



## SDT: An umbrella theory

Self-Determination Theory comes from a history of scientific interest about human needs during the 1960s. This theory is a broad umbrella theory that includes sub-theories about basic needs and motivation. The first practical evidence for Self-Determination Theory was provided by Edward Deci in 1971. Through his collaboration with Richard Ryan, Self-Determination Theory's three basic needs were identified.

[Back](#)[Next Key Message](#)

### Resources

[Youth Who Thrive \(full literature review\) \[PDF\]](#)