

Intrinsic Motivation Inventory: Home vs. Work Comparison

Participant ID:

For each statement, please indicate how true it is for you, using the scale below:

- 1 = Not at all true
 - 2 = Slightly true
 - 3 = Moderately true
 - 4 = Mostly true
 - 5 = Very true
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Competence

Being at home

Rating	Statement
	I feel competent at home
	I am satisfied with my performance at home

Being at work

Rating	Statement
	I feel competent at work
	I am satisfied with my performance at work

Interest

Being at home

Rating	Statement
	I find being at home quite enjoyable
	I find being at home very interesting

Being at work

Rating	Statement
	I find being at work quite enjoyable
	I find being at work very interesting

Effort

Being at home

Rating	Statement
	I do my best when I am at home
	I put much effort into my responsibilities at home

Being at work

Rating	Statement
	I do my best when I am at work
	I put much effort into my responsibilities at work

Notes:

Feel free to add or remove items and sections as you see fit for your specific research or assessment needs. This template aims to provide a comparative look at intrinsic motivation in two different settings—home and work.