**Cognitive interview – Matthieu**

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| **Item#** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** | **18** |
| clarté |  |  |  |  |  |  |  |  | 2 | 2 |  |  |  | 2 |  |  |  |  |
| difficulty |  | 1 | 1 | 1 |  | 1 |  | 2 | 1 | 3 |  | 2 |  | 2 |  | 1 | 2 |  |

**CA01**

Clarté :

14- : le participant a hésité puis a dit « c’est okay », ce qui pourrait se traduire par « ça peut aller ».

Facilité de réponse :

14- « moyen, peut être modifier la phrase : « I have a strong desire to avoid physical effort »

**CA02**

Suggère d’ajouter « Please read each sentence carefully” juste avant le tableau avec les différents items.

Clarté :

Tous les items sont clairs.

Facilité de réponse :

2- “moderately because of the double negative”

4- “moderately because of the double negative” “It’s difficult to agree with the negative”

6- “moderate”

8- “moderate”

10- “Definitely moderate due to the usually + do not”

12- “moderate”

14- “minor moderate”

16- “not too bad, moderate”

17- “Definitely moderate due to the usually + do not that requires more thought”

**CA03**

Clarté :

10- « Moins clair car ressemble à une double négative. »

14- « Moins clair, car idée de double négative. »

Facilité de réponse :

8- Hésitation à répondre « oui »

10- « Un peu plus difficile que les autres »

12- « Moins facile à répondre que version positive de la question »

17- « Besoin de penser à like versus dislike »

**CA04**

Clarté : all clear

Facilité de réponse :

9- « A bit harder to answer »

**CA05**

Clarté :

9- « So so »

10- « Meh »

Facilité de réponse :

3- Not as easy as 1 and 2

9- « So so »

10- « Meh »

**Cognitive interview – Silvio**

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| **Item#** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** | **18** |
| clarté |  |  | 1 |  |  |  | 1 |  | 3 | 3 | 1 |  |  | 4 | 1 | 3 |  |  |
| difficulty | 1 | 2 |  |  | 1 | 1 | 2 | 1 | 2 | 2 |  |  | 1 | 3 | 1 | 1 | 1 |  |

**CA01 (femme, étudiante, USA)**

Clarté :

7- : The word «exerting » is a rather « aversive » term, especially because the item was related to an anticipation, rather to a concrete ongoing situation.

9- Contains the word « exerting » but it is okay because « exerting » is related to a concrete ongoing situation, so much more easy to “visualize”, “exemplify” (eg when I work out…”)

10- Same as #7

11- Same as #9.

14- « so-so ».

16- Relatively clear, but not the clearest one.

Facilité de réponse :

7- Not easy to answer because lacks clarity.

10- Same as #7.

14- « so-so ».

**CA02 (homme, employé, USA)**

Clarté :

9- Fairly clear – why exerting effort without a purpose?

10- not so clear, seems like a double negation

16- So-so

Facilité de réponse :

9- Fairly easy.

10- Not so clear – but understandable after re-reading it.

**CA03 (femme, employée, UK)**

Clarté :

3- yes, clear after re-reading the question.

10- Do satisfaction refer to the satisfaction **while** exerting effort or **after** exerting effort?

Facilité de réponse :

1- Not easy because of health limitations – she would like to engage in effort because she is currently restricted. So, she has positive “mental” approach tendencies toward effort, but low “embodied” approach tendencies toward effort, because of her current health status. As such, items with “like”, “enjoy” (affective abstract dimension) were rather easy to answer, in comparison with “engage” (behavioral concrete dimension).

2- Same as #1.

6- Not so easy for same reasons as #1 and #2. The word “tend” is not really clear and opens to interpretation. She thinks that more “central” answers will be obtained with this “soft” word.

8- Same comment as for #6 with “tend”.

9- Not easy, she was clearly hesitant.

11- It is easy to answer, regardless of health limitations, as this item implies the notion of “control” on the level of effort.

13- Same comment as for #6, #8 for tend.

14- “Strong desire” is rather extreme, it may polarize answers.

15- So-so because the word “tasks” refers to domestic “boring” tasks – in contrast with the words “activities” which rather refers to leisure time.

16- The word “only” was rather extreme too. She suggests: “I don’t exert physical effort when there is another alternative” (but it seems close to #9, with a reversed wording)

17- same as for #15

**CA04 (femme, étudiante, UK)**

Clarté :

All items were clear, expect #14: « So-so »

Facilité de réponse :

- 14: « So-so »

**CA05 (femme, étudiante, US)**

Clarté :

9- “slightly unclear”: even and usually seems to be contradictory.

14- hesitant, “it might be reworded”

15- “tasks” is more related to work than “activities”

16- hesitant, “a bit unclear”, because of the word “usually”.

Facilité de réponse :

- 5 : « kind of » : « it depends on the situation »

- 7: same as #5, «it is really specific to the effort I have to do».

**SOME OF THE CONGITIVE INTERVIEWS (MATT + SILVIO)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Item#** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** | **18** |
| clarté |  |  | 2 |  |  |  | 1 |  | 5 | 5 | 1 |  |  | 6 | 1 | 3 |  |  |
| difficulty | 1 | 3 |  | 1 | 1 | 2 | 2 | 1 | 3 | 5 |  | 2 | 1 | 5 | 1 | 2 | 3 |  |

**Résultats :**

**Les items 9, 10, 14 posent des problèmes de clarté et de difficulté. L’item 16 semble aussi problématique.**

**I agree with the suggestion to add «**Please read each sentence carefully »

**I will check if « trend » is used in other questionnaires in personality. The term « I prefer » can be also use instead of trend.**

**In the scale below the term tend is used. So, I think we are good here.**

[**https://www.blackdoginstitute.org.au/wp-content/uploads/2020/04/Temperament-and-Personality-Questionnaire-Black-Dog-Institute-1.pdf**](https://www.blackdoginstitute.org.au/wp-content/uploads/2020/04/Temperament-and-Personality-Questionnaire-Black-Dog-Institute-1.pdf)

**Ci-dessous, je regarde chacun des items.**

**ITEM 1:**

I tend to engage in tasks that require physical effort.

The difficulty is because of the term “tend”.

**ITEM 2:**

I generally avoid situations that involve physical effort.

Difficulty because: “2- “moderately because of the double negative” and because of the health limitations of one respondent; and did not seen the third explanation. I am not sure to agree with the double negative. So, I think we are good with that item too.

**ITEM 3:**

I usually like activities that require physical effort.

Lack of clarity compared to items #1 and #2; the second = Yes after a re-reading. So, I would keep it as it stands.

**ITEM 4:**

I tend to avoid situations in which I have to exert physical effort.

Because of the double negative” “It’s difficult to agree with the negative”; I am not sure to see where is the double negative here. So, I would keep it as it stands.

**ITEM 5:**

I usually find satisfaction in exerting physical effort.

“- 5 : « kind of » : « it depends on the situation »”; so I think we are good here too.

**ITEM 6:**

I tend to stay away from tasks that require physical effort.

One said “moderate” the second critic the word “trend”. So, again,we are good here.

**ITEM 7:**

The idea of exerting physical effort is appealing to me.

One critique related to the word “exerting”; lack of clarity for the same respondent because it considers exerting as not a good word. The other critique is because the respondent believe that it is specific of the situation. But here, we argue that it is a general tendency, regardless the specific situation, I propose to change this item accordingly.

However, I looked at the definition and exerting is not something negative. <https://www.merriam-webster.com/dictionary/exert>

So, we can keep or change by engaging.

The idea of exerting physical effort is usually appealing to me.

**ITEM 8:**

I tend to avoid tasks that require physical effort.

The only criticism is with the word trend (same respondent). So, we are good here.

**ITEM 9:**

I usually exert physical effort even if I do not have to.

Lot of problems regarding this item. 9- « A bit harder to answer »; “so,so”; 9- Contains the word « exerting » but it is okay because « exerting » is related to a concrete ongoing situation, so much more easy to “visualize”, “exemplify” (eg when I work out…”); 9- Not easy, she was clearly hesitant. 9- Fairly easy ; failry clear ; I think the last part of the sentence « I do not have to » is not simple to grasp..

So, here a proposition:

I usually like to engage in physical effort even if there are other possibilities.

**ITEM 10:**

I usually do not find any satisfaction in exerting physical effort.

The item with the most of problems. 10- “Definitely moderate due to the usually + do not”; 10- « Moins clair car ressemble à une double négative. » ; 10- « Un peu plus difficile que les autres » ; 10- « Meh » ; 10- Same as #7 (i.e., issue regarding exerting); 10- not so clear, seems like a double negation; 10- Do satisfaction refer to the satisfaction **while** exerting effort or **after** exerting effort?; this is a reverse item: so we need to keep it.

Here my proposition:

I generally do not find satisfaction when I make a physical effort.

**ITEM 11:**

I tend to search for opportunities to exert physical effort.

Only one problem with exerting: so, we are good with that item.

**ITEM 12:**

Exerting physical effort is not appealing to me.

12- “moderate”; 12- « Moins facile à répondre que version positive de la question » ; Yes, reverse items are foten more difficult (discussion with Delphine), but we will keep it to see

**ITEM 13:**

I tend to engage in situations in which I have to exert physical effort.

The only issue is with the word trend; so we are good here,

**ITEM 14:**

When I have to exert physical effort, I usually feel a strong desire to avoid it.

Very difficult item as the 10 and 9. 14- « Une fois que l’item est bien compris, facile à répondre ». 14- « Moins clair, car idée de double négative. » 14- “minor moderate”; 14- « so-so ».; 14- “Strong desire” is rather extreme, it may polarize answers. ; 14- hesitant, “it might be reworded”; je trouve que le mot desire pourrait etre évità.

So here my proposition

When I have to engage in a physical effort, I usually seek to avoid it.

**ITEM 15:**

I generally enjoy tasks that involve physical effort.

15- So-so because the word “tasks” refers to domestic “boring” tasks – in contrast with the words “activities” which rather refers to leisure time. 15- “tasks” is more related to work than “activities”

So, here my proposition

I generally enjoy activities that involve physical effort.

**ITEM 16:**

I usually exert physical effort only when there is no other alternative.

Some issues related to the clarity in particular. 16- “not too bad, moderate”; 16- Relatively clear, but not the clearest one. ; so,so. 16- The word “only” was rather extreme too. She suggests: “I don’t exert physical effort when there is another alternative” (but it seems close to #9, with a reversed wording).

Here the proposition

I usually exert physical effort when there is no other alternative.

**ITEM 17:**

I usually dislike tasks that involve physical effort.

17- “Definitely moderate due to the usually + do not that requires more thought” (il n’y a pas de do not); 17- « Besoin de penser à like versus dislike » problem with task.

Here, my proposition:

I usually dislike activities that involve physical effort.

**ITEM 18:**

I am usually willing to engage in activities that involve physical effort.

No comment.

**The Physical Effort Scale (PES)**

This questionnaire relates to physical effort, which is usually associated with increased heart rate and breathing. Please read each of the following statements carefully and indicate the extent to which you agree or disagree with that statement. There are no right or wrong answers. Choose your answer using the following scale:

1 = I totally disagree

2 = I disagree

3 = I neither agree nor disagree

4 = I agree

5 = I totally agree

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1. | I tend to engage in tasks that require physical effort. | 1 | 2 | 3 | 4 | 5 |
| 2. | I generally avoid situations that involve physical effort. | 1 | 2 | 3 | 4 | 5 |
| 3. | I usually like activities that require physical effort. | 1 | 2 | 3 | 4 | 5 |
| 4. | I tend to avoid situations in which I have to exert physical effort. | 1 | 2 | 3 | 4 | 5 |
| 5. | I usually find satisfaction in exerting physical effort. | 1 | 2 | 3 | 4 | 5 |
| 6. | I tend to stay away from tasks that require physical effort. | 1 | 2 | 3 | 4 | 5 |
| 7. | The idea of exerting physical effort is usually appealing to me. | 1 | 2 | 3 | 4 | 5 |
| 8. | I tend to avoid tasks that require physical effort. | 1 | 2 | 3 | 4 | 5 |
| 9. | I usually like to engage in physical effort even if there are other possibilities. | 1 | 2 | 3 | 4 | 5 |
| 10. | I generally do not find any satisfaction when I make a physical effort. | 1 | 2 | 3 | 4 | 5 |
| 11. | I tend to search for opportunities to exert physical effort. | 1 | 2 | 3 | 4 | 5 |
| 12. | Exerting physical effort is not appealing to me. | 1 | 2 | 3 | 4 | 5 |
| 13. | I tend to engage in situations in which I have to exert physical effort. | 1 | 2 | 3 | 4 | 5 |
| 14. | When I have to engage in a physical effort, I usually seek to avoid it. | 1 | 2 | 3 | 4 | 5 |
| 15. | I generally enjoy activities that involve physical effort. | 1 | 2 | 3 | 4 | 5 |
| 16. | I usually exert physical effort ~~only~~ when there is no other alternative. | 1 | 2 | 3 | 4 | 5 |
| 17. | I usually dislike activities that involve physical effort. | 1 | 2 | 3 | 4 | 5 |
| 18. | I am usually willing to engage in activities that involve physical effort. | 1 | 2 | 3 | 4 | 5 |