

Computer-based Perspective Broadening Support for Appraisal Training: Acceptance and Effects

Appendix

Study 1 items from first questionnaire (translated),

Scored from strongly disagree, disagree, neutral, agree, to strongly agree:

I found the four themes useful

I found labeling the videos a useful exercise to become familiar with the themes

The video labeling exercises will help me to see possible future disturbing situations from a different perspective.

The content of video 1 ([video title here]) was disturbing

The content of video 2 ([video title here]) was disturbing

The content of video 3 ([video title here]) was disturbing

Full annotation version:

I first watched the entire video before I started labeling (yes/no)

The labeling distracted me from watching the video (strongly disagree, disagree, neutral, agree, strongly agree)

I found this version of the labeling tool easy to use (strongly disagree, disagree, neutral, agree, strongly agree)

Labeling after version:

I found this version of the labeling tool easy to use (strongly disagree, disagree, neutral, agree, strongly agree)

Real-time labeling version:

The labeling distracted me from watching the video (strongly disagree, disagree, neutral, agree, strongly agree)

I was able to label and watch the video (strongly disagree, disagree, neutral, agree, strongly agree)

I found this version of the labeling tool easy to use (strongly disagree, disagree, neutral, agree, strongly agree)

Which of the labeling tools did you find best to help learn the themes? (select videoplayer)

Please number the tools in order of easiest exercise to most difficult (rate from 1 - easiest, 2 - middle, 3 - most difficult)

Study 1 items from second questionnaire (translated)

After completing this workshop... (strongly disagree, disagree, neutral, agree, strongly agree)

I can assess whether this strategy suits me

I have gained experience with applying this strategy

I understand the benefits/added value of this strategy

I was able to support others with practicing it

It was fun to do this workshop

The workshop was educational/ the topic of the workshop is relevant to me

I felt actively engaged with the workshop

I think I master the topic of the workshop well

I have learned a lot from working together with others in this workshop

How important do you find the topic of coping? (numerical from 1 - not at all important to 10 - very important)

Do you want to get better at it? (numerical from 1 - not at all important to 10 - very important)

Please indicate your (dis)agreement with the following statements: (strongly disagree, disagree, neutral, agree, strongly agree)

I usually manage to get out of difficult situations without much effort

I recover quickly from illnesses or setbacks

I can concentrate under pressure

Even when I am under great pressure, I remain calm

I don't need much time to recover from stressful situations

I easily pick my life back up after something bad happens

It doesn't take me much time to rise above setbacks in my life

I can handle bad feelings well

Example of a high scoring appraisal (translated):

Even in Norway, where this kind of thing never happens there could be one moron that slips through security. You have to leave this behind and move on. Luckily, people were able to escape by swimming to the mainland and got to some boats on the way. Thankfully he was alone and there was not more damage done. This could help to deal with this horrible memory. This was just one man. There are also so many good things happening in the world. It is difficult but in time you will feel better and you will have processed this.

Example of a low scoring appraisal (translated):

I'd rather not see bad things happen to young people. I did not use the theme 'Silver lining'. I cannot imagine anything positive about this situation.