

Measures

Attitude towards the behaviours

Nine 7-point semantic differential scales were used to reveal the two components of attitude. The answers were captured on scales from 1 (negative pole) to 7 (positive pole). The statements 'Switch off non-essential lights in the workplace over the next month' or 'Completely switch off electronic devices (e.g., computer, computer screen, photocopier, and printer) without leaving them on stand-by at the end of a working day over the next month' were used as introductory phrases. The scales aimed to measure the two components of attitude were, a) cognitive (negative-positive, stupid-intelligent, crazy-wise, and useless-useful) and b) affective (sad-joyful, undesirable-desirable, depreciable-appreciable, disagreeable-agreeable, and unpleasant-pleasant).

Subjective norm

Three items were used to measure this construct, 'My superiors/colleagues/people in my private life who are important to me think I should switch off non-essential lights/completely switch off electronic devices' rated on a 7-point scale from totally disagree (1) to totally agree (7).

Perceived behavioural control

This construct was measured by three items. The first was, 'Switching off non-essential lights/completely switching off electronic devices is, for you, behaviour that is easy or difficult to achieve'? The response scale was anchored from 1 (extremely difficult to achieve) to 7 (extremely easy to achieve). The second item asked, 'To what extent do you think that switching off non-essential lights/completely switching off electronic devices is a behaviour under your control'? The response scale ranged from 1 (not at all) to 7 (very much). The third item asked participants to indicate on a response scale from totally disagree (1) to totally agree (7) how much they agreed with the statement, 'It depends entirely on me whether or not I will be able to switch off non-essential lights/completely switch off electronic devices'.

Habit

A short form of Self-Report Habit Index (Verplanken & Orbell, 2003), with items concerning automaticity and frequency was used (Canova & Manganelli, 2016). It included five items, introduced by the statement 'Switching off non-essential lights/completely switching off electronic devices is something that' 'I do frequently', 'I do automatically', 'I do without thinking', 'It belongs to my routine', and 'I have no need to think about doing'. The response scale ranged from totally disagree (1) to totally agree (7).

Intentions

Behavioural intentions were measured with four items. The first asked, 'I intend to switch off non-essential lights/completely switch off electronic devices'. The response scale ranged from 1 (strongly disagree) to 7 (strongly agree). In the next item, participants were asked to indicate, 'How strong is your intention to switch off non-essential lights/completely switch off electronic devices'? The response scale was anchored from 1 (not at all strong) to 7 (very strong). The last two items asked, 'How likely is it that you will form the intention to switch off non-essential lights/completely switch off electronic devices'? And 'How likely is it that you will actually switch off non-essential lights/completely switch off electronic devices'? These two items were measured using a scale from 1 (very unlikely) to 7 (very likely).

Self-reported behaviours

Two items were used to measure self-reported behaviours. The first asked, 'In the last month, have you switched off non-essential lights/completely switched off electronic devices'? The response scale ranged from 1 (no, never) to 5 (yes, regularly). The second asked, 'In the last month, how often did you switch off non-essential lights/completely switch off electronic devices'? The answers were given on a response scale from 1 (never) to 5 (very often).