Analysis Report

This report is structured as follows.

Contents

Data Processing

The analysis began by uploading data into RStudio and matching respondents across the three time points T1, T2 and T3. The final sample size resulting from this match was 95 individuals.

Reliability Analysis

Cronbach's Alpha is a measure of internal consistency, often considered a gauge of the reliability of a psychometric instrument. It quantifies how well a set of items measures a single unidimensional latent construct. When conducting psychological or educational assessments, ensuring that items within a test reliably measure a common underlying factor is crucial. A higher Cronbach's Alpha value (typically above 0.7) suggests good internal consistency, while values closer to 1.0 indicate excellent consistency among the items in the scale.

The tables below present the results of this analysis, along with some descriptive statistics of each item: mean, standard error of the mean, standard deviation and item-to-total correlations, which measures the correlation of the item with the total scale. The total scores for each scale were calculated using average scores of all items.

Variable	Mean	SEM	StDev	ITC	Alpha
Q95___FamAutSupp2_1	10.750	0.056	0.956	0.714	
Q95___FamAutSupp2_2	10.896	0.057	0.989	0.806	
Q95___FamAutSupp2_3	10.811	0.060	1.032	0.761	
Q95___FamAutSupp2_4	10.697	0.062	1.073	0.746	
Q101___FrieAutSupp1_1	10.886	0.058	0.995	0.743	
Q101___FrieAutSupp1_2	11.097	0.057	0.988	0.804	
Q101___FrieAutSupp1_3	11.017	0.058	0.996	0.809	
Q101___FrieAutSupp1_4	10.866	0.060	1.039	0.784	
Autonomy Support T1	10.878	0.045	0.777		0.902

Variable	Mean	SEM	StDev	ITC	Alpha
Q15___Need_Satisfact_1	4.732	0.098	1.730	0.369	
Q15___Need_Satisfact_2	4.403	0.111	1.967	0.549	
Q15___Need_Satisfact_3	4.703	0.091	1.603	0.538	
Q15___Need_Satisfact_4	4.403	0.115	2.042	0.611	
Q15___Need_Satisfact_5	4.390	0.095	1.678	0.351	
Q15___Need_Satisfact_6	3.955	0.111	1.957	0.529	
Q15___Need_Satisfact_7	4.262	0.114	2.021	0.653	
Q15___Need_Satisfact_8	3.984	0.099	1.753	0.111	
Q15___Need_Satisfact_9	4.575	0.086	1.528	0.467	
Q15___Need_Satisfact_10	4.799	0.095	1.684	0.597	
Q15___Need_Satisfact_11	5.096	0.112	1.973	0.554	
Q15___Need_Satisfact_12	4.569	0.106	1.882	0.524	
Need Satisfaction T2	4.489	0.051	0.897		0.714

Variable	Mean	SEM	StDev	ITC	Alpha
Affect_1	4.611	0.088	1.501	0.901	
Affect_4	4.635	0.087	1.485	0.895	
Affect_6	4.676	0.083	1.414	0.920	
Affect_7	4.809	0.086	1.475	0.928	
Positive Affect T3	4.683	0.078	1.338		0.931
Affect_2	4.672	0.100	1.719	0.857	
Affect_3	4.379	0.105	1.803	0.858	
Affect_5	5.140	0.107	1.831	0.866	
Affect_8	5.065	0.104	1.773	0.811	
Affect_9	4.514	0.107	1.825	0.853	
Negative Affect T3	4.754	0.089	1.519		0.903
SWLS_1	3.959	0.096	1.651	0.874	
SWLS_2	4.126	0.098	1.670	0.864	
SWLS_3	4.297	0.096	1.644	0.901	
SWLS_4	4.338	0.101	1.724	0.822	
SWLS_5	3.867	0.107	1.836	0.746	
Life Satisfaction T3	4.117	0.084	1.431		0.894
Affect_1	4.611	0.088	1.501	0.744	
Affect_4	4.635	0.087	1.485	0.669	
Affect_6	4.676	0.083	1.414	0.743	
Affect_7	4.809	0.086	1.475	0.769	
Affect_2	4.672	0.100	1.719	0.710	
Affect_3	4.379	0.105	1.803	0.626	
Affect_5	5.140	0.107	1.831	0.714	
Affect_8	5.065	0.104	1.773	0.537	
Affect_9	4.514	0.107	1.825	0.666	
SWLS_1	3.959	0.096	1.651	0.761	
SWLS_2	4.126	0.098	1.670	0.723	
SWLS_3	4.297	0.096	1.644	0.816	
SWLS_4	4.338	0.101	1.724	0.724	
SWLS_5	3.867	0.107	1.836	0.594	
Total Subjective Well-Being T3	4.506	0.068	1.161		0.917
Emotional_regulation_8	8.486	0.060	1.014	0.859	
Emotional_regulation_9	8.257	0.060	1.016	0.857	
Emotional_regulation_10	8.350	0.058	0.983	0.888	
Integrative Regulation T3	8.363	0.052	0.871		0.836
Emotional_regulation_5	8.183	0.065	1.094	0.825	
Emotional_regulation_6	8.261	0.061	1.029	0.799	
Emotional_regulation_7	8.187	0.063	1.057	0.788	
Suppressive Regulation T3	8.211	0.051	0.852		0.727
Emotional_regulation_1	7.873	0.075	1.269	0.877	
Emotional_regulation_2	7.768	0.073	1.234	0.876	
Emotional_regulation_3	8.063	0.073	1.234	0.848	
Emotional_regulation_4	8.120	0.072	1.209	0.860	
Dysregulation T3	7.956	0.063	1.069		0.888

Variable	Mean	SEM	StDev	ITC	Alpha
Total Emotion Regulation T3	**8.155**	**0.041**	**0.683**		**0.813**
Q45_1	16.566	0.086	1.471	0.589	
Q45_2	16.948	0.087	1.479	0.706	
Q45_3	16.397	0.082	1.391	0.779	
Q45_4	16.210	0.094	1.609	0.744	
Q45_5	16.431	0.087	1.487	0.752	
Q45_6	16.159	0.095	1.625	0.747	
Q45_7	16.838	0.078	1.333	0.722	
Q45_8	15.586	0.113	1.932	0.570	
Q45_9	16.707	0.084	1.426	0.759	
Q45_10	16.090	0.095	1.615	0.678	
Q45_11	16.503	0.084	1.432	0.666	
Q45_12	16.110	0.097	1.658	0.637	
Q45_13	16.800	0.086	1.468	0.611	
Q45_14	16.379	0.096	1.637	0.200	
Q45_15	16.393	0.088	1.503	0.191	
Q45_16	16.024	0.090	1.539	0.727	
Posttraumatic Growth T3	16.384	0.057	0.963		0.895
asp_2	5.132	0.083	1.405	0.759	
asp_4	5.063	0.098	1.654	0.665	
asp_6	4.697	0.087	1.480	0.739	
asp_8	5.516	0.079	1.343	0.748	
asp_10	5.718	0.083	1.407	0.784	
asp_12	5.296	0.091	1.542	0.771	
Intrinsic Aspirations T3	5.237	0.065	1.093		0.835
asp_1	4.449	0.097	1.640	0.637	
asp_3	5.502	0.086	1.455	0.749	
asp_5	5.233	0.091	1.546	0.778	
asp_7	4.746	0.092	1.565	0.693	
asp_9	5.390	0.084	1.422	0.673	
asp_11	5.392	0.094	1.590	0.768	
Extrinsic Aspirations T3	5.118	0.065	1.099		0.809
asp_1	4.449	0.097	1.640	0.523	
asp_2	5.132	0.083	1.405	0.716	
asp_3	5.502	0.086	1.455	0.740	
asp_4	5.063	0.098	1.654	0.639	
asp_5	5.233	0.091	1.546	0.809	
asp_6	4.697	0.087	1.480	0.711	
asp_7	4.746	0.092	1.565	0.580	
asp_8	5.516	0.079	1.343	0.718	
asp_9	5.390	0.084	1.422	0.651	
asp_10	5.718	0.083	1.407	0.768	
asp_11	5.392	0.094	1.590	0.790	
asp_12	5.296	0.091	1.542	0.697	
Total Aspirations T3	5.178	0.062	1.042		0.901

Despite all Alphas were above 0.700, suggesting good internal consistency, some item-total correlations were below 0.300. These items were removed to improve the quality of the scales. The new statistics and scale structures are found below.

Variable	Mean	SEM	StDev	ITC	Alpha
Q15___Need_Satisfact_2	4.403	0.111	1.967	0.787	
Q15___Need_Satisfact_4	4.403	0.115	2.042	0.741	
Q15___Need_Satisfact_6	3.955	0.111	1.957	0.775	
Q15___Need_Satisfact_7	4.262	0.114	2.021	0.820	
Q15___Need_Satisfact_11	5.096	0.112	1.973	0.769	
Q15___Need_Satisfact_12	4.569	0.106	1.882	0.738	
Need Satisfaction T2	4.448	0.086	1.523		0.864

Variable	Mean	SEM	StDev	ITC	Alpha
Q45_1	16.566	0.086	1.471	0.590	
Q45_2	16.948	0.087	1.479	0.720	
Q45_3	16.397	0.082	1.391	0.793	
Q45_4	16.210	0.094	1.609	0.752	
Q45_5	16.431	0.087	1.487	0.774	
Q45_6	16.159	0.095	1.625	0.773	
Q45_7	16.838	0.078	1.333	0.739	
Q45_8	15.586	0.113	1.932	0.566	
Q45_9	16.707	0.084	1.426	0.769	
Q45_10	16.090	0.095	1.615	0.681	
Q45_11	16.503	0.084	1.432	0.677	
Q45_12	16.110	0.097	1.658	0.648	
Q45_13	16.800	0.086	1.468	0.625	
Q45_16	16.024	0.090	1.539	0.747	
Posttraumatic Growth T3	16.383	0.063	1.074		0.919

Descriptive Statistics

After testing for the scales' reliabilities, the scores were averaged to form the total scales. The table below shows a summary of the scales, including skewness and kurtosis.

Variable	Mean	SEM	SD	Skewness	Kurtosis
Autonomy Support T1	10.751	0.079	0.764	-0.609	3.829
Need Satisfaction T2	4.649	0.139	1.356	-0.294	3.033
Positive Affect T3	4.789	0.128	1.252	-0.759	3.411
Negative Affect T3	5.044	0.140	1.369	-0.390	2.761
Life Satisfaction T3	4.141	0.139	1.356	-0.247	2.663
Total Subjective Well-Being T3	4.649	0.115	1.124	-0.477	2.852
Integrative Regulation T3	8.370	0.083	0.814	-0.734	4.273
Suppressive Regulation T3	8.112	0.085	0.827	-0.784	3.419
Dysregulation T3	7.889	0.112	1.089	-0.095	2.295
Total Emotion Regulation T3	8.101	0.071	0.692	-0.823	4.333
Posttraumatic Growth T3	16.272	0.102	0.994	-0.121	3.125
Intrinsic Aspirations T3	5.251	0.100	0.978	-0.514	2.843
Extrinsic Aspirations T3	5.137	0.101	0.982	-0.273	2.738
Total Aspirations T3	5.194	0.095	0.928	-0.504	2.970

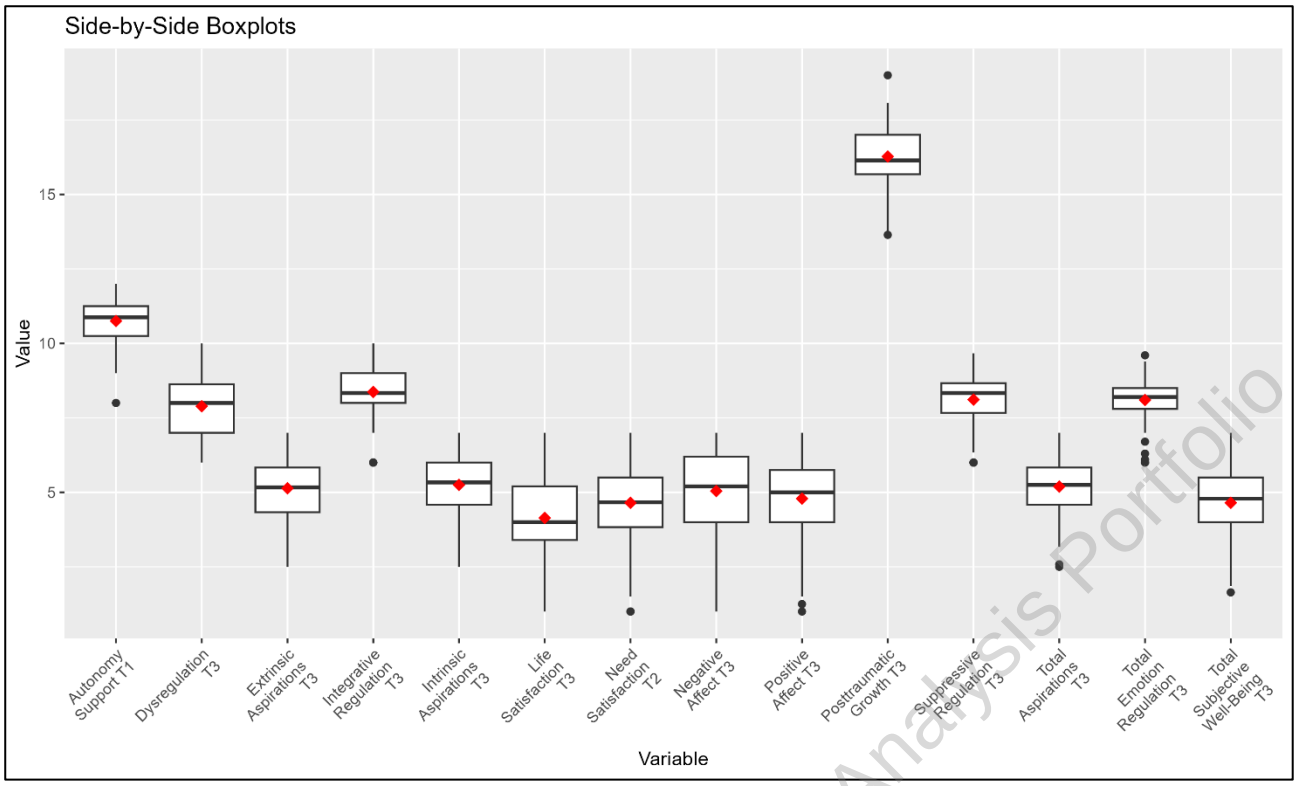
The skewness and kurtosis values are critical in evaluating the normality of the distribution of scores for each scale. In general:

Skewness close to 0 suggests a symmetrical distribution of data around the mean. The values reported range from slightly negative to moderately negative, indicating a slight left skew but still fairly symmetrical for most scales.

Kurtosis values closer to 3 are indicative of a normal distribution ("mesokurtic"). Values in the table vary, with some scales showing a slight excess kurtosis (leptokurtic) indicating a peak higher than a normal distribution, but still within acceptable limits for psychological data.

The descriptive statistics suggest that the distributions for each scale are reasonably symmetrical and mostly conform to normality, making them suitable for further statistical analyses. These properties ensure the robustness of inferential statistics applied to these scales, supporting reliable conclusions in psychological research.

The figure below shows boxplots of the scales under study.



Normality Tests

The Kolmogorov-Smirnov (KS) test provides a method for evaluating the normality of distribution in scales by comparing the observed distribution of data with a perfectly normal distribution.

The table below shows the results this test.

Variable	KS_Statistic	KS_p_value
Autonomy Support T1	0.106	0.244
Need Satisfaction T2	0.061	0.877
Positive Affect T3	0.125	0.104
Negative Affect T3	0.081	0.561
Life Satisfaction T3	0.085	0.499
Total Subjective Well-Being T3	0.093	0.389
Integrative Regulation T3	0.146	0.036
Suppressive Regulation T3	0.172	0.007
Dysregulation T3	0.119	0.133
Total Emotion Regulation T3	0.116	0.156
Posttraumatic Growth T3	0.068	0.779
Intrinsic Aspirations T3	0.103	0.263
Extrinsic Aspirations T3	0.084	0.517
Total Aspirations T3	0.071	0.717

The Kolmogorov-Smirnov test results generally suggest that most of the psychological scales assessed adhere to a normal distribution. This is crucial as it validates the use of parametric statistical tests which assume normality in the data. The few instances where the scales show potential non-normality (specifically Integrative and Suppressive Regulation T3) may require further assessment or consideration of non-parametric alternatives for analysis. Overall, the adherence to normality for most scales confirms the robustness of the scales' design and their suitability for detailed psychological analysis.

Correlation Analysis

The correlation analysis highlights several relationships among the psychological constructs evaluated. One of the standout findings is the strong association between Positive Affect T3 and Total Subjective Well-Being T3, with a correlation coefficient of 0.820, indicating a substantial link between positive emotions and overall subjective well-being. Similarly, Negative Affect T3 is almost equally correlated with Total Subjective Well-Being T3, emphasizing how negative emotions considerably impact an individual’s well-being.

Another significant relationship is observed between Life Satisfaction T3 and both positive and negative affective states, suggesting that an individual's satisfaction with life is greatly influenced by their emotional experiences. Positive Affect T3 shows a correlation of 0.691 with Life Satisfaction T3, while Negative Affect T3 correlates at 0.542, underscoring the dual impact of emotions on life satisfaction perceptions.

The correlation between Need Satisfaction T2 and Negative Affect T3 is notably strong at 0.609, highlighting the critical role of need fulfillment in influencing emotional states, particularly negative emotions.

In terms of emotion regulation, Total Emotion Regulation T3 shows strong correlations with its subcomponents like Suppressive Regulation T3 and Dysregulation T3, with coefficients of 0.748 and 0.839 respectively. These figures reveal how different approaches to regulating emotions contribute to the overall emotion regulation capacity, with suppression and dysregulation playing significant roles.

Furthermore, the analysis reveals a very high correlation between Intrinsic Aspirations T3 and Extrinsic Aspirations T3 at 0.793, indicating a significant overlap between these motivational dimensions, which typically are viewed as distinct.

Lastly, the correlation between Total Aspirations T3 and Posttraumatic Growth T3 at 0.327 suggests a moderate link, implying that higher levels of personal aspirations are associated with greater growth following traumatic experiences.

Index	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Autonomy Support T1 (1)	-													
Need Satisfaction T2 (2)	0.126	-												
Positive Affect T3 (3)	0.414***	0.193**	-											
Negative Affect T3 (4)	0.252**	0.609***	0.470***	-										
Life Satisfaction T3 (5)	0.262**	0.338***	0.691***	0.542***	-									
Total Subjective Well-Being T3 (6)	0.355***	0.473***	0.820***	0.819***	0.887***	-								
Integrative Regulation T3 (7)	0.062	-0.052	0.084	-0.074	-0.056	-0.030	-							
Suppressive Regulation T3 (8)	-0.222**	-0.374***	-0.236**	-0.409***	-0.342***	-0.401***	0.345***	-						
Dysregulation T3 (9)	-0.098	-0.483***	-0.354***	-0.513***	-0.446***	-0.529***	0.161	0.425***	-					
Total Emotion Regulation T3 (10)	-0.120	-0.456***	-0.278***	-0.496***	-0.423***	-0.487***	0.577***	0.748***	0.839***	-				
Posttraumatic Growth T3 (11)	0.324***	-0.068	0.438***	0.156	0.335***	0.351***	0.282***	-0.013	-0.050	0.063	-			
Intrinsic Aspirations T3 (12)	0.220**	0.004	0.246**	0.084	0.211**	0.206**	0.353***	-0.082	-0.126	0.012	0.346***	-		
Extrinsic Aspirations T3 (13)	0.242**	-0.056	0.279***	0.051	0.119	0.162*	0.114	-0.029	-0.093	-0.032	0.274***	0.793***	-	
Total Aspirations T3 (14)	0.244**	-0.027	0.277***	0.071	0.174*	0.194**	0.246**	-0.058	-0.116	-0.010	0.327***	0.946***	0.947***	-

*: $p < 0.1$

**: $p < 0.05$

***: $p < 0.001$

Path Analysis

The path analysis conducted using the lavaan package in R provides a comprehensive examination of the relationships between various psychological constructs, focusing particularly on how autonomy support and need satisfaction influence various aspects of emotional and psychological well-being. Path analysis is a type of Structural Equation Modelling. The model is a mediation model that tests direct paths from autonomy support to various dependent variables like Positive Affect, Negative Affect, and Life Satisfaction, among others. It also examines the indirect effects of autonomy support on these variables through a mediator, Need Satisfaction.

Each path in the model is specified with coefficients that determine the strength and direction of the relationships. For example, the positive coefficient for the path from Autonomy Support to Positive Affect indicates that higher levels of autonomy support are associated with higher levels of positive affect. Similarly, negative coefficients for paths leading to various forms of regulation and dysregulation suggest that increased autonomy support tends to decrease negative psychological outcomes.

Moreover, the model also calculates indirect effects to understand the mediating role of Need Satisfaction between Autonomy Support and other outcomes. These indirect paths help in understanding the extended influence of autonomy support through its ability to satisfy basic psychological needs, which in turn affect other aspects of well-being.

The R-squared values for each dependent variable indicate the proportion of variance explained by the model, with values like 0.402 for Negative Affect T3 suggesting that a substantial portion of the variance in this variable is accounted for by the predictors included in the model. The table below shows the R^2 for all dependent variables.

Dependent Variable	R^2
Positive_Affect_T3	0.191
Negative_Affect_T3	0.402
Life_Satisfaction_T3	0.163
Integrative_Regulation_T3	0.007
Suppressive_Regulation_T3	0.171
Dysregulation_T3	0.235
Posttraumatic_Growth_T3	0.117
Intrinsic_Aspirations_T3	0.049
Extrinsic_Aspirations_T3	0.066
Need_Satisfaction_T2	0.016

The fit of the model was assessed using several statistics: the log-likelihood value was -1188.547, indicating the likelihood of the data given the model. The Bayesian Information Criterion (BIC) and Akaike Information Criterion (AIC) were 2672.408 and 2507.093, respectively, which provide measures for model comparison and selection, balancing model complexity and goodness of fit.

Regarding the path coefficients, several significant relationships were found:

- **Positive Affect T3** was significantly predicted by **Autonomy Support T1** ($\beta = 0.649$, $p < 0.001$), suggesting a strong positive influence, while the effect of **Need Satisfaction T2** was not statistically significant ($\beta = 0.133$, $p = 0.126$).
- **Negative Affect T3** showed strong associations with both **Need Satisfaction T2** ($\beta = 0.599$, $p < 0.001$) and **Autonomy Support T1** ($\beta = 0.322$, $p = 0.026$), indicating that higher levels of need satisfaction and autonomy support are associated with lower negative affect.
- **Life Satisfaction T3** was positively influenced by both **Need Satisfaction T2** ($\beta = 0.312$, $p = 0.001$) and **Autonomy Support T1** ($\beta = 0.397$, $p = 0.019$).
- The effects on **Integrative Regulation T3** were not significant, suggesting little to no direct impact of need satisfaction and autonomy support on this variable.
- **Suppressive Regulation T3** was negatively influenced by **Need Satisfaction T2** ($\beta = -0.217$, $p < 0.001$) and **Autonomy Support T1** ($\beta = -0.194$, $p = 0.060$), highlighting that higher levels of these predictors are associated with lower suppressive regulation.
- **Dysregulation T3** was significantly negatively predicted by **Need Satisfaction T2** ($\beta = -0.388$, $p < 0.001$), but not by autonomy support.
- **Posttraumatic Growth T3** had a significant positive relationship with **Autonomy Support T1** ($\beta = 0.441$, $p = 0.001$), whereas the effect of need satisfaction was not significant.
- **Intrinsic Aspirations T3** and **Extrinsic Aspirations T3** showed significant positive relationships with **Autonomy Support T1** but not with need satisfaction.

Indirect effects were also explored, although none were statistically significant, indicating that the mediation paths proposed in the model might not hold under the conditions tested.

Dependent Variable		Predictor	label	B	SE	z	p
Positive_Affect_T3	~	Need_Satisfaction_T2	b1	0.133	0.087	1.530	0.126
Positive_Affect_T3	~	Autonomy_Support_T1	c1	0.649	0.153	4.230	0.000
Negative_Affect_T3	~	Need_Satisfaction_T2	b2	0.599	0.082	7.291	0.000
Negative_Affect_T3	~	Autonomy_Support_T1	c2	0.322	0.145	2.220	0.026
Life_Satisfaction_T3	~	Need_Satisfaction_T2	b3	0.312	0.096	3.256	0.001
Life_Satisfaction_T3	~	Autonomy_Support_T1	c3	0.397	0.169	2.350	0.019
Integrative_Regulation_T3	~	Need_Satisfaction_T2	b4	-0.037	0.063	-0.591	0.554
Integrative_Regulation_T3	~	Autonomy_Support_T1	c4	0.074	0.111	0.670	0.503
Suppressive_Regulation_T3	~	Need_Satisfaction_T2	b5	-0.217	0.058	-3.716	0.000
Suppressive_Regulation_T3	~	Autonomy_Support_T1	c5	-0.194	0.103	-1.883	0.060
Dysregulation_T3	~	Need_Satisfaction_T2	b6	-0.388	0.074	-5.262	0.000
Dysregulation_T3	~	Autonomy_Support_T1	c6	-0.054	0.130	-0.416	0.678
Posttraumatic_Growth_T3	~	Need_Satisfaction_T2	b7	-0.082	0.072	-1.130	0.259
Posttraumatic_Growth_T3	~	Autonomy_Support_T1	c7	0.441	0.128	3.455	0.001
Intrinsic_Aspirations_T3	~	Need_Satisfaction_T2	b8	-0.017	0.073	-0.238	0.812
Intrinsic_Aspirations_T3	~	Autonomy_Support_T1	c8	0.285	0.129	2.203	0.028
Extrinsic_Aspirations_T3	~	Need_Satisfaction_T2	b9	-0.064	0.073	-0.872	0.383
Extrinsic_Aspirations_T3	~	Autonomy_Support_T1	c9	0.324	0.129	2.514	0.012
Need_Satisfaction_T2	~	Autonomy_Support_T1	a	0.222	0.181	1.230	0.219
indirect1	:=	a*b1	indirect1	0.030	0.031	0.959	0.338
indirect2	:=	a*b2	indirect2	0.133	0.110	1.213	0.225
indirect3	:=	a*b3	indirect3	0.069	0.060	1.151	0.250
indirect4	:=	a*b4	indirect4	-0.008	0.015	-0.533	0.594
indirect5	:=	a*b5	indirect5	-0.048	0.041	-1.168	0.243
indirect6	:=	a*b6	indirect6	-0.086	0.072	-1.198	0.231
indirect7	:=	a*b7	indirect7	-0.018	0.022	-0.832	0.405
indirect8	:=	a*b8	indirect8	-0.004	0.017	-0.234	0.815
indirect9	:=	a*b9	indirect9	-0.014	0.020	-0.712	0.477

Hypotheses

1. Perceived autonomy support at T1 would relate to increases in subjective well-being (combination of affect valence (positive affect, reversed negative affect, life satisfaction)) at T3
2. Perceived autonomy support at T1 would relate to increases in integrative emotion regulation at T3
    a. Perceived autonomy support at T1 would relate to decreases in suppressive and dysregulation emotion regulation at T3
3. Perceived autonomy support at T1 would relate to increases in posttraumatic growth
4. Perceived autonomy support at T1 would relate to increases in intrinsic aspirations at T3
    a. Perceived autonomy support at T1 would relate to decreases in extrinsic aspirations at T3

The path analysis conducted to test the proposed hypotheses provided mixed results. Firstly, perceived autonomy support at Time 1 (T1) was found to significantly relate to increases in subjective

well-being at Time 3 (T3), as evidenced by strong positive effects on positive affect and life satisfaction, and a significant reduction in negative affect.

Regarding the second hypothesis, the results were less supportive. While autonomy support at T1 was expected to increase integrative emotion regulation and decrease suppressive and dysregulation at T3, the analysis revealed no significant effect on integrative regulation and only negative relationships with suppressive and dysregulation strategies.

The third hypothesis was partially supported as autonomy support at T1 was associated with increases in posttraumatic growth at T3.

Finally, the results also supported the fourth hypothesis that autonomy support relates to increases in intrinsic aspirations.