



Basic Psychological Need Satisfaction in Active Commuting to and from School Scale

What do you think about your usual mode of commuting to and from school?

| | Strongly disagree | | | | Strongly agree |
|--|-------------------|---|---|---|----------------|
| 1. I feel that my usual mode of commuting to and from school fits well with what I want..... | 1 | 2 | 3 | 4 | 5 |
| 2. I feel able to walk or cycle to and from school..... | 1 | 2 | 3 | 4 | 5 |
| 3. I feel extremely comfortable when someone accompanied me to school..... | 1 | 2 | 3 | 4 | 5 |
| 4. I feel that the mode of commuting to and from school coincides with how I want to travel... | 1 | 2 | 3 | 4 | 5 |
| 5. I feel that I have the necessary skills to walk or cycle to and from school..... | 1 | 2 | 3 | 4 | 5 |
| 6. I friendly interact with who accompanies me to school..... | 1 | 2 | 3 | 4 | 5 |
| 7. I feel that the mode of commuting to and from school is what I like..... | 1 | 2 | 3 | 4 | 5 |
| 8. I feel skilled to walk or cycle to and from school..... | 1 | 2 | 3 | 4 | 5 |
| 9. I feel that I can openly communicate with who accompanies me to school..... | 1 | 2 | 3 | 4 | 5 |
| 10. I feel that I can choose how to commute to and from school | 1 | 2 | 3 | 4 | 5 |
| 11. I feel competent to walk or cycle to and from school..... | 1 | 2 | 3 | 4 | 5 |
| 12. I feel very comfortable with who accompanies me to school..... | 1 | 2 | 3 | 4 | 5 |

Autonomy Satisfaction: 1, 4, 7 and 10.

Competence Satisfaction: 2, 5, 8 and 11.

Relatedness Satisfaction: 3, 6, 9 and 12.

Reference:

Burgueño, R., González-Cutre, D., Sevil-Serrano, J., Herrador-Colmenero, M., Segura-Díaz, J. M., Medina-Casabón, J., & Chillón, P. (2020). Validation of the basic psychological need satisfaction in active Commuting to and from school (BPNS-ACS) scale in Spanish young people. *Journal of Transport & Health*, 16. doi:10.1016/j.jth.2020.100825