

Table 1 contains all data of the four subsets collected for the research project looking into the possibility of automatically labeling thought record utterances with respect to their underlying cognitive schema. The four subsets are separated into four different files.

Table 1: All column headers of all four data subsets (demographics, coded utterances, thought records, and mental health data) of the dataset of thought records collected via Amazon Mechanical Turk.

File	Name	Value	Description	Data Type	Values
Demographics	Duration	Duration	Time in seconds that it took participant to complete experiment.	INT	
Demographics	Gender	What is your gender?	Gender of the participant	TEXT	1 (female), 2 (male), 4 (other)
Demographics	Age	How old are you (in years)?	Age of the participant in years	INT	18-80
Demographics	TRexperience	Do you have prior experience with completing thought records?	Have participants ever completed thought records before?	BINARY	0 (never), 1 (have)
Demographics	Device	Which technological device are you currently completing the survey on?	Choice between laptop, desktop, mobile, tablet	TEXT	1 (mobile phone), 2 (tablet), 3 (laptop), 4 (desktop)
CoreData	Participant.ID		By Qualtrics randomly assigned participant ID	INT	10000-99999
CoreData	Scenario	Dieting	For complete scenario, please see file containing list of all scenarios in Materials directory.	TEXT	
		Essay	For complete scenario, please see file containing list of all scenarios in Materials directory.	TEXT	
		Party	For complete scenario, please see file containing list of all scenarios in Materials directory.	TEXT	
		Waving	For complete scenario, please see file containing list of all scenarios in Materials directory.	TEXT	
		CW (Co-worker)	For complete scenario, please see file containing list of all scenarios in Materials directory.	TEXT	
		JA (Job Application)	For complete scenario, please see file containing list of all scenarios in Materials directory.	TEXT	
		FA (Family Visit)	For complete scenario, please see file containing list of all scenarios in Materials directory.	TEXT	
		Fired	For complete scenario, please see file containing list of all scenarios in Materials directory.	TEXT	
		CB (Coffee Break)	For complete scenario, please see file containing list of all scenarios in Materials directory.	TEXT	
		PTR	This was the personal thought record of participants and consisted of a day-to-day scenario from their life.	TEXT	
	Task	Scen	"Describe the situation very briefly in your own words."	TEXT	
		Im	"How well can you imagine yourself in this situation?"	INT	0(not at all)-100(as good as if you were in the situation at the very moment)
		Emo	"Describe your emotion in this situation in one word."	TEXT	
CoreData		EmoInt	"How intensely would you be experiencing this emotion?"	INT	0(a trace)-100(the most intense possible)

File	Name	Value	Description	Data Type	Values
		EmoCat	“Would this situation cause you to experience a negative emotion?” This question decides whether downward arrow technique will be used.	INT	scenario-based: 1 (sad), 2 (afraid), 3 (angry), 4 (happy); PTR: 8 (sad), 9 (afraid), 10 (angry)
		AT	“Which (automatic) thought might have caused you to feel this way in the described situation?”	TEXT	
		P1/P2	“Why would it be upsetting to you if [INSERT AUTOMATIC THOUGHT] were true? What would it mean to you?” First step of the downward arrow technique, the previously reported negative automatic thought is included in the question here.	TEXT	
		DAT	“And why would [INSERT PREVIOUS THOUGHT] be upsetting to you? What would it mean to you? (You may leave this blank if you do not know how to respond, but please try as much as possible.) ”	TEXT	
		Beh	“What would you do in the situation, if anything?”	TEXT	
CoreData	Reply		Response of the participant to the respective task. See Task row for explanation of values.		
CoreData	UttEnum		Unique ID assigned to each utterance.	INT	1-5824
CoreData	Depth		Sequence of thoughts in downward arrow technique with 1 being assigned to the automatic thought	INT	1(automatic thought) - n(number of thoughts of longest downward arrow)
CodedUtterances	Attach		Code assigned to utterance with respect to Attachment schema by first author	INT	0: has absolutely nothing to do with schema 1: corresponds a little bit with schema 2: corresponds largely with schema 3: corresponds completely with schema
					0-3 (see Attach above)
					0-3 (see Attach above)
					0-3 (see Attach above)
					0-3 (see Attach above)
CoreData	Comp		Code assigned to utterance with respect to Competence schema by first author	INT	0-3 (see Attach above)
CoreData	Global		Code assigned to utterance with respect to Global Self-Evaluation schema by first author	INT	0-3 (see Attach above)
CoreData	Health		Code assigned to utterance with respect to Health schema by first author	INT	0-3 (see Attach above)
CoreData	Control		Code assigned to utterance with respect to Power & Control schema by first author	INT	0-3 (see Attach above)
CoreData	MetaCog		Code assigned to utterance with respect to meta-Cognition schema by first author	INT	0-3 (see Attach above)
CoreData	Others		Code assigned to utterance with respect to Other People schema by first author	INT	0-3 (see Attach above)
CoreData	Hopeless		Code assigned to utterance with respect to Hopelessness schema by first author	INT	0-3 (see Attach above)
CoreData	OthViews		Code assigned to utterance with respect to Others Views on Self schema by first author	INT	0-3 (see Attach above)

File	Name	Value	Description	Data Type	Values
CoreData	OtherNeg		Binary code assigned to utterance that was of a negative nature and sensible, but did not fit into any of the other schemas	BINARY	0 (not in OtherNeg), 1 (in OtherNeg)
CoreData	NC		Binary code assigned to utterance that was not classifiable because it was not negative	BINARY	0 (not in NC), 1 (in NC)
CoreData	Exclude		Binary code assigned to utterance that was deemed not sensible/not appropriate by first author (e.g. did not reflect a thought, but an emotion)	BINARY	0 (not to be excluded), 1 (to be excluded)
MentalHealth	Q16.2	I feel tense or wound up	HDAS anxiety item	INT	0-3
MentalHealth	Q16.3	I feel as if I am slowed down	HDAS depression item	INT	0-3
MentalHealth	Q16.4	I still enjoy the things I used to enjoy	HDAS depression item	INT	0-3
MentalHealth	Q16.5	I get a sort of frightened feeling like 'butterflies' in the stomach	HDAS anxiety item	INT	0-3
MentalHealth	Q16.6	I get a sort of frightened feeling as if something awful is about to happen	HDAS anxiety item	INT	0-3
MentalHealth	Q16.7	I have lost interest in my appearance	HDAS depression item	INT	0-3
MentalHealth	Q16.8	I can laugh and see the funny side of things	HDAS depression item	INT	0-3
MentalHealth	Q16.9	I feel restless as I have to be on the move	HDAS anxiety item	INT	0-3
MentalHealth	Q16.10	Worrying thoughts go through my mind	HDAS anxiety item	INT	0-3
MentalHealth	Q16.11	I look forward with enjoyment to things	HDAS depression item	INT	0-3
MentalHealth	Q16.12	I feel cheerful	HDAS depression item	INT	0-3
MentalHealth	Q16.13	I get sudden feelings of panic	HDAS anxiety item	INT	0-3
MentalHealth	Q16.14	I feel tense or wound up	HDAS anxiety item	INT	0-3
MentalHealth	Q16.15	I feel as if I am slowed down	HDAS depression item	INT	0-3
MentalHealth	Q17.2	I do not feel sad (0) - I am so sad and unhappy that I can't stand it (3)	BDI-IA item 1	INT	0-3
MentalHealth	Q17.3	I am not particularly discouraged about the future (0) - I feel the future is hopeless and that things cannot improve. (3)	BDI-IA item 2	INT	0-3
MentalHealth	Q17.4	I do not feel like a failure (0) - I feel I am a complete failure as a person (3)	BDI-IA item 3	INT	0-3
MentalHealth	Q17.5	I get as much satisfaction out of things as I used to (0) - I am dissatisfied or bored with everything (3)	BDI-IA item 4	INT	0-3
MentalHealth	Q17.6	I don't feel particularly guilty (0) - I feel guilty all of the time (3)	BDI-IA item 5	INT	0-3
MentalHealth	Q17.7	I don't feel I am being punished (0) - I feel I am being punished (3)	BDI-IA item 6	INT	0-3
MentalHealth	Q17.8	I don't feel disappointed in myself (0) - I hate myself (3)	BDI-IA item 7	INT	0-3
MentalHealth	Q17.9	I don't feel I am worse than anybody else (0) - I blame myself for everything bad that happens (3)	BDI-IA item 8	INT	0-3
MentalHealth	Q17.10	I don't have any thoughts of killing myself (0) - I would kill myself if I had the chance (3)	BDI-IA item 9	INT	0-3
MentalHealth	Q17.11	I don't cry any more than usual (0) - I fused to be able to cry, but now I can't cry even though I want to (3)	BDI-IA item 10	INT	0-3

File	Name	Value	Description	Data Type	Values
MentalHealth	Q17.12	I am no more irritated by things than I ever was (0) - I feel irritated all the time (3)	BDI-IA item 11	INT	0-3
MentalHealth	Q17.13	I have not lost interest in other people (0) - I have lost all my interest in other people (3)	BDI-IA item 12	INT	0-3
MentalHealth	Q17.14	I make decisions about as well as I ever could (0) - I can't make decisions at all anymore (3)	BDI-IA item 13	INT	0-3
MentalHealth	Q17.15	I don't feel that I look any worse than I used to (0) - I believe that I look ugly (3)	BDI-IA item 14	INT	0-3
MentalHealth	Q17.16	I can work about as well as before (0) - I can't do any work at all (3)	BDI-IA item 15	INT	0-3
MentalHealth	Q17.17	I can sleep as well as usual (0) - I wake up several hours earlier than I used to and cannot get back to sleep (3)	BDI-IA item 16	INT	0-3
MentalHealth	Q17.18	I don't get more tired than usual (0) - I am too tired to do anything (3)	BDI-IA item 17	INT	0-3
MentalHealth	Q17.19	My appetite is no worse than usual (0) - I have no appetite at all anymore (3)	BDI-IA item 18	INT	0-3
MentalHealth	Q17.20	I haven't lost much weight, if any, lately (0) - I have lost more than fifteen pounds or 7kg (3)	BDI-IA item 19	INT	0-3
MentalHealth	Q17.21	I am no more worried about my health than usual (0) - I am so worried about my physical problems that I cannot think of anything else (3)	BDI-IA item 20	INT	0-3
MentalHealth	Q17.22	I have not noticed any recent change in my interest in sex (0) - I have lost interest in sex completely (3)	BDI-IA item 21	INT	0-3
MentalHealth	Q18.2.1	MINDREADING - Interpersonal	Cognitive Biases Scale item 1	INT	1(never)-7(all the time)
	Q18.2.2	MINDREADING - Achievement	Cognitive Biases Scale item 1	INT	1(never)-7(all the time)
MentalHealth	Q18.3.1	CATASTROPHIZING - Interpersonal	Cognitive Biases Scale item 2	INT	1(never)-7(all the time)
	Q18.3.2	CATASTROPHIZING - Achievement	Cognitive Biases Scale item 2	INT	1(never)-7(all the time)
MentalHealth	Q18.4.1	ALL-OR-NOTHING THINKING - Interpersonal	Cognitive Biases Scale item 3	INT	1(never)-7(all the time)
	Q18.4.2	ALL-OR-NOTHING THINKING - Achievement	Cognitive Biases Scale item 3	INT	1(never)-7(all the time)
MentalHealth	Q18.5.1	EMOTIONAL REASONING - Interpersonal	Cognitive Biases Scale item 4	INT	1(never)-7(all the time)
	Q18.5.2	EMOTIONAL REASONING - Achievement	Cognitive Biases Scale item 4	INT	1(never)-7(all the time)
MentalHealth	Q18.6.1	LABELING - Interpersonal	Cognitive Biases Scale item 5	INT	1(never)-7(all the time)
	Q18.6.2	LABELING - Achievement	Cognitive Biases Scale item 5	INT	1(never)-7(all the time)
MentalHealth	Q18.7.1	MENTAL FILTER - Interpersonal	Cognitive Biases Scale item 6	INT	1(never)-7(all the time)
	Q18.7.2	MENTAL FILTER - Achievement	Cognitive Biases Scale item 6	INT	1(never)-7(all the time)
MentalHealth	Q18.8.1	OVERGENERALIZATION - Interpersonal	Cognitive Biases Scale item 7	INT	1(never)-7(all the time)
	Q18.8.2	OVERGENERALIZATION - Achievement	Cognitive Biases Scale item 7	INT	1(never)-7(all the time)
MentalHealth	Q18.9.1	PERSONALIZATION - Interpersonal	Cognitive Biases Scale item 8	INT	1(never)-7(all the time)
	Q18.9.2	PERSONALIZATION - Achievement	Cognitive Biases Scale item 8	INT	1(never)-7(all the time)
MentalHealth	Q18.10.1	SHOULD STATEMENTS - Interpersonal	Cognitive Biases Scale item 9	INT	1(never)-7(all the time)
	Q18.10.2	SHOULD STATEMENTS - Achievement	Cognitive Biases Scale item 9	INT	1(never)-7(all the time)

File	Name	Value	Description	Data Type	Values
MentalHealth	Q18.11.1	MINIMIZING OR DISQUALIFYING THE POSITIVE - Interpersonal	Cognitive Biases Scale item 10	INT	1(never)-7(all the time)
	Q18.11.2	MINIMIZING OR DISQUALIFYING THE POSITIVE - Achievement	Cognitive Biases Scale item 10	INT	1(never)-7(all the time)
MentalHealth	HDASDep	Depression	HADS Depression score	INT	0-21
MentalHealth	HDASAnx	Anxiety	HADS Anxiety score	INT	0-21
MentalHealth	BDI	BDI	Beck Depression Inventory score	INT	0-63
MentalHealth	CB_Rel	CB_Rel	Cognitive Bias subscale related to relationships	INT	10-70
MentalHealth	CB_Ach	CB_Ach	Cognitive Bias subscale related to achievement	INT	10-70