

Supplementary Figure S1 – General Motivation and Fatigue Scale

**How do you feel right now?**

How do you feel now after fighting the fire? To what extent do the expressions below describe how you feel?

For every expression, answer spontaneously, and circle the number that corresponds to how you feel right now.

The numbers vary between 0 (not at all) and 6 (to a very high degree).

	Not at all						To a very high degree
palpitations	0	1	2	3	4	5	6
lack of concern	0	1	2	3	4	5	6
worn out	0	1	2	3	4	5	6
tense muscles	0	1	2	3	4	5	6
falling asleep	0	1	2	3	4	5	6
numbness	0	1	2	3	4	5	6
sweaty	0	1	2	3	4	5	6
spent	0	1	2	3	4	5	6
drowsy	0	1	2	3	4	5	6
passive	0	1	2	3	4	5	6
stiff joints	0	1	2	3	4	5	6
indifferent	0	1	2	3	4	5	6
out of breath	0	1	2	3	4	5	6
yawning	0	1	2	3	4	5	6
Drained	0	1	2	3	4	5	6
Sleepy	0	1	2	3	4	5	6
overworked	0	1	2	3	4	5	6
Aching	0	1	2	3	4	5	6
breathing heavy	0	1	2	3	4	5	6
uninterested	0	1	2	3	4	5	6

## Supplementary Figure S2 – Speed and accuracy test

**The 2 and 7 Test**

Below are two representative blocks of numbers and letters.

When told to start, you have 90 seconds to cross through Targets **2** and **7** as quickly as possible in both blocks.

Do not start until directed.

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2COXC711J7HZRIICAS2YWQ2LHBZCJIIV7ET2PRV  
HJHSTQ2C7KLWC7XHT7KTa2AVPIWOC2CJ7LS2BI  
IVW7TOXR2PH7PDABII2WHGAST20PHWED2TRII  
EQx2PXL7PX7ZCv72Z7ETCHLXSDIN7S2WISI||7TBI  
EOPWH7PDABIY2WGFTY7J

31078944705376381523656970891578436286  
328615428091291892BI3764537B04679629128  
391837894659147086713039I02338941265535  
76B9570j96173285928312B33143B9462531078  
944705376381523656287

## Supplementary Figure S3 – Logical reasoning test

**Logic Reasoning**

Your task is to read each sentence and to decide whether it is a true or false description of the letter pair which follows it. If you think the sentence describes the letter pair correctly circle True. If you think the sentence does not describe the letter pair correctly, then circle False.

**Start with sentence 1 and work systematically through the test without skipping any items.**

**You will have 90 seconds to complete as many of the statements as possible.**

**Work as quickly as you can without making mistakes. Do not start until directed.**

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1. A does not follow B	AB	True	False
2. A does not precede B	BA	True	False
3. B does not follow A	BA	True	False
4. A precedes B	AB	True	False
5. A is not preceded by B	BA	True	False
6. B is not preceded by A	BA	True	False
7. B precedes A	BA	True	False
8. B is not followed by A	BA	True	False
9. B does not follow A	AB	True	False
10. B is. not preceded by A	AB	True	False
11. B is not followed by A	AB	True	False
12. A precedes B	BA	True	False
13. A is not followed by B	AB	True	False
14. A follows B	BA	True	False
15. B is preceded by A	BA	True	False
16. A follows B	AB	True	False
17. A does not follow B	BA	True	False
18. A is preceded by B	BA	True	False
19. B does not precede A	AB	True	False
20. B follows A	BA	True	False

Supplementary Figure S4 – Memory Recall

### Memory Recall Task

When told to begin you will have 30 seconds to look over the patterns of numbers, objects, pictures, and shapes below. After 30 seconds you will be told to turn over the page.

When told to start writing you will be given 30 seconds to write down or draw as many of the objects as possible in the spaces provided (over the page). YOU ARE NOT TO REFER BACK TO THIS PAGE

