

	Item #	Order of appearance <sup>2</sup>	Items on the Behavioral Inventory Measure of Executive Functions (BIMEFs) <sup>1</sup>
<b>Inhibitory Control</b>	<b>Cognitive Inhibition</b>		
	1	4	I can stop distracting thoughts while having a conversation with others.
	2	5	Even though thoughts about other things might pop up while working on a report, I can stop those thoughts.
	3	7	I can focus on the present.
	<b>Selective Attention</b>		
	4	9	When biking or driving, I am able to focus on the road and not be distracted.
	5	11	Even though there is a disruptive question or comment while I am presenting my classwork, I can continue and smoothly present my classwork.
	6	12	I can focus on what someone is saying to me even when the environment is very noisy.
	7	14	I can continue to concentrate on reading a book even when a TV program comes on.
	8	15	I focus on the workload that I am working on without letting noise in the room bother me.
	<b>Self-Control</b>		
	9	17	If someone says or does something that hurts me, I am able to resist doing something unkind to that person.
	10	19	I do not interrupt while others are speaking.
	11	20	I patiently wait to buy the products I want until they are available at a lower price.
	12	21	I think and ponder before speaking or acting.
	13	22	I do not try to butt ahead in line.
	<b>Discipline</b>		
	14	25	Even though something might be a lot harder and take a lot longer than I expected, I keep at it until it is finished.
	15	26	If I am determined to do something, then I have to accomplish it.
	16	31	I do what I am supposed to do, even if I don't want to.
<b>Working Memory</b>	<b>Verbal Working Memory</b>		
	17	33	I am able to mentally put information I hear in the correct and sequential order.
	18	35	I can mentally calculate whether I have enough money to purchase all the items I might want to buy.
	19	37	I am good at relating what I am learning now to other things I learned earlier.
	20	39	If I have a question or comment, I can follow the ongoing conversation or lecture and still remember what I was going to say when the time comes to say or ask it.
	21	41	I am good at seeing the connections between something new I learn or hear and other things I already knew.

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	22	42	I can compare and contrast new situations with old ones for decision-making.
	23	43	I consider the pros and cons of each alternative to select the best way to solve the problem.
	<b>Visual-Spatial Working Memory</b>		
	24	44	I am able to mentally sort or re-order items by size without needing to see them again or write anything down.
	25	45	I am able to memorize the route/directions after the first trip.
	26	46	I can mentally calculate the distance to know which route is longer or shorter.
	27	47	If I need to do several errands, I can mentally calculate the most efficient route.
	28	49	Even if two shapes are quite close in size, I can tell which is larger without having to physically put them next to one another.
	29	50	If I follow someone along a route to get somewhere I haven't been before, I can find my way back without difficulty.
	30	51	When working on a jigsaw puzzle, I can tell whether a piece will fit in a certain place or not before actually placing it there.
<b>Cognitive Flexibility</b>	<b>Being able to Change Perspectives</b>		
	31	54	I am able to switch from seeing something as an unwelcome problem to seeing it as a welcome challenge.
	32	55	Amidst the bad, I can still see the good things that are hidden.
	33	56	I always find a way to succeed despite obstacles.
	34	57	I am able to change my mindset to focus on the present and to enjoy every problem I face.
	35	58	I am able to see opportunities hidden in life's crises.
	36	59	I can turn obstacles into opportunities for self-improvement.
	<b>Switching Between Different Mindsets or Tasks</b>		
	37	61	I am able to switch my focus among having a conversation with my friends, summarizing report contents, and arranging figures for presentation.
	38	63	I am able to switch my thoughts between focusing on color to focusing on shapes or numbers.
	39	64	I am able to talk on the phone while doing other activities.
	40	65	I can read books and watch TV at the same time.
	41	66	I can have a conversation with different people on a variety of topics at the same time.
	42	67	I can mentally calculate while holding a conversation with friends.

<sup>1</sup> Respondents selected the item that best reflected their behavior using a four-point Likert scale: 1 = never, 2 = sometimes, 3 = frequently, and 4 = always.

<sup>2</sup> The initial version of the scale had 75 items, but Thai adolescents did not seem to understand the negatively-worded items so those were eliminated for the final version of the scale. That left only 3 items in the Cognitive Flexibility category, Thinking Outside the Box, so that category was eliminated as well.