# Article information:

Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being.  
<https://psycnet.apa.org/record/2000-13324-007>

# Article summary:

1. Self-determination theory focuses on the social-contextual conditions that can facilitate or hinder intrinsic motivation, self-regulation, and well-being.

2. Three innate psychological needs—competence, autonomy, and relatedness—are postulated to be necessary for enhanced self-motivation and mental health.

3. The implications of these psychological needs and processes are explored in domains such as health care, education, work, sport, religion, and psychotherapy.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article is generally reliable and trustworthy in its presentation of the research findings related to self-determination theory. It provides a comprehensive overview of the theory’s main points while also exploring its implications in various contexts. The article does not appear to be biased or one-sided in its reporting; it presents both sides of the argument fairly and objectively. Furthermore, it provides evidence for the claims made throughout the article by citing relevant studies from reputable sources. Additionally, it does not appear to contain any promotional content or partiality towards any particular viewpoint.

The only potential issue with the article is that it does not explore any counterarguments or alternative perspectives on self-determination theory. While this is understandable given the scope of the article, it would have been beneficial if some counterarguments had been discussed in order to provide a more balanced view of the topic at hand. Additionally, there is no mention of possible risks associated with self-determination theory; this could have been addressed in order to provide a more comprehensive overview of the topic.

# Topics for further research:

* Criticisms of self-determination theory
* Risks associated with self-determination theory
* Alternative perspectives on self-determination theory
* Benefits of self-determination theory
* Applications of self-determination theory
* Research on self-determination theory

# Report location:

<https://www.fullpicture.app/item/39651d78574eabcba50fe8110e4f6a94>