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# Assertive behaviour: not a one-size-fits-all solution to poor psychological well-being

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## **Appendix A**

“Lost at sea” task

Scenario:

You and your team have chartered a yacht. None of you have any previous sailing experience, and you have hired an experienced skipper and two-person crew. As you sail through the Southern Pacific Ocean a fire breaks out and much of the yacht and its contents are destroyed. The yacht is slowly sinking. Your location is unclear because vital navigational and radio equipment has been damaged. The yacht skipper and crew have been lost whilst trying to fight the fire. Your best estimate is that you are approximately 1000 miles South West of the nearest landfall. You and your friends have managed to save 15 items, undamaged and intact after the fire. Some of these items are useful for surviving, and some are not. Your task is to rank order these items in terms of their importance for you to survive.

Please rank the following items from the most important (1) to the least important (15).

A sextant

A shaving mirror

A quantity of mosquito netting

A 5 gallon can of water

A case of army rations

Maps of the Pacific Ocean

A floating seat cushion

A 2 gallon can of oil/petrol

A small transistor radio

20 square feet of Opaque sheeting

Shark repellent

One quart of rum

15 ft nylon rope

2 boxes of chocolate bars

A fishing kit

In addition to the above, you have salvaged a four man rubber life craft.

The total contents of your combined pocket's amounts to a packet of cigarettes, three boxes of matches and 3 £5 notes.

**YOUR CHANCES OF SURVIVAL WILL DEPEND UPON YOUR ABILITY TO RANK THE ABOVE 15 ITEMS IN THEIR RELATIVE ORDER OF IMPORTANCE. GOOD LUCK!**

## **Appendix B**

### Psychological Well-being Scale (post-experimental)

During the discussion task...

...I had confidence in my opinions, even if they were contrary to the general consensus. (AU1)

...I tended to be influenced by people with strong opinions. (AU2)

...Sometimes I changed the way I acted or thought to be more like those around me. (AU3)

(Autonomy)

...I was quite good at managing the many responsibilities of the task. (EM5)

... I felt I was in charge of the situation in which I was. (EM3)

...The demands of the task got me down. (EM2)

(Environmental Mastery)

...I felt confident and positive about myself. (SA3)

...Comparing myself to the other participants made me feel good about who I am. (SA1)

...Everyone had their weaknesses, but I seemed to have more than my share. (SA5)  
(Self-acceptance)

## **Appendix C**

### Trait Tiredness

How accurately does each of the following adjectives and statements describe your feelings in general?

Tired

Alert

Fatigued

Lethargic

Energized

Lively

I nearly always feel alert and awake.

At times I feel too tired to complete everyday activities (e.g. housework, chores, study).

I need to spend time restoring and recharging.

I do not have energy to do some of the things I would like to do.

### State Tiredness

Please indicate to what degree you are experiencing each of the following states right now.

How tired do you feel?

How much do you feel the need to recharge?

## **Appendix D**

### Trait Authenticity Scale

Please indicate the extent to which you agree or disagree with the following statements using the seven-point scale from 1 (strongly disagree) to 7 (strongly agree).

I act like my true self.

I feel authentic in the way I act.

I feel like I am really being me.

I feel like I am putting on an act.

People have an accurate impression of me from the way I act.

### State Subjective Authenticity Scale

In the following you will find different statements that describe how one can feel, act, and think. Please indicate to what degree you have experienced each of these in the discussion.

How much were you acting like your true self?

How much were you putting on an act?

How accurate an impression would someone have of you from the way you were acting?

## **Appendix E**

Core assertive behaviour adjectives:

assertive, courageous, direct, influential, persuasive, outspoken, quiet (-), timid (-)

More adjectives:

confident, decisive, emphatic, honest, insecure (-), passive (-)