



PRIFYSGOL  
**BANGOR**  
UNIVERSITY

## The SEA scale

As developed in:

Barlow, M., Woodman, T., Hardy, L. (2013). Great expectations: Different high-risk activities satisfy different motives. *Journal of Personality and Social Psychology*, 105(3), 458-475.

### WHILE

The following questionnaire contains a number of statements that high-risk sports participants have used to describe their experiences **while** participating.

*Please read each statement carefully and then select the appropriate number to the right of the statement indicating how much you agree with the statement (from completely disagree to completely agree). Please give only one answer for each statement. We are interested only in your experiences, not in how others feel about these things. Please think very carefully about each statement before answering. There are no right or wrong answers, so please be frank and give an honest appraisal of yourself.*

When the questions say “in my life”, please think about elements of your life that are important to you (e.g. Work, Family, Friends, Relationship with your partner etc).

When the questions say “in my romantic life” this is not limited to current interactions with a loving partner. Please answer the questions with regard to how you generally are regardless of whether or not you are currently in a relationship.

### While I participate...

S	I get a rush of chemicals around my body that feels great
E	I have to manage my fear
A	I choose how far to push when I am scared
S	I experience physical sensations which feel great
A	I am free from the constraints imposed on me in the rest of my life
E	I have to deal with stressful situations
S	I enjoy getting a physical thrill
E	I have to deal with intense emotions
A	I am in charge
S	I like to get a physiological buzz
A	If a difficult situation arises I feel able to deal with it
E	I prove to myself that I can deal with stressful situations
S	I enjoy the sensations I experience
E	The emotions I experience are more intense than in other areas of my life
A	My actions and decisions prevent undesired outcomes from happening
S	I experience intense excitement
E	My emotions are sometimes very intense
A	No-one can force me to do something I don't want to do

- Collect responses on a Seven-point Likert scale from [1] Completely Disagree to [7] Completely Agree

## AFTER

The following questionnaire contains a number of statements that high-risk sports participants have used to describe their experiences *after* participating.

*Please read each statement carefully and then select the appropriate number to the right of the statement indicating how much you agree with the statement (from completely disagree to completely agree). Please give only one answer for each statement. We are interested only in your experiences, not in how others feel about these things. Please think very carefully about each statement before answering. There are no right or wrong answers, so please be frank and give an honest appraisal of yourself.*

When the questions say “in my life”, please think about elements of your life that are important to you (e.g. Work, Family, Friends, Relationship with your partner etc).

When the questions say “in my romantic life” this is not limited to current interactions with a loving partner. Please answer the questions with regard to how you generally are regardless of whether or not you are currently in a relationship.

### After I participate...

S	I am often buzzing from the adrenaline
E	I feel I have demonstrated that I can deal with intense emotions
A	I feel more influential in how events in my life unfold
S	I look back and think how much I enjoyed the rush
E	I find intense emotions easier to deal with
A	I have a calmness that carries over into other aspects of my life
S	I remember how good the sensations felt during participation and want to experience them again
A	I am more confident about facing challenges in other aspects of my life
E	I find it easier to deal with stressful situations in my life
S	I enjoy the rush of chemicals still flowing round my body
E	I feel better for having experienced my emotions
A	I am more confident that I can affect those aspects of my life that are important to me
S	I feel like I have satisfied my immediate need for thrill
E	I feel more able to deal with stressful situations in my life
A	I feel better about my ability to bring about important outcomes in my life
S	I enjoy the feeling of adrenaline flowing around my body
A	I feel more able to prevent difficulties occurring in other aspects of my life
E	I feel better able to deal with aspects of my life that would normally make me feel emotional (e.g., anxious, angry)

- Collect responses on a Seven-point Likert scale from [1] Completely Disagree to [7] Completely Agree

## BETWEEN participations, when I have not participated for a significant period...

This section refers to your experiences of life **between** bouts of participation (i.e., when you have *not participated for what you consider to be a significant period of time*). You can define for yourself what you consider to be a significant period.

When answering these questions do not think of the moments immediately before participating. Rather, think about how you feel when it has been a significantly extended period since your last bout of participation.

When the questions say “*my life*”, please think about elements of your life that are important to you (e.g. Relationship with a partner, Family, Friends, Work, etc).

### **The questions**

This section is slightly different from the previous two sections (WHILE participating and AFTER participating) you have completed.

In this section **each statement requires TWO responses**.

Firstly, please respond to each statement using the same “Completely Agree” to “Completely Disagree” format that you have been using up until now.

This first response refers to your actual experience of life when you have not participated for a significant period.

After each response in the first column, please give a response to each statement in the second column also – the second response refers to how you FEEL about your actual experience.

Specifically how comfortable are you about how you have responded in the first column. For example, are you agitated by the way things are or are you quite happy to feel the way you do? It is a measure of how comfortable or uncomfortable you are about feeling this way.

### **Examples**

As an example, when responding to the item “*I am prevented from achieving my goals in life*” you may ‘Completely Agree’ with this statement and select ‘1’. However, you may feel agitated or uncomfortable that you feel prevented from achieving your goals in life and therefore respond to the second part of the question with a ‘7’. This would indicate that you believe you *‘ought not to feel like this’*

Similarly, when responding to the item “*I struggle to deal with stressful situations in my life*” you might respond with a ‘2’ because you do indeed feel that stressful situations in your life are difficult to deal with. However, if you are comfortable with this feeling and accept that this is just how life is, you will likely respond to the second column with a low number indicating that you feel *‘comfortable about this’*.

## Between participations, when I have not participated for a significant period...

S	I look forward to getting a physical thrill from participating
E	I feel worried about other aspects of my life, not related to the task
A	I feel like people or circumstances are trying to impose limits on me
S	I look forward to the “rush” I hope to experience during participation
E	The emotional elements of my life are difficult to deal with
A	I feel like my life ‘belongs’ to other people
S	I feel the need to do something intensely stimulating
E	I can’t work out which emotion I am experiencing
A	I feel trapped
S	I want to get an adrenaline rush
A	I am prevented from achieving my goals in life
S	I look forward to the physical sensations I will experience during participation
E	I struggle to deal with stressful situations in my life
A	I feel like a passive observer of my life rather than a major “actor”
S	I want to get a physical buzz
E	I am emotional (e.g. anxious, angry) without understanding why
A	I have little belief in my ability to influence some important aspects of my life
E	I find that emotional situations in my life stress me out

### Response 1:

- Collect responses on a Seven-point Likert scale from [1] Completely Disagree to [7] Completely Agree

### Response 2:

- Collect responses on a Seven-point Likert scale from [1] It’s OK to feel like this to [7] I ought not to feel like this

## The SEA scale – Items grouped into factors

### WHILE

	<b>SENSATION SEEKING; WHILE I PARTICIPATE...</b>
S	I enjoy getting a physical thrill
S	I experience intense excitement
S	I like to get a physiological buzz
S	I enjoy the sensations I experience
S	I get a rush of chemicals around my body that feels great
S	I experience physical sensations which feel great

	<b>EMOTION REGULATION; WHILE I PARTICIPATE...</b>
E	My emotions are sometimes very intense
E	I have to deal with stressful situations
E	I have to manage my fear
E	I prove to myself that I can deal with stressful situations
E	I have to deal with intense emotions
E	The emotions I experience are more intense than in other areas of my life

	<b>AGENCY; WHILE I PARTICIPATE...</b>
A	If a difficult situation arises I feel able to deal with it
A	I am free from the constraints imposed on me in the rest of my life
A	I choose how far to push when I am scared
A	I am in charge
A	My actions and decisions prevent undesired outcomes from happening
A	No-one can force me to do something I don't want to do

AFTER

<b>SENSATION SEEKING; AFTER I HAVE PARTICIPATED...</b>		
S	1	I enjoy the feeling of adrenaline flowing around my body
S	2	I feel like I have satisfied my immediate need for thrill
S	3	I am often buzzing from the adrenaline
S	6	I remember how good the sensations felt during participation and want to experience them again
S	7	I enjoy the rush of chemicals still flowing round my body
S	9	I look back and think how much I enjoyed the rush

<b>EMOTION REGULATION; AFTER I HAVE PARTICIPATED...</b>		
E	1	I feel more able to deal with stressful situations in my life
E	4	I feel I have demonstrated that I can deal with intense emotions
E	7	I find intense emotions easier to deal with
E	9	I find it easier to deal with stressful situations in my life
E	13	I feel better for having experienced my emotions
E	14	I feel better able to deal with aspects of my life that would normally make me feel emotional (e.g., anxious, angry)

<b>AGENCY; AFTER I HAVE PARTICIPATED...</b>		
A	2	I have a calmness that carries over into other aspects of my life
A	6	I am more confident that I can affect those aspects of my life that are important to me
A	7	I am more confident about facing challenges in other aspects of my life
A	10	I feel more influential in how events in my life unfold
A	12	I feel better about my ability to bring about important outcomes in my life
A	13	I feel more able to prevent difficulties occurring in other aspects of my life

## BETWEEN participations

	<b>SENSATION SEEKING; BETWEEN PARTICIPATIONS...</b>
S	I want to get an adrenaline rush
S	I look forward to getting a physical thrill from participating
S	I look forward to the “rush” I hope to experience during participation
S	I want to get a physical buzz
S	I look forward to the physical sensations I will experience during participation
S	I feel the need to do something intensely stimulating

	<b>EMOTION REGULATION; BETWEEN PARTICIPATIONS...</b>
E	The emotional elements of my life are difficult to deal with
E	I am emotional (e.g. anxious, angry) without understanding why
E	I struggle to deal with stressful situations in my life
E	I can't work out which emotion I am experiencing
E	I find that emotional situations in my life stress me out
E	I feel worried about other aspects of my life, not related to the task

	<b>AGENCY; BETWEEN PARTICIPATIONS...</b>
A	I am prevented from achieving my goals in life
A	I feel like a passive observer of my life rather than a major “actor”
A	I feel like people or circumstances are trying to impose limits on me
A	I feel like my life ‘belongs’ to other people
A	I feel trapped
A	I have little belief in my ability to influence some important aspects of my life