APPENDIX I

Adult ADHD Self-Report Scale (ASRSv1.1):
1. How often do you have trouble wrapping up the final details of a project once the challenging parts have been done?
2. How often do you have difficulty getting things in order when you have to do a task that requires organization?
3. How often do you have problems remembering appointments or obligations?
4. When you have a task that requires a lot of thought, how often do you avoid or delay getting
started?
5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?

Cognitive Style Index (Allinson & Hayes, 1996):
1. In my experience, rational thought is the only realistic basis for making decisions.
2. To solve a problem, I have to study each part of it in detail.
3. I am most effective when my work involves a clear sequence of tasks to be performed.
4. I have difficulty working with people who 'dive in at the deep end' without considering the finer aspects of the problem.
5. I am careful to follow rules and regulations at work.
6. I avoid taking a course of action if the odds are against its success.
7. I am inclined to scan through reports rather than read them in detail.
8. My understanding of a problem tends to come more from thorough analysis than flashes of insight.
9. I try to keep to a regular routine in my work.
10. The kind of work I like best is that which requires a logical, step-by-step approach.
11. I rarely make 'off the top of the head' decisions.
12. I prefer chaotic action to orderly inaction.
13. Given enough time, I would consider every situation from all angles.
14. To be successful in my work, I find that it is important to avoid hurting other people's feelings.
15. The best way for me to understand a problem is to break it down into its constituent parts.
16. I find that to adopt a careful, analytical approach to making decisions takes too long.
17. I make most progress when I take calculated risks.
18. I find that it is possible to be too organized when performing certain kinds of task.
19. I always pay attention to detail before I reach a conclusion.
20. I make many of my decisions on the basis of intuition.
21. My philosophy is that it is better to be safe than risk being sorry.
22. When making a decision, I take my time and thoroughly consider all relevant factors.
23. I get on best with quiet, thoughtful people.

24. I would rather that my life was unpredictable than that it followed a regular pattern.

25. Most people regard me as a logical thinker.

26. To fully understand the facts I need a good theory.

27. I work best with people who are spontaneous.
28. I find detailed, methodical work satisfying.
29. My approach to solving a problem is to focus on one part at a time.
30. I am constantly on the lookout for new experiences.
31. In meetings, I have more to say than most.
32. My 'gut feeling' is just as good a basis for decision making as careful analysis.
33. I am the kind of person who casts caution to the wind.
34. I make decisions and get on with things rather than analyze every last detail.
35. I am always prepared to take a gamble.
36. Formal plans are more of a hindrance than a help in my work.
37. I am more at home with ideas rather than facts and figures.
38. I find that 'too much analysis results in paralysis'.

Entrepreneurial Alertness (Tang, Kacmar, & Busenitz, 2012):

Scanning and Search
1. I have frequent interactions with others to acquire new information.
2. I always keep an eye out for new business ideas when looking for information.
3. I read newspapers, magazines, or trade publications regularly to acquire new information.
4. I browse the Internet every day.
5. I am an avid information seeker.
6. I am always actively looking for new information.

Association and Connection
1. I see links between seemingly unrelated pieces of information.
2. I am good at "connecting the dots".
3. I often see connections between previously unconnected domains of information.

Evaluation and Judgment
1. I have a gut feeling for potential opportunities.
2. I can distinguish between profitable opportunities and not-so-profitable opportunities.
3. I have a knack for telling high-value opportunities apart from low value opportunities.
4. When facing multiple opportunities, I am able to select the good ones.

Metacognition (Haynie & Shepherd, 2009):

Goal Orientation
1. I often define goals for myself.
2. I understand how accomplishment of a task relates to my goals.
3. I set specific goals before I begin a task.

4. I ask myself how well I've accomplished my goals once I've finished.
5. When performing a task, I frequently assess my progress against my objectives.

Metacognitive Knowledge
1. I think of several ways to solve a problem and choose the best one.
2. I challenge my own assumptions about a task before I begin.
3. I think about how others may react to my actions.
4. I find myself automatically employing strategies that have worked in the past.
5. I perform best when I already have knowledge of the task.
6. I create my own examples to make information more meaningful.
7. I try to use strategies that have worked in the past.
8. I ask myself questions about the task before I begin.
9. I try to translate new information into my own words.
10. I try to break problems down into smaller components.
11. I focus on the meaning and significance of new information.

Metacognitive Experience
1. I think about what I really need to accomplish before I begin a task.
2. I use different strategies depending on the situation.
3. I organize my time to best accomplish my goals.
4. I am good at organizing information.
5. I know what kind of information is most important to consider when faced with a problem.
6. I consciously focus my attention on important information.
7. My "gut" tells me when a given strategy I use will be most effective.
8. I depend on my intuition to help me formulate strategies.

Metacognitive Choice
1. I ask myself if I have considered all the options when solving a problem.
2. I ask myself if there was an easier way to do things after I finish a task.
3. I ask myself if I have considered all the options after I solve a problem.
4. I re-evaluate my assumptions when I get confused.
5. I ask myself if I have learned as much as I could have when I finish the task.

Monitoring
1. I periodically review to help me understand important relationships.
2. I stop and go back over information that is not clear.
3. I am aware of what strategies I use when engaged in a given task.
4. I find myself analyzing the usefulness of a given strategy while engaged in a given task.
5. I find myself pausing regularly to check my comprehension of the problem or situation at hand.
6. I ask myself questions about how well I am doing while I am performing a novel task.
7. I stop and reread when I get confused.

Resource-induced Coping Heuristic (RICH) (Lanivich, 2015):

Acquiring Resources
1. My initial reaction to things I value is to make them my own.

2. I instinctively put myself in situations to gain resources.
3. When I see something of value I go after it without much thought.
4. Instinctively, I obtain things.
5. I collect things of potential value without giving it much thought.

Protecting Resources
1. I am quick to protect the things I have.
2. I instinctively maintain the things I have.
3. I safeguard the things I have against harm or loss.
4. It is important to me that I retain the things I have.
5. I instinctively protect my stuff.

Developing Resources
1. Without much thought, I find new ways to use my resources.
2. I increase the value of things I have.
3. I encourage the growth and development of the things I have without much thought.
4. I automatically think to make things stronger or more useful.
5. I instinctively improve the things I have.
6. I develop new resources from old resources