

Additional file 1: Openness to the future Scale

Below, you will find different statements that you can identify with to a greater or lesser degree. Please, indicate your level of agreement or disagreement with each of them, based on the following scale:

1	2	3	4	5
Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree

There are no right or wrong answers. The important thing is what you think. Do not spend a long time thinking about the exact meaning of the statements. Just give the first answer that best fits your way of thinking.

1. When I make plans, I am sure I will be able to carry them out.	1	2	3	4	5
2. I usually trust that things will work out	1	2	3	4	5
3. I think I have enough control over the direction my life takes.	1	2	3	4	5
4. I am very excited about future opportunities and challenges	1	2	3	4	5
5. I have a lot of illusions and future plans.	1	2	3	4	5
6. Sometimes I get scared and feel that I'm losing control when I think about what life may bring	1	2	3	4	5
7. I calmly accept that good and bad things will happen to me in life	1	2	3	4	5
8. I know I can overcome the obstacles I encounter in life.	1	2	3	4	5
9. For me: every day is a new day.	1	2	3	4	5
10. I feel hopeful about what the future may bring.	1	2	3	4	5

Correction key: A total Openness to the Future score is obtained by adding all items scores; Item 6 is formulated inversely and thus the score must be inverted (1 = 5, 2 = 4, 3 = 3, 4 = 2 and 5 = 1). Permission of Botella et al. (2017).