Wearable and mobile technology to characterize daily pattern of sleep, stress, pre-sleep worry and mood in adolescent insomnia

Luca Menghini, PhD, Dilara Yuksel, PhD, Devin Prouty, PhD, Fiona C Baker PhD, Christopher King, PhD, & Massimiliano de Zambotti, PhD

Appendix A: Items of the electronic diary form used in the study

1. How stressful was your day?

◯ Not at all stressful   ◯ Not so stressful   ◯ Somewhat stressful   ◯ Very stressful   ◯ Extremely stressful

Please indicate if the stress was related to one of the following factors:
[This question was triggered in case the respondent rated item 1 as "Not so stressful" or above]

◯ School (e.g., I had an exam)   ◯ Family (e.g., I had an argument with my parents)   ◯ Health (e.g., I had an accident)   ◯ Relations with your peers (e.g., I had a fight with my friend)   ◯ Other

2. How is your mood right now?

◯ Very bad   ◯ Somewhat bad   ◯ Neither bad not good   ◯ Somewhat good   ◯ Very good

3. How worried do you feel right now?

◯ Not at all worried   ◯ Not so worried   ◯ Somewhat worried   ◯ Very worried   ◯ Extremely worried

Are you worried about any of the following?
[This question was triggered in case the respondent rated item 3 as "Not so worried" or above]

◯ School (e.g., tomorrow I have an exam)   ◯ Family (e.g., tomorrow I need to do something important with my parents)   ◯ Health (e.g., tomorrow I have an important visit to the doctor)   ◯ Relations with your peers (e.g., my friend asked me to talk, and I do not know what it is about)   ◯ Sleep (e.g., I am worried that I am not going to sleep well tonight)   ◯ Other (e.g., I am worried about something else happening tomorrow)