

Basic Needs Satisfaction Scale

Please rate the following items based on your behavior in this class. Answer each item by marking the appropriate number according to the following scale:

1	2	3	4	5	6	7
corresponds not at all	corresponds very little	corresponds a little	corresponds moderately	corresponds enough	corresponds a lot	corresponds exactly

- | | | | | | | | |
|--|---|---|---|---|---|---|---|
| 1. I really like the people in this class | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I do not feel very competent in this class | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. People tell me I am good at what I do in this class | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. I feel like I am free to decide how to do things in this class | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. I get along with people in this class | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6. I pretty much keep to myself when I am in this class | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7. People care about me in this class | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8. I am free to express my ideas and opinions in this class | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9. I feel pressured in this class | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10. I consider people in this class to be my friends | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11. I have been able to learn interesting new skills in this class | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12. People are generally friendly to me in this class | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 13. Most days I feel a sense of accomplishment in this class | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14. I frequently have to do what I am told in this class | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15. In this class, I do not get much of a chance to show how capable I am | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16. I feel like I can pretty much be myself in this class | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 17. There are not many people in this class that I am close to | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 18. There is not much opportunity for me to decide for myself how to do things in this class | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 19. The people in this class do not seem to like me much | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 20. I often do not feel very capable in this class | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 21. People I interact with in this class tend to take my feelings into consideration. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Coding:

Autonomy: 4, 8, 9, 14, 16, 18

Relatedness: 1, 5, 6, 7, 10, 12, 17, 19, 21

Competence: 2, 3, 11, 13, 15, 20

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Competence

- I do not feel very competent in this class [REV]
- People tell me I am good at what I do in this class
- I have been able to learn interesting new skills in this class
- Most days I feel a sense of accomplishment in this class
- In this class, I do not get much of a chance to show how capable I am [REV]
- I often do not feel very capable in this class [REV]

Relatedness

- I really like the people in this class
- I get along with people in this class
- I pretty much keep to myself when I am in this class [REV]
- People care about me in this class
- I consider people in this class to be my friends
- People are generally friendly to me in this class
- There are not many people in this class that I am close to [REV]
- The people in this class do not seem to like me much [REV]
- People I interact with in this class tend to take my feelings into consideration.

Autonomy

- I feel like I am free to decide how to do things in this class
- I am free to express my ideas and opinions in this class
- I feel pressured in this class [REV]
- I frequently have to do what I am told in this class [REV]
- I feel like I can pretty much be myself in this class
- There is not much opportunity for me to decide for myself how to do things in this class [REV]

References:

- <http://selfdeterminationtheory.org/basic-psychological-needs-scale/>
- Gagné, M. (2003). The role of autonomy support and autonomy orientation in prosocial behavior engagement, *Motivation and Emotion*, vol. 27, pp. 199-223.
- M Jenkins-Guarnieri, M. A., Vaughan, A. L., & Wright, S. L. (2015). Development of a Self-Determination Measure for College Students: Validity Evidence for the Basic Needs Satisfaction at College Scale. *Measurement and Evaluation in Counseling and Development*, vol. 48 no. 4, 266-284.
- Deci, E. L., Ryan, R. M., Gagné, M., Leone, D. R., Usunov, J., & Kornazheva, B. P. (2001). Need Satisfaction, Motivation, and Well-Being in the Work Organizations of a Former Eastern Bloc Country: A Cross-Cultural Study of Self-Determination. *Personality and Social Psychology Bulletin*, vol. 27, no. 8, 930-942.