

## **Basic psychological needs: Arguments and empirical evidence concerning the universal foundations of well being from the perspective of self-determination theory**

In this talk Dr. Ryan will present evidence from Self-determination theory (Ryan & Deci, 2000) concerning basic psychological needs for autonomy, competence and relatedness and their relations with healthy development, motivation and wellness. Ryan will define each of the basic needs, especially focusing on the distinction between autonomy and independence or individualism. He will then present both experimental and field evidence showing how supports for the attainment of basic psychological needs impact intrinsic motivation, internalization and mental health across developmental epochs and diverse cultures. Finally, Ryan will relate this basic needs perspective with Sen's capability conception of quality of life, with a focus on how supports for autonomy competence and relatedness supply the necessary and sufficient psychological foundations for the empowerment and meaning-making processes that constitute eudiamonic well being.