

Alexinoia

Start of Block: Consent

Q66 The questions on the next screens will ask a variety of questions about how you experience you thoughts and how you think others experience their thoughts. Please answer thoughtfully and honestly. If we determine that you responded to the questions without reading them, we may deny payment.

☐

Got it. I promise to read the questions carefully. (1)

End of Block: Consent

Start of Block: Inner Speech Questions

catch1 Sparrows are birds

☐ True (1)

☐ False (2)

catch2 2 plus 1 is...

☐ Three (1)

☐ Four (2)

☐ Five (3)



rehearse_question If you have to ask a question in front of an audience, which of these best describes what you typically do?

- ☐ I rehearse in my mind the exact phrasing of what I am going to ask (5)
 - ☐ I rehearse in my mind some of what I am going to ask before asking it (4)
 - ☐ I think of a question I want to ask and just ask it (3)
 - ☐ Other (2) _____
 - ☐ I'm never in a position to ask questions in front of an audience (1)
-



conversation_focus How often do you experience trouble focusing on a face-to-face conversation you are having because of a conflicting conversation happening in your mind at the same time?

- ☐ Never (1)
 - ☐ Rarely (2)
 - ☐ Sometimes (3)
 - ☐ Often (4)
 - ☐ Always (5)
-



earworms How often do you have songs stuck in your head?

- ☐ Multiple times a day (5)
 - ☐ A few times a week (4)
 - ☐ A few times a month (3)
 - ☐ A few times a year (2)
 - ☐ Never (1)
-



convo_memory_friend If you had to recall a short conversation about a specific topic that you had yesterday with a friend, how easily can you recall the exact words **your friend** said?

- ☐ I can easily recall it. If I wrote it down and matched to a recording of the conversation, there'd be an almost perfect match (5)
 - ☐ I remember the topic and remember much of what was said. If I matched it to a recording of the conversation, a lot would match up. (4)
 - ☐ I remember the topic, but remember only a few of the specific words/sentences. (3)
 - ☐ I remember the topic, but can't remember any of the specifics. (2)
 - ☐ Other (1) _____
-



convo_memory_self If you had to recall a short conversation about a specific topic that you had yesterday with a friend, how easily can you recall the exact words **you** said?

- ☐ I can easily recall it. If I wrote it down and matched to a recording of the conversation, there'd be an almost perfect match (5)
- ☐ I remember the topic and remember much of what was said. If I matched it to a recording of the conversation, a lot would match up. (4)
- ☐ I remember the topic, but remember only a few of the specific words/sentences. (3)
- ☐ I remember the topic, but can't remember any of the specifics. (2)
- ☐ Other (1) _____
-



hearing_conversation When you recall a conversation like the one you were thinking about for the last 2 questions, do you hear the words in your mind?

- ☐ It's just like I'm hearing the conversation again. (4)
- ☐ I hear a condensed version (e.g. only some words). (3)
- ☐ I hear something but I can't describe it. (2)
- ☐ I can't hear it, but I can still recall it. Please briefly say something about how you are recalling it: (1) _____
-



sing_along Can you "sing along" to music without singing out loud?

- ☐ Yes - definitely (4)
 - ☐ Yes - somewhat (3)
 - ☐ No - but I can imagine how others can do it (2)
 - ☐ No - I can't imagine how anyone could do this (1)
-

sing_along_thinking If you can "sing along" to music without singing out loud, to what extent does this feel like regular thinking?

- ☐ Not at all (1)
 - ☐ Mostly different from regular thinking (2)
 - ☐ Neutral (3)
 - ☐ Mostly similar to regular thinking (4)
 - ☐ Exactly like regular thinking (5)
 - ☐ I can't sing along without singing out loud (6)
-



other_voice_quality If you imagine someone else speaking, how do you experience their voice?

- ☐ I hear what they say in their voice. (4)
 - ☐ I hear what they say but in my own voice. (3)
 - ☐ I hear the words but I can't tell whose voice it is. (2)
 - ☐ I don't "hear" anything, I imagine it by... (please specify) (1)
-



thinking_in_ideas Many people feel that a lot of their thinking, planning, and decision-making takes place in the form of a conversation with themselves. They describe that when they think, they hear words in their mind. Other people don't have this experience and instead say that they "think in ideas". Is your experience more like the first or the second?

- ☐ More like a conversation (2)
- ☐ More like "thinking in ideas". Can you elaborate or give an example of what this means to you? (1) _____



express_inner_states To what extent do you agree with this statement: 'It is generally difficult and takes effort to express in words how I think and feel'.

- ☐ Strongly agree (1)
- ☐ Agree (2)
- ☐ Neither agree nor disagree (3)
- ☐ Disagree (4)
- ☐ Strongly disagree (5)



stress_IS Do you think it is stressful and annoying to have an inner monologue?

- ☐ Yes, very (3)
- ☐ Maybe a little (2)
- ☐ No, I don't think so (1)



narrative_IS In books and movies, we often see characters talking to themselves at length. How much do you think this reflects real life?

- ☐ It's just for the viewer/reader's benefit (1)
 - ☐ It might be like real life but mostly for the viewer's/reader's benefit (2)
 - ☐ It's exactly like real life (3)
-

dyslexia Have you been diagnosed with dyslexia or another reading disorder?

- ☐ Yes, officially diagnosed (1)
 - ☐ Yes, self-diagnosed (2)
 - ☐ No, never (3)
-



revise_convo Do you ever revise past conversations in your mind (i.e. think of a better comeback, a way of phrasing what you wanted to say)?

- ☐ Never (1)
 - ☐ Rarely (2)
 - ☐ Sometimes (3)
 - ☐ Often (4)
 - ☐ Very often (5)
-



rehearse_convvo Do you ever rehearse a conversation before you have it in real life where you simulate what you will say and how the other person will respond?

- ☐ Never (1)
 - ☐ Rarely (2)
 - ☐ Sometimes (3)
 - ☐ Often (4)
 - ☐ Very often (5)
-



exp_type_nodding_off Imagine you are lying in bed with your eyes closed trying to fall asleep. Is your inner experience then...

- ☐ Primarily verbal (you "hear" or "speak" words and sentences in your mind) (1)
 - ☐ Primarily visual (you "see" situations, objects, people etc. in your mind) (2)
 - ☐ Primarily about sensory awareness (what you are hearing, smelling, and feeling in the moment) (3)
 - ☐ Primarily emotional (4)
 - ☐ An even mix of verbal, visual, sensory, and emotional (5)
 - ☐ My inner experience in that situation doesn't have a specific "format" (6)
-



impulsiveness_1 To what extent do you agree with this statement: "I don't know why I do some of the things that I do."

- ☐ Strongly disagree (1)
 - ☐ Disagree (2)
 - ☐ Neither agree nor disagree (3)
 - ☐ Agree (4)
 - ☐ Strongly agree (5)
-



impulsiveness_2 To what extent do you agree with this statement: "I am a firm believer in thinking things through."

- ☐ Strongly disagree (1)
 - ☐ Disagree (2)
 - ☐ Neither agree nor disagree (3)
 - ☐ Agree (4)
 - ☐ Strongly agree (5)
-



impulsiveness_3 To what extent do you agree with this statement: "I like to act on a whim."

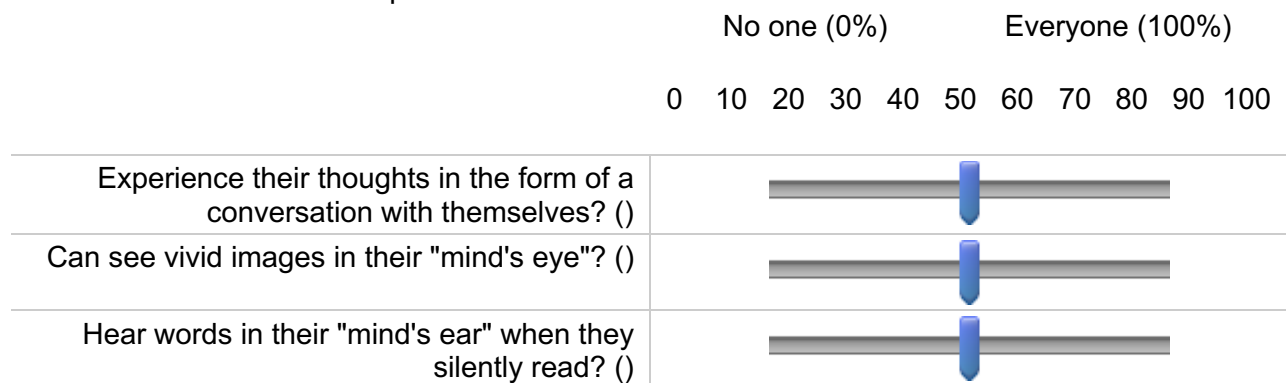
- ☐ Strongly disagree (1)
- ☐ Disagree (2)
- ☐ Neither agree nor disagree (3)
- ☐ Agree (4)
- ☐ Strongly agree (5)

End of Block: Inner Speech Questions

Start of Block: Thoughts about others



others_experiences For each scale, please indicate what percent of people you know you think have each of these three experiences



End of Block: Thoughts about others

Start of Block: VISQ



VSIQ The following questions continue to ask about how you experience your thoughts. Please answer them to the best of your ability, as they apply to **you**.

	Strongly disagree (1)	Somewhat disagree (2)	Neither agree nor disagree (3)	Somewhat agree (4)	Strongly agree (5)
I think to myself in words using brief phrases and single words rather than full sentences (Q63_95)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I am talking to myself about things in my mind, it is like I am going back and forward, asking myself questions and then answering them (Q63_96)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I hear the voice of another person in my head. For example, when I have done something foolish I hear my mother's voice criticising me in my mind (Q63_97)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I experience the voices of other people asking me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

questions in
my head
(Q63_98)

I hear other
people's
voices
nagging me
in my head
(Q63_100)

My thinking in
words is
more like a
dialog with
myself, rather
than my own
thoughts in a
monolog
(Q63_101)

I think to
myself in
words using
full sentences
(Q63_102)

My thinking to
myself in
words is like
shorthand
notes, rather
than full,
proper,
grammatical
English
(Q63_103)

I think in
inner speech
about what I
have done,
and whether
it was right or
not
(Q63_105)

When I am
talking to
myself about
things in my
mind, it is like

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

I am having a conversation with myself (Q63_106)

I talk silently to myself telling myself to do things (Q63_108)

I hear other people's actual voices in my head, saying things that they have never said to me before (Q63_109)

I talk back and forward to myself in my mind about things (Q63_111)

My thinking in words is shortened compared to my normal out-loud speech. For example, rather than saying to myself things like 'I need to go to the shops', I will just say 'shops' to myself in my head (Q63_112)

If I were to write down my thoughts

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

on paper,
they would
read like a
normal
grammatical
sentence
(Q63_115)

I hear other
people's
actual voices
in my head,
saying things
that they
actually once
said to me
(Factor2_1)

I evaluate my
behavior
using my
inner speech.
For example I
say to myself,
"that was
good" or
"that was
stupid"
(Q63_116)

I talk silently
to myself
telling myself
not to do
things
(Q63_117)

An elephant
is larger than
a mouse
(catch3)

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

End of Block: VISQ

Start of Block: demographics_short



Q319 What is your gender?

- ☐ Male (1)
 - ☐ Female (2)
 - ☐ Other (4)
 - ☐ Prefer not to say (5)
-



Q320 Are you a native English speaker?

- ☐ Yes (1)
 - ☐ No (0)
-

Q321 If English is not your first language, please indicate your native language or languages:



Q323 What is your age?



education_level What is the highest degree or level of school you have completed? If currently enrolled, highest degree received.

- ☐ Less than high school (1)
- ☐ High school diploma (2)
- ☐ Some college, no degree (3)
- ☐ Associate's degree (4)
- ☐ Bachelor's degree (5)
- ☐ Master's degree (6)
- ☐ PhD, law, or medical degree (7)
- ☐ Prefer not to say (-1)

Display This Question:

If What is the highest degree or level of school you have completed? If currently enrolled, highest... = Associate's degree

Or What is the highest degree or level of school you have completed? If currently enrolled, highest... = Bachelor's degree

Or What is the highest degree or level of school you have completed? If currently enrolled, highest... = Master's degree

Or What is the highest degree or level of school you have completed? If currently enrolled, highest... = PhD, law, or medical degree

Q325 What did you major in?

Q326 What is your occupation?

End of Block: demographics_short

Start of Block: debrief

Q23 Thank you for your participation. The study is designed to collect information about the different ways in which people represent thoughts. Your responses help us understand the often surprising amount of variability that exists in how people experience their thoughts. If you have any questions or concerns, please email nedergaard@cc.au.dk or enter them in the box below.

comments Please enter any comments, concerns, or suggestions.

End of Block: debrief
