TAPPIT MENTAL HEALTH STUDY

Procedures & Measures

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**PROCEDURE**

TWO CONDITIONS:

* Experimental - Happy pictures
* Control - Pictures of hand with 1 - 5 fingers

DAY 1 (Feb 3)

Participants will take full battery of measures. Link to Day 2 sent to email.

* [Satisfaction with Life Scale](#kpsb1hbzfyqq)
* [Positive Affect](#c4hgsii4c4zv) - Including Gratitude
* [Negative Affect](#c4hgsii4c4zv)
* [Implicit Leadership Theories (ILTs)](#l26s17jasxfm)
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* [Self-Efficacy](#1t2kxor3od49)
* [Optimism](#1t2kxor3od49)
* [Mindfulness](#yjcufyuy5p8t)

DAY 2 (Feb 4)

Participants will download the TAPPIT! App. They will then will upload 3 pictures and words to the TAPPIT app and play for 10 minutes. Immediately after, participants will take a short survey. Link to Day 3 sent to email.

* [Positive Affect](#c4hgsii4c4zv) - Including Gratitude
* [Negative Affect](#c4hgsii4c4zv)
* [Stress](#aho9sgob1q6r)

DAY 3 (Feb 5)

Participants will upload 1 picture to the TAPPIT app then they will spend 10 minutes playing the app. Immediately after, participants will take a short survey. Link to Day 4 sent to email.

* [Positive Affect](#c4hgsii4c4zv) - Including Gratitude
* [Negative Affect](#c4hgsii4c4zv)
* [Stress](#aho9sgob1q6r)

DAY 4 (Feb 6)

Participants will upload 1 picture to the TAPPIT app then they will spend 10 minutes playing the app. Immediately after, participants will take a short survey. Link to Day 4 sent to email.

* [Positive Affect](#c4hgsii4c4zv) - Including Gratitude
* [Negative Affect](#c4hgsii4c4zv)
* [Stress](#aho9sgob1q6r)

DAY 5 (Feb 7)

Participants will upload 1 picture to the TAPPIT app then they will spend 10 minutes playing the app. Immediately after, participants will take a short survey. Link to Day 4 sent to email.

* [Positive Affect](#c4hgsii4c4zv) - Including Gratitude
* [Negative Affect](#c4hgsii4c4zv)
* [Stress](#aho9sgob1q6r)

DAY 6 (Feb 8)

Participants will upload 1 picture to the TAPPIT app then they will spend 10 minutes playing the app. Immediately after, participants will take a short survey. Link to Day 4 sent to email.

* [Positive Affect](#c4hgsii4c4zv) - Including Gratitude
* [Negative Affect](#c4hgsii4c4zv)
* [Stress](#aho9sgob1q6r)

DAY 7 (Feb 9)

Participants will then take the full battery of measures again.

* [Satisfaction with Life Scale](#kpsb1hbzfyqq)
* [Positive Affect](#c4hgsii4c4zv) - Including Gratitude
* [Negative Affect](#c4hgsii4c4zv)
* [Implicit Leadership Theories (ILTs)](#l26s17jasxfm)
* [Implicit Followership Theories (IFTs)](#f92zesywyrx6)
* [Implicit Theories of Leader Emotions (ITLEs)](#j85rokdxen95)
* [Personality](#3i89kp7l6t1s)
* [Self-Esteem](#r6bqbwis0cuw)
* [Stress](#aho9sgob1q6r)
* [Support](#1t2kxor3od49)
* [Loneliness](#1t2kxor3od49)
* [Self-Efficacy](#1t2kxor3od49)
* [Optimism](#1t2kxor3od49)
* [Mindfulness](#yjcufyuy5p8t)
* [Slider Questions](#vxbrahxynfg7)
* [UX Questions](#ndxfyanchtfe)

*Alex’s Study Proposal Slides*

* [Professional profile](https://docs.google.com/presentation/d/1vwb39yBJoNa4pcq6OU_tUvuND3ZFUFwHpkbKQoN3LvQ/edit?usp=sharing)

**MEASURES**

Satisfaction with Life Scale

Diener, E., Emmons, R., Larsen, J., & Griffin, S. (1985). The Satisfaction With Life Scale. Journal of Personality Assessment, 49(1), 71–75. <http://doi.org/10.1207/s15327752jpa4901_13>

Please rate your agreement with each of the five statements below. Use the 7-point scale provided.

(1 = Strongly disagree, 2 = Disagree, 3 = Slightly disagree, 4 = Neither agree nor disagree, 5 = slightly agree, 6 = agree, 7 = strongly agree)

1. In most ways my life is close to my ideal.

2. The conditions of my life are excellent.

3. I am satisfied with my life.

4. So far I have gotten the important things I want in life.

5. If I could live my life over, I would change almost nothing.

Affect Adjective Scale

Diener, E., & Emmons, R. A. (1985). The independence of positive and negative affect. Journal of Personality and Social Psychology, 47, 1105–1117. DOI: 10.1037/0022-3514.47.5.1105

<http://dx.doi.org/10.1037/0022-3514.47.5.1105>

**Modified to include low-arousal items:**

1. Happy (PA)

2. Worried/Anxious (NA)

3. Pleased (PA)

4. Angry/Hostile (NA)

5. Frustrated (NA)

6. Depressed/Blue (NA)

7. Joyful (PA)

8. Unhappy (NA)

9. Enjoyment/Fun (PA)

**[Lilian added low-arousal items:]**

10. Peaceful/serene (PA)

11. Dull/bored (NA)

12. Relaxed/calm (PA)

13. Gratitude (PA)

14. Guilty

15. Embarrassed

16. Uncomfortable

17. Ashamed

18. Indebted (feeling a need to repay another)

Original final item from the AAS:

13. Compared to most weeks, how typical has the past week been?

1 = Not typical at all

7 = Very typical

Implicit Leadership Theories (ILTs)

We would like to ask you about your impressions of the following three types of leaders:

1) Your impression of **YOU as a leader**

2) Your impression of your **typical leader**

3) Your impression of your **ideal leader**

Below is a list of words that describe leaders. Please use the **10-point rating scale** to indicate the extent to which each trait is **characteristic** of each of the three types of leaders

**Not at all Characteristic 1----2----3----4----5----6----7----8----9----10 Extremely Characteristic**

**Categories of Leaders**

1. Helpful
2. Understanding
3. Sincere
4. Intelligent
5. Educated
6. Clever
7. Knowledgeable
8. Dedicated
9. Motivated
10. Hardworking
11. Energetic
12. Strong
13. Dynamic
14. Domineering
15. Pushy
16. Manipulative
17. Loud
18. Conceited
19. Selfish
20. Male
21. Masculine

Implicit Followership Theories (IFTs)

We would like to ask you about your impressions of the following three types of followers:

1) Your impression of you as a follower

2) Your impression of your typical follower

3) Your impression of your ideal follower

Below is a list of words that describe leaders. Please use the **10-point rating scale** to indicate the extent to which each trait is **characteristic** of each of the three types of followers

**Not at all Characteristic 1----2----3----4----5----6----7----8----9----10 Extremely Characteristic**

**Categories of Followers**

1. Hardworking
2. Productive
3. Goes above and beyond
4. Uneducated
5. Slow
6. Inexperienced
7. Loyal
8. Reliable
9. Team player
10. Easily influenced
11. Follows trends
12. Soft spoken
13. Excited
14. Outgoing
15. Happy
16. Arrogant
17. Rude
18. Bad tempered

Implicit Theories of Leader Emotions (ITLEs)

We would like to ask you about your impressions of the following three types of leaders:

1) Your impression of **you as a leader**/**supervisor**

2) Your impression of the average **typical leader** in general

3) Your impression of the **ideal leader**

Below is a list of words describing emotions that leaders might express. Please use the 7-point rating scale to indicate the extent to which you **BELIEVE** it is **CHARACTERISTIC** for each of the three types of leaders to express each emotion.

Not at all characteristic 1---2---3---4---5---6---7 Extremely characteristic

**Categories of Leaders**

1. Scared
2. Afraid
3. Fear
4. Nervous
5. Excitement
6. Cheerful
7. Enthusiasm
8. Shame
9. Regret
10. Guilt
11. Honored
12. Privileged
13. Upset
14. Anger
15. Disgust
16. Aggravated
17. Relaxed
18. At Ease
19. Serene
20. Proud
21. Strong
22. Confident
23. Bold
24. Daring

Personality (BFI-2-SF)

Soto, C. J., & John, O. P. (2017). Short and extra-short forms of the Big Five Inventory–2: The BFI-2-S and BFI2-XS. Journal of Research in Personality, 68, 69-81.

<http://www.colby.edu/psych/wp-content/uploads/sites/50/2013/08/bfi2s-form.pdf>

I am someone who...

(1 = Disagree strongly, 2 = Disagree a little, 3 = Neutral; no opinion, 4 = Agree a little, 5 = Agree strongly)

1. Tends to be quiet.

2. Is compassionate, has a soft heart.

3. Tends to be disorganized.

4. Worries a lot.

5. Is fascinated by art, music, or literature.

6. Is dominant, acts as a leader.

7. Is sometimes rude to others.

8. Has difficulty getting started on tasks.

9. Tends to feel depressed, blue.

10. Has little interest in abstract ideas.

11. Is full of energy.

12. Assumes the best about people.

13. Is reliable, can always be counted on.

14. Is emotionally stable, not easily upset.

15. Is original, comes up with new ideas.

16. Is outgoing, sociable.

17. Can be cold and uncaring.

18. Keeps things neat and tidy.

19. Is relaxed, handles stress well.

20. Has few artistic interests.

21. Prefers to have others take charge.

22. Is respectful, treats others with respect.

23. Is persistent, works until the task is finished.

24. Feels secure, comfortable with self.

25. Is complex, a deep thinker.

26. Is less active than other people.

27. Tends to find fault with others.

28. Can be somewhat careless.

29. Is temperamental, gets emotional easily.

30. Has little creativity.

BFI-2 Scoring

**Domain**

Extraversion: 1R, 6, 11, 16, 21R, 26R Agreeableness: 2, 7R, 12, 17R, 22, 27R Conscientiousness: 3R, 8R, 13, 18, 23, 28R Negative Emotionality: 4, 9, 14R, 19R, 24R, 29 Open-Mindedness: 5, 10R, 15, 20R, 25, 30R

**Facet Scales**

Sociability: 1R, 16 Assertiveness: 6, 21R

Energy Level: 11, 26R Compassion: 2, 17R Respectfulness: 7R, 22

Trust: 12, 27R

Organization: 3R, 18 Productiveness: 8R, 23 Responsibility: 13, 28R Anxiety: 4, 19R

Depression: 9, 24R

Emotional Volatility: 14R, 29 Aesthetic Sensitivity: 5, 20R Intellectual Curiosity: 10R, 25 Creative Imagination: 15, 30R

Rosenberg Self-Esteem Scale

Rosenberg, M. (1965). Society and the adolescent self-image. Princeton, NJ: Princeton University Press

<https://fetzer.org/sites/default/files/images/stories/pdf/selfmeasures/Self_Measures_for_Self-Esteem_ROSENBERG_SELF-ESTEEM.pdf>

Below is a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement.

(1 = Strongly disagree, 2 = Disagree, 3 = Slightly disagree, 4 = Neither agree nor disagree, 5 = slightly agree, 6 = agree, 7 = strongly agree)

1. On the whole, I am satisfied with myself.
2. At times I think I am no good at all. (R)
3. I feel that I have a number of good qualities.
4. I am able to do things as well as most other people.
5. I feel I do not have much to be proud of. (R)
6. I certainly feel useless at times. (R)
7. I feel that I'm a person of worth, at least on an equal plane with others.
8. I wish I could have more respect for myself. (R)
9. All in all, I am inclined to feel that I am a failure. (R)
10. I take a positive attitude toward myself.

**Scoring:**

Items 2, 5, 6, 8, 9 are reverse scored. Give “Strongly Disagree” 1 point, “Disagree” 2 points, “Agree” 3 points, and “Strongly Agree” 4 points. Sum scores for all ten items. Keep scores on a continuous scale. Higher scores indicate higher self-esteem.

Perceived Stress Scale

Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior, 24,* 385-396.

The questions in this scale ask you about your feelings and thoughts **this past day**. In each case, please indicate how often you felt or thought a certain way.

\_\_\_0=never \_\_\_1=almost never \_\_\_2=sometimes \_\_\_3=fairly often \_\_\_4=very often

1. In the past day, how often have you felt that you were unable to control the important things in your life?

2. In the past day, how often have you felt confident about your ability to handle your personal problems? (R)

3. In the past day, how often have you felt that things were going your way? (R)

4. In the past day, how often have you felt difficulties were piling up so high that you could not overcome them?

**Scoring**

PSS-4 scores are obtained by reverse coding the positive items, e.g., 0=4, 1=3, 2=2, etc. and then summing across all 4 items. Items 2 and 3 are the positively stated items.

Comprehensive Inventory of Thriving

Su, R., Tay, L., & Diener, E. (2014). The development and validation of the Comprehensive Inventory of Thriving (CIT) and the Brief Inventory of Thriving (BIT). *Applied Psychology: Health and Well-Being*, *6*(3), 251–279. <http://doi.org/10.1111/aphw.12027>

Please indicate your agreement or disagreement with each of the following statements using the scale below.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Disagree | Neither Agree nor Disagree | Agree | Strongly agree |

Support

1. There are people I can depend on to help me

2. There are people who give me support and encouragement

3. There are people who appreciate me as a person

Loneliness

1. I feel lonely

2. I often feel left out

3. There is no one I feel close to

Self-Efficacy

1. I can succeed if I put my mind to it

2. I am confident that I can deal with unexpected events

3. I believe that I am capable in most things

Optimism

1. I am optimistic about my future

2. I have a positive outlook on life

3. I expect more good things in my life than bad

Mindfulness Attention Awareness Scale - SF

Original: Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: Mindfulness and its role in psychological well-being. Journal of Personality and Social Psychology, 84(4), 822–848. http://doi.org/10.1037/0022-3514.84.4.822

Short: https://www.tandfonline.com/doi/full/10.1080/00223891.2015.1095761?casa\_token=YnS85ajQNssAAAAA:7XnxMEi5RlUgGhrSgAaywmt\_dTCv\_\_yrH98cFpER-uNXRFPXSvTZigNP8yn3vJYeY6\_5WV4uyya3

All the following questions pertain to your experiences during the past week. Please select the choice that corresponds to your response for each question.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |  |
| never | sometimes | About half the time | Most of the time | always |  |

Over the past day…

1. I found it difficult to stay focused on what was happening in the present.

2. I rushed through activities without being really attentive to them.

3. I did jobs or tasks automatically, without being aware of what I was doing.

4. I found myself preoccupied with the future or the past.

5. I found myself doing things without paying attention.

Social Media Usage

How often do you use social media?

Never Rarely Sometimes Often Very often

Which social media platforms do you use?

* Facebook
* Twitter
* Instagram
* Snapchat
* Youtube
* Tik Tok

How often do you read news on social media?

Never Rarely Sometimes Often Very often

Brief Resilience Scale

Smith, B.W., Dalen, J., Wiggins, K. et al. The brief resilience scale: Assessing the ability to bounce back. Int. J. Behav. Med. 15, 194–200 (2008). <https://doi.org/10.1080/10705500802222972>

Please rate your agreement with each of the six statements below. Use the 5-point scale provided.

(1 = Strongly disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly agree)

1. I tend to bounce back quickly after hard times.
2. I have a hard time making it through stressful events.
3. It does not take me long to recover from a stressful event.
4. It is hard for me to snap back when something wrong happens.
5. I usually come through difficult times with little trouble.
6. I tend to take a long time to get over setbacks in my life.

Slider Questions

Respond to each prompt using the sliders with 0 being “strongly disagree” and 100 being “strongly agree.”

Strongly disagree 0 ----------------------------------------------------------100 Strongly agree

Before the experiment (Feb 4th)

After the experiment (Feb 10th)

Move the cursor to indicate how much you agree or disagree with the statement. If you neither agree nor disagree with an item, click the cursor ball without moving it to record your answer.

1. I am satisfied with my life (Satisfaction with Life)
2. I feel that I have a number of good qualities (Self Esteem)
3. There are people I can depend on to help me (CIT - Support)
4. I expect more things in my life than bad (CIT – Optimism)
5. Happy (Positive Affect)
6. Gratitude (Positive Affect)
7. I did jobs or tasks automatically, without being aware of what I was doing (Mindfulness Attention Awareness Scale)
8. I feel lonely (CIT – Loneliness)

UX Questions

\*\*All on Qualtrics

Condition Coding

Experimental = 1

Control = 0

Email Triggers

**Pt. 1**

Condition = 1 (Experimental)

To Email Address: ${q://QID22/ChoiceTextEntryValue}

From Name: UCR Leadership Lab

Reply-To Email: [ucrleadershiplab@gmail.com](mailto:ucrleadershiplab@gmail.com)

Subject: Day 2 (Feb 5) Study Link

Hi ${q://QID19/ChoiceTextEntryValue},

Thank you for participating in our study!

Starting **TOMORROW**, please take **THREE** pictures: 1 selfie and 2 photos that make you happy. In other words, whenever you notice something that makes you happy, please take a photo (e.g., a cup of your favorite coffee and a photo of the sunset). You can take these pictures at any time throughout the day.

After you have taken your three pictures, log into the study via the link below. You will be instructed to install and play the game app, TAPPIT!, for 10 minutes. Immediately after you play the game, you will continue with the survey. Remember to play at least 10 minutes each day for the next five days and complete the daily survey **IMMEDIATELY AFTER** your 10 minutes of game-play. The study will conclude on February 10 with a final survey.

See installation instructions:

https://drive.google.com/drive/folders/1bX7LroDb2LY6nj2u32ONetNZovV6txe2?usp=sharing

Here is the link for your **Day 2 (February 5)** survey, which should be completed AFTER your have taken your 3 photos: <http://ucriverside.az1.qualtrics.com/jfe/form/SV_9pn6QRIgtFh1p1r>

Best,

UCR Leadership Lab

Condition = 0 (Control)

To Email Address: ${q://QID22/ChoiceTextEntryValue}

From Name: UCR Leadership Lab

Reply-To Email: [ucrleadershiplab@gmail.com](mailto:ucrleadershiplab@gmail.com)

Subject: Day 2 (Feb 5) Study Link

Hi ${q://QID19/ChoiceTextEntryValue},

Thank you for participating in our study!

Starting **TOMORROW**, please take **THREE** pictures: 1 selfie and 2 photos that make you happy. In other words, whenever you notice something that makes you happy, please take a photo (e.g., a cup of your favorite coffee and a photo of the sunset). You can take these pictures at any time throughout the day.

After you have taken your three pictures, log into the study via the link below. You will be instructed to install and play the game app, TAPPIT!, for 10 minutes. Immediately after you play the game, you will continue with the survey. Remember to play at least 10 minutes each day for the next five days and complete the daily survey **IMMEDIATELY AFTER** your 10 minutes of game-play. The study will conclude on February 10 with a final survey.

See installation instructions:

https://drive.google.com/drive/folders/1bX7LroDb2LY6nj2u32ONetNZovV6txe2?usp=sharing

Here is the link for your **Day 2 (February 5)** survey, which should be completed AFTER your have taken your 3 photos: <http://ucriverside.az1.qualtrics.com/jfe/form/SV_9pn6QRIgtFh1p1r>

Best,

UCR Leadership Lab

**Pt. 2 - 6**

Condition = 1 (Experimental)

To Email Address: ${e://Field/RecipientEmail}

From Name: UCR Leadership Lab

Reply-To Email: [ucrleadershiplab@gmail.com](mailto:ucrleadershiplab@gmail.com)

Subject: Day 3 (Feb 6) Study Link

Hi ${e://Field/RecipientFirstName},

TOMORROW, please take ONE picture: 1 photo that makes you happy. In other words, whenever you notice something that makes you happy, please take a photo (e.g., a photo of the sunset). You can take this picture anytime throughout the day.

After you have taken your picture, log into the study via the link below.

Here is the link for your Day 3 (February 6) survey, which should be completed AFTER you have taken your photo:

<http://ucriverside.az1.qualtrics.com/jfe/form/SV_egPf73MsF2KB7xj>

Best,

UCR Leadership Lab

Condition = 0 (Control)

To Email Address: ${e://Field/RecipientEmail}

From Name: UCR Leadership Lab

Reply-To Email: [ucrleadershiplab@gmail.com](mailto:ucrleadershiplab@gmail.com)

Subject: Day 3 (Feb 6) Study Link

Hi ${e://Field/RecipientFirstName},

TOMORROW, please take ONE picture: 1 photo of your hand. You can take this picture anytime throughout the day.

After you have taken your picture, log into the study via the link below.

Here is the link for your Day 3 (February 6) survey, which should be completed AFTER you have taken your photo:

<http://ucriverside.az1.qualtrics.com/jfe/form/SV_egPf73MsF2KB7xj>

Best,

UCR Leadership Lab

Survey Links

Survey pt. 0 Condition Assignment

<http://ucriverside.az1.qualtrics.com/jfe/form/SV_884L3rAF54PhbAp>

Survey pt. 1 CONTROL //

<http://ucriverside.az1.qualtrics.com/jfe/form/SV_aXGJcufFkldG7Tn>

Survey pt. 2 CONTROL //

<http://ucriverside.az1.qualtrics.com/jfe/form/SV_0UuYMWRsZJn8dg1>

Survey pt. 3 CONTROL //

<http://ucriverside.az1.qualtrics.com/jfe/form/SV_8ByzZPTo7vIzqRv>

Survey pt. 4 CONTROL //

<http://ucriverside.az1.qualtrics.com/jfe/form/SV_233RDc8TXsjfkcR>

Survey pt. 5 CONTROL //

<http://ucriverside.az1.qualtrics.com/jfe/form/SV_8APtF42xIRmRDff>

Survey pt. 6 CONTROL //

<http://ucriverside.az1.qualtrics.com/jfe/form/SV_eJSY9D2VUx4uSP3>

Survet pt. 7 CONTROL //

<http://ucriverside.az1.qualtrics.com/jfe/form/SV_dnZi7fjyZKR2q33>

Survey pt. 1 EXP //

Survey pt. 2 EXP //

<http://ucriverside.az1.qualtrics.com/jfe/form/SV_bjW30pzhKFUuJYV>

Survey pt. 3 EXP //

<http://ucriverside.az1.qualtrics.com/jfe/form/SV_bj4MZk9TNuIqN0N>

Survey pt. 4 EXP //

<http://ucriverside.az1.qualtrics.com/jfe/form/SV_6osE39AySnWh4gZ>

Survey pt. 5 EXP //

<http://ucriverside.az1.qualtrics.com/jfe/form/SV_cwHhaJ1ewgilLb7>

Survey pt. 6 EXP //

<http://ucriverside.az1.qualtrics.com/jfe/form/SV_0jMY3Vo25ZtFQJ7>

Survey pt. 7 EXP //

<http://ucriverside.az1.qualtrics.com/jfe/form/SV_40YOVCTzM8nB749>

Experimental Installation and Photo Upload Instructions:

<https://drive.google.com/drive/folders/1LxUd25SCuIjuahc6GaW_PUzGwIaoCHY4?usp=sharing>

Control Installation and Photo Upload Instructions:

<https://drive.google.com/drive/folders/1_1ZhsEvYYrCQJ3MAO_4KJmK00-OYWon2?usp=sharing>

Notes during data collection Wave #1

2/5/2020 (pt. 2):

* Edmund Lau asked if he should do happy AND hand pictures
* Zepeng Wang said he accidentally added 3 happy photos and no selfies in pt. 2
* Diana Farias did not read the instructions; Did not download the app in pt.2

Data Collection Notes Wave 3

* Isabella Santana ([isant027@ucr.edu](mailto:isant027@ucr.edu)) incorrectly inputted email as “[isant027@gmail.com](mailto:isant027@gmail.com)” for Day 5 Experimental
* Melanie Guido ([mguid003@ucr.edu](mailto:mguid003@ucr.edu)) incorrectly inputted email as “[mguido003@ucr.edu](mailto:mguido003@ucr.edu)” for Day 4 Control
* Janelly Perez ([jpere120@ucr.edu](mailto:jpere120@ucr.edu)) incorrect email “[jpere120@gmail.com](mailto:jpere120@gmail.com)” Day 6 EXP
* Tianyingjun Fan (tfan007@ucr.edu) : completely f’d up data, participant quickly filled in bubbles and inputted random letters into text boxes; CON
* Tammar Akel ([takel001@ucr.edu](mailto:takel001@ucr.edu)) created a duplicate response; CON
* Suzi Mikaelyan ([smika002@ucr.edu](mailto:smika002@ucr.edu)): 2 responses; EXP

RESULTS

Descriptive Results (All)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Time 1 | Time 2 | Time 3 | Time 4 | Time 5 | Time 6 | Time 7 |
| SWLS | 4.33 (1.31) |  |  |  |  |  | 4.4 (1.38) |
| PA | 3.67 (1.01) | 3.42 (1.04) | 3.37 (1.07) | 3.47 (1.08) | 3.53 (1.08) | 3.53 (1.11) | 3.51 (1.11) |
| PA High | 3.36 (0.94) | 3.12 (0.96) | 3.09 (1.04) | 3.22 (1.06) | 3.32 (1.01) | 3.30 (1.09) | 3.2 (1.05) |
| PA Low | 4.09 (1.34) | 3.81 (1.32) | 3.75 (1.31) | 3.80 (1.34) | 3.81 (1.37) | 3.84 (1.38) | 3.92 (1.4) |
| NA | 2.44 0(.91) | 2.11 (0.76) | 2.14 (0.78) | 1.97 (0.70) | 2.04 (0.82) | 2.03 (0.78) | 2.07 (0.92) |
| NA High | 2.70 (1.01) | 2.40 (0.94) | 2.43 (0.89) | 2.24 (0.84) | 2.29 (0.92) | 2.32 (0.95) | 2.34 (1.04) |
| NA Low | 2.14 (0.97) | 1.76 (0.77) | 1.79 (0.80) | 1.64 (0.74) | 1.73 (0.90) | 1.68 (0.78) | 1.74 (0.97) |
| Self-Esteem | 59.04 (11.2) |  |  |  |  |  | 58.74 (11.61) |
| Stress | 3.12 (0.44) | 3.10 (0.43) | 3.01 (0.48) | 3.00 (0.53) | 2.99 (0.45) | 2.98 (0.43) | 3.05 (0.46) |
| CIT Support | 5.88 (0.95) |  |  |  |  |  | 5.93 (0.99) |
| CIT Lonely | 3.47 (1.43) |  |  |  |  |  | 3.35 (0.98) |
| CIT Efficacy | 5.47 (0.95) |  |  |  |  |  | 5.42 (0.98) |
| CIT Optimism | 5.20 (1.21) |  |  |  |  |  | 5.09 (1.23) |
| Mindfulness | 2.70 (0.82) | 2.63 (0.83) | 2.52 (0.89) | 2.41 (0.94) | 2.34 (0.90) | 2.41 (0.91) | 2.40 (0.90) |
| Extraversion | 4.23 (1.15) |  |  |  |  |  | 4.11 (1.17) |
| Agreeableness | 5.13 (1.00) |  |  |  |  |  | 5.18 (0.93) |
| Conscientious | 4.72 (0.95) |  |  |  |  |  | 4.71 (0.90) |
| Neuroticism | 3.92 (1.15) |  |  |  |  |  | 3.89 (1.22) |
| Openness | 4.77 (0.96) |  |  |  |  |  | 4.79 (0.99) |
| ILT Positive | 7.61 (1.26) |  |  |  |  |  | 7.5 (1.31) |
| ILT Negative | 3.85 (1.55) |  |  |  |  |  | 2.56 (1.49) |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Time 1 | Time 2 | Time 3 | Time 4 | Time 5 | Time 6 | Time 7 |
| ILT Sensitivity | 8.2 (1.32) |  |  |  |  |  | 8.19 (1.39) |
| ILT Intelligence | 7.42 (1.40) |  |  |  |  |  | 7.29 (1.47) |
| ILT Dedication | 8.02 (1.56) |  |  |  |  |  | 7.89 (1.57) |
| ILT Dynamic | 6.87 (1.62) |  |  |  |  |  | 6.69 (1.66) |
| ILT Tyranny | 3.93 (1.64) |  |  |  |  |  | 3.60 (1.55) |
| ILT Masculinity | 3.62 (2.98) |  |  |  |  |  | 3.46 (2.84) |

*How many people completed all timepoints? -- 123 completed all*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1  Timepoint | 2  Timepoints | 3  Timepoints | 4  Timepoints | 5  Timepoints | 6  Timepoints | 7  Timepoints |
| 49 | 24 | 7 | 9 | 4 | 8 | 123 |

Is Attrition an Issue? -- No :)

|  |  |  |  |
| --- | --- | --- | --- |
| *Correlations* | 1 | 2 | 3 |
| 1. Completed All Timepoints  (Yes = 1, No = 0) | 1 |  |  |
| 2. Number of Timepoints Completed  (1 to 7) | .91 \*\*\* | 1 |  |
| 3. Condition  (Happy = 1, Hand = 0) | .09 | .03 | 1 |

Research Questions

1. Did positive affect improve more for the experimental condition compared to the control condition?
2. Did negative affect improve more for the experimental condition compared to the control condition?