**DATA DICTIONARY – STUDY 3 ADULT EFT & ALTERNATIVES IN-LAB**

SUBJECT$: Subject ID (with IRB#)

ID: Subject ID

GROUP: 1 = EFT general

2 = ERT general

3 = EFT health specific

4 = ERT health specific

GROUP$: EFTGENERAL – episodic future thinking, general (1 month, 6 months, 1 year)

ERTGENERAL – episodic recent thinking, general (24 hours ago, 48 hours ago, 72 hours ago)

EFTHEALTH – episodic future thinking, health specific

ERTHEALTH – episodic recent thinking, health specific

GROUPNO 1 = EFT general

2 = ERT general

3 = EFT health specific

4 = ERT health specific

EXCLUDE: 1 = exclude, Ineligible (2) or did not understand instructions (1)

2 = >40 intensities for food

3 = did not pass DD attention check

4 = >4000 minutes for exercise

**QUALTRICS**

DATE$: Date completed survey

**PLEASANT EVENTS SCHEDULED**

**1 = watching tv or online videos**

**2 = using social media**

**3 = playing computer or video games**

**4 = playing mobile games/using mobile phone**

**5 = going for a run or walk**

**6 = doing cardio fitness exercise**

**7 = weight lifting**

**8 = swimming**

**9 = dancing**

**10 = playing in a sporting competition**

**11 = yoga**

**12 = riding a bike**

**13 = doing crafts, knitting or sewing**

**14 = reading stories, books, newspapers or magazines**

**15 = listening to music**

**16 = listening to podcasts or talk radio**

**17 = solving a problem, puzzle or crossword**

**18 = playing a musical instrument**

**19 = browsing the internet**

**20 = doing artwork, drawing, coloring or painting**

**21 = playing board or card games**

**22 = talking or texting on the phone**

**23 = putting on make-up, fixing hair, other personal grooming**

**24 = going to the movies**

PES\_P[1..24]: Pleasantness ratings of activities

1 = Not pleasant

2 = Maybe Pleasant

3 = Very Pleasant

PES\_S[1..24]: Engagement ratings (frequency in last month)

1 = 0 times

2= 1 – 6 times

3 = 7 or more times

PES\_F[1..24]: Frequency of eating during activity

1 = never or less than half the time

2 = most of the time, or more than half

PES\_E[1..24]: Frequency of exercising during activity

1 = never or less than half the time

2 = most of the time, or more than half

PESP[1..24]: Scored Pleasantness ratings of activities

0 = Not pleasant

1 = Maybe Pleasant

2 = Very Pleasant

PESS[1..24]: Scored Engagement ratings

0 = 0 times

1= 1 – 6 times

2 = 7 or more times

PES[1..24]: PES score PESP \* PESS (both scored versions)

PES\_F[1..24]: Engagement of activity while eating

1 = Never or less than half the time

2 = More than half the time, or most of the time

PES\_E[1..24]: Engagement of activity while exercising

1 = Never or less than half the time

2 = More than half the time, or most of the time

FAV\_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\_PA 1 = Going for a run or walk

2 = doing cardio fitness exercise

3 = weight lifting

4 = swimming

5 = dancing

6 = yoga

7 = playing in a sporting competition

8 = riding a bike

FAV\_F[SUB,COM] 1 = watching tv or online videos

2 = using social media

3 = playing computer or video games

4 = playing mobile games/using mobile phones

5 = going for a run or walk

6 = doing cardio fitness exercise

7 = weight lifting

8 = swimming

9 = dancing

10 = playing in a sporting competition

16 = yoga

17 = riding a bike

18 = doing crafts, knitting or sewing

19 = reading stories, books, newspapers or magazines

47 = listening to music

48 = listening to podcasts or talk radio

49 = solving a problem, puzzle or crossword

50 = playing a musical instrument

51 = browsing the internet

52 = doing artwork, drawing, coloring painting

53 = playing board or card games

54 = talking or texting on the phone

55 = putting on make-up fixing hair, other personal grooming

56 = going to the movies

FAV\_PA[SUB,COM] 4 = going to the movies

5 = watching tv or online videos

6 = putting on make-up, fixing hair, or personal grooming

7 = talking or texting on the phone

8 = playing board or card games

9 = doing artwork, drawing, coloring or painting

10 = browsing the internet

11 = playing a musical instrument

12 = solving a problem, puzzle or crossword

13 = listening to podcasts, or talk radio

14 = using social media

15 = playing computer or video games

16 = playing mobile games, using mobile phone

17 = doing crafts, knitting or sewing

18 = reading stories, books, newspapers or magazines

19 = listening to music

LIKE\_[FOOD,FSUB,FCOM,PA,PASUB,PACOM] 1 = do not like at all

7 = like very much

**CUE GENERATION**

GOAL$ Health goal chosen for health groups

1 = Not at all, 5 = Very Much

G1\_IMP How important is this goal?

G1\_MOT How motivated are you to achieve this goal/habit?

G1\_CONF How confident are you that you can achieve your goal/habit?

CUE\_T1$ Initial cue

T1\_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\_T1\_1$ Cue with additional details

T1\_CHECK[1..7] 1 = Yes, 0 = 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]

**ADJUSTING AMOUNT DELAY DISCOUNTING TASK**

DD1\_RATE[1..2] 1 = Not at all, 5 = Very much

1. During the previous choices, how much did you think about your cue?
2. During the previous choices, how vivid were your thoughts about your cue?

IP[30,180,365] Indifference points for adjusting amount task at 1 month, 6 months, 1 year

Attention checks are asking

1. Do you prefer $0 today or $100 tomorrow?
2. Do you prefer $100 today or $0 tomorrow?

ATTEN1 DD Attention check 1 ; 999 PASS, -999 FAIL

ATTEN2 DD Attention check 2 ; 999 PASS, -999 FAIL

**RELATIVE REINFORCING EFFICACY QUESTIONNAIRE**

**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] RRE questionnaire – food only (portions/week)

RRE\_FSF[1..12] RRE questionnaire – relative value of food vs. substitute activity (portions/week)

RRE\_FSS[1..12] RRE questionnaire – relative value of substitute activity vs. food (minutes/week)

RRE\_FCF[1..12] RRE questionnaire – relative value of food vs. complementary activity (portions/week)

RRE\_FCC[1..12] RRE questionnaire – relative value of complementary activity vs. food (minutes/week)

RRE\_PA[1..12] RRE questionnaire –physical activity only (minutes/week)

RRE\_PSP[1..12] RRE questionnaire – relative value of physical vs. substitute sedentary activity (minutes/week)

RRE\_PSS[1..12] RRE questionnaire – relative value of substitute sedentary activity vs. physical activity (minutes/week)

**THREE FACTOR EATING QUESTIONNAIRE**

TFEQ[1..51] Three factor eating questionnaire questions

TFEQ\_RES Restraint score on TFEQ

TFEQ\_DIN Disinhibition score on TFEQ

TFEQ\_HUN Hunger score on TFEQ

**PAPER QUESTIONNAIRES**

**HUNGER/FULLNESS**

HUNGER 1 = not at all hungry, 9 = very hungry

FULL 1 = not at all full, 9 = very full

**PATIENT HEALTH QUESTIONNAIRE – 9**

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

**DEMOGRAPHICS**

HH\_TOT: number of people in household

HH\_ADT: Adults over 18 living in household

HH\_CHD: children living in household

HH\_INC:

SEX: 0 = male

1 = female

2 = other

RACE[1,2]: Self reported race

1 = white/caucasion

2 = middle eastern

3 = north African (e.g. Egypt)

4 = Black/African American

6 = American indian/Alaskan native

7 = Asian indian

8 = Chinese

9 = Filipino

10 = Japanese

11 = Vietnamese

12 = other Asian

13 = Native Hawaiian

14 = Guamanian or Chamorro

15 = Samoan

16 = Other pacific islander

17 = other race not mentioned

18 = refuse to answer

RACE\_$: other comment

ETHNIC: 0 = non Hispanic

1 = Yes, Mexican, Mexican-american, chicano

2 = yes, Puerto rican

3 = yes, Cuban

4 = yes, other

5 = other

6 = refuse to answer

ETHNIC$ write in answer to ‘other’ option

MARITAL: 1 = single

2 = married

3 = living with sig other and sharing financial resources

4 = divorced

5 = widow/widower

6 = other

EMPLOY: 1 = working full time

2 = working part time

3 = laid off

4 = not working

5 = homemaker

6 = retired

7 = disability ; long-term

8 = disability ; short-term

9 = other

STUDENT: 1 = full time

2 = part time

3 = not a student

EDU\_LVL: 1 = less than 7th grade

2 = junior high (9th grade)

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

4 = high school

5 = some college or vocational training

6 = completed 2-year degree

7 = completed 4-year degree

8 = completed graduate degree

9 = refuse to answer

DEGREE: 1 = high school diploma or GED

2 = associate degree (junior college)

3 = bachelor’s degree

4 = masters degree

5 = doctorate

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

7 = none of the above/less than high school

EDU\_DAD: 1 = less than a high school diploma or GED

2 = high school diploma or GED

3 = some college or vocational training

4 = bachelor’s degree

5 = Advanced degree (masters/doctorate)

6 = don’t’ know

EDU\_MOM: 1 = less than a high school diploma or GED

2 = high school diploma or GED

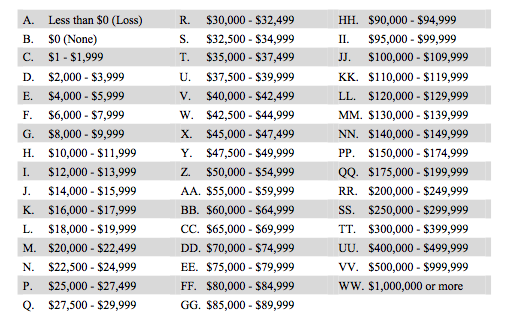
3 = some college or vocational training

4 = bachelor’s degree

5 = Advanced degree (masters/doctorate)

6 = don’t’ know

INCOME: A = 1, etc



INC\_SRC: house hold income is derived from

1 = one income

2 = two incomes

3 = unemployment

4 = public assistance (SNAP, WIC, SS)

5 = social security

6 = family/parental assistance

7 = child support/alimony

8 = unemployment

9 = other

Inc\_$: other comment

COM\_LAD: perceived status: 1 – 10 on where they stand within the community, 1 is highest, 10 is lowest

NAT\_LAD: perceived status; national ; 1-10 on where they stand within the nation, 1 is highest, 10 is lowest

INCOME: income scored on continuous dollars per year

POVERTY: based on household size, number of children and income

0 = above the poverty line

1 = below the poverty line

MIN: 0 = white and non-Hispanic

1 = non-white and/or Hispanic

**ABBREVIATED FOOD SECURITY MODULE**

FSQ1 I/We couldn’t afford to eat balanced meals

2 = often true

1 = sometimes true

0 = never true

FSQ2 The food that I/we bought just didn’t last, and we didn’t have money to get more

2 = often true

1 = sometimes true

0 = never true

FSQ3 In the last 12 months, did you (or other adults in household) ever cut the size of your meals or skip meals because there wasn’t enough food

0 = no

1 = yes

FSQ4 IF YES (to FS3) How often did this happen

3 = almost every month

2 = some months, but not every month

1 = only 1 or 2 months

FSQ5 In the last 12 months, did you ever eat less than you felt you should because there wasn’t enough money for food

0 = no

1 = yes

FSQ6 In the last 12 months, were you ever hungry, but didn’t eat because you couldn’t afford enough food

0 = no

1 = yes

FSEC\_TOT: Total answers scored “yes”

FSEC: 0 = fsec\_tot <2

1 = fsec\_tot >=2 “yes” answers

**HEIGHT, WEIGHT, BODY COMPOSITION**

AGE: Age in years

BIRTH$ Birthday

WEIGHT: weight in lbs

HT\_CM: height in centimeters

BMI: weight (kg)/ height in meters squared

BMIGP: 0 = BMI<30

1 = BMI>30

OVWTGP: 0 = BMI<25

1 = BMI>=25

BMITLC BMI percentile

BOV Percent overweight

ZBMI Z-BMI score