



## BACKGROUND

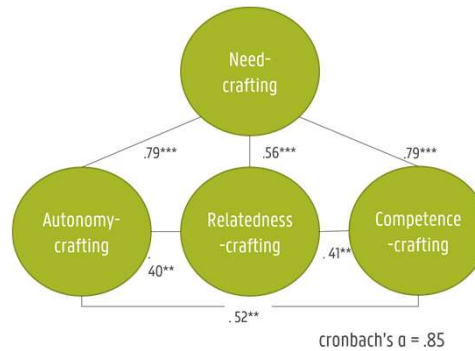
- Self-Determination Theory (SDT) is based on an organismic dialectic human view. It sees individuals as pro-active beings naturally focused on well-being and growth. While most SDT-based research focuses on the influence of need-supportive contexts on well-being and growth, individuals can also **pro-actively contribute to their own psychological need satisfaction**.
- To understand this pro-active contribution, we coin the term **need-crafting**. Need-crafting involves the capacity to select contexts and to orient to activities and relational partners that allow for more satisfaction of the needs for autonomy, competence, and relatedness.
- The capacity for need-crafting is assumed to be especially important in **adolescence**, a developmental period marked by increased pro-activity in individuals' own experiences and development.

## OBJECTIVES

- 1 To develop a reliable and psychometrically sound measure of need-crafting (*internal structure*)
- 2 To validate the measure of need-crafting by relating it to relevant concepts (*construct validity*)
- 3 To examine whether need-crafting predicts more need-satisfaction and well-being and less need-frustration and ill-being. (*predictive validity*)
- 4 To examine the unique role of need-crafting in predicting need-satisfaction over and above need-support provided by parents. (*unique role*)

## RESULTS

### 1 INTERNAL STRUCTURE (N = 786)



### 2 CONSTRUCT VALIDITY (N = 233)

	need-crafting	autonomy-crafting	competence-crafting	relatedness-crafting
self-critical perfectionism	-.50**	-.46**	-.35**	-.39**
active engagement	.22**	.15*	.20**	.19**
pro-activity	.24**	.11	.23**	.21**
personal initiative	.18**	.09	.10	.25**

## METHOD

### STUDY DESIGN

- Cross-sectional study
- With a longitudinal subsample: Two-wave longitudinal study with a one-month time interval

- N = 786
- Mean age is 16.37 (SD = 1.09)
- 61.4% girls vs. 38.6% boys
- 49.7% academic, 25.2% technical, 21.8% professional, and 2.6% art education

### PARTICIPANTS cross-sectional study

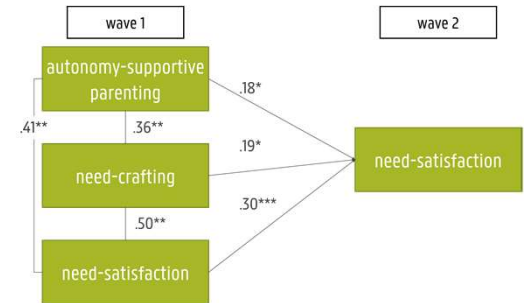
### PARTICIPANTS longitudinal study

- N = 158
- Mean age is: 16.37 (SD = 1.09)
- 70% girls and 29.7% boys
- 17% academic, 48.7% technical, 34.2% professional education

### 3 PREDICTIVE VALIDITY (N = 158)

Wave 2 ↓ Wave 1 →	need-crafting	autonomy-crafting	competence-crafting	relatedness-crafting
need-satisfaction	.43**	.35**	.27	.40
need-frustration	-.39	-.36	-.25	-.33
vitality	.37**	.30**	.24**	.35**
life-satisfaction	.35**	.35**	.23**	.29**
positive affect	.22**	.16*	.17*	.21*
stress	-.31**	-.27**	-.21*	-.27**
depressive symptoms	-.41**	-.40**	-.27**	-.35**
weariness	-.22**	-.26**	ns	-.19*
negative affect	-.35**	-.33**	-.28**	-.26**

### 4 UNIQUE ROLE (N = 158)



## DISCUSSION

The new need-crafting scale shows a very good reliability and three need-related factors can clearly be distinguished.

Need-crafting is a unique concept that is linked to, yet still distinct from other relevant personality measures.

Need-crafting predicts more well-being and less ill-being one month later.

Individuals have an impact on their own psychological needs over and above their parenting-history.

Need-crafting is an important target for future intervention and prevention.