Multiple regression analyses were conducted to determine how much of the variance in each behaviour style measure could be explained by these convergent variables.

The four subscales of the Sensation Seeking Scale (SSS) were found to account for 16% of the variance in Comfortable behaviour style scores, *F*(4,117) = 6.71, *p*<.001, adjusted R2 = .16, while for the Experimental behaviour style scores, the subscales of the SSS accounted for 19% of the variance, *F*(4,117) = 8.08, *p*<.001, adjusted R2 = .19.

The three subscales of the Barrett Impulsiveness Scale (BIS-II) were found to account for 28% of the variance in Comfortable behaviour style scores, *F*(3,122) = 16.96, *p*<.001, adjusted R2 = .28, while for the Experimental behaviour style scores, the subscales of the BIS-II accounted for 17% of the variance, *F*(3,122) = 9.40, *p*<.001, adjusted R2 = .17.

When the four scales of the BAS and BIS dimensions were examined, these were found to account for 15% of the variance in Comfortable behaviour style scores, *F*(4,180) = 8.89, *p*<.001, adjusted R2 = .15, while for the Experimental behaviour style scores, the BIS and BAS scales accounted for 36% of the variance, *F*(4,180) = 26.79, *p*<.001, adjusted R2 = .36.