**FOMO and opportunity costs - Survey**

**Quality and consent**

We care about the quality of our data. In order for us to get the most accurate measures of your knowledge and opinions, it is important that you thoughtfully provide your best answers to each question in this survey. Do you commit to thoughtfully provide your best answers to each question in this survey?

* I will provide my best answers
* I will not provide my best answers
* I can’t promise either way

You are being asked to participate in a research study. The purpose of the study is to learn about everyday experiences and individual differences between people. You will be asked to evaluate a series of activities and how you feel about them. We are interested in your everyday experiences and personality characteristics. Please take this into consideration before you consent to take part in this research study. Your participation is voluntary. You can skip any question you do not wish to answer or withdraw at any time. You must be 18 or older to participate. If you have any questions please contact Dr. Nancy Rhodes, at rhodesn3@msu.edu.

* Yes, I would like to participate in this research study
* No, I would not like to participate in this research study

**Thank you**

Thank you for your willingness to participate in this study. In the following pages, we will ask you some questions about your prior everyday experiences and feelings.

Please be assured that your responses are kept completely confidential. No identifying information will be collected about you in this study, and there will be no way to connect your responses back to you.

**FOMO**

Below is a collection of statements and emotional states about your everyday experience. Using the scale provided please indicate how often you experience each of the following statements or emotional states. Please answer according to what really reflects your experiences rather than what you think your experiences should be. Please treat each item separately from every other item.

* You think an opportunity not taken could derail your life.
* You compare your current situation to an alternative situation and think you are worse off.
* You think you are missing out on all of those fun things you could have been doing.
* You think of all the things you wish you would have done differently.
* You think you miss a good time after deciding not to be a part of something.
* You think your friends have more fun than you.
* You think your friends have more positive experiences than you.
* You feel like you are behind everybody else because you are lacking information.
* You go back and think about what you could have had.
* You are worried that some opportunities will not be available for you later.
* You wonder if you maybe have missed the opportunity to be with your soul mate.
* You wonder how your life could have been different if some circumstances would have been different.
* You feel jealous.
* You feel like you want something.
* You feel isolated.
* You feel lonely.

**Conformity**

Please use the following scale to indicate the degree of your agreement or disagreement with each of the statements below. Try to describe yourself accurately and generally (that is, the way you are actually in most situations -- not the way you would hope to be).

* I often rely on, and act upon, the advice of others.
* I would be the last one to change my opinion in a heated argument on a controversial topic.
* Generally, I'd rather give in and go along for the sake of peace than struggle to have my way.
* I tend to follow family tradition in making political decisions.
* Basically, my friends are the ones who decide what we do together.
* A charismatic and eloquent speaker can easily influence and change my ideas.
* I am more independent than conforming in my ways.
* If someone is very persuasive, I tend to change my opinion and go along with them.
* I don't give in to others easily.
* I tend to rely on others when I have to make an important decision quickly.
* I prefer to make my own way in life rather than find a group I can follow.

**BIS/BAS**

Please indicate your level of agreement or disagreement with each of the following statements:

* If I think something unpleasant is going to happen, I usually get pretty “worked up”.
* I worry about making mistakes.
* Criticism or scolding hurts me quite a bit.
* I feel pretty worried or upset when I think or know somebody is angry at me.
* Even if something bad is about to happen to me, I rarely experience fear or nervousness.
* I feel worried when I think I have done poorly at something.
* I have very few fears compared to my friends.
* When I get something I want, I feel excited and energized.
* When I'm doing well at something, I love to keep at it.
* When good things happen to me, it affects me strongly.
* It would excite me to win a contest.
* When I see an opportunity for something I like, I get excited right away.
* When I want something, I usually go all-out to get it.
* I go out of my way to get things I want.
* If I see a chance to get something I want, I move on it right away.
* When I go after something, I use a "no holds barred" approach.
* I will often do things for no other reason than that they might be fun.
* I crave excitement and new sensations.
* I'm always willing to try something new if I think it will be fun.
* I often act on the spur of the moment.

**FOMO definition**

Fear of Missing Out, or FOMO, describes that feeling of anxiety which many people experience when they discover that other people have had fun together, been successful at something, or done just about anything which they might have wanted to be involved in.

**Condition: Activities by yourself vs. activities with your best friends**

List of activities to be evaluated for participants in “by yourself”-condition:

* A trip for one to fly to Las Vegas for an Elite UFC match
* You announce the starting team lineup at the beginning of your favorite baseball team's game
* Ticket for one person to attend every 2021 Showtime Boxing event
* Experience the US Grand Prix-Tour including one Paddock pass to the Grand Prix
* One-Day contract to coach your favorite sports team
* One behind the bench ticket for a game of your favorite sports team
* You workout with your favorite sports team during their pre-season camp
* Have a one-on-one dinner with your favorite celebrity in a five-star restaurant
* Travel with your favorite basketball team on a team charter to an international game
* A trip for you to dive with sharks alongside shark week experts from Discovery Channel
* You join your favorite E-Sports team to game like a pro
* You join your favorite celebrity for a round of golf
* You join Discovery Channel's Deadliest Catch captains for an Alaskan adventure
* Get behind the scenes access to your favorite TV show
* A spa day and five-star dinner just for you
* Take a one-on-one cooking lesson from a celebrity chef and have lunch with them
* One-week luxury vacation in at a location of your choosing
* Meet your favorite artist at their next tour
* Join your favorite celebrity at a photoshoot
* Be featured in your favorite artist's next music video
* Walk the red carpet with the directors and actors at a movie premiere of your choosing
* Attend the E! People's Choice Awards and get backstage passes and go to the after party
* Take weekend trip to Broadway and meet the cast of your favorite show
* Spend a day at an amusement park
* Go bowling
* Go bungee jumping
* Spend a weekend at a ski resort
* Spend a day at a water park with a fast pass for all rides
* Go paintballing
* Learn Yoga from a celebrity teacher and have lunch with them
* Ride a zip line
* See your favorite artist at a music festival
* A weekend getaway in a lake house
* Watch the premiere of a new movie
* Go on a hot air balloon adventure
* Attend the Super Bowl
* Visit the Zion National Park and get an exclusive tour of the park
* Go on a 7-day Trip to Washington D.C.
* Go axe throwing at a sports center
* Take a personalized tour of a Whiskey Distillery
* Front row Tickets to see your favorite comedian
* Go on a 7-day luxury cruise along the West Cost
* Be part of the audience of your favorite talk show and have a meet and greet with the host
* Attend the US Open with an all weekend pass and get a photo op with your favorite tennis player
* Have dinner with your favorite author and get a book signed by them
* Go on a Kayaking trip
* Get front row seats during the New York Fashion week and meet your favorite designer
* Take a camping trip at a national park
* Get an exclusive tour of a Zoo near you and pet baby animals
* Weekend getaway to a hotel by the beach with an all drinks package
* Swim with dolphins at an aquarium
* Solve an escape room by yourself

List of activities to be evaluated for participants in “with your friends”-condition:

* A trip for you and your best friends to fly to Las Vegas for an Elite UFC match
* You and your best friends announce the starting team lineup at the beginning of your favorite baseball team's game
* Tickets for you and your friends to attend every 2021 Showtime Boxing event
* Experience the US Grand Prix-Tour including Paddock passes to the Grand Prix for you and your best friends
* One-Day contract to coach your favorite sports team together with your best friends
* Behind the bench tickets for you and your best friends for a game of your favorite sports team
* You and your best friends workout with your favorite sports team during their pre-season camp
* Have dinner with your favorite celebrity and your best friends in a five-star restaurant
* Travel with your best friends and your favorite basketball team on a team charter to an international game
* A trip for you and your best friends dive with sharks alongside shark week experts from Discovery Channel
* You and your bests friend join your favorite E-Sports team to game like pros
* You and your best friends join your favorite celebrity for a round of golf
* You and your best friends join Discovery Channel's Deadliest Catch captains for an Alaskan adventure
* Get behind the scenes access to your favorite TV show for you and your best friends
* A spa day and five-star dinner for you and your best friends
* Take a cooking lesson from a celebrity chef with your best friends and have lunch with them
* One-week luxury vacation for you and your best friends in at a location of your choosing
* You and your best friends meet your favorite artist at their next tour
* You and your best friends join your favorite celebrity at a photoshoot
* You and your best friends will be featured in your favorite artist's next music video
* Walk the red carpet with your best friends and the directors and actors at a movie premiere of your choosing
* Attend the E! People's Choice Awards and get backstage passes and go to the after party together with your best friends
* Take weekend trip to Broadway and meet the cast of your favorite show together with your best friends
* Spend a day at an amusement park together with your best friends
* Go bowling with your best friends
* Go bungee jumping with your best friends
* Spend a weekend at a ski resort with your best friends
* Spend a day at the water park with your best friends and fast passes for all rides
* Go paintballing with your best friends
* Learn Yoga from a celebrity teacher together with your best friends and have lunch with them
* Ride a zip line with your best friends
* See your favorite artist at a music festival
* A weekend getaway in a lake house with your best friends
* Watch the premiere of a new movie together with your best friends
* Go on a hot air balloon adventure together with your best friends
* Attend the Super Bowl together with your best friends
* Visit the Zion National Park and get an exclusive tour of the park together with your best friends
* Go on a 7-day Trip to Washington D.C. with your best friends
* Go axe throwing at a sports center with your best friends
* Take a personalized tour of a Whiskey Distillery with your best friends
* Front row Tickets to see your favorite comedian for you and your friends
* Go on a 7-day luxury cruise along the West Cost together with you best friends
* You and your best friends are part of the audience of your favorite talk show and have a meet and greet with the host
* You and your best friends attend the US Open with an all weekend pass and get a photo op with your favorite tennis player
* You and your best friends have dinner with your favorite author and get a book signed by them
* Go on a Kayaking trip with friends
* You and your best friends get front row seats during the New York Fashion week and meet your favorite designer
* Take a camping trip at a national park with your best friends
* Get an exclusive tour of a Zoo near you and pet baby animals with your best friends
* Weekend getaway to a hotel by the beach with an all drinks package for you and your best friends
* Swim with dolphins at an aquarium with your best friends
* Solve an escape room with your best friends

How \_\_\_\_\_\_\_\_\_\_\_\_ do you think is/are you with this activity? Not at all – very much

* Attractive
* Popular
* Unique
* Familiar

How likely is it that missing this activity would make you experience Fear of Missing Out (FOMO)? Not likely at all – very likely

How often over the course of your lifetime do you think you would have the opportunity to engage in this activity? Never - very often

**Demographics**

What gender do you most identify with?

* Male
* Female
* None of the above
* Prefer not to say

What is your age in years (e.g. 21)?

\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you consider yourself to be:

* Heterosexual or straight
* Homosexual
* Bisexual
* None of the above
* Prefer not to say

Please, choose one race that you identify with the most:

* White or Caucasian
* Black or African American
* American Indian or Alaska Native
* Asian
* Native Hawaiian or Pacific Islander
* Hispanic, Spanish, or Latino
* Mixed
* Prefer not to say
* Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is your ethnicity? One or more categories may be selected. Mark all that apply.

* Mexican, Mexican American, Chicano/a
* Puerto Rican
* Cuba
* Another Hispanic, Latino/a, or Spanish origin
* None of the above

What is the highest level of school you have completed or the highest degree you have received?

* Less than high school degree
* High school graduate (high school diploma or equivalent including GED)
* Some college but no degree
* Associate degree in college (2-year)
* Bachelor's degree in college (4-year)
* Master's degree
* Doctoral degree
* Professional degree (JD, MD)

Information about income is very important. Would you please give your best guess? Please indicate the answer that includes your entire family's household income before taxes (previous year).

* Less than $10,000
* $10,000 to $49,999
* $50,000 to $99,999
* $100,000 to $149,999
* $150,000 or more