

Please circle the response that best represents your answer.

1 = Definitely No; 2 = No; 3 = Unsure; 4 = Yes; 5 = Definitely Yes

1. I seek new challenges.	1	2	3	4	5
2. I think I can control my emotions	1	2	3	4	5
3. I am sure that good things will happen in the future	1	2	3	4	5
4. I like new or intriguing things	1	2	3	4	5
5. I can stay calm in tough circumstances	1	2	3	4	5
6. I think I have a bright future	1	2	3	4	5
7. I think I have a high level of interest and curiosity	1	2	3	4	5
8. I make an effort to always stay calm	1	2	3	4	5
9. I feel positive about my future	1	2	3	4	5
10. I like to find out about things	1	2	3	4	5
11. I think I have perseverance	1	2	3	4	5
12. I have a clear goal for the future	1	2	3	4	5
13. I think difficulties form a part of life's valuable experiences	1	2	3	4	5
14. I find it difficult not to dwell on negative experience*	1	2	3	4	5
15. I am striving towards my future goal	1	2	3	4	5
16. I don't like to do unfamiliar things*	1	2	3	4	5
17. I cannot endure adversity*	1	2	3	4	5
18. I find it bothersome to start new activities*	1	2	3	4	5
19. My behavior varies with my daily moods*	1	2	3	4	5
20. I lose interest quickly*	1	2	3	4	5
21. I have difficulty in controlling my anger*	1	2	3	4	5

## SCORING

### Novelty Seeking

$$=(\text{item1}+\text{item4}+\text{item7}+\text{item10}+\text{item13}+(6-\text{item16}^*)+(6-\text{item18}^*))/7$$

### Emotional Regulation

$$=(\text{item2}+\text{item5}+\text{item8}+\text{item11}+(6-\text{item14}^*)+(6-\text{item17}^*)+(6-\text{item19}^*)+(6-\text{item20}^*)+(6-\text{item21}^*))/9$$

### Positive Future Orientation

$$=(\text{item3}+\text{item6}+\text{item9}+\text{item12}+\text{item15})/5$$

### ARS total score

$$=(\text{sum from item1 to item21})/21$$

\* Reverse-scored items