The Situational Motivation Scale (SIMS)

Directions: Read each item carefully. Using the scale below, please circle the number that best describes the reason why you are currently engaged in this activity. Answer each item according to the following scale: 1: *corresponds not at all*; 2: *corresponds a very little*; 3: *corresponds a little*;
4: *corresponds moderately*; 5: *corresponds enough*; 6: *corresponds a lot*; 7: *corresponds exactly*.

Why are you currently engaged in this activity?

1. Because I think that this activity is interesting
2. Because I am doing it for my own good
3. Because I am supposed to do it
4. There may be good reasons to do this activity, but personally I don’t see any
5. Because I think that this activity is pleasant
6. Because I think that this activity is good for me
7. Because it is something that I have to do
8. I do this activity but I am not sure if it is worth it
9. Because this activity is fun
10. By personal decision
11. Because I don’t have any choice
12. I don’t know; I don’t see what this activity brings me
13. Because I feel good when doing this activity
14. Because I believe that this activity is important for me
15. Because I feel that I have to do it
16. I do this activity, but I am not sure it is a good thing to pursue it

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Amotivation add items 4, 8, 12, 16 \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ = \_\_\_\_

External regulation add items 3, 7, 11, 15 \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ = \_\_\_\_

Identified regulation add items 2, 6, 10, 14 \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ = \_\_\_\_

Intrinsic motivation add items 1, 5, 9, 13 \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ = \_\_\_\_

F. Guay, R. Vallerand, C. Blanchard, “On the Assessment of Situational Intrinsic and Extrinsic Motivation: The Situational Motivation Scale (SIMS),” Motivation and Emotion, vol. 24, no. 3, pp. 177-213, 2000.