**Appendix**

**Table.** Research instrument items

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| --- | --- |
| **Variables** | **Item Questions** |
| **Self-Regulation;** Schwarzer (1993); Hong & O’Neil (2001); Makhoul et al. (2020) | |
| Self-efficacy | I always manage to solve difficult problems if I try hard enough |
| If someone opposes me, I can find means and ways to get what I want |
| It is easy for me to stick to my aims and accomplish my goals |
| I am confident that I can deal efficiently with unexpected events |
| Thanks to my resourcefulness, I know how to handle unforeseen situations |
| I can solve most problems if I invest the necessary effort |
| I remain calm when facing difficulties because I can rely on my coping abilities |
| When I am confronted with a problem, I usually find several solutions |
| If I am in a bind, I can usually think of something to do |
| No matter what comes my way, I’m usually able to handle it |
|  |
| Self-checking | I check my work while I’m doing it |
| I keep track of my progress |
| As I do a problem, I ask myself questions to stay on track |
| I almost always know how much of a task I have left to complete |
| I correct my errors |
| **Operational Cognitive Readiness;** Bar-Tal (1994); | |
| The Ability to Achieve Cognitive Structure | I tend to delay the making of important decisions till the last possible moment, and even then, I continue to be troubled by it |
|  | It takes me a long time before I commit myself to interpersonal relationships because I can never be sure enough of the attitude of the other person toward me |
|  | Usually, I see to it that my work is carefully planned and well organized |
|  | I have no problem in meeting deadlines |
|  | Even if I make notes of things I have to do, it is hard for me to act upon them |
|  | I’ve always adopted a very structured way of life |
|  | I tend to hesitate when I have to make an important decision, even after thinking a lot about it |
|  | Sometimes I am irritated by my hesitation to make a decision |
|  | Only seldom do I doubt my own beliefs |
|  | Even after I have reached a decision, I continue to think about the pros and cons to make sure that I did not make a mistake |
|  | When I find myself involved in a discussion, I often do not commit myself to any point of view in case I might be wrong |
|  | Usually, I don’t have afterthoughts after making a decision |
|  | I find myself avoiding new experiences, but I am not comfortable with sticking to the known and experienced |
|  | I frequently feel that time melts away |
|  | Sometimes I hesitate to commit myself out of fear of making a mistake |
|  | It is easy for me to create a steady routine in my life |
|  | I often experience stress when I have to reach a clear-cut decision |
|  | Even if I finish my exam early, I stay until the end in case I change my mind |
|  | Even when I am bothered by a decision I should make, it is hard for me to make up my mind and free myself from the hassle |

**Note:** all constructs use the Likert Scale (four points)