RAND Internet Study MS version 7 – Revised 9/18/08

Introduction

This questionnaire asks you about how you are feeling generally and yesterday in particular. We will not reveal your answers to anyone outside of the research team unless we need to protect you or others from harm. For example, if you tell us that you intend to hurt yourself or others, or that a child or old person is being abused, we will give your information to a supervisor who may report it to the authorities. This questionnaire will take approximately 30 minutes to complete.

ratesatisfy HOW SATISFIED

First, we have some general questions about your life. Taking all things together, how satisfied are you with your life as a whole these days? Are you...

1 not at all satisfied

2 not very satisfied

3 satisfied

4 very satisfied

ideal CLOSE TO IDEAL

Next, we present five statements with which you may agree or disagree. How much do you agree or disagree with the following statement? 'In most ways my life is close to my ideal.'

1 strongly disagree

2 disagree

3 slightly disagree

4 neither agree nor disagree

5 slightly agree

6 agree

7 strongly agree

excellent CONDITIONS ARE EXCELLENT

How much do you agree or disagree with the following statement? 'The conditions of my life are excellent.'

1 strongly disagree

2 disagree

3 slightly disagree

4 neither agree nor disagree

5 slightly agree

6 agree

7 strongly agree

lifesatisfy   SATISFIED WITH LIFE

How much do you agree or disagree with the following statement? 'I am satisfied with my life.'

1 strongly disagree

2 disagree

3 slightly disagree

4 neither agree nor disagree

5 slightly agree

6 agree

7 strongly agree

gotthings GOTTEN IMPORTANT THINGS

How much do you agree or disagree with the following statement? 'So far I have gotten the important things I want in life.'

1 strongly disagree

2 disagree

3 slightly disagree

4 neither agree nor disagree

5 slightly agree

6 agree

7 strongly agree

nochanges CHANGE ALMOST NOTHING

How much do you agree or disagree with the following statement? 'If I could live my life over, I would change almost nothing.'

1 strongly disagree

2 disagree

3 slightly disagree

4 neither agree nor disagree

5 slightly agree

6 agree

7 strongly agree

drmintro DRM INTRODUCTION

We would like to learn what you did and how you felt yesterday. Not all days are the same - some are better, some are worse and others are pretty typical. Here we are only asking you about yesterday. Because some people find it difficult to remember what exactly they did and experienced, we will try to help you reconstruct your day by breaking it down into episodes, and then we will ask you questions about each episode. Unlike normal survey questions, you must provide an answer for each question about the episodes of your day. If you don't want to answer these questions, just close the survey and contact our helpdesk.

timewake TIME WAKE UP

Yesterday was: [weekday, month, day, year]

Log of Yesterday

About what time did you wake up yesterday?

(example: '7:15' and check 'am')

[enter time]

1 am

2 pm

timesleep TIME GO TO SLEEP

Yesterday was: [weekday, month, day, year]

Log of Yesterday

When did you go to sleep last night?

[enter time]

1 am

2 pm

eatlunch EAT LUNCH

Yesterday was: [weekday, month, day, year]

Log of Yesterday

Did you eat lunch yesterday?

1 yes

2 no

timelunch TIME EAT LUNCH

Yesterday was: [weekday, month, day, year]

Log of Yesterday

[About what time did you eat lunch yesterday?/

About what time do you normally have lunch? If you never have lunch, at what time do you consider your morning to be over?]

[enter time]

1 am

2 pm

eatdinner EAT Dinner

Yesterday was: [weekday, month, day, year]

Log of Yesterday

Did you eat dinner yesterday?

1 yes

2 no

timedinner EAT DINNER

Yesterday was: [weekday, month, day, year]

Log of Yesterday

[About what time did you eat dinner yesterday?/ About what time do you normally have dinner? If you never have dinner, at what

time do you consider your afternoon to be over?]

[enter time]

1 am

2 pm

revanswers REVIEW ANSWERS

Please look at the list of events below. If the data are displayed correctly, choose 'Next' to continue. You can also choose 'Back' to make changes.

event time

wakeup [TIME WAKE UP]

lunch [TIME EAT LUNCH]

dinner [EAT DINNER]

sleep [TIME GO TO SLEEP]

drmintro1 DRM INTRO 1

Think of yesterday as a continuous series of scenes or episodes in a movie. An episode should last at least 20 minutes but probably not more than 2 hours. A new episode begins when there is a significant change, like in what you're doing or who you're with, or where you are, or because something happened that changed your mood. Sequences of short routine activities like showering and dressing should be grouped as a single episode. Use the breakdown of yesterday that makes the most sense to you and best captures what you did and how you felt. Starting on the next screen, we will ask you to describe the episodes. Try to remember the episodes in detail. For each one, enter a label of a few words that will remind you of exactly what was going on and what you felt (for example, 'commuting to work', or 'at lunch with friends').

LOOP 3 TIMES: MORNING/AFTERNOON/EVENING

|

| LOOP UNTIL NO MORE EPISODES GIVEN

| |

| | **e1_l1 ENTER EPISODE**

| | Yesterday [morning/afternoon/evening] (from [waking up/lunchtime/dinnertime] until [lunchtime/dinnertime/going to bed])

| | Please type a label for an episode and the time it began and ended, and then choose 'Next'. If you have entered something that you

| | later want to change, you will be able to make changes after you have finished entering new episodes. Once you are done entering

| | new episodes, please enter nothing and just choose 'Next'. You will then move on to a review screen where you will just choose

| | 'Next'. You will then move on to a review screen where you will be able to make changes to earlier episodes, if you wish.

| | your label

| | [enter label]

starttime START TIME

| | time it began

| | [enter time]

| | 1 am

| | 2 pm

endtime ENDTIME

| | time it ended

| | [enter time]

| | 1 am

| | 2 pm

| |

| ENDLOOP

|

| **e2 EPISODE OVERVIEW**

| You indicated that you do not remember any more episodes from Yesterday [morning/afternoon/evening]. Please look at your list of
| episodes below. You can make changes, split up episodes and delete episodes by choosing the episode you want to alter. You can
| also choose 'Back' to enter more episodes. [list with episodes and time] If all episodes are entered correctly, please choose 'Next' to
continue.

|

ENDLOOP

Q1 AND Q21

q1 and q21 HOW WELL RESTED WHEN YESTERDAY BEGAN

How Yesterday Began

Please think about the beginning of the day yesterday, how it began. Were you fully rested when you woke up?

0 Very tired

1

2

3

4

5

6 Completely rested

LOOP 3 TIMES: MORNING/AFTERNOON/EVENING FOR EACH EPISODE GIVEN GROUP A GETS ALL EPISODES,

GROUP B ONE OF THE 3 RANDOMLY ASSIGNED

|

| IF RANDOMLY SELECTED FOR CLOSED FOLLOWUP QUESTIONS

| |

| | **q2 WHERE WERE YOU**

| | Please look at your [morning/afternoon/evening] timeline above and think about the [earliest/next] episode ([label] [start time] -

| | [end time]) you noted. Before answering the questions below take a minute to re-live this episode in detail - everything you were
| | doing, the people you were with and what your feelings were. Where were you?

| | 1 at home

| | 2 at work

| | 3 in a car

| | 4 elsewhere

| |

| | IF WHERE WERE YOU = 4 elsewhere THEN

| | |

| | | **q3 WHERE WERE YOU OPEN**

| | | Where were you?

| | | OPEN

| | |

| | ENDIF

| |

| | **q4 WERE YOU ALONE**

| | Were you alone?

| | 1 no

| | 2 yes

| |

| | IF WERE YOU ALONE = 1 no THEN

| | |

| | | **q5 WERE YOU TALKING OR INTERACTING**

| | | Were you talking or interacting with anyone?

| | | 1 no

| | | 2 one person

| | | 3 more than one

| | |

| | | IF WERE YOU TALKING OR INTERACTING = 2 one person OR 3 more than one THEN

| | | |

| | | |**q6 TALKING OR INTERACTING WITH**

| | | | Who where you talking or interacting with? [(Please check all that apply)]

| | | | 1 spouse, significant other

| | | | 2 children

| | | | 3 parents

| | | | 4 other relatives

| | | | 5 friends

| | | | 6 co-workers

| | | | 7 customers, students

| | | | 8 boss

| | | | 9 other people not listed

| | | |

| | | | IF 9 other people not listed in TALKING OR INTERACTING WITH

| | | | |

| | | | | **q7 WHAT OTHER PEOPLE**

| | | | | What other people do you mean?

| | | | | OPEN

| | | | |

| | | | ENDIF

| | | |

| | | ENDIF

| | |

| | ENDIF

| |

| | **q8 WHAT WERE YOU DOING**

| | What were you doing? (Please read the entire list carefully and check all that apply)

| | 1 commuting, traveling

| | 2 doing housework

| | 3 eating

| | 4 exercising

| | 5 grooming, self care

| | 6 home computer

| | 7 listening to music

| | 8 listening to radio, news

| | 9 making love

| | 10 playing

| | 11 praying/worshipping/meditating

| | 12 preparing food

| | 13 reading

| | 14 relaxing, nothing special

| | 15 rest/sleep

| | 16 shopping, errands

| | 17 taking care of your children

| | 18 talking, conversation

| | 19 walking, taking a walk

| | 20 watching television

| | 21 working

| | 22 other not listed

| |

| | IF 22 other not listed in WHAT WERE YOU DOING

| | |

| | |**q9 WHAT OTHER NOT LISTED THINGS WERE YOU DOING**

| | | What were you doing?

| | | OPEN

| | |

| | ENDIF

| |

| |**q10 WHICH SEEMED MOST IMPORTANT AT THE TIME**

| | Which one seemed to most important to you at the time?

| | [1 commuting, traveling]

| | [2 doing housework]

| | [3 eating]

| | [4 exercising]

| | [5 grooming, self care]

| | [6 home computer]

| | [7 listening to music]

| | [8 listening to radio, news]

| | [9 making love]

| | [10 playing]

| | [11 praying/worshipping/meditating]

| | [12 preparing food]

| | [13 reading]

| | [14 relaxing, nothing special]

| | [15 rest/sleep]

| | [16 shopping, errands]

| | [17 taking care of your children]

| | [18 talking, conversation]

| | [19 walking, taking a walk]

| | [20 watching television]

| | [21 working]

| | [22 other not listed]

| |

| ELSE

| |

| |**q22 WHAT WERE YOU DOING OPEN**

| | Please look at your [morning/afternoon/evening] timeline above and think about the [earliest/next] episode ([label] [start time] –

| | [end time]) you noted[, right after you woke up]. Please tell us a little bit about this episode. For instance, what were you mainly

| | doing? Where were you? Who were you with? Did these things change during the episode?

| | OPEN

| |

| ENDIF

|Q11 AND Q23

| **q11_1 and q23_1 FELT DURING EPISODE – IMPATIENT**

| How did you feel during this episode? Please rate each feeling on the scale given. A 0 means that you did not experience that feeling

| at all. A 6 means that you experienced that feeling very strongly. Please choose the number between 0 and 6 that best describes how

| you felt.

| Impatient for it to end

| 0..6

|

| **q11_2 and q23_2 FELT DURING EPISODE – COMPETENT/CONFIDENT**

| Competent / Confident

| 0..6

|

| **q11_3 and q23_3 FELT DURING EPISODE – TENSE/STRESSED**

| Tense / Stressed

| 0..6

|

| **q11_4 and q23_4 FELT DURING EPISODE – HAPPY**

| Happy

| 0..6

|

| **q11_5 and q23_5 FELT DURING EPISODE – DEPRESSED**

| Depressed / Blue

| 0..6

|

| **q11_6 and q23_6 FELT DURING EPISODE – INTERESTED**

| Interested / Focused

| 0..6

|

| **q11_7 and q23_7 FELT DURING EPISODE – AFFECTIONATE/FRIENDLY**

| Affectionate / Friendly

| 0..6

|

| **q11_8 and q23_8 FELT DURING EPISODE – CALM/RELAXED**

| Calm / Relaxed

| 0..6

|

| **q11_9 and q23_9 FELT DURING EPISODE – IRRITATED/ANGRY**

| Irritated / Angry

| 0..6

|

| **q11_10 and q23_10 FELT DURING EPISODE - TIRED**

| Tired

| 0..6

|

EPISODE CHANGE PERIOD INTRODUCTION

| [Afternoon/Evening]

| Please note that the timeline above has changed. We would like you to think about [lunchtime/dinnertime] until [dinnertime/time to

| go to bed] of yesterday now.

|

ENDLOOP

yesterday MORE ABOUT YESTERDAY

More about yesterday

Now please think about how you felt overall, in terms of such feelings as those you just described (impatience, confidence, stress,

happiness, etc.). Compared to what [weekday]s are usually like, yesterday was...

1 much worse

2 somewhat worse

3 pretty typical

4 somewhat better

5 much better

wonderfulevent UNUSUALLY WONDERFUL EVENT

Was there a moment yesterday that was unusually wonderful or thrilling?

1 no

2 yes

IF UNUSUALLY WONDERFUL EVENT = 2 yes THEN

|

|**timewonderful TIME WONDERFUL EVENT HAPPENED**

| About what time did something unusually wonderful or thrilling happened?

| [enter time]

| 1 am

| 2 pm

|

| **whywonderful WHAT MADE IT GREAT**

| What made it so great?

| OPEN

|

ENDIF

awfulevent UNUSUALLY AWFUL EVENT

Was there a moment yesterday that was unusually awful or difficult?

1 no

2 yes

IF UNUSUALLY AWFUL EVENT = 2 yes THEN

|

| **timeawful TIME AWFUL EVENT HAPPENED**

| About what time did something unusually awful or difficult happened?

| [enter time]

| 1 am

| 2 pm

|

| **whyawful WHAT MADE IT BAD**

| What made it so bad?

| OPEN

|

ENDIF

morequest ADDITIONAL QUESTIONS

A few additional questions about you. About what time did you wake up today?

[enter time]

1 am

2 pm

ratehealth RATE HEALTH

Would you say your health is excellent, very good, good, fair, or poor?

1 excellent

2 very good

3 good

4 fair

5 poor

ratesleep SLEEP QUALITY

During the past month, how would you rate your overall sleep quality?

1 excellent

2 very good

3 good

4 fair

5 poor

hrssleep HOW MANY HOURS OF SLEEP

During the past month, on average how many hours of actual sleep did you get at night?

INTEGER

rateinterview HOW PLEASANT WAS INTERVIEW

Could you tell us how interesting or uninteresting you found the questions in this interview?

1 Very interesting

2 Interesting

3 Neither interesting nor uninteresting

4 Uninteresting

5 Very uninteresting

phoneinterview WOULD YOU COMPLETE IF PHONE INTERVIEW

Would you have completed this interview if it had been conducted on the phone?

1 Yes

5 No

email EMAIL ADDRESS

To contact you in the future we would like to be able to send you email. Please enter your email address below, if you would like us to contact you by email in the future.

STRING: 255

comments OTHER COMMENTS

Do you have any other comments on the interview? Please type these in the box below.

OPEN

q31 LAST QUESTION

This was the last question. Thank you for your participation. Your answers have been submitted to the server!