SUPPLEMENTARY.

Appendix 2. V. I. Morosanova's Conscious Self-Regulation Style questionnaire

INSTRUCTION

We offer you several statements about individual characteristics of human behavior. After reading each statement sequentially, determine whether it is characteristic of you, and select one of the five responses, marking it in the appropriate box. Remember that there can be no good or bad responses, since this is not an assessment, but only an identification of individual characteristics.

No.	Statements	Incorrect	Probably incorrect	Difficult to answer	Probably correct	Correct
1.	I do not plan for the future, as circumstances may change my plans	1	2	3	4	5
2.	I need an action plan to be successful	1	2	3	4	5
3.	At the end of the day, I summarize what has been done	1	2	3	4	5
4.	I do not always notice changes in circumstances over time and this makes me fail	1	2	3	4	5
5.	I like changes in life, environment and lifestyle	1	2	3	4	5
6.	I usually have a hard time working when I am upset	1	2	3	4	5
7.	I always achieve a satisfactory result	1	2	3	4	5
8.	I plan my future goals in detail	1	2	3	4	5
9.	On New Year's Eve, I assess what I managed to do over the previous year	1	2	3	4	5
10.	I always notice a change in the situation and take advantage of it	1	2	3	4	5
11.	I do not find it necessary to think through my actions and their sequences in advance when I get to work	1	2	3	4	5
12.	I can easily switch to a new activity	1	2	3	4	5
13.	After a quarrel with a close person, I cannot follow my plan for the day	1	2	3	4	5
14.	I persevere in solving a difficult problem	1	2	3	4	5
15.	I do not think much about my life goals; I rather "go with the flow"	1	2	3	4	5
16.	When I start a difficult task, I divide it into stages	1	2	3	4	5
17.	I do not evaluate intermediate results of my work, as I find it unnecessary	1	2	3	4	5
18.	I find it difficult to adapt to circumstances in time	1	2	3	4	5

19.	Switching to a new work system does not cause me any inconvenience	1	2	3	4	5
20.	The result of my work often depends on my mood	1	2	3	4	5
21.	I do not stop my work under any conditions	1	2	3	4	5
22.	I plan my life in advance	1	2	3	4	5
23.	I do not typically summarize what has been done during the day	1	2	3	4	5
24.	Determining the basic conditions for achieving my goal is not always possible	1	2	3	4	5
25.	I easily adapt to new situations	1	2	3	4	5
26.	To complete a task, I need to determine the sequence of my actions	1	2	3	4	5
27.	I make a lot of mistakes when I am nervous	1	2	3	4	5
28.	I persistently strive to achieve the desired result	1	2	3	4	5

Keys

Integral scale	Subscale	Statements
Overall level of self-regulation	Planning of goals	1R, 8, 15R, 22
	Modeling of significant conditions for achieving goals	4R, 10, 18R, 24R
	Programming actions	2, 11R, 16, 26
	Evaluating results	3, 9, 17R, 23R
	Flexibility	5, 12, 19, 25
	Reliability	6R, 13R, 20R, 27R
	Perseverance	7, 14, 21, 28

Note: R — reverse item (an item that contains a statement negatively associated with the measured trait).