

Sport Motivation Scale (SMS-II)

Name: _____ Date: _____

Why do you practice your sport?

Please think about why you practice your primary sport and respond to the questions below. Using the following scale, please indicate to what extent each of the following items corresponds to one of the reasons for which you are presently practicing your sport.

Does not correspond at all	Corresponds very little	Corresponds little	Corresponds moderately	Corresponds quite a bit	Corresponds quite a lot	Corresponds completely
1	2	3	4	5	6	7

Statement	1	2	3	4	5	6	7
1. Because I would feel bad about myself if I did not take the time to do it.							
2. I used to have good reasons for doing sports, but now I am asking myself if I should continue.							
3. Because it is very interesting to learn how I can improve.							
4. Because practicing sports reflects the essence of whom I am.							
5. Because people I care about would be upset with me if I didn't.							
6. Because I found it is a good way to develop aspects of myself that I value.							
7. Because I would not feel worthwhile if I did not.							
8. Because I think others would disapprove of me if I did not.							
9. Because I find it enjoyable to discover new performance strategies.							
10. I don't know anymore; I have the impression that I am incapable of succeeding in this sport.							
11. Because participating in sport is an integral part of my life.							
12. Because I have chosen this sport as a way to develop myself.							
13. It is not clear to me anymore; I don't really think my place is in sport.							
14. Because through sport, I am living in line with my deepest principles.							

Statement	1	2	3	4	5	6	7
15. Because people around me reward me when I do.							
16. Because I feel better about myself when I do.							
17. Because it gives me pleasure to learn more about my sport.							
18. Because it is one of the best ways I have chosen to develop other aspects of myself.							
Total score:							
Average score:							
Subscale scores							
Intrinsic regulation:							
Integrated regulation:							
Identified regulation:							
Introjected regulation:							
External regulation:							
Non-regulation/Amotivation:							

Scoring

You can score the SMS-II by either totaling the responses or averaging them, depending on your analysis needs.

- **Total score:** Add up all the item scores to get a total score. This gives a comprehensive view of the overall motivation level.
- **Average score:** Alternatively, you can calculate the average score by dividing the total score by the number of items (18). This method normalizes the score, making it easier to compare across different scales or populations.

To calculate the scores for each subscale, sum the scores of the corresponding items and get the average score for each subscale:

- **Intrinsic regulation:** Items 3, 9, 17
- **Integrated regulation:** Items 4, 11, 14
- **Identified regulation:** Items 6, 12, 18
- **Introjected regulation:** Items 1, 7, 16
- **External regulation:** Items 5, 8, 15
- **Non-regulation/Amotivation:** Items 2, 10, 13

Reference

Pelletier, L. G., Rocchi, M. A., Vallerand, R. J., Deci, E. L., & Ryan, R. M. (2013). Validation of the revised sport motivation scale (SMS-II). *Psychology of Sport and Exercise*, 14(3), 329-341. <https://doi.org/10.1016/j.psychsport.2012.12.002>