

## *DMC Disposition Questionnaire*

This questionnaire was developed to try to address questions related to the generalisability of the directed motivational current (DMC) framework (the most detailed summary of which can be found in Dörnyei, Z., Henry, A., & Muir, C. (2016). *Motivational currents in language learning: Frameworks for focused interventions*. New York: Routledge). The results were intended to answer three key questions: (1) What proportion of people have experienced DMCs? (2) Who have experienced DMCs? (3) What did their DMCs look like (in terms of duration/reason for beginning etc.)? In addition, several open-ended questions were included to allow participants to elaborate on their DMC experiences, which created rich additional information.

The instrument was designed to take a snapshot reading of the DMC experiences that participants have had (or are currently experiencing) both in the context of language learning and elsewhere. The questionnaire was designed in an online format in order to easily distribute it widely and to reach as many participants as possible, for this reason it is also necessarily brief to encourage the maximum number of responses. It was designed to stand by itself (i.e. it does not require any introduction or explanation by a teacher) and to be accessible on a wide variety of computers, tablets and mobile phones. On average it takes around 10 minutes to complete.

The original questionnaire (from which the below screenshots are taken) can be found at [bit.ly/motivate-2015](http://bit.ly/motivate-2015). This questionnaire was used as the basis for one of the studies included in my PhD thesis, in which the *DMC Disposition* scale included in the questionnaire was demonstrated to have strong internal consistency (Cronbach's Alpha = .84): this was formed from 10 of the 12 Likert scales on pages of pages 4 and 5 of this document (excluding “*Many times it felt like a real struggle to keep going*” and “*It didn't feel like hard work at the time – I was just caught up in the flow*”).

The full results of this study (and a description of issues related to the piloting and development of the questionnaire) can be found in my thesis, accessible at <http://eprints.nottingham.ac.uk/33810/>.

Please feel free to use the basis of this questionnaire for research purposes (however please always acknowledge the source): until the formal journal article is published, the questionnaire can be referenced as follows:

Muir, C. (2016). *The dynamics of intense long-term motivation in language learning: Directed Motivational Currents in theory and practice (PhD thesis)*. Nottingham: University of Nottingham (<http://eprints.nottingham.ac.uk/33810/>).

I do hope that you will find this instrument useful, any questions can be addressed directly to me via email at [christine.muir@nottingham.ac.uk](mailto:christine.muir@nottingham.ac.uk).

(Unless otherwise stated, the completion of each page takes participants directly on to the next)

**Page 1 (Front page)**

The screenshot shows a survey front page with a light blue header and footer. The main content is centered and includes a title, a greeting, a paragraph of text, a paragraph explaining the survey's purpose, a thank you message, and a sign-off. Below the sign-off is a red asterisk indicating a required question. The question asks the participant to choose between 'I am under 16' and 'I am 16 or over'. A red arrow points from a red-bordered box on the right to the 'I am under 16' option. The box contains the text 'If under 16, participant directed to Page 8'. At the bottom, there is a 'Continue' button and a progress bar showing '11% completed'.

## Understanding long-term motivation

Hello!

My name is Christine Muir and I am a researcher from the University of Nottingham, England. I am carrying out research into long-term motivation and would be very grateful if you could help me by answering a few questions.

It will not take more than 7-10 minutes, and your answers will be invaluable in helping me understand why and how people engage in long-term projects. I will use this information to help us learn more about how we can better support students to succeed in their studies.

Thank you so much for all your help!

Best wishes,  
Christine

[christine.muir@nottingham.ac.uk](mailto:christine.muir@nottingham.ac.uk)

**\*Required**

**Before beginning, please choose one of the below two options: \***

I am under 16

I am 16 or over

**Continue »**

11% completed

If under 16,  
participant  
directed to  
Page 8

## Understanding long-term motivation

\*Required

We find accounts on the Internet of people being totally absorbed in VERY INTENSE PROJECTS which motivate them for weeks or even months at a time.

These people say things like:

- "I think about this project day and night – I feel like it's taken over my life!"
- "I'm amazed I've been able to stay so focused for so long, I'm so enjoying it that putting in all the work feels easy!"
- "I never thought I could achieve so much!"
- "My friends can definitely see that something special is happening to me, they say they've never seen me so motivated!"
- "I wish I could experience this type of motivation while working towards all my goals!"



Please answer the following questions by marking the appropriate answer

I recognise this type of intense motivation \*

1 2 3 4 5

Strongly disagree      Strongly agree

I have personally experienced this type of intense motivation while doing a project \*

1 2 3 4 5

Strongly disagree      Strongly agree

I have personally experienced this type of intense motivation specifically while learning a language \*

1 2 3 4 5

Strongly disagree      Strongly agree

How often do you think you have experienced a project of this kind of motivational intensity? \*

- I have NEVER experienced this type of motivation
- I have experienced this type of motivation ONCE, but NOT QUITE AS INTENSE as above
- I have experienced this type of motivation SEVERAL TIMES, but NOT QUITE AS INTENSE as above
- I have experienced this type of motivation ONCE to a SIMILAR LEVEL OF INTENSITY as above
- I have experienced this type of motivation SEVERAL TIMES to a SIMILAR LEVEL OF INTENSITY as above

If NEVER, participant directed to Page 6

« Back

Continue »

22% completed

## Understanding long-term motivation

\*Required

### About your experience of this kind of intense motivation

If you have experienced this more than once, please choose the most memorable time. This can be from ANY context (not only language learning).

(If you need help deciding, please feel free to look again at the quotes below)

#### How long did this experience last? \*

- Less than 1 month
- 1-2 months
- 2-4 months
- 4-6 months
- Longer than 6 months

#### Please mark on the scale below how intense your motivation felt throughout this period \*

1 2 3 4 5

Not very intense      Very intense

#### Would you mind writing a few sentences about how this intense period of motivation began? Thank you! \*

- "I think about this project day and night – I feel like it's taken over my life!"
- "I'm amazed I've been able to stay so focused for so long, I'm so enjoying it that putting in all the work feels easy!"
- "I never thought I could achieve so much!"
- "My friends can definitely see that something special is happening to me, they say they've never seen me so motivated!"
- "I wish I could experience this type of motivation while working towards all my goals!"



« Back

Continue »

33% completed

## Understanding long-term motivation

\*Required

### About your intense motivational project

\*

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
When looking back now, I have very good memories of this time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During this time I was able to work more productively than I usually can	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I surprised myself with how much I was able to do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Many times it felt like a real struggle to keep going	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
This experience helped me to achieve all I had wanted to and more	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think something special happened to me during this experience - it was an amazing time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Would you like to experience this type of intense motivation again? \*

- Yes
- No

Would you mind telling us briefly why? Thank you!

« Back

Continue »



44% completed

## Understanding long-term motivation

\*Required

A little more about your intensive project experience...

\*

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
At the time, this project became a central part of my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The people around me could see that I was experiencing something special	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It didn't feel like hard work at the time - I was just caught up in the flow!	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I remember thinking about my goal all the time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often imagined myself achieving my final goal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It was a really enjoyable experience	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

« Back

Continue »



55% completed

## Understanding long-term motivation

\*Required

Nearly finished! There are only a few questions left...  
Thank you!

**Have you seen this type of intense motivation in people around you? \***

(For example in friends, family, students or colleagues)

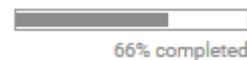
- Yes
- No
- Not sure

**If YES, please think of one memorable example and write a few short sentences about what happened. Thank you!**

**P.S. Please use the space below if there is anything additional you would like to say about your experience or about this type of intense motivation in general**

« Back

Continue »



## Understanding long-term motivation

\*Required

Before finishing, could you please give us a little background information about yourself – this will be very important to help us understand your previous answers

(Remember: everything is confidential and completely anonymous)

**Gender: \***

- Male  
 Female

**Age: \***

- 17 years or under  
 18-21 years  
 22-30 years  
 31-40 years  
 41-50 years  
 51-60 years  
 61 years and over

**Nationality: \***

**Profession \***

E.g. student, teacher, homemaker, parent, voluntary worker, engineer, etc.

**If you would be interested in finding out the results of this study, please write your email address in the box below and I will contact you as soon as the initial research report has been prepared. (This will likely be in the next 4-6 months).**

Please remember your email address will be kept confidential and under no circumstances will be passed on to any other parties

*[Page 7 continues below]*

Please answer the following two questions ONLY if you have experienced this type of intense motivation in the context of LANGUAGE LEARNING

How would you rate your language proficiency level at the time you experienced this intense period of motivation?

- Beginner
- Pre-intermediate
- Intermediate
- Upper-intermediate
- Advanced

Please tick the below statement which was most appropriate to you at the time you experienced this

- I was studying the language at school
- I was studying the language at university
- I was studying the language at a private language school
- I was studying the language on my own
- I was a teacher/lecturer

Ethical requirements in the UK mean I can ONLY use your answers if you specifically agree to it. Please tick 'Yes' below if you are happy for me to do so - please remember that everything is completely confidential and entirely anonymous. If you tick 'No' I will discard all your responses as you request. The legal wording in full can be found below: \*

I confirm that: (a) I have understood the purpose of this study, (b) that all data are anonymous and that there will not be any connection between the personal information provided and the data, (c) there are no known risks or hazards associated participating in this study. By submitting this questionnaire I agree that my answers, which I have given voluntarily, can be used anonymously for research purposes.

- Yes
- No

« Back

Continue »



If No, participant directed to Page 9

If Yes, participant directed to Page 10 (confirmation of submission)

## Page 8

# Understanding long-term motivation

## Thank you for your time

Unfortunately, we are not able to accept questionnaires from anyone under the age of 16. We are very sorry, but we are unable to invite you to continue this time.

◀ Back

Submit

*Never submit passwords through Google Forms.*

100%: You made it.

## Page 9

# Understanding long-term motivation

## Thank you for your time

Unfortunately, for reasons of research ethics we are unable to accept your questionnaire if you are not happy to consent for it to be used anonymously for research purposes.

Please either click the 'back' button below, if you wish to reconsider, or close the browser page WITHOUT clicking 'submit'.

Thank you again for your time.

◀ Back

Submit

*Never submit passwords through Google Forms.*

100%: You made it.

## Page 10 (Confirmation of submission)

THANK YOU very much for taking the time to complete this survey, I really appreciate all your time!

Your answers will be very important to help us understand more about long-term motivation, and especially about how we can better support students to succeed in their studies.

Thank you again!