



## The Development and Validation of a Mental Toughness Scale for Adolescents

Sarah McGeown, Helen St. Clair-Thompson, David W. Putwain

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### Abstract

The present study examined the validity of a newly developed instrument, the Mental Toughness Scale for Adolescents, which examines the attributes of challenge, commitment, confidence (abilities and interpersonal), and control (life and emotion). The six-factor model was supported using exploratory factor analysis ( $n = 373$ ) and confirmatory factor analysis ( $n = 372$ ). In addition, the mental toughness attributes correlated with adolescents' academic motivation and engagement ( $n = 439$ ), well-being (depression and anxiety;  $n = 279$ ), and test anxiety ( $n = 279$ ), indicating relations with a number of affective, cognitive, and behavioral dispositions, and demonstrating relevance in education and potentially mental health contexts.

Keywords mental toughness, education, mental health, adolescence

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