# **Supporting information**

**S1 Table The SFive statements**

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| **Please read each statement\* carefully and base your answer on how true they feel to you based on your current thoughts, experiences, and reactions.** |
| **Not at all true Completely true**  0 1 2 3 4 5 6 7 8 9 10 |
| **Externalising** |
| I13 People should not make certain sounds, even if they do not know about others’ sensitivities **5** I25 I get angry at other people because of how disrespectful they are with the noises they make **4** I06 People should do everything they can to avoid making noises that might bother others **8** I16 I react strongly to certain sounds because I cannot stand how selfish, thoughtless, or bad-mannered people can be **2**  I21 Certain sounds are just bad manners, and it is not strange to feel intense anger about that **1** |
| **Internalising** |
| I18 The way I react to certain sounds makes me wonder whether deep inside I am just a bad person **2**  I08 The way I react to certain noises makes me feel like I must be an unlikable person deep down **1**  I05 I respect myself less because of my responses to certain sounds **1**  I12 I feel like I must be a very angry person inside because of the way I react to certain sounds **3**  I19 I dislike myself in the moments of my reactions to sounds **1** |
| **Impact** |
| I20 My job opportunities are limited because of my reaction to certain noises **1** I01 I do not meet friends as often as I would like to because of the noises they make **1** I14 There are places I would like to go but do not, because I am too worried about how the noises will impact me **1**  I15 I can see future where I cannot do everyday things because of my reactions to noises **1** I09 The way I feel/react to certain sounds will eventually isolate me and prevent me from doing everyday things **1** |
| **Outburst** |
| I17 I can get so angry at certain noises that I get physically aggressive towards people to make them stop **1** I22 Sometimes I get so distressed by noises that I use violence to try and make it stop **1** I23 Some sounds are so unbearable that I will shout at people to make them stop **2** I04 If people make certain sounds that I cannot bear, I become verbally aggressive **2** I24 I am afraid I will do something aggressive or violent because I cannot stand the noise someone is making **1** |
| **Threat** |
| I11 I feel trapped if I cannot get away from certain noises **4** I07 I feel anxious if I cannot avoid listening to certain sounds **4** I02 If I cannot get away from certain noises, I am afraid I might panic or feel like I will explode **3** I03 If I cannot avoid certain sounds, I feel helpless **2** I10 I can experience distress as the result of some noises **4** |
| *\** Items should be randomised before being administered and without enumeration. |

**Total score: 57**