

Five-Dimensional Curiosity Scale (5DC)

Below are statements people often use to describe themselves. Please use the scale below to indicate the degree to which these statements accurately describe you. There are no right or wrong answers.

- 1 – Does not describe me at all
- 2 – Barely describes me
- 3 – Somewhat describes me
- 4 – Neutral
- 5 – Generally describes me
- 6 – Mostly describes me
- 7 – Completely describes me

Joyous Exploration:

- 1. I view challenging situations as an opportunity to grow and learn.
- 2. I am always looking for experiences that challenge how I think about myself and the world.
- 3. I seek out situations where it is likely that I will have to think in depth about something.
- 4. I enjoy learning about subjects that are unfamiliar to me.
- 5. I find it fascinating to learn new information.

Deprivation Sensitivity:

- 6. Thinking about solutions to difficult conceptual problems can keep me awake at night.
- 7. I can spend hours on a single problem because I just can't rest without knowing the answer.
- 8. I feel frustrated if I can't figure out the solution to a problem, so I work even harder to solve it.
- 9. I work relentlessly at problems that I feel must be solved.
- 10. It frustrates me not having all the information I need.

Stress Tolerance: (entire subscale reverse-scored)

- 11. The smallest doubt can stop me from seeking out new experiences.
- 12. I cannot handle the stress that comes from entering uncertain situations.
- 13. I find it hard to explore new places when I lack confidence in my abilities.
- 14. I cannot function well if I am unsure whether a new experience is safe.
- 15. It is difficult to concentrate when there is a possibility that I will be taken by surprise.

Social Curiosity:

- 16. I like to learn about the habits of others.
- 17. I like finding out why people behave the way they do.
- 18. When other people are having a conversation, I like to find out what it's about.
- 19. When around other people, I like listening to their conversations.
- 20. When people quarrel, I like to know what's going on.

Thrill Seeking:

- 21. The anxiety of doing something new makes me feel excited and alive.

22. Risk-taking is exciting to me.
23. When I have free time, I want to do things that are a little scary.
24. Creating an adventure as I go is much more appealing than a planned adventure.
25. I prefer friends who are excitingly unpredictable.

Scoring instructions:

Compute the average for each dimension and analyze each dimension separately (remember to reverse score the items for Stress Tolerance). Randomizing the items will likely lead to similar results.

Please use this citation when using the scale. As of today, there are two items in this document that are different than the online journal article. We made a mistake in the publication. **USE THE ITEMS ABOVE –THIS DOCUMENT HAS THE FINAL 25 ITEMS.**

Kashdan, T.B., Stikma, M.C., Disabato, D., McKnight, P.E., Bekier, J., Kaji, J., & Lazarus, R. (in press). The five-dimensional curiosity scale: Capturing the bandwidth of curiosity and identifying four unique subgroups of curious people. *Journal of Research in Personality*