

Energy Psychology Survey: Individual version

1. What is your gender? (please tick)

Male Female

2. How old are you?

years

You will now see 16 values. Please circle a number to show how important each value is for you AS A GUIDING PRINCIPLE IN YOUR LIFE.

The higher the number, the more important the value is as a guiding principle in YOUR life. Try to distinguish as much as possible between the values by using different numbers.

| It is important for you... | Extremely Important | Very Important | Important | Reasonably Important | Slightly Important | Not at all Important |
|--|---------------------|----------------|-----------|----------------------|--------------------|----------------------|
| That everyone is given equal opportunities. | 5 | 4 | 3 | 2 | 1 | |
| To respect the earth and live in harmony with other species. | 5 | 4 | 3 | 2 | 1 | |
| To have social power e.g. control or dominance over others. | 5 | 4 | 3 | 2 | 1 | |
| To have pleasure, joy and to satisfy our desires. | 5 | 4 | 3 | 2 | 1 | |
| To live in unity and fit in with nature. | 5 | 4 | 3 | 2 | 1 | |
| That the world is at peace, free of war and conflict. | 5 | 4 | 3 | 2 | 1 | |
| To be wealthy. To have material possessions and money. | 5 | 4 | 3 | 2 | 1 | |
| To have the right to lead or command and have authority over others. | 5 | 4 | 3 | 2 | 1 | |
| That there is social justice and that we care for the weak. | 5 | 4 | 3 | 2 | 1 | |
| To enjoy life by enjoying food, sex, leisure activities etc. | 5 | 4 | 3 | 2 | 1 | |
| To protect the environment and preserve nature. | 5 | 4 | 3 | 2 | 1 | |
| To be influential and have an impact on people and events. | 5 | 4 | 3 | 2 | 1 | |
| To be helpful and work for the welfare of others. | 5 | 4 | 3 | 2 | 1 | |
| To prevent pollution and protect natural resources. | 5 | 4 | 3 | 2 | 1 | |
| To be self-indulgent and do pleasant things. | 5 | 4 | 3 | 2 | 1 | |
| To be ambitious, hardworking and aspiring. | 5 | 4 | 3 | 2 | 1 | |

You will now see some statements about saving energy in your home.

To what extent do you personally agree with the following statements?

Please indicate on the scale below

| | Strongly Disagree | Disagree | Neither | Agree | Strongly Agree |
|--|-------------------|----------|---------|-------|----------------|
| Energy saving is something I do frequently. | 1 | 2 | 3 | 4 | 5 |
| Energy saving is something I do without thinking. | 1 | 2 | 3 | 4 | 5 |
| Energy saving is too much of a hassle. | 1 | 2 | 3 | 4 | 5 |
| I can control the energy used in my home. | 1 | 2 | 3 | 4 | 5 |
| I am able to save energy. | 1 | 2 | 3 | 4 | 5 |
| My friends and family do not try to save energy. | 1 | 2 | 3 | 4 | 5 |
| My friends and family think energy saving is a good thing. | 1 | 2 | 3 | 4 | 5 |
| I feel guilty when I use a lot of energy. | 1 | 2 | 3 | 4 | 5 |
| Climate change is a big problem for society. | 1 | 2 | 3 | 4 | 5 |
| Energy saving helps protect the environment. | 1 | 2 | 3 | 4 | 5 |
| I feel partially responsible for climate change. | 1 | 2 | 3 | 4 | 5 |
| I see myself as an environmental-friendly person. | 1 | 2 | 3 | 4 | 5 |

How much do YOU do the following things around the home? Please indicate on the scale below?

There are no right or wrong answers so please be as honest as you can.

| | Never me | Rarely me | Sometimes me | Often me | Always me |
|------------------------------------|----------|-----------|--------------|----------|-----------|
| Washing clothes | 1 | 2 | 3 | 4 | 5 |
| Drying clothes | 1 | 2 | 3 | 4 | 5 |
| Using the cooker | 1 | 2 | 3 | 4 | 5 |
| Using the kettle | 1 | 2 | 3 | 4 | 5 |
| Cleaning dishes | 1 | 2 | 3 | 4 | 5 |
| Turning off the lights | 1 | 2 | 3 | 4 | 5 |
| Controlling the heating | 1 | 2 | 3 | 4 | 5 |
| Turning off appliances at the plug | 1 | 2 | 3 | 4 | 5 |

Thank you for your help! ☺

Now put this survey in the free post envelope provided.