# Table 1

*Cronbach’s alpha coefficients and confidence intervals*

|  |  |  |  |
| --- | --- | --- | --- |
|  | Cronbach’s α | 95% CI Lower | 95% CI Upper |
| Gratitude | .72 | .66 | .77 |
| Amotivation | .75 | .69 | .80 |
| Extrinsic regulation | .83 | .80 | .86 |
| Introjected regulation | .72 | .66 | .77 |
| Identified regulation | .74 | .67 | .79 |
| Intrinsic motivation | .89 | .87 | .91 |
| Task performance | .88 | .86 | .90 |
| Contextual performance | .83 | .79 | .86 |

# Table 2

*Descriptive statistics for the primary variables*

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Variables | N | Mean | SD | Median | Min | Max | Skew (SE) | Kurt (SE) |
| Amotivation (T1) | 246 | 5.59 | 3.45 | 4 | 3 | 18 | 1.53 (.16) | 1.83 (.31) |
| Amotivation (T2) | 246 | 5.92 | 3.52 | 5 | 3 | 18 | 1.21 (.16) | 0.60 (.31) |
| Extrinsic regulation (T1) | 246 | 21.24 | 8.71 | 21 | 6 | 42 | 0.30 (.16) | -0.62 (.31) |
| Extrinsic regulation (T2) | 246 | 21.81 | 8.68 | 22.5 | 6 | 42 | 0.22 (.16) | -0.70 (.31) |
| Introjected regulation (T1) | 246 | 21.36 | 5.09 | 22 | 4 | 28 | -0.92 (.16) | 0.72 (.31) |
| Introjected regulation (T2) | 246 | 21.54 | 5.47 | 23 | 4 | 28 | -0.88 (.16) | 0.26 (.31) |
| Identified regulation (T1) | 246 | 16.99 | 3.79 | 18 | 4 | 21 | -1.03 (.16) | 0.79 (.31) |
| Identified regulation (T2) | 246 | 16.99 | 3.76 | 18 | 6 | 21 | -1.02 (.16) | 0.50 (.31) |
| Intrinsic motivation (T1) | 246 | 16.51 | 4.34 | 18 | 3 | 21 | -0.97 (.16) | 0.27 (.31) |
| Intrinsic motivation (T2) | 246 | 16.22 | 4.41 | 17 | 3 | 21 | -0.90 (.16) | 0.09 (.31) |
| Task performance (T1) | 246 | 53.3 | 7.88 | 55 | 23 | 63 | -1.00 (.16) | 0.79 (.31) |
| Task performance (T2) | 246 | 53.5 | 7.77 | 54.5 | 23 | 63 | -1.14 (.16) | 1.29 (.31) |
| Contextual performance (T1) | 246 | 37.95 | 7.75 | 39 | 10 | 49 | -0.67 (.16) | 0.26 (.31) |
| Contextual performance (T2) | 246 | 37.26 | 8.75 | 39 | 7 | 49 | -0.94 (.16) | 0.68 (.31) |

# Table 3

*Spearman zero-order correlation matrix*

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| (1) Gratitude (T1) | .72 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| (2) Amotivation (T1) | -.45\*\*\* | .75 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| (3) Amotivation (T2) | -.32\*\*\* | .64\*\*\* | .75 |  |  |  |  |  |  |  |  |  |  |  |  |
| (4) Extrinsic regulation (T1) | -.21\*\* | .18\*\* | .26\*\*\* | .83 |  |  |  |  |  |  |  |  |  |  |  |
| (5) Extrinsic regulation (T2) | -.12\* | .15\* | .21\*\* | .67\*\*\* | .83 |  |  |  |  |  |  |  |  |  |  |
| (6) Introjected regulation (T1) | .17\*\* | -.29\*\*\* | -.19\*\* | .27\*\*\* | .25\*\*\* | .72 |  |  |  |  |  |  |  |  |  |
| (7) Introjected regulation (T2) | .28\*\*\* | -.34\*\*\* | -.40\*\*\* | .07 | .26\*\*\* | .59\*\*\* | .72 |  |  |  |  |  |  |  |  |
| (8) Identified regulation (T1) | .31\*\*\* | -.54\*\*\* | -.47\*\*\* | -.01 | .00 | .68\*\*\* | .55\*\*\* | .74 |  |  |  |  |  |  |  |
| (9) Identified regulation (T2) | .31\*\*\* | -.49\*\*\* | -.58\*\*\* | -.06 | .02 | .48\*\*\* | .75\*\*\* | .65\*\*\* | .74 |  |  |  |  |  |  |
| (10) Intrinsic motivation (T1) | .35\*\*\* | -.62\*\*\* | -.52\*\*\* | -.07 | -.11 | .47\*\*\* | .37\*\*\* | .72\*\*\* | .56\*\*\* | .89 |  |  |  |  |  |
| (11) Intrinsic motivation (T2) | .31\*\*\* | -.55\*\*\* | -.63\*\*\* | -.09 | -.02 | .37\*\*\* | .57\*\*\* | .59\*\*\* | .75\*\*\* | .74\*\*\* | .89 |  |  |  |  |
| (12) Task performance (T1) | .23\*\*\* | -.34\*\*\* | -.31\*\*\* | -.13\* | -.09 | .30\*\*\* | .29\*\*\* | .41\*\*\* | .33\*\*\* | .41\*\*\* | .32\*\*\* | .88 |  |  |  |
| (13) Task performance (T2) | .24\*\*\* | -.30\*\*\* | -.39\*\*\* | -.14\* | -.05 | .27\*\*\* | .40\*\*\* | .31\*\*\* | .46\*\*\* | .34\*\*\* | .45\*\*\* | .70\*\*\* | .88 |  |  |
| (14) Contextual performance (T1) | .31\*\*\* | -.39\*\*\* | -.34\*\*\* | -.07 | -.00 | .33\*\*\* | .33\*\*\* | .45\*\*\* | .41\*\*\* | .48\*\*\* | .40\*\*\* | .55\*\*\* | .40\*\*\* | .83 |  |
| (15) Contextual performance (T2) | .27\*\*\* | -.38\*\*\* | -.44\*\*\* | -.11 | -.01 | .26\*\*\* | .41\*\*\* | .37\*\*\* | .51\*\*\* | .46\*\*\* | .56\*\*\* | .42\*\*\* | .58\*\*\* | .68\*\*\* | .83 |
| Means | 33.82 | 5.59 | 5.92 | 21.24 | 21.81 | 21.36 | 21.54 | 16.98 | 16.98 | 16.50 | 16.22 | 53.29 | 53.49 | 37.94 | 37.26 |
| Standard deviations | 5.51 | 3.45 | 3.52 | 8.71 | 8.68 | 5.08 | 5.46 | 3.78 | 3.76 | 4.34 | 4.40 | 7.88 | 7.77 | 7.74 | 8.75 |

*Note. \*\*\* p < .001; \*\*p < .01; \* p < .05. Cronbach’s Alpha on main diagonal*