

Supplementary Material A – Mental Imagery Video Scripts

Note: The intervention group receives all of the below material. The control group receives the material indicated*. Italicised text is displayed on screen in addition to being read aloud.

*Welcome to the Study Video**

Audio	Video
<p><i>Welcome to the study.</i> Now that you have read through the study information and agreed to participate, I'd like to quickly recap what participating in the study today will involve. <i>First, there is a short survey for you to complete on the computer.</i> Then, <i>I will be back to guide you through some video exercises.</i> Finally, <i>I will leave you with another short survey to complete on the computer.</i></p> <p><i>Please now click to progress to the next page where the survey will begin.</i></p>	Neutral grey

Introduction to Activity Video

Intervention Group Audio	Control Group Audio*	Video
<p>Thank you for answering those questions. For the next 10 or so minutes, I am going to guide you through a video.</p> <p>In the video, I am going to provide you with some information about driving during flood events.</p> <p>I am then going to guide you through some mental imagery exercises. In the exercises. In the exercises I will ask you to visualise several scenes in your mind.</p> <p>We will begin with a general imagery exercise to get you used to the idea and how it feels, and we will then turn to some exercises related to avoiding driving into floodwater.</p> <p>Before we start, I would like you to make yourself comfortable and to make sure you are free from distractions. When you are comfortable and ready to begin, please click to play the next video.</p>	<p>Thank you for answering those questions.</p> <p>I am going to guide you through a video.</p> <p>In the video, I am going to provide you with some information about driving during flood events.</p> <p>Before we start, I would like you to make yourself comfortable and to make sure you are free from distractions. When you are comfortable and ready to begin, please click to play the next video.</p>	Neutral grey

Part 1: Education*

Audio	Video
<p><i>Between 2002 and 2015, 89 drowning deaths occurred as a result of driving into floodwaters.</i></p> <p><i>Any flooded road can be deadly. Just a small amount of floodwater can wash your vehicle away.</i></p> <p><i>The second you decide to push through floodwater, you will give up control.</i></p> <p><i>The size of your vehicle doesn't matter, nor whether you've driven the road a hundred times before.</i></p> <p><i>No one can predict what lies underneath the surface. Even gently-moving floodwater can wash away the road surface beneath.</i></p>	<p>Neutral grey</p>

Part 2: Promoting Willingness to Form a Goal

Audio	Video
<p>Driving into floodwater can affect anyone, including you. So, I would now like you to consider the potential for this to affect you.</p> <p>People are often tempted to drive into floodwater...</p> <ul style="list-style-type: none"> <i>To get home</i> <i>To get to work</i> <i>Because the other road takes longer</i> <i>Because they've done it before</i> <i>Because their 4wd can handle it</i> <i>Because others are driving through</i> <i>Because they think they can assess the risk and manage it</i> <p><i>But, it is incredibly risky.</i></p> <p>Driving into floodwaters puts you and your passengers at risk and it could be fatal.</p> <p>So, what I'd like you to consider today, is forming a goal to avoid driving into floodwater if you encounter it on your route.</p> <p>By considering the risks and thinking of a plan, you can avoid driving into floodwater. The best way to get started is to set a goal to avoid driving into any floodwater. You should aim to avoid driving into any floodwater. The mental imagery exercise will help you to achieve your goal.</p> <p>On the next page, there is a question to answer. Once you have answered the question, please proceed to the next page and play the video.</p>	<p>Scenes from flood events</p>

Part 3: Practice Imagery Exercise

Audio	Video
<p>We will now begin a general exercise to get you used to the idea of mental imagery and how it feels.</p> <p>When doing mental imagery, people often find it useful to close their eyes.</p> <p>So now, let's begin. The first exercise is to prepare you for the mental imagery exercise ahead. The idea is for you to just relax and visualise the images as I talk you through it.</p> <p>So, imagine this scene. You are in your kitchen. In front of you there is a chopping board and a sharp knife. On the chopping board is a large, round, ripe, bright yellow lemon. Look closely at the lemon.</p> <p><i>[5 second pause]</i></p> <p>Pick up the lemon. Feel the lightly pitted texture of the peel, the vividness of the yellow of its colour, and the strong, tangy lemon smell. You rub the lemon gently with your fingers, and that causes the smell to grow stronger. The smell transfers to your fingers as you rub it. Hold it up to the light and look at it for a moment. Notice its colour and texture.</p> <p><i>[5 second pause]</i></p> <p>Now, put the lemon back on the chopping board. Pick up the knife and imagine yourself cutting the lemon down the middle. Feel the pressure of the knife handle on your hand as you cut into the lemon. See the juice burst out of the lemon, and cascade on to the board. Smell the intensity of the smell of the lemon juice.</p> <p><i>[5 second pause]</i></p> <p>Ok, pause there. You can open your eyes, but just stay relaxed. That completes the first exercise. The idea was to get you used to imagining a scene with great intensity and to familiarise you with how to use imagery. Often imagery is quite challenging for people. The idea is to actually feel as if you are there, 'in the moment', and to use all of your senses.</p>	<p>Lemon image</p>

Part 4: Process Mental Simulation

Audio	Video
<p>Now that you have practiced using mental imagery, I want you to use those skills in the following task, which will also require some imagery. The next exercise will help you to achieve your goal of avoiding driving into floodwater.</p> <p>Here are some examples of things you may do when you encounter floodwater:</p> <ul style="list-style-type: none"> - <i>You could stop, and remind yourself that driving into floodwater is too risky. You could not worry about other cars that are waiting, or about how much you need to get to your destination.</i> - <i>You could pull to the side of the road and plan an alternative route.</i> - <i>And then you could turn around and follow your alternative route.</i> <p>Now I would like you to go on to the next imagery exercise. [rain audio begins]</p> <p>Research has shown that you are more likely to actually carry out this intention if you ‘mentally image’ performing the intention in a very vivid manner, using your senses and imagination to make the imagery as realistic as possible. You will find that it might help to close your eyes when doing your imagery. If you wish, you can do so now.</p>	<p>Neutral grey</p>
<p>Now, please spend 2-3 minutes, imagining some steps you could use to avoid driving into floodwater. Think about a scenario where you are driving in your car immediately after a thunderstorm. You approach a section of the road that is completely covered in water. Think about all the things you would need to do in order to achieve your goal and think about all the things you would need to overcome.</p>	<p>Car at night in rain approaching floodwater</p>
<p><i>I will let you know when a few minutes have passed.</i></p> <p>[Visualisation exercise – 2-minute pause]</p>	<p>Black</p>
<p>[rain audio ends]</p> <p>Alright, now that you have finished your imagery, please note down in the space below a few sentences summarising the things you imagined you need to do to avoid driving into floodwater. It should be as detailed as possible. Writing down your images helps you to remember them more vividly. Spend about 2 to 3 minutes writing down your thoughts.</p>	<p>Neutral grey</p>

Part 5: Outcome Mental Simulation

Audio	Video
<p>Please again make yourself comfortable and make sure that you are free from distractions. I am now going to guide you through some more imagery. Again, you may find it helpful to close your eyes.</p>	<p>Car at night in rain approaching floodwater</p>
<p><i>[5 second pause]</i></p>	
<p>Now think about the potential things that could happen if you drive into floodwater.</p>	<p>Black</p>
<p><i>[10 second pause]</i></p>	
<p>Now think about some of the outcomes if you avoid driving into floodwater. For example: It took a little bit longer, but you made it home safely.</p>	<p>Car at night in rain approaching floodwater</p>
<p><i>[10 second pause]</i></p>	
<p>Now, think about your goal to not drive into any floodwater. Now close your eyes again and imagine yourself having achieved that goal.</p>	<p>Black</p>
<p><i>[10 second pause]</i></p>	
<p>Think of all the effort you put in to achieving your goal now that you have finally accomplished it. Imagine the result of accomplishing this goal.</p>	<p>Car at night in rain approaching floodwater</p>
<p><i>[10 second pause]</i></p>	
<p>Think about all of the benefits you will gain: your safety and your passenger's safety; not suffering the expense of wrecking your car.</p>	
<p>Try to feel the satisfaction you would have with this accomplishment. Imagine a typical flood event and see yourself as someone who does not drive into floodwater.</p>	
<p><i>[10 second pause]</i></p>	
<p>Now, think about your loved ones, your family, children, and friends. What will they think if you achieved your goal to not drive into any floodwater?</p>	
<p><i>[10 second pause]</i></p>	
<p>Now you have finished your imagery, using the space below, please note down a few sentences summarising the positive benefits you imagined as a result of not driving into floodwater. It should be as detailed as possible. Spend about 2-3 minutes writing down your thoughts.</p>	

Part 6: Conclusion

Audio	Video
<i>Thank you for your attention, and if you're ever in the situation, please remember your goal. Please now proceed to the next page which contains some more questions for you to answer.</i>	Neutral grey

Supplementary Material B

Items and response scales for measurement of psychological constructs

Behaviour		Definition
Driving through floodwater ^a		The following questions will ask about your knowledge and attitudes towards driving through floodwater. “Floodwater” refers to a body of water covering land that is normally dry. For the next questions, please think about your driving through floodwater. For example, think about the scenario where you are driving in your car immediately after a thunderstorm. You approach a section of the road that is completely covered in water. This could be any amount of water. Now consider your future driving, if such a scenario occurred, how likely are you in the future to drive through the floodwater...?”
Avoiding driving through floodwater ^b		The following questions will ask about your knowledge and attitudes towards driving through floodwater. “Floodwater” refers to a body of water covering land that is normally dry. For the next questions, please think about your driving through floodwater. For example, think about the scenario where you are driving in your car immediately after a thunderstorm. You approach a section of the road that is completely covered in water. This could be any amount of water. Now consider your future driving, if such a scenario occurred, how likely are you in the future to AVOID driving through the floodwater...?”

Construct	Items	Scoring
Intention ^a	I intend to drive through the floodwater. I expect I would drive through the floodwater. It is likely that I will drive through the floodwater. In general, I would be willing to drive through the floodwater.	[1] extremely unlikely – [7] extremely likely
Attitudes ^a	If I were to drive through the floodwater, it would be...	[1] bad – [7] good [1] harmful – [7] harmless [1] unwise – [7] wise [1] intelligent – [7] stupid [1] negative – [7] positive
Subjective Norm ^a	Most people who are important to me would approve of me driving through the floodwater. Those people who are important to me think that I should drive through the floodwater. Those people who are important to me would want me to drive through the floodwater.	[1] strongly disagree – [7] strongly agree

	Those people who are similar to me would drive through the floodwater. Most people like me would drive through the floodwater.	
Perceived Behavioural Control ^a	It is mostly up to me whether I drive through the floodwater. I have complete control over whether I drive through the floodwater. It would be easy for me to drive through the floodwater. I am confident I could drive through the floodwater.	[1] strongly disagree – [7] strongly agree
Risk perception ^a	It would be risky for me to drive through the floodwater. If I drive through the floodwater there would be risk involved.	[1] strongly disagree – [7] strongly agree
Perceived susceptibility ^a	My chances of having trouble if I drive through the floodwater are great. There is a good possibility that I will have trouble if I drive through the floodwater. I would be worried about having trouble if I drove through the floodwater.	[1] extremely unsusceptible – [7] extremely susceptible
Perceived severity ^a	If I drive through the floodwater, the consequences would be...? If you drive through the floodwater, to what extent would it impact severely on your life?	[1] not at all severe – [7] extremely severe
Anticipated regret ^a	If I were to drive through the floodwater, I would feel regret. If I were to drive through the floodwater, I would feel sorry for doing it. I would feel upset if I drove through the floodwater.	[1] strongly disagree – [7] strongly agree
Barrier self-efficacy ^b	I am confident I can avoid driving through floodwaters in the future...? ... even when I might be late for work ... even when I need to get to my children/other family members ... even when I need to get home to check on the house/pets etc ... even when the alternative route will take more time/is inconvenient ... even when I see others driving through ... even when I think I can make it ... even when I feel pressure from others to drive through ... even when I know others are around to help if something goes wrong ... even when I think my vehicle is capable to drive through	[1] not at all confident – [7] definitely confident
Action planning ^b	Do you have a plan with regard to AVOIDING driving through floodwater next time you encounter it on your route? When to avoid driving through floodwater Where to avoid driving through floodwater How to avoid driving through floodwater How often to avoid driving through floodwater	[1] not at all true – [7] exactly true

Imagery ability ^c	Typically, I... Have a rich vocabulary Have difficulty understanding abstract ideas Have a vivid imagination Am not interested in abstract ideas Have excellent ideas Do not have a good imagination Am quick to understand things Use difficult words Spend time reflecting on things Am full of ideas	[1] very inaccurate – [5] very accurate
Goal intention ^c	Now that you have heard some information about driving into floodwater, please indicate your agreement with the following statement: I am willing to form a goal to avoid driving through floodwater	[1] strongly disagree – [7] strongly agree
Imagery fidelity ^d	Vividness: How VIVID was the mental image that you had of yourself avoiding driving through the floodwater? Clarity: How CLEAR was the mental image that you had of yourself avoiding driving through the floodwater? Detail: How DETAILED were the images that you had of yourself avoiding driving through the floodwater? Ease: How easy or difficult was it for you to create these images?	[1] not at all vivid – [7] very vivid [1] not at all clear – [7] very clear [1] not at all detailed – [7] very detailed [1] extremely easy – [7] extremely difficult

Note: ^ccovariate; ^dintervention group only

Supplementary Material C – Informed Consent Materials



Investigating Driver Behaviour During Floods

INFORMATION SHEET

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Why is the research being conducted?

The aim of the current study is to develop an understanding of driver behaviour during floods. The research team requests your assistance in helping us with this research.

What you will be asked to do

Your participation in this project will involve completing a brief online survey that will ask questions about your knowledge and attitudes toward driving through floodwater. You will also be asked to provide some background demographic details. This information is not used to identify you in any way but rather it will tell us about the representation of the individuals participating in the study. In addition, you will be required to watch videos and then fill in another online survey. The study will take approximately 35 minutes to complete. One week and four weeks after completing these tasks we will contact you by email and ask you to complete another short questionnaire, which will take approximately 15 minutes. These videos will require sound and you will need to be in a place that is quiet and free from distractions. You may prefer to use headphones to reduce distractions from background noise. The survey has been optimised for computer delivery and may not work properly on smartphones.

Participant selection and/or screening

We welcome your participation if you have are an Australian resident with a registered driver's licence.

The expected benefits of the research

It is expected that this project will not directly benefit you. However, your involvement will provide valuable information about decisions regarding driving through floodwater and, therefore, may benefit others through a greater understanding of these processes.

Risks to you

It is unlikely that there are any risks greater than daily living involved with participation in this project. However, should you experience any discomfort due to undertaking this survey, Lifeline (13 11 14) offers a free 24 hour telephone counselling service.

Your participation is voluntary

Your participation in this project is completely voluntary and you may cease participation at any time. If you agree to participate, you can withdraw from participation at any time during the project without comment or penalty. However, once your responses have been submitted and we have de-identified them, you will be unable to withdraw. Your decision to participate will in no way impact upon your current or future relationship with Griffith University.

Your confidentiality

The information you provide will be treated confidentially and all comments and responses are anonymous. Please do not put your name on the questionnaire. Your responses to the questionnaire will form part of a large data response set, which will initially be stored by Qualtrics. Research data from Qualtrics will be downloaded and stored securely on Griffith University's Google Drive or OneDrive allocation. Data will be password-protected and accessible only to members of the research team. As required by Griffith University, all research data (survey responses and analysis) will be retained in a password-protected electronic file for a minimum period of five years before being destroyed. Participants will be given the opportunity separately to express consent to be contacted for the follow-up survey. These contact details will be deleted following conclusion of the follow-up survey. A personal code identifier will be used to match surveys. Participants' data will not be identifiable in any publication or reporting. In the interest of researcher transparency, a strictly de-identified version of the research data will be prepared and made available on the online open data repository Open Science Framework (<https://osf.io/>).

Consent to participate

Completion and submission of the survey will be accepted as informed consent to participate.

Questions / further information about the project

Please contact the research team members if you have any questions or require further information about the project.

Feedback to you

No automatic feedback will be given to you about the results of this study. However, if you participate and wish to receive a summary of the research results once the study has been completed, you can email the research team members.

The ethical conduct of project

Griffith University conducts research in accordance with the *National Statement on Ethical Conduct in Human Research*. If you do have any concerns or complaints about the ethical conduct of the project you may contact the Manager, Research Ethics on (07) 3735 4375 or research-ethics@griffith.edu.au. This project has received ethical approval from the Griffith University Human Research Ethics Committee (GU Ref no: 2017/895).