

Application of the Lübeck Inventory on Musicians' Psychological Stress "LIMIT"

Background

The present questionnaire "LIMIT" was developed to measure psychological stress in musicians of all levels. Regular screening by instrumental teachers and lecturers to measure the progression of psychological stress is recommended, but the LIMIT is not a diagnostic assessment tool. It is therefore not permissible to diagnose mental illness based on the total scores of the LIMIT. However, if regular screenings show an upward trend, it is advisable to consult a family doctor or make an initial appointment with a psychological psychotherapist or psychiatrist to enable early prevention.

Evaluation

The total score for the questionnaire is calculated by adding up the points for each answer option. "Never" = 1 point, "Rarely" = 2 points, "Sometimes" = 3 points, "Often" = 4 points, "Always" = 5 points. Items 1, 7, 13, 15, 16, 27, 30, 33, 38, and 46 are inverted (r) in their point value, so that "Never" corresponds to 5 points and "Always" to 1 point. The total score thus ranges between 74 and 130 points, with a low value reflecting low psychological stress and a high value reflecting high psychological stress. There is no cut-off score, as the aim is to observe the progression of psychological stress over different measurement points in time.

In addition, the evaluation can be based on the various factors of the questionnaire (see below).

Self-efficacy		Depression		Time management		Pressure		
Item	Score	Item	Score	Item	Score	Item	Score	
Item 01 (r)		Item 03		Item 05		Item 06		
Item 02		Item 07 (r)		Item 12		Item 15		
Item 04 (r)		Item 10		Item 13		Item 22		
Item 08 (r)		Item 11		Item 17		Item 24 (r)		
Item 09 (r)		Item 14		Item 18		Item 34		
Item 16 (r)		Item 23		Item 20				
Item 19 (r)		Item 25		Item 21 (r)				
Item 27				Item 26				
Item 28				Item 31				
Item 29								
Item 30								
Item 32 (r)								
Item 33								
Factor score								
Overall score								

The Lübeck Inventory on Musicians' Psychological Stress (LIMIT)

	Never	Rarely	Sometimes	Often	Always
1. On stage, I have full control of my abilities.	0	0	0	0	0
2. I am afraid to perform.	0	0	0	0	0
3. I do not have any energy and cannot motivate myself to do something.	0	0	0	0	0
4. I am satisfied with the speed of my musical development.	0	0	0	0	0
5. It is difficult for me to organize my everyday life around my musical activities.	0	0	0	0	0
6. I want to be the best when making music.	0	0	0	0	0
7. I am very relaxed and at ease.	0	0	0	0	0
8. I feel self-confident when making music.	0	0	0	0	0
9. Even during large and important concerts or auditions, I can trust in my musical abilities.	0	0	0	0	0
10. I have difficulties falling asleep and/or sleeping through the night.	0	0	0	0	0
11. I feel depressed and hopeless.	0	0	0	0	0
12. Others expect more from me in musical situations than I can deliver.	0	0	0	0	0
13. I cannot keep up with preparations for concerts, lessons or auditions.	0	0	0	0	0
14. I cannot control my spiraling thoughts.	0	0	0	0	0
15. The intense competition amongst musicians puts me under pressure.	0	0	0	0	0
16. On stage I can entirely be myself, I feel comfortable and at ease.	0	0	0	0	0
17. During performances or auditions, I often think that I should have practiced more.	0	0	0	0	0
18. I am given too many diverse tasks that I cannot master within the given time frame.	0	0	0	0	0

	Never	Rarely	Sometimes	Often	Always
19. After the concert, I am satisfied with my performance despite minor mistakes or uncertainties.	☐	☐	☐	☐	☐
20. Due to my musical activities, I have to cancel other appointments.	☐	☐	☐	☐	☐
21. I am well prepared for my musical activities.	☐	☐	☐	☐	☐
22. The judgment of other musicians weighs on me.	☐	☐	☐	☐	☐
23. I feel inner tension.	☐	☐	☐	☐	☐
24. Small mistakes when making music do not have an effect on me.	☐	☐	☐	☐	☐
25. Things that have previously brought me joy are not enjoyable anymore.	☐	☐	☐	☐	☐
26. I feel lonely when I can only do minimal other activities because of my solo musical practice.	☐	☐	☐	☐	☐
27. The thought of the next performance or audition worries me.	☐	☐	☐	☐	☐
28. When making music, I feel restricted and insecure.	☐	☐	☐	☐	☐
29. During important concerts or auditions, a lot does not work out the way I want it to.	☐	☐	☐	☐	☐
30. I think I play or sing worse than others.	☐	☐	☐	☐	☐
31. My family and friends are disappointed when I have to cancel plans because of a concert.	☐	☐	☐	☐	☐
32. During performances I do not sing or play as well as I would have had expected based on my abilities	☐	☐	☐	☐	☐
33. When making music I notice physical signs of nervousness (sweating, dry mouth, cold fingers).	☐	☐	☐	☐	☐
34. I put pressure on myself to meet my standards when making music.	☐	☐	☐	☐	☐