# Intrinsic Motivation Inventory (IMI)

The following is a 22 item version of the scale that has been used in some lab studies on intrinsic motivation. It has four subscales: interest/enjoyment, perceived choice, perceived competence, and pressure/tension. The interest/enjoyment subscale is considered the self-report measure of intrinsic motivation; perceived choice and perceived competence are theorized to be positive predictors of both self-report and behavioral measures of intrinsic motivation. Pressure tension is theorized to be a negative predictor of intrinsic motivation.

Scoring information is presented after the questionnaire itself.

TASK EVALUATION QUESTIONNAIRE

For each of the following statements, please indicate how true it is for you, using the following scale:

1 2 3 4 5 6 7

not at all true somewhat true very true

1. While I was working on the task I was thinking about how much I enjoyed it.

当我做这个活动时，我会想着我有多喜欢它。

1. I did not feel at all nervous about doing the task.

我觉得这次测试一点也不觉得紧张。

1. I felt that it was my choice to do the task.

我觉得做这个测试是我自己的选择。

1. I think I am pretty good at this task.

我觉得我在这次测试中表现的很好。

1. I found the task very interesting.

我觉得这次测试很有趣。

1. I felt tense while doing the task.

当我在做测试的时候我会感到紧张。

1. I think I did pretty well at this activity, compared to other students.

做这个测试时，与其他人比较，我觉得我表现更好。

1. Doing the task was fun.

做测试测试非常有趣。

1. I felt relaxed while doing the task.

在做这次测试时，我感到非常放松。

1. I enjoyed doing the task very much.

我非常享受这次测试。

1. I didn’t really have a choice about doing the task.

做这个测试时，我并没有真正的选择权。

1. I am satisfied with my performance at this task.

这次测试中，我对自己的表现很满意。

1. I was anxious while doing the task.

在做这次测试时，我感到紧张。

1. I thought the task was very boring.

我认为这次测试很无聊。

1. I felt like I was doing what I wanted to do while I was working on the task.

我做这个测试是因为我想要做。

1. I felt pretty skilled at this task.

我相当熟练于这个测试。

1. I thought the task was very interesting.

我觉得这次测试非常有趣。

1. I felt pressured while doing the task.

在做这个测试时，我感到有压力。

1. I felt like I had to do the task.

我觉得我必须参加这个测试。

1. I would describe the task as very enjoyable.

我认为这个活动令人相当愉快

1. I did the task because I had no choice.

我做这个活动是因为我没有其他选择。

1. After working at this task for a while, I felt pretty competent.

在做这个测试一阵子之后，我觉得我能胜任其中。

## Scoring information.

Begin by reverse scoring items # 2, 9, 11, 14, 19, 21. In other words, subtract the item response from 8, and use the result as the item score for that item. This way, a higher score will indicate more of the concept described in the subscale name. Thus, a higher score on pressure/tension means the person felt more pressured and tense; a higher score on perceived competence means the person felt more competent; and so on. Then calculate subscale scores by averaging the items scores for the items on each subscale. They are as

follows. The (R) after an item number is just a reminder that the item score is the reverse of the participant’s response on that item.

Interest/enjoyment: 1, 5, 8, 10, 14(R), 17, 20

Perceived competence: 4, 7, 12, 16, 22 Perceived choice: 3, 11(R), 15, 19(R), 21(R) Pressure/tension: 2(R), 6, 9(R), 13, 18

The subscale scores can then be used as dependent variables, predictors, or mediators, depending on the research questions being addressed.

