

Appendix 1: High and low descriptors for each temperament and character dimension of the Temperament and Character Inventory.

| Temperament traits | Represents..... | LOW SCORES | to | HIGH SCORES |
|---------------------------|--|---|-----------|---|
| Novelty Seeking | <i>Exploratory activity in response to novelty</i> | <i>Orderly, reserved, rigid, thrifty, slow to anger</i> | ↔ | <i>Exploratory, impulsive, extravagant, quick-tempered</i> |
| Harm Avoidance | <i>Worry in anticipation of problems</i> | <i>Optimistic, accepting of uncertainty & risk</i> | ↔ | <i>Pessimistic, fearful, shy, anxious, fatigable</i> |
| Reward Dependence | <i>Dependence on approval of others</i> | <i>Critical, aloof, detached, not influenced by others, independent</i> | ↔ | <i>Sentimental, open, warm, approval seeking, attached, dependent</i> |
| Persistence | <i>Industriousness of behaviour despite obstacles</i> | <i>Underachieving, flexible, easy-going, unambitious</i> | ↔ | <i>Industrious, ambitious, determined, perfectionist</i> |
| Character traits | Represents..... | LOW SCORES | to | HIGH SCORES |
| Self-Directedness | <i>Responsibility, goal orientated & self-confidence</i> | <i>Blaming, aimless, helpless, defensive, conflicted</i> | ↔ | <i>Responsible, purposeful, self-accepting, resourceful, self-actualising</i> |
| Cooperativeness | <i>Tolerance, cooperativeness & empathy</i> | <i>Prejudiced, insensitive, hostile, opportunistic,</i> | ↔ | <i>Tolerant, empathic, helpful, forgiving, principled</i> |
| Self-Transcendence | <i>View of self in relation to the universe as a whole</i> | <i>Conventional, sceptical, pragmatic, materialistic</i> | ↔ | <i>Self-forgetful, holistic, idealistic, spiritual, creative</i> |

Adapted from Eley et al. 2016