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| (128) | Psychosocial need satisfaction and need frustration: autonomy |

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| --- | --- | --- | --- | --- | --- | --- |
|  |  | Strongly Disagree | Disagree | Undecided | Agree | Strongly Agree |
|  | I feel a sense of choice and freedom in the things I undertake | 1 | 2 | 3 | 4 | 5 |
|  | I feel that my decisions reflect what I really want  | 1 | 2 | 3 | 4 | 5 |
|  | I feel my choices express who I really am  | 1 | 2 | 3 | 4 | 5 |
|  | I feel I have been doing what really interests me  | 1 | 2 | 3 | 4 | 5 |
|  | Most of the things I do feel like ‘‘I have to’’  | 1 | 2 | 3 | 4 | 5 |
|  | I feel forced to do many things I wouldn’t choose to do  | 1 | 2 | 3 | 4 | 5 |
|  | I feel pressured to do too many things | 1 | 2 | 3 | 4 | 5 |
|  | My daily activities feel like a chain of obligations | 1 | 2 | 3 | 4 | 5 |