**Appendix L**

**Brief Sensation Seeking scale**

Please rate each of the following statements on how much you think they apply to you, with 1 being ‘completely disagree’ and 5 being ‘completely agree’.

I would like to explore strange places.

Completely disagree Completely agree

1 2 3 4 5

I get restless when I spend too much time at home.

Completely disagree Completely agree

1 2 3 4 5

I like to do frightening things.

Completely disagree Completely agree

1 2 3 4 5

I like wild parties.

Completely disagree Completely agree

1 2 3 4 5

I would like to take off on a trip with no pre-planned routes or timetables.

Completely disagree Completely agree

1 2 3 4 5

I prefer friends who are excitingly unpredictable.

Completely disagree Completely agree

1 2 3 4 5

I would like to try bungee jumping.

Completely disagree Completely agree

1 2 3 4 5

I would love to have new and exciting experiences, even if they are illegal.

Completely disagree Completely agree

1 2 3 4 5