BPNSFS

Basic Psychological Needs Satisfaction and Frustration Scale (BPNSFS)

The BPNSFS is used to assess the satisfaction and frustration of basic psychological needs according to self-determination theory. It measures three fundamental needs: autonomy, competence, and relatedness. This tool helps to understand the motivational dynamics that influence psychological well-being.

Number of questions	24 questions
Estimated duration	15 minutes
Language	English
Original name	Basic Psychological Needs Satisfaction and Frustration Scale
Target audience	Adolescents, adults
Authors	Van der Kaap-Deeder, J., Soenens, B., Ryan, R. M., & Vansteenkiste, M (2015)
Category	General

Preview of the 24 questions

I feel a sense of choice and freedom in the things I undertake.

1 - Not true at all | 2 | 3 | 4 | 5 - Completely true

Most of the things I do feel like "I have to".

1 - Not true at all | 2 | 3 | 4 | 5 - Completely true

I feel that the people I care about also care about me.

1 - Not true at all | 2 | 3 | 4 | 5 - Completely true

I feel excluded from the group I want to belong to.

1 - Not true at all | 2 | 3 | 4 | 5 - Completely true

I feel confident that I can do things well.

1 - Not true at all	2	3	4	5 - Completely true

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

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Scoring & interpretation

Items are scored on a Likert scale, from "Not at all true" to "Completely true". High satisfaction scores indicate positive well-being, while high frustration scores may indicate ill-being or psychological distress.

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“Mentaal has become an indispensable ally for structuring my assessments and deepening my clinical understanding of my patients.”

Nolwenn P. - CBT Psychologist