

OSCA blocking

Scoring

Factor 1: Purpose. Take the total of items 2, 6, and 10

Factor 2: Anticipating reward. Take the total of items 1, 5, and 9

Factor 3: Responsibility to others. Take the total of items 11, 3, and 7

Factor 4: Motivation from others. Take the total of items 4, 8, and 12

A total score can be computed by adding the score from each item.

Name:

Date:

These questions are about the things that encourage us to stand up during the day time.
Please circle the answers that best fit for you.

Questions:

		Do not agree	Agree a little	Agree moderately	Agree a lot	Totally agree
1	I will feel better if I get up	0	1	2	3	4
2	I need to get up to do my list of chores	0	1	2	3	4
3	I have responsibilities so I have to get up	0	1	2	3	4
4	I stand up more because there is someone who encourages me to move more often	0	1	2	3	4
5	I get up because I have something to do that matters to me	0	1	2	3	4
6	I must get through my list of things I have to do	0	1	2	3	4
7	I get up to do things because I don't like letting people down	0	1	2	3	4
8	I get up when I'm looking forward to seeing someone	0	1	2	3	4
9	I get up because I have something satisfying to do	0	1	2	3	4
10	I get up because I have a sense of purpose	0	1	2	3	4
11	I get up because other people are counting on me	0	1	2	3	4
12	I can help other people when I stand up and move	0	1	2	3	4