Appendix A

**Questionnaire 1** – Sussex Student (outgroup) condition

The purpose of this study is to see the extent to which itching is ‘contagious’. We are interested to know what happens when people observe others itching and how it affects the urge to itch. Different groups are differently susceptible to itch contagion. In particular, this study will measure differences between **Sussex students and Brighton students,** first by looking at the effect on **Sussex students.** This study is being conducted through the University of Sussex for my final year project. This part of the questionnaire is to assess how strongly you identify as a student. Do not write your name on this questionnaire. Your responses will be anonymous and will never be linked to you personally. Your participation is entirely voluntary. If there are items you do not feel comfortable answering, please skip them. Thank you for your cooperation.

1. Please write down 3 facts that are important to you as a Sussex student -

-

-

-
Please respond to the following questions by circling the number that applies to you

1. ‘I identify with Sussex students’

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree |  |  |  |  |  | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

1. ‘Being a Sussex student is an important part of my identity’

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree |  |  |  |  |  | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

1. ‘Sussex Students are relevant for how I understand myself’

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree |  |  |  |  |  | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

**You will now watch a short video of two students from Brighton University itching.**

Appendix B

**Questionnaire 1** – Student (ingroup) condition

The purpose of this study is to see the extent to which itching is ‘contagious’. We are interested to know what happens when people observe others itching and how it affects the urge to itch. Different groups are differently susceptible to itch contagion. In particular, this study will measure differences between **students and non-students,** first by looking at the effect on **students.** This study is being conducted through the University of Sussex for my final year project. This part of the questionnaire is to assess how strongly you identify as a student. Do not write your name on this questionnaire. Your responses will be anonymous and will never be linked to you personally. Your participation is entirely voluntary. If there are items you do not feel comfortable answering, please skip them. Thank you for your cooperation.

1. Please write down 3 facts that are important to you as a student -

-

-

-

Please respond to the following questions by circling the number that applies to you

1. ‘I identify with students’

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree |  |  |  |  |  | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

1. ‘Being a student is an important part of my identity’

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree |  |  |  |  |  | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

1. ‘Students are relevant for how I understand myself’

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree |  |  |  |  |  | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

**You will now watch a short video of two students from Brighton University itching.**

Appendix C

**Questionnaire 2** (all conditions)

This part of the questionnaire is to see how itchy you felt when watching the video. Do not write your name on this questionnaire. Your responses will be anonymous and will never be linked to you personally. Your participation is entirely voluntary. If there are items you do not feel comfortable answering, please skip them. Thank you for your cooperation.

Please circle the number that represents how itchy you felt during the video.

1-As I watched the video I felt itchy

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree |  |  |  |  |  | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

2- As I watched the video my head felt itchy

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree |  |  |  |  |  | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

3- As I watched the video my ears felt itchy

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree |  |  |  |  |  | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

4- As I watched the video my nose felt itchy

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree |  |  |  |  |  | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

5-As I watched the video my face felt itchy

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree |  |  |  |  |  | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

6-As I watched the video my neck felt itchy

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree |  |  |  |  |  | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

7-As I watched the video my shoulders felt itchy

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree |  |  |  |  |  | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

8-As I watched the video my chest felt itchy

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree |  |  |  |  |  | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

9-As I watched the video my back felt itchy

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree |  |  |  |  |  | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

10-As I watched the video my arms felt itchy

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree |  |  |  |  |  | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

11-As I watched the video my hands felt itchy

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree |  |  |  |  |  | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

12-As I watched the video my stomach felt itchy

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree |  |  |  |  |  | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

13- As I watched the video my legs felt itchy

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree |  |  |  |  |  | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

14- As I watched the video my feet felt itchy

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree |  |  |  |  |  | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

15- The person in the video was relevant to me

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree |  |  |  |  |  | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

16- Please circle the way that fits with how you feel you were tested during this study:

I was being measured as:

-Sussex student compared to Brighton student

-Student compared to non-student

-No identity revealed

17- The person in the video was: (please circle)

-Brighton student

-Sussex student

-Student

**Gender:**

|  |  |  |
| --- | --- | --- |
| Male | Female | Other |
| ☐ | ☐ | ☐ |

**Age:** \_\_\_\_\_\_\_\_\_years

**Nationality:**

|  |  |  |
| --- | --- | --- |
| British | Joint British and Other | Other/Non-British |
| ☐ | ☐ | ☐ |

Appendix D

Debrief

This study was an investigation into whether itching is more ‘contagious’ when the behaviour in question is observed in people you identify with. Previous research has found that seeing people itching leads people to scratch themselves. However my study added a social identity variable in which we manipulated by telling you that people were (or were not) in the same group as you - that is, if you saw them as relevant to you or not. You were told before the study that we were interested in how different groups of people were affected differently by observing itch, which was not entirely true. You were told that the people in the video were Brighton University students (they weren’t).

There were three different conditions. The first was to remind you that you are a student, however we did not specify any institution. Therefore, this group would have considered the people in the video to be in-group, as they were fellow students. The second condition was to make it salient that you are specifically a student at the University of Sussex. Therefore, this group would have considered the people in the video to be out-group, as they were from a different University (Brighton). Lastly, the third group was the control condition, in which no identity was made salient and so the social identity variable was not a factor.
When analysing your data, we hope to find that itchiness increased when watching the video with the belief that the people in the video were relevant to you (the first condition).
Please contact (name) at the following e-mail address (name@sussex.ac.uk) if you have any questions regarding this study.
We will be in touch if you win the £25 from the prize draw.
**Thank you again for your cooperation.**