**Appendix**

**Message Stimuli**

*\*\*\*Differences between the two conditions are indicated via brackets. The choice-restricting language condition is listed first, followed by choice-enhancing language condition\*\*\**

If a disaster strikes in your community, you might not have access to food, water, or electricity for several days. You may think that you will have enough time to run to the store to gather supplies, but stores quickly sell out of many important items. Preparing an emergency kit for you and your family is critical to stay safe and healthy during a disaster.

The Centers for Disease Control (CDC) recommends including, at minimum, the following items in your emergency kit:

* 3-day supply of food and water (one gallon per person, per day)
* 3-day supply of all necessary medicines
* First aid kit
* Emergency blanket
* Flashlight with extra batteries
* Radio (for updates)
* Copies of important documents (e.g., insurance cards)

[You must create/Consider creating] an emergency kit to protect yourself in case of a disaster. [You simply have to do it/The choice is yours]!

**Study Measures**

Anger (1 = *None of this feeling* to 4 = *A great deal of this feeling*)

* “How did you feel while reading this message?”
  + Irritated
  + Angry
  + Annoyed
  + Aggravated

Freedom threat (1 = *Strongly disagree* to 5 = *Strongly agree*)

* “The message tried to make a decision for me”
* “The message tried to pressure me”
* “The message threatened my freedom to choose”
* “The message tried to manipulate me”

Attitude (1 = *Strongly disagree* to 5 = *Strongly agree*)

* “Preparing an emergency kit for my home is a good thing for me to do”
* “Preparing an emergency kit for my home is beneficial”
* “Preparing an emergency kit for my home is important”
* “Preparing an emergency kit for my home is very useful to me”

Intention (1 = *Strongly disagree* to 5 = *Strongly agree*)

* “In the next month, I plan to prepare an emergency kit for my home”
* “In the next 3 months, I plan to prepare an emergency kit for my home”
* “In the next 6 months, I plan to prepare an emergency kit for my home”

Thought-listing procedure

*\*\*\*After viewing the message, participants saw the following instructions\*\*\**

“We are interested in the thoughts you had while reading the previous message. On the lines below, please write down everything that passed through your head while reading the previous message. Use one line per thought. Don't worry about spelling, punctuation, or writing in complete sentences. Please advance to the next page after 90 seconds.”

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
11. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
13. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
14. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
15. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*\*\*\*Participants were unable to click to the next page until 90 seconds had passed\*\*\**

*\*\*\*After participants clicked to the next page they completed the following procedure for each thought they listed above\*\*\**

“For the following thought you listed, please categorize how you would describe this thought below:”

[participant’s text entry is presented to them]

“Was this thought relevant or irrelevant to the message you read?”

* Irrelevant
* Relevant

“Was this thought favorable, neutral or unfavorable?”

* Favorable
* Neutral
* Unfavorable