Please indicate to what extent you agree with the following statements.

Right now, at work,

So far today at work,

In the past few hours at work,

Since your last survey point at work,

Basic Psychological Need Satisfaction and Scale (Olafsen et al., 2021)

* Competency Satisfaction:
  1. I seriously doubt whether I can do things well.
  2. I feel disappointed by many of my achievements.
  3. I feel insecure about my abilities.
  4. I feel like a failure because of the mistakes I make.
* Autonomy Satisfaction
  1. Most things I do, I do because I feel that I must.
  2. I feel forced to do many things that I would not have chosen to do.
  3. I feel pressured to do many of the things I do.
  4. My activities feel like a continuous line of duties.
* Relatedness Satisfaction
  1. I feel excluded from the group that I want to be a part of
  2. I feel that the people that are important to me are cold and distant towards me.
  3. I have the impression that people that I spend time with dislike me.
  4. I feel that the relations I have are only superficial.

Psychological Need Thwarting (Bartholomew et al., 2011)

* Competency Thwarting:
  1. There are occasions where I feel incompetent because others impose unrealistic expectations upon me.
  2. There are times when I am told things that make me feel incompetent.
  3. There are situations where I am made to feel inadequate.
  4. I feel inadequate because I am not given opportunities to fulfill my potential.
* Autonomy Thwarting:
  1. I feel prevented from making choices regarding the way I train.
  2. I feel pushed to behave in certain ways.
  3. I feel obliged to follow training decisions made for me.
  4. I feel under pressure to agree with the training regimen I am provided.
* Relatedness Thwarting
  1. I feel I am rejected by those around me.
  2. I feel others can be dismissive of me.
  3. I feel other people dislike me.
  4. I feel some of the coworkers around me are envious when I achieve success.