

...to be relaxed on the go.

## Perceived Mobility Need Satisfaction (PMNS) Scale

Schrills, Gruner, Sieger & Franke (2023)

Please answer how the use of your mobility resource influences your daily life. This includes any situation where you could use a mode of transport, such as for shopping, doctor's visits, or daily commutes to work. Please indicate your degree of agreement.

1 completely disagree		3 slightly disagree	ghtly disagree 5 largely agree									
	2 largely disagree	4 slightly agree		6 com	completely agree							
The use of the <i>mobility ressource</i> allows me to												
	Autonomy		1	2	3	4	5	6				
01	to be flexible.											
02	to be independent.											
03	to be able to be spontaneous.											
04	to be able to freely plan my mobility.											
	Relatedness											
05	to be reliable for others.	to be reliable for others.										
06	to have a good connection to others.											
07	to be considerate towards others.											
08	8to deal responsibly with resources (e.g., energy).											
	Competence											
09	to reach my destination efficiently.											
10	to reach my destination at the desired time.											
11	to successfully plan my mobility.											
12	to successfully consider dependencies (e.g., on other modes of transport).											
	Safety											
13	to have a feeling of safety wh	ile I'm on the move.										
14	to feel safe even in unfamilia	situations.										
	Money											
15	to keep the cost of mobility lo	ow.										
16	to be on the move at a good price.											
	Physical well-being											
17	to physically feel good while traveling.											
18	to reach my destination without excessive physical effort.											
	Pleasure											
19	to enjoy comfortable mobility	<i>'</i> .										

This scale captures how people rate a mobility resource. The scale can be used to understand how well a mode of transport meets various human needs. These are derived from basic needs (Sheldon et al., 2001) and related to mobility.

The instructions can be used to ask about specific mobility resource (e.g., "The use of a private car..." or "The use of a combined ticket..."). In addition, the instructions can be used to potentially set specific conditions (in the rain, on the way to work).

Important: A ready-to-use version of the scale can be found on the last page of the document.

## Source:

Sheldon, K. M., Elliot, A. J., Kim, Y., & Kasser, T. (2001). What is satisfying about satisfying events? Testing 10 candidate psychological needs. *Journal of personality and social psychology*, 80(2), 325.



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Please answer how the use of your mobility resource influences your daily life. This includes any situation where you could use a mode of transport, such as for shopping, doctor's visits, or daily commutes to work. Please indicate your degree of agreement.

	The use of the allows me to	completely disagree	largely disagree	slightly disagree	slightly agree	largely agree	completely agree
01	to be flexible.						
02	to be independent.						
03	to be able to be spontaneous.						
04	to be able to freely plan my mobility.						
05	to be reliable for others.						
06	to have a good connection to others.						
07	to be considerate towards others.						
08	to deal responsibly with resources (e.g., energy).						
09	to reach my destination efficiently.						
10	to reach my destination at the desired time.						
11	to successfully plan my mobility.						
12	to successfully consider dependencies (e.g., on other modes of transport).						
13	to have a feeling of safety while I'm on the move.						
14	to feel safe even in unfamiliar situations.						
15	to keep the cost of mobility low.						
16	to be on the move at a good price.						
17	to physically feel good while traveling.						
18	to reach my destination without excessive physical effort.						
19	to enjoy comfortable mobility.						
20	to be relaxed on the go.						