

2013

# The effects of self-efficacy on pro-environmental intentions

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The Plymouth Student Scientist  
University of Plymouth

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## Appendix

### Appendix One

#### *Video summary*

The table below illustrates the basic components discussed within the video created by Greg Craven (2009)

	Pro-Environmental Action Taken	
Global Warming	Action Taken	No Action Taken
False	Unnecessary action taken leading to costly consequences and a global depression	No action taken and none was needed because global warming didn't occur
True	Costly process but was the right decision and means that although global warming occurred we managed the adapt and can cope in a different but liveable world	No action taken and global warming occurs leading to Catastrophes - Economic Political Social Environmental Health

### Appendix Two

#### ***Brief***

The aim of this study is to explore thoughts and feelings experienced in response to global warming information. You will be required to complete three separate questionnaires at different stages of the experiment to measure your response, as well as watch a short video highlighting the extreme possibilities associated with global warming. If you are happy to participate in this experiment then please complete the consent form but if at any point you would like to withdraw from the study or have any questions then please do not hesitate to contact me on [kerrie.payne@students.plymouth.ac.uk](mailto:kerrie.payne@students.plymouth.ac.uk). The supervisor for this study is Sabine Pahl and can be contacted on [sabine.pahl@plymouth.ac](mailto:sabine.pahl@plymouth.ac)

### Appendix Three

#### ***Self-efficacy statement***

The good thing is that we are still at a stage where we can do something to tackle the impact of global warming. An individual can help prevent the future negative consequences of global warming by changing their own and others behaviour. Small alterations to your daily routine, such as switching off appliances and car sharing can make a difference. Encouraging others to become greener can also ensure that the message of global warming spreads and together we can even change government policy to support these environmental issues.

## Appendix Four

### ***Emotions response questionnaire***

Please answer each of the following statements in response to how the video made you think and feel about global warming and its possible effects.

	Strongly disagree						Strongly agree
1. angry	o	o	o	o	o	o	o
2. happy	o	o	o	o	o	o	o
3. hopeful	o	o	o	o	o	o	o
4. scared	o	o	o	o	o	o	o
5. optimistic	o	o	o	o	o	o	o
6. fearful	o	o	o	o	o	o	o
7. joyous	o	o	o	o	o	o	o
8. nervous	o	o	o	o	o	o	o
9. concerned	o	o	o	o	o	o	o
10. positive	o	o	o	o	o	o	o
11. in control	o	o	o	o	o	o	o
12. worried	o	o	o	o	o	o	o
13. inspired	o	o	o	o	o	o	o
14. sceptical	o	o	o	o	o	o	o
15. apprehensive	o	o	o	o	o	o	o
16. motivated	o	o	o	o	o	o	o
17. relieved	o	o	o	o	o	o	o
18. powerless	o	o	o	o	o	o	o

## Appendix Five

### ***Felt-responsibility questionnaire***

Please answer the following statements in response to how much you personally agree with them

	<b>Strongly disagree</b>						<b>Strongly agree</b>
19. my individual actions will affect the overall outcome of global warming	o	o	o	o	o	o	o
20. global warming is only a government issue	o	o	o	o	o	o	o
21. global warming doesn't affect me personally	o	o	o	o	o	o	o
22. there are simple things that I can do to prevent global warming	o	o	o	o	o	o	o
23. global warming is going to happen regardless of what I do	o	o	o	o	o	o	o
24. changes in my daily routine can combat the negative effects of global warming	o	o	o	o	o	o	o
25. global warming can be tackled at an individual level	o	o	o	o	o	o	o
26. together we can improve the impact of global warming	o	o	o	o	o	o	o
27. people can successfully stand up for global warming solutions	o	o	o	o	o	o	o
28. we are able to reduce the impact of global warming	o	o	o	o	o	o	o

## Appendix Six

### *Pro-environmental intentions questionnaire*

Please answer the following statements in reference to how likely you are to complete the action in the future

	Very unlikely						Definitely
29. walk when possible	o	o	o	o	o	o	o
30. re-use carrier bags	o	o	o	o	o	o	o
31. recycle	o	o	o	o	o	o	o
32. use car sharing schemes	o	o	o	o	o	o	o
33. join global warming campaigns	o	o	o	o	o	o	o
34. buy fair trade or local products	o	o	o	o	o	o	o
35. encourage others to become more environmentally friendly	o	o	o	o	o	o	o
36. support environmental policy	o	o	o	o	o	o	o
37. use eco-friendly cleaning products	o	o	o	o	o	o	o
38. actively reduce your households water usage	o	o	o	o	o	o	o
39. encourage your place of work to become environmental friendly	o	o	o	o	o	o	o
40. use energy saving light bulbs	o	o	o	o	o	o	o
41. vote for political parties that are concerned with global warming	o	o	o	o	o	o	o
42. sign a petition to promote tackling global warming	o	o	o	o	o	o	o
43. grow your own fruit and vegetables	o	o	o	o	o	o	o
44. switch off appliances to save energy	o	o	o	o	o	o	o

## **Appendix Seven**

### ***Debrief***

Thank you for taking the time to complete the experiment. The aim of the study was to investigate into the effects of encouraging self-efficacy in combating global warming. This was measured by your emotional response to the information presented in the video, as well as your lasting sustainable intentions. If for any reason you would like to withdraw your results from the study or have any questions then please do not hesitate to contact me on [kerrie.payne@students.plymouth.ac.uk](mailto:kerrie.payne@students.plymouth.ac.uk). The supervisor for this study is Sabine Pahl and can be contacted by [sabine.pahl@plymouth.ac](mailto:sabine.pahl@plymouth.ac)