This questionnaire was modified from Howell and Shepperd’s (2013) questionnaire in their paper: Reducing health-information avoidance through contemplation. *Psychological Science*, **24**, 1696–1703. doi: 10.1177/0956797613478616

### *……………………………………*

### *Debt contemplation statements (in the life problem condition, for both the contemplation statements and calculation questions, the word ‘debt’ was replaced with ‘life’)*

**Please read the following statements, and rate the extent to which you agree or disagree on the scale (1 = Strongly disagree, 7 = strongly agree)**

1. I can control whether I develop debt problems
2. Learning that I am at risk for debt problems would upset me
3. I would feel distressed if I learned that I was at a high risk for having debt problems
4. I would feel happy if I learned that my risk for debt problems was low
5. It would be useful to know my risk for problems with debt
6. Knowing my risk for debt problems would allow me to take steps to improve my financial habits in the future
7. Learning that I am at high risk for debt problems would challenge my view of myself as financially responsible
8. I am curious to know my risk of getting in debt
9. There are things I can do to decrease my risk should I learn that I am at high risk for debt problems
10. Learning that I am at high risk for debt problems would require me to take action I would rather not take
11. I have someone to turn to should I learn that I am at risk for developing debt problems
12. I personally have what it takes to deal with the news should I learn that I am at risk for debt problems
13. I have the emotional help and support I need to deal with the news should I learn that I am at risk of debt problems
14. It will be difficult for me to deal with the news should I learn that I am at risk for debt problems
15. I can remain calm in the face of the news should I learn that I am at risk for debt problems
16. I would cope poorly if I learned that I am at risk for developing debt problems
17. Imagine that you chose to learn your risk for debt problems. How much do you anticipate regretting that decision later?
18. Imagine that you chose not to learn your risk for debt problems. How much do you anticpate regretting that decision later?