

## **A Qualitative Exploration of Individual Differences in Wellbeing for Highly Sensitive**

### **Individuals**

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## Supplementary Information

### Appendix A

#### Semi-Structured Interview Prompts

I am going to ask you to respond to some questions around your thoughts and experience of wellbeing. Wellbeing CAN include such things as positive emotion, being absorbed in what you are doing, a sense of meaning in life, positive relationships, accomplishing personal goals, personal growth, self-acceptance, health and a whole range of things...

1. So thinking about your own ideas of wellbeing, what does wellbeing mean to you?  
(What do you do to maintain/improve it; what do you say or think about your wellbeing; what does it feel like to you)?

2. How do you feel about your current level of wellbeing? (e.g. happy/want to improve/etc)?

3. Of the wellbeing dimensions you mentioned, which are most important to you, and why?

4. How often do you spend time nurturing wellbeing dimensions that are important to you?

5. Which wellbeing areas (if any) would you like to change or improve?

6. How will you know you've made progress in improving/changing these areas?

7. What challenges do you see to your wellbeing?

8. Can you briefly comment on the following 6 practices and if you think they are important to your wellbeing?

- Self-compassion
- Solitude
- Meditation
- Emotional self-regulation (e.g. being able to calm/soothe yourself if feeling stress)
- Being able to say no to requests for your time
- A sense of meaning in your life?

9. What do you know about the personality trait of High Sensitivity? (Have you heard of it? Do you know if you score high on the trait?)

10. If you already know you score high on SPS -- do you have a self-care plan? Do you think your wellbeing has improved since you found out you score high on SPS?

11. If you are interested to learn more about High Sensitivity, I can provide you with some resources.

12. Would you consider doing the follow-up 10-minute survey in 6 months' time?

13. Finally, is there anything else you'd like to ask, or add, or say?