Appendix A

Synthetic Cognitive Augmentation Network Alignment Questionnaire (SCANAQ)

Introduction

Welcome to the *Synthetic Cognitive Augmentation Network Alignment Questionnaire* (SCANAQ). This assessment evaluates aspects of your cognitive functioning and personal preferences to align the SCAN system with your needs.

Instructions

1. Read each statement carefully.

2. Use the section's rating scale table to determine your response number.

3. Enter only the **number** in the **Response** column.

4. There are no right or wrong answers—respond based on typical thoughts, feelings, and behaviors.

Section A: Executive Functioning (Items 1–8)

Rating Scale

1	2	3
Never	Sometimes	Often

Item	Statement	Response (1–3)
1	I have trouble getting started on tasks.	
2	I forget instructions easily.	
3	I have trouble keeping my emotions under control.	
4	I make careless mistakes.	
5	I get stuck on one way of doing things.	
6	I have trouble planning ahead.	
7	I have difficulty organizing my tasks.	
8	I have trouble keeping track of my belongings.	

Section B: Emotion Regulation (Items 9–12)

Rating Scale

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree	Strongly Agree

Item	Statement	Response (1–7)
9	I control my emotions by changing the way I think about the situation I'm in.	
10	When I want to feel less negative emotion, I change the way I'm thinking about the situation.	
11	I keep my emotions to myself.	
12	When I am feeling negative emotions, I make sure not to express them.	

Section C: Impulsivity (Items 13–18)

Rating Scale

1	2	3	4
Rarely/Never	Occasionally	Often	Almost Always/Always

Item	Statement	Response (1–4)
13	I don't pay attention.	
14	I make up my mind quickly.	
15	I act on the spur of the moment.	
16	I buy things on impulse.	
17	I don't plan tasks carefully.	
18	I am more interested in the present than the future.	

Section D: Risk Propensity (Items 19–21)

Rating Scale

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

Item	Statement	Response (1–5)
19	I enjoy taking risks in general.	
20	I often take risks in my daily life.	
21	Taking risks is an important part of my life.	

Section E: Decision-Making Style (Items 22–26)

Rating Scale

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

Item	Statement	Response (1–5)
22	I make decisions in a logical and systematic way.	
23	I rely on my instincts when making decisions.	
24	I depend on others to help me make decisions.	
25	I avoid making important decisions until the pressure is on.	
26	I make quick decisions without thinking them through.	

Section F: Self-Efficacy (Items 27–29)

Rating Scale

1	2	3	4
Not at All True	Hardly True	Moderately True	Exactly True

Item	Statement	Response (1–4)
27	I can always manage to solve difficult problems if I try hard enough.	
28	If someone opposes me, I can find the means and ways to get what I want.	
29	I am confident that I could deal efficiently with unexpected events.	

Section G: Perceived Stress (Items 30–32)

Rating Scale

1	2	3	4	5
Never	Almost Never	Sometimes	Fairly Often	Very Often

Item	Statement	Response (1–5)
30	In the last month, how often have you felt unable to control the important things in your life?	
31	In the last month, how often have you felt nervous and stressed?	
32	In the last month, how often have you felt that things were going your way?	

Section H: Empathy & Social Cognition (Items 33–36)

Rating Scale

1	2	3	4	5
Does Not Describe Me Well	Describes Me a Little	Describes Me Somewhat	Describes Me Well	Describes Me Very Well

Item	Statement	Response (1–5)
33	I often have tender, concerned feelings for people less fortunate than me.	
34	When I see someone being taken advantage of, I feel kind of protective towards them.	
35	I sometimes find it difficult to see things from the other person's point of view.	
36	I daydream and fantasize, with some regularity, about things that might happen to me.	

Completion Notes

Thank you for completing the SCANAQ. Your responses will help us generate a personalized alignment profile to enhance your interaction with SCAN.

- **This is not a diagnostic tool.**

- **Participation is voluntary and confidential.**

- **All data is securely handled.**