**Appendix A: The Situational Motivation Scale (SIMS) reproduced from Guay et al. (2000) [15]**

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 all; 2: corresponds a very little; 3: corresponds a little; 4:corresponds moderately; 5: corresponds enough; 6: corresponds a lot; 7: corresponds exactly [15].

Survey prompt: “Why are you engaged in this activity?” [15]

16 survey items [15]:

1. Because I think this activity is interesting 1 2 3 4 5 6 7

2. Because I am doing it for my own good 1 2 3 4 5 6 7

3. Because I am supposed to do it 1 2 3 4 5 6 7

4. There may be good reasons to do this activity, but 1 2 3 4 5 6 7  
personally I don’t see any

5. Because I think that this activity is pleasant 1 2 3 4 5 6 7

6.Because I think that this activity is good for me 1 2 3 4 5 6 7

7. Because it is something that I have to do 1 2 3 4 5 6 7

8. I do this activity but I am not sure if it is worth it 1 2 3 4 5 6 7

9. Because this activity is fun 1 2 3 4 5 6 7

10. By personal decision 1 2 3 4 5 6 7

11. Because I don’t have any choice 1 2 3 4 5 6 7

12. I don’t know; I don’t see what this activity brings me 1 2 3 4 5 6 7

13. Because I feel good when doing this activity 1 2 3 4 5 6 7

14. Because I believe that this activity is important for me 1 2 3 4 5 6 7

15. Because I feel that I have to do it 1 2 3 4 5 6 7

16. I do this activity, but I am not sure it is a good thing to 1 2 3 4 5 6 7

pursue it

Codification key [15]:

* Intrinsic motivation: items 1, 5, 9, 13
* Identified regulation: items 2, 6, 10, 14
* External regulation: items 3, 7, 11, 15
* Amotivation: items 4, 8, 12, 16