# Supplemental Table 1:

# High and low descriptors for each temperament and character trait. †

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| **Temperament traits** | **Represents** | **LOW SCORES** |  | **HIGH SCORES** |
| Novelty Seeking | Exploratory activity in response to novelty | Orderly, reflective, reserved | **<--->** | Exploratory, curious, |
| seeks challenge |
| Harm Avoidance | Worry in anticipation of problems | Confident, accepting of uncertainty & risk | **<--->** | Anxious, uncomfortable |
| with accepting risk |
| Reward Dependence | Dependence on approval of others | Not influenced by others, objective, insensitive | **<--->** | Needs to please, warm, attached, sociable |
| Persistence | Industriousness of behaviour despite obstacles | Quitting, underachiever, erratic, unambitious | **<--->** | Ambitious, hard worker, diligent, |
| perfectionist |
| **Character** | **Represents** | **LOW SCORES** | **<--->** | **HIGH SCORES** |
| **traits** |
| Self-Directedness | Responsibility, goal orientated & self-confidence | Blaming, ineffective, unreliable, irresponsible | **<--->** | Conscientious, |
| self-accepted, |
| reliable, |
| Cooperativeness | Tolerance, cooperativeness & empathy | Intolerant, unhelpful opportunistic, | **<--->** | Tolerant, agreeable, constructive, |
| critical | empathic |
| Self-Transcendence | View of self in relation to the universe as a whole | Impatient, proud, materialistic, practical | **<--->** | Patient, humble, |
| spiritual, creative, compassionate |
| Adapted from Eley etal, 2016 † | | | | |