

## **Personality and Alcohol Use: Comparing Surveys Codebook**

1. Baseline Demographics
2. Multidimensional Perfectionism Scale Short Form: Socially Prescribed, Self-Oriented and Other-Oriented Perfectionism Scales (3 year version; Hewitt & Flett, 1991)
3. Perfectionism Cognitions Short Form (3 year version; Mackinnon et al., 2014)
4. Perfectionistic self-presentation (3 year version; Mackinnon et al., 2014)
5. Past three year alcohol consumption (Graduated Frequency Questionnaire; Dawson, 2003)
6. Drinking Motives Revised – Short Form (3 year version; Kuntsche & Kuntsche, 2009)
7. Alcohol Problems Checklist (3 year version; Simons et al., 2005)
8. State Social Anxiety (3 year version; Mackinnon et al., 2014)
9. 5-item Satisfaction with Life Scale (3 year version; Diener et al., 1985)
10. PANAS Subscales (3 year version; Watson et al., 1988; Mackinnon et al., 2014)
11. Ten Item Personality Measure (3 year version; Gosling et al., 2003)
12. Eating Disorder Diagnostic Scale (3 year version; Stice et al., 2000)
13. State Perceived Social Support (3 year version; Mackinnon, 2012)
14. Multidimensional Perfectionism Scale Short Form: Socially Prescribed, Self-Oriented Scales and Other-Oriented Perfectionism Scales (24 hour version; Hewitt & Flett, 1991)
15. Perfectionism Cognitions Short Form (24 hour version; Mackinnon et al., 2014)
16. Perfectionistic self-presentation (24 hour version; Mackinnon et al., 2014)
17. Alcohol Use Questionnaire
18. Drinking Motives Revised – Short Form (24 hour version; Kuntsche & Kuntsche, 2009)
19. Alcohol Problems Checklist (24 hour version; Simons et al., 2005)
20. State Social Anxiety (24 hour version; Mackinnon et al., 2014)
21. 5-item Satisfaction with Life Scale (24 hour version; Diener et al., 1985)

22. PANAS Subscales (24 hour version; Watson et al., 1988; Mackinnon et al., 2014)
23. Ten Item Personality Measure (24 hour version; Gosling et al., 2003)
24. Eating Disorder Diagnostic Scale (24 hour version; Stice et al., 2000)
25. State Perceived Social Support (24 hour version; Mackinnon, 2012)

Demographics	
Item	Variable Name
Unique code given to each set of answers	RespondentId
Date and time that the participant began the study	StartDate
Date and time that the participant completed the study	CompletedDate
Age	age*
Sex	sex
Sex (Other)	sex.other
Ethnicity	ethnicity*
Student Status	student
Order in which questionnaires were presented to participants 1 = 3 year questionnaires presented first 2 = 24 hour questionnaires presented first	condition

\*The “age” and “ethnicity” variables were deleted, as it was not possible to create cell sizes of less than 5 to protect participant anonymity given the smaller size of our sample. Age ranged from 18-25 years old, and the mean age of participants was 20.04 with a standard deviation of 1.53. Participants were mostly Caucasian (74.1%), with 7.2% of participants identifying as Asian, 4.3% of participants identifying as Black, 3.6% of participants identifying as Middle Eastern, and 6.5% of participants identifying as having a mixed ethnicity. The remaining 4.3% of participants were collapsed into the “other” category for ethnicity.

<b>Multidimensional Perfectionism Scale Short Form: Self-Oriented Subscale (3 year version)</b>	
Type of Scale = 7-point (1= Strongly disagree; 5 = Strongly agree)	
<b>Item</b>	<b>Variable Name</b>
Item 6 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.SOP1.3y
Item 14 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.SOP2.3y
Item 15 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.SOP3.3y
Item 20 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.SOP4.3y
Item 32 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.SOP5.3y
Scale Mean	mps.SOP.3y.mean

<b>Multidimensional Perfectionism Scale Short Form: Socially Prescribed Subscale (3 year version)</b>	
Type of Scale = 7-point (1= Strongly disagree; 5 = Strongly agree)	
<b>Item</b>	<b>Variable Name</b>
Item 25 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.SPP1.3y
Item 11 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.SPP2.3y
Item 35 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.SPP3.3y
Item 39 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.SPP4.3y
Item 41 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.SPP5.3y
Scale Mean	mps.SPP.3y.mean

<b>Multidimensional Perfectionism Scale Short Form: Other-Oriented Subscale (3 year version)</b>	
Type of Scale = 7-point (1= Strongly disagree; 5 = Strongly agree)	
<b>Item</b>	<b>Variable Name</b>
Item 7 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.OOP1.3y
Item 16 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.OOP2.3y
Item 22 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.OOP3.3y
Item 26 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.OOP4.3y
Item 27 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.OOP5.3y
Scale Mean	mps.OOP.3y.mean

<b>Perfectionism Cognitions Short Form</b>	
Type of Scale = 5-point (0= Not at all; 4 = All of the time)	
<b>Item</b>	<b>Variable Name</b>
1. I expect to be perfect.	pc1.3y
2. I should be perfect.	pc2.3y
3. My work should be flawless.	pc3.3y
Scale Mean	pc.3y.mean

<b>Perfectionistic self-presentation</b>	
Type of Scale = 7-point (1 = Strongly disagree; 7 = Strongly agree)	
<b>Item</b>	<b>Variable Name</b>
1. I thought that failing at something is awful if other people know about it.	psp1.3y
2. I thought it would be awful if I made a fool of myself in front of others.	psp2.3y
3. I was concerned about making errors in public.	psp3.3y
Scale Mean	psp.3y.mean

**Past 3 year alcohol consumption (Graduated Frequency Questionnaire)**

Type of Scale = Free answer (alc1) and drinking frequency (never to every day; alc2 – alc6)

Item	Variable Name
1. During the past 3 years, what is the largest number of drinks you had on any single day? (N By a “drink” we mean half an ounce of absolute alcohol (e.g., a 12-ounce can or glass or bottle beer or cooler, a 5-ounce glass of wine, or a drink containing 1 shot of liquor or spirits).	alc1
2. During the last 3 years, how often did you have 12 or more drinks of any kind of alcoholic beverage in a single day – that is, any combination of cans of beer, glasses of wine, or drinks containing liquor of any kind?	alc2
3. During the last 3 years, how often did you have at least 8 but less than 12 drinks of any kind of alcoholic beverage in a single day?	alc3
4. During the last 3 years, how often did you have 5, 6, or 7 drinks of any kind of alcoholic beverage in a single day?	alc4
5. During the last 3 years, how often did you have 3 or 4 drinks of any kind of alcoholic beverage in a single day?	alc5
6. During the last 3 years, how often did you have 1 or 2 drinks of any kind of alcoholic beverage in a single day?	alc6
Scale Mean	alc.mean

<b>Drinking Motives Revised – Short Form: Social Motives Subscale (3 year version)</b>	
Type of Scale = 4-point (1= Strongly disagree; 4 = Strongly agree)	
<b>Item</b>	<b>Variable Name</b>
1. Because it helps me enjoy a party.	social1.3y
2. Because it makes social gatherings more fun.	social2.3y
3. Because it improves parties/celebrations.	social3.3y
Scale Mean	social.3y.mean

<b>Drinking Motives Revised – Short Form: Enhancement Motives Subscale (3 year version)</b>	
Timeframe = “From [date] to [date]”	
Type of Scale = 4-point (1= Strongly disagree; 4 = Strongly agree)	
<b>Item</b>	<b>Variable Name</b>
4. Because I like the feeling.	enhancement1.3y
5. To get a high.	enhancement2.3y
6. Because it’s fun.	enhancement3.3y
Scale Mean	enhancement.3y.mean

<b>Drinking Motives Revised – Short Form: Coping Motives Subscale (3 year version)</b>	
Timeframe = “From [date] to [date]”	
Type of Scale = 4-point (1= Strongly disagree; 4 = Strongly agree)	
<b>Item</b>	<b>Variable Name</b>
7. Because it helps me when I’m feeling depressed/nervous.	coping1.3y
8. To cheer up when I’m in a bad mood.	coping2.3y
9. To forget my problems.	coping3.3y
Scale Mean	coping.3y.mean



<b>Drinking Motives Revised – Short Form: Conformity Motives Subscale (3 year version)</b>	
Timeframe = “From [date] to [date]”	
Type of Scale = 4-point (1= Strongly disagree; 4 = Strongly agree)	
<b>Item</b>	<b>Variable Name</b>
10. To fit in with a group that I like.	conformity1.3y
11. To be liked.	conformity2.3y
12. So that I won’t feel left out.	conformity3.3y
Scale Mean	conformity.3y.mean

<b>Alcohol Problems Checklist (3 year version)</b>	
Type of Scale = Check all that apply	
<b>Item</b>	<b>Variable Name</b>
1. Neglected responsibilities	apc1.3y
2. Gotten into an argument or fight	apc2.3y
3. Spent too much money	apc3.3y
4. Did something impulsive you regret	apc4.3y
5. Acted badly or did something mean	apc5.3y
6. Felt guilty or ashamed	apc6.3y
7. Taken foolish risks	apc7.3y
8. Felt unhappy	apc8.3y
9. Personality changed for the worse	apc9.3y
10. Felt sick or vomited	apc10.3y
11. Family/friends worried or complained	apc11.3y
12. Friend or love relationship harmed	apc12.3y
Scale Mean	apc.3y.mean

<b>State Social Anxiety (3 year version)</b>	
Type of Scale = 5-point (0 = Not at all; 4 = All of the time)	
<b>Item</b>	<b>Variable Name</b>
1. I worried about what other people thought of me.	ssa1.3y
2. I was afraid other people noticed my shortcomings.	ssa2.3y
3. I was afraid that others did not approve of me.	ssa3.3y
4. I was worried that I would say or do the wrong things.	ssa4.3y
5. When I was talking to someone, I was worried about what they were thinking of me.	ssa5.3y
6. I felt uncomfortable and embarrassed when I was the center of attention.	ssa6.3y
7. I found it hard to interact with people.	ssa7.3y
Scale Mean	ssa.3y.mean

<b>5-item Satisfaction with Life Scale (3 year version)</b>	
Type of Scale = 7-point (1 = Strongly disagree; 7 = Strongly agree)	
<b>Item</b>	<b>Variable Name</b>
1. In most ways my life was close to my ideal.	swl1.3y
2. The conditions of my life were excellent.	swl2.3y
3. I was satisfied with my life.	swl3.3y
4. I thought that, so far, I have gotten the important things I want in life.	swl4.3y
5. I thought that, if I could live my life over, I would change almost nothing.	swl5.3y
Scale Mean	swl.3y.mean

<b>PANAS: Guilt Subscale (3 year version)</b>	
Type of Scale = 5-point (1= Very slightly or not at all; 5 = Extremely)	
<b>Item</b>	<b>Variable Name</b>
1. Angry at self	guilt1.3y
2. Disgusted with self	guilt2.3y
3. Dissatisfied with self	guilt3.3y

<b>PANAS: Fear Subscale (3 year version)</b>	
Type of Scale = 5-point (1= Very slightly or not at all; 5 = Extremely)	
<b>Item</b>	<b>Variable Name</b>
4. Afraid	fear1.3y
5. Scared	fear2.3y
6. Frightened	fear3.3y

<b>PANAS: Hostility Subscale (3 year version)</b>	
Type of Scale = 5-point (1= Very slightly or not at all; 5 = Extremely)	
<b>Item</b>	<b>Variable Name</b>
7. Hostile	host1.3y
8. Scornful	host2.3y
9. Angry	host3.3y

<b>PANAS: Depressed Affect Subscale (3 year version)</b>	
Type of Scale = 5-point (1= Very slightly or not at all; 5 = Extremely)	
<b>Item</b>	<b>Variable Name</b>
15. Sad	dep1.3y
16. Depressed	dep2.3y
17. Blue	dep3.3y
Scale Mean	negative.3y.mean

<b>PANAS: Positive Affect Subscale (3 year version)</b>	
Type of Scale = 5-point (1= Very slightly or not at all; 5 = Extremely)	
<b>Item</b>	<b>Variable Name</b>
10. Inspired	posi1.3y
11. Alert	posi2.3y
12. Excited	posi3.3y
13. Enthusiastic	posi4.3y
14. Determined	posi5.3y
Scale Mean	positive.3y.mean

<b>Ten Item Personality Measure: Extraversion Subscale (3 year version)</b>	
Type of Scale = 7-point (1= Disagree strongly; 7 = Agree strongly)	
<b>Item</b>	<b>Variable Name</b>
1. Extraverted, enthusiastic	tipm.EX1.3y
6. Reserved, quiet.*	tipm.EX2.3y.r
Scale Mean	tipm.EX.3y.mean

<b>Ten Item Personality Measure: Agreeableness Subscale (3 year version)</b>	
Type of Scale = 7-point (1= Disagree strongly; 7 = Agree strongly)	
<b>Item</b>	<b>Variable Name</b>
2. Critical, quarrelsome.	tipm.AG1.3y
7. Sympathetic, warm.*	tipm.AG2.3y.r
Scale Mean	tipm.AG.3y.mean

<b>Ten Item Personality Measure: Conscientiousness Subscale (3 year version)</b>	
Type of Scale = 7-point (1= Disagree strongly; 7 = Agree strongly)	
<b>Item</b>	<b>Variable Name</b>
3. Dependable, self-disciplined.	tipm.CON1.3y
8. Disorganized, careless.*	tipm.CON2.3y.r
Scale Mean	tipm.CON.3y.mean

<b>Ten Item Personality Measure: Emotional Stability Subscale (3 year version)</b>	
Type of Scale = 7-point (1= Disagree strongly; 7 = Agree strongly)	
<b>Item</b>	<b>Variable Name</b>
4. Anxious, easily upset.	tipm.ES1.3y
9. Calm, emotionally stable.*	tipm.ES2.3y.r
Scale Mean	tipm.ES.3y.mean

<b>Ten Item Personality Measure: Openness to Experiences Subscale (3 year version)</b>	
Type of Scale = 7-point (1= Disagree strongly; 7 = Agree strongly)	
<b>Item</b>	<b>Variable Name</b>
5. Open to new experiences, complex.	tipm.OE1.3y
10. Conventional, uncreative.*	tipm.OE2.3y.r
Scale Mean	tipm.OE.3y.mean

\*These items were reverse-coded.



**Eating Disorder Diagnostic Scale – Binge eating subscale (3 year version)**

Type of Scale = 7-point (1= Strongly disagree; 7 = Strongly agree)

Item	Variable Name
1. There were times when I ate what other people would regard as an unusually large amount of food.	bes1.3y
2. There were times when I felt I couldn't stop eating or control what or how much I was eating.	bes2.3y
3. There were times when I ate an unusually large amount of food and experienced a loss of control.	bes3.3y
4. There were times when I ate much more rapidly than normal.	bes4.3y
5. There were times when I ate until I felt uncomfortably full.	bes5.3y
6. There were times when I ate large amounts of food when I didn't feel physically hungry.	bes6.3y
7. There were times when I ate alone because I was embarrassed by how much I was eating.	bes7.3y
Scale Mean	bes.3y.mean

<b>State Perceived Social Support (3 year version)</b>	
Type of Scale = 4-point (1= Strongly disagree; 4 = Strongly agree)	
<b>Item</b>	<b>Variable Name</b>
1. If something went wrong, nobody would help me.*	spss1.3y.r
2. I have family and friends who make me feel safe, secure and happy.	spss2.3y
3. There is someone I trust whom I would turn to for advice if I were having problems.	spss3.3y
4. There is no one I feel comfortable talking about problems with.*	spss4.3y.r
5. There is no one I feel close to.*	spss5.3y.r
6. There are people I can count on in times of trouble.	spss6.3y
Scale Mean	spss.3y.mean

\*These items were reverse-coded.

<b>Multidimensional Perfectionism Scale Short Form: Self-Oriented Subscale (24 hour version)</b>	
Type of Scale = 7-point (1= Strongly disagree; 5 = Strongly agree)	
<b>Item</b>	<b>Variable Name</b>
Item 6 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.SOP1.24h
Item 14 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.SOP2.24h
Item 15 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.SOP3.24h
Item 20 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.SOP4.24h
Item 32 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.SOP5.24h
Scale Mean	mps.SOP.24h.mean

<b>Multidimensional Perfectionism Scale Short Form: Socially Prescribed Subscale (24 hour version)</b>	
Type of Scale = 7-point (1= Strongly disagree; 5 = Strongly agree)	
<b>Item</b>	<b>Variable Name</b>
Item 25 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.SPP1.24h
Item 11 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.SPP2.24h
Item 35 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.SPP3.24h
Item 39 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.SPP4.24h
Item 41 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.SPP5.24h
Scale Mean	mps.SPP.24h.mean

<b>Multidimensional Perfectionism Scale Short Form: Other-Oriented Subscale (24 hour version)</b>	
Type of Scale = 7-point (1= Strongly disagree; 5 = Strongly agree)	
<b>Item</b>	<b>Variable Name</b>
Item 7 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.OOP1.24h
Item 16 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.OOP2.24h
Item 22 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.OOP3.24h
Item 26 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.OOP4.24h
Item 27 on Hewitt & Flett's (1991) MPS; exact item wording copyrighted	mps.OOP5.24h
Scale Mean	mps.OOP.24h.mean

<b>Perfectionism Cognitions Short Form (24 hour version)</b>	
Type of Scale = 5-point (0= Not at all; 4 = All of the time)	
<b>Item</b>	<b>Variable Name</b>
1. I expect to be perfect.	pc1.24h
2. I should be perfect.	pc2.24h
3. My work should be flawless.	pc3.24h
Scale Mean	pc.24h.mean

<b>Perfectionistic self-presentation (24 hour version)</b>	
Type of Scale = 7-point (1 = Strongly disagree; 7 = Strongly agree)	
<b>Item</b>	<b>Variable Name</b>
1. I thought that failing at something is awful if other people know about it.	psp1.24h
2. I thought it would be awful if I made a fool of myself in front of others.	psp2.24h
3. I was concerned about making errors in public.	psp3.24h
Scale Mean	psp.24h.mean

Alcohol Use Questionnaire	
Type of Scale = Free answer	
Item	Variable Name
1. One drink is defined as being half an ounce of absolute alcohol (e.g., a 12-ounce can, glass, or bottle of beer or cooler, a 5-ounce glass of wine, or a drink containing 1 shot of liquor or spirits). In the past 24 hours, how many alcoholic drinks did you consume?	drink

<b>Drinking Motives Revised – Short Form: Social Motives Subscale (24 hour version)</b>	
Type of Scale = 4-point (1= Strongly disagree; 4 = Strongly agree)	
<b>Item</b>	<b>Variable Name</b>
1. Because it helps me enjoy a party.	social1.24h
2. Because it makes social gatherings more fun.	social2.24h
3. Because it improves parties/celebrations.	social3.24h
Scale Mean	social.24h.mean

<b>Drinking Motives Revised – Short Form: Enhancement Motives Subscale (24 hour version)</b>	
Timeframe = “From [date] to [date]”	
Type of Scale = 4-point (1= Strongly disagree; 4 = Strongly agree)	
<b>Item</b>	<b>Variable Name</b>
4. Because I like the feeling.	enhancement1.24h
5. To get a high.	enhancement2.24h
6. Because it’s fun.	enhancement3.24h
Scale Mean	enhancement.24h.mean

<b>Drinking Motives Revised – Short Form: Coping Motives Subscale (24 hour version)</b>	
Timeframe = “From [date] to [date]”	
Type of Scale = 4-point (1= Strongly disagree; 4 = Strongly agree)	
<b>Item</b>	<b>Variable Name</b>
7. Because it helps me when I’m feeling depressed/nervous.	coping1.24h
8. To cheer up when I’m in a bad mood.	coping2.24h
9. To forget my problems.	coping3.24h
Scale Mean	coping.24h.mean

<b>Drinking Motives Revised – Short Form: Conformity Motives Subscale (24 hour version)</b>	
Timeframe = “From [date] to [date]”	
Type of Scale = 4-point (1= Strongly disagree; 4 = Strongly agree)	
<b>Item</b>	<b>Variable Name</b>
10. To fit in with a group that I like.	conformity1.24h
11. To be liked.	conformity2.24h
12. So that I won’t feel left out.	conformity3.24h
Scale Mean	conformity.24h.mean



<b>Alcohol Problems Checklist (24 hour version)</b>	
Type of Scale = Check all that apply	
<b>Item</b>	<b>Variable Name</b>
1. Neglected responsibilities	apc1.24h
2. Gotten into an argument or fight	apc2.24h
3. Spent too much money	apc3.24h
4. Did something impulsive you regret	apc4.24h
5. Acted badly or did something mean	apc5.24h
6. Felt guilty or ashamed	apc6.24h
7. Taken foolish risks	apc7.24h
8. Felt unhappy	apc8.24h
9. Personality changed for the worse	apc9.24h
10. Felt sick or vomited	apc10.24h
11. Family/friends worried or complained	apc11.24h
12. Friend or love relationship harmed	apc12.24h
Scale Mean	apc.24h.mean

<b>State Social Anxiety (24 hour version)</b>	
Type of Scale = 5-point (0 = Not at all; 4 = All of the time)	
<b>Item</b>	<b>Variable Name</b>
1. I worried about what other people thought of me.	ssa1.24h
2. I was afraid other people noticed my shortcomings.	ssa2.24h
3. I was afraid that others did not approve of me.	ssa3.24h
4. I was worried that I would say or do the wrong things.	ssa4.24h
5. When I was talking to someone, I was worried about what they were thinking of me.	ssa5.24h
6. I felt uncomfortable and embarrassed when I was the center of attention.	ssa6.24h
7. I found it hard to interact with people.	ssa7.24h
Scale Mean	ssa.24h.mean

<b>5-item Satisfaction with Life Scale (24 hour version)</b>	
Type of Scale = 7-point (1 = Strongly disagree; 7 = Strongly agree)	
<b>Item</b>	<b>Variable Name</b>
1. In most ways my life was close to my ideal.	swl1.24h
2. The conditions of my life were excellent.	swl2.24h
3. I was satisfied with my life.	swl3.24h
4. I thought that, so far, I have gotten the important things I want in life.	swl4.24h
5. I thought that, if I could live my life over, I would change almost nothing.	swl5.24h
Scale Mean	swl.24h.mean

<b>PANAS: Guilt Subscale (24 hour version)</b>	
Type of Scale = 5-point (1= Very slightly or not at all; 5 = Extremely)	
<b>Item</b>	<b>Variable Name</b>
1. Angry at self	guilt1.24h
2. Disgusted with self	guilt2.24h
3. Dissatisfied with self	guilt3.24h

<b>PANAS: Fear Subscale (24 hour version)</b>	
Type of Scale = 5-point (1= Very slightly or not at all; 5 = Extremely)	
<b>Item</b>	<b>Variable Name</b>
4. Afraid	fear1.24h
5. Scared	fear2.24h
6. Frightened	fear3.24h

<b>PANAS: Hostility Subscale (24 hour version)</b>	
Type of Scale = 5-point (1= Very slightly or not at all; 5 = Extremely)	
<b>Item</b>	<b>Variable Name</b>
7. Hostile	host1.24h
8. Scornful	host2.24h
9. Angry	host3.24h

<b>PANAS: Depressed Affect Subscale (24 hour version)</b>	
Type of Scale = 5-point (1= Very slightly or not at all; 5 = Extremely)	
<b>Item</b>	<b>Variable Name</b>
15. Sad	dep1.24h
16. Depressed	dep2.24h
17. Blue	dep3.24h
Scale Mean	negative.24h.mean

<b>PANAS: Positive Affect Subscale (24 hour version)</b>	
Type of Scale = 5-point (1= Very slightly or not at all; 5 = Extremely)	
<b>Item</b>	<b>Variable Name</b>
10. Inspired	posi1.24h
11. Alert	posi2.24h
12. Excited	posi3.24h
13. Enthusiastic	posi4.24h
14. Determined	posi5.24h
Scale Mean	positive.24h.mean

<b>Ten Item Personality Measure: Extraversion Subscale (24 hour version)</b>	
Type of Scale = 7-point (1= Disagree strongly; 7 = Agree strongly)	
<b>Item</b>	<b>Variable Name</b>
1. Extraverted, enthusiastic	tipm.EX1.24h
6. Reserved, quiet.*	tipm.EX2.24h.r
Scale Mean	tipm.EX.24h.mean

<b>Ten Item Personality Measure: Agreeableness Subscale (24 hour version)</b>	
Type of Scale = 7-point (1= Disagree strongly; 7 = Agree strongly)	
<b>Item</b>	<b>Variable Name</b>
2. Critical, quarrelsome.	tipm.AG1.24h
7. Sympathetic, warm.*	tipm.AG2.24h.r
Scale Mean	tipm.AG.24h.mean

<b>Ten Item Personality Measure: Conscientiousness Subscale (24 hour version)</b>	
Type of Scale = 7-point (1= Disagree strongly; 7 = Agree strongly)	
<b>Item</b>	<b>Variable Name</b>
3. Dependable, self-disciplined.	tipm.CON1.24h
8. Disorganized, careless.*	tipm.CON2.24h.r
Scale Mean	tipm.CON.24h.mean

<b>Ten Item Personality Measure: Emotional Stability Subscale (24 hour version)</b>	
Type of Scale = 7-point (1= Disagree strongly; 7 = Agree strongly)	
<b>Item</b>	<b>Variable Name</b>
4. Anxious, easily upset.	tipm.ES1.24h
9. Calm, emotionally stable.*	tipm.ES2.24h.r
Scale Mean	tipm.ES.24h.mean

<b>Ten Item Personality Measure: Openness to Experiences Subscale (24 hour version)</b>	
Type of Scale = 7-point (1= Disagree strongly; 7 = Agree strongly)	
<b>Item</b>	<b>Variable Name</b>
5. Open to new experiences, complex.	tipm.OE1.24h
10. Conventional, uncreative.*	tipm.OE2.24h.r
Scale Mean	tipm.OE.24h.mean

\*These items were reverse-coded.

**Eating Disorder Diagnostic Scale – Binge eating subscale (24 hour version)**

Type of Scale = 7-point (1= Strongly disagree; 7 = Strongly agree)

Item	Variable Name
1. There were times when I ate what other people would regard as an unusually large amount of food.	bes1.24h
2. There were times when I felt I couldn't stop eating or control what or how much I was eating.	bes2.24h
3. There were times when I ate an unusually large amount of food and experienced a loss of control.	bes3.24h
4. There were times when I ate much more rapidly than normal.	bes4.24h
5. There were times when I ate until I felt uncomfortably full.	bes5.24h
6. There were times when I ate large amounts of food when I didn't feel physically hungry.	bes6.24h
7. There were times when I ate alone because I was embarrassed by how much I was eating.	bes7.24h
Scale Mean	bes.24h.mean



<b>State Perceived Social Support (24 hour version)</b>	
Type of Scale = 4-point (1= Strongly disagree; 4 = Strongly agree)	
<b>Item</b>	<b>Variable Name</b>
1. If something went wrong, nobody would help me.*	spss1.24h.r
2. I have family and friends who make me feel safe, secure and happy.	spss2.24h
3. There is someone I trust whom I would turn to for advice if I were having problems.	spss3.24h
4. There is no one I feel comfortable talking about problems with.*	spss4.24h.r
5. There is no one I feel close to.*	spss5.24h.r
6. There are people I can count on in times of trouble.	spss6.24h
Scale Mean	spss.24h.mean

\*These items were reverse-coded.