

INSTRUMENT TITLE: Team Fitness Test	
Authors (date)	Bendaly (1996)
Purpose	N/A
Instrument Characteristics	
Type of instrument	Survey
Total number of items	25
Setting	Non-Health Care or Unspecified
Target respondent	Health Care Trainees and Students
Degree of adaptation needed for primary care	No adaptation required
Mediator Constructs (# of items)	<i>Specific items</i>
<i>Cognitive Domain</i>	
Sense-making (n=0)	
Continuous learning (n=0)	
Shared explicit goals and accountability (n=7)	4, 7, 9, 10, 17, 19, 24
Evolving mental models of roles (n=1)	14
<i>Affective/Relational Domain</i>	
Trust (n=2)	08, 18
Respectful interaction (n=5)	01, 11, 12, 18, 20
Heedful inter-relating (n=1)	25
Commitment (n=5)	02, 03, 05, 06, 16
<i>Behavioral Domain</i>	
Communication (n=3)	15, 21, 22
Adaptable to context and needs, improvisation (n=0)	
Conflict resolution (n=0)	
<i>Leadership Domain</i>	
Leadership (n=0)	
Psychometrics, Development and Testing	
Reliability	Inter-rater: reported by author to be highly reliable based on previous testing with overall reliability of 0.936.
Validity	
Factor analysis	

INSTRUMENT TITLE: Team Fitness Test**Other development and testing methods****Abstracts and Citation****Instrument citation**

Bendaly, L. Games teams play: Dynamic activities for tapping work team potential. New York: McGraw-Hill. 1996.

PubMed abstract or instrument link[Instrument link](#)**Link to articles citing instrument**

N/A