

The Self-Regulation Questionnaires

Exercise Self-Regulation Questionnaire (SRQ-E)

This questionnaire concerns the reasons why a person exercises regularly, does gymnastics, works out, or engages in other such physical activities. It is structured so that it asks one questions and provides responses that represent external regulation, introjected regulation, identified regulation, and intrinsic motivation. The basic issue concerns the degree to which one feels autonomous with respect to exercising or engaging in physical activity. Below are three versions of the scale, one each for working out, exercising regularly, and doing gymnastics. Each one is followed by information about scoring it. These questionnaire are slightly different from each other not only in terms of the question asked but also in terms of the items. The items are, of course, very similar--that is the introjected items on one scale are similar to the introjected items on the other scales. However, the three versions were developed by different researchers, and it seems that they are wholly comparable scales. Several studies using these questionnaires have recently been conducted, but none has yet been written for publication. Thus, at this time, there are no published research reports that have used these scales.

The Scales

Motivation for Working Out

There are a variety of reasons why people work out. Please indicate how true each of these reason is for why you work out. The scale is:

1	2	3	4	5	6	7
not at all			somewhat			very
true			true			true

Why do you work out?

1. Because I simply enjoy working out.
2. Because working out is important and beneficial for my health and lifestyle.
3. Because I would feel bad about myself if I didn't do it.

4. Because it is fun and interesting.
5. Because others like me better when I am in shape.
6. Because I'd be afraid of falling too far out of shape.
7. Because it helps my image.
8. Because it is personally important to me to work out.
9. Because I feel pressured to work out.
10. Because I have a strong value for being active and healthy.
11. For the pleasure of discovering and mastering new training techniques.
12. Because I want others to see me as physically fit.

Scoring the SRQ-E. To score this questionnaire, first calculate the subscale scores for each of the four subscales: external regulation, introjected regulation, identified regulation, and intrinsic motivation. To do that, average the responses to each of the subscale's items. Listed below are the item numbers associated with each of the four subscales.

External Regulation:	5, 7, 12
Introjected Regulation:	3, 6, 9
Identified Regulation:	2, 8, 10
Intrinsic Motivation:	1, 4, 11

You can use the individual subscale scores in your analyses, and you can also use the Relative Autonomy Index (RAI). To form the RAI for this scale, use the following formula to combine the subscale scores:

$$2 \times \text{Intrinsic} + \text{Identified} - \text{Introjected} - 2 \times \text{External}$$

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Motivation for Gymnastics

There are a variety of reasons why people do gymnastics. Please indicate how true each of these reason is for why you do gymnastics. The scale is:

1	2	3	4	5	6	7
not at all			somewhat			very
true			true			true

Why do you practice gymnastics?

1. For the pleasure I feel when I practice gymnastics.
2. I used to have good reasons for doing gymnastics, but now I am asking myself if I should continue doing it.
3. I would feel bad about myself if I was not taking time to do gymnastics.
4. It is a good way to get exercise.
5. My parents or other family members give me money or other rewards when I do it.
6. For the excitement I feel when I am really involved in gymnastics.
7. I learn valuable lessons from gymnastics.
8. It is absolutely necessary for me to do gymnastics to feel good about myself.
9. It is not clear to me anymore; I don't really think gymnastics is my sport.
10. My parents, other family members, or friends tell me to do it.
11. For the pleasure of discovering new techniques.
12. I'm not sure why I still practice gymnastics, I don't seem to be going anywhere in it.
13. I think gymnastics is a useful way to stay healthy.
14. My parents, family, or friends would be mad if I didn't practice gymnastics anymore.
15. I would feel awful if I didn't do gymnastics anymore.

Scoring the SRQ-E. To score this questionnaire, first calculate the subscale scores for each of the four subscales: amotivation, external regulation, introjected regulation, identified regulation, and intrinsic motivation. To do that, average the responses to each of the subscale's items. Listed below are the item numbers associated with each of the four subscales.

Amotivation:	2, 9, 12
External Regulation:	5, 10, 14
Introjected Regulation:	3, 8, 15
Identified Regulation:	4, 7, 13
Intrinsic Motivation:	1, 6, 11

You can use the individual subscale scores in your analyses, and you can also use the Relative Autonomy Index (RAI). Amotivation is not used in the RAI, because the RAI concerns the degree to which one's motivation is self-determined, and the amotivation subscale assesses not being motivated. To form the RAI for this scale, use the following formula to combine subscale scores:

$$2 \times \text{Intrinsic} + \text{Identified} - \text{Introjected} - 2 \times \text{External}$$

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Motivation for Exercise

There are a variety of reasons why people exercise regularly. Please indicate how true each of these reason is for why you exercise regularly. The scale is:

1	2	3	4	5	6	7
not at all			somewhat			very
true			true			true

I try to exercise on a regular basis:

1. Because I would feel bad about myself if I did not.
2. Because others would be angry at me if I did not.
3. Because I enjoy exercising.
4. Because I would feel like a failure if I did not.
5. Because I feel like it's the best way to help myself.
6. Because people would think I'm a weak person if I did not.
7. Because I feel like I have no choice about exercising; others make me do it.
8. Because it is a challenge to accomplish my goal.
9. Because I believe exercise helps me feel better.
10. Because it's fun.
11. Because I worry that I would get in trouble with others if I did not.
12. Because it feels important to me personally to accomplish this goal.
13. Because I feel guilty if I do not exercise regularly.
14. Because I want others to acknowledge that I am doing what I have been told I should do.
15. Because it is interesting to see my own improvement.
16. Because feeling healthier is an important value for me.

Scoring the SRQ-E. To score this questionnaire, first calculate the subscale scores for each of the four subscales: external regulation, introjected regulation, identified regulation, and intrinsic motivation by averaging the responses to each of the subscale's items. Listed below are the item numbers associated with each of the four subscales.

External Regulation: 2, 7, 11, 14

Introjected Regulation: 1, 4, 6, 13

Identified Regulation: 5, 9, 12, 16

Intrinsic Motivation: 3, 8, 10, 15

You can use the individual subscale scores in your analyses, and you can also use the Relative Autonomy Index (RAI). To form the RAI for this scale, use the following formula to combine the subscale scores:

$$2 \times \text{Intrinsic} + \text{Identified} - \text{Introjected} - 2 \times \text{External}$$