**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)

**METHOD**

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

**PARTICIPANTS**
- Cross-sectional study
  - 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**
- Longitudinal study
  - N = 158
  - Mean age is: 16.37 (SD = 1.09)
  - 70.3% girls and 29.7% boys
  - 17.1% academic, 48.7% technical, and 34.2% professional education

**RESULTS**

1. **INTERNAL STRUCTURE (N = 786)**

2. **CONSTRUCT VALIDITY (N = 233)**

3. **PREDICTIVE VALIDITY (N = 158)**

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 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.