهم و ةفورعم ريغ ني كامأ روبع ال ثم) ي نبذجت ةفلتخمم ل ا ةريطخ ل ل ا ع ف أ ل ا	a	b	c	d	e
4	ةي ح ينل ع جت اهنأل ني لان ي ردأ ل اب رعشال طقف رطاخم ل ا ذخأ ناياحأ	a	b	c	d	e
5	ك لذ جاتحي فدهل ا يل ا لوصول ا ام دن ع طقف رطاخم ل ا ذخأ	a	b	c	d	e
6	ةقدلاب ةراسخ ل ا ةينكام! نع ركفأ ام ئاد رطاخم ل ا ذخات ةلاح ي ف	a	b	c	d	e
7	دضو عم ءايشأ لك نع قدلاب ركفأ ام ئاد رطاخم ل اب فوفحم رارق ذخات ل ب ق	a	b	c	d	e
8	تقولوا ووده ل ا لم أت ل ا يل ا جاتحي رطاخم ل اب فوفحم تارارق ل ا	a	b	c	d	e

## Chinese

## 刺激性与工具性风险

## Stimulating and Instrumental Risk (Makarowski)

## 问卷调查

请针对下面的每一句话诚实地选择对您而言最适当的选项。没有对与错的答案，只有诚实的答案。请用叉号标记所选的答案。

	准确	比较准确	不一定	不太准确	不准确
1 当我追求内心热爱的事情时，我最喜欢置身于风险的边缘徘徊的时刻。	a	b	c	d	e
2 有时，我会做一些不必要的冒险。	a	b	c	d	e
3 尽管不知道会遇到什么情况，各种较危险的行为（如：探索无人的陌生地方）仍然很吸引我	a	b	c	d	e
4 有时，我之所以冒险是为了感受“肾上腺素的冲击”，因为这才让我觉得自己活力焕发。	a	b	c	d	e
5 只会在有必要实现自己的目标时，我才会冒险。	a	b	c	d	e
6 当我不得不冒险时，我会很认真思考失败的可能性。	a	b	c	d	e
7 在采取冒险的决策前，我总会仔细权衡所有利弊。	a	b	c	d	e
8 冒险的决定需要时间，冷静周全的考虑。	a	b	c	d	e

## Français

## Questionnaire sur les risques de type „stimulation“ et „instrumental“ (Makarowski)

Rappelle-toi, il n'y a pas de de “bonne” ou de “mauvaise” réponse, seulement celles qui sont vraies comptes.  
Merci de cocher la réponse avec un 'X'.

		Vrai	Plutôt vrai	Difficile à dire	Plutôt faux	Faux
1	Quand je réalise ma passion, j'aime ce moment quand je flirte avec le danger	a	b	c	d	e
2	Des fois je tente le destin inutilement.	a	b	c	d	e
3	Je suis tenter par de multiples activités dangereuses (p.ex. traverser des terres inconnues, des endroits inexplorés), sans même savoir ce qui m'attend.	a	b	c	d	e
4	Des fois je prends des risques pour ressentir de „l'adrénaline“ car c'est à ce moment-là que je me sens plein de vie	a	b	c	d	e
5	Je prends des risques seulement quand cela est nécessaire afin d'atteindre un objectif.	a	b	c	d	e
6	Quand je dois prendre des risques j'envisage minutieusement la possibilité d'un échec.	a	b	c	d	e
7	Avant de prendre une décision risquée j'essaye toujours de peser les 'pour' et les 'contre'.	a	b	c	d	e
8	Les choix risqués demandent de la réflexion, du calme et du temps	a	b	c	d	e



## German

# Der Fragebogen S & IRQ (Makarowski)

Bitte denken Sie daran, dass es keine „richtigen“ oder „falschen“ Antworten gibt, sondern nur wahrheitsgemäße zählen.  
Bitte markieren Sie Ihre Antwort mit einem X.

		Wahr	Eher wahr	Es ist schwer zu sagen	Eher nicht zutreffend	Falsch
1	Wenn ich meinen Leidenschaften folge, mag ich jene Momente, in denen das Risiko hoch ist.	a	b	c	d	e
2	Ich gehe das Risiko nur ein, wenn es notwendig ist, um mein Ziel zu erreichen.	a	b	c	d	e
3	Manchmal fordere ich das Schicksal unnötigerweise heraus.	a	b	c	d	e
4	Wenn ich ein Risiko eingehen muss, denke ich sorgfältig über die Möglichkeit eines Scheiterns nach.	a	b	c	d	e
5	Ich fühle mich zu verschiedenen gefährlichen Handlungen hingezogen (zum Beispiel Reisen an entlegene, unbekannte Orte), auch wenn ich nicht weiß, was mir dort passieren kann.	a	b	c	d	e
6	Ich denke immer sorgfältig über alle Vor- und Nachteile nach, bevor ich eine riskante Entscheidung treffe.	a	b	c	d	e
7	Manchmal riskiere ich es, das „Adrenalin“ zu spüren, denn das gibt mir das Gefühl, dass ich wirklich lebe.	a	b	c	d	e
8	Riskante Entscheidungen erfordern Nachdenken, Ruhe und Zeit.	a	b	c	d	e

## Greek

## Το ερωτηματολόγιο S&amp;IRQ (Makarowski)

Να θυμάστε παρακαλώ, ότι δεν υπάρχουν λάθος και σωστές απαντήσεις, μόνο ειλικρινείς. Παρακαλώ σημειώστε την απάντησή σας με ένα Χ.

		Αληθές	Μάλλον Αληθές	Δύσκολο να πω	Μάλλον Όχι Αληθές	Όχι Αληθές
1	Όταν επιδιώκω τα πάθη μου, μου αρέσουν οι στιγμές τις εξισορρόπησης στην αποκορύφωση του ρίσκου.	α	β	γ	δ	ε
2	Παίρνω το ρίσκο μόνο όταν είναι αναγκαίο για να φτάσω τον στόχο μου.	α	β	γ	δ	ε
3	Μερικές φορές, άθελα μου προκαλώ την μοίρα.	α	β	γ	δ	ε
4	Όταν παίρνω κάποιο ρίσκο, υπολογίζω προσεχτικά την πιθανότητα της αποτυχίας.	α	β	γ	δ	ε
5	Έλκομαι από διάφορες επικίνδυνες ενέργειες (π.χ. ταξίδια σε απομακρυσμένα, άγνωστα μέρη) ακόμα και αν ξέρω τι μπορεί να μου συμβεί εκεί.	α	β	γ	δ	ε
6	Πριν πάρω κάποια απόφαση μεγάλου ρίσκου, πάντα έχω υπόψη όλα τα υπέρ και κατά.	α	β	γ	δ	ε
7	Μερικές φορές ρισκάρω να νιώσω την «αδρεναλίνη» γιατί αυτό με κάνει να νιώθω αληθινά ζωντανή.	α	β	γ	δ	ε
8	Αποφάσεις μεγάλου ρίσκου, απαιτούν σκέψη, γαληνή και χρόνο.	α	β	γ	δ	ε

## Hungarian

**Stimulációs és instrumentális kockázat kérdőív (Makarowski)**

A kérdések megválaszolásakor nincsenek jó és rossz válaszok, válassza azt, amelyik a leginkább igaz Önre!  
Jelölje választát X jellel!

		igaz	Inkább igaz	Igaz is, meg nem is	Inkább nem igaz	Nem igaz
1	Bátran kockáztatok, amikor valamilyen tevékenységet szenvedélyesen végzek.	a	b	c	d	e
2	Csak akkor vállalom a rizikót valamiért, amikor az elengedhetetlenül szükséges a céloom eléréséhez.	a	b	c	d	e
3	Időnként szükségtelenül kísértem a sorsot.	a	b	c	d	e
4	Mindig számolok a hibázás lehetőségével, amikor kockáztatnom kell.	a	b	c	d	e
5	Vonzanak a veszélyes tevékenységek (pl. távoli, ismeretlen helyekre való utazás) akkor is, ha nem tudom, mire számíthatok.	a	b	c	d	e
6	Egy kockázatos döntés meghozatala előtt mindig alaposan mérlegelem a mellette és ellene szóló érveket.	a	b	c	d	e
7	Néha azért kockáztatok, hogy érezzem az "adrenalinlöketet", mert ez az, ami megmutatja, hogy élek.	a	b	c	d	e
8	Kockázatos döntések meghozatalához azok alapos átgondolása, nyugalom és idő szükséges.	a	b	c	d	e

## bahasa Indonesia

**Kuesioner Stimulasi dan Risiko Instrumental (Makarowski)**

Harap diingat bahwa tidak ada jawaban yang “benar” atau “salah”, jawabanlah secara jujur sesuai dengan perasaan dan pengalaman pribadi Anda.

Harap tandai jawaban Anda dengan tanda X.

		Benar	Agak benar	Sulit untuk dikatakan	Agak tidak benar	Tidak Benar
1	Ketika saya mengejar keinginan saya, saya suka saat-saat keseimbangan di tepi risiko.	a	b	c	d	e
2	Saya mengambil risiko hanya ketika perlu untuk mencapai tujuan saya.	a	b	c	d	e
3	Terkadang, saya tidak perlu menguji nasib.	a	b	c	d	e
4	Ketika saya harus mengambil risiko, saya dengan hati-hati menghitung kemungkinan kegagalan.	a	b	c	d	e
5	Saya tertarik pada berbagai tindakan berbahaya/ menantang (misal. bepergian melintasi tempat-tempat yang jauh dan tidak dikenal) bahkan jika saya tidak tahu apapun yang akan terjadi pada saya di sana.	a	b	c	d	e
6	Sebelum mengambil keputusan yang berisiko, saya selalu mempertimbangkan dengan seksama semua pro dan kontra.	a	b	c	d	e
7	Terkadang saya mengambil risiko untuk merasakan „adrenalin”, karena itu membuat saya merasa bahwa saya benar-benar hidup.	a	b	c	d	e
8	Keputusan berisiko membutuhkan pemikiran, kedamaian, dan waktu.	a	b	c	d	e

## Italian

# Il Questionario del Rischio Simulativo e Instrumentale (Makarowski)

Sotto si trova un elenco di affermazioni con le quali puoi essere d'accordo oppure in disaccordo.  
Per ogni affermazione scegli una tra le seguenti opzioni:

		Vero	Piuttosto vero	Difficile da dire	Piuttosto non vero	Non vero
1	Quano mi realizzo tramite le mie passioni mi piaciono i momenti quando sto al limite di rischio.	a	b	c	d	e
2	Ogni tanto rischio senza un motivo.	a	b	c	d	e
3	Mi piaciono le cose pericolose (camminare nei posti isolati e sconosciuti), anche quando potrebbe succedermi qualcosa.	a	b	c	d	e
4	Ogni tanto rischio per sentire l'adrenalina, perchè così mi sento vivo.	a	b	c	d	e
5	Corro il rischio esclusivamente nei casi in cui è strettamente necessario per raggiungere il mio obiettivo.	a	b	c	d	e
6	Quando devo correre il rischio valuto bene le possibilità di fallimento.	a	b	c	d	e
7	Prima di prendere una decisione rischiosa valuto sempre tutti i pro ed i contro.	a	b	c	d	e
8	Le decisioni rischiose richiedono valutazioni, tranquillità e tempo.	a	b	c	d	e

## Latvian

**Stimulējoša un instrumentāla riska aptauja (Makarowski)**

Lūdzu, atcerieties, ka aptaujā nav "pareizu" vai "nepareizu" atbilžu.

Lūdzu, novērtējiet savu atbildi un atzīmējiet to ar X.

		Patiesība	Drīzāk taisnība	Grūti pateikt	Drīzāk nepatiesa	Nav patiesība
1	Kad es daru visu ar aizrautību, man patīk balansēšana uz riska robežas	a	b	c	d	e
2	Es riskēju tikai tad, ja tas ir nepieciešams mērķa sasniegšanai	a	b	c	d	e
3	Dažreiz es lieki izaicīnu likteni.	a	b	c	d	e
4	Kad man ir jāriskē, es rūpīgi pārdomāju neveiksmes iespēju.	a	b	c	d	e
5	Mani pievelk dažādas bīstamas darbības (piemēram, ceļošana pa nomaļām, nezināmām vietām), pat ja es nezinu, kas ar mani tur var notikt.	a	b	c	d	e
6	Pirms riskanta lēmuma pieņemšanas es vienmēr rūpīgi apsveru visus plusus un minusus.	a	b	c	d	e
7	Dažreiz es riskēju lai sajūstu "adrenalīnu", jo tas man liek justies, ka es tiešām dzīvoju.	a	b	c	d	e
8	Riskantu lēmumu pieņemšanai nepieciešama apdomāšana, miers un laiks.	a	b	c	d	e

## Lithuania

## Stimuliuojančios ir instrumentinės rizikos klausimynas (Makarowski)

Atsakykite į kiekvieną klausimą.

Atminkite, kad nėra teisingų ar neteisingų atsakymų, pasirinkite tą, kuris Jums labiausiai tinka.

Pažymėkite pasirinktą atsakymą kryželiu.

		Teisingai	Veikiau teisingai	Sunku pasakyti	Veikiau neteisingai	Neteisingai
1	Kai aš siekiu savo tikslų, man patinka tie momentai, kada aš turiu rizikuoti	a	b	c	d	e
2	Rizikuoju tik tada, jei tai būtina tikslui pasiekti	a	b	c	d	e
3	Kartais aš be reikalo žaidžiu su likimu	a	b	c	d	e
4	Kai turiu priimti rizikingą sprendimą, apsvairstau ir nesėkmės galimybę	a	b	c	d	e
5	Mane traukia įvairi pavojinga veikla (pvz., keliavimas nuošaliose, nežinomose vietose), net jei nežinau, kas gali man ten atsitikti	a	b	c	d	e
6	Kai turiu rizikuoti, pasveriu visus už ir prieš	a	b	c	d	e
7	Kartais rizikuoju dėl „adrenalino“, nes tuomet jaučiu, kad tikrai gyvenu	a	b	c	d	e
8	Rizikingi sprendimai reikalauja susikaupimo ir laiko	a	b	c	d	e

## Macedonian

## Прашалник RSiRI (Makarowski)

Ве молиме да одговорите на сите прашања. Не постојат точни и грешни одговори, туку само искрени. Ве молиме да го одбележите селектираниот одговор со X.

		Точно	Повеќе е точно	Тешко да се одговори	Повеќе е не	Не е точно
1	Кога ги следам своите страсти, ми се допаѓаат оние моменти кога ризикот е голем.	a	b	c	d	e
2	Ризикувам само кога е потребно да ја постигнам мојата цел.	a	b	c	d	e
3	Понекогаш ја предизвикувам судбината безпотребно.	a	b	c	d	e
4	Кога морам да ризикувам, внимателно ја разгледувам можноста за неуспех.	a	b	c	d	e
5	Ме привлекуваат опасни активности (како на пример, одење во далечни и непознати места), дури и тогаш кога не знам што би можело да ми се случи таму.	a	b	c	d	e
6	Секогаш внимателно ги земам во предвид сите аргументи за и против пред да донесам ризишна одлука.	a	b	c	d	e
7	Понекогаш ризикувам за да почувствувам "адреналин", бидејќи ме прави да се почувствувам навистина жив(а).	a	b	c	d	e
8	Ризичните одлуки бараат размислување, мир и време.	a	b	c	d	e



## Hindi

## Simulation and Instrumental Risk Questionnaire (Makarowski)

कृपया याद रखें कि कोई "सही" या "गलत" उत्तर नहीं हैं, केवल सत्यवादी ही गिनते हैं।

कृपया अपने उत्तर को **X** के साथ चिह्नित करें।

	सच	बल्कि सच	बताना कठिन है	बल्कि असत्य	असत्य
1. जब मैं अपने जुनून का पीछा करता हूँ, तो मुझे जोखिम के किनारे पर संतुलन बनाने के क्षण पसंद हैं।	अ	ब	क	ड	इ
2. मैं जोखिम तभी उठाता हूँ जब अपने लक्ष्य तक पहुंचना जरूरी होता है।	अ	ब	क	ड	इ
3. कभी-कभी, मैं अनावश्यक रूप से भाग्य को लुभाता हूँ।	अ	ब	क	ड	इ
4. जब मुझे जोखिम उठाना पड़ता है, तो मैं ध्यान से विफलता की संभावना की गणना करता हूँ।	अ	ब	क	ड	इ
5. मैं विभिन्न खतरनाक क्रियाओं (जैसे दूरस्थ, अज्ञात स्थानों पर यात्रा करना) से आकर्षित होता हूँ, भले ही मुझे नहीं पता कि मेरे साथ वहां क्या हो सकता है।	अ	ब	क	ड	इ
6. एक जोखिम भरा निर्णय लेने से पहले, मैं हमेशा सभी पेशेवरों और विपक्षों पर पूरी तरह से विचार करता हूँ।	अ	ब	क	ड	इ
7. कभी-कभी मुझे "एड्रेनालाईन" महसूस करने का जोखिम होता है क्योंकि इससे मुझे लगता है कि मैं वास्तव में जीवित हूँ।	अ	ब	क	ड	इ
8. जोखिम भरे फैसलों के लिए सोच, शांति और समय की आवश्यकता होती है।	अ	ब	क	ड	इ

## Indian Marathi

# Stimulation and Instrumental Risk Questionnaire (Makarowski)

कृपया लक्षात ठेवा की तेथे कोणतीही "बरोबर" किंवा "चुकीची" उत्तरे नाहीत, केवळ त्यातील खरेपणा बघितला जाईल.

कृपया आपले उत्तर "X" (फुली मारून) चिन्हांकित करा.

	होय	कदाचित हो	सांगण्यास कठीण	कदाचित नाही	नाही
1. जेव्हा मी माझी आवड किंवा छंद जोपासतो, तेव्हा त्यात तारेवरची कसरत करायला लावणारे क्षण मला आवडतात.	अ	ब	क	ड	इ
2. जेव्हा मी माझ्या ध्येयापर्यंत पोहोचणे आवश्यक असते तेव्हाच मी जोखीम घेतो.	अ	ब	क	ड	इ
3. कधीकधी मी अनावश्यकपणे नशिब साथ देण्याची अपेक्षा करतो.	अ	ब	क	ड	इ
4. जेव्हा मला जोखीम घ्यावी लागते, तेव्हा मी अयशस्वी होण्याच्या शक्यतेचा काळजीपूर्वक विचार करतो.	अ	ब	क	ड	इ
5. पुढे काय घडू शकते हे माहित नसलेल्या अनेक धोकादायक क्रियांकडे मी आकर्षित होतो (उदा. दुर्गम, अज्ञात ठिकाणी प्रवास करणे)	अ	ब	क	ड	इ
6. धोकादायक निर्णय घेण्यापूर्वी, मी नेहमी सर्व साधक आणि बाधक गोष्टींचा पूर्णपणे विचार करतो.	अ	ब	क	ड	इ
7. कधीकधी मी शरीरात चेतना निर्माण व्हावी या एकाच गोष्टी साठी जोखीम घेतो.	अ	ब	क	ड	इ
8. धोकादायक निर्णयांसाठी विचार, शांतता आणि वेळ आवश्यक आहे	अ	ब	क	ड	इ

## Persian (Iran)

# Stimulation and Instrumental Risk Questionnaire (Makarowski)

Please remember that there are no “correct” or “incorrect” answers, only truthful ones count.  
Please mark your answer with an X.

		True	Rather true	Hard to say	Rather untrue	Untrue
1	When I pursue my passions, I like the moments of balancing on the edge of risk. میراد بتسود ار دنراد کسی ر هبرجت هک ار یتاه مظهر ، منک یم لابند ار متاساسح هک یم اگنه	a	b	c	d	e
2	I take the risk only when it is necessary to reach my goal. دشاب یرورض مفرده هب ندیسر یراب هک منک یم کسی ر یخقاوم طوقف نم	a	b	c	d	e
3	Sometimes, I unnecessarily tempt fate. منک یم کسی ر ، درادن یترورض مکنیا اب تاقوا یضعب	a	b	c	d	e
4	When I have to risk, I carefully calculate the possibility of failure. منک یم مباساحم تقدا اب ار تسکش لامتحا ، منک کسی ر هروبجم یتقو	a	b	c	d	e
5	I am attracted to various hazardous actions (e.g. travelling across remote, unknown places) even if I do not know what can happen to me there. نم یراب (هتخانشانو هداثفا رود طاقن هب رفس دننام) فلتمخم زیگنا ناجیه و کانرطخ یا هتیل اعف دهد خر نم یراب اچنا تسا نکیم یقافتا هچ مناد یمن مکنیا اب یتح ، تسا بادج	a	b	c	d	e
6	Before taking a risky decision, I always thoroughly consider all pros and cons. جرگی یم رظن رد ار نأ یفنم و تببثم تاکن مامت منک کسی ر هکنأ زا لبق هش یمه نم	a	b	c	d	e
7	Sometimes I risk to feel the “adrenaline” because that makes me feel that I really live. “اعقاو منک ساسح ا دوش یم ثعاب اریز ، دوش حشررت منوخ ” نیلانردأ ” ات منک یم کسی ر تاقوا یضعب منک یم گدنز	a	b	c	d	e
8	Risky decisions require thinking, peace, and time. دراد نامز و شمارأ ، رکفت هب زاین ندرک کسی ر صوصخ رد یریگ یم مصت	a	b	c	d	e

## Polski (Polish)

# Kwestionariusz Ryzyka Stymulacyjnego i Instrumentalnego (Makarowski)

Proszę pamiętać, że nie ma dobrych odpowiedzi ani złych, liczą się tylko szczerze.  
Wybraną odpowiedź proszę zaznaczyć.

		Prawda	Raczej prawda	Trudno powiedzieć	Raczej nieprawda	Nieprawda
1	Gdy realizuję swoje pasje lubię te chwile, gdy balansuję na granicy ryzyka.	a	b	c	d	e
2	Czasami niepotrzebnie kuszę los.	a	b	c	d	e
3	Pociągają mnie różne niebezpieczne działania (np. przemierzanie odludnych, nieznanymi miejsc), nawet, gdy nie wiem, co mnie tam może spotkać.	a	b	c	d	e
4	Czasami ryzykuję po to, aby poczuć „adrenalinę” bo to ona sprawia, że wtedy czuję, że naprawdę żyję.	a	b	c	d	e
5	Podejmuję ryzyko tylko wtedy, gdy jest to konieczne dla osiągnięcia celu.	a	b	c	d	e
6	Gdy muszę zaryzykować dokładnie rozważam możliwość porażki.	a	b	c	d	e
7	Przed podjęciem decyzji ryzykownej zawsze dokładnie rozważam wszystkie za i przeciw.	a	b	c	d	e
8	Ryzykowne decyzja wymagają zastanowienia, spokoju i czasu.	a	b	c	d	e

## Portuguese

# Inquérito Risco Instrumental e Estimulante (Makarowski)

Agradecemos que responda cada pergunta. Não há resposta certa ou errada, apenas há resposta sincera.  
Por favor marque a resposta selecionada com X.

		Verdade	De preferência verdade	Difícil de dizer	De preferência inverdade	Inverdade
1	Quando sigo as minhas paixões, gosto daqueles momentos em que o risco é elevado.	a	b	c	d	e
2	Assumo riscos apenas quando é necessário atingir o meu objetivo.	a	b	c	d	e
3	Às vezes coloco o meu destino à prova inutilmente.	a	b	c	d	e
4	Quando preciso assumir um risco, tomo atenciosamente em consideração a possibilidade de falhar.	a	b	c	d	e
5	Estou interessado em várias atividades perigosas (por exemplo atravessar lugares afastados, desconhecidos), mesmo sem saber o que me poderia acontecer.	a	b	c	d	e
6	Sempre tomo atenciosamente em consideração todos os argumentos a favor e contrários antes de tomar uma decisão arriscada.	a	b	c	d	e
7	Às vezes arrisco para sentir a „adrenalina” porque isto me faz sentir que estou realmente vivo.	a	b	c	d	e
8	As decisões arriscadas necessitam pensamento, silêncio e tempo.	a	b	c	d	e

## Romanian

**Chestionar Risc Instrumental și ca Stimulare (Makarowski)**

Vă rugăm să răspundeți la fiecare întrebare. Nu există răspunsuri corecte sau greșite, ci doar răspunsuri sincere.

Vă rugăm să marcați răspunsul selectat cu un X.

		Adevărat	Mai degrabă adevărat	Este dificil de spus	Mai degrabă nu este adevărat	Nu este adevărat
1	Când îmi urmez pasiunile, îmi plac acele momente în care riscul este crescut.	a	b	c	d	e
2	Îmi asum riscuri doar atunci când este necesar să îmi ating obiectivul.	a	b	c	d	e
3	Câteodată îmi pun la încercare soarta inutil.	a	b	c	d	e
4	Când trebuie să îmi asum un risc, iau cu atenție în considerare posibilitatea unui eșec.	a	b	c	d	e
5	Sunt atras de diferite activități periculoase (de exemplu, să traversez locuri îndepărtate, necunoscute), chiar și atunci când nu știu ce mi s-ar putea întâmpla acolo.	a	b	c	d	e
6	Mereu iau în considerare, atent, toate argumentele pro și contra înainte de a lua o decizie riscantă.	a	b	c	d	e
7	Câteodată risc pentru a simți „adrenalina” deoarece mă face să simt că sunt cu adevărat în viață.	a	b	c	d	e
8	Deciziile riscante necesită gândire, liniște și timp.	a	b	c	d	e

## Russian

# Опросник стимулирующих и инструментальных рисков (Makarowski)

Пожалуйста, помните, что нет «правильных» или «неправильных» ответов, учитываются только честные суждения. Отметьте свой ответ знаком X.

		Верно	Скорее верно	Трудно определить	Скорее неверно	Неверно
1	Когда я занимаюсь, тем, что меня увлекает, мне нравится балансировать на грани риска.	a	b	c	d	e
2	Я рискую, только если это необходимо для достижения моей цели.	a	b	c	d	e
3	Иногда я без необходимости искушаю судьбу.	a	b	c	d	e
4	Когда приходится рисковать, я тщательно просчитываю возможные неудачи.	a	b	c	d	e
5	Меня влекут различные опасные действия (например, путешествия по отдаленным, неизвестным местам), даже если не известно, что со мной там может случиться.	a	b	c	d	e
6	Прежде чем принять рискованное решение, я всегда тщательно взвешиваю все «за» и «против».	a	b	c	d	e
7	Иногда я рискую, чтобы почувствовать «адреналин», потому что это приносит мне ощущение настоящей жизни.	a	b	c	d	e
8	Принятие рискованных решений требует обдумывания, покоя и времени.	a	b	c	d	e

## Slovak

# Dotazník RsiRI (Makarowski)

Pamätajte, že neexistujú žiadne „správne“ alebo „nesprávne“ odpovede, počítajú sa iba pravdivé. Svoju odpoveď označte X.

		Pravda	Skôr pravda	Ťažko povedať	Skôr nepravda	Nepravda
1	Keď sa niečomu vášnivo venujem, mám rád tie chvíle, keď balansujem na hranici rizika.	a	b	c	d	e
2	Riskujem len vtedy, keď je to nevyhnutné na dosiahnutie cieľa..	a	b	c	d	e
3	Niekedy zbytočne pokúšam osud.	a	b	c	d	e
4	Keď musím podstúpiť riziko, starostlivo zvážim aj možnosti zlyhania.	a	b	c	d	e
5	Priťahujú ma rôzne nebezpečné aktivity (napr. putovanie po vzdialených, neznámych miestach), aj keď neviem či sa mi pri nich nemôže niečo stať.	a	b	c	d	e
6	Pred prijatím riskantného rozhodnutia, starostlivo zvážim všetky jeho klady a zápory.	a	b	c	d	e
7	Niekedy riskujem, aby som pocítil „adrenalin“, pretože vďaka tomu mám pocit, že skutočne žijem.	a	b	c	d	e
8	Rizikové rozhodnutia si vyžadujú reflexiu, pokoj a čas.	a	b	c	d	e



## Spanish

# Cuestionario sobre Estímulos y Riesgo Instrumental (Makarowski)

Por favor, recuerda que no hay respuestas “correctas” o “incorrectas”, solo cuenta la veracidad de éstas.  
Por favor, marca tu respuesta con una X.

		Cierto	Bastante Cierto	Difícil de contestar	Más bien falso	Falso
1	Cuando persigo mis sueños, me gustan las situaciones en las que estoy al filo del abismo.	a	b	c	d	e
2	Asumo el riesgo solo cuando es necesario para alcanzar mi meta.	a	b	c	d	e
3	A veces tiento innecesariamente a la suerte.	a	b	c	d	e
4	Cuando tengo que arriesgar, calculo cuidadosamente la posibilidad de fallar.	a	b	c	d	e
5	Me atraen ciertas situaciones peligrosas (por ejemplo, viajar a lugares remotos y desconocidos) incluso si no sé qué me puede pasar allí.	a	b	c	d	e
6	Antes de tomar una decisión arriesgada, siempre considero todos los pros y los contras.	a	b	c	d	e
7	A veces me arriesgo a sentir la „adrenalina” porque eso me hace sentir que realmente estoy vivo/a.	a	b	c	d	e
8	Las decisiones arriesgadas requieren pensamiento, sosiego y tiempo.	a	b	c	d	e