

Scale Description

This scale assesses the intrinsic and extrinsic motivation of elderly individuals. It assesses 4 constructs: intrinsic motivation, self-determined and non self-determined extrinsic motivation, and amotivation. It is subdivided in 6 life domains for which elderly individuals are asked to complete 4 items (one item per construct) for each of 3 different situations within each life domain. Thus, a total of 12 items per life domain and a grand total of 72 items for the whole scale. Each item is assessed on a 7-point scale.

References

Vallerand, R.J., & O'Connor, B.P. (1991). Construction et validation de l'Échelle de Motivation pour les Personnes âgées (EMPA). Journal International de Psychologie, 26, 219-240.

ELDERLY MOTIVATION SCALE (EMS-72)

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BEHAVIORAL QUESTIONNAIRE OF THE ELDERLY

We are presently conducting a research study to better understand the different activities that the elderly person performs everyday. You are invited to answer the questions of the following pages.

The questionnaire is suited to look at your personal attitude toward six different life domains: our health, biological needs (eating, sleeping, ...), relations with others (family, friends, and people in general), religion, leisure and information (news). For each of these domains, the same four questions will be asked. We will ask you why you perform each of the activity and ask you to respond by choosing the appropriate number that best corresponds to your answer.

The four questions are the following:

1. I choose to do it for my own good.

(That is you don't do the activity for your own pleasure but because it is what you chose to do and you expect it to be beneficial to you)

2. I don't know; I don't see what it does for me.

(That is you have no idea why you perform the activity and besides, it doesn't make much of a difference whether you do it or not)

3. Because I am supposed to do it.

(That is you perform the activity because you have to or that you have no choice)

4. For the pleasure of doing it.

(That is you perform the activity because you enjoy doing it; for the fun of it)

This questionnaire is not a test nor an evaluation. There are therefore no right or wrong answers. You are asked to respond as quickly and as honestly as you can. The answers will be used for research purposes only. Finally, it is important to note that your answers to this questionnaire will be held in the strictest of confidence and that no one including the staff of the center will be aware of them.

Using the scale provided below, please indicate to what extent each of the following items best corresponds to the reasons why you perform the following activity.

Does not correspond at all	Corresponds a little	Corresponds moderately	Corresponds a lot	Corresponds exactly
1	2	3	4	5
6	7			

HEALTH ACTIVITIES

In general, why do you perform the different activities related to your health ?

- | | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. I choose to do it for my own good. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I don't know; I don't see what it does for me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. Because I am supposed to do it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. For the pleasure of doing it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Why do you keep up with your diet/nutrition (watch what you eat) ?

- | | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. I choose to do it for my own good. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I don't know; I don't see what it does for me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. Because I am supposed to do it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. For the pleasure of doing it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Why do you see your doctor ?

- | | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. I choose to do it for my own good. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I don't know; I don't see what it does for me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. Because I am supposed to do it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. For the pleasure of doing it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Using the scale provided below, please indicate to what extent each of the following items best corresponds to the reasons why you perform the following activity.

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6	7			

ACTIVITIES RELATED TO YOUR BIOLOGICAL NEEDS

In general, why do you perform the different activities related to your biological needs ?

- | | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. I choose to do it for my own good. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I don't know; I don't see what it does for me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. Because I am supposed to do it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. For the pleasure of doing it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Why do you eat ?

- | | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. I choose to do it for my own good. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I don't know; I don't see what it does for me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. Because I am supposed to do it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. For the pleasure of doing it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Why do you sleep ?

- | | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. I choose to do it for my own good. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I don't know; I don't see what it does for me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. Because I am supposed to do it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. For the pleasure of doing it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Using the scale provided below, please indicate to what extent each of the following items best corresponds to the reasons why you perform the following activity.

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ACTIVITIES RELATED TO YOUR RELATIONSHIPS WITH OTHERS

In general, why do you have relationships with other people ?

- | | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. I choose to do it for my own good. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I don't know; I don't see what it does for me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. Because I am supposed to do it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. For the pleasure of doing it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Why do you have relationships with members of your immediate family ?

- | | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. I choose to do it for my own good. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I don't know; I don't see what it does for me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. Because I am supposed to do it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. For the pleasure of doing it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Why do you have relationships with your friends ?

- | | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. I choose to do it for my own good. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I don't know; I don't see what it does for me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. Because I am supposed to do it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. For the pleasure of doing it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Using the scale provided below, please indicate to what extent each of the following items best corresponds to the reasons why you perform the following activity.

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1	2	3	4	5
6	7			

ACTIVITIES RELATED TO RELIGION

In general, why do you practice your religion?

- | | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. I choose to do it for my own good. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I don't know; I don't see what it does for me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. Because I am supposed to do it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. For the pleasure of doing it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Why do you attend (or listen) to mass ?

- | | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. I choose to do it for my own good. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I don't know; I don't see what it does for me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. Because I am supposed to do it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. For the pleasure of doing it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Why do you pray (outside of mass) ?

- | | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. I choose to do it for my own good. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I don't know; I don't see what it does for me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. Because I am supposed to do it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. For the pleasure of doing it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Using the scale provided below, please indicate to what extent each of the following items best corresponds to the reasons why you perform the following activity.

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6	7			

ACTIVITIES RELATED TO LEISURE

In general, why do you have leisure activities ?

- | | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. I choose to do it for my own good. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I don't know; I don't see what it does for me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. Because I am supposed to do it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. For the pleasure of doing it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Why do you have leisure activities in groups (with another person or more) ?

- | | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. I choose to do it for my own good. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I don't know; I don't see what it does for me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. Because I am supposed to do it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. For the pleasure of doing it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Why do you have leisure activities alone (personal activities) ?

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|---|---|---|---|---|---|---|---|
| 1. I choose to do it for my own good. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I don't know; I don't see what it does for me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. Because I am supposed to do it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. For the pleasure of doing it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Using the scale provided below, please indicate to what extent each of the following items best corresponds to the reasons why you perform the following activity.

Does not correspond at all	Corresponds a little	Corresponds moderately	Corresponds a lot	Corresponds exactly		
1	2	3	4	5	6	7

ACTIVITIES RELATED TO INFORMATION

In general, why do you follow the news ?

1. I choose to do it for my own good.	1	2	3	4	5	6	7
2. I don't know; I don't see what it does for me.	1	2	3	4	5	6	7
3. Because I am supposed to do it.	1	2	3	4	5	6	7
4. For the pleasure of doing it.	1	2	3	4	5	6	7

Why do you follow the local news (of your centre or neighborhood) ?

1. I choose to do it for my own good.	1	2	3	4	5	6	7
2. I don't know; I don't see what it does for me.	1	2	3	4	5	6	7
3. Because I am supposed to do it.	1	2	3	4	5	6	7
4. For the pleasure of doing it.	1	2	3	4	5	6	7

Why do you follow the world news (news outside of the centre) ?

1. I choose to do it for my own good.	1	2	3	4	5	6	7
2. I don't know; I don't see what it does for me.	1	2	3	4	5	6	7
3. Because I am supposed to do it.	1	2	3	4	5	6	7
4. For the pleasure of doing it.	1	2	3	4	5	6	7

KEY FOR EMS-72

- # 1 Extrinsic motivation - self-determined**
 - # 2 Amotivation**
 - # 3 Extrinsic motivation - non self-determined**
 - # 4 Intrinsic motivation**
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