

Stressor

Imagine you are texting an emotionally intelligent bot, and the bot asks you, "What is something that has been stressing you out recently?" Type your response to the bot's question.

Imagine you are texting your close friend, and they ask you, "What is something that has been stressing you out recently?" Type your response to your friend's question. **Please write at least three complete sentences.**

Info about stressor

Which of the following categories most accurately describes the problem you described?

- ☐ Family
☐ Friends
☐ Relationship
☐ Money
☐ School
☐ Work
☐ Illness/injury
☐ Other:

On a scale from 1 to 10, how severe is the problem you described? (1: not severe, 10: extremely severe)

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

On a scale from 1 to 10, how much negative impact is this problem having on your life or your wellbeing? (1: no effect, 10: significant impact)

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

On a scale from 1 to 10, to what extent is resolving this problem within your control? (1: completely in my control, 10: completely out of my control)

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

This problem is...

- ☐ Something that happened in the past
☐ Something that will happen in the future
☐ An ongoing problem

Response to stressor

Recall your answer to the bot's initial question about something that has been stressing you out. What response, verbatim, would you want to receive from the bot?

Recall your answer to your friend's initial question about something that has been stressing you out. What response, verbatim, would you want to receive from your friend?

Info about support

What kind of response would you most like to receive over text message for the specific problem you mentioned?

- ☐ Concrete solutions (e.g. "You could try setting up a meeting with your boss to discuss a raise.")
☐ Tips on coping and stress relief (e.g. "Try to calm down and take a deep breath.")
☐ Empathy (e.g. "I'm so sorry to hear that. I know it must be really hard for you.")
☐ Other:

Who do you tend to turn to for support when you're stressed?

- ☐ Parent
☐ Sibling
☐ Relative
☐ Friend
☐ Significant other
☐ Therapist
☐ Teacher / professor

☐ Other:

On a scale from 1 to 10, when you're stressed, to what extent do you feel supported by the people around you?
(1: no support at all, 10: very supported)

1 2 3 4 5 6 7 8 9 10
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How likely would you be to chat online with an emotionally intelligent bot trained to deal with stress if such a bot was easily accessible?

- ☐ Extremely likely
☐ Somewhat likely
☐ Neither likely nor unlikely
☐ Somewhat unlikely
☐ Extremely unlikely

Demographic info

Which of the following best describes your day-to-day level of stress?

- ☐ Extremely stressed
☐ Somewhat stressed
☐ A bit stressed
☐ Not that stressed
☐ Not stressed at all

How old are you?

- ☐ Under 18
☐ 18 - 24
☐ 25 - 34
☐ 35 - 44
☐ 45 - 54
☐ 55 - 64
☐ 65 - 74
☐ 75 - 84
☐ 85 or older

Which of the following most accurately describes your gender identity?

- ☐ Male
☐ Female
☐ Transgender male
☐ Transgender female
☐ Genderfluid/non-binary
☐ Other/prefer not to say

Which of the following most accurately describes your sexual orientation?

- ☐ Heterosexual
☐ Homosexual
☐ Bisexual
☐ Pansexual
☐ Asexual
☐ Other / prefer not to say

Do you consider yourself Hispanic/Latino?

- ☐ Yes
☐ No

Which racial designation(s) do you identify with?

- ☐ White
☐ Black or African American
☐ American Indian or Alaska Native
☐ Asian
☐ Native Hawaiian or Other Pacific Islander

What is your country of residence?

US - United States 

If you live in the United States, please indicate your state of residence.



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

- ☐ Less than a high school diploma
☐ High school degree or equivalent (e.g. GED)
☐ Some college, no degree
☐

- ☒ Associate degree (e.g. AA, AS)
- ☐ Bachelor's degree (e.g. BA, BS)
- ☐ Master's degree (e.g. MA, MS)
- ☐ Professional degree (e.g. MD, DDS, DVM)
- ☐ Doctorate (e.g. PhD, EdD)

What is your current employment status?

- ☐ Employed full time (40 or more hours per week)
- ☐ Employed part time (up to 39 hours per week)
- ☐ Unemployed and currently looking for work
- ☐ Unemployed and not currently looking for work
- ☐ Student
- ☐ Retired
- ☐ Self-employed
- ☐ Unable to work

Which of the following best describes the industry you primarily work in?

- | | | |
|--|--|--|
| <input type="radio"/> Agriculture, Forestry, Fishing and Hunting | <input type="radio"/> Telecommunications | <input type="radio"/> Arts, Entertainment, and Recreation |
| <input type="radio"/> Utilities | <input type="radio"/> Broadcasting | <input type="radio"/> Hotel and Food Services |
| <input type="radio"/> Construction | <input type="radio"/> Information Services and Data Processing | <input type="radio"/> Government and Public Administration |
| <input type="radio"/> Computer and Electronics Manufacturing | <input type="radio"/> Other Information Industry | <input type="radio"/> Legal Services |
| <input type="radio"/> Other Manufacturing | <input type="radio"/> Finance and Insurance | <input type="radio"/> Scientific or Technical Services |
| <input type="radio"/> Wholesale | <input type="radio"/> Real Estate, Rental and Leasing | <input type="radio"/> Homemaker |
| <input type="radio"/> Retail | <input type="radio"/> College, University, and Adult Education | <input type="radio"/> Military |
| <input type="radio"/> Transportation and Warehousing | <input type="radio"/> Primary/Secondary (K-12) Education | <input type="radio"/> Religious |
| <input type="radio"/> Publishing | <input type="radio"/> Other Education Industry | <input type="radio"/> Other: <input type="text"/> |
| <input type="radio"/> Software | <input type="radio"/> Health Care and Social Assistance | |

Which of the following best describes your relationship/marital status?

- ☐ Single
- ☐ Married, or in a domestic partnership
- ☐ Widowed
- ☐ Separated
- ☐ In an open relationship
- ☐ In an exclusive relationship

How many children do you have?

What is your current household income? (USD)

- | | |
|---|---|
| <input type="radio"/> Less than \$10,000 | <input type="radio"/> \$60,000 - \$69,999 |
| <input type="radio"/> \$10,000 - \$19,999 | <input type="radio"/> \$70,000 - \$79,999 |
| <input type="radio"/> \$20,000 - \$29,999 | <input type="radio"/> \$80,000 - \$89,999 |
| <input type="radio"/> \$30,000 - \$39,999 | <input type="radio"/> \$90,000 - \$99,999 |
| <input type="radio"/> \$40,000 - \$49,999 | <input type="radio"/> \$100,000 - \$149,999 |
| <input type="radio"/> \$50,000 - \$59,999 | <input type="radio"/> More than \$150,000 |

How much time do you spend on social media per day?

- ☐ Less than 1 hour
- ☐ 1-2 hours
- ☐ 3-4 hours
- ☐ More than 4 hours

If you drive to work, how much time do you spend on your commute per day?

- ☐ Less than 1 hour
- ☐ 1-2 hours
- ☐ 3-4 hours
- ☐ 5-6 hours
- ☐ More than 6 hours
- ☐ I do not drive to work.

How much sleep do you get each night, on average?

- ☐ Less than 3 hours
- ☐ 3-5 hours
- ☐ 6-8 hours
- ☐ 9-11 hours
- ☐ More than 11 hours

How much time do you spend relaxing per day?

- ☐ Less than 1 hour
- ☐ 1-2 hours
- ☐ 3-4 hours
- ☐ 5-6 hours
- ☐ More than 6 hours

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