

## Short Work Extrinsic and Intrinsic Motivation Scale (SWEIMS)

### Citation

Kotera Y, Aledoh M, Rushforth A, Otoo N, Colman R, Taylor E (2022) A shorter form of the Work Extrinsic and Intrinsic Motivation Scale: Construction and factorial validation. *International Journal of Environmental Research and Public Health*. 19(21), 13864; <https://doi.org/10.3390/ijerph192113864>

### Why Do You Do Your Work?

Using the scale below, please indicate to what extent each of the following items corresponds to the reasons why you are presently involved in your work.

*"Does not correspond at all"* = 1

*"Corresponds moderately"* = 4

*"Corresponds exactly"* = 7

No	SWEIMS Items	Your Response
1	For the income it provides me.	1 2 3 4 5 6 7
2	Because it has become a fundamental part of who I am.	1 2 3 4 5 6 7
3	Because I want to succeed at this job, if not I would be very ashamed of myself.	1 2 3 4 5 6 7
4	Because I chose this type of work to attain my career goals.	1 2 3 4 5 6 7
5	For the satisfaction I experience from taking on interesting challenges	1 2 3 4 5 6 7
6	Because it allows me to earn money.	1 2 3 4 5 6 7
7	Because it is part of the way in which I have chosen to live my life.	1 2 3 4 5 6 7
8	Because I want to be very good at this work, otherwise I would be very disappointed.	1 2 3 4 5 6 7
9	I don't know why, we are provided with unrealistic working conditions.	1 2 3 4 5 6 7
10	Because it is the type of work I have chosen to attain certain important objectives.	1 2 3 4 5 6 7
11	For the satisfaction I experience when I am successful at doing difficult tasks.	1 2 3 4 5 6 7
12	I don't know, too much is expected of us.	1 2 3 4 5 6 7

### Scoring

Calculate mean scores for each subscale.

No	Subscale
1	External Regulation
2	Integrated Regulation
3	Introjected Regulation
4	Identified Regulation
5	Intrinsic Motivation
6	External Regulation
7	Integrated Regulation
8	Introjected Regulation
9	Amotivation
10	Identified Regulation
11	Intrinsic Motivation
12	Amotivation