

Description of SIPP-SF domains

Higher scores on SIPP- domains refer to more adaptive (and thus less pathological) capacities. The SIPP-SF is a self-report questionnaire. The scores of a particular person therefore refer to how this person sees himself/ herself. T-scores are calculated, which are labeled as very low, low, average, high, and very high.

Self-control

The capacity to tolerate, use, and control emotions and impulses.

Items:

- Sometimes I get so overwhelmed that I can't control my reactions (1; SIPP-118 2)
- I usually have adequate control over my feelings (9; SIPP-118 17)
- I frequently say things I regret later (21; SIPP-118 41)
- I lose control sometimes to the extent that people are frightened of me (22; SIPP-118 42)
- I have such strong feelings that I easily lose control of them (28; SIPP-118 52)
- Others have told me that I should try harder to avoid losing control over my feelings (34; SIPP-118 67)
- I often cannot help expressing my moods inappropriately (41; SIPP-118 79)
- I seem to do things that I regret more often than other people do (42; SIPP-118 80)
- It is hard for me to control my aggression towards others (43; SIPP-118 81)
- The way I feel or behave is often very unpredictable (48; SIPP-118 94)
- I often overreact to minor problems (53; SIPP-118 92)
- I often act impulsively even though I know I will regret it later on (54; SIPP-118 107)

Identity integration

Coherence of identity; the capacity to see oneself and one's own life as stable, integrated, and purposive.

Items:

- I strongly believe that life is worth living (3; SIPP-118 9)
- Overall I feel that my activities are enjoyable to me (4; SIPP-118 10)
- I often see no reason to continue living (12; SIPP-118 23)
- I strongly believe that I am just as worthy as other people (17; SIPP-118 33)
- It is hard for me to really enjoy doing things (24; SIPP-118 47)
- I often feel that my life is meaningless (31; SIPP-118 60)
- I often feel that I am not as worthy as other people (35; SIPP-118 70)
- Sometimes it seems that everything in me somehow blocks the capacity to have fun (37; SIPP-118 73)
- One of my problems is that I cannot easily let myself have a good time (40; SIPP-118 61)
- I am often confused about what kind of person I really am (55; SIPP-118 109)
- When I try to understand myself, I often get more confused than I was before (56; SIPP-118 110)
- I usually have a low opinion of myself (57; SIPP-118 111)

Responsibility

The ability to set realistic goals, and to achieve these goals in line with the expectations you have generated in others.

Items:

- If I have agreed on a course of action with others, I tend to keep to my agreement (7; SIPP-118 15)
- I am someone who does not always keep to the rules, especially when it is easy to ignore them (16; SIPP-118 28)
- I often fail to get a job done because I didn't try hard enough (19; SIPP-118 38)
- Sometimes I am not as reliable as I perhaps should be (20; SIPP-118 39)
- I have a tendency to start things and then give up on them (27; SIPP-118 50)
- Often I do not succeed to pay my debts promptly (29; SIPP-118 77)
- I seem to lack the sense of responsibility necessary to meet my obligations (32; SIPP-118 64)
- I often fail to do things that I am supposed to do (33; SIPP-118 65)
- Some people have criticized me because of insufficient sense of responsibility (46; SIPP-118 90)
- Unfortunately, I am not as hard-working as I would like to be (51; SIPP-118 103)
- Other people have complained about me being not fully reliable (52; SIPP-118 104)
- Although I regret it, I have to admit that I am not as sincere as I should be (60; SIPP-118 117)

Relational capacities

The capacity to genuinely care about others as well as feeling cared about them, to be able to communicate personal experiences, and to hear and engage with the experiences of others often but not necessarily in the context of a long-term, intimate relationship.

Items:

- I rarely meet someone with whom I dare to share my thoughts and feelings (6; SIPP-118 12)
- It is hard for me to show affection to other people (14; SIPP-118 26)
- It is hard for me to get attached to someone else (15; SIPP-118 27)
- I tend to think of myself as a loner (18; SIPP-118 37)
- Even among good friends, I do not show much of myself (26; SIPP-118 49)

I believe that most people do not like to go along with me (36; SIPP-118 71)
It is hard for me to feel loved by people I have become close to (39; SIPP-118 75)
I can demonstrate my affection for others without too much discomfort (44; SIPP-118 87)
It is hard for me to enjoy lasting relationships (45; SIPP-118 88)
It is hard for me to express affection to others (49; SIPP-118 99)
One of my problems is that I find it hard to really believe that others love me (50; SIPP-118 102)
I have been able to form lasting friendships (59; SIPP-118 116)

Social concordance

The ability to value someone's identity, withhold aggressive impulses towards others and to work together with others

Items:

I can easily accept people the way they are, even when they are different (2; SIPP-118 8)
I can work with people on a joint project in spite of personal differences (5; SIPP-118 11)
When upset by someone I often feel like hurting him or her (8; SIPP-118 3)
Sometimes I get so angry, that I feel like hitting or kicking people around me (10; SIPP-118 18)
It is hard for me to respect people who have ideas that are different from mine (11; SIPP-118 22)
Some people think of me as a rude person (13; SIPP-118 108)
I often comment adversely on others' beliefs or actions (23; SIPP-118 45)
It is hard for me to cooperate unless others submit to my way of doing things (25; SIPP-118 48)
It is often hard for me to go along with people with different values (30; SIPP-118 59)
At work I get easily irritated about other people's ways of doing things (38; SIPP-118 62)
Sometimes it is hard for me not to become aggressive towards others (47; SIPP-118 93)
I regularly get into disputes with others at work or home (58; SIPP-118 113)

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