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# Comparing PETTLEP imagery against observation imagery on vividness and ease of movement imagery

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## Abstract

The present study compared the effects of: (a) PETTLEP imagery (e.g. imaging in the environment), (b) prior-observation (i.e. observing prior to imaging), and (c) traditional imagery (e.g. imaging sat in a quiet room) on the ease and vividness of external visual imagery (EVI), internal visual imagery (IVI), and kinaesthetic imagery (KI) of movements. Fifty-two participants (28 female, 24 male,  $M_{age} = 19.60$  years,  $SD = 1.59$ ) imaged the movements described in the Vividness of Movement Imagery Questionnaire-2 under the three conditions in a counterbalanced order. Vividness and ease of imaging ratings were recorded for each movement. A repeated measure MANOVA revealed that ease and vividness ratings for EVI, IVI, and KI were higher during the PETTLEP imagery condition compared to the traditional imagery condition, and

vividness of EVI was higher during the observation imagery condition compared to traditional imagery. Findings indicate that incorporating PETTLEP elements into the imagery instructions leads to easier and more vivid movement EVI, IVI, and KI imagery.

Keywords:

- imagery ability
- external visual imagery
- internal visual imagery
- kinaesthetic imagery
- PETTLEP
- observation

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