

## Appendices

### Appendix 1: The factors and factor loadings of the Turkish version of BSNSFS

Factors	Factor loadings
Autonomy Satisfaction (Cronbach's $\alpha = .82$ )	
1. I feel a sense of choice and freedom in the things I undertake.	.63
7. I feel that my decisions reflect what I really want.	.81
13. I feel my choices express who I really am.	.81
19. I feel I have been doing what really interests me	.71
Autonomy frustration (Cronbach's $\alpha = .79$ )	
2. Most of the things I do feel like "I have to."	.65
8. I feel forced to do many things I wouldn't choose to do.	.69
14. I feel pressured to do too many things.	.59
20. My daily activities feel like a chain of obligations.	.65
Competence satisfaction (Cronbach's $\alpha = .75$ )	
5. I feel confident that I can do things well.	.83
11. I feel capable at what I do.	.80
17. I feel competent to achieve my goals.	.74
23. I feel I can successfully complete difficult tasks.	.83
Competence frustration (Cronbach's $\alpha = .79$ )	
6. I have serious doubts about whether I can do things well.	.80
12. I feel disappointed with many of my performances.	.77
18. I feel insecure about my abilities	.74
24. I feel like a failure because of the mistakes I make.	.71
Relatedness satisfaction (Cronbach's $\alpha = .88$ )	
3. I feel that the people I care about also care about me.	.64
9. I feel connected with people who care for me, and for whom I care.	.67
15. I feel close and connected with other people who are important to me.	.69
21. I experience a warm feeling with the people I spend time with.	.64
Relatedness frustration (Cronbach's $\alpha = .84$ )	
4. I feel excluded from the group I want to belong to.	.64
10. I feel that people who are important to me are cold and distant towards me.	.71
16. I have the impression that people I spend time with dislike me.	.70
22. I feel the relationships I have are just superficial.	.72