

# Situational Motivation Scale (SIMS)

**Description:** The SIMS measures situational motivation, or an individuals' motivational orientation toward a particular activity, e.g., a homework or project assignment.

**Directions:** Read each item carefully. Using the scale below, please circle the number that best describes the reason why you are currently engaged in this activity. Answer each item according to the following scale: 1: *corresponds not at all*; 2: *corresponds very little*; 3: *corresponds a little*; 4: *corresponds moderately*; 5: *corresponds enough*; 6: *corresponds a lot*; 7: *corresponds exactly*.

## Why did you engage in this activity?

	corresponds not at all							corresponds exactly		
1. Because I think that this activity is interesting.	1	2	3	4	5	6	7			
2. Because I am doing it for my own good.	1	2	3	4	5	6	7			
3. Because I am supposed to do it.	1	2	3	4	5	6	7			
4. There may be good reasons to do this activity, but personally I don't see any.	1	2	3	4	5	6	7			
5. Because I think that this activity is pleasant.	1	2	3	4	5	6	7			
6. Because I think that this activity is good for me.	1	2	3	4	5	6	7			
7. Because it is something that I have to do.	1	2	3	4	5	6	7			
8. I do this activity but I am not sure if it is worth it.	1	2	3	4	5	6	7			
9. Because this activity is fun.	1	2	3	4	5	6	7			
10. By personal decision.	1	2	3	4	5	6	7			
11. Because I don't have any choice.	1	2	3	4	5	6	7			
12. I don't know; I don't see what this activity brings me.	1	2	3	4	5	6	7			
13. Because I feel good when doing this activity.	1	2	3	4	5	6	7			
14. Because I believe that this activity is important for me.	1	2	3	4	5	6	7			
15. Because I feel that I have to do it.	1	2	3	4	5	6	7			
16. I do this activity, but I am not sure it is a good thing to pursue it.	1	2	3	4	5	6	7			

## Coding:

- Intrinsic motivation (IM): Items 1, 5, 9, 13
- Identified regulation (IR): Items 2, 6, 10, 14
- External regulation (ER): Items 3, 7, 11, 15
- Amotivation (AM): Items 4, 8, 12, 16

**Self-Determination Index (SDI) = (2 x IM) + IR - ER - (2 x AM)**

## References:

Situational Motivation Scale (SIMS): F. Guay, R. J. Vallerand, and C. Blanchard (2000). On the Assessment of Situational Intrinsic and Extrinsic Motivation: The Situational Motivation Scale (SIMS). *Motivation and Emotion* 24 3 175-213.  
 Self-Determination Index (SDI): R. J. Vallerand (2001). A Hierarchical Model of Intrinsic and Extrinsic Motivation in Sport and Exercise. In G. C. Roberts (Ed.), *Advances in Motivation in Sport and Exercise* (Champaign, IL: Human Kinetics).