**Supplementary data: Perception of Betrayal Scale, showing 27 items retained, 15 excluded following factor analysis.**

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| **POBS** |

The questions below ask you to think about times when you have experienced betrayal. **Betrayal is when someone you trust does something on purpose that causes you emotional harm.**

The most common forms of betrayal are given below, with an example of each kind of betrayal.

|  |  |
| --- | --- |
| * Disloyalty
 | For example, if a close friend is cruel or laughs about you to others behind your back |
| * Infidelity
 | For example, if a partner has an affair with someone else |
| * Dishonesty or deception
 | For example, if a close friends lies to you about something important |
| * Disclosing confidential information
 | For example, if a close friend tells other people things you have asked them to keep secret |
| * Sexually inappropriate behaviour
 | For example, if a trusted friend makes ‘a pass’ at you when you are feeling vulnerable |
| * Failing to help you when you need help
 | For example, if you have been falsely accused of a crime and your friend fails to help you even though they could.  |

**Please circle how much you agree with the statements below, when thinking about yourself and how your experiences have had an impact on you.**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1\*\* | I am more sensitive to betrayals than most people | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 2(F1) | My thoughts are often preoccupied with past betrayals | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 3(F2) | My experience of betrayal has changed the way I think about the world in general | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 4(F3) | I know that I have to rely on myself in a crisis because other people will let me down | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 5\*\* | My experience of betrayal has left me less able to cope with the stresses of life | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 6(F1) | When thoughts or memories of past betrayals come to mind, I turn then over and over in my head | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 7(F2) | My experience of betrayal has changed how I think about myself | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 8\*\* | When a past betrayal comes to mind, I immediately try to distract myself | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 9(F3) | I am careful about getting close to people for fear they will let me down | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 10(F4) | When I think about my experiences of betrayal, I still feel shocked that this happened to me | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 11(F3) | I worry more than other people about how likely it is that people will betray my trust | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 12(F1) | Thoughts or memories of past betrayals often come to my mind out of nowhere | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 13(F1) | When I am reminded of past betrayals, I feel the urge to do something in response | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 14(F3) | It’s best not to rely on others as you never know when they’re going to let you down | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 15(F3) | My experience of past betrayals interferes with my ability to form close relationships | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 16\*\* | I avoid reminders of past betrayals | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 17(F1) | Images or pictures of past betrayals often come to my mind out of nowhere | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 18F(1) | When I think about past betrayals, I feel tainted | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 19(F1) | I find myself thinking about past acts of betrayal more than I should | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 20(F2) | The choices I make about my life have changed as a result of betrayals I have experienced | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 21(F2) | My experience of betrayal has changed how I think about people | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 22(F1) | When I think of past betrayals I feel distressed | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 23\*\* | I have experienced more betrayals than most people | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 24\*\* | I try to avoid thinking of past betrayals | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 25(F2) | My experience of betrayal has changed how I react to other people | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 26(F2) | My experience of betrayal has affected my judgement | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 27(F3) | My experience of betrayal has reduced my ability to trust other people | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 28(F2) | My experience of betrayals has changed how others see me | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 29(F1) | I spend a lot of time trying to understand why the betrayal happened to me | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 30\*\* | When I think about past betrayals I feel ashamed | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 31(F1) | I frequently find myself thinking about past betrayals | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 32\*\* | I have been permanently damaged by betrayal | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 33\*\* | My preoccupation with past betrayals affects my day-to-day life | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 34\*\* | I have lost a lot because of betrayal | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 35(F4) | I often think about punishing the person / people who have betrayed me | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 36(F4) | When I think about my experiences of betrayal, I feel very angry | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 37\*\* | My experience of betrayals defines who I am | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 38(F4) | When I think about my experiences of betrayal, I still find it hard to believe it really happened.  | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 39\*\* | I often find myself thinking or worrying that I am about to be betrayed | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 40\*\* | I blame myself for being betrayed | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 41\*\* | My experience of betrayal makes me feel like I am at the mercy of others most of the time | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |
| 42\*\* | Thinking about past betrayals, or about people who have betrayed me, makes me feel numb.  | **Strongly disagree** | **Disagree** | **Disagree a little** | **Neither agree or disagree** | **Agree a little** | **Agree** | **Strongly agree** |

**NOTE: \*\* denotes items excluded from measure after factor analysis. F# denotes which factor (subscale) the item is included in.**

**Table 1. Items in each subscale**

|  |  |  |
| --- | --- | --- |
| **Factor number** | **Title of subscale** | **Items from POBS in subscale** |
| **F1** | **Preoccupation with betrayal events** | **19, 12, 31, 17, 2, 6, 13, 22, 29, 18** |
| **F2** | **Betrayal causing life change** | **20, 21, 26, 7, 25, 3, 28** |
| **F3** | **Lack of trust due to betrayal** | **14, 9, 4, 27, 15, 11** |
| **F4** | **Betrayal leading to traumatic responses** | **38, 10, 36, 35** |

**Table 2: POBS Item loadings on each factor (values under .4 supressed)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ItemNo. |  | Factor 1 | Factor 2 | Factor 3 | Factor 4 |
| 19 | I find myself thinking about past acts of betrayal more than I should | 0.814 |  |  |  |
| 12 | Thoughts or memories of past betrayals often come to my mind out of nowhere | 0.782 |  |  |  |
| 31 |  I frequently find myself thinking about past betrayals | 0.781 |  |  |  |
| 17 |  Images or pictures of past betrayals often come to my mind out of nowhere | 0.765 |  |  |  |
| 2 | My thoughts are often preoccupied with past betrayals | 0.691 |  |  |  |
| 6 | When thoughts or memories of past betrayals come to mind, I turn then over and over in my head | 0.674 |  |  |  |
| 13 | When I am reminded of past betrayals I feel the urge to do something in response | 0.601 |  |  |  |
| 22 | When I think of past betrayals I feel distressed | 0.502 |  |  |  |
| 29 | I spend a lot of time trying to understand why the betrayal happened to me | 0.484 |  |  |  |
| 18 | When I think about past betrayals, I feel tainted | 0.456 |  |  |  |
| 20 | The choices I make about my life have changed as a result of betrayals I have experienced |  | 0.726 |  |  |
| 21 | My experience of betrayal has changed how I think about people |  | 0.67 |  |  |
| 26 |  My experience of betrayal has affected my judgement |  | 0.63 |  |  |
| 7 | My experience of betrayal has changed how I think about myself |  | 0.611 |  |  |
| 25 | My experience of betrayal has changed how I react to other people |  | 0.608 |  |  |
| 3 | My experience of betrayal has changed the way I think about the world in general |  | 0.574 |  |  |
| 28 | My experience of betrayals has changed how others see me |  | 0.425 |  |  |
| 14 | It’s best not to rely on others as you never know when they’re going to let you down |  |  | 0.832 |  |
| 9 | I am careful about getting close to people for fear they will let me down |  |  | 0.793 |  |
| 4 | I know that I have to rely on myself in a crisis because other people will let me down |  |  | 0.764 |  |
| 27 | My experience of betrayal has reduced my ability to trust other people |  |  | 0.589 |  |
| 15 | My experience of past betrayals interferes with my ability to form close relationships |  |  | 0.545 |  |
| 11 | I worry more than other people about how likely it is that people will betray my trust |  |  | 0.455 |  |
| 38 | When I think about my experiences of betrayal, I still find it hard to believe it really happened.  |  |  |  | 0.777 |
| 10 | When I think about my experiences of betrayal, I still feel shocked that this happened to me |  |  |  | 0.739 |
| 36 | When I think about my experiences of betrayal, I feel very angry |  |  |  | 0.618 |
| 35 | I often think about punishing the person / people who have betrayed me |  |  |  | 0.549 |