

Scale Description

This scale assesses people's perception of autonomy in various life domains. There are 4 life domains: leisure, interpersonal relationships, school and life in general. There are 4 items for each of the sub-scales, each one being assessed on a 7-point scale.

References

Marc R. Blais & Robert J. Vallerand (1991). Échelle de perception d'autodétermination dans les domaines de vie (ÉPADV-16). Unpublished manuscript. Université du Québec à Montréal.

The Perceived Autonomy in Life Domains Scale (PALDS-16)

Marc R. Blais, Robert J. Vallerand, & Lise Lachance (1990).

Personal Perceptions

Please indicate to what extent you agree with each of the following items.

Do not agree at all		Slightly agree		Agree		Strongly agree	
1	2	3	4	5	6	7	
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1.	In general, I feel free to do what I want.	1	2	3	4	5	6 7
2.	I go to school out of personal choice.	1	2	3	4	5	6 7
3.	I have to force myself to act a certain way with people.	1	2	3	4	5	6 7
4.	I do the leisure activities I choose to do.	1	2	3	4	5	6 7
5.	I generally do things because I want to, not because I have to.	1	2	3	4	5	6 7
6.	I have to push myself (or be pushed by someone) in order to go to school.	1	2	3	4	5	6 7
7.	I feel free to act as I please with other people.	1	2	3	4	5	6 7
8.	The leisure activities I do really correspond to my choices and interests.	1	2	3	4	5	6 7
9.	I feel a freedom of action in my daily activities.	1	2	3	4	5	6 7
10.	At school, I feel as if I were in jail.	1	2	3	4	5	6 7
11.	I feel free to express myself as I please with other people.	1	2	3	4	5	6 7
12.	I feel I can really do what I want in my leisure activities.	1	2	3	4	5	6 7
13.	I usually feel free to make my own decisions.	1	2	3	4	5	6 7
14.	I feel obligated to go to school.	1	2	3	4	5	6 7
15.	I feel choked when I am with other people.	1	2	3	4	5	6 7
16.	When I do my leisure activities, I feel I should probably be doing something else.	1	2	3	4	5	6 7

Coding Key (PALDS-16)

1, 5, 9, 13 Perception of autonomy in life in general

2, 6*, 10*, 14* Perception of autonomy in the academic domain

3*, 7, 11, 15* Perception of autonomy in the interpersonal relations domain

4, 8, 12, 16* Perception of autonomy in the leisure domain

*Scores from these items need to be reversed

Note: To use this scale you require only to mention the complete reference data.

Thank you for your interest.

Good luck in your research.