

# Autonomy Self Report - Adolescent Autonomy Questionnaire

## Scale items:

### Attitudinal autonomy

1. I find it difficult to decide what I want. (-)
2. I can make a choice easily.
3. I often don't know what to think. (-)
4. When people ask me what I want, I immediately know the answer.
5. I often hesitate about what to do. (-)

### Emotional autonomy

1. When I act against the will of others, I usually get nervous. (-)
2. I have a strong tendency to comply with the wishes of others. (-)
3. When I disagree with others, I tell them.
4. I often agree with others, even if I'm not sure. (-)
5. I often change my mind after listening to others. (-)

### Functional autonomy

1. I go straight for my goal.
2. I find it difficult to start a new activity on my own. (-)
3. I can easily begin with new undertakings on my own.
4. I am an adventurous person.
5. I quickly feel at ease in a new situation.

### Response Categories

1. Very bad description of me
2. Bad description of me
3. Average description of me
4. Good description of me
5. Very good description of me