

Autonomy Support Questionnaire (ASQ)

Description

The Autonomy Support Questionnaire (ASQ) derived from the “Friendship Autonomy Support Questionnaire (FASQ)” developed by [Deci, La Guardia, Moller, Scheiner, & Ryan, 2006](#). The FASQ was used to assess an individual’s perception of the degree to which a close friend is generally autonomy supportive within the relationship.

[Legate, Ryan, & Weinstein \(2012\)](#) adapted and elaborated on the FASQ to assess the degree to which an individual perceives autonomy support versus pressure and control of family, school, coworkers, religious community, and the lesbian, gay and bisexual community. These elaborated scales would become the ASQ.

Specifically, the ASQ outlined the following five contexts (specifying the target):

1. Family
2. Friends
3. Coworkers
4. School Peers
5. Religious Community

The individual items by contexts can be found on the following pages below.

Creator/Reference

Legate, N., Ryan, R. M., & Weinstein, N. (2012). Is coming out always a “good thing”? Exploring the relations of autonomy support, outness, and wellness for lesbian, gay, and bisexual individuals. *Social Psychological and Personality Science*, 3, 145-152.
doi: [10.1177/1948550611411929](https://doi.org/10.1177/1948550611411929)

Deci, E. L., La Guardia, J. G., Moller, A. C., Scheiner, M. J., & Ryan, R. M. (2006). On the benefits of giving as well as receiving autonomy support: Mutuality in close friendships. *Personality and Social Psychology Bulletin*, 32, 313-327.

These questions are related to your relationship with your **FAMILY**. **FAMILIES** have different styles of relating to each other, and we would like to know more about how you feel about your relationship with your **FAMILY**. Please state the degree to which the following statements are similar to you and your **current relationship** with your **FAMILY**. Use the following scale to answer each statement. Please be open and honest in your responding; there are no right or wrong answers.

Not at All True			Somewhat True			Very True
1	2	3	4	5	6	7

1. I feel that my family provides me with choices and options. _____
2. I believe that my family is very understanding of me. _____
3. My family conveys confidence in my abilities. _____
4. I feel that my family accepts me. _____
5. I believe that my family trusts me. _____
6. My family listens to my thoughts and ideas. _____
7. My family encourages me to express my true emotions. _____
8. I feel that my family cares about me as a person. _____
9. My family tries to understand how I see things. _____
10. I feel able to share my feelings with my family. _____

These questions are related to your relationship with your **FRIENDS**. **FRIENDS** have different styles of relating to each other, and we would like to know more about how you feel about your relationship with your **FRIENDS**. Please state the degree to which the following statements are similar to you and your current relationship with your **FRIENDS**. Use the following scale to answer each statement. Please be open and honest in your responding; there are no right or wrong answers.

Not at All True			Somewhat True			Very True
1	2	3	4	5	6	7

1. I feel that my friends provide me with choices and options. _____
2. I believe that my friends are very understanding of me. _____
3. My friends convey confidence in my abilities. _____
4. I feel that my friends accept me. _____
5. I believe that my friends trust me. _____
6. My friends listen to my thoughts and ideas. _____
7. My friends encourage me to express my true emotions. _____
8. I feel that my friends care about me as a person. _____
9. My friends try to understand how I see things. _____
10. I feel able to share my feelings with my friends. _____

These questions are related to your relationship with your **COWORKERS**. **COWORKERS** have different styles of relating to each other, and we would like to know more about how you feel about your relationship with your **COWORKERS**. Please state the degree to which the following statements are similar to you and your **current relationship** with your **COWORKERS**. Use the following scale to answer each statement. Please be open and honest in your responding; there are no right or wrong answers.

Not at All True			Somewhat True			Very True
1	2	3	4	5	6	7

1. I feel that my coworkers provide me with choices and options. _____
2. I believe that my coworkers are very understanding of me. _____
3. My coworkers convey confidence in my abilities. _____
4. I feel that my coworkers accept me. _____
5. I believe that my coworkers trust me. _____
6. My coworkers listen to my thoughts and ideas. _____
7. My coworkers encourage me to express my true emotions. _____
8. I feel that my coworkers care about me as a person. _____
9. My coworkers try to understand how I see things. _____
10. I feel able to share my feelings with my coworkers. _____

These questions are related to your relationship with your **SCHOOL PEERS**. **SCHOOL PEERS** have different styles of relating to each other, and we would like to know more about how you feel about your relationship with your **SCHOOL PEERS**. Please state the degree to which the following statements are similar to you and your **current relationship** with your **SCHOOL PEERS**. Use the following scale to answer each statement. Please be open and honest in your responding; there are no right or wrong answers.

Not at All True			Somewhat True			Very True
1	2	3	4	5	6	7

1. I feel that my school peers provide me with choices and options. _____
2. I believe that my school peers are very understanding of me. _____
3. My school peers convey confidence in my abilities. _____
4. I feel that my school peers accept me. _____
5. I believe that my school peers trust me. _____
6. My school peers listen to my thoughts and ideas. _____
7. My school peers encourage me to express my true emotions. _____
8. I feel that my school peers care about me as a person. _____
9. My school peers try to understand how I see things. _____
10. I feel able to share my feelings with my school peers. _____

These questions are related to your relationship with your **RELIGIOUS COMMUNITY**. Individuals have different styles of relating to other members of their **RELIGIOUS COMMUNITY**, and we would like to know more about how you feel about your relationship with your **RELIGIOUS COMMUNITY**. Please state the degree to which the following statements are similar to you and your **current relationship** with your **RELIGIOUS COMMUNITY**. Use the following scale to answer each statement. Please be open and honest in your responding; there are no right or wrong answers.

Not at All True			Somewhat True			Very True
1	2	3	4	5	6	7

1. I feel that my religious community provides me with choices and options. _____
2. I believe that my religious community is very understanding of me. _____
3. My religious community conveys confidence in my abilities. _____
4. I feel that my religious community accepts me. _____
5. I believe that my religious community trusts me. _____
6. My religious community listens to my thoughts and ideas. _____
7. My religious community encourages me to express my true emotions. _____
8. I feel that my religious community cares about me as a person. _____
9. My religious community tries to understand how I see things. _____
10. I feel able to share my feelings with my religious community. _____