

## Apéndice B

### Encuestas Psicológicas Originales<sup>1</sup>.

#### a) Basic Need Satisfaction in General (Satisfacción de las necesidades básicas)

##### Feelings I Have

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1	2	3	4	5	6	7
not at all			somewhat			very
true			true			true

1. I feel like I am free to decide for myself how to live my life.
2. I really like the people I interact with.
3. Often, I do not feel very competent.
4. I feel pressured in my life.
5. People I know tell me I am good at what I do.
6. I get along with people I come into contact with.
7. I pretty much keep to myself and don't have a lot of social contacts.
8. I generally feel free to express my ideas and opinions.
9. I consider the people I regularly interact with to be my friends.
10. I have been able to learn interesting new skills recently.
11. In my daily life, I frequently have to do what I am told.
12. People in my life care about me.
13. Most days I feel a sense of accomplishment from what I do.

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<sup>1</sup> Nota: estas escalas son presentadas en su idioma original y extraídas directamente de:

14. People I interact with on a daily basis tend to take my feelings into consideration.
15. In my life I do not get much of a chance to show how capable I am.
16. There are not many people that I am close to.
17. I feel like I can pretty much be myself in my daily situations.
18. The people I interact with regularly do not seem to like me much.
19. I often do not feel very capable.
20. There is not much opportunity for me to decide for myself how to do things in my daily life.
21. People are generally pretty friendly towards me.

**Scoring information.** Form three subscale scores, one for the degree to which the person experiences satisfaction of each of the three needs. To do that, you must first reverse score all items that are worded in a negative way (i.e., the items shown below with (R) following the items number). To reverse score an item, simply subtract the item response from 8. Thus, for example, a 2 would be converted to a 6. Once you have reverse scored the items, simply average the items on the relevant subscale. They are:

Autonomy: 1, 4(R), 8, 11(R), 14, 17, 20(R)  
Competence: 3(R), 5, 10, 13, 15(R), 19(R)  
Relatedness: 2, 6, 7(R), 9, 12, 16(R), 18(R), 21

## b) Basic Need Satisfaction in Relationships

Note: This questionnaire was designed for use with respect to need satisfaction in particular relationships. For example, it is to assess the degree to which a person experiences basic need satisfaction while relating to his or her spouse, or best friend, or mother, or children, or whomever. So, to use the questionnaire to assess need satisfaction in a relationship, replace the XXXXXXXX with the relationship you are studying. Although we have never done so, you could try using it for relationships in general if that is the question that interests you.

### In My Relationships

Please respond to each statement by indicating how true it is for you. Use the following scale.

1	2	3	4	5	6	7
not at all			somewhat			very
true			true			true

1. When I am with XXXXXXXX, I feel free to be who I am.
2. When I am with XXXXXXXX, I feel like a competent person.
3. When I am with XXXXXXXX, I feel loved and cared about.
4. When I am with XXXXXXXX, I often feel inadequate or incompetent.
5. When I am with XXXXXXXX, I have a say in what happens, and I can voice my opinion.
6. When I am with XXXXXXXX, I often feel a lot of distance in our relationship.
7. When I am with XXXXXXXX, I feel very capable and effective.
8. When I am with XXXXXXXX, I feel a lot of closeness and intimacy.
9. When I am with XXXXXXXX, I feel controlled and pressured to be certain ways.

**Scoring Information.** Form three subscale scores by averaging item responses for each subscale after reverse scoring the items that were worded in the negative direction. Specifically, any item that has (R) after it in the code below should be reverse scored by subtracting the person's response from 8. The subscales are:

Autonomy: 1, 5, 9(R)

Competence: 2, 4(R), 7

Relatedness: 3, 6(R), 8

**Theoretical Note.** There is something almost tautological about the statement that satisfying one's need for relatedness in an interpersonal relationship with, say, your best friend would predict the quality of that relationship. Indeed, as would be expected, research has shown a strong relation between degree of satisfaction of the relatedness need in a particular relationship and the security of attachment and the quality of relationship with that partner (La Guardia, Ryan, Couchman, & Deci, 2000). However, the more interesting point is that security of attachment and the quality of relationships with particular partners is also predicted by the degree to which one experiences satisfaction of the need for autonomy and the need for competence within those partners.

**c) The post-experimental intrinsic motivation inventory. (IMI)**

(Below are listed all 45 items that can be used depending on which are needed.)

For each of the following statements, please indicate how true it is for you, using the following scale:

1	2	3	4	5	6	7
not at all			somewhat			very
true			true			true

**Interest/Enjoyment**

I enjoyed doing this activity very much  
This activity was fun to do.  
I thought this was a boring activity. (R)  
This activity did not hold my attention at all. (R)  
I would describe this activity as very interesting.  
I thought this activity was quite enjoyable.  
While I was doing this activity, I was thinking about how much I enjoyed it.

**Perceived Competence**

I think I am pretty good at this activity.  
I think I did pretty well at this activity, compared to other students.  
After working at this activity for awhile, I felt pretty competent.  
I am satisfied with my performance at this task.  
I was pretty skilled at this activity.  
This was an activity that I couldn't do very well. (R)

**Effort/Importance**

I put a lot of effort into this.  
I didn't try very hard to do well at this activity. (R)  
I tried very hard on this activity.  
It was important to me to do well at this task.  
I didn't put much energy into this. (R)

**Pressure/Tension**

I did not feel nervous at all while doing this. (R)  
I felt very tense while doing this activity.  
I was very relaxed in doing these. (R)  
I was anxious while working on this task.  
I felt pressured while doing these.

**Perceived Choice**

I believe I had some choice about doing this activity.

I felt like it was not my own choice to do this task. (R)

I didn't really have a choice about doing this task. (R)

I felt like I had to do this. (R)

I did this activity because I had no choice. (R)

I did this activity because I wanted to.

I did this activity because I had to. (R)

### **Value/Usefulness**

I believe this activity could be of some value to me.

I think that doing this activity is useful for \_\_\_\_\_

I think this is important to do because it can \_\_\_\_\_

I would be willing to do this again because it has some value to me.

I think doing this activity could help me to \_\_\_\_\_

I believe doing this activity could be beneficial to me.

I think this is an important activity.

### **Relatedness**

I felt really distant to this person. (R)

I really doubt that this person and I would ever be friends. (R)

I felt like I could really trust this person.

I'd like a chance to interact with this person more often.

I'd really prefer not to interact with this person in the future. (R)

I don't feel like I could really trust this person. (R)

It is likely that this person and I could become friends if we interacted a lot.

I feel close to this person.

**Constructing the IMI for your study.** First, decide which of the variables (factors) you want to use, based on what theoretical questions you are addressing. Then, use the items from those factors, randomly ordered. If you use the value/usefulness items, you will need to complete the three items as appropriate. In other words, if you were studying whether the person believes an activity is useful for improving concentration, or becoming a better basketball player, or whatever, then fill in the blanks with that information. If you do not want to refer to a particular outcome, then just truncate the items with its being useful, helpful, or important.

**Scoring information for the IMI.** To score this instrument, you must first reverse score the items for which an (R) is shown after them. To do that, subtract the item response from 8, and use the resulting number as the item score. Then, calculate subscale scores by averaging across all of the items on that subscale. The subscale scores are then used in the analyses of relevant questions.