**DATA DICTIONARY – STUDY 2 ADULT EFT & ALTERNATIVES ONLINE - RESEARCHMATCH**

ID: subject ID

RESPID\_$: Response ID from Qualtrics

COMPLETE: Did participant complete the entire questionnaire?

0 = not complete

1 = completed

EXCLUDE 1 = not eligible, did not fill out past consent page, declined to participate, duplicate survey

2 = not randomized

3 = failed attention check for DD

4 = PHQ total score >15

5 = reported >10000 minutes for activity at $0/free

6 = reported >250 food portions at $0/free

7 =

8 =

9 = did not complete RRE questionnaire

10 = reported >2400 minutes for activity at $0/free

11 = reported 0 food portions at $0/free

GROUP$ EFT General

ERT General

EFT Health

ERT Health

GROUP 1 = EFT General

2 = ERT General

3 = EFT Health

4 = ERT Health

. = not randomized

TIME 1 = Episodic Future thinking

2 = Episodic Recent Thinking

. = not randomized

TYPE 1 = General Cues

2 = Health Specific cues

. = not randomized

**DEMOGRAPHICS**

SCN\_AGE: Self-reported age (years)

SCN\_SEX: Sex

1 = male

2 = female

3 = other

SCN\_PGNT: Screening question ; current pregnancy

1 = yes

2 = no

HT\_FT: Self-reported Height (feet)

HT\_IN: Self-reported Additional height (inches)

WEIGHT: Self-reported weight (lbs)

BODY\_COMP: Self-reported percent overweight based on silhouette images

HT\_TOT: Height in inches (Ht\_ft\*12 + Ht\_in)

HT\_CM: Self-reported height converted to centimeters

HT\_MT Self-reported height converted to meters

WT\_KG: Self-reported weight converted to kilograms

BMI: Self-reported Body mass index

BMIGP: 0 = BMI<30

1 = BMI>=30

OVWTGP: 0 = BMI<25

1 = BMI>=25

PER\_OVT: Percent overweight based on self-reported silhouette images

1 = 0%

2 = 5%

3 = 12.5%

4 = 17.5%

5 = 32.5%

6 = 45%

7 = 57.5%

8 = 75%

9 = 87.5%

BCOMPGP: 0 = percent overweight<57.5

1 = percent overweight>45

MARTIAL: Martial Status

1 = single

2 = married

3 = living with significant other and sharing financial resources

4 = divorced

5 = widow/widower

EMPLOY[1..3]: Current employment status

1 = working full time

2 = working part time

3 = laid off

4 = not working

5 = homemaker

6 = retired

7 = disability

8 = student

STUDENT If marked student for employment question

1 = full time

2 = part time

EDU\_LVL: Highest level of education currently completed

1 = less than 7th grade

2 = junior high (9th grade)

3 = some high school (10th or 11th grade)

4 = high school

5 = some college or vocational training

6 = completed 2-year college degree

7 = completed 4-year college degree

8 = completed graduate degree

EDU\_DEG: Highest degree earned

1 = less than high school

2 = high school diploma or equivalency (GED)

3 = associate degree (junior college)

4 = bachelor’s degree

5 = master’s degree

6 = doctorate

7 = professional (MD, JD, DDS, etc)

8 = other

9 = Refuse to answer

EDU\_DEG$: Write in if choose “other” for highest degree

EDU\_[DAD,MOM]: Highest level of education for Father, mother

1 = less than high school

2 = high school diploma or GED

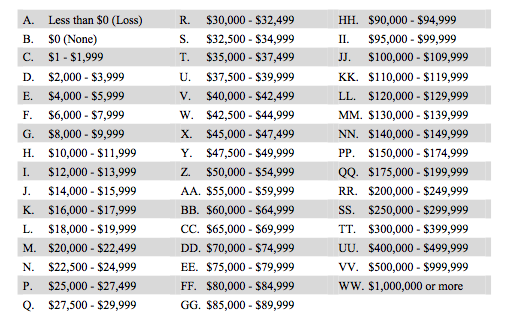
3 = some college

4 = bachelor’s degree

5 = advanced degree (Master’s or Doctorate)

6 = don’t know

INC\_LVL: Income level based on



INC[1..3] Income source

1 = one income

2 = two incomes

3 = unemployment

4 = public assistance (e.g. SNAP, WIC, Social Security)

5 = child support/alimony

6 = other (write in)

7 = refuse to answer

INC\_$ Write in income source if choose “other”

INCOME: Net Yearly Household Income in Dollars

IF INC\_LVL = 1 THEN LET INCOME = 0

IF INC\_LVL = 2 THEN LET INCOME = 0

IF INC\_LVL = 3 THEN LET INCOME = 1000

IF INC\_LVL = 4 THEN LET INCOME = 3000

IF INC\_LVL = 5 THEN LET INCOME = 5000

IF INC\_LVL = 6 THEN LET INCOME = 7000

IF INC\_LVL = 7 THEN LET INCOME = 9000

IF INC\_LVL = 8 THEN LET INCOME = 11000

IF INC\_LVL = 9 THEN LET INCOME = 13000

IF INC\_LVL = 10 THEN LET INCOME = 15000

IF INC\_LVL = 11 THEN LET INCOME = 17000

IF INC\_LVL = 12 THEN LET INCOME = 19000

IF INC\_LVL = 13 THEN LET INCOME = 21500

IF INC\_LVL = 14 THEN LET INCOME = 23750

IF INC\_LVL = 15 THEN LET INCOME = 26250

IF INC\_LVL = 16 THEN LET INCOME = 28750

IF INC\_LVL = 17 THEN LET INCOME = 31250

IF INC\_LVL = 18 THEN LET INCOME = 33750

IF INC\_LVL = 19 THEN LET INCOME = 36250

IF INC\_LVL = 20 THEN LET INCOME = 38750

IF INC\_LVL = 21 THEN LET INCOME = 41250

IF INC\_LVL = 22 THEN LET INCOME = 43750

IF INC\_LVL = 23 THEN LET INCOME = 46250

IF INC\_LVL = 24 THEN LET INCOME = 52500

IF INC\_LVL = 25 THEN LET INCOME = 57500

IF INC\_LVL = 26 THEN LET INCOME = 62500

IF INC\_LVL = 27 THEN LET INCOME = 67500

IF INC\_LVL = 28 THEN LET INCOME = 72500

IF INC\_LVL = 29 THEN LET INCOME = 77500

IF INC\_LVL = 30 THEN LET INCOME = 82500

IF INC\_LVL = 31 THEN LET INCOME = 87500

IF INC\_LVL = 32 THEN LET INCOME = 92500

IF INC\_LVL = 33 THEN LET INCOME = 97500

IF INC\_LVL = 34 THEN LET INCOME = 105000

IF INC\_LVL = 35 THEN LET INCOME = 115000

IF INC\_LVL = 36 THEN LET INCOME = 130000

IF INC\_LVL = 37 THEN LET INCOME = 135000

IF INC\_LVL = 38 THEN LET INCOME = 145000

IF INC\_LVL = 39 THEN LET INCOME = 162500

IF INC\_LVL = 40 THEN LET INCOME = 187500

IF INC\_LVL = 41 THEN LET INCOME = 225000

IF INC\_LVL = 42 THEN LET INCOME = 275000

IF INC\_LVL = 43 THEN LET INCOME = 350000

IF INC\_LVL = 44 THEN LET INCOME = 450000

IF INC\_LVL = 45 THEN LET INCOME = 750000

IF INC\_LVL = 46 THEN LET INCOME = 1000000

EDU\_YEARS: Education level in years

if edu\_lvl = 1 then let edu\_years = 6

if edu\_lvl = 2 then let edu\_years = 8

if edu\_lvl = 3 then let edu\_years = 10.5

if edu\_lvl = 4 then let edu\_years = 12

if edu\_lvl = 5 then let edu\_years = 13

if edu\_lvl = 6 then let edu\_years = 14

if edu\_lvl = 7 then let edu\_years = 16

if edu\_lvl = 8 and edu\_deg = 4 then let edu\_years = 18

if edu\_lvl = 8 and edu\_deg = 5 then let edu\_years = 20

if edu\_lvl = 8 and edu\_deg = 6 then let edu\_years = 20

MIN: 0 = non-minority

1 = minority (non-white and/or Hispanic)

POVERTY 0 = income greater than the poverty line for their household

1 = income less than or equal to the poverty line for their household

HH\_TOT: Total people living in household

HH\_CHD: Total children (age<18) living in household

HH\_ADT: Total adults (age>=18) living in household

HH\_INC: Total adults who bring income into the household

RACE: 1 = American Indian or Alaskan Native

2 = Asian

3 = Black or African American

4 = Native Hawaiian or other pacific Islander

5 = White

6 = More than one

7 = refuse to answer

RACE\_$: Write in for Race “more than one”

ETHNICITY: 1 = not Hispanic or latino

2 = Hispanic or latino

3 = refuse to answer

COM\_LAD Subjective standing in community 1 = best off, 10 = worst off

NAT\_LAD Subjective standing in United States 1 = best off, 10 = worst off

**FOOD SECURITY**

FSM(1..6): Food security questions

1. I/We couldn’t afford to eat balance meals

1 = often true

2 = sometime true

3 = never true

1. The food that I/we bought just didn’t last and I/we didn’t have money to get more

1 = often true

2 = sometime true

3 = never true

1. In the last 12 months did you (or other adults in your household) ever cut the size of your meals or skip meals because there wasn’t enough money for food?

1 = yes

2 = No

1. How often did this happen?

1 = almost every month

2 = some months but not every month

3 = only 1 or 2 months

1. In the last 12 months did you ever eat less than you felt you should because there wasn’t enough money for food?

1 = yes

2 = NO

1. In the last 12 months, were you ever hungry but didn’t eat because you couldn’t afford enough food?

1 = yes

2 = NO

FSM\_S[1..6]: Scored food security questions

1. I/We couldn’t afford to eat balance meals

1 = often true

1 = sometime true

0 = never true

1. The food that I/we bought just didn’t last and I/we didn’t have money to get more

1 = often true

1 = sometime true

0 = never true

1. In the last 12 months did you (or other adults in your household) ever cut the size of your meals or skip meals because there wasn’t enough money for food?

1 = yes

0 = No

1. How often did this happen?

0 = almost every month

0 = some months but not every month

1 = only 1 or 2 months

1. In the last 12 months did you ever eat less than you felt you should because there wasn’t enough money for food?

1 = yes

0 = NO

1. In the last 12 months, were you ever hungry but didn’t eat because you couldn’t afford enough food?

1 = yes

0 = NO

FSEC\_TOT: Sum of scored food security questions

FSEC: Food security scored groups, 0 = food secure, 1 = food insecure

IF FSEC\_TOT >=2 THEN LET FSEC = 1

IF FSEC\_TOT <2 THEN LET FSEC = 0

**PATIENT HEALTH QUESTIONNAIRE**

PHQ(1..9): Patient Health questionnaire questions

1 = Not at all

2 = several days

3 = more than half the days

4 = nearly every day

1. Little interest or pleasure in doing things
2. Feeling down, depressed or hopeless
3. Trouble falling or staying asleep or sleeping too much
4. Feeling tired or having little energy
5. Poor appetite or over eating
6. Feeling bad about yourself- or that you are a failure or have let yourself or your family down
7. Trouble concentrating on things, such as reading the newspaper or watching television
8. Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgeting or restless that you have been moving around a lot more than usual
9. How difficult have these problems made if for you to do you work, take care of things at home or get along with other people?

1 = not difficult at all

2 = somewhat difficult

3 = very difficult

4 = extremely difficult

PHQ\_S[1..8] PHQ questions scored

PHQ\_TOT: Sum of scored PHQ questions

PHQ\_GP PHQ group

IF PHQ\_TOT >=10 THEN LET PHQ\_GP = 1

IF PHQ\_TOT<10 THEN LET PHQ\_GP = 0

PHQ\_GP2 PHQ group by severity

IF PHQ\_TOT<5 THEN LET PHQ\_GP2 = 0

IF PHQ\_TOT<10 AND PHQ\_TOT>=5 THEN LET PHQ\_GP2 = 1

IF PHQ\_TOT<15 AND PHQ\_TOT>=10 THEN LET PHQ\_GP2 = 2

IF PHQ\_TOT<20 AND PHQ\_TOT>=15 THEN LET PHQ\_GP2 = 3

IF PHQ\_TOT<25 AND PHQ\_TOT>=20 THEN LET PHQ\_GP2 = 4

**FOOD AND ACTIVITY LIKING**

FAV\_FOOD: favorite food

1 = famous Amos chocolate chip cookies

2 = Oreo cookies

3 = M&Ms

4 = Snickers

5 = peanut butter cups

6 = Doritos

7 = lays potato chips

8 = ritz-bitz crackers with cheese

9 = Cheetos

10 = slim Jim beef jerky

FAV\_ACT favorite activity

1 = crafts, knitting or sewing

2 = doing art work (painting, sculpture, drawing, etc.)

3 = reading

4 = listening to podcasts or talk radio

5 = watching TV

6 = solving a problem, puzzle, crossword, etc.

7 = writing stories, novels, plays or poetry

8 = learning a foreign language

9 = playing a musical instrument

10 = gardening, landscaping or doing yard work

11 = dancing

12 = running, jogging or fitness activities

13 = swimming

14 = doing homework or laundry, cleaning things

15 = listening to music

16 = using social media, watching videos, or other games on my computer or smartphone

LIKE\_[FOOD,ACT]: Liking of food, activity 1 = do not like at all, 7 = like very much

**CUE CREATION**

GOAL$: Health goal or habit identified

1 = Not at all, 5 = Very much

G1\_IMP Goal importance

G1\_MOT Motivation to accomplish goal/habit

G1\_CONF Confidence that can achieve goal/habit

CUE[1..3]$ Initial cue for each time period (1 month, 6 months, 1 year)

T[1..3]\_RATE[1..5] 1 = Not at all , 5 = Very Much

1. How much do/did you like or enjoy this event?
2. How important is/was this event?
3. How exciting is/was this event?
4. When you think of/recall this event, how much are you able to vividly think about places, times, how you feel/felt, and what is/was going on around you?
5. How vividly can you imagine/recall the places, times and what is going on around you?

CUE[1..3]\_1$ Detailed cue for each time period (1 month, 6 months, 1 year)

T[1..3]\_CHECK[1..7] 1 = Yes, 2 = No

1. Restate initial statement?
2. Use “I am”/”I was” statements?
3. Answer: who, what where, how?
4. Be specific?
5. Stay in present tense? [not in ERT general, or ERT health]
6. Focus on positive moments?
7. Includes your health goal(s)? [not in general groups]

**DELAY DISCOUNTING**

IP[30,180,365] Indifference points for adjusting amount task, $100

ATTEN1 Attention check 1

999 = passed

-999 = failed

ATTEN2 Attention check 2

999 = passed

-999 = failed

AUC: Area under the curve for adjusting amount DD task

**REINFORCING EFFICACY OF FOOD AND ACTIVITY (CONCURRENT)**

**1 = $0/free**

**2 = $0.06**

**3 = $0.12**

**4 = $0.25**

**5 = $0.50**

**6 = $1.00**

**7 = $2.00**

**8 = $5.00**

**9 = $10.00**

**10 = $20.00**

**11 = $40.00**

**12 = $80.00**

RRE\_F[1..12]: Portions of favorite snack food purchase/consume at each price

RRE\_A[1..12]: Minutes of favorite activity purchase/consume at each price

RRE[F,A]\_BPT: Breakpoint, highest question willing to purchase each item

RREF\_INT: Intensity, rate of consumption at price = $0/free

SPT\_[F,A][1..12]: Money spent at each price

RRE[F,A]\_PMAX: Pmax for each item, highest price at which willing to purchase

RRE[F,A]\_OMAX: OMAX for each item, highest money spent at any price

MAX\_FOOD: Max money would spend on 1 portion of food (dollars)

MAX\_ACT: Max money would spend on 1 minute of activity (dollars)

ELAS\_FOO: Elasticity of RRE food

ELAS\_ACT : Elasticity of RRE activity

RRE\_PMAXP

CUE1

T1CHECK

T2CHECK

RATE1 Rate 1 average across time points

RATE2: Rate 2 average across time points

RATE3 Rate 3 average across time points

RATE\_VIVID: Average vividness ratings across rate4 + rate5 and across time points

RATE\_AVG: Average cue rating across 1 – 3 rate questions

MSGP

MIN\_DUR: Length of time spent filling out survey (minutes)

MIN\_GP: 1 = less than 12 minutes

2 = more than 200 minutes

COMPLETEGP