

## SDT-based Corona Study among Belgian Citizens

---

Table 1

Overview key concepts

---

<b>Variables</b>	<b>WAVE 1</b>	<b>From WAVE 2 on</b>	<b>Reference</b>	<b>Supplied</b>
Feelings of uncertainty and threat	X	X	Chen et al. (2015)	Yes
Basic Psychological need satisfaction and frustration	X	X	Chen et al. (2015)	Yes
Adherence to governmental measures	X	X	Newly developed	Yes
Motivation to adhere to governmental measures	X	X	Soenens et al. (2009)	Yes
Emotion regulation styles	X		Roth et al. (2009)	No
Adjustment	X	X		No
Satisfaction with life				
Vitality				
Depressive feelings				
Anxiety				

---

### Contact information

[Maarten.Vansteenkiste@UGent.be](mailto:Maarten.Vansteenkiste@UGent.be)

## Feelings of uncertainty and threat

**We are curious about your feelings and thoughts in the past week.**

**During the past week during the coronavirus crisis...**

		Not true at all				Completely true
1	... I was concerned about my health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	... I was concerned about my financial situation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	... I was concerned with how the current situation will evolve	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	... I was concerned about the scarcity of food and medication	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	... I was concerned about the health of my loved ones	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	... I felt threatened by a possible viral infection and disease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	... I had the feeling that my financial situation is under threat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	... I had the feeling that my daily routines were threatened	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	... I felt that our supply of food and medication is under threat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	... I felt threatened by a possible viral infection and disease of my loved ones	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Scoring information:

Five sources of insecurity:

- Personal health: 1 & 6
- Financial concerns: 2 & 7
- Unstable situation: 3 & 8
- Supply of sufficient food: 4 & 9
- Health of loved ones: 5 & 10

**Reference:** Scale adapted from Chen, B., Van Assche, J., Vansteenkiste, M., Soenens, B. & Beyers, W. (2015). Does psychological need satisfaction matter when environmental or financial safety are at risk? *Journal of Happiness Studies*, 16, 745-766.

## Need satisfaction en frustration

Below, we ask you about the kind of experiences you actually have 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.

		Not true at all				Completely true
1	I feel a sense of choice and freedom in the things I undertake.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	Most of the things I do feel like "I have to".	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	I feel that the people I care about also care about me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	I feel excluded from the group I want to belong to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	I feel confident that I can do things well.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	I have serious doubts about whether I can do things well.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	I feel that my decisions reflect what I really want.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	I feel forced to do many things I wouldn't choose to do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	I feel connected with people who care for me, and for whom I care.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	I feel that people who are important to me are cold and distant towards me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	I feel capable at what I do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	I feel disappointed with many of my performances.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	I feel my choices express who I really am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	I feel pressured to do too many things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	I feel close and connected with other people who are important to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	I have the impression that people I spend time with dislike me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	I feel competent to achieve my goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	I feel insecure about my abilities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

19	I feel I have been doing what really interests me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	My daily activities feel like a chain of obligations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21	I experience a warm feeling with the people I spend time with.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	I feel the relationships I have are just superficial.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23	I feel I can successfully complete difficult tasks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24	I feel like a failure because of the mistakes I make.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Scoring information:**

- 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

**From wave 2 on: short version**

Selection of items 1, 2, 4, 5, 8, 9, 10, 11, 12, 13, 18, 21

**Reference:** 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.



## Motivation to adhere to governmental measures

During the past week I adhered to the measures because...

		Not true at all				Completely true
1	... I understand why these are important	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	... I am fully behind the decision to do so	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	... I find them personally meaningful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	... these measures fit with my personal values	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	... I can only feel proud about myself if I do so	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	... I owe this to myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	... I would be ashamed if I didn't do so	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	... I feel pressured to do this	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	... I feel compelled to do this	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	... others would criticize me if I don't do so	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	... only then I can be satisfied with myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	... I want to protect my loved ones	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Wave 1: items 1-10**

**From Wave 2 on:** Addition of items 11 and 12

**Scoring information:**

- Identified regulation: items 1, 2, 3, 4, & likely also 12
- Introjected regulation: items 5, 6, 7, 11
- External regulation: items: 8, 9, 10

**Reference:** adapted from Soenens, B., Vansteenkiste, M., & Niemiec, C. (2009). Should parental prohibition of adolescents' peer relationships be prohibited? *Personal Relationships, 16*, 507-530.