

MT - Pre-Measure, & Mailing List

Hi,

Thank you for choosing to take part in this study. We aim to examine the effect of daily interactions on your well-being.

The Study and the Payment

1. Initial survey: A start questionnaire (appr. 15 minutes) including general information, and your relations to the Dutch. (2€)
2. Experience Recaps: 28 days of short reflection surveys (appr. 3 minutes) on your interactions twice a day. (50 Cents each - 1€ per day)
3. Conclusion Survey: On the last day we will conclude with a final questionnaire (appr. 10 minutes) with some questions on your habits and a reflection of the study. (2€)

****The payment will be determined based on your participation and will be transferred to your account once the study is concluded****

Your Privacy is Important

Your participation is completely confidential and anonymous. No identifying information will be stored. Only members of the research team will have access to the survey data, but even they cannot link the data to any single person. Please feel free to answer all questions openly and honestly.

Your Rights You can decide whether or not to participate in the study. You can leave the study at any time.

Risks There are no known risks associated with this study. But please note that it is absolutely common and normal to not have social interactions every day.

Questions

We will be happy to answer questions about the study outcomes after your completion. Should you have technical questions or complaints feel free to contact us: j.kreienkamp@rug.nl (researcher) / k.epstude@rug.nl (supervisor). By clicking “->”, you are indicating that you have understood the conditions written above and agree to them.

Please help us make sure the questionnaires reach you during the upcoming days.

× **PPP Number:** Please type in your Paid Participant Pool (PPP) Identity Code from the NOT your Student number! You can find your 4 or 5-digit number under 'My Profile', after logging in here: <https://rug-en.sona-systems.com/>

× **E-Mail:** We need an e-mail address from you in order to send you the daily questionnaires. The e-mail address will not be saved after the collection period and your e-mail address cannot be linked to your study data.

Name / Alias _____

PPP Number _____

E-mail address _____

How old are you?

What is your Gender?

☐ Female

☐ Male

☐ other _____

What type of accommodation do you live in?

- ☐ with my parents
 - ☐ on my own, not shared with others
 - ☐ shared accommodation, but not with students
 - ☐ shared accommodation, with one student
 - ☐ shared accommodation, with 2-4 other student
 - ☐ shared accommodation, with 5 or more students
-

My house-mates are ... (multiple possible)

- ☐ from my home country
 - ☐ Dutch
 - ☐ other internationals
-

What is your cultural background?

▼ Afghanistan ... Zimbabwe

Do you have a second cultural background?

- ☐ Yes
 - ☐ No
-

**** IF "Yes" ****

What is your second cultural background?

▼ Afghanistan ... Zimbabwe

How long have you been living in the Netherlands? (approximately)
_____ years

What was the reason you came to the Netherlands? (multiple possible)

- ☐ school
 - ☐ university
 - ☐ second generation migrant
 - ☐ work
 - ☐ romantic partner
 - ☐ had to flee my home country
 - ☐ always wanted to
 - ☐ other, namely: _____
-

How good is your Dutch?

- ☐ A1 Basic user
 - ☐ B1 Independent user
 - ☐ C1 Proficient user
 - ☐ No Proficiency
 - ☐ A2 Basic user
 - ☐ B2 Independent user
 - ☐ C2 Proficient user
-

What is your current occupational status? (multiple possible)

- ☐ full time work
- ☐ part time work
- ☐ student
- ☐ looking for work
- ☐ retired
- ☐ cannot work
- ☐ internship
- ☐ other, namely: _____

**** IF STUDENT SELECTED ****

You indicated that you are a student.

At which education institute are you?

- ☐ RUG
 - ☐ Hanze (incl. Minerva, Conservatoire, ...)
 - ☐ NHL
 - ☐ other, namely: _____
-

What type of programme are you currently following?

- ☐ Bachelor
 - ☐ Master
 - ☐ PhD
 - ☐ Exchange
 - ☐ internship
 - ☐ other, namely _____
-

My programme is taught in ...

☐

Dutch

☐

English

☐

German

☐

other

**** IF RUG SELECTED ****

Which faculty are you currently studying at? (if multiple choose most important one)

▼ Economics and Business ... Campus Fryslân

**** IF HANZE SELECTED ****

Which Hanze school are you currently at? (if multiple choose most important one)

▼ Academy Minerva ... School of Social Studies

What is the name of your study program?

**** EVERYONE ****

Are you part of an association?

- ☐ study (e.g., Activ8, ESN)
- ☐ student (e.g., Vindicat, Dizkartes)
- ☐ sport
- ☐ cultural
- ☐ other
- ☐ no

On average, how many Dutch people do you meet per day? (in person contact for at least 10 minutes; approximate if necessary)

How many of your friends are Dutch?

None half all



Please choose the best fitting option for the following statements.

	The Netherlands	The country my family is from	Both	Neither
I am most comfortable being with people from...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My best friends are from...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The people I fit in with best are from...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My favorite music is from...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My favorite TV shows are from...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The holidays I celebrate are from...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The food I eat at home is from...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The way I do things and the way I think about things are from...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please rate the following statements

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
I often participate in my heritage cultural traditions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often participate in mainstream Dutch cultural traditions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would be willing to marry a person from my heritage culture.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would be willing to marry a Dutch person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I enjoy social activities with people from the same heritage culture as myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I enjoy social activities with typical Dutch people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am comfortable working with people of the same heritage culture as myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I am comfortable working with typical Dutch people.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I enjoy entertainment (e.g., movies, music) from my heritage culture.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I enjoy Dutch entertainment (e.g., movies, music).

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I often behave in ways that are typical of my heritage culture.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I often behave in ways that are 'typically Dutch.'

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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It is important for me to maintain or develop the practices of my heritage culture.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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It is important for me to maintain or develop Dutch cultural practices.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I believe in the values of my heritage culture.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I believe in mainstream Dutch values.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I enjoy the jokes and humor of my heritage culture.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I enjoy typical Dutch jokes and humor.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I am interested in having friends from my heritage culture.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I am interested in having Dutch friends.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Please rate the following statements

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
I am usually keenly aware of everything in my environment.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am usually conscious of my inner feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am usually concerned about the way I present myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am usually self-conscious about the way I look.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am usually conscious of what is going on around me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am usually reflective about my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am usually concerned about what other people think of me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am usually aware of my innermost thoughts.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I am usually
conscious of
all objects
around me.



	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
I feel a sense of choice and freedom in the things I undertake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that my decisions reflect what I really want	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel my choices express who I really am	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel I have been doing what really interests me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Most of the things I do feel like "I have to"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel forced to do many things I wouldn't choose to do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel pressured to do too many things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My daily activities feel like a chain of obligations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I feel that
the people I
care about
also care
about me

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I feel
connected
with people
who care for
me, and for
whom I care

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I feel close
and
connected
with other
people who
are
important to
me

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I experience
a warm
feeling with
the people I
spend time
with

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I feel
excluded
from the
group I want
to belong to

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I feel that
people who
are
important to
me are cold
and distant
towards me

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I have the
impression
that people I
spend time
with dislike
me

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I feel the
relationships
I have are
just
superficial

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I feel
confident
that I can do
things well

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I feel
capable at
what I do

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I feel
competent
to achieve
my goals

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I feel I can
successfully
complete
difficult
tasks

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I have
serious
doubts
about
whether I
can do
things well

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I feel
disappointed
with many of
my
performance

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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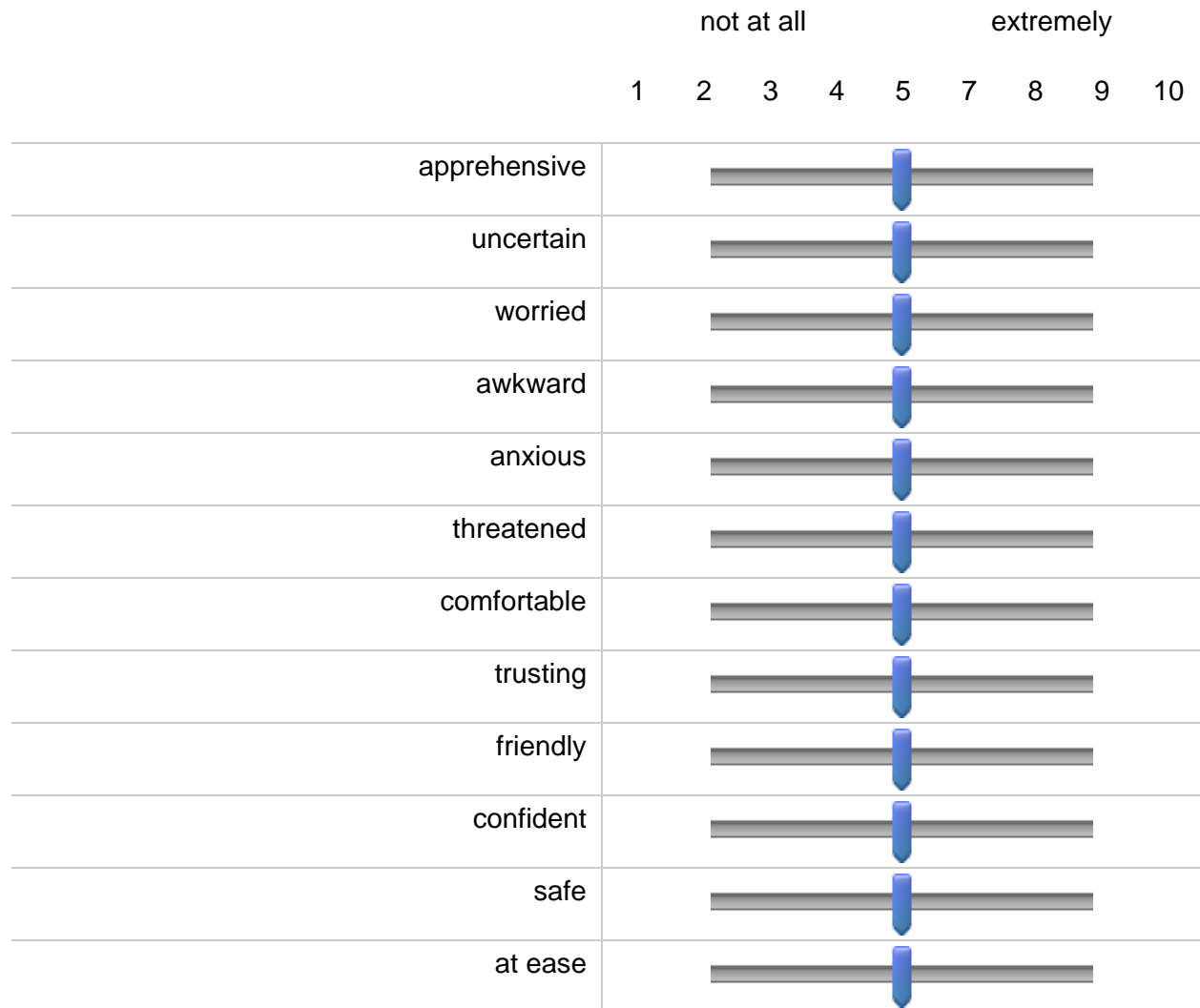
I feel
insecure
about my
abilities

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I feel like a
failure
because of
the mistakes
I make

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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When I interact with Dutch people I usually feel ...



Please indicate your agreement with each of the following items.

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
In most ways my life is close to my ideal.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The conditions of my life are excellent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
So far, I have gotten the important things I want in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I could live my life over, I would change almost nothing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In general, how much do you feel each of the following?

	definitely not	not	not really	a little	very much	extremely
content	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
rested	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
restless	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
bad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
worn-out	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
composed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
tired	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
great	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
uneasy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
energetic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
uncomfortable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
alive and vital	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Thank you. You made it through the entry questionnaire.

During the upcoming 4 weeks we will send you super short daily questionnaires - the Experience Recaps.

They only take a couple of minutes and focus on the interactions you had with Dutch or non-Dutch people since the last Experience Recap.

We will send you one for the morning (at around noon) and one for the afternoon (at around 7 pm).

Please also take the Recap even if you had no interactions at all. Note, that is absolutely normal and common to not have interactions.

Whether or not you had an interaction, each Recap is worth 50 Cents and will automatically be added to your account. That is a coffee at IKEA, a song on iTunes, a pair of flip-flops at Zeeman, or [a house in Italy \(web-link\)](#) every day (for more great 1 Euro inspirations click [here \(web-link\)](#)).

Lastly, make sure to click "->" to enter your payment information - so that we can pay you for your help.

We hope to see you tomorrow.

The Meeting the Dutch Team

Payment for research participation

In order to ensure the anonymity of your response, you will be redirected to a separate web page to enter your bank information in order to receive payment for this study. Please Click the "->" button to be directed to a separate survey where you can enter your bank information.