

Appendix 1 Relational mobility scale in questionnaire format.

How much do each of the following statements accurately describe the people in the immediate society (your school, workplace, town, neighborhood, etc.) in which you live? Please indicate how true you feel each statement to be for <u>the people around you</u> by circling the appropriate number to the right of each statement.	Strongly Disagree	Moderately Disagree	Slightly Disagree	Slightly Agree	Moderately Agree	Strongly Agree
1. They have many chances to get to know other people	1	2	3	4	5	6
2. It is common for these people to have a conversation with someone they have never met before	1	2	3	4	5	6
3. They can choose who they interact with.	1	2	3	4	5	6
4. There are few opportunities for these people to form new friendships	1	2	3	4	5	6
5. It is uncommon for these people to have a conversation with people they have never met before	1	2	3	4	5	6
6. If they did not like their current groups, they would leave for better ones	1	2	3	4	5	6
7. It is often the case that they cannot freely choose who they associate with	1	2	3	4	5	6
8. It is easy for them to meet new people.	1	2	3	4	5	6
9. Even if these people were not completely satisfied with the group they belonged to, they would usually stay with it anyway	1	2	3	4	5	6
10. These people are able to choose the groups and organizations they belong to	1	2	3	4	5	6
11. Even if these people were not satisfied with their current relationships, they would often have no choice but to stay with them	1	2	3	4	5	6
12. Even though they might rather leave, these people often have no choice but to stay in groups they don't like	1	2	3	4	5	6

Note. Items 4, 5, 7, 9, 11, and 12 are reversed.

Appendix 2 Social connection scale.

What is described below is your thoughts and feelings about your relationship with yourself and others. Please read each sentence carefully and choose a number that is most in line with your actual situation and tick "✓". "1" stands for "totally disagree" and "6" stands for.	Totally disagree	Relatively disagree	Somewhat disagree	Somewhat agree	Relatively agree	Totally agree
I feel alienated from others.	1	2	3	4	5	6
I feel irrelevant to most people.	1	2	3	4	5	6
I feel like an outsider.	1	2	3	4	5	6
I feel like an unsociable and lonely person.	1	2	3	4	5	6
I feel isolated from the world around me.	1	2	3	4	5	6
I feel it is difficult for me to blend in with anyone or group around me.	1	2	3	4	5	6
I don't feel a sense of belonging even among familiar people.	1	2	3	4	5	6
I found myself out of touch with society.	1	2	3	4	5	6
I find that I can actively integrate into people's lives.	1	2	3	4	5	6

Note. Except F9 positive scoring, all others are negative scoring. The higher the score, the higher the level of social connection.