

### Supplementary material 3: Cronbach's alpha, scale range, number of items

**Table S16**

*Internal consistency (Cronbach's  $\alpha$ ) for each subscale of the utilized questionnaires*

Questionnaire	Subscale	Number of items	Scale range	Cronbach's $\alpha$
PANAS	T1: PA	10	10 - 50	.78 <sup>b</sup>
	T1: NA	10	10 - 50	.68 <sup>a</sup>
	T2: PA	10	10 - 50	.85 <sup>c</sup>
	T2: NA	10	10 - 50	.79 <sup>b</sup>
E-Scale	Global empathy factor	25	25 - 125	.82 <sup>c</sup>
BIS/BAS	Goal Drive	4	4 - 16	.66 <sup>a</sup>
	Fun Seeking	4	4 - 16	.64 <sup>a</sup>
	Reward Responsiveness	5	5 - 20	.46 <sup>a</sup>
	BIS	7	7 - 28	.78 <sup>b</sup>
RST-PQ	Reward Interest	7	7 - 28	.65 <sup>a</sup>
	Goal Drive Persistence	7	7 - 28	.77 <sup>b</sup>
	Reward Reactivity	9	9 - 36	.76 <sup>b</sup>
	Impulsivity	8	8 - 32	.58 <sup>a</sup>
	Fight Flight Freeze System	10	10 - 40	.70 <sup>b</sup>
	BIS	23	23 - 92	.91 <sup>d</sup>
RPBS	Total score	26	26 - 182	.91 <sup>d</sup>
STAI	Trait, no subscales	20	20 - 80	.90 <sup>d</sup>
Inhouse	Affect	7	0 - 70	.88 <sup>c</sup>
	Motivation	4	0 - 40	.71 <sup>b</sup>
SSS-V	Total score	40	0 - 40	.71 <sup>b</sup>
IPQ	General Presence	1	(-3) - 3	-
	Spatial Presence	5	(-15) - 15	.64 <sup>a</sup>
	Involvement	4	(-12) - 12	.70 <sup>b</sup>
	Realness	4	(-12) - 12	.68 <sup>a</sup>

*Note.* Internal consistency (Cronbach's  $\alpha$ ) was determined for each subscale of the utilized questionnaires (<sup>a</sup> dubious, <sup>b</sup> acceptable, <sup>c</sup> good, <sup>d</sup> excellent). The individual number of items and scale ranges are given as well. FFFS= Fight Flight Freeze System; PA = Positive affect; NA = Negative affect.