

Supplementary Materials

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S1 Study S1 Development of Domain-specific Maximization Scale

The purpose of study 1a is to develop a multi-domain maximization scale in student participants, that is, a domain-specific maximization scale, providing tool for subsequent research. We generated items in 7 domains which students frequently make decisions on, and conducted item discrimination analysis and exploratory factor analysis to filtrate items. 29 items in 6 domains remained in the final version.

Method

Participants

239 students completed online questionnaires for a financial compensation. Twenty-four participants were removed because they failed to answer the attention check questions correctly. Thus, the final sample included 215 participants (103 females; $M_{\text{age}} = 21.50$ years, $SD_{\text{age}} = 2.40$).

Materials

First, we determined 7 domains (relationship, study, food, entertainment, health, clothing, travel) that students frequently make decisions on during interviews. To

determine domains which students frequently make decision in, we interviewed 38 students in the school and asked them to list five domains they make daily decisions in. We recruited a coder to identify and count the number of domains mentioned. We reserved domains that were mentioned by more than 10 participants. Among them, 36 mentioned “Study”, 33 mentioned “Food”, 30 mentioned “Clothing”, 17 mentioned “Travel”, 15 mentioned “Entertainment”, 11 mentioned “Health” and “Relationship”. Second, we developed items in the questionnaire based on literature review and the Maximizing Tendency Scale (MTS, Diab et al., 2008). We categorized them into different domains (e.g., “To maintain the best health condition, I’m willing to put in a lot of efforts, such as fitness, diet control and regular schedule” in the domain, and “I plan every detail of a journey, striving to achieve the best experience.” in the travel domain). After contextualization, a total of 48 items were generated (for details, see Table S1.1). All items were randomized when being presented to participants. Each item was rated from 1 (strongly disagree) to 7 (strongly agree), a higher score indicates greater maximizing style tendency. Two additional items (e.g., “This question is used to test your attention, please calculate 2+3 and choose the correct answer”) were used as attention checks. At the end of the questionnaire, demographic information including age, education, gender and major was collected.

Results

Next, an exploratory factor analysis was performed. According to the Bartlett’s sphere test ($KMO=0.88 > 0.8$, $\chi^2(1891) = 6295.87$, $p < .001$), suggesting appropriateness of

the data for EFA. Results were shown in Table S1.2. The initial EFA extracted 11 factors (eigenvalue>1), explaining 70.09% of the variance. After varimax rotation, loadings of each item were calculated. We eliminated items that loaded on more than one factor step by step and the factor containing only two items was also eliminated for better validity. In addition, a total of 19 items were removed because of cross-loading or too little items in one factor. The details of item retention were as follows.

We conducted an EFA using SPSS 25 with Principal Components Analysis (PCA) method and varimax rotation. According to Kaiser (1960), factors with eigenvalues above 1 should be retained, therefore 11 factors were retained. We removed items loading on to multiple factors, with a loading difference below 0.3 between the primary and alternative factors, one by one (Hu & Gan, 2008). Following this criterion, 14 items (food6, relationship7, health6, entertainment1, health2, entertainment2, relationship4, relationship2, food2, entertainment5, entertainment4, travel6, health4, clothing6) were removed in succession because of cross-loading, remaining 8 factors. Then item relationship6 was eliminated because it was the only item in Factor 8. After that, item study6 was removed because of cross-loading. According to Yong & Pearce (2013), factors that have less than three items are viewed as undesirable, so item entertainment3 and entertainment6 were removed subsequently. At last, item food3 was removed for cross-loading.

For confirmation of factor number, we performed a parallel analysis using the R package suggested by Patil et al. (2017). This engine calculates eigenvalues from randomly generated correlation matrices. The number of factors to retain will be the

number of eigenvalues (generated from the researcher's dataset) that are larger than the corresponding random eigenvalues (Horn, 1965). Following this method, 6 factors remained finally, as was suggested by EFA.

Finally, we got a 29-item scale in 6 factors, explaining 70.25% of the variance. The 29-item scale had a fairly good reliability (Cronbach' $\alpha = .93$). The item-total correlations and factors loadings of each item are shown in Table S1.1.

Discussion

The domain-specific maximization scale contains 6 domains (relationship, study, food, health, clothing, travel), with a fairly good reliability. Factors extracted by the exploratory factor analysis corresponded one-to-one with domains hypothesized earlier, demonstrating reasonable initial division of domains. Each item had a high discrimination and a high item-total correlation, indicating that the remaining items are reliable.

The entertainment domain was eliminated in the final scale since there were only two items left. This may be due to the definition of the entertainment domain, which covered a relatively wide range, overlapping clothing, and the travel domain. At the same time, we removed items that loaded in more than one factor.

Although the domain division and item selection were proved to be reasonable, the sample size of EFA was relatively small and the validity of the scale has not been verified. Therefore, the next study further verified construct validity and external validity. Reliability of the scale is also tested again.

Table S1.1. All items of the Domain-specific Maximization Scale (领域特异最优化量表) in both English and Chinese.

Label	Version	Item
Food1*	English	No matter what it takes, I always try to find the most delicious food.
	Chinese	无论要付出多大精力，我总是会试图寻找最美味的食物。
Food2	English	I don't like having to settle for "good enough" in food.
	Chinese	我在饮食上不会因为“还不错”而感到满足。
Food3	English	In aspect of eating, I am a maximizer.
	Chinese	在饮食上，我是一个最优化者。
Food4*	English	I want to eat the best food at all times.
	Chinese	无论在什么时候，我都希望吃到最好吃的食物。
Food5*	English	I will always wait to get the food I want, no matter how long it takes.
	Chinese	即使队伍很长，我还是会坚持等位，直到吃到我心仪的食物。
Food6	English	I am uncomfortable choosing what to eat before I explored all available restaurant options in the mall.
	Chinese	在逛完商场的所有备选餐厅之前，我不会轻易决定去哪里吃。
Food7*	English	I never settle in food.
	Chinese	我对美食的追求永无止境。
Clothing1*	English	No matter what it takes, I always try to find the clothes that fit me best.
	Chinese	无论要付出多大精力，我总是会试图寻找最合适我的衣

		物。
Clothing2*	English	I don't like "good enough" clothes if other choice are available.
	Chinese	我在穿着上不会因为“还不错”而感到满足。
Clothing3*	English	In aspect of clothing, I am a maximizer.
	Chinese	在服饰上，我是一个最优化者。
Clothing4*	English	No matter when I go shopping, I want to choose the most suitable clothes for myself.
	Chinese	无论在什么时候，我都希望买到最适合我的衣服。
Clothing5*	English	I will wait for the best-loved clothes, no matter how long it takes to search.
	Chinese	为了买到心仪的衣服，逛多久的街我都愿意。
Clothing6	English	I am uncomfortable deciding what to buy before I tried on all the alternative clothes.
	Chinese	在我试完所有的备选衣服之前，我不会轻易决定买哪件。
Clothing7*	English	I never settle in choosing the best clothes.
	Chinese	我对喜欢的服饰的追求永无止境。
Study1*	English	No matter what it takes, I always try to pursue the best academic performance.
	Chinese	无论付出多大努力，我总是会追求最优秀的学业成绩。
Study2*	English	I don't like having to be just "good enough" in studying.
	Chinese	我在学业上不会因为“足够好”而感到满足。
Study3*	English	In aspect of study, I am a maximizer.
	Chinese	在学业上，我是一个最优化者。
Study4*	English	No matter what academic project I do, I have the highest standards for myself.
	Chinese	无论研究什么课题，我都希望自己做到最好。
Study5*	English	I will try to learn to be the best, no matter how long it takes.

	Chinese	在学习方面，我会努力学到最好，无论需要花费多长时间。
Study6	English	When selecting courses, I am uncomfortable making decisions before I know the information of all courses which I'm interested in.
	Chinese	在选课时，在我了解所有感兴趣课程的相关信息之前，我不会轻易确定选课结果。
Study7*	English	I never settle in having the best academic achievement.
	Chinese	我对高 GPA 的追求永无止境。
Travel1*	English	No matter what it takes, I always strive for the best travel experience.
	Chinese	无论付出多大精力，我总是会追求最好的旅行体验。
Travel2*	English	In aspect of travelling, I am a maximizer.
	Chinese	在旅行上，我是一个最优化者。
Travel3*	English	I plan every detail of my trip to make it the possible best experience.
	Chinese	我会对旅游途中的每一个细节进行规划，力图做到最优体验。
Travel4*	English	I will wait for the best time to travel, no matter how long it takes.
	Chinese	我会等待最合适的旅游时间，无论需要多久。
Travel5*	English	When making travel plans, I am uncomfortable making decisions before I know all the possible alternatives.
	Chinese	在了解所有可能的旅游方案前，我不会轻易做决定。
Travel6	English	Whenever I plan my trips, I try to imagine what all the other possibilities are, even ones that aren't present at the moment.
	Chinese	每当我选择旅游方案时，我试图想象所有其他的可能性，即使是当前未知的。
Travel7*	English	I never settle in travelling.

	Chinese	我对旅行质量的追求永无止境。
Realtionship1*	English	No matter what it takes, I always strive for the best partner.
	Chinese	无论付出多少努力，我都希望找到最好的人生伴侣。
Realtionship2	English	Even if my partner is "good enough", I still want him or her to become better.
	Chinese	即使恋人“还不错”，我还是会提出一些要求，希望他/她变得更好。
Realtionship3*	English	In aspect of relationship, I am a maximizer.
	Chinese	在恋爱上，我是一个最优化者。
Realtionship4	English	I have the highest standards for myself in a relationship.
	Chinese	在与男/女朋友的相处过程中，我希望自己拥有最好的表现。
Realtionship5*	English	I will wait for the right one, no matter how long it takes.
	Chinese	我会等待最合适的那个人出现，无论需要多久。
Realtionship6	English	When choosing partners, I am uncomfortable making decisions before I get to know all the possible alternatives.
	Chinese	在我了解所有可能的交往对象前，我不会轻易地决定和谁交往。
Realtionship7	English	When planning a date, I try to consider all possible plans in order to get the best experience.
	Chinese	当我打算约会时，我试图考虑所有的方案，力求一场完美的约会。
Realtionship8*	English	I never settle in building the best relationship.
	Chinese	我对感情质量的追求永无止境。
Health1*	English	No matter what it takes, I always try to choose the best hospital/doctor.
	Chinese	无论花费多大的代价，我总是会试图选择最好的医院就

		医。
Health2	English	I always look for a better health condition.
	Chinese	我总是在追求更好的身体状态。
Health3*	English	In aspect of health, I am a maximizer.
	Chinese	在医疗和健康上，我是一个最优化者。
Health4	English	No matter when I consider, I have the highest standards for my health.
	Chinese	无论什么时候，我总是对健康的要求很高。
Health5*	English	I will wait for the best doctor, no matter how long and how much it takes.
	Chinese	就医时，为了排到专家号，我愿意付出很多的时间和精力。
Health6	English	When I go to a doctor, I am uncomfortable making decisions before I know all the treatment options.
	Chinese	就医时，在我了解所有的治疗方案前，我不会轻易做决定。
Entertainment1	English	No matter what it takes, I always try to find the finest movie experience.
	Chinese	无论要付出多大精力，我总是会试图选择最佳的观影体验。
Entertainment2	English	In aspect of entertainment, I am a maximizer.
	Chinese	在娱乐休闲上，我是一个最优化者。
Entertainment3	English	I always strive for best performance in any kind of games.
	Chinese	无论在何种游戏中，我总是追求最好的表现。
Entertainment4	English	When I am in the amusement park, I will wait for my favorite rides, no matter how long the line is.
	Chinese	对于游乐场中我最想玩的项目，无论排队的人有多少，我都会坚持等待。

Entertainment5	English	When I watch TV, I channel surf, often scanning through the available options even while attempting to watch one program.
	Chinese	在我把所有频道浏览一遍前，我不会轻易决定看哪个节目。
Entertainment6	English	Whenever I want to have fun, I try to imagine what all the possible options are, even ones that are not present at the moment.
	Chinese	每当我想要放松一下，我会试图想象所有的消遣方式，即使是现在条件不能满足的。

Note: The Label with a ‘*’ on the top-right corner suggested that this item was retained in the final version of scale.

MTS items:

1. No matter what it takes, I always try to choose the best thing.
2. I don’t like having to settle for “good enough”.
3. I am a maximizer.
4. No matter what I do, I have the highest standards for myself.
5. I will wait for the best option, no matter how long it takes.
6. I never settle for second best.
7. I am uncomfortable making decisions before I know all of my opinions.
8. Whenever I’m faced with a choice, I try to imagine what all the other possibilities are, even ones that aren’t present at the moment.
9. I never settle.

We conducted the standard translation-back translation for the original MTS items. A translator majoring in English performed the original translation from English to Chinese, and a bilingual student with a psychology background completed the backward translation. A third person majoring in psychology compare the original items and the backward translation to ensure that each item in Chinese reflected its original English meaning directly and accurately.

Table S1.2. Item-total correlation, and factor loadings of items

Item	item-total correlation	Factor					
		1	2	3	4	5	6
Study 1	.50***	.86					

Study 2	.41***	.75		
Study 3	.47***	.84		
Study 4	.40***	.66		
Study 5	.47***	.84		
Study 7	.53***	.81		
Travel 1	.75***		.68	
Travel 2	.73***		.68	
Travel 3	.67***		.79	
Travel 4	.64***		.62	
Travel 5	.65***		.77	
Travel 7	.74***		.73	
Clothing 1	.67***			.76
Clothing 2	.52***			.55
Clothing 3	.60***			.83
Clothing 4	.62***			.79
Clothing 5	.53***			.76
Clothing 7	.66***			.84
Food 1	.62***			.80
Food 4	.59***			.83
Food 5	.51***			.75
Food 7	.58***			.81
Relationship 1	.47***			.778
Relationship 3	.54***			.82
Relationship 5	.47***			.80
Relationship 8	.55***			.81
Health 1	.58***			.77
Health 3	.51***			.78
Health 5	.54***			.78

Notes: *** $p < .001$

S2 Descriptive statistics

S2.1 Descriptive statistics for Study S1

Table S2.1 Mean and standard deviation of subscales and items in Study S1

Variables	Mean	SD
Clothing (All)	4.16	1.37
Entertainment (All)	3.86	1.17
Food (All)	4.12	1.30
Health (All)	4.67	1.12
Relationship (All)	5.26	0.96
Study (All)	4.86	1.20
Travel (All)	4.51	1.26
Clothing	4.10	1.39
Food	4.19	1.50
Health	4.38	1.36
Relationship	5.44	1.17
Study	4.92	1.23
Travel	4.43	1.30
Clothing1	4.36	1.60
Clothing2	3.86	1.62
Clothing3	3.74	1.76
Clothing4	4.48	1.73
Clothing5	4.17	1.85
Clothing6	4.51	1.82
Clothing7	4.02	1.75
Entertainment1	3.88	1.68
Entertainment2	4.30	1.58
Entertainment3	3.91	1.85
Entertainment4	3.60	1.79
Entertainment5	3.97	1.93
Entertainment6	3.52	1.72
Food1	4.00	1.68
Food2	3.97	1.69
Food3	4.42	1.59
Food4	4.15	1.77
Food5	4.00	1.76
Food6	3.72	1.76
Food7	4.61	1.81
Health1	4.00	1.63

Health2	4.99	1.37
Health3	4.98	1.44
Health4	4.65	1.48
Health5	4.18	1.67
Health6	5.22	1.50
Relationship1	5.72	1.31
Relationship2	5.23	1.47
Relationship3	5.32	1.37
Relationship4	5.77	1.29
Relationship5	5.12	1.55
Relationship6	4.40	1.73
Relationship7	4.90	1.53
Relationship8	5.61	1.31
Study1	4.97	1.35
Study2	4.79	1.64
Study3	5.10	1.43
Study4	5.40	1.47
Study5	4.89	1.46
Study6	4.49	1.68
Study7	4.36	1.77
Travel1	4.71	1.46
Travel2	4.68	1.48
Travel3	4.44	1.65
Travel4	3.88	1.68
Travel5	4.41	1.65
Travel6	5.00	1.60
Travel7	4.44	1.61

S2.2 Descriptive statistics for Study 1

Table S2.2 Mean and standard deviation of subscales in Study 1

Variables	Mean	SD
Clothing	4.28	1.29
Food	4.08	1.33
Health	4.47	1.14
Travel	4.46	1.13
Relationship	5.21	1.05
Study	5.08	0.94
Regret	4.66	1.07
Perfectionism	5.17	0.88

Maximizing_Total	4.60	0.85
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Table S2.3 Frequency of individuals who value Study/Entertainment/Beauty in Study 1

Objects	“Value” Frequency	“Not value” frequency
Study	95	220
Entertainment	82	233
Beauty	61	254

Table S2.4 Correlation matrix in Study 1

	Value Study or not	Value Entertainment or not	Value Beauty or not
Value Study or not	1		
Value Entertainment or not	.556***	1	
Value Beauty or not	.536***	.350***	1
clothing	.224***	.244***	.385***
diet	.175**	.322***	.136*
health	0.09	.144*	.189**
travel	.141*	.214***	.152**
relationship	.136*	.115*	.113*
study	.137*	-0.014	0.089

S2.3 Descriptive statistics for Study 2

Table S2.5 Mean and standard deviation of subscales in Study 2

Variables	Mean	SD
MTS_Clothing	4.17	1.15
MTS_Study	4.69	1.10
STV_Clothing	4.88	1.05
STV_Study	5.34	0.96

Table S2.6 Correlation matrix in Study 2

	MTS_Clothing	MTS_Study	STV_Clothing	STV_Study
MTS_Clothing	1	.253***	.740***	.141
MTS_Study		1	.119	.790***
STV_Clothing			1	.099
STV_Study				1

S2.4 Descriptive statistics for Study 3

Table S2.7 Mean and standard deviation of measurements in Study 3

Variables	Mean	SD
MTS_Study	4.28	1.26
MTS_Travel	4.52	1.14
STV_Study	5.17	1.00
STV_Travel	5.50	0.84
GPA	3.44	0.37
Logtime_travel	2.79	0.22

Table S2.8 Correlation matrix in Study 3

	MTS_S	MTS_T	STV_S	STV_T	GPA	Logtime_T
MTS_Study	1	.284***	.567***	.072	.329**	-.069
MTS_Travel		1	.131	.501***	.113	.311**
STV_Study			1	.152	.237*	.170
STV_Travel				1	.074	.359***
GPA					1	-.044
Logtime_travel						1

S3 Results of confirmatory factor analysis

S3.1 Study 1

For the confirmatory factor analysis in Study 1b, Figure S3.1 illustrates the model fit results, in which the fit indices demonstrated a good fit.

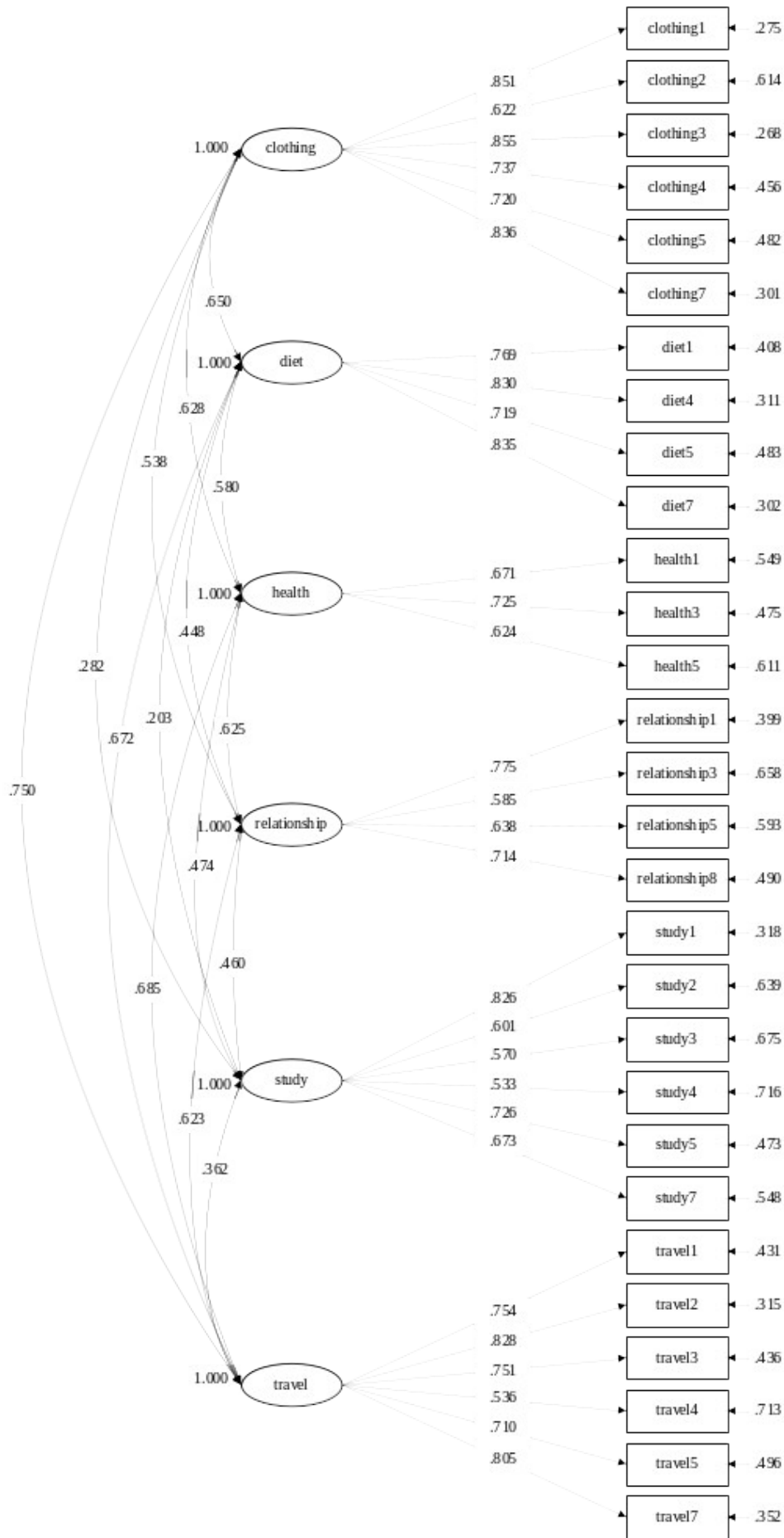


Figure S3.1. Structure model of Domain-specific Maximization Scale in Study 1b with standardized coefficients: $\chi^2 = 805.078$, $df = 362$, $\chi^2 / df = 2.224$, RMSEA = .062, CFI = .905, SRMR = .051. All coefficients was significant at 0.001 level.

S3.2 Study 2

We conducted a confirmatory factor analysis with maximum likelihood estimation using Mplus 8.3 for maximization in clothing and study domain. The model provided an adequate fit to the data ($\chi^2 = 93.437$, $df = 53$, $\chi^2 / df = 1.763$, RMSEA = .069, CFI = .954, TLI = .943, SRMR = .050). Below is the detailed structure.

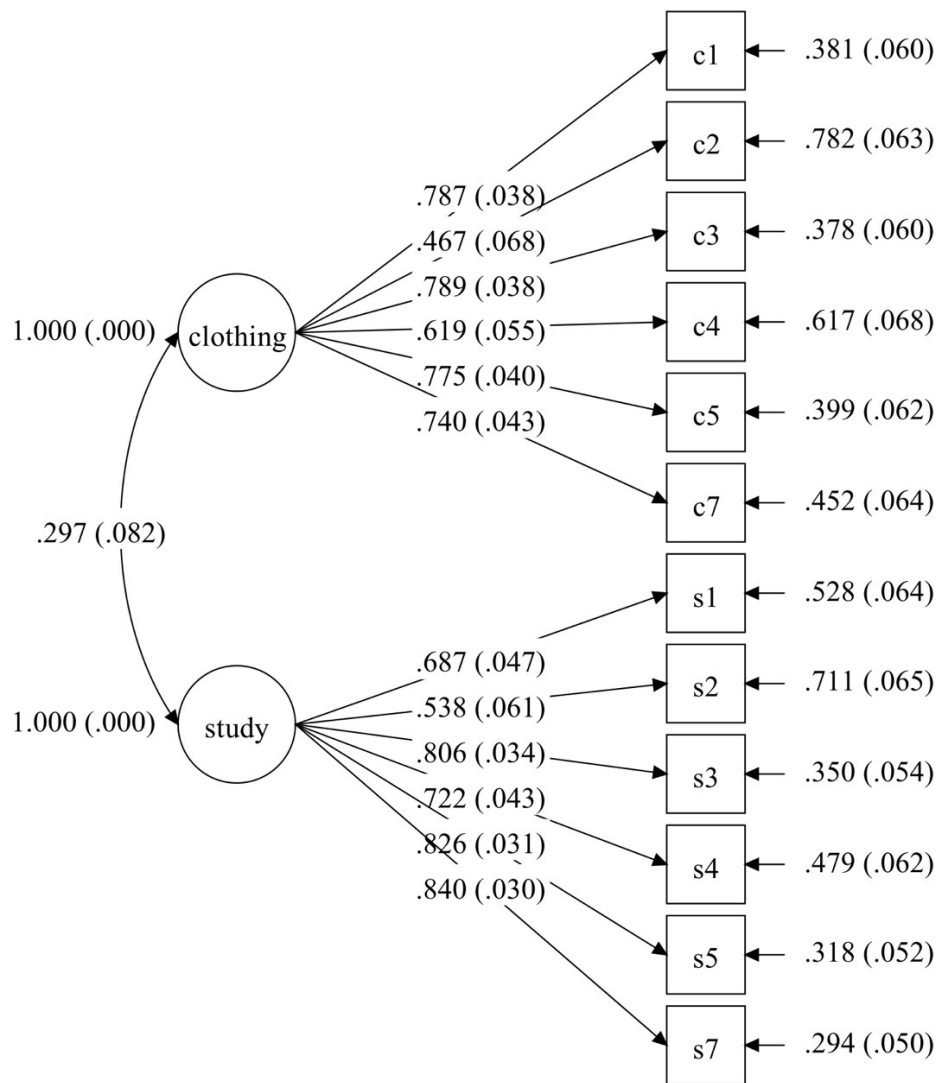


Figure S3.2. Structure model of maximization in clothing and study domain in Study 2 with standardized coefficients.

S3.3 Study 3

We conducted a confirmatory factor analysis with maximum likelihood estimation using Mplus 8.3 for maximization in travel and study domain. The model provided an adequate fit to the data ($\chi^2 = 104.161$, $df = 53$, $\chi^2 / df = 1.965$, RMSEA = .095, CFI = .923, TLI = .905, SRMR = .071). Below is the detailed structure.

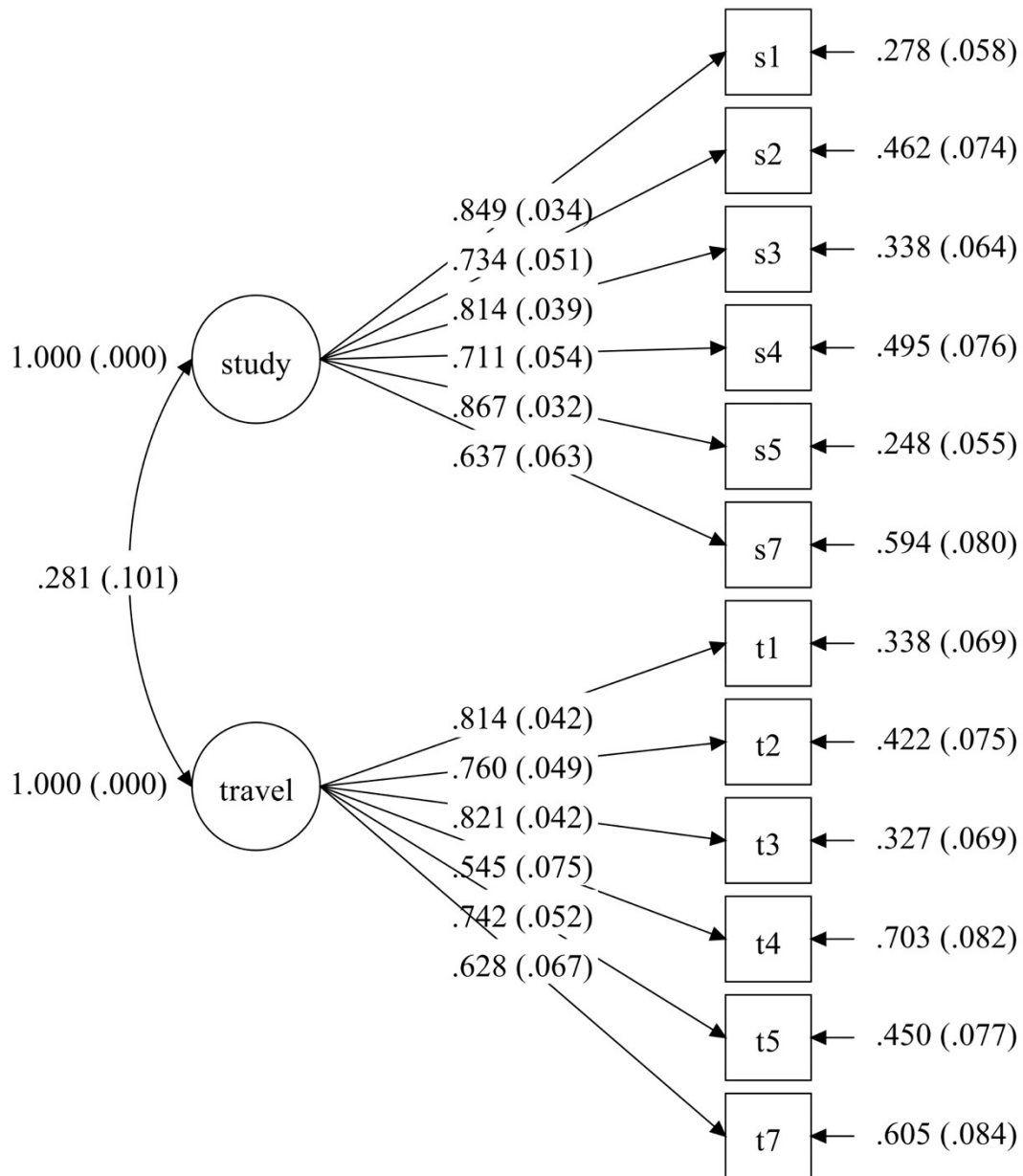


Figure S3.4. Structure model of maximization in clothing and study domain in Study 2 with standardized coefficients.

S4 Random intercept item factor analysis

We conducted random intercept item factor analysis suggested by Maydeu-Olivares & Coffman (2006) using Mplus to detect how the common self-report method factor impact items in both the STV and domain-specific maximizing

tendency scale. The model provided an adequate fit to the data ($\chi^2 = 215.985$, $df = 144$, $\chi^2 / df = 1.50$, $RMSEA = .056$, $CFI = .948$, $TLI = .931$, $SRMR = .050$). Figure S3.3 is the detailed structure. The loadings on the method factor reveal the degree of common method variance of each item, ranging from 0.7% (.085²)-59.8% (.773²). After removing the systematic variance from the substantive scores, the maximizing tendency in clothing domain still correlated with subjective task value in clothing domain ($\beta = .824$, $p < .001$), but not in study domain ($\beta = .057$, $p = .639$), and maximizing tendency in study domain still correlated with subjective task value in study domain ($\beta = .955$, $p < .001$), but not in clothing domain ($\beta = -.078$, $p = .818$).

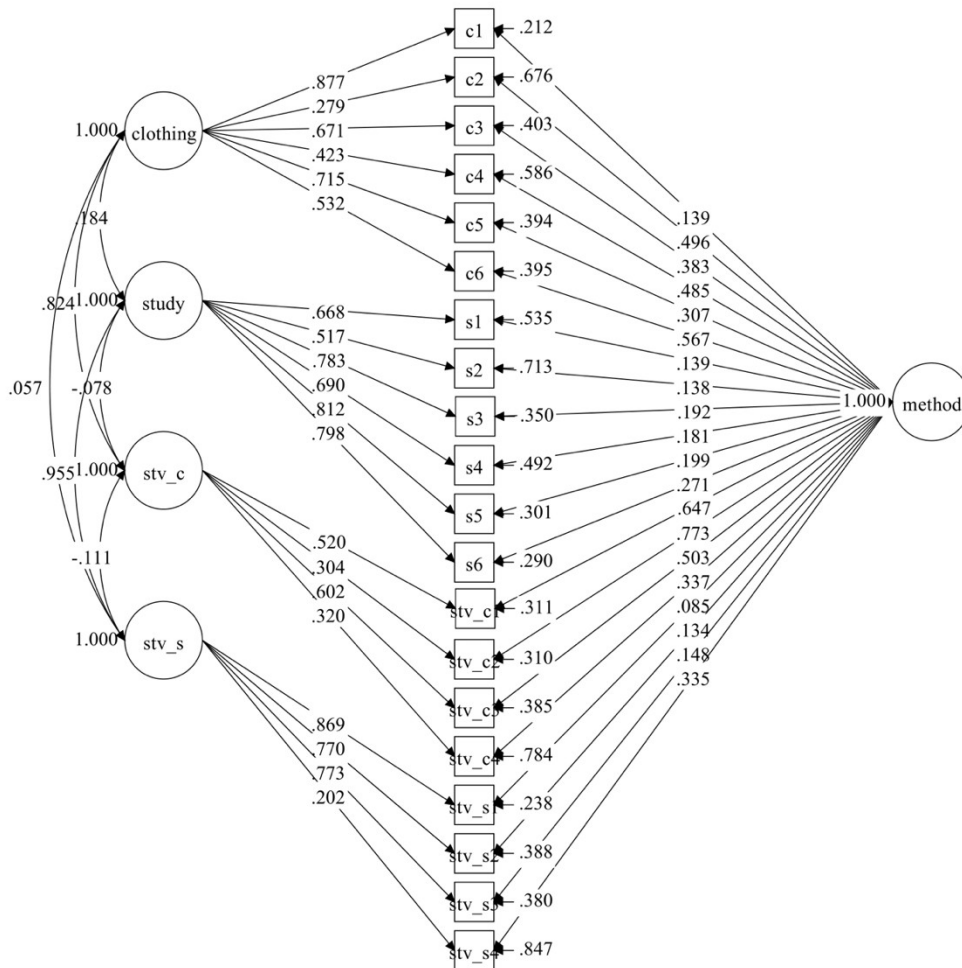


Figure S4.1. Structure model of Random intercept item factor analysis in Study 2 with standardized coefficients.

S5 Omega hierarchical and subscale

We conducted and compared four models – unidimensional, correlated factors, second order and bifactor models. and bifactor model fit the data best. Following the procedure suggested by Hammer & Toland (2016) through Mplus, we calculated Explained Common Variance (ECV), Omega Hierarchical (ω_H) and Omega Hierarchical Subscale (ω_{HS}) to indicate the reliability and stability of the subscales.

Table S5.1. Model fit of unidimensional, correlated factors, second order and bifactor models

Model	df	Chi-square	RMSE A	CFI	TLI	SRMR
Unidimensional	377	2059.82	.12	.64	.61	.10
Correlated Factors	362	805.08	.062	.905	.893	.051
Second Order	372	852.52	.064	.896	.887	.070
Bifactor	348	759.64	.061	.91	.90	.05

Explained Common Variance is an index of unidimensionality, assessing the proportion of common variance across items explained by the general dimension (Reise, Moore, & Haviland, 2010). ECV is .576 (<.7) for this questionnaire, suggesting a multidimensional scale and subscales may have value (Quinn, 2014).

Omega Hierarchical (ω_H) estimates proportion of total score variance that can be attributed to the general factor after accounting for all specific factors, referring to the degree to which the total score reflects the target dimension or the general factor (Reise, Moore, & Haviland, 2010). The ω_H is .841 (>.75) for our scale, suggest that general maximizing also played an important role (Reise et al., 2013).

Omega Hierarchical Subscale (ω_{HS}) refers to the proportion of subscale score variance that can be attributed to the specific factor after accounting for the general factor. The ω_{HS} for 6 factors were .31, .40, .29, .37, .67, .13.

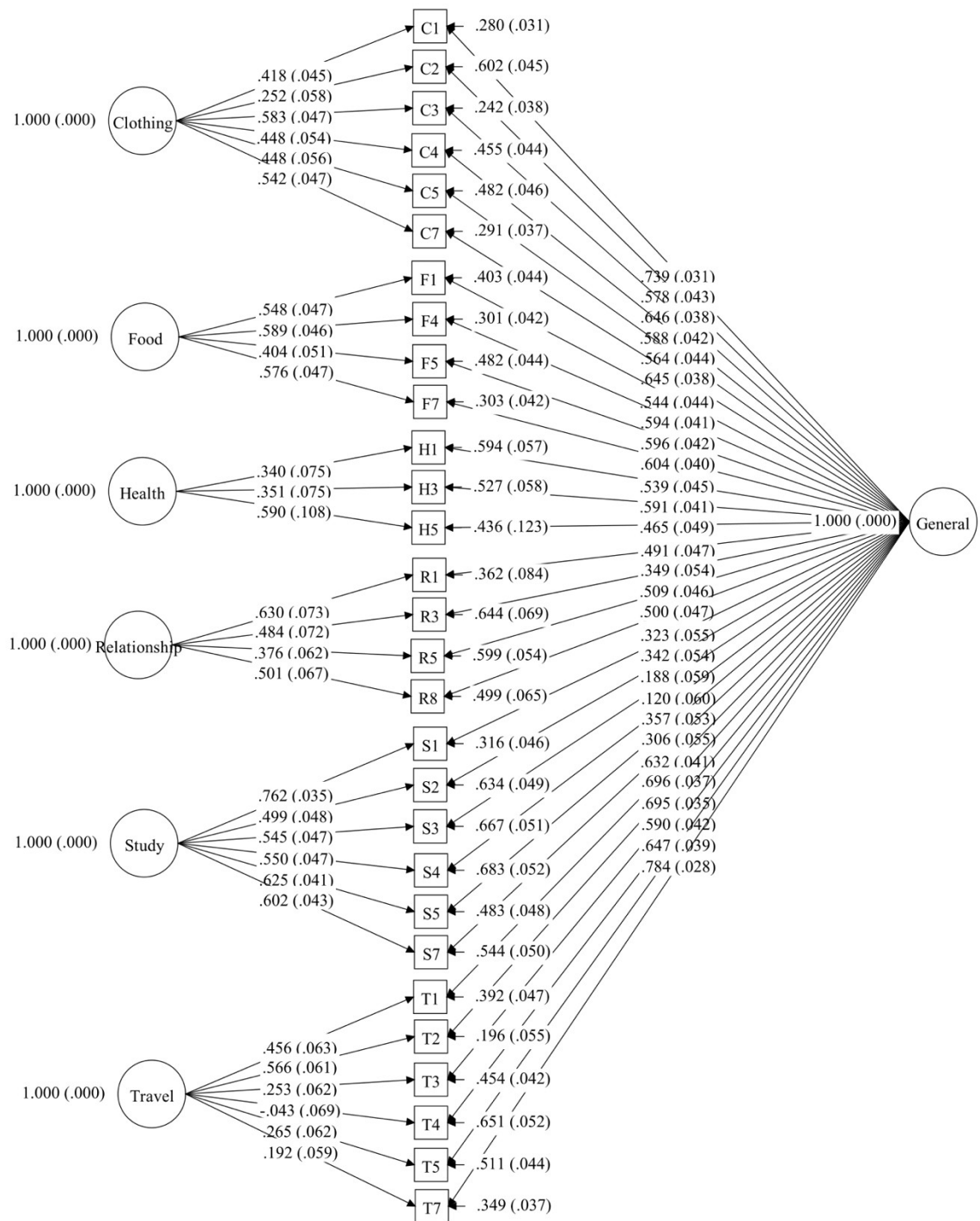


Figure S5.1. Bifactor model of Domain-specific Maximization Scale in Study 1b with standardized coefficients: $\chi^2 = 759.64$, $df = 348$, $\chi^2 / df = 2.18$, RMSEA = .061, CFI = .91, SRMR = .05, TLI = .90. All coefficients was significant at 0.001 level except Travel-T4 ($p = .528$) and S4-General ($p = .045$).

S6 Subjective Task Value Scale

Table S6.1. All items of the Subject Task Value Scale (主观任务价值) in Study 2 and Study 3 in both English and Chinese.

Label	Version	Item
Clothing1	English	I think it's important to me to buy desirable clothes.
	Chinese	我认为买到喜欢的衣服对我来说是很重要的。
Clothing2	English	I think it's useful to wear suitable clothes.
	Chinese	我认为挑选合适的服饰对我来说很有用。
Clothing3	English	I think nice clothes is really appealing to me.
	Chinese	我认为服饰对我来说很有吸引力。
Clothing4	English	I think choosing desirable clothes takes a lot of efforts, such as time, money and energy.
	Chinese	我认为挑选到满意的服饰需要花费很多努力，例如时间、金钱、精力。
Study1	English	I think it's useful to get good grades.
	Chinese	我认为好的学业成绩对我来说很有用。
Study2	English	I think it's important to get achievement in studying.
	Chinese	我认为在学业上取得成就对我来说是很重要的。
Study3	English	I think studying is very attractive to me.
	Chinese	我认为学习对我来说很有吸引力。
Study4	English	I think studying well requires a lot of efforts, such as time, money, and energy.
	Chinese	我认为做好学术需要耗费很多努力，例如时间、金钱、精力。
Travel1	English	I think a good travelling experience is very useful to me.
	Chinese	我认为好的旅行体验对我来说是很有用的。
Travel2	English	I think it's important to have a good travel experience.

	Chinese	我认为对我来说好的旅行体验是很重要的。
Travel3	English	I think travelling is very attractive to me.
	Chinese	我认为旅行对我来说很有吸引力。
Travel4	English	I think making an excellent journey plan takes a lot of efforts, such as time, money and energy.
	Chinese	我认为规划一场好的旅行需要耗费很多努力，例如时间、金钱、精力。

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