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**Scheme 1**. A schematic diagram showing production of hydrogen either through Volmer + Heyrovsky or Volmer + Tafel steps with distinctive rate determining steps.



Figure S1. Expanded complex plane impedance plots of  $MoS_2$  near high frequency region showing minor semicircle and small 45° line feature.



Figure S2 . a) A transmission line equivalent circuit and b) a 2 CPE equivalent circuit.



**Figure S3**. a) Complex plane impedance plots of  $MoS_2/CNT$  as a function of overpotential from 0.2 V (smallest semi-circle) to 0.1 V (largest semi-circle) in increments of 0.01 V. Solid lines are experimental data while circles denote fitting. b) Tafel plot of  $MoS_2/CNT$  obtained using  $R_{ct}$  data from impedance analysis.



**Figure S4**. a) Complex plane impedance plots of  $MoS_2/AB$  as a function of overpotential from 0.2 V (smallest semi-circle) to 0.1 V (largest semi-circle) in increments of 0.01 V. Solid lines represent experimental data and circles denote fitting. b) Tafel plot of  $MoS_2/AB$  obtained using  $R_{ct}$  data from impedance analysis.



**Figure S5**. Tafel plot of  $MoS_2/VC$ -100 obtained using  $R_{ct}$  data from impedance analysis (Figure 5a).



**Figure S6**. a) Complex plane impedance plots of  $MoS_2/VC-25$  as a function of overpotential from 0.2 V (smallest semi-circle) to 0.1 V (largest semi-circle) in increments of 0.01 V. Solid lines are experimental data while circles denote fitting. b) Tafel plot of  $MoS_2/VC-25$  obtained using  $R_{ct}$  data from impedance analysis.

Table S1.	Crystalline	size, micro-s	strain and d	lislocation	density d	lata of MoS <sub>2</sub>	and MoS <sub>2</sub> /C
electrocata	alysts.						

Electrocatalyst	Crystalline size (nm)	Micro- strain	Dislocation density
MoS <sub>2</sub>	6.89	2.367	0.021
MoS <sub>2</sub> /AB	6.74	2.419	0.022
MoS <sub>2</sub> /VC	6.78	2.399	0.021
MoS <sub>2</sub> /CNT	6.28	2.594	0.025
MoS <sub>2</sub> /CNF	4.02	3.968	0.061