**GMS6 – Silvio’s Physical Effort Scale**

* Academic Motivation (AM\_X) (n subscales=7; n items=28)
* Intrinsic Motivation – To Know (n=4)
* AM\_2, AM\_9, AM\_16, AM\_23
* Intrinsic Motivation – Toward Accomplishment (n=4)
* AM\_6, AM\_13, AM\_20, AM\_27
* Intrinsic Motivation – To Experience Stimulation (n=4)
* AM\_4, AM\_11, AM\_18, AM\_25
* Extrinsic Motivation – Identified (n=4)
* AM\_3, AM\_10, AM\_17, AM\_24
* Extrinsic Motivation – Introjected (n=4)
* AM\_7, AM\_14, AM\_21, AM\_28
* Extrinsic Motivation – External Regulation (n=4)
* AM\_1, AM\_8, AM\_15, AM\_22
* Amotivation (n=4)
* AM\_5, AM\_12, AM\_19, AM\_26
* Basic Need S/F (SF\_X) (n subscales=6; n items=21)
* Autonomy Satisfaction (n=4)
* SF\_1, SF\_2, SF\_3, SF\_4
* Autonomy Frustration (n=4)
* SF\_5, SF\_6, SF\_7, SF\_8
* Relatedness Satisfaction (n=4)
* SF\_9, SF\_10, SF\_11, SF\_12
* Relatedness Frustration (n=4)
* SF\_13, SF\_14, SF\_15, SF\_16
* Competence Satisfaction (n=2)
* SF\_17, SF\_18
* Competence Frustration (n=3)
* SF\_19, SF\_20, SF\_21
* GMS6 (GMS6\_X) (no subscales; n items=6)
* GMS6\_Intergration, GMS6\_Identification, GMS6\_Introjection, GMS6\_IM, GMS6\_Externe, GMS6\_Amotivation
* PES (PES\_X) (n subscales=unkown; n items=18)
* PES\_1, PES\_2, PES\_3, PES\_4, PES\_5, PES\_6, PES\_7, PES\_8, PES\_9, PES\_10, PES\_11, PES\_12, PES\_13, PES\_14, PES\_15, PES\_16, PES\_17, PES\_18
* BREQ (BREQ12\_X) (n subscales=6; n items=12)
* Intrinsic (n=2)
* BREQ12\_1, BREQ12\_2
* Integrated (n=2)
* BREQ12\_3, BREQ12\_4
* Identified (n=2)
* BREQ12\_5, BREQ12\_6
* Introjected (n=2)
* BREQ12\_7, BREQ12\_8
* External (n=2)
* BREQ12\_9, BREQ12\_10
* Amotivated (n=2)
* BREQ12\_11, BREQ12\_12
* IBQ (IBQ\_X) (n subscales=6; n items=24)
* Autonomy Support (n=4)
* IBQ\_1, IBQ\_2, IBQ\_3, IBQ\_4
* Autonomy Thwarting (n=4)
* IBQ\_5, IBQ\_6, IBQ\_7, IBQ\_8
* Competence Support (n=4)
* IBQ\_9, IBQ\_10, IBQ\_11, IBQ\_12
* Competence Thwarting (n=4)
* IBQ\_13, IBQ\_14, IBQ\_15, IBQ\_16
* Relatedness Support (n=4)
* IBQ\_17, IBQ\_18, IBQ\_19, IBQ\_20
* Relatedness Thwarting (n=4)
* IBQ\_21, IBQ\_22, IBQ\_23, IBQ\_24
* Social Desirability (no subscales; n items=10)
* SD\_1, SD\_2, SD\_3, SD\_4, SD\_5, SD\_6, SD\_7, SD\_8, SD\_9, SD\_10
* PANAS (PANAS\_X) (n subscales=6; n items=11)
* Negative Affect (n=1)
* PANAS\_3
* Positive Affect (n=2)
* PANAS\_10, PANAS\_5
* Negative Emotions (n=5)
* PANAS\_8, PANAS\_9, PANAS\_6, PANAS\_11, PANAS\_1
* Fatigue (n=1)
* PANAS\_4
* Serenity (n=1)
* PANAS\_2
* Joviality (n=1)
* PANAS\_7
* Life Satisfaction (LS\_X) (no subscales after recoding item 2; n items=5)
* LS\_1, LS\_2, LS\_3, LS\_4, LS\_5
* Subjective Vitality (SV\_X) (no subscales after recoding items 2 and 8; n items=9)
* SV\_1, SV\_2, SV\_3, SV\_4, SV\_5, SV\_6, SV\_7, SV\_8, SV\_9
* Need Satisfaction (NeedSatis\_X) (n subscales=2; n items=6)
* Need Satisfaction (n=3)
* NeedSatis\_1, NeedSatis\_3, NeedSatis\_5
* Need Frustration (n=3)
* Need Satis\_2, Need Satis\_4, Need Satis\_6
* IBQ Short (IBQSHORT\_X) (n subscales=2; n items=6)
* Need Support (n=3)
* IBQSHORT\_1, IBQSHORT\_3, IBQSHORT\_5
* Need Thwarting (n=3)
* IBQSHORT\_2, IBQSHORT\_4, IBQSHORT\_6
* Burnout (BURNOUT\_X) (n subscales=4; n items=10)
* Contingent self-worth (n=4)
* BURNOUT\_1, BURNOUT\_2, BURNOUT\_3, BURNOUT\_4
* Reduced Sense of Accomplishment (n=2)
* BURNOUT\_5, BURNOUT\_6
* Exhaustion (n=2)
* BURNOUT\_7, BURNOUT\_8
* Devaluation (n=2)
* BURNOUT\_9, BURNOUT\_10
* Self-Esteem (SELFESTEEM\_X) (n subscales= 2; n items=16)
* STAI (n=6)
* Anxiety Absent (n=3)
* SELFESTEEM\_4, SELFESTEEM\_13, SELFESTEEM\_16
* Anxiety Present (n=3)
* SELFESTEEM\_5, SELFESTEEM\_8, SELFESTEEM\_10
* Rosenberg Self-Esteem Scale (n=10)
* SELFESTEEM\_1, SELFESTEEM\_2 (recoded), SELFESTEEM\_3, SELFESTEEM\_6 (recoded), SELFESTEEM\_7, SELFESTEEM\_9, SELFESTEEM\_11 (recoded), SELFESTEEM\_12 (recoded), SELFESTEEM\_14 (recoded), SELFESTEEM\_15