

Appendix 1: The Self reflection and insight scale (SRIS)

Self reflection and insight questionnaire: subjects respond on a likert scale as follows: “Strongly agree, agree, neutral, disagree, strongly disagree”	
1	I don't often think about my thoughts ¹
2	I am not really interested in analyzing my behaviour ²
3	I am usually aware of my thoughts ³
4	I am often confused about the way that I really feel about things ³
5	It is important for me to evaluate the things that I do ²
6	I usually have a very clear idea about why I have behaved in a certain way ³
7	I am very interested in examining what I think about ²
8	I rarely spend time in self reflection ¹
9	I'm often aware that I am having a feeling, but I often don't quite know what it is ³
10	I frequently examine my feelings ¹
11	My behaviour often puzzles me ³
12	It is important to me to try to understand what my feelings mean ²
13	I don't really think about why I behave in the way that I do ¹
14	Thinking about my thoughts make me more confused ³
15	I have a definite need to understand the way my mind works ²
16	I frequently take time to reflect on my thoughts ¹
17	Often I find it difficult to make sense of the way I feel about things ³
18	It is important to me to be able to understand how my thoughts arise ²
19	I often think about the way I feel about things ¹
20	I usually know why I feel the way I do ³

Items 1,2,4,8,11,13,14 and 17 are reversed.

1. Component a) Engaging in self-reflection

2. Component b) Need for self-reflection

3. Component c) Insight