

Appendix 1

DACOBS

Davos Assessment of the Cognitive Biases Scale

Instructions: This inventory lists different attitudes or beliefs which people sometimes hold. Read **EACH** statement carefully and decide how much you agree or disagree with the statement. For each of the attitudes, circle the number that **BEST DESCRIBES HOW YOU THINK**. Be sure to choose only one answer for each attitude. Because people are different, there is no right answer or wrong answer to these statements. To decide whether a given attitude is typical of your way of looking at things, simply keep in mind what you were like **IN THE PAST TWO WEEKS**.

1. I'm on the look out for danger

7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
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2. When things go wrong, someone is behind it.

7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
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3. I don't need long to reach a conclusion

7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
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4. People confuse me

7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
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5. Thoughts tend to fall apart in my mind

7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
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6. People cannot be trusted

7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
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7. Things went wrong in my life because of other people

7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
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8. The right conclusion often pops in my mind

7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
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9. I'm often not sure what people mean

7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
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10. I pay attention to the details instead of the whole

7	6	5	4	3	2	1
Strongly agree	Agree	Slightly agree	Undecided	Slightly disagree	Disagree	Strongly disagree
11. People are watching me						
7	6	5	4	3	2	1
Strongly agree	Agree	Slightly agree	Undecided	Slightly disagree	Disagree	Strongly disagree
12. It's NOT my fault when things go wrong in my life						
7	6	5	4	3	2	1
Strongly agree	Agree	Slightly agree	Undecided	Slightly disagree	Disagree	Strongly disagree
13. I don't need to consider alternatives when making a decision						
7	6	5	4	3	2	1
Strongly agree	Agree	Slightly agree	Undecided	Slightly disagree	Disagree	Strongly disagree
14. People surprise me with their reactions						
7	6	5	4	3	2	1
Strongly agree	Agree	Slightly agree	Undecided	Slightly disagree	Disagree	Strongly disagree
15. When I have a goal I don't know how to reach it						
7	6	5	4	3	2	1
Strongly agree	Agree	Slightly agree	Undecided	Slightly disagree	Disagree	Strongly disagree
16. I quickly find evidence to support my beliefs						
7	6	5	4	3	2	1
Strongly agree	Agree	Slightly agree	Undecided	Slightly disagree	Disagree	Strongly disagree
17. People don't give me a chance to do well						
7	6	5	4	3	2	1
Strongly agree	Agree	Slightly agree	Undecided	Slightly disagree	Disagree	Strongly disagree
18. I make decisions faster than other people						
7	6	5	4	3	2	1
Strongly agree	Agree	Slightly agree	Undecided	Slightly disagree	Disagree	Strongly disagree
19. I don't understand why people react in a certain way						
7	6	5	4	3	2	1
Strongly agree	Agree	Slightly agree	Undecided	Slightly disagree	Disagree	Strongly disagree
20. I make sure that all windows are locked						
7	6	5	4	3	2	1
Strongly agree	Agree	Slightly agree	Undecided	Slightly disagree	Disagree	Strongly disagree

21. When I try to concentrate on something, it's hard to ignore other things around me						
7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
22. I don't change my way of thinking easily						
7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
23. I don't go to restaurants because it's not safe						
7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
24. People make my life miserable						
7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
25. The first thoughts are the right ones						
7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
26. It's difficult to know what people are feeling by their facial expression						
7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
27. I don't go out after dark						
7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
28. I get easily distracted by irrelevant information						
7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
29. People treat me badly for no reason						
7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
30. I don't need to evaluate all the facts to reach a conclusion						
7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
31. I always sit near the exit to be safe						
7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree

32. I'm not able to focus on a task						
7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
33. People I don't know are dangerous						
7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
34. There is usually only one explanation for a single event						
7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
35. I don't answer phone calls, to be on the safe side						
7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
36. I do not automatically see how things connect						
7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
37. To protect my self, I remain on guard						
7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
38. I don't need to look for additional information when making a decision						
7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
39. When I hear people laughing, I think they are laughing at me						
7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
40. It's hard to hold onto a thought						
7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
41. I avoid considering information which will disconfirm my beliefs						
7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree
42. I don't go to shopping malls because it's not safe						
7 Strongly agree	6 Agree	5 Slightly agree	4 Undecided	3 Slightly disagree	2 Disagree	1 Strongly disagree

RATING MANUAL

Each item is scored on a range from 1 to 7.

The subscale score is calculated as followed.

Cognitive biases

Jumping to conclusions bias	$3 + 8 + 16 + 18 + 25 + 30$
Belief Inflexibility bias	$13 + 15 + 26 + 34 + 38 + 41$
Attention for Threat bias	$1 + 2 + 6 + 10 + 20 + 37$
External Attribution bias	$7 + 12 + 17 + 22 + 24 + 29$

Cognitive limitations

Social Cognition problems	$4 + 9 + 11 + 14 + 19 + 39$
Subjective Cognitive problems	$5 + 21 + 28 + 32 + 36 + 40$

Safety behaviors

$$23 + 27 + 31 + 33 + 35 + 42$$