

Scale Description

This scale assesses intrinsic and extrinsic motivation at the elementary school level. It contains three different situations in which students are asked to indicate the extent to which they do these school-related behaviors for the reasons provided in each of the situation. Items are assessed on a 5-point scale and we add the items across the different scenarios for a given construct (e.g. intrinsic motivation). We strongly suggest to read each of the items for the elementary school students.

SCHOOL AND I

On the following page, we have described three activities related to school. For each activity, we have given four reasons you would do it. For each of these reasons, circle the answer which best suits you, using the choice of answer on a scale of 1 to 5, as below.

Almost never for this reason	Rarely for this reason	Generally for this reason	Often for this reason	Almost always for this reason
1	2	3	4	5

Here is an example :

For each of the following reasons, circle the answer which suits you best, using the choice of answer on a scale of 1 to 5.

Usually, I brush my teeth...

Following are 4 reasons why you might brush your teeth.

1. ... **because I have chosen it myself** 1 2 3 4 ⑤

Meaning that you brush your teeth because you want to (nobody makes you do it) and it is important to you that you have healthy teeth.

2. ... **I don't know why, I really don't see what difference it makes** 1 ② 3 4 5

Meaning that you don't know why you brush your teeth and, in fact, you don't think it makes any difference if you brush them or not.

3. ... **because it is what I am supposed to do** 1 2 → 4 5

Meaning that you brush your teeth because you are expected to or because you do not have the choice (example: if you didn't, you'd get in trouble with your parents.)

4. ... **for the pleasure of doing it.....** 1 2 3 ④ 5

Meaning that you brush your teeth because you like brushing your teeth for the activity itself, for the fun of it

SCHOOL AND I

For each of the following reasons, circle the answer which suits you best, using the choice of answer on a scale of 1 to 5.

Almost never for this reason	Rarely for this reason	Generally for this reason	Often for this reason	Almost always for this reason
1	2	3	4	5

A) Usually, I do my homework or school work ...

- | | | | | | |
|--|---|---|---|---|---|
| 1. ... because I have chosen it myself | 1 | 2 | 3 | 4 | 5 |
| 2. ... I don't know why, I really don't see what difference it makes | 1 | 2 | 3 | 4 | 5 |
| 3. ... because it is what I am supposed to do | 1 | 2 | 3 | 4 | 5 |
| 4. ... for the pleasure of doing it | 1 | 2 | 3 | 4 | 5 |

B) Usually, I go to school ...

- | | | | | | |
|--|---|---|---|---|---|
| 1. ... because I have chosen it myself | 1 | 2 | 3 | 4 | 5 |
| 2. ... I don't know why, I really don't see what difference it makes | 1 | 2 | 3 | 4 | 5 |
| 3. ... because it is what I am supposed to do | 1 | 2 | 3 | 4 | 5 |
| 4. ... for the pleasure of doing it | | | | | |

C) Usually, I listen the teacher ...

- | | | | | | |
|--|---|---|---|---|---|
| 1. ... because I have chosen it myself | 1 | 2 | 3 | 4 | 5 |
| 2. ... I don't know why, I really don't see what difference it makes | 1 | 2 | 3 | 4 | 5 |
| 3. ... because it is what I am supposed to do | 1 | 2 | 3 | 4 | 5 |
| 4. ... for the pleasure of doing it | 1 | 2 | 3 | 4 | 5 |
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KEY FOR AMS-E 3x4

- # 1 **Extrinsic motivation – identified regulation**
 - # 2 **Amotivation**
 - # 3 **Extrinsic motivation - introjected regulation**
 - # 4 **Intrinsic motivation**
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Note: To use this scale you require only to mention the complete reference data.

Thank you for your interest.

Good luck in your research.