

## Food-Ratings

Dear participant,

in the following section of the online questionnaire, we would like to find out from you how much you would like to eat a number of snacks.

For this, you will be shown a number of snacks on the screen. These are either fruit/vegetables or sweet/salty snacks. You are asked to give a rating for all the snacks. There are no right or wrong answers! What is important is how much YOU would like to eat the snacks. We will use your information to offer you the most attractive snacks from both categories in the experiment, not to test your knowledge or health awareness.

Please note that you rate a quantity of up to 10 units of the snack. One unit of the snack is shown on each picture for reference. Imagine that you have not eaten for a while and are hungry.

If you don't know a snack, rate how much you would like to try it.

Please rate how much you would like to eat the following snacks.

Snack Picture	<ul style="list-style-type: none"><li><input type="radio"/> Unwillingly</li><li><input type="radio"/> Rather unwillingly</li><li><input type="radio"/> Neutral</li><li><input type="radio"/> Rather willingly</li><li><input type="radio"/> Gladly</li></ul>
---------------	--

---

## Behavioral Inhibition/Activation Scale (BIS / BAS)

The following section of the online questionnaire contains a series of statements with which you can describe yourself. The statements can apply exactly to you, rather apply to you, rather not apply to you or not apply to you at all. To answer the questionnaire, click on the corresponding field.

Having your own family is the most important thing in life.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

Even when something bad is about to happen to me, I am rarely nervous or anxious.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

I try extra hard to achieve what I want.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

When I do something well, I like to keep at it.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

I am always willing to try something new if I think it will be fun.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

It is important for me how I am dressed.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

When I achieve what I want, I am full of energy and excitement.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

Criticism and insults hurt me quite a lot.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

When I want something, I usually do everything to get it.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

I will often do things just because they might be fun.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

It is difficult for me to find time for such things as going to the hairdresser.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

If I see a chance to get something desirable, I immediately try my luck.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

I get quite anxious or upset if I think or know that someone is angry with me.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

When I see an opportunity for something I like, I am immediately full of excitement.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

I often act as it comes to me.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

When I think something unpleasant is about to happen to me, I am usually quite anxious.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

I often wonder about human behaviour.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

When something beautiful happens to me, it touches me very strongly.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

I feel anxious when I think I have done an important thing badly.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

I need variety and new experiences.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

When I want to achieve something, I persistently pursue my goal.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

Compared to my friends, I have very few fears.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

I would find it very exciting to win a competition.

- ☐ True
- ☐ Rather true
- ☐ Rather not true
- ☐ Not true

I am afraid of making mistakes.

- ☐ True
  - ☐ Rather true
  - ☐ Rather not true
  - ☐ Not true
- 

## Big Five Inventory 10-Items (BFI-10)

The following section of the online questionnaire contains a series of statements with which you can describe yourself. The statements can apply exactly to you, rather apply to you, neither apply to you nor not apply to you, rather not apply to you or not apply to you at all. To answer the questionnaire, click on the corresponding field.

I am rather reserved, reserved.

- ☐ Not true at all
- ☐ Rather not true
- ☐ Neither true or untrue
- ☐ Rather true
- ☐ Completely true

I trust others easily, I believe in the goodness in people.

- ☐ Not true at all
- ☐ Rather not true
- ☐ Neither true or untrue
- ☐ Rather true
- ☐ Completely true

I am comfortable, tend to be lazy.

- ☐ Not true at all
- ☐ Rather not true
- ☐ Neither true or untrue
- ☐ Rather true
- ☐ Completely true

I am relaxed, do not let stress upset me by stress.

- ☐ Not true at all
- ☐ Rather not true
- ☐ Neither true or untrue
- ☐ Rather true
- ☐ Completely true

I have little artistic interest.

- ☐ Not true at all
- ☐ Rather not true
- ☐ Neither true or untrue
- ☐ Rather true
- ☐ Completely true

I go out of my way, I am sociable.

- ☐ Not true at all
- ☐ Rather not true
- ☐ Neither true or untrue
- ☐ Rather true
- ☐ Completely true

I tend to criticise others.

- ☐ Not true at all
- ☐ Rather not true
- ☐ Neither true or untrue
- ☐ Rather true
- ☐ Completely true

I complete tasks thoroughly.

- ☐ Not true at all
- ☐ Rather not true
- ☐ Neither true or untrue
- ☐ Rather true
- ☐ Completely true

I get nervous and insecure easily.

- ☐ Not true at all
- ☐ Rather not true
- ☐ Neither true or untrue
- ☐ Rather true
- ☐ Completely true

I have an active imagination, am imaginative.

- ☐ Not true at all
- ☐ Rather not true
- ☐ Neither true or untrue
- ☐ Rather true
- ☐ Completely true

---

## Morningness-Eveningness-Scale (MES)

The following section of the online questionnaire contains a series of questions about your day-night rhythm. Please answer each question, even if you are not sure which answer applies to you. Then click on the answer that most closely applies to you.

If it were only up to your own well-being and you could organise your day completely freely, what time would you get up?

- ☐ 05:00 – 06:30
- ☐ 06:30 – 07:45
- ☐ 07:45 – 09:45
- ☐ 09:45 – 11:00
- ☐ 11:00 – 12:00

How tired do you feel in the first half hour after waking up in the morning?

- ☐ Very tired
- ☐ Somewhat tired
- ☐ Somewhat refreshed
- ☐ Very refreshed

At what time in the evening do you get tired and feel the need to go to sleep?

- ☐ 20:00 – 21:00
- ☐ 21:00 – 22:15
- ☐ 22:15 – 00:45
- ☐ 00:45 – 02:00
- ☐ 02:00 – 03:00

At what time of day do you think you feel best?

- ☐ 22:00 – 05:00
- ☐ 05:00 – 08:00
- ☐ 08:00 – 10:00
- ☐ 10:00 – 17:00
- ☐ 17:00 – 22:00

People are called 'morning' and 'evening' types. Which of the following types do you belong to?

- ☐ Clearly morning-type
- ☐ Rather morning- than evening-type
- ☐ Rather evening- than morning-type
- ☐ Rather evening-type

---

## Trier Inventory of Chronic Stress (TICS)

In the following section of the online questionnaire, various experiences that one can have in life are now mentioned.

Your task is to indicate whether you have never, rarely, sometimes, often or very often had the experiences mentioned. When answering the questions, please think about the last three months (starting from today) and try to remember how often you have had each experience during this period.

Speed is not important in answering; take your time to think about the answers to the questions.

Times when I have to postpone much-needed recreation, I experience

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I get too little recognition for what I do

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I make too many mistakes because I am overwhelmed with what I have to do

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I have too little time to do my daily tasks

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I have to do tasks that seem nonsensical to me

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

There are disagreements between me and others that cause tension

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I have work to do where I have a lot of responsibility for other people

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often



I experience situations in which I have to make an effort to gain the trust of others

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I have fears that something unpleasant will happen

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I lack interesting tasks to fill my day

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

There are times when I am alone too much

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

Situations where I have to make an effort to relate well with others, I experience

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I have to do tasks that I don't like to do

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I have tasks to do where I am under critical observation

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I have arguments with others because they want something different from me

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

Times when I cannot suppress worrying thoughts I experience

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I experience times when I have so many appointments that I can hardly cope with them.

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I try in vain to get recognition with good performances.

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I experience times when I have to worry too much about the problems of others.

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I can only fulfil my tasks inadequately, although I do my best.

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I experience times when I lack tasks that seem meaningful to me

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I have tasks to do where I must not let others down

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

Contacts with other people where I have to make a good impression exist

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I am no longer able to meet the demands of my work

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I experience times when I am overburdened with worries

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I have arguments with others because I do not behave as others expect me to behave

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I experience times when I have to work under time pressure/time constraints.

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I have to deal too much with other people's problems

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

Times when I do not have the opportunity to talk to others, I experience

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I experience situations in which it depends entirely on me whether a contact with another person is satisfactory.

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

Although I do my best, my work is not appreciated

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I have tasks to fulfil in which I have to prove myself

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I have conflicts with others because they interfere too much in my affairs

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

There are times when I am isolated from other people

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I experience times when I do not perform as well as I am expected to perform

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

Times when I worry a lot and cannot stop worrying, I experience

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I have to fulfil obligations that I inwardly reject

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

Times when I have too many obligations to fulfil, I experience

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I constantly have to care for the well-being of other people

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

Situations in which I have to make an effort to please others exist

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

Times when I have nothing meaningful to do, I experience

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

Times when I have too little contact with other people, I experience

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I have to fulfil tasks that are associated with high expectations

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I experience times when my work is too much for me.

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I have disagreements with other people that lead to prolonged conflicts

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I am not adequately rewarded for my efforts

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I am afraid that I will not be able to fulfil my tasks

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I have to do work that hardly uses my abilities

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

Situations where the welfare of others depends on how reliably I do my job exist

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I have too many tasks to do

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

Times when I lack contact with other people, I experience

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I have unnecessary arguments with other people

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

Times when I lack tasks that give me pleasure, I experience

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

I have the experience that everything I have to do is too much

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

Although I make an effort, I do not fulfil my tasks as it should be

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

There are times when I lack friends with whom I can do things.

- ☐ Never
- ☐ Seldom
- ☐ Sometimes
- ☐ Often
- ☐ Very often

Times when my responsibility for others becomes a burden I experience

- ☐ Never
  - ☐ Seldom
  - ☐ Sometimes
  - ☐ Often
  - ☐ Very often
- 

## Quick Delay Questionnaire (QDQ)

The following section of the online questionnaire contains a series of statements with which you can describe yourself. The statements can apply exactly to you, rather apply to you, neither apply to you nor not apply to you, rather not apply to you or not apply to you at all. To answer the questionnaire, click on the appropriate box.

Please answer each statement, even if you are not sure which answer applies to you. Then click on the answer that applies most to you.

Even if I have to wait a long time for something, I don't give up if it's important to me.

- ☐ Very true
- ☐ Rather true
- ☐ Neutral
- ☐ Rather not true
- ☐ Not true at all

I am usually calm when I have to queue somewhere

- ☐ Very true
- ☐ Rather true
- ☐ Neutral
- ☐ Rather not true
- ☐ Not true at all

I often choose a task that is beneficial in the long run, even if it does not promise an immediate advantage.

- ☐ Very true
- ☐ Rather true
- ☐ Neutral
- ☐ Rather not true
- ☐ Not true at all

I feel relaxed when I am waiting for things to happen

- ☐ Very true
- ☐ Rather true
- ☐ Neutral
- ☐ Rather not true
- ☐ Not true at all



I often give up when I cannot have something immediately

- ☐ Very true
- ☐ Rather true
- ☐ Neutral
- ☐ Rather not true
- ☐ Not true at all

I dislike waiting for things

- ☐ Very true
- ☐ Rather true
- ☐ Neutral
- ☐ Rather not true
- ☐ Not true at all

I try to avoid tasks that are only beneficial in the long term and not in the short term

- ☐ Very true
- ☐ Rather true
- ☐ Neutral
- ☐ Rather not true
- ☐ Not true at all

I get frustrated when I have to wait for someone else to finish before I can do something

- ☐ Very true
- ☐ Rather true
- ☐ Neutral
- ☐ Rather not true
- ☐ Not true at all

Waiting for things stresses me out and causes me tension

- ☐ Very true
- ☐ Rather true
- ☐ Neutral
- ☐ Rather not true
- ☐ Not true at all

The future is not significant to me, I only consider immediate consequences of my actions

- ☐ Very true
  - ☐ Rather true
  - ☐ Neutral
  - ☐ Rather not true
  - ☐ Not true at all
-

## Social Desirability Scale 17-Items (SDS-17)

Below you will find a list of statements. Please read each sentence and determine whether each statement applies to you or not. If it is true, click on "true", otherwise click on "false".

Sometimes I just throw rubbish into the landscape or onto the street.

- ☐ True
- ☐ False

I always openly admit my own mistakes and calmly accept any negative consequences.

- ☐ True
- ☐ False

In traffic, I always show consideration for other road users.

- ☐ True
- ☐ False

I accept all other opinions, even if they do not agree with my own.

- ☐ True
- ☐ False

I occasionally take out my anger or bad mood on innocent or weaker people.

- ☐ True
- ☐ False

I have taken advantage of or taken advantage of someone before.

- ☐ True
- ☐ False

In a conversation, I always let the other person finish and listen attentively.

- ☐ True
- ☐ False

I never hesitate to help someone in need.

- ☐ True
- ☐ False

If I have promised something, I keep it without any ifs or buts.

- ☐ True
- ☐ False

I occasionally talk shit about others behind their backs.

- ☐ True
- ☐ False

I would never live at the expense of the general public.

- ☐ True
- ☐ False

I always remain friendly and courteous towards other people, even when I am stressed

- ☐ True
- ☐ False

In an argument, I always remain factual and objective.

- ☐ True
- ☐ False

I have not returned borrowed things before.

- ☐ True
- ☐ False

I always eat a healthy diet.

- ☐ True
- ☐ False

Sometimes I only help because I expect something in return.

- ☐ True
- ☐ False

---

## German Multiple-Choice Vocabulary Test (MWT-B)

The German Multiple-Choice Vocabulary Test (MWT-B) was administered in the lab at the end of the experimental session to avoid cheating. It consisted of 37 questions, where 4 fantasy words and one actual German word was presented. For each question, participants had to identify the actual German word.