

# Basic Psychological Need Satisfaction and Frustration Scale – General Measure

## Scale Description

Within *Basic Psychological Need Theory*, both the satisfaction and frustration of the psychological needs for autonomy, competence, and relatedness are considered critical for the prediction of individuals' growth and well-being and problem behavior and psychopathology (Ryan & Deci, 2000; Vansteenkiste & Ryan, 2013). To capture both the satisfaction and the frustration component, a new scale, that is, the Basic Psychological Need Satisfaction and Frustration Scale (Chen, Vansteenkiste, et al., 2015), was developed, which included a balanced combination of satisfaction and frustration items. The scale has been successfully used in a number of publications.

First, the scale was formally validated in four culturally diverse samples located across the world, that is, Peru, China, Belgium, and the US (Chen, Vansteenkiste, et al., 2015). While need satisfaction was found to relate primarily to life satisfaction and vitality, need frustration yielded a positive relation with depressive symptoms. These associations appeared robust across the different included nations and were not moderated by individuals' desire to get these needs met. Thus, even those who explicitly report to not desire to get their psychological needs met benefit from their satisfaction. As a result, the scale is currently available in four different languages (i.e., Spanish, Chinese, Dutch, and English). The scale has been translated into other languages (e.g., Portuguese, Georgian), but these translated versions have not been formally validated yet.

Second, Chen, Van Assche, Vansteenkiste, Soenens, and Beyers (in press) examined the role of the three needs in the prediction of well-being after taking into account individuals' level of experienced physical safety. That is, in a sample of poor Chinese migrant workers suffering from financial insecurity and in a sample of South-African students suffering from environmental insecurity, they found the satisfaction of the psychological needs for autonomy, competence, and relatedness to predict unique variance in well-being above and beyond the contribution of security/safety. Moreover, the effects of psychological need satisfaction were not moderated by individuals' experienced insecurity, suggesting that even those who feel physically unsafe benefit from psychological need satisfaction.

Third, Campbell et al. (2015) demonstrated in a Dutch-speaking convenience sample of adults that need satisfaction contributed positively to better daytime functioning and better sleep quality over the past month. Need satisfaction could also account for the salutary effect of mindfulness on sleep quality and the detrimental effect of financial worries on sleep quality.

Please use the following reference when using this scale: (Chen et al., 2015).

Chen, B., Vansteenkiste, M., Beyers, W., Boone, L., Deci, E. L., Duriez, B., Lens, W., Matos, L., Mouratidis, A., Ryan, R. M., Sheldon, K. M., Soenens, B., Van Petegem, S., & Van der Kaap-Deeder, J., Verstuyf, J (2015). Basic psychological need satisfaction, need frustration, and need strength across four cultures. *Motivation and Emotion*, 39, 216-236.

# 1) General Measure – English Version

Below, we are going to ask about your actual experiences of certain feelings in your life. Please read each of the following items carefully. You can choose from 1 to 5 to indicate the degree to which the statement is true for you at this point in your life.

1	2	3	4	5
Not True at all				Completely True

- |     |                                                                            |   |   |   |   |   |
|-----|----------------------------------------------------------------------------|---|---|---|---|---|
| 1.  | I feel a sense of choice and freedom in the things I undertake             | 1 | 2 | 3 | 4 | 5 |
| 2.  | Most of the things I do feel like “I have to”                              | 1 | 2 | 3 | 4 | 5 |
| 3.  | I feel that the people I care about also care about me                     | 1 | 2 | 3 | 4 | 5 |
| 4.  | I feel excluded from the group I want to belong to                         | 1 | 2 | 3 | 4 | 5 |
| 5.  | I feel confident that I can do things well                                 | 1 | 2 | 3 | 4 | 5 |
| 6.  | I have serious doubts about whether I can do things well                   | 1 | 2 | 3 | 4 | 5 |
| 7.  | I feel that my decisions reflect what I really want                        | 1 | 2 | 3 | 4 | 5 |
| 8.  | I feel forced to do many things I wouldn’t choose to do                    | 1 | 2 | 3 | 4 | 5 |
| 9.  | I feel connected with people who care for me, and for whom I care          | 1 | 2 | 3 | 4 | 5 |
| 10. | I feel that people who are important to me are cold and distant towards me | 1 | 2 | 3 | 4 | 5 |
| 11. | I feel capable at what I do                                                | 1 | 2 | 3 | 4 | 5 |
| 12. | I feel disappointed with many of my performance                            | 1 | 2 | 3 | 4 | 5 |
| 13. | I feel my choices express who I really am                                  | 1 | 2 | 3 | 4 | 5 |
| 14. | I feel pressured to do too many things                                     | 1 | 2 | 3 | 4 | 5 |
| 15. | I feel close and connected with other people who are important to me.      | 1 | 2 | 3 | 4 | 5 |
| 16. | I have the impression that people I spend time with dislike me             | 1 | 2 | 3 | 4 | 5 |
| 17. | I feel competent to achieve my goals                                       | 1 | 2 | 3 | 4 | 5 |
| 18. | I feel insecure about my abilities                                         | 1 | 2 | 3 | 4 | 5 |
| 19. | I feel I have been doing what really interests me                          | 1 | 2 | 3 | 4 | 5 |
| 20. | My daily activities feel like a chain of obligations                       | 1 | 2 | 3 | 4 | 5 |
| 21. | I experience a warm feeling with the people I spend time with              | 1 | 2 | 3 | 4 | 5 |
| 22. | I feel the relationships I have are just superficial                       | 1 | 2 | 3 | 4 | 5 |
| 23. | I feel I can successfully complete difficult tasks                         | 1 | 2 | 3 | 4 | 5 |

24. I feel like a failure because of the mistakes I make

1 2 3 4 5

**Scoring**

Autonomy satisfaction: items 1, 7, 13, 19

Autonomy frustration items: 2, 8, 14, 20

Relatedness satisfaction: items 3, 9, 15, 21

Relatedness frustration items 4, 10, 16, 22

Competence satisfaction: items 5, 11, 17, 23

Competence frustration items 6, 12, 18, 24

## 2) General Measure – Chinese Version

下面我们想请你回顾一下当前生活中你的一些确切感受。请仔细阅读每句话，从1到5中选出你同意下列对你的描述是否属实的程度。

1	2	3	4	5					
完全不符合				完全符合					
1.					1	2	3	4	5
2.					1	2	3	4	5
3.					1	2	3	4	5
4.					1	2	3	4	5
5.					1	2	3	4	5
6.					1	2	3	4	5
7.					1	2	3	4	5
8.					1	2	3	4	5
9.					1	2	3	4	5
10.					1	2	3	4	5
11.					1	2	3	4	5
12.					1	2	3	4	5
13.					1	2	3	4	5
14.					1	2	3	4	5
15.					1	2	3	4	5
16.					1	2	3	4	5
17.					1	2	3	4	5
18.					1	2	3	4	5
19.					1	2	3	4	5
20.					1	2	3	4	5
21.					1	2	3	4	5
22.					1	2	3	4	5
23.					1	2	3	4	5

24. 我犯下的一些错误让我觉得自己挺失败的

1 2 3 4 5

**Scoring**

Autonomy satisfaction: items 1, 7, 13, 19

Autonomy frustration items: 2, 8, 14, 20

Relatedness satisfaction: items 3, 9, 15, 21

Relatedness frustration items 4, 10, 16, 22

Competence satisfaction: items 5, 11, 17, 23

Competence frustration items 6, 12, 18, 24

### 3) General Measure – Spanish Version

A continuación, queremos preguntarle cómo se siente actualmente. Por favor, lea cada una de las siguientes afirmaciones cuidadosamente. Puede elegir una respuesta entre el 1 (totalmente falso) y el 5 (totalmente verdadero) para señalar el grado en que cada afirmación es verdadero para usted en este momento de su vida.

1	2	3	4	5
Totalmente falso				Totalmente verdadero

1.	Siento que tengo la libertad y la posibilidad de elegir las cosas que asumo	1	2	3	4	5
2.	Siento que la mayoría de las cosas que hago, las hago porque “tengo que hacerlas”	1	2	3	4	5
3.	Siento que le importo a las personas que me importan	1	2	3	4	5
4.	Me siento excluido del grupo al que quiero pertenecer	1	2	3	4	5
5.	Me siento capaz en lo que hago	1	2	3	4	5
6.	Tengo serias dudas acerca de si puedo hacer las cosas bien	1	2	3	4	5
7.	Siento que mis decisiones reflejan lo que realmente quiero.	1	2	3	4	5
8.	Me siento forzado a hacer muchas cosas que yo no elegiría hacer	1	2	3	4	5
9.	Me siento conectado con las personas que se preocupan por mí y por las cuales yo me preocupo	1	2	3	4	5
10.	Tengo la impresión de que le disgusto a la gente con la que paso tiempo	1	2	3	4	5
11.	Siento que soy capaz de alcanzar mis metas	1	2	3	4	5
12.	Me siento decepcionado con muchas de mis actuaciones	1	2	3	4	5
13.	Siento que las cosas que elijo, expresan realmente quién soy	1	2	3	4	5
14.	Me siento presionado a hacer muchas cosas	1	2	3	4	5
15.	Me siento cerca y conectado con otras personas que son importantes para mí	1	2	3	4	5
16.	Siento que las personas que son importantes para mí, son frías y distantes conmigo	1	2	3	4	5
17.	Siento que soy capaz de alcanzar mis metas	1	2	3	4	5
18.	Me siento un fracasado por los errores que cometo	1	2	3	4	5
19.	Siento que he estado haciendo lo que realmente me interesa	1	2	3	4	5

20.	Mis actividades diarias se sienten como una cadena de obligaciones	1	2	3	4	5
21.	Experimento una sensación de calidez cuando estoy con las personas con las que paso tiempo	1	2	3	4	5
22.	Siento que las relaciones interpersonales que tengo son superficiales	1	2	3	4	5
23.	Siento que puedo hacer las cosas bien	1	2	3	4	5
24.	Me siento inseguro de mis capacidades	1	2	3	4	5

### Scoring

Autonomy satisfaction: items 1, 7, 13, 19

Autonomy frustration items: 2, 8, 14, 20

Relatedness satisfaction: items 3, 9, 15, 21

Relatedness frustration items 4, 10, 16, 22

Competence satisfaction: items 5, 11, 17, 23

Competence frustration items 6, 12, 18, 24

## 4) General Measure – Dutch Version

Hieronder willen we meten welke specifieke gevoelens je momenteel ervaart. Je kan een score toekennen van 1 ('helemaal niet akkoord') tot 5 ('helemaal akkoord') om aan te geven in welke mate een bepaald gevoel op dit moment van je leven van toepassing is.

	1	2	3	4	5	
	Helemaal niet waar				Helemaal waar	
1.	Ik heb een gevoel van keuze en vrijheid in de dingen die ik onderneem	1	2	3	4	5
2.	De meeste dingen die ik doe voelen aan alsof 'het moet'	1	2	3	4	5
3.	Ik voel dat de mensen waar ik om geef, ook geven om mij	1	2	3	4	5
4.	Ik voel me uitgesloten uit de groep waar ik bij wil horen	1	2	3	4	5
5.	Ik heb er vertrouwen in dat ik dingen goed kan doen	1	2	3	4	5
6.	Ik heb ernstige twijfels over de vraag of ik de dingen wel goed kan doen	1	2	3	4	5
7.	Ik voel dat mijn beslissingen weerspiegelen wat ik echt wil	1	2	3	4	5
8.	Ik voel me gedwongen om veel dingen te doen waar ik zelf niet voor zou kiezen	1	2	3	4	5
9.	Ik voel me verbonden met mensen die om mij geven en waar ik ook om geef	1	2	3	4	5
10.	Ik voel dat mensen die belangrijk voor me zijn koud en afstandelijk zijn tegen mij	1	2	3	4	5
11.	Ik voel me bekwaam in wat ik doe	1	2	3	4	5
12.	Ik voel me teleurgesteld in veel van mijn prestaties	1	2	3	4	5
13.	Ik voel dat mijn keuzes weergeven wie ik werkelijk ben	1	2	3	4	5
14.	Ik voel me verplicht om te veel dingen te doen	1	2	3	4	5
15.	Ik voel me nauw verbonden met andere mensen die belangrijk voor me zijn	1	2	3	4	5
16.	Ik heb de indruk dat mensen waarmee ik tijd doorbreng een hekel aan me hebben	1	2	3	4	5
17.	Ik voel me in staat om mijn doelen te bereiken	1	2	3	4	5
18.	Ik voel me onzeker over mijn vaardigheden	1	2	3	4	5



19.	Ik voel dat wat ik tot nu toe gedaan heb me oprecht interesseert	1	2	3	4	5
20.	Mijn dagelijkse activiteiten voelen als een aaneenschakeling van verplichtingen	1	2	3	4	5
21.	Ik heb een warm gevoel bij mensen waarmee ik tijd doorbreng	1	2	3	4	5
22.	Ik voel dat de relaties die ik heb slechts oppervlakkig zijn	1	2	3	4	5
23.	Ik voel dat ik moeilijke taken met succes kan voltooien	1	2	3	4	5
24.	Ik voel me als een mislukking omwille van de fouten die ik maak	1	2	3	4	5

### Scoring

Autonomy satisfaction: items 1, 7, 13, 19

Autonomy frustration items: 2, 8, 14, 20

Relatedness satisfaction: items 3, 9, 15, 21

Relatedness frustration items 4, 10, 16, 22

Competence satisfaction: items 5, 11, 17, 23

Competence frustration items 6, 12, 18, 24