**Demographic information**

Age

* 18
* 19
* 20
* 21
* 22
* 23
* 24

What gender do you identify as?

* Female
* Male
* Non-Binary
* Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Prefer not to say

What sex were you born?

* Female
* Male
* Prefer not to say

Which country are you in?

* England
* Wales
* Scotland
* Northern Ireland
* I am not in any of these countries

Answer = England:

**What is your ethnic group?**   
    
Choose one option that best describes your ethnic group or background

* English/Welsh/Scottish/Northern Irish/British
* Irish
* Gypsy or Irish Traveller
* Any other White background, please describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* White and Black Caribbean
* White and Black African
* White and Asian
* Any other Mixed/Multiple ethnic background, please describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Indian
* Pakistani
* Bangladeshi
* Chinese
* Any other Asian background, please describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* African
* Caribbean
* Any other Black/African/Caribbean background, please describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Arab
* Any other ethnic group, please describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Prefer not to say

Answer = Wales:

**What is your ethnic group?**   
    
Choose one option that best describes your ethnic group or background

* Welsh/English/Scottish/Northern Irish/British
* Irish
* Gypsy or Irish Traveller
* Any other White background, please describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* White and Black Caribbean
* White and Black African
* White and Asian
* Any other Mixed/Multiple ethnic background, please describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Indian
* Pakistani
* Bangladeshi
* Chinese
* Any other Asian background, please describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* African
* Caribbean
* Any other Black/African/Caribbean background, please describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Arab
* Any other ethnic group, please describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Prefer not to say

Answer = Scotland:

**What is your ethnic group?**   
    
Choose one option that best describes your ethnic group or background

* Scottish/English/Welsh/Northern Irish/British
* Irish
* Gypsy/Traveller
* Any other White background, please describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* White and Black Caribbean
* White and Black African
* White and Asian
* Any other Mixed/Multiple ethnic background, please describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Indian
* Pakistani
* Bangladeshi
* Chinese
* Any other Asian background, please describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* African
* Caribbean
* Any other Black/African/Caribbean background, please describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Arab
* Any other ethnic group, please describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Prefer not to say

Answer = Northern Ireland:

**What is your ethnic group?**   
    
Choose one option that best describes your ethnic group or background

* White
* Irish Traveller
* White and Black Caribbean
* White and Black African
* White and Asian
* Any other Mixed/Multiple ethnic background, please describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Indian
* Pakistani
* Bangladeshi
* Chinese
* Any other Asian background, please describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* African
* Caribbean
* Any other Black/African/Caribbean background, please describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Arab
* Any other ethnic group, please describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Prefer not to say

Answer = I am not in any of these countries:  
**Please describe your ethnic group or background.**   
    
If you prefer not to say, please leave this answer blank.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**12-item and 7-item versions of the Social Response Biases in Loneliness for Young Adults scale (SRBL-YA).**

**Questions included in the 7-item version are indicated with a \*.**

**Questions belonging to the positive subscale are indicated with a p. Questions belonging to the negative subscale are indicated with an n.**

**Scores are summed (based on the ratings shown below), separately for positive and negative subscales.**

You will now be shown descriptions of some different situations. Each situation is followed by two possible endings. We would like you to carefully read the description of the situation and its endings, and rate how likely you think each of the endings are if this situation were to happen to you personally.

1. \*It is my first lecture of my new course. I go into the classroom and there are already small groups of people sitting together chatting. I decide to...

Please rate how likely you think the following endings are if this situation happened to you personally:

* 1. Sit on my ownn

(Extremely likely (5), Somewhat likely (4), Neither likely nor unlikely (3), Somewhat unlikely (2), Extremely unlikely (1))

* 1. Introduce myself to one of the groupsp

(Extremely likely (5), Somewhat likely (4), Neither likely nor unlikely (3), Somewhat unlikely (2), Extremely unlikely (1))

*Nb. Although not shown here for the purposes of brevity, the rating instructions (“Please rate how likely you think the following endings are if this situation happened to you personally:”) and response scales are displayed with every item.*

1. \*I am spending the night out with my friends. They invited me out with them because…
   1. They like me and genuinely want to get to know me morep
   2. They feel sorry for me and just wanted to be nicen
2. There is a strong drinking culture at my university. I don’t want to go out every night. People might think…
   1. I’m not funn
   2. I just have different interestsp
3. \*When I feel disconnected from others…
   1. I get lost in negative thoughts, which affects my moodn
   2. I try to remind myself that these feelings aren’t permanent and will passp
4. I have had relatively few romantic relationships compared to my peers. This is because...
   1. I haven’t met the right personp
   2. I am not attractiven
5. On social media, when I see a person that I think looks good I…
   1. Feel bad about myselfn
   2. Appreciate how nice the picture looksp
6. \*I’m planning on going to a welcome event at a society I joined. I don’t know anyone there. At the last minute…
   1. I decide to canceln
   2. I decide to knock on my neighbours’ door and invite them to come with mep

1. \*I arrive late at a social. There are already groups of people chatting...
   1. I will wait for someone to invite me to their groupn
   2. I try to catch someone’s eye to see if I can join themp

1. I haven’t had much luck dating…
   1. I am busy with my University life right nowp
   2. I will never find anyone who I connect with romanticallyn
2. \*Sometimes my friends go out together and don’t invite me. I am worried about our friendship so I…
   1. Tell them how I feel about our friendship to try and fix thingsp
   2. Slowly distance myself from themn
3. \*I am at a career networking event. I feel nervous…
   1. I decide to leaven
   2. I stay and try to speak to some of the potential employersp

1. I have attended a number of fresher events and they are always so crowded with lots of people...
   1. It takes time to meet people you share interests withp
   2. I feel that I am never going to find anyone I connect withn

**UCLA 20-item loneliness scale** [**(Russell, 1996)**](https://sciwheel.com/work/citation?ids=4931387&pre=&suf=&sa=0&dbf=0)

The following 20 statements describe how people sometimes feel. For each statement, please indicate how often you feel the way described by selecting one of the options provided. Here is an example:   
  
How often do you feel happy? (Never (1), Rarely (2), Sometimes (3), Always (4)).  
  
If you never felt happy, you would respond "never"; if you always feel happy, you would respond "always."

1. \*How often do you feel that you are "in tune" with the people around you?
2. How often do you feel that you lack companionship?
3. How often do you feel that there is no one you can turn to?
4. How often do you feel alone?
5. \*How often do you feel part of a group of friends?
6. \*How often do you feel that you have a lot in common with the people around you?
7. How often do you feel that you are no longer close to anyone?
8. How often do you feel that your interests and ideas are not shared by those around you?
9. \*How often do you feel outgoing and friendly?
10. \*How often do you feel close to people?
11. How often do you feel left out?
12. How often do you feel that your relationships with others are not meaningful?
13. How often do you feel that no one really knows you well?
14. How often do you feel isolated from others?
15. \*How often do you feel you can find companionship when you want it?
16. \*How often do you feel that there are people who really understand you?
17. How often do you feel shy?
18. How often do you feel that people are around you but not with you?
19. \*How often do you feel that there are people you can talk to?
20. \*How often do you feel that there are people you can turn to?

Scoring: Items that are asterisked should be reversed (i.e. 1=4, 2=3, 3=2, 4=1), and the scores for each item then summed together. Higher scores indicate greater degrees of loneliness.

[Russell, D. W. (1996). UCLA Loneliness Scale (Version 3): reliability, validity, and factor structure. *Journal of Personality Assessment*, *66*(1), 20–40. https://doi.org/10.1207/s15327752jpa6601\_2](https://sciwheel.com/work/bibliography/4931387)

**GAD-7 (anxiety symptoms)** [(Spitzer et al., 2006)](https://sciwheel.com/work/citation?ids=771330&pre=&suf=&sa=0&dbf=0)

Over the last 2 weeks, how often have you been bothered by the following problems?

Not at all (0), several days (1), more than half the days (2), nearly every day (3)

1. Feeling nervous, anxious, or on edge
2. Not being able to stop or control worrying
3. Worrying too much about different things
4. Trouble relaxing
5. Being so restless that it is hard to sit still
6. Becoming easily annoyed or irritable
7. Feeling afraid as if something awful might happen

Scores for each item are summed to produce a total score.

[Spitzer, R. L., Kroenke, K., Williams, J. B. W., & Löwe, B. (2006). A brief measure for assessing generalized anxiety disorder: The GAD-7. Archives of Internal Medicine, 166(10), 1092–1097. https://doi.org/10.1001/archinte.166.10.1092](https://sciwheel.com/work/bibliography/771330)

**PHQ-8 (depressive symptoms)** [(Kroenke et al., 2009)](https://sciwheel.com/work/citation?ids=743193&pre=&suf=&sa=0&dbf=0)

Over the last 2 weeks, how often have you been bothered by any of the following problems?

Not at all (0), several days (1), more than half the days (2), nearly every day (3)

1. Little interest or pleasure in doing things
2. Feeling down, depressed, or hopeless
3. Trouble falling or staying asleep, or sleeping too much
4. Feeling tired or having little energy
5. Poor appetite or overeating
6. Feeling bad about yourself - or that you are a failure or have let yourself or your family down
7. Trouble concentrating on things, such as reading the newspaper or watching television
8. Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual

 Scores for each item are summed to produce a total score.

[Kroenke, K., Strine, T. W., Spitzer, R. L., Williams, J. B. W., Berry, J. T., & Mokdad, A. H. (2009). The PHQ-8 as a measure of current depression in the general population. *Journal of Affective Disorders*, *114*(1–3), 163–173. https://doi.org/10.1016/j.jad.2008.06.026](https://sciwheel.com/work/bibliography/743193)

**Brief Fear of Negative Evaluation Scale (social anxiety symptoms)** [(Rodebaugh et al., 2004)](https://sciwheel.com/work/citation?ids=891784&pre=&suf=&sa=0&dbf=0)

Read each of the following statements carefully and indicate how characteristic it is of you according to the scale.

Not at all characteristic of me (1), Slightly characteristic of me (2), Moderately characteristic of me (3), Very characteristic of me (4), Extremely characteristic of me (5)

1. I worry about what other people will think of me even when I know it doesn't make any difference.
2. I am frequently afraid of other people noticing my shortcomings.
3. I am afraid that others will not approve of me.
4. I am afraid that people will find fault with me.
5. When I am talking to someone, I worry about what they may be thinking about me.
6. I am usually worried about what kind of impression I make.
7. Sometimes I think I am too concerned with what other people think of me.
8. I often worry that I will say or do the wrong things.

 Scores for each item are summed to produce a total score.

[Rodebaugh, T. L., Woods, C. M., Thissen, D. M., Heimberg, R. G., Chambless, D. L., & Rapee, R. M. (2004). More information from fewer questions: the factor structure and item properties of the original and brief fear of negative evaluation scale. *Psychological Assessment*, *16*(2), 169–181. https://doi.org/10.1037/1040-3590.16.2.169](https://sciwheel.com/work/bibliography/891784)