

Supplementary material

The model used in our article (AFECT) was constructed on the basis of the integration of emotional and affective temperaments, forming a common substrate for mood, behavior, personality and part of cognition. Also, the AFECTS seems to provide measures that are compatible with most core views of temperament and personality by Gray, Cloninger, Rothbart, Clark and Watson, McCrae and Costa/Eysenck, and Akiskal/Kraepelin (Lara et al., 2012).

Captions

Table 1. Descriptions of the 12 affective temperaments based on AFECT model. The descriptions are as they were presented to the participants in the questionnaire.

Description of the 12 IUSE temperaments		
Internalized Temperaments	Depressive	I have a tendency towards melancholy and sadness, I see little fun and joy in things; I tend to put myself down; I don't like changes; I prefer to listen than to talk.
	Avoidant	I am a big worrier and very careful; I often feel insecure and apprehensive; I am afraid that bad things will happen; I try to avoid risky situations; I am always alert and vigilant.
	Apathetic	I have little initiative; I often drift away from what others are saying or doing; I often fail to finish what I have started; I tend to be passive and a bit slow.
Unstable temperaments	Cyclothymic	My mood is unpredictable and unstable (highs and lows), changes quickly or in a way that is disproportionate to the facts; I have periods of high energy, enthusiasm, and agility that alternate with other phases of sluggishness, loss of interest and discouragement.
	Dysphoric	I have a strong tendency to feel agitated, tense, anxious and irritated at the same time.
	Volatile	I am restless, disorganized and easily distracted; sometimes I am hasty or inconvenient and only realize it when it is too late; I quickly lose interest; I often fail to do what I should and to finish what I have started.
Stable temperaments	Obsessive	I'm dedicated, demanding, detail-oriented, inflexible and a perfectionist; I need to be in control of things; I don't deal well with uncertainty and mistakes.
	Euthymic	My mood is balance and predictable; I usually have mood changes only when there is a clear reason; I am usually in good spirits and, in general, I feel good about myself.
	Hyperthymic	I am always in good spirits, I am very confident and I have fun easily; I love novelties; I do many things without getting tired; I pursue what I want until I get it; I have a strong tendency to leadership.
Externalized Temperaments	Irritable	I'm very frank, direct and determined, but also angry, explosive and suspicious.
	Disinhibited	I am restless, active, spontaneous and distracted; I often rush and act carelessly; it is very common for me to leave things to the last minute; when I get irritated, I get over it quickly.
	Euphoric	I am expansive, fast, talkative and intense; I have many ideas and I am easily distracted; I am hasty, explosive and impatient; I take risks when overconfident or excited; I overindulge in things I enjoy; I do not like routines and rules.