

SYNCHRONICITY AWARENESS AND MEANING-DETECTING SCALE

The SMAD Questionnaire (Russo-Netzer & Ickson, 2022)

Synchronicity Awareness (SA) scale

In our daily lives, surprising and unlikely events may occur. Below are examples of such possible occurrences. For each example try to remember whether you

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- 1 I felt that I was “in the right place, at the right time”
 - 2 I ran into something or someone that I thought about in an unexpected place
 - 3 I ran into a situation or a personal encounter that opened up new opportunities
 - 4 I experienced an extraordinary synchronization of thought, behavior. Or words with another person
 - 5 I received an answer to a certain need I had in an unpredictable way (e.g., a partner, a job offer, or an apartment)
 - 6 I thought or dreamt about a person and then I met him\her somehow in the real world shortly afterwards
 - 7 I thought about a person and he\she contacted me unexpectedly shortly afterwards
 - 8 I thought about a particular idea and then I saw it as an external image (e.g., a quote, an ad, or a song)
 - 9 While in nature, I felt a strong sense of connection to the world
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experienced it and indicate the degree of frequency in your life (0=never, 1= once, 2=twice or more, 3= rarely, 4= often, 5=all the time).

Synchronicity Meaning-Detecting (MD) scale

Read carefully each of the following items and indicate the degree to which each of these items best describes you (1= not at all to 7=to a high degree).

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- 1 I believe that unexplained events enable new discovery and development.
 - 2 I find signs of inner feelings in the external stimuli in the world around me.
 - 3 I find meaning in unexplained occurrences
 - 4 I believe that listening to internal and external occurrences enables new discoveries.
 - 5 I sometimes feel that the environment “sends” me signals
 - 6 Following experiences I've had, I have a sense of deep knowing of myself and the world.
 - 7 I am open to experiences that may not necessarily be explained by reason or causality
 - 8 I tend to be attentive to intuition in my everyday life.
 - 9 I am curious about surprising events in my life.
 - 10 I walk around in the world with a sense of awe and wonder from the opportunities and surprises that the world has to offer
 - 11 It happens that things related to issues I am concerned with suddenly appear more in my everyday life.
 - 12 I believe that there is something to be learned from any event in life
 - 13 I tend to be attentive to physical and bodily sensations (e.g., goosebumps, pain, sense of warmth).
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SYNCHRONICITY AWARENESS AND MEANING-DETECTING SCALE

The SAMD scale is comprised of two subscales: (a) synchronicity awareness (SA), and (b) synchronicity meaning-detecting (MD). Since the first dimension refers to the *frequency* of specific events and the second dimension to the *subjective perception* of such events, a different response format (i.e., 6- and 7-point scales) and different number of items are adopted for each dimension.

The SA subscale refers to awareness of the occurrence of synchronicity events in daily lives. It involves 9 items using a 6-point scale (0=never, 1= once, 2=twice or more, 3= rarely, 4= often, 5=all the time). Internal reliabilities reported were good: Cronbach's α were .86 and .87 and McDonald's ω coefficient were .86 and .90.

As for the prevalence of synchronicity experiences, between 99% to all participants in previous studies reported they experienced at least one or more such encounters. When asked to estimate the frequency of synchronicity experiences in their daily lives on a scale from "never" (0) to "all the time" (5), the average response of the sample ranged between "twice or more" (2) to "rarely" (3).

SA scores were positively correlated with MD total scores, as well as with extraversion, agreeableness, openness to experience, presence of meaning, search for meaning, tolerance for ambiguity, optimism and life satisfaction. They were also positively correlated with depression.

The MD subscale refers to the meaning detected in the synchronicity events or experiences. It involves 13 items using a 7-point scale (1= not at all to 7=to a high degree). Internal reliabilities reported were good: Cronbach's α were .93 and McDonald's ω coefficient were .93 and .94.

The average scores of the MD subscale were 4.73 and 4.74 with medians of 4.81 and 4.85 and modes of 4.77 and 5.38.

MD scores were positively correlated with extraversion, agreeableness, conscientiousness, openness to experience, presence of meaning, search for meaning tolerance for ambiguity, optimism and life satisfaction. They were also positively correlated with anxiety and depression.

Russo-Netzer, P., & Ickson, T. (2022). An underexplored pathway to life satisfaction: The development and validation of the synchronicity awareness and meaning-detecting scale. *Frontiers in Psychology, 13*.