



## Behavioural Regulation in Active Commuting to and from School Questionnaire

<b>I go or would go to and from school walking or cycling because...</b>	Not true for me					Very true for me
1. Because other people say I should walk or cycle to and from school.....	0	1	2	3	4	
2. I feel guilty when I do not walk or cycle to and from school.....	0	1	2	3	4	
3. I value the benefits of walking or cycling to and from school.....	0	1	2	3	4	
4. I walk or cycle to and from school because it is fun.....	0	1	2	3	4	
5. I walk or cycle to and from school because it is consistent with my life goals.....	0	1	2	3	4	
6. I do not see why I should have to walk or cycle to and from school.....	0	1	2	3	4	
7. Because my friends/family/teacher say I should walk or cycle to and from school.....	0	1	2	3	4	
8. I feel ashamed when I do not walk or cycle to and from school.....	0	1	2	3	4	
9. It is important to me to walk or cycle to and from school regularly.....	0	1	2	3	4	
10. I consider walking or cycling to and from school to be part of my identity.....	0	1	2	3	4	
11. I cannot see why I should bother walking or cycling to and from school.....	0	1	2	3	4	
12. I enjoy walking or cycling to and from school.....	0	1	2	3	4	
13. Because others will not be pleased with me if I do not walk or cycle to and from school.....	0	1	2	3	4	
14. I do not see the point in walking or cycling to and from school.....	0	1	2	3	4	
15. I consider walking or cycling to and from school a fundamental part of who I am.....	0	1	2	3	4	
16. I feel a failure when I have not walked or cycled to and from school.....	0	1	2	3	4	
17. It is important to make an effort to walk or cycle to and from school regularly.....	0	1	2	3	4	
18. I find walking or cycling to and from school a pleasurable activity.....	0	1	2	3	4	
19. I feel pressured by my friends/family to walk or cycle to and from school.....	0	1	2	3	4	
20. I consider walking or cycling to and from school are consistent with my values.....	0	1	2	3	4	
21. I get restless if I do not walk or cycle to and from school regularly.....	0	1	2	3	4	
22. I like walking or cycling to and from school.....	0	1	2	3	4	
23. I think that walking or cycling to and from school is a waste of time.....	0	1	2	3	4	

Intrinsic Motivation: 4, 12, 18 and 22.

Integrated Regulation: 5, 10, 15 and 20.

Identified Regulation: 3, 9 and 17.

Introjected Regulation: 2, 8, 16 and 21.

External Regulation: 1, 7, 13 and 19.

Amotivation: 6, 11, 14 and 23.

**Reference:**

Burgueño, R., González-Cutre, D., Sevil-Serrano, J., Herrador-Colmenero, M., Segura-Díaz, J. M., Medina-Casabón, J., & Chillón, P. (2019). Understanding the motivational processes involved in adolescents' active commuting behaviour: Development and validation of the behavioural regulation in active commuting to and from school (BR-ACS) questionnaire. *Transportation Research Part F: Traffic Psychology and Behaviour*, 62, 615–625. doi:10.1016/j.trf.2019.02.016