

Basic Needs Assessment

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond.

Not true | Somewhat true | Very true

1 | 2 | 3 | 4 | 5 | 6 | 7

1.	<input type="checkbox"/>	I feel like I am free to decide for myself how to live my life.
2.	<input type="checkbox"/>	I really like the people I interact with.
3.	<input type="checkbox"/>	Often, I do not feel very competent.
4.	<input type="checkbox"/>	I feel pressured in my life.
5.	<input type="checkbox"/>	People I know tell me I am good at what I do.
6.	<input type="checkbox"/>	I get along with people I come into contact with.
7.	<input type="checkbox"/>	I pretty much keep to myself and don't have a lot of social contacts.
8.	<input type="checkbox"/>	I generally feel free to express my ideas and opinions.
9.	<input type="checkbox"/>	I consider the people I regularly interact with to be my friends.
10.	<input type="checkbox"/>	I have been able to learn interesting new skills recently.
11.	<input type="checkbox"/>	In my daily life, I frequently have to do what I am told.
12.	<input type="checkbox"/>	People in my life care about me.
13.	<input type="checkbox"/>	Most days I feel a sense of accomplishment from what I do.
14.	<input type="checkbox"/>	People I interact with on a daily basis tend to take my feelings into consideration.
15.	<input type="checkbox"/>	In my life I do not get much of a chance to show how capable I am.
16.	<input type="checkbox"/>	There are not many people I am close to.
17.	<input type="checkbox"/>	I feel like I can pretty much be myself in my daily situations.

18.	<input type="checkbox"/>	The people I interact with regularly do not seem to like me much.
19.	<input type="checkbox"/>	I often do not feel very capable.
20.	<input type="checkbox"/>	There is not much opportunity for me to decide for myself how to do things in my daily life.
21.	<input type="checkbox"/>	People are generally pretty friendly towards me.

Scoring(R) indicates items that need to be reverse scored.

Autonomy: 1, 4(R), 8, 11(R), 14, 17, 20(R)

Competence: 3(R), 5, 10, 13, 15(R), 19(R)

Relatedness: 2, 6, 7(R), 9, 12, 16(R), 18(R)

- Gagné, M. (2003). The role of autonomy support and autonomy orientation in prosocial behavior engagement. *Motivation and Emotion*, 27, 199–223.