

## Appendix 1

### *List of The Studies Included in The Meta-Analysis.*

Study	Sample size	Origin of the sample	Mean age ( <i>SD</i> )	Types of self-evaluations	Types of difficulties
Amir & Gati (2006)	261	Israel	22.30 (1.64)	Process-related self-efficacy	Indecision
*Arce (1996)	140	US, Peru	19.41 (1.60)	Self-esteem	Indecision
*Arnold (2003)	139	Canada	22.00 (6.32)	Process-related self-efficacy	Indecision
Banka & Hauzinski (2015)	366	Poland	22.80 (2.80)	Process-related self-efficacy	Indecision
Behrens & Nauta (2014)	131	US	19.96 (4.83)	Process-related self-efficacy	Indecision
Betz, Hammond, & Multon (2005) - sample 1	627	US	-	Process-related self-efficacy	Indecision
- sample 2	405	US	18.80 (2.20)	Process-related self-efficacy	Indecision
Betz, Klein, & Taylor (1996)	184	US	-	Process-related self-efficacy	Indecision
Betz & Voyten (1997)	345	US	-	Process-related self-efficacy	Indecision
Blustein, Walbridge, Friedlander, & Palladino (1991)	101	US	21.07 (1.28)	Process-related self-efficacy	Indecision
Bullock-Yowell, McConnell, & Schedin (2014)	110	US	-	Process-related self-efficacy	Indecision
Cerce & Pecjak (2007)	87	Slovenia	-	Process-related self-efficacy	Indecision
*Coon (2009)	325	US	-	Process-related self-efficacy	Indecision
Cortes, Mostert, & Els (2014)	782	South Africa	-	Generalized self-efficacy Self-esteem	Indecision
Creed & Patton (2003)	367	Australia	15.49 (1.47)	Process-related self-efficacy Self-esteem	Indecision

Creed, Patton, & Bartrum (2004)	126	Australia	18.08 (0.42)	Process-related self-efficacy Self-esteem	Indecision
Creed, Patton, & Prideaux (2007)	220	Australia	14.10 (0.45)	Process-related self-efficacy Self-esteem	Indecision
Di Fabio & Bucci (2016) - sample 1	219	Italy	18.13 (0.56)	Process-related self-efficacy	Indecision
- sample 2	234	Italy	25.67 (1.83)	Process-related self-efficacy	Indecision
Di Fabio, Palazzeschi, Asulin-Peretz, & Gati (2013)		Italy	24.04 (1.91)	Process-related self-efficacy	Indecisiveness
	361				Indecision
Di Fabio & Saklofske (2014)	194	Italy	18.02 (0.78)	Process-related self-efficacy	Indecision Indecisiveness
Duffy & Raque-Bogdan (2010)	265	US	20.43 (1.56)	Process-related self-efficacy	Indecision
*Falardeau-Alain (2013)	839	Canada	17.70 (1.88)	Self-esteem	Indecision
Faurie & Giacometti (2017)	737	France	18.90 (-)	Generalized self-efficacy Self-esteem Content-related self-efficacy	Indecision
*Feinstein-Messinger (2007)	231	US	20.07 (2.95)	Process-related self-efficacy	Indecision
Fouad, Cotter, & Kantamneni (2009)	73	US	18.56 (1.45)	Process-related self-efficacy	Indecision
Gadassi, Gati, & Wagman-Rolnick (2013)	284	Israel	22.70 (1.96)	Process-related self-efficacy	Indecisiveness
Gati et al. (2011)	70	Israel	22.38 (2.15)	Process-related self-efficacy	Indecisiveness
*Geiken (2009)	350	US	-	Process-related self-efficacy	Indecision
Germeijs & De Boeck (2002)	156	Belgium	-	Self-esteem	Indecisiveness
Grier-Reed & Skaar (2010)	82	US	-	Process-related self-efficacy	Indecision
Guay, Ratelle, Senecal, Larose, & Deschenes (2006)	325	Canada	17.70 (-)	Process-related self-efficacy	Indecision
*Hird (1995)	519	US	20.49 (2.37)	Process-related self-efficacy	Indecision

Hirschi & Herrmann (2013) (sample 1)	341	Switzerland	14.10 (0.70)	Generalized self-efficacy	Indecision
Hirschi & Herrmann (2013) (sample 2)	283	Switzerland	17.40 (1.00)	Generalized self-efficacy	Indecision
Hirschi, Herrmann, & Keller (2015)	1260	Germany	23.95 (3.14)	Content-related self-efficacy	Indecision
*Hsieh (1995)	280	Hawaii	20.52 (2.37)	Process-related self-efficacy	Indecision
*Hurley (2013)		Ireland	25.50 (7.08)	Generalized self-efficacy	Indecision
	115			Content-related self-efficacy	
Jaensch, Hirschi, & Freund (2015) - sample 1	363	Germany	25.25 (4.60)	Content-related self-efficacy	Indecision
- sample 2	590	Germany	23.64 (2.73)	Content-related self-efficacy	Indecision
Jin, Nam, Joo, & Yang (2015)	501	South Korea	-	Process-related self-efficacy	Indecisiveness
				Self-esteem	
Kishor (1981)	224	Fiji	17.60 (-)	Self-esteem	Indecision
*Lam(2016)	244	Malaysia	17.95 (-)	Process-related self-efficacy	Indecision
Lent, Ezeofor, Morrison, Penn, & Ireland (2016) - sample 1	180	US	19.74 (2.11)	Process-related self-efficacy	Indecisiveness
- sample 2	215	US	19.17 (1.32)	Process-related self-efficacy	Indecisiveness
Li, Wu, Tao, & He (2012)	376	China	-	Self-esteem	Indecision
Lin, Wu, & Chen (2015)	7418	Taiwan	-	Process-related self-efficacy	Indecision
				Self-esteem	
Lipshits-Braziler, Tatar, & Gati (2018)	1136	Israel	17.04 (0.30)	Process-related self-efficacy	Indecision
Lo Cascio, Guzzo, Pace, & Pace (2013)	350	Italy	14.90 (0.93)	Self-esteem	Indecisiveness
Lo Cascio, Guzzo, Pace, Pace, & Madonia (2016)	381	Italy	15.00 (0.88)	Self-esteem	Indecisiveness
Lopez & Ann-Yi (2006)	352	US	24.15(6.27)	Process-related self-efficacy	Indecision
Mao, Hsu, & Fang (2017)	765	Taiwan	-	Process-related self-efficacy	Indecision
					indecisiveness
Marcionetti (2014)	445	Switzerland	13.40 (0.60)	Self-esteem	Indecision

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Marcionetti & Rossier (2017)	448	Switzerland	14.60 (0.70)	Self-esteem	Indecision
Morgan & Ness (2003)	149	Canada	-	Process-related self-efficacy	Indecision
Nauta (2012)	48	US	19.56 (2.04)	Process-related self-efficacy	Indecision
Neureiter & Traut-Mattausch (2017)	289	Austria	24.57 (6.49)	Content-related self-efficacy	Indecision
Nota, Ferrari, Solberg, & Soresi (2007)	253	Italy	16.62 (1.45)	Process-related self-efficacy	Indecision
Osipow & Gati (1998)	403	US	18.90 (1.82)	Process-related self-efficacy	Indecision
Oztemel (2014)	545	Turkey	15.87 (1.12)	Self-esteem	Indecisiveness
Patton & Creed (2007)	925	Australia	15.25 (1.48)	Process-related self-efficacy	Indecision
Perte (2013)	410	Romania	16.74 (-)	Process-related self-efficacy	Indecision
				Self-esteem	
Punch, Creed, & Hyde (2005)	172	Australia	-	Process-related self-efficacy	Indecision
Reese & Miller (2006)	30	US	19.50 (-)	Process-related self-efficacy	Indecision
Robbins (1987)	107	US	23.70 (6.20)	Self-esteem	Indecision
Saka & Gati (2007)	246	Israel	-	Self-esteem	Indecisiveness
Santos (2001)	345	Portugal	16.80 (1.10)	Self-esteem	Indecisiveness
Santos & Ferreira (2012)	362	Portugal	17.35 (0.78)	Self-esteem	Indecisiveness
Santos & Ferreira (2015)	521	Portugal	22.20 (1.87)	Self-esteem	Indecisiveness
Santos & Goncalves (2017)	314	Portugal	16.66 (0.90)	Self-esteem	Indecisiveness
Santos, Wang, & Lewis (2018)	427	UK	25.00 (7.75)	Process-related self-efficacy	Indecision
Sari (2007)	320	Turkey	-	Self-esteem	Indecisiveness
Smith & Betz (2002)	405	US	-	Process-related self-efficacy	Indecision
				Self-esteem	
Sovet, Carrein, Jung, & Tak (2014)	238	South Korea	16.03 (0.55)	Process-related self-efficacy	Indecision
				Self-esteem	

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Sovet & Metz (2014) - sample 1	846	France	16.08 (0.58)	Process-related self-efficacy	Indecision
- sample 2	706	South Korea	15.49 (0.51)	Process-related self-efficacy	Indecision
Sovet, Tak, & Jung (2015)	854	South Korea	21.17 (2.42)	Process-related self-efficacy	Indecision
Starica (2011)	99	Romania	-	Process-related self-efficacy	Indecision
Storme, Celik, & Myszkowski (2019)	412	France	20.77 (1.18)	Process-related self-efficacy	Indecision
Tak (2006)	238	South Korea	-	Process-related self-efficacy	Indecision
Taylor & Betz (1983)	346	US	19.10 (-)	Process-related self-efficacy	Indecision
Taylor & Popma (1990)	407	US	18.90 (-)	Process-related self-efficacy	Indecision
*Temple (1997)	699	US	-	Content-related self-efficacy	Indecision
Temple & Osipow (1994)	168	US	-	Content-related self-efficacy	Indecision
Thompson & Subich (2011)	299	US	21.04 (5.04)	Process-related self-efficacy	Indecisiveness
Tracey & Darcy (2002)	162	US	19.60 (1.24)	Generalized self-efficacy	Indecision
Vidal-Brown & Thompson (2001)	539	US	-	Process-related self-efficacy	Indecision
Vignoli (2009)	241	France	16.78 (0.55)	Self-esteem	Indecisiveness
Wang, Jome, Haase, & Bruch (2006)	184	US	20.00 (2.43)	Process-related self-efficacy	Indecision
Wulff & Steitz (1999)	91	US	16.80 (0.82)	Process-related self-efficacy/ Self-esteem	Indecision
Xiao, Hou, Wang, & Zhu (2017)	48	China	-	Process-related self-efficacy	Indecisiveness
Xu & Tracey (2015)	253	US	19.37 (2.27)	Process-related self-efficacy	Indecision

Note. \* Unpublished papers. US =United States, UK= United Kingdom.