**Appendix B**

**Brief self-control scale**

Please rate each of the following statements on how much you think they apply to you, with 1 being ‘not at all’ and 5 being ‘very much’.

I am good at resisting temptation.

 Not at all Very much

1 2 3 4 5

(R) I have a hard time breaking bad habits.

 Not at all Very much

1 2 3 4 5

(R) I am lazy.

 Not at all Very much

1 2 3 4 5

(R) I say inappropriate things.

 Not at all Very much

1 2 3 4 5

(R) I do certain things that are bad for me, if they are fun.

 Not at all Very much

1 2 3 4 5

I refuse things that are bad for me.

 Not at all Very much

1 2 3 4 5

(R) I wish I had more self-discipline.

 Not at all Very much

1 2 3 4 5

People would say that I have iron self-discipline.

 Not at all Very much

1 2 3 4 5

(R) Pleasure and fun sometimes keep me from getting work done.

 Not at all Very much

1 2 3 4 5

(R) I have trouble concentrating.

 Not at all Very much

1 2 3 4 5

I am able to work effectively towards long-term goals.

 Not at all Very much

1 2 3 4 5

(R) Sometimes I can’t stop myself from doing something, even if I know it’s wrong.

 Not at all Very much

1 2 3 4 5

(R) I often act without thinking through all the alternatives.

 Not at all Very much

1 2 3 4 5