**Individual Profile Questions**

1. Your name:
2. Date of birth:
3. Gender:
4. Email id:
5. Current Job title
6. Current City of residence
7. Language spoken at home/Mother tongue
8. Marital Status – Not Married, Married, Divorced, Separated
9. Number of children:

• Aged 1 to 6 –

• Aged 7 to 12

• Aged 12 to 18

1. Do you have to care for anyone with chronic illness? Yes/no

Income (per month)

* 1. Rs. 10, 000 – 25, 000
  2. Rs. 25, 000 – 50, 000
  3. Rs. 50, 000 – 75, 000
  4. Rs. 75, 000 – 1, 00, 000
  5. Rs. 1, 00, 000 – 1, 50, 000
  6. Rs. 1, 50, 000 – 2, 00, 000
  7. Rs. 2, 00, 000 and above

1. Do you practise meditation? Yes/no

* If yes – everyday, once or twice a week, sometimes but not consistent, I have never tried.

1. Do you do any form of exercise – Yes/No

(walking/yoga/gymming/pilates/cycling/swimming/play a sport etc)?

* If yes - everyday, once or twice a week, sometimes but not consistent,

14. How often do you volunteer for social-service activities?

Always, Very Often, Sometimes, Rarely, Never

15. Please list your hobbies/interests. ( Anything like – watching Hindi movies, listening to classical music etc)

16. How often do you pursue your hobbies?

Always, Very Often, Sometimes, Rarely, Never.

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| **Scale:** How best would you describe your life situation? Satisfaction with life scale | Strongly Disagree |  |  |  |  |  | Strongly Agree |
| Item | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| In most ways, my life is close to my ideal |  |  |  |  |  |  |  |
| The Conditions in my life are excellent. |  |  |  |  |  |  |  |
| I am satisfied with my life. |  |  |  |  |  |  |  |
| So far, I have got the important things I want in my life |  |  |  |  |  |  |  |
| If I could live my life over, I would change almost nothing |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

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| **Scale: Collectivism/Allocentrism** | Strongly Disagree |  |  |  |  |  | Strongly Agree |
| Item | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Many people have directly or indirectly contributed to my progress in life |  |  |  |  |  |  |  |
| I feel good when I co-operate with others |  |  |  |  |  |  |  |
| When making a decision, I take other people's needs and feelings into account. |  |  |  |  |  |  |  |
| It is my duty to take care of my family, even when I have to sacrifice what I want. |  |  |  |  |  |  |  |
| Honesty is important to achieve success |  |  |  |  |  |  |  |
| Social inequalities bother me |  |  |  |  |  |  |  |

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| **Scale: Individualism/Idiocentrism** | Strongly Disagree |  |  |  |  |  | Strongly Agree |
| Item | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| What I am today is solely because of my hard work and talent |  |  |  |  |  |  |  |
| People should keep their troubles to themselves |  |  |  |  |  |  |  |
| It is important that I do my job better than others |  |  |  |  |  |  |  |
| Winning is everything |  |  |  |  |  |  |  |
| I don’t worry about others as long as I am happy |  |  |  |  |  |  |  |
| It upsets me when my work is not recognized by others |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| Sivadas, E., Bruvold, N. T., & Nelson, M. R. (2008). A reduced version of the horizontal and vertical individualism and collectivism scale: A four-country assessment. Journal of Business Research, 61(3), 201–210. doi:10.1016/j.jbusres.2007.06.016  Triandis, H. C., Leung, K., Villareal, M. J., & Clack, F. I. (1985). Allocentric versus idiocentric tendencies: Convergent and discriminant validation. Journal of Research in Personality, 19(4), 395–415. doi:10.1016/0092-6566(85)90008-X |  |  |  |  |  |  |  |
| **Scale: Long-term Orientation** | Strongly Disagree |  |  |  |  |  | Strongly Agree |
| Item | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Traditional values are important for me |  |  |  |  |  |  |  |
| I plan for the long-term |  |  |  |  |  |  |  |
| I am willing to give up today’s fun for future success |  |  |  |  |  |  |  |
| I believe persistence is key to success ( |  |  |  |  |  |  |  |
| Saving money is important to me |  |  |  |  |  |  |  |

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| **Scale: Short-term Orientation** | Strongly Disagree |  |  |  |  |  | Strongly Agree |
| Item | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| It is okay to use shortcuts to get what you want |  |  |  |  |  |  |  |
| I like to get quick results |  |  |  |  |  |  |  |
| I would rather spend money today than save for future |  |  |  |  |  |  |  |
| When my routine is disturbed, it upsets me |  |  |  |  |  |  |  |

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| **Scale: Materialism** | Strongly Disagree |  |  |  |  |  | Strongly Agree |
| Item | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| I admire people who own expensive homes, cars, and clothes |  |  |  |  |  |  |  |
| The things I own say a lot about how well I’m doing in life |  |  |  |  |  |  |  |
| Earning a lot of money is really important to me |  |  |  |  |  |  |  |
| I aspire a luxurious and comfortable lifestyle |  |  |  |  |  |  |  |
| My life would be better if I owned certain things I don’t have |  |  |  |  |  |  |  |
| I’d be happier if I could afford to buy more things |  |  |  |  |  |  |  |

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| **Scale: Spiritualism** | Strongly Disagree |  |  |  |  |  | Strongly Agree |
| Item | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| I don’t pay much attention to the material objects other people own |  |  |  |  |  |  |  |
| I usually buy only the things I need |  |  |  |  |  |  |  |
| I have all the things I really need to enjoy life |  |  |  |  |  |  |  |
| My happiness does not depend on things I own |  |  |  |  |  |  |  |
| There is a higher purpose to life than comfort and luxury |  |  |  |  |  |  |  |
| I believe success in life does not mean becoming rich |  |  |  |  |  |  |  |

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|  | **Scale: Environmental Behavior** | Never |  |  | Sometimes |  |  | Always |
| Sl. No | Item | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 101 | I segregate waste before its disposal |  |  |  |  |  |  |  |
| 102 | I try to conserve water |  |  |  |  |  |  |  |
| 103 | I try to educate people I know about climate change |  |  |  |  |  |  |  |
| 104 | I sign petitions related to environmental issues |  |  |  |  |  |  |  |
| 105 | I try to conserve electricity |  |  |  |  |  |  |  |
| 106 | I walk/cycle/use public transport to save fuel |  |  |  |  |  |  |  |

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