

Supplemental Materials

Development and Initial Validation of the State Spontaneity Scale

Table S1

Display of Similarities Between the SAI-R Items and Items from Other Emotion /Affect Scales

SAI-R (18 items)	PANAS (20 items)	PANAS X (60 items)	PANAS-C PANAS- C-P (27 items)	I-PANAS- SF (10 items)	SPANE (12 items)	AEQ (24 items)	MEQ (10 items)
Creative	Inspired	Inspired		Inspired			Inspired
Happy		Happy/ Cheerful	Happy / Cheerful		Happy / Contented		Happy
Uninhibited		Daring / Bold					
Alive	Alert / Active	Alert / Active / Lively	Active / Lively	Alert / Active			
Exhilarated	Excited/ Enthusiastic / Inspired	Inspired / Amazed / Excited / Enthusiastic	Excited	Inspired			Excited / Enthusiastic / Inspired
Energized	Excited / Active	Inspired / Active / Energetic	Energetic	Active / Inspired			
In control	Determined / Attentive	Attentive / Determined / Confident / Concentrating		Determined / Attentive			
Light and loving		Relaxed / Calm / At ease	Calm			Relief	
Fulfilled	Proud		Proud		Good	Pride	Proud
Pleasure		Delighted	Delighted		Pleasant		
Powerful	Strong		Strong				
Successful	Proud		Proud			Pride	Proud
Joyful	Joyful	Joyful	Joyful		Joyful / Positive	Enjoyment	

Note. SAI-R = Spontaneity Assessment Inventory-Revised; PANAS = Positive and Negative Affect Schedule; PANAS X = Positive and Negative Affect Schedule - Expanded Form; PANAS-C = Positive and Negative Affect Schedule for Children; PANAS-C-P = Positive and Negative Affect Schedule for Children – Parent Version; I-PANAS-SF = International Positive and Negative Affect Schedule - Short Form; SPANE = Scale of Positive and Negative Experience; AEQ = Achievement Emotions Questionnaire; MEQ = Multidimensional Emotion Questionnaire.

Table S2*Descriptive Statistics for Study 3 with Normal Distributed Variables*

Variable	Mean	SD	Skewness	Kurtosis
Dynamic presence - SSS	96.59	29.11	-0.88	0.24
Readiness - SSS	93.89	30.63	-0.67	-0.37
Intuition - SSS	87.63	30.89	-0.26	-0.82
Openness - SSS	81.80	28.14	-0.06	-0.73
State spontaneity scale - total	88.24	23.64	-0.59	0.15
APTS spontaneity subscale	78.03	30.88	-0.28	0.50
State anxiety inventory	3.62	0.20	0.32	0.03
Behavioral creative adaptability	61.28	30.50	0.42	0.04
Cognitive creative adaptability	70.26	29.22	0.24	0.40
Emotional creative adaptability	55.91	32.15	0.57	0.26
Creative adaptability scale - total	60.55	26.50	0.51	0.06

Note. SSS = State Spontaneity Scale.

Table S3*Pearson's Correlations for All Normal Distributed Variables*

	1	2	3	4	5	6	7	8	9	10	11
1. Dynamic presence - SSS	–										
2. Readiness - SSS	0.53**	–									
3. Intuition - SSS	0.48**	0.49**	–								
4. Openness - SSS	0.46**	0.45**	0.41**	–							
5. State spontaneity scale - total	0.78**	0.79**	0.77**	0.74**	–						
6. APTS spontaneity subscale	0.48**	0.55**	0.50**	0.39**	0.63**	–					
7. State anxiety inventory	-0.37**	-0.33**	-0.24**	-0.20**	-0.37**	-0.09	–				
8. Behavioral creative adaptability	0.29**	0.18**	0.23**	0.34**	0.34**	0.24**	-0.13*	–			
9. Cognitive creative adaptability	0.23**	0.12	0.21**	0.28**	0.23**	0.21**	-0.08	0.59**	–		
10. Emotional creative adaptability	0.23**	0.19**	0.23**	0.24**	0.29**	0.27**	-0.10	0.60**	0.54**	–	
11. Creative adaptability scale - total	0.26**	0.19**	0.26**	0.34**	0.34**	0.29**	-0.12	0.86**	0.80**	0.86**	–

Note. $N = 240$. SSS = State Spontaneity Scale.

**Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).