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