Gaming Motivation Scale (GAMS)

Why do you play video games?

<table>
<thead>
<tr>
<th>Do not agree at all</th>
<th>Very slightly agree</th>
<th>Slightly agree</th>
<th>Moderately agree</th>
<th>Mostly agree</th>
<th>Strongly agree</th>
<th>Very strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong></td>
<td><strong>2</strong></td>
<td><strong>3</strong></td>
<td><strong>4</strong></td>
<td><strong>5</strong></td>
<td><strong>6</strong></td>
<td><strong>7</strong></td>
</tr>
</tbody>
</table>

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