**Demographics questions**

Date of Birth (Month)

▼ January ... December

Date of Birth (Year)

▼ 1996 ... 2006

Please tick one box for Gender

* Male
* Female
* Non Binary
* Other

Please tick one box for Ethnicity

* White British or White other
* Black / African / Caribbean / Black British or Black Other
* Asian / Asian British or Asian Other
* Mixed / Multiple ethnic groups
* Other Ethnic group

**Screening loneliness measure: 20-item UCLA (Version 3; Russell, 1996)**

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?  If you never felt happy, you would respond "never"; if you always feel happy, you would respond "always."

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | NEVER | RARELY | SOMETIMES | ALWAYS |
| How often do you feel that you are "in tune" with the people around you? |  |  |  |  |
| How often do you feel that you lack companionship? |  |  |  |  |
| How often do you feel that there is no one you can turn to? |  |  |  |  |
| How often do you feel alone? |  |  |  |  |
| How often do you feel part of a group of friends? |  |  |  |  |
| How often do you feel that you have a lot in common with the people around you? |  |  |  |  |
| How often do you feel that you are no longer close to anyone? |  |  |  |  |
| How often do you feel that your interests and ideas are not shared by those around you? |  |  |  |  |
| How often do you feel outgoing and friendly? |  |  |  |  |
| How often do you feel close to people? |  |  |  |  |
| How often do you feel left out? |  |  |  |  |
| How often do you feel that your relationships with others are not meaningful? |  |  |  |  |
| How often do you feel that no one really knows you well? |  |  |  |  |
| How often do you feel isolated from others? |  |  |  |  |
| How often do you feel you can find companionship when you want it? |  |  |  |  |
| How often do you feel that there are people who really understand you? |  |  |  |  |
| How often do you feel shy? |  |  |  |  |
| How often do you feel that people are around you but not with you? |  |  |  |  |
| How often do you feel that there are people you can talk to? |  |  |  |  |
| How often do you feel that there are people you can turn to? |  |  |  |  |

**Pre and post training loneliness measure: 3-item UCLA (Short version; Hughes et al. 2004)**

For each statement, please indicate how often you feel the way described by selecting one of the options provided.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Hardly ever | Some of the time | Often |
| How often do you feel that you lack companionship? |  |  |  |
| How often do you feel left out? |  |  |  |
| How often do you feel isolated from others? |  |  |  |

**Pre and post training interpretation bias measure: Social Response Biases in Loneliness for Young Adults (SRBL-YA) scale**

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.

Q1 **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:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Extremely Likely (5) | Somewhat Likely (4) | Neither Likely or Unlikely (3) | Somewhat Unlikely (2) | Extremely Unlikely (1) |
| Q1a. Sit on my own |  |  |  |  |  |
| Q1b. Introduce myself to one of the groups |  |  |  |  |  |

Q2 **I am spending the night out with my friends. They invited me out with them because…** Please rate how likely you think the following endings are if this situation happened to you personally:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Extremely Likely (5) | Somewhat Likely (4) | Neither Likely or Unlikely (3) | Somewhat Unlikely (2) | Extremely Unlikely (1) |
| Q2a. They like me and genuinely want to get to know me more |  |  |  |  |  |
| Q2b. They feel sorry for me and just wanted to be nice |  |  |  |  |  |

Q3 **There is a strong drinking culture at my university. I don’t want to go out every night. People might think…** Please rate how likely you think the following endings are if this situation happened to you personally:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Extremely Likely (5) | Somewhat Likely (4) | Neither Likely or Unlikely (3) | Somewhat Unlikely (2) | Extremely Unlikely (1) |
| Q3a. I’m not fun |  |  |  |  |  |
| Q3b. I just have different interests |  |  |  |  |  |

Q4 **When I feel disconnected from others...** Please rate how likely you think the following endings are if this situation happened to you personally:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Extremely Likely (5) | Somewhat Likely (4) | Neither Likely or Unlikely (3) | Somewhat Unlikely (2) | Extremely Unlikely (1) |
| Q4a. I get lost in negative thoughts, which affects my mood |  |  |  |  |  |
| Q4b. I try to remind myself that these feelings aren’t permanent and will pass |  |  |  |  |  |

Q5 **I have had relatively few romantic relationships compared to my peers. This is because...** Please rate how likely you think the following endings are if this situation happened to you personally:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Extremely Likely (5) | Somewhat Likely (4) | Neither Likely or Unlikely (3) | Somewhat Unlikely (2) | Extremely Unlikely (1) |
| Q5a. I haven’t met the right person |  |  |  |  |  |
| Q5b. I am not attractive |  |  |  |  |  |

Q6 **On social media, when I see a person that I think looks good I…** Please rate how likely you think the following endings are if this situation happened to you personally:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Extremely Likely (5) | Somewhat Likely (4) | Neither Likely or Unlikely (3) | Somewhat Unlikely (2) | Extremely Unlikely (1) |
| Q6a. Feel bad about myself |  |  |  |  |  |
| Q6b. Appreciate how nice the picture looks |  |  |  |  |  |

Q7 **I’m planning on going to a welcome event at a society I joined. I don’t know anyone there. At the last minute…** Please rate how likely you think the following endings are if this situation happened to you personally:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Extremely Likely (5) | Somewhat Likely (4) | Neither Likely or Unlikely (3) | Somewhat Unlikely (2) | Extremely Unlikely (1) |
| Q7a. I decide to cancel |  |  |  |  |  |
| Q7b. I decide to knock on my neighbours’ door and invite them to come with me |  |  |  |  |  |

Q8 **I arrive late at a social. There are already groups of people chatting...** Please rate how likely you think the following endings are if this situation happened to you personally:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Extremely Likely (5) | Extremely Unlikely (1) | Somewhat Likely (4) | Neither Likely or Unlikely (3) | Somewhat Unlikely (2) |
| Q8a. I will wait for someone to invite me to their group |  |  |  |  |  |
| Q8b. I try to catch someone’s eye to see if I can join them |  |  |  |  |  |

Q9 **I haven’t had much luck dating…** Please rate how likely you think the following endings are if this situation happened to you personally:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Extremely Likely (5) | Somewhat Likely (4) | Neither Likely or Unlikely (3) | Somewhat Unlikely (2) | Extremely Unlikely (1) |
| Q9a. I am busy with my University life right now |  |  |  |  |  |
| Q9b. I will never find anyone who I connect with romantically |  |  |  |  |  |

Q10 **Sometimes my friends go out together and don’t invite me. I am worried about our friendship so I…** Please rate how likely you think the following endings are if this situation happened to you personally:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Extremely Likely (5) | Somewhat Likely (4) | Neither Likely or Unlikely (3) | Somewhat Unlikely (2) | Extremely Unlikely (1) |
| Q10a. Tell them how I feel about our friendship to try and fix things |  |  |  |  |  |
| Q10b. Slowly distance myself from them |  |  |  |  |  |

Q11 **I am at a career networking event. I feel nervous…** Please rate how likely you think the following endings are if this situation happened to you personally:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Extremely Likely (5) | Somewhat Likely (4) | Neither Likely or Unlikely (3) | Somewhat Unlikely (2) | Extremely Unlikely (1) |
| Q11a. I decide to leave |  |  |  |  |  |
| Q11b. I stay and try to speak to some of the potential employers |  |  |  |  |  |

Q12 **I have attended a number of fresher events and they are always so crowded with lots of people...** Please rate how likely you think the following endings are if this situation happened to you personally:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Extremely Likely (5) | Somewhat Likely (4) | Neither Likely or Unlikely (3) | Somewhat Unlikely (2) | Extremely Unlikely (1) |
| Q12a. It takes time to meet people you share interests with |  |  |  |  |  |
| Q12b. I feel that I am never going to find anyone I connect with |  |  |  |  |  |

**Cognitive bias modification training group only: Training acceptability questions**

We'd now like to ask for your feedback on the training you've just completed, so that we can improve it in the future.

Please select one option for each of the following questions:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Not at all (1) | (2) | Somewhat (3) | (4) | Very much (5) |
| 1. How helpful did you find the training? |  |  |  |  |  |
| 2. How enjoyable did you find the training? |  |  |  |  |  |
| 3. To what extent do you think the training helps to reduce feelings of loneliness? |  |  |  |  |  |
| 4. Could you imagine using this as a daily tool to help re-evaluate social situations that could make you feel lonely? |  |  |  |  |  |
| 5. Thinking about the scenarios you were asked to imagine, how likely are you to experience similar situations in your daily life? |  |  |  |  |  |