**Intrinsic Motivation Inventory, version adapted from Deci et al, 1994.**

This version was translated into Dutch for our participants.

Each item could be scored on a 7-point Likert scale: 1 = “totally untrue” to 7 = “very true”

The answers to items indicated by a character “R” need to be reversed as to the scoring.

**IMI**

**Interest/Enjoyment**

I enjoyed doing this arm and hand training.

This training was fun to do.

I thought this was a boring training. (R)

This training did not hold my attention at all. (R)

I would describe this arm and hand training as very interesting.

I thought this arm and hand training was quite enjoyable.

While I was doing this training, I was thinking about how much I enjoyed it.

**Perceived Competence**

I think I am pretty good at this arm and hand training.

I think I did pretty well at this training, compared to other participants.

After working on this training for a while, I felt pretty competent.

I am satisfied with my performance during this training.

I was pretty skilled at this arm and hand training.

This was a training that I couldn’t do very well. (R)

**Effort/Importance**

I put a lot of effort into this arm and hand training.

I didn’t try very hard to do well during this arm and hand training. (R)

I tried very hard on this arm and hand training.

It was important to me to do well during this arm and hand training.

I didn’t put much energy into this training activity. (R)

**Pressure/Tension**

I did not feel nervous at all while practicing. (R)

I felt very tense while practicing.

I was very relaxed in doing these training exercises. (R)

I was anxious while practicing.

I felt pressured while practicing.

**Value/Usefulness**

I believe this arm and hand training could be of some value to me.

I think that doing this training is useful to improve arm and hand skill performance .

I think this is important to do because it can help improve the usability of my affected arm and hand.

I would be willing to do this again because it has some value to me.

I think doing this training could help me to use my affected hand in daily performance.

I believe doing this training could be beneficial to me.

I think this is an important training.

**Relatedness**

I felt really distant to this arm and hand training. (R)

I’d like a chance to be involved in this training method more often.

I’d really prefer not to be involved in this training method in the future. (R)

I don’t feel confident using this trainings method. (R)

I feel appealed by this arm and hand training.