Text S1. List of time perspective correlates used in the focus-group meetings for developing behavioral strategies

Past Negative
- Depression
- Anxiety
- Unhappiness
- Low self-esteem
- Aggression
- Interpersonal relationships are minimal and unsatisfactory
- Not motivated to work for future rewards
- Have fewer close friends
- Exercise less, but like gambling
- Are less likely to have sex
- There are few aspects of their current life in which they report taking pleasure
- lack of emotional stability
- talk about their stress less frequently,
- experience more social conflict while coping,
- experience more negative emotions while coping
- Low risk-taking
- Pessimists
- Low on Conscientiousness, Extraversion and Agreeableness
- High on Neuroticism and Openness
- Locus of control: low on internality, high on chance and powerful others
- Increases with age in women

Past Positive
- Glowing, nostalgic, positive construction of the past
- Not aggressive
- Not depressed
- No anxiety
- High self-esteem
- Nostalgic focus on the past
- Introverted
- “better safe than sorry”
- Get involved in relationships with friends
- Shy
- Spiritual
- Have married parents
- Locus of control: high internality, low chance
- Optimism
- Cautious behavioral style
- Have fewer sex partners
- Consumed alcohol less often
- Take fewer risks
- Keep a clock prominently on their desks
• Happiness
• tend to cope with stressful situations more effectively
• enjoyed more social support, demonstrated more emotional growth coping and experience
less social conflict while coping
• Positive correlation with Right wing authoritarism
• High on Conscientiousness, Extraversion and Agreeableness;
• Low on Neuroticism

Present Hedonistic
• Orientation toward present enjoyment, pleasure, and excitement, without sacrifices today for
  rewards tomorrow;
• Ego undercontrol
• Novelty seeking
• Sensation seeking
• No preference for consistency
• Used alcohol more
• Had unclear future goals
• Not religious
• Don’t wear wristwatches
• Divorced parents, but communicate with families more often
• Highly energetic
• optimism
• less likely to practice safe sex
• Engage in many activities and a wide variety of sports
• more likely to take risk while driving
• more likely to have heated arguments than individuals lower in present hedonistic
• tend to talk about the stress of traumatic events but tended to use an avoidant coping style
• was related to decreased protective and increased risky health behaviors - accent on
pleasure, pleasurable health risking behavior
• Locus of control: high on chance
• High Extraversion and Openness
• Low Conscientiousness and Neuroticism
• Decreases with age

Present Fatalistic
• No focused TP
• Belief that future is predestined and uninfluenced by individual actions
• Present must be borne with resignation because humans are at the whimsical mercy of “fate”
• Aggressive
• Anxious
• Depressed
• Don’t consider the future consequences
• Intelligent people living in a generally optimistic environment that encourages a sense of
personal efficacy, yet they do not believe that anything they do, or will do, is likely to make
a difference in their lives.
• Tend to be dissatisfied with their present life and don’t think it will improve.
• Lower GPA
• Didn’t wish to that they had more time to spend with their friends
• Wanted to live shorter lives
• Many sexual partners, don’t practice safe sex
• tend to talk less about their stress, cope with their stress less actively, avoid coping more frequently
• *regular smokers, less seatbelt use. Fatalists – health-damaging behavior.*
• Locus of control: no internality, high on chance and powerful others
• Pessimists
• High Neuroticism
• Low Conscientiousness, Extraversion, Agreeableness and Openness
• Increases with age in women

Future
• Planning for and achievement of future goals
• Conscientiousness
• Consideration of future consequences
• Preference for consistency
• More hours spent studying per week
• No novelty seeking and sensation seeking
• Not depressed
• Highly organized and efficient
• Ambitious goal seekers, who felt pressed for time, but were willing to sacrifice present enjoyment to achieve their career objectives.
• Make “to do” lists, use a daily planner
• Wear a watch, balance their checkbook
• Have more order and structure in their lives
• Had clearly defined future goals
• Higher social class, Academic achievement, Higher motivation,
• Women with high F TP are more likely to have regular breast examination
• practice safe sex, eat healthy food more often,
• they avoid behaviors that are likely to be associated with negative consequences
• lower risk taking
• lower alcohol and substance abuse
• use slower speeds while driving
• Cope with traumatic events in a more active and analytic manner and showed less social conflict
• Negative correlation with *Social dominance orientation*
• pro-environmental behavior
• Increases with age
• Locus on control: high internality; low chance