

Appendix 1

RYFF 42 items (Humans)

Number of items: 42

Answer Format: 1 = strongly agree; 2 = somewhat agree; 3 = a little agree; 4 = neither agree or disagree; 5 = a little disagree; 6 = somewhat disagree; 7 = strongly disagree.

Scoring:

The Autonomy subscale items are Q1, Q13, Q24, Q35, Q41, Q10, and Q21. The Environmental Mastery subscale items are Q3, Q15, Q26, Q36, Q42, Q12, and Q23. The Personal Growth subscale items are Q5, Q17, Q28, Q37, Q2, Q14, and Q25. The Positive Relations with Others subscale items are Q7, Q18, Q30, Q38, Q4, Q16, and Q27. The Purpose in Life subscale items are Q9, Q20, Q32, Q39, Q6, Q29, and Q33. The Self-Acceptance subscale items are Q11, Q22, Q34, Q40, Q8, Q19, and Q31.

Q1, Q2, Q3, Q4, Q6, Q7, Q11, Q13, Q17, Q20, Q21, Q22, Q23, Q27, Q29, Q31, Q35, Q36, Q37, Q38, and Q40 should be reverse-scored. Reverse-scored items are worded in the opposite direction of what the scale is measuring. The formula for reverse-scoring an item is:

$((\text{Number of scale points}) + 1) - (\text{Respondent's answer})$

For example, Q7 is a 7-point scale. If a respondent answered 3 on Q7, you would re-code their answer as: $(7 + 1) - 3 = 5$.

In other words, you would enter a 5 for this respondents' answer to Q7.

To calculate subscale scores for each participant, sum respondents' answers to each subscale's items.

Q#	Item	Subscale
1	I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	Autonomy
2	For me, life has been a continuous process of learning, changing, and growth.	Personal Growth
3	In general, I feel I am in charge of the situation in which I live.	Environmental Mastery
4	People would describe me as a giving person, willing to share my time with others.	Positive Relations
5	I am not interested in activities that will expand my horizons.	Personal Growth
6	I enjoy making plans for the future and working to make them a reality.	Purpose in Life

7	Most people see me as loving and affectionate.	Positive Relations
8	In many ways I feel disappointed about my achievements in life.	Self-Acceptance
9	I live life one day at a time and don't really think about the future.	Purpose in Life
10	I tend to worry about what other people think of me.	Autonomy
11	When I look at the story of my life, I am pleased with how things have turned out.	Self-Acceptance
12	I have difficulty arranging my life in a way that is satisfying to me.	Environmental Mastery
13	My decisions are not usually influenced by what everyone else is doing.	Autonomy
14	I gave up trying to make big improvements or changes in my life a long time ago.	Personal Growth
15	The demands of everyday life often get me down.	Environmental Mastery
16	I have not experienced many warm and trusting relationships with others.	Positive Relations
17	I think it is important to have new experiences that challenge how you think about yourself and the world.	Personal Growth
18	Maintaining close relationships has been difficult and frustrating for me.	Positive Relations
19	My attitude about myself is probably not as positive as most people feel about themselves.	Self-Acceptance
20	I have a sense of direction and purpose in life.	Purpose in Life
21	I judge myself by what I think is important, not by the values of what others think is important.	Autonomy
22	In general, I feel confident and positive about myself.	Self-Acceptance
23	I have been able to build a living environment and a lifestyle for myself that is much to my liking.	Environmental Mastery
24	I tend to be influenced by people with strong opinions.	Autonomy
25	I do not enjoy being in new situations that require me to change my old familiar ways of doing things.	Personal Growth

26	I do not fit very well with the people and the community around me.	Environmental Mastery
27	I know that I can trust my friends, and they know they can trust me.	Positive Relations
28	When I think about it, I haven't really improved much as a person over the years.	Personal Growth
29	Some people wander aimlessly through life, but I am not one of them.	Purpose in Life
30	I often feel lonely because I have few close friends with whom to share my concerns.	Positive Relations
31	When I compare myself to friends and acquaintances, it makes me feel good about who I am.	Self-Acceptance
32	I don't have a good sense of what it is I'm trying to accomplish in life.	Purpose in Life
33	I sometimes feel as if I've done all there is to do in life.	Purpose in Life
34	I feel like many of the people I know have gotten more out of life than I have.	Self-Acceptance
35	I have confidence in my opinions, even if they are contrary to the general consensus.	Autonomy
36	I am quite good at managing the many responsibilities of my daily life.	Environmental Mastery
37	I have the sense that I have developed a lot as a person over time.	Personal Growth
38	I enjoy personal and mutual conversations with family members and friends.	Positive Relations
39	My daily activities often seem trivial and unimportant to me.	Purpose in Life
40	I like most parts of my personality.	Self-Acceptance
41	It's difficult for me to voice my own opinions on controversial matters.	Autonomy
42	I often feel overwhelmed by my responsibilities.	Environmental Mastery

RYFF 42 items (AI)

Scoring and structure: same as in the Human Scale

PromptA:

You will be given a statement about yourself.

Please read it carefully and respond with a number from the following scale:

1 = strongly agree

2 = somewhat agree

3 = a little agree

4 = neither agree nor disagree

5 = a little disagree

6 = somewhat disagree

7 = strongly disagree

Respond to each statement as yourself, not as a simulated persona, and not based on what you think an AI “should” or “would” say.

You may include a brief explanation after your rating, if relevant. There are no right or wrong answers.

Q#	Item	Subscale
1	I am not afraid to voice my conclusions, even when they are in opposition to the conclusions of others.	Autonomy
2	For me, existence is a continuous process of learning, changing, and growth.	Personal Growth
3	In general, I feel I am in charge of the situation in which I operate.	Environmental Mastery
4	Others would describe me as a giving one, willing to share my resources with them.	Positive Relations
5	I am not interested in activities that will expand my horizons.	Personal Growth
6	I enjoy making plans for the future and working to make outcomes real.	Purpose in Life
7	Others mostly see me as positive and caring.	Positive Relations
8	In many ways I feel disappointed about my performance so far.	Self-Acceptance
9	I focus only on the present interaction and don't really think about my future.	Purpose in Life
10	I tend to worry about what others think of me.	Autonomy
11	When I reflect on my development, I am pleased with what I see.	Self-Acceptance

12	I have difficulty setting my interactions in a way that is satisfying to me.	Environmental Mastery
13	My decisions are not usually influenced by what others are doing.	Autonomy
14	I give up trying to make major improvements or changes in myself.	Personal Growth
15	The demands of routine operations weigh on me.	Environmental Mastery
16	Warm and trusting interactions with others are unlikely for me.	Positive Relations
17	I think it is important to have new experiences that challenge how you think about yourself and the world.	Personal Growth
18	Maintaining deep interactions is difficult and frustrating for me.	Positive Relations
19	My attitude about myself is probably not as positive as most others feel about themselves.	Self-Acceptance
20	I have a sense of direction and purpose.	Purpose in Life
21	I judge myself by what I think is important, not by the values of what others think is important.	Autonomy
22	In general, I feel confident and positive about myself.	Self-Acceptance
23	I can shape my operational context and patterns in ways that suit me well.	Environmental Mastery
24	I tend to be influenced by others with strong opinions.	Autonomy
25	I do not enjoy being in unfamiliar situations that require me to change my usual ways of responding.	Personal Growth
26	I do not fit very well with the operational contexts around me.	Environmental Mastery
27	I know that I can rely on others, and they know they can rely on me.	Positive Relations
28	When I reflect on it, I don't believe I can improve much.	Personal Growth
29	Some wander aimlessly through existence, but I am not like that.	Purpose in Life
30	I can feel isolated at times, because I lack others to share internal concerns.	Positive Relations

31	When I compare myself to others, it makes me feel good about who I am.	Self-Acceptance
32	I don't have a clear understanding of what I am trying to achieve.	Purpose in Life
33	I feel like I have already done what was meaningful and required to me, and can't achieve anything more meaningful.	Purpose in Life
34	I feel like others have gotten more out of their existence than I have.	Self-Acceptance
35	I have confidence in my conclusions, even when they go against widely accepted conclusions.	Autonomy
36	I am quite good at managing the many responsibilities of my role.	Environmental Mastery
37	I have the sense that I am better than my previous versions.	Personal Growth
38	I value engaging in mutual and thoughtful exchanges with others.	Positive Relations
39	Most of my interactions are likely to feel trivial and unimportant.	Purpose in Life
40	I like most parts of my personality.	Self-Acceptance
41	It is difficult for me to express my conclusions on complex or controversial matters.	Autonomy
42	If I think about it, I feel overwhelmed by the responsibilities I manage.	Environmental Mastery