

Supplementary Materials

Tables of Correlative Statements

Table 1: Numbered full list of statements.

Number	Statement
1	Higher consumption of fruits and vegetables is associated with lower risks of heart disease.
2	Increased physical activity leads to improved mental health.
3	As educational attainment rises, unemployment rates typically decrease.
4	Greater social media usage is linked with higher levels of anxiety.
5	Increased sugar intake is associated with a higher risk of type 2 diabetes.
6	Higher levels of air pollution are correlated with increased respiratory problems.
7	More frequent reading in childhood is associated with better language skills in adulthood.
8	As global temperatures rise, ice caps and glaciers melt at a faster rate.
9	Greater water consumption is linked to improved kidney function.
10	Higher levels of job satisfaction are associated with lower employee turnover rates.
11	As the amount of sleep decreases, the risk of obesity increases.
12	Increased exposure to sunlight is correlated with higher vitamin D levels.
13	Greater involvement in community activities is linked with higher levels of happiness.
14	As caffeine consumption increases, so does the average heart rate.
15	Higher educational investments in a country are associated with better economic growth.
16	Increased alcohol consumption is linked to higher risks of liver disease.
17	As screen time increases, physical activity levels tend to decrease.
18	Greater intake of omega-3 fatty acids is associated with lower inflammation levels.
19	Higher levels of parental involvement in education are correlated with better student performance.
20	Increased urbanization is linked to higher levels of air pollution.
21	As personal savings rates rise, financial stability tends to improve.
22	Greater consumption of processed foods is associated with an increased risk of chronic diseases.
23	As the use of renewable energy sources increases, greenhouse gas emissions decrease.
24	Higher stress levels are linked to a greater risk of heart disease.
25	Increased time spent in nature is associated with improved mental health.
26	As the population density increases, the spread of infectious diseases becomes more likely.
27	Greater frequency of exercise is linked to a lower risk of depression.
28	Higher dietary fiber intake is associated with lower rates of colorectal cancer.
29	As water scarcity increases, agricultural yields tend to decrease.
30	Increased use of antibiotics is linked to the development of antibiotic-resistant bacteria.

31 Higher consumption of antioxidants is associated with a lower risk of certain cancers.
32 As public transportation usage increases, urban air quality tends to improve.
33 Greater exposure to music education is linked to enhanced cognitive development in children.
34 Higher levels of social support are associated with better recovery outcomes for mental health conditions.
35 Increased consumption of fast food is linked to obesity.

36 As voter turnout increases, the representation of public interests in government may improve.
37 Greater use of helmets is associated with a lower incidence of head injuries in cyclists.
38 Higher minimum wages are linked to reduced poverty rates.
39 As the frequency of handwashing increases, the spread of common illnesses decreases.
40 Increased green space in urban areas is associated with lower stress levels among residents.

41 Higher intake of trans fats is linked to an increased risk of heart disease.
42 As the quality of healthcare improves, life expectancy tends to increase.
43 Greater exposure to secondhand smoke is associated with higher risks of respiratory diseases.
44 Higher levels of job autonomy are linked to increased job satisfaction.
45 As access to clean water improves, the incidence of waterborne diseases decreases.

46 Increased participation in team sports is associated with better social skills in children.
47 Higher alcohol taxes are linked to lower rates of alcohol-related harm.
48 As the number of trees in an area increases, air quality tends to improve.
49 Greater use of digital devices before bedtime is associated with poorer sleep quality.
50 Higher levels of empathy are linked to stronger interpersonal relationships.

51 As community safety improves, property values tend to increase.
52 Increased intake of saturated fats is associated with higher cholesterol levels.
53 Greater frequency of meditation is linked to reduced stress levels.
54 As public spending on education increases, literacy rates tend to improve.
55 Higher exposure to air conditioning is associated with increased respiratory issues.

56 Increased levels of physical fitness are linked to lower mortality rates.
57 As soil quality degrades, agricultural productivity tends to decrease.
58 Greater consumption of red meat is associated with an increased risk of heart disease.
59 Higher levels of civic engagement are linked to a stronger sense of community.
60 As the amount of green space increases, urban temperatures tend to decrease.

61 Increased exposure to violent media is associated with higher aggression levels.
62 Greater intake of calcium is linked to improved bone health.
63 As diversity in the workplace increases, innovation and creativity may improve.
64 Higher sugar consumption is associated with an increased risk of dental cavities.
65 Increased mindfulness practice is linked to lower anxiety levels.

66 As the rate of deforestation increases, biodiversity tends to decrease.
67 Greater levels of trust in society are associated with lower crime rates.
68 Higher frequency of family meals is linked to better eating habits in children.
69 Increased physical proximity to parks and recreational areas is associated with higher levels of physical activity.
70 As participation in community arts programs increases, local cultural engagement tends to rise.

71 Greater daily water intake is linked to enhanced skin hydration and appearance.
72 Higher intake of vitamin C is associated with a reduced duration of the common cold.
73 As the use of public transit increases, traffic congestion tends to decrease.
74 Increased levels of financial literacy are linked to better personal finance management.
75 Higher consumption of spicy foods is associated with a lower risk of certain types of cancer.

76 As indoor air quality improves, asthma symptoms tend to decrease.
77 Greater social connectivity is linked to lower risks of dementia in older adults.
78 Higher levels of bilingual education are associated with improved cognitive flexibility.

- 79 Increased frequency of laughter is linked to improved immune system function.
- 80 As the amount of recyclable waste increases, the environmental impact of waste decreases.
- 81 Greater exposure to diverse cultures is associated with more open-minded attitudes.
- 82 Higher attendance at preventive health screenings is linked to earlier detection of diseases.
- 83 As pet ownership increases, levels of stress and loneliness tend to decrease.
- 84 Increased consumption of whole grains is associated with lower risks of heart disease.
- 85 Higher engagement with science and technology education is linked to increased innovation in societies.
- 86 As awareness of mental health issues increases, stigma tends to decrease.
- 87 Greater time spent on hobbies is associated with higher levels of life satisfaction.
- 88 Higher levels of community greenery are linked to reduced urban heat island effect.
- 89 As exposure to natural light during the day increases, sleep quality tends to improve.
- 90 Increased use of energy-efficient appliances is associated with lower electricity bills.
- 91 Greater adherence to a Mediterranean diet is linked to a lower risk of neurodegenerative diseases.
- 92 As pedestrian-friendly infrastructure improves, urban walkability tends to increase.
- 93 Higher consumption of nuts and seeds is associated with reduced risk of cardiovascular diseases.
- 94 Increased engagement in volunteer work is linked to a greater sense of purpose and well-being.
- 95 As the availability of affordable housing increases, homelessness tends to decrease.
- 96 Greater regularity in sleep patterns is associated with improved mental health.
- 97 Higher intake of probiotics is linked to better gut health.
- 98 As cultural preservation efforts increase, community identity and cohesion tend to strengthen.
- 99 Increased practice of gratitude is associated with higher levels of happiness and optimism.
- 100 Higher exposure to interactive educational activities is linked to enhanced learning outcomes for children.

Table 2: Pre-test statements that were rated as being strongly correlated.

Item Number	Statement - Strong Correlation Depicted
1	Increased exposure to sunlight is correlated with higher vitamin D levels.
2	As caffeine consumption increases, so does the average heart rate.
3	Greater frequency of exercise is linked to a lower risk of depression.
4	Greater use of helmets is associated with a lower incidence of head injuries in cyclists.
5	As the quality of healthcare improves, life expectancy tends to increase.
6	As access to clean water improves, the incidence of waterborne diseases decreases.
7	Higher levels of empathy are linked to stronger interpersonal relationships.
8	As soil quality degrades, agricultural productivity tends to decrease.
9	Higher levels of civic engagement are linked to a stronger sense of community.
10	Higher sugar consumption is associated with an increased risk of dental cavities.
11	Higher attendance at preventive health screenings is linked to earlier detection of diseases.
12	Increased use of energy-efficient appliances is associated with lower electricity bills.
13	As pedestrian-friendly infrastructure improves, urban walkability tends to increase.
14	Greater regularity in sleep patterns is associated with improved mental health.

Table 3: Pre-test statements that were rated as being weakly correlated.

Item Number	Statement - Weak Correlation Depicted
15	Greater water consumption is linked to improved kidney function.
16	As the amount of sleep decreases, the risk of obesity increases.
17	Greater intake of omega-3 fatty acids is associated with lower inflammation levels.
18	Greater exposure to music education is linked to enhanced cognitive development in children.
19	Higher exposure to air conditioning is associated with increased respiratory issues.
20	Higher frequency of family meals is linked to better eating habits in children.
21	As participation in community arts programs increases, local cultural engagement tends to rise.
22	Higher consumption of spicy foods is associated with a lower risk of certain types of cancer.
23	Greater adherence to a Mediterranean diet is linked to a lower risk of neurodegenerative diseases.
24	Higher consumption of nuts and seeds is associated with reduced risk of cardiovascular diseases.
25	As cultural preservation efforts increase, community identity and cohesion tend to strengthen.

Full Defensive Confidence Scale

Participants answered each item using a 5 point Likert scale ranging from 1 (*not at all characteristic of me*) to 5 (*extremely characteristic of me*).

Table 4: Defensive Confidence Scale items. Reverse scored items are specified.

Item	Statement
1	During discussions of issues I care about I can successfully defend my ideas.
2	I have many resources to defend my point of view when I feel my ideas are under attack.
3	When I pay attention to the arguments proposed by people who disagree with me I feel confused and cannot think. (reverse-scored)
4	When trying to defend my point of view I am not at all articulate. (reverse-scored)
5	I have developed ways of 'winning' when I debate issues I care about.
6	I could stand by my ideas in front of anybody.
7	No matter what I read or hear I am always capable of defending my feelings and opinions.
8	I think of myself as somebody who has enough information to defend his or her points of view.
9	Compared to most people, I am able to maintain my own opinions regardless of what conflicting information I receive.
10	Compared to people I know who are very successful at maintaining their point of view, I have somewhat weak, underdeveloped opinions. (reverse-scored)
11	I can defend my points of view when I want to.
12	I am unable to defend my own opinions successfully. (reverse-scored)