# Dissertation Self- Report Measures Codebook

Two items used: the SF-36 (<https://www.rand.org/health-care/surveys_tools/mos/36-item-short-form.html>) and the PSS-10 (<https://www.corc.uk.net/outcome-experience-measures/perceived-stress-scale-pss-10/>)

**December 18, 2024**

* **Excel File Created** for hand entering self-report forms
  + File name: SelfRepData
* Column A is named ‘Participant’ and Column B is named ‘Week’ so that each participants data can be entered throughout 3 rows (1 row for each week)
* Columns C through AL are the participants answers for the SF-36. The following illustrates how items were renamed:
  + (The following question was scored on a scale of 1 (Excellent) to 5 (Poor))
    - “In general, would you say your health is” > SF1
  + (The following question was scored on a scale of 1 (Much better now than one year ago) to 5 (much worse now than one year ago))
  + “Compared to one year ago, how would you rate your health in general now?” > SF2
  + (For items 3 – 12, the following heading was used: “The following items are about activities you might do during a typical day. Does **your health now limit you** in these activities? If so, how much?”; items were scored as 1 (Yes, limited a lot), 2 (Yes, limited a little), or 3 (No, not limited at all))
    - “**Vigorous activities**, such as running, lifting heavy objects, participating in strenuous sports” > SF3
    - “**Moderate activities**, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf” > SF4
    - “Lifting or carrying groceries” > SF5
    - “Climbing **several** flights of stairs” > SF6
    - “Climbing **one** flight of stairs” > SF7
    - “Bending, kneeling, or stooping” > SF8
    - “Walking **more than a mile**” > SF9
    - “Walking **several blocks**” > SF10
    - “Walking **one block**” > SF11
    - “Bathing or dressing yourself” > SF12
  + (For items 13 – 16, the following heading was used: “During the **past 4 weeks**, have you had any of the following problems with your work or regular daily activities **as a result of your physical health**?”; items were scored as 1 (Yes) or 2 (No))
    - “Cut down the **amount of time** you spent on work or other activities” > SF13
    - “**Accomplished less** than you would like” > SF14
    - “Were limited in the **kind** of work or other activities” > SF15
    - “Had **difficulty** performing the work or other activities (for example, it took extra effort)” > SF16
  + (For items 17 – 19, the following heading was used: “During the **past 4 weeks**, have you had any of the following problems with your work or regular daily activities **as a result of any emotional problems** (such as feeling depressed or anxious?”; items were scored as 1 (Yes) or 2 (No))
    - “Cut down the **amount of time** you spent on work or other activities” > SF17
    - “**Accomplished less** than you would like” > SF18
    - “Didn’t do work or other activities as **carefully** as usual” > SF19
  + (The following item was scored on a scale from 1 (Not at all) to 5 (Extremely))
    - “During the **past 4 weeks**, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbors, or groups?” > SF20
  + (The following item was scored on a scale from 1 (None) to 5 (Very Severe))
    - “How much **bodily** pain have you had during the **past 4 weeks**?” > SF21
  + (The following item was scored on a scale from 1 (Not at all) to 5 (Extremely))
    - “During the **past 4 weeks**, how much did **pain** interfere with your normal work (including both work outside the home and housework)?” > SF22
  + (For items 23 – 31, the following heading was used: “These questions are about how you feel and how things have been with you **during the past 4 weeks**. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time **during the past 4 weeks**...”; items were scored from 1 (All of the time) to or 6 (None of the time))
    - “Did you feel full of pep?” > SF23
    - “Have you been a very nervous person?” > SF24
    - “Have you felt so down in the dumps that nothing could cheer you up?” > SF25
    - “Have you felt calm and peaceful?” > SF26
    - “Did you have a lot of energy?” > SF27
    - “Have you felt downhearted and blue?” > SF28
    - “Did you feel worn out?” > SF29
    - “Have you been a happy person?” >SF30
    - “Did you feel tired?” > SF31
  + (The following item was scored on a scale from 1 (All of the time) to 5 (None of the time))
    - “During the **past 4 weeks**, how much of the time has **your physical health or emotional problems** interfered with your social activities (like visiting with friends, relatives, etc.)?” > SF32
  + (For items 33 – 36, the following heading was used: “How TRUE or FALSE is **each** of the following statements for you,”; items were scored from 1 (Definitely true) to or 6 (Definitely false))
    - “I seem to get sick a little easier than other people" > SF33
    - “I expect my health to get worse” > SF35
    - “My health is excellent” > SF36
* Columns AM through AL are the participants answers for the PSS-10. The following illustrates how items were renamed:
  + (For all items, the following heading was used: “The questions in this scale ask you about your feelings and thoughts during THE LAST WEEK. In each case, please indicate your response by placing an “X” over the circle representing HOW OFTEN you felt or thought a certain way”; as a note, this is a deviation form the original version, that asks about the “last month” instead of the “last week”; items were scored from 0 (Never) to 4 (Very Often))
    - “In the last week, how often have you been upset because of something that happened unexpectedly?” > PSS1
    - “In the last week, how often have you felt that you were unable to control the important things in your life?” > PSS2
    - “In the last week, how often have you felt nervous and “stressed”?” > PSS3
    - “In the last week, how often have you felt confident about your ability to handle your personal problems?” > PSS4
    - “In the last month, how often have you felt that things were going your way?” > PSS5 *[this item missed in the switch, so there may be some error]*
    - “In the last week, how often have you found that you could not cope with all the things that you had to do?” > PSS6
    - “In the last week, how often have you been able to control irritations in your life?” > PSS7
    - “In the last week, how often have you felt that you were on top of things?” > PSS8
    - “In the last week, how often have you been angered because of things that were outside your control?” > PSS9
    - “In the last week, how often have you felt difficulties were piling up so high that you could not overcome them?” > PSS10
* Participants were added to the following rows (with Column B designating Week 1, 2, and 3, consecutively).
  + Rows 2 – 4: Redwood
  + Rows 5 – 7: Granite
  + Rows 8 – 10: Glacier
  + Rows 11 – 13: Horizon
  + Rows 14 – 16: Starlight
  + Rows 17 – 19: Marigold
  + Rows 20 – 22: Solstice
  + Rows 23 – 25: Prism
  + Rows 26 – 28: Cascade
  + Rows 29 – 31: Meadow
  + Rows 32 – 34: Eclipse
  + Rows 35 – 37: Quartz
  + Rows 38 – 40: Tundra
  + Rows 41 – 43: Harbor
  + Rows 44 – 46: Obsidian
* Words