

Pre-Screening

Please enter your Prolific ID:

Thank you for your interest in our study.

Please complete the following questions below to determine if you are eligible to participate in our study:

1. Are you 18 years or older?

- ☐ Yes
- ☐ No

2. Did you grow up in the U.K?

- ☐ Yes, I grew up in the U.K
- ☐ No, I did not grow up in the U.K

3. Do you currently live in the U.K?

- ☐ Yes, I currently live in the U.K
- ☐ No, I do not live in the U.K

Not Eligible

Sorry, you are not eligible to participate in our study.

Commitment Question

We care about the quality of our survey data. For us to get the most accurate measures of your opinions, it is important that you provide thoughtful answers to

each question in this survey.

Do you commit to providing thoughtful answers to questions in this survey?

- ☐ Yes, I will
- ☐ No, I will not
- ☐ I can't promise either way

Consent

You are eligible to participate in our study!

Now, please read the information below and indicate if you would like to participate in this study:

Can I participate? To participate in this study, you must be 18 years or older, have grown up in the U.K, and currently live in the U.K.

What will I be asked to do? In this survey, you will be asked to complete a series of questions about your personality, opinions, and experiences. There are no right or wrong answers to any of the questions we ask.

How long will this study take? Approximately 10 minutes.

How much will I be paid? You will be paid \$2.00 USD to participate in this study.

Confidentiality: Your responses will be completely anonymous. Participating in this study is completely voluntary. Even if you decide to participate now, you may change your mind and stop at any time.

Below, please indicate if you would like to participate in this study:

- ☐ Yes, I have read the information above and would like to participate in the study
- ☐ No, I do not want to participate in the study.

Beliefs Open Ended

Spending time alone is a common experience. Nearly everyone spends time alone each day. However, people vary in how they think about being alone.

Some people find time alone to be a positive, enjoyable, and peaceful experience. Other people find time alone to be a negative, unpleasant, and lonely experience.

In the first part of the study, we would like to learn more about how you think about being alone. **To what extent—and why—do you think spending time alone is a positive or negative experience for you?**

There are no right or wrong answers. Take as much space as you need to fully describe your thoughts about time alone.



Beliefs

Now, we will ask you some questions about your own thoughts and opinions.
There are no right or wrong answers to these questions.

To me, being alone is...

NOT ENJOYABLE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	ENJOYABLE
DISCOURAGING	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	HOPEFUL
BAD	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	GOOD
BORING	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	INTERESTING
LONELY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CONNECTED
UNHEALTHY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	HEALTHY

Social Contact

Next, we would like to ask you questions about the amount of time you have spent with your loved ones IN THE PAST MONTH.

In the past month, how often did you spend time with your **friends**?

- ☐ Never
- ☐ 1 to 6 times
- ☐ 7 or more times

In the past month, how often did you spend time with your **family**?

- ☐ Never
- ☐ 1 to 6 times
- ☐ 7 or more times

In the past month, how often did you spend time with your **spouse or partner**?

- ☐ Never
- ☐ 1 to 6 times

☐ 7 or more times

UCLA Loneliness Scale 8 item

Please indicate how often each of the statements below is descriptive of you.

1. I lack companionship

Never Rarely

☐ ☐

Sometimes Often

☐ ☐

2. There is no one I can turn to

Never Rarely

☐ ☐

Sometimes Often

☐ ☐

3. I am an outgoing person

Never Rarely

☐ ☐

Sometimes Often

☐ ☐

4. I feel left out

Never Rarely

☐☐

Sometimes Often

☐☐

5. I feel isolated from others

Never Rarely

☐☐

Sometimes Often

☐☐

6. I can find companionship when I want it

Never Rarely

☐☐

Sometimes Often

☐☐

7. I am unhappy being so withdrawn

Never Rarely

☐☐

Sometimes Often

☐☐

8. People are around me but not with me

Never Rarely

☐☐

Sometimes Often

☐☐

Relational Mobility

How much do you feel the following statements accurately describe **people in the immediate society in which you live** (such as your friends and acquaintances, colleagues in your workplace, and people in your neighborhood, etc.)?

Regarding those people around you, please indicate to what extent you agree or disagree with the following statements.

NOTE: The term “groups” in some items refers to collections of people who know each other or who share the same goals, such as friendship groups, hobby groups, sports teams, and companies.

1. They (the people around you) have many chances to get to know other people.

Strongly
Disagree☐

Disagree

☐Slightly
Disagree☐

Slightly
Agree

☐

Agree

☐

Strongly
Agree

☐

2. It is common for these people to have a conversation with someone they have never met before.

Strongly
Disagree

☐

Disagree

☐

Slightly
Disagree

☐

Slightly
Agree

☐

Agree

☐

Strongly
Agree

☐

3. They are able to choose, according to their own preferences, the people whom they interact with in their daily life.

Strongly
Disagree

☐

Disagree

☐

Slightly
Disagree

☐

Slightly
Agree

☐

Agree

☐

Strongly
Agree

☐

4. There are few opportunities for these people to form new friendships.

Strongly
Disagree

☐

Disagree

☐

Slightly
Disagree

☐

Slightly
Agree

☐

Agree

☐

Strongly
Agree

☐

5. It is uncommon for these people to have a conversation with people they have never met before.

Strongly
Disagree

☐

Disagree

☐

Slightly
Disagree

☐

Slightly
Agree

☐

Agree

☐

Strongly
Agree

☐

6. If they did not like their current groups, they could leave for better ones.

Strongly
Disagree

☐

Disagree

☐

Slightly
Disagree

☐

Slightly
Agree

☐

Agree

☐

Strongly
Agree

☐

7. It is often the case that they cannot freely choose who they associate with.

Strongly
Disagree

☐

Disagree

☐

Slightly
Disagree

☐

Slightly
Agree

☐

Agree

☐

Strongly
Agree

☐

8. It is easy for them to meet new people.

Strongly
Disagree

☐

Disagree

☐

Slightly
Disagree

☐

Slightly
Agree

☐

Agree

☐

Strongly
Agree

☐

9. Even if these people were not completely satisfied with the group they belonged to, they would usually stay with it anyway.

Strongly
Disagree

☐

Disagree

☐

Slightly
Disagree

☐

Slightly
Agree

☐

Agree

☐

Strongly
Agree

☐

10. They are able to choose the groups and organizations they belong to.

Strongly
Disagree

☐

Disagree

☐

Slightly
Disagree

☐

Slightly
Agree

☐

Agree



Strongly
Agree



11. Even if these people were not satisfied with their current relationships, they would often have no choice but to stay with them.

Strongly
Disagree



Disagree



Slightly
Disagree



Slightly
Agree



Agree



Strongly
Agree



12. Even though they might rather leave, these people often have no choice but to stay in groups they don't like.

Strongly
Disagree



Disagree



Slightly
Disagree



Slightly
Agree



Agree



Strongly
Agree



Tightness/ Looseness

Now, we have some questions about **the U.K.** and **how British people typically act.**

Please indicate your level of agreement or disagreement to the questions below.

1. There are many social norms that people are supposed to abide by in this country.

Strongly
Disagree



Moderately
Disagree



Slightly
Disagree



Slightly
Agree



Moderately
Agree



Strongly
Agree



2. In this country, there are very clear expectations for how people should act in most situations.

Strongly
Disagree



Moderately
Disagree



Slightly
Disagree



Slightly
Agree

☐

Moderately
Agree

☐

Strongly
Agree

☐

3. People agree upon what behaviors are appropriate versus inappropriate in most situations this country.

Strongly
Disagree

☐

Moderately
Disagree

☐

Slightly
Disagree

☐

Slightly
Agree

☐

Moderately
Agree

☐

Strongly
Agree

☐

4. People in this country have a great deal of freedom in deciding how they want to behave in most situations.

Strongly
Disagree

☐

Moderately
Disagree

☐

Slightly
Disagree

☐

Slightly
Agree

☐

Moderately
Agree

☐

Strongly
Agree

☐

5. In this country, if someone acts in an inappropriate way, others will strongly disapprove.

Strongly
Disagree

☐

Moderately
Disagree

☐

Slightly
Disagree

☐

Slightly
Agree

☐

Moderately
Agree

☐

Strongly
Agree

☐

6. People in this country almost always comply with social norms.

Strongly
Disagree

☐

Moderately
Disagree

☐

Slightly
Disagree

☐

Slightly
Agree

☐

Moderately
Agree

☐

Strongly
Agree

☐

Individualism/ Collectivism

Now, we have some final questions about your general opinions about the world.

Please indicate from "Never" to "Always" the extent to which you agree with the statements below.

1. Parents and children must stay together as much as possible.

NEVER

123456789

ALWAYS

2. It is my duty to take care of my family, even when I have to sacrifice what I want.

NEVER

123456789

ALWAYS

3. Family members should stick together, no matter what sacrifices are required.

NEVER

123456789

ALWAYS

4. It is important to me that I respect the decisions made by my groups.

NEVER

ALWAYS

1 2 3 4 5 6 7 8 9

1. It is important that I do my job better than others.

NEVER

ALWAYS

1 2 3 4 5 6 7 8 9

2. Winning is everything.

NEVER

ALWAYS

1 2 3 4 5 6 7 8 9

3. Competition is the law of nature.

NEVER

ALWAYS

1 2 3 4 5 6 7 8 9

4. When another person does better than I do, I get tense and aroused.

NEVER

ALWAYS

1 2 3 4 5 6 7 8 9

1. If a coworker gets a prize, I would feel proud.

NEVER

ALWAYS

1 2 3 4 5 6 7 8 9

2. The well-being of my coworkers is important to me.

NEVER

ALWAYS

1 2 3 4 5 6 7 8 9

3. To me, pleasure is spending time with others.

NEVER

ALWAYS

1 2 3 4 5 6 7 8 9

4. I feel good when I cooperate with others.

NEVER

ALWAYS

1 2 3 4 5 6 7 8 9

1. I'd rather depend on myself than others.

NEVER

ALWAYS

1 2 3 4 5 6 7 8 9

2. I rely on myself most of the time; I rarely rely on others.

NEVER

ALWAYS

1 2 3 4 5 6 7 8 9

3. I often do "my own thing."

NEVER

ALWAYS

1 2 3 4 5 6 7 8 9

4. My personal identity, independent of others, is very important to me.

NEVER
1 2 3 4 5 6 7 8 9 ALWAYS

Demographics

What is your age? (Please write your age in numbers below, e.g., “18”, “34”, “55”)

What is your gender?

- ☐ Male
- ☐ Female
- ☐ Non-binary / Other

What is your race/ethnicity?

- ☐ White
- ☐ Black or African American
- ☐ Hispanic or Latino
- ☐ Asian
- ☐ American Indian or Alaska Native
- ☐ Middle Eastern
- ☐ Other (please write in)

What is your highest level of education received?

- ☐ Some high school
- ☐ High school
- ☐ Some college (or currently still in college)

- ☐ Bachelor's degree (e.g., BA, BS)
- ☐ Master's degree (e.g., MA, MS, MBA)
- ☐ Doctoral degree (e.g., PhD, MD)

End

Thank you for completing this study.

Please click the arrow below and you will be redirected to Prolific.

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