

## Gaming Motivation Scale (GAMS)

Why do you play video games?

| Do not agree<br>at all | Very slightly<br>agree | Slightly<br>agree | Moderately<br>agree | Mostly<br>agree | Strongly<br>agree | Very strongly<br>agree |
|------------------------|------------------------|-------------------|---------------------|-----------------|-------------------|------------------------|
| 1                      | 2                      | 3                 | 4                   | 5               | 6                 | 7                      |

1. Because it is stimulating to play.
2. Because it is an extension of me.
3. Because it is a good way to develop important aspects of myself.
4. Because I feel that I must play regularly.
5. To acquire powerful and rare items (e.g., armors, weapons) and virtual currency (e.g., gold pieces, gems) or to unlock hidden/restricted elements of the game (e.g., new characters, equipment, maps).
6. It is not clear anymore; I sometimes ask myself if it is good for me.
7. For the pleasure of trying/experiencing new game options (e.g., classes, characters, teams, races, equipment).
8. Because it is an integral part of my life.
9. Because it is a good way to develop social and intellectual abilities that are useful to me.
10. Because I must play to feel good about myself.
11. For the prestige of being a good player.
12. I used to have good reasons, but now I am asking myself if I should continue.
13. For the feeling of efficacy I experience when I play.
14. Because it is aligned with my personal values.
15. Because it has personal significance to me.
16. Because otherwise I would feel bad about myself.
17. To gain in-game awards and trophies or character/avatar's levels and experiences points.
18. Honestly, I don't know; I have the impression that I'm wasting my time.

### Codification

#### Intrinsic motivation

1. Because it is stimulating to play
7. For the pleasure of trying/experiencing new game options (e.g., classes, characters, teams, races, equipment)
13. For the feeling of efficacy I experience when I play

#### Integrated regulation

2. Because it is an extension of me
8. Because it is an integral part of my life
14. Because it is aligned with my personal values

#### Identified regulation

3. Because it is a good way to develop important aspects of myself
9. Because it is a good way to develop social and intellectual abilities that are useful to me

15. Because it has personal significance to me

Introjected regulation

4. Because I feel that I must play regularly

10. Because I must play to feel good about myself

16. Because otherwise I would feel bad about myself

External regulation

5. To acquire powerful and rare items (e.g., armors, weapons) and virtual currency (e.g., gold pieces, gems) or to unlock hidden/restricted elements of the game (e.g., new characters, equipment, maps)

11. For the prestige of being a good player

17. To gain in-game awards and trophies or character/avatar's levels and experiences points

Amotivation

6. It is not clear anymore; I sometimes ask myself if it is good for me

12. I used to have good reasons, but now I am asking myself if I should continue

18. Honestly, I don't know; I have the impression that I'm wasting my time

## **References**

Lafreniere, M., Verner-Filion, J. & Vallerand, R. (2012). *Development and validation of the Gaming Motivation Scale (GAMS)*. *Personality and Individual Differences*, 53(7), 827-831.