

■ **Table 25.2** ■

**Measures Assessing Intrinsic and Extrinsic Motivation**

Concept	Measure	Dimension	Source	Website
Intrinsic and extrinsic motivation in sport	Sport Motivation Scale (SMS)	7 subscales: amotivation; external, introjected, and identified regulations; and intrinsic motivation to know, to experience stimulation, and to accomplish	Pelletier et al. (1995); Briere et al. (1995)	<a href="http://www.er.uqam.ca/nobel/r26710/LRCS/echelles_en.htm">www.er.uqam.ca/nobel/r26710/LRCS/echelles_en.htm</a>
Intrinsic and extrinsic motivation in sport	Sport Motivation Scale-6 (SMS-6)	6 subscales: amotivation; external, introjected, identified, and integrated regulations; and general intrinsic motivation	Mallett et al. (2007)	None
Intrinsic and extrinsic motivation in sport	Behavioral Regulation in Sport Questionnaire (BRSQ)	8 subscales: amotivation; external, introjected, identified, and integrated regulations; intrinsic motivation to know, to experience stimulation, and to accomplish	Lonsdale et al. (2008)	None
Intrinsic and extrinsic motivation in sport	Pictorial Motivation Scale (PMS)	4 subscales: intrinsic motivation, self-determined extrinsic motivation (a mixture of integrated and identified regulation), non-self-determined extrinsic motivation (a mixture of introjected and external regulation), and amotivation	Reid et al. (2009)	<a href="http://www.er.uqam.ca/nobel/r26710/LRCS/echelles_en.htm">www.er.uqam.ca/nobel/r26710/LRCS/echelles_en.htm</a>
Intrinsic and extrinsic motivation in sport	Situational Motivation Scale (SIMS)	4 subscales: intrinsic motivation, identified regulation, external regulation, and amotivation	Guay et al. (2000)	<a href="http://www.er.uqam.ca/nobel/r26710/LRCS/echelles_en.htm">www.er.uqam.ca/nobel/r26710/LRCS/echelles_en.htm</a>
Intrinsic and extrinsic motivation in exercise	Revised Behavioral Regulation in Exercise Questionnaire (BREQ)	5 subscales: amotivation and external, introjected, identified, and intrinsic regulations	Mullan, Markland, & Ingledew (1997)	<a href="http://www.bangor.ac.uk/~pes004/exercise_motivation/breq/breq.htm">www.bangor.ac.uk/~pes004/exercise_motivation/breq/breq.htm</a>
Intrinsic and extrinsic motivation in exercise	Exercise Motivation Scale (EMS)	6 subscales: amotivation and external, introjected, identified, integrated, and intrinsic regulations	Li (1999)	None