

Supplementary Table 1.

Carver and White's BIS Items by Subscale from Heym, Ferguson, & Lawrence (2008).

Items	Subscale
1. Even if something bad is about to happen to me I rarely experience fear or nervousness.	FFFS-Fear
2. Criticism or scolding hurts me quite a bit.	BIS-Anxiety
3. I feel pretty worried or upset when I think or know somebody is angry at me.	BIS-Anxiety
4. If I think something unpleasant is going to happen I usually get pretty worked up	FFFS-Fear
5. I feel worried when I think I have done poorly at something important.	BIS-Anxiety
6. I have very few fears compared to my friends.	FFFS-Fear
7. I worry about making mistakes.	BIS-Anxiety