

ID

EXPERIMENTER: Enter the participant ID

mDES-Current

Please rate the extent to which you feel each of the following emotion experiences **RIGHT NOW**.

	Not At All	A little	Moderately	Quite a bit	Extremely
Amused, fun-loving, silly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Awe, wonder, amazement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Content, serene, peaceful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Glad, happy, joyful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grateful, appreciative, thankful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hopeful, optimistic, encouraged	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Not At All	A little	Moderately	Quite a bit	Extremely
Love, closeness, trust	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Proud, confident, self-assured	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sympathy, concern, compassion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Loving, compassionate, connected	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Angry, irritated, annoyed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Threatened, defensive, avoidant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scared, fearful, afraid	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disgust, distaste, revulsion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Embarrassed, self-conscious, blushing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Interested, alert, curious	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Repentant, guilty, blameworthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sad, downhearted, unhappy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ashamed, humiliated, disgraced	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Contemptuous, scornful, disdainful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anxious, nervous, pressured	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alert, physically aroused, energetic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Affirmation Values

Please order the following values according to how important they are to you

(From 1 = Most important to 6 = Least important)

Click on an item and drag it up or down to reorder

Family and Friends (having good relationships with family and friends)

Spirituality (developing spiritual connection to the world)

Power and Status (gaining power and social status)

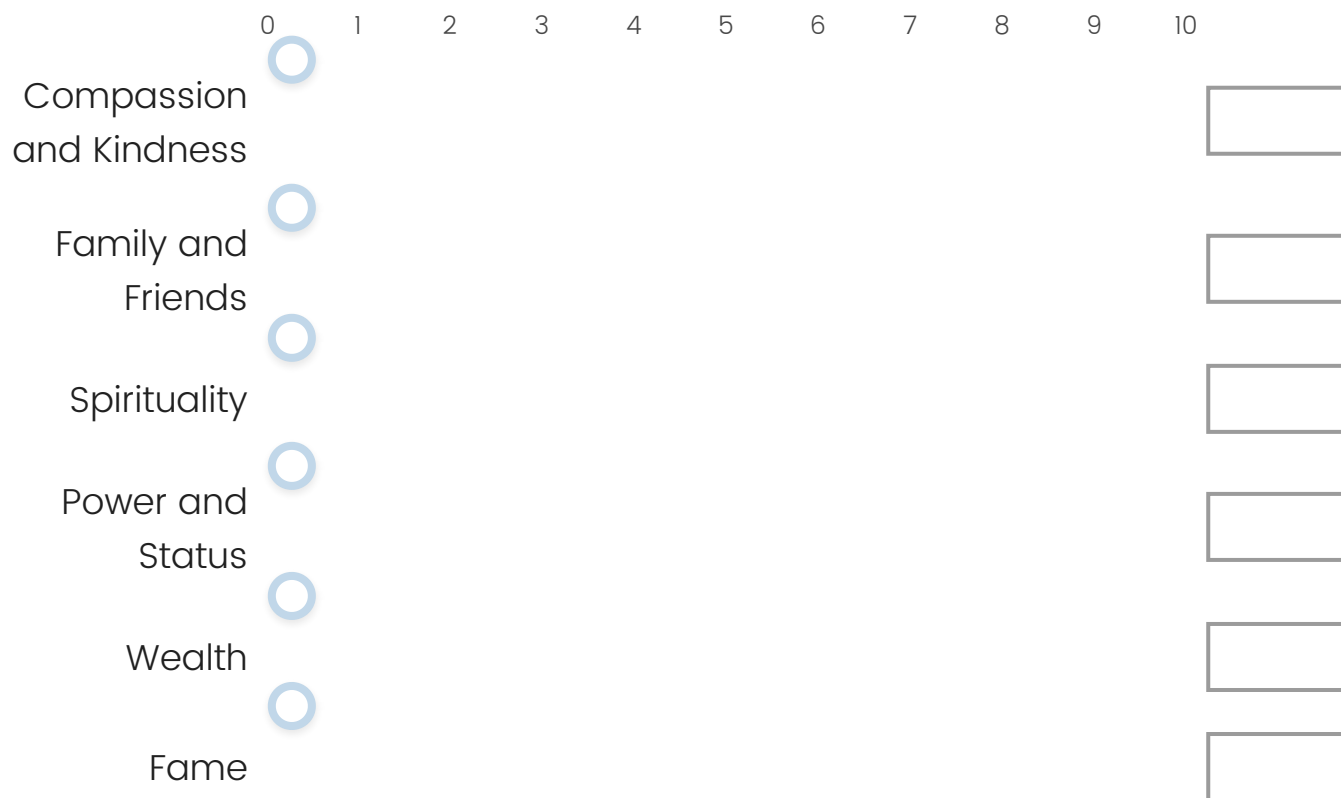
Wealth (making money and possessing wealth)

Compassion and Kindness (becoming compassionate and kind to others)

Fame (becoming famous and popular)

For each of the values below please rate HOW important they are to (0 = not important at all, 10 = highly important)

0 1 2 3 4 5 6 7 8 9 10



Berkeley Expressivity Questionnaire

For each statement below, please indicate your agreement or disagreement. Do so by checking the corresponding number from the following rate scale.

1=strongly disagree 2 3 4=neutral 5 6 7=strongly agree

Whenever I feel positive emotions, people can easily see exactly what I'm feeling.

☐ ☐ ☐ ☐ ☐ ☐ ☐

I sometimes cry during sad movies.

☐ ☐ ☐ ☐ ☐ ☐ ☐

	1=strongly disagree	2	3	4=neutral	5	6	7=strongly agree
People often do not know what I am feeling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I laugh out loud when someone tells me a joke that I think is funny	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is difficult for me to hide my fear	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I'm happy, my feelings show.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My body reacts very strongly to emotional situations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've learned it is better to suppress my anger than to show it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No matter how nervous or upset I am, I tend to keep a calm exterior.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am an emotionally expressive person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have strong emotions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am sometimes unable to hide my feelings, even though I would like to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Whenever I feel negative emotions, people can easily see exactly what I am feeling.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There have been times when I have not been able to stop crying even though I tried to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I experience my emotions very strongly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
What I'm feeling is written all over my face.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

CES-D Depression

Please indicate how often you have felt this way during the past week.

	Rarely or none of the time (Less than 1 day)	Some or little of the time (1-2 days)	Occasionally or a moderate amount of time (3-4 days)	Most or all of the time (5- 7 days)
I was bothered by things that usually don't bother me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I did not feel like eating; my appetite was poor.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt that I could not shake off the blues even with help from my family or friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt that I was just as good as other people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I had trouble keeping my mind on what I was doing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt depressed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt that everything I did was an effort.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Rarely or none of the time (Less than 1 day)	Some or little of the time (1-2 days)	Occasionally or a moderate amount of time (3-4 days)	Most or all of the time (5- 7 days)
I felt hopeful about the future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I thought my life had been a failure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Rarely or none of the time (Less than 1 day)	Some or little of the time (1-2 days)	Occasionally or a moderate amount of time (3-4 days)	Most or all of the time (5- 7 days)
I felt fearful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My sleep was restless.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was happy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I talked less than usual.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt lonely.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Rarely or none of the time (Less than 1 day)	Some or little of the time (1-2 days)	Occasionally or a moderate amount of time (3-4 days)	Most or all of the time (5- 7 days)
People were unfriendly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I enjoyed life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I had crying spells.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt sad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt that people dislike me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I could not get "going."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Compassionate and Self-Image Goals Scale

In the past week, in the area of *friendships*, how much did you *want* or *try* to:

	Not at all	A little	Somewhat	A lot	Extremely
Avoid doing things that aren't helpful to me or others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avoid the possibility of being wrong	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get others to recognize or acknowledge your positive qualities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avoid being selfish or self-centered	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have compassion for others' mistakes and weaknesses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avoid being rejected by others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avoid taking risks or making mistakes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Be constructive in your comments to others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avoid showing your weaknesses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avoid doing anything that would be harmful to others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Be supportive of others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Make a positive difference in someone else's life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Convince others that you are right	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

IRI

Please indicate how well each of the following statements describes you.

	1 Does not describe me well	2	3	4	5 Describes me very well
When I see someone get hurt, I tend to remain calm.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am usually pretty effective in dealing with emergencies.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In emergency situations, I feel apprehensive and ill-at-ease.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I sometimes feel helpless when I am in the middle of a very emotional situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a tense emotional situation scares me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tend to lose control during emergencies.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I see someone who badly needs help in an emergency, I go to pieces.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate how well each of the following statements describes you.

	1 Does not describe me well	2	3	4	5 Describes me very well
Sometimes I don't feel very sorry for people when they are having problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	1 Does not describe me well	2	3	4	5 Describes me very well
Other people's misfortunes do not usually disturb me a great deal.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I see someone being treated unfairly, I sometimes don't feel very much pity for them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often have tender, concerned feelings for people less fortunate than me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I see someone being taken advantage of, I feel kind of protective towards them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am often quite touched by things I see happen.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would describe myself as a pretty soft-hearted person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate how well each of the following statements describes you.

	1 Does not describe me well	2	3	4	5 Describes me very well
I am usually objective when I watch a movie or play, and I don't often get completely caught up in it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Becoming extremely involved in a good book or movie is somewhat rare for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	1 Does not describe me well	2	3	4	5 Describes me very well
I daydream and fantasize, with some regularity, about things that might happen to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I really get involved with the feelings of the characters in a novel.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
After seeing a play or movie, I have felt as though I were one of the characters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I watch a good movie, I can very easily put myself in the place of a leading character.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I'm reading an interesting story or novel, I imagine how I would feel if the events in the story were happening to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate how well each of the following statements describes you.

	1 Does not describe me well	2	3	4	5 Describes me very well
I sometimes find it difficult to see things from the 'other guy's' point of view.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I'm sure I'm right about something, I don't waste much time listening to other people's arguments.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	1 Does not describe me well	2	3	4	5 Describes me very well
I try to look at everybody's side of a disagreement before I make a decision.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I sometimes try to understand my friends better by imagining how things look from their perspective.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I believe that there are two sides to every question and try to look at them both.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I'm upset at someone, I usually try to 'put myself in his shoes' for a while.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Before criticizing somebody, I try to imagine how I would feel if I were in their place.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

MAAS Mindfulness

Please indicate how frequently or infrequently you currently have each experience. Please answer according to what *really* reflects your experience rather than what you think your experience should be.

	Almost Always	Very frequently	Somewhat Frequently	Somewhat Infrequently	Very Infrequently
I could be experiencing some emotion and not be conscious of it until some time later.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I break or spill things because of carelessness, not paying attention, or thinking of something else.

Almost
Always

Very
frequently

Somewhat
Frequently

Somewhat
Infrequently

Very
Infrequently

I find it difficult to stay focused on what's happening in the present.

☐☐☐☐☐

I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.

☐☐☐☐☐

I tend not to notice feelings of physical tension or discomfort until they really grab my attention.

☐☐☐☐☐

Almost
Always

Very
frequently

Somewhat
Frequently

Somewhat
Infrequently

Very
Infrequently

I forget a person's name almost as soon as I've been told it for the first time.

☐☐☐☐☐

It seems I am "running on automatic," without much awareness of what I'm doing.

☐☐☐☐☐

I rush through activities without being really attentive to them.

☐☐☐☐☐

I get so focused on the goal I want to achieve that I lose touch with what I'm doing right now to get there.

☐☐☐☐☐

I do jobs or tasks automatically, without being aware of what I'm doing.

☐☐☐☐☐

Almost
Always

Very
frequently

Somewhat
Frequently

Somewhat
Infrequently

Very
Infrequently

	Always Almost Always	Infrequently Very frequently	Frequently Somewhat Frequently	Infrequently Somewhat Infrequently	Infrequently Very Infrequently
I find myself listening to someone with one ear, doing something else at the same time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I drive places on "automatic pilot" and then wonder why I went there.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find myself preoccupied with the future or the past.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find myself doing things without paying attention.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I snack without being aware that I'm eating.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Compassion Scale

Please read each statement carefully before answering. Indicate how often you behave in the stated manner using the following scale, where 1 is almost never and 5 is almost always.

	1 (almost never)	2	3	4	5 (almost always)
When people cry in front of me, I often don't feel anything at all.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sometimes when people talk about their problems, I feel like I don't care.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't feel emotionally connected to people in pain.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	1 (almost never)	2	3	4	5 (almost always)
I pay careful attention when other people talk to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel detached from others when they tell me their tales of woe.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I see someone going through a difficult time, I try to be caring toward that person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often tune out when people tell me about their troubles.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like to be there for others in times of difficulty.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Indicate how often you behave in the stated manner.

	1 (almost never)	2	3	4	5 (almost always)
I notice when people are upset, even if they don't say anything.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I see someone feeling down, I feel like I can't relate to them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Everyone feels down sometimes, it is part of being human.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sometimes I am cold to others when they are down and out.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tend to listen patiently when people tell me their problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't concern myself with other people's problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	1 (almost never)	2	3	4	5 (almost always)
It's important to recognize that all people have weaknesses and no one's perfect.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My heart goes out to people who are unhappy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Indicate how often you behave in the stated manner.

	1 (almost never)	2	3	4	5 (almost always)
Despite my differences with others, I know that everyone feels pain just like me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When others are feeling troubled, I usually let someone else attend to them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't think much about the concerns of others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Suffering is just a part of the common human experience.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When people tell me about their problems, I try to keep a balanced perspective on the situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can't really connect with other people when they're suffering.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try to avoid people who are experiencing a lot of pain.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When others feel sadness, I try to comfort them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Helping Close Others

Now let's talk about help you may have given in the last year to friends, neighbors, or relatives who did not live with you. We are interested in help you provided during the last 12 months for which you did not receive pay.

During the last 12 months, did you provide transportation, shop, or run errands for friends, neighbors, or relatives who did not live with you?

☐ YES

☐ NO

Did you help others with their housework or with the upkeep of their house, car, or other things?

☐ YES

☐ NO

Did you do childcare without pay for persons not living in your household?

- ☐ YES
- ☐ NO

Did you do any other things in the last 12 months to help neighbors, friends, or relatives who did not live with you?

- ☐ YES
- ☐ NO

About how many hours did you spend doing these things during the last 12 months?

- ☐ Less than 20 hours
- ☐ 20-39 hours
- ☐ 40-79 hours
- ☐ 80-159 hours
- ☐ 160 hours or more

Social Support

During the past month have you **given** help with transportation, errands, or shopping to someone other than spouse or young child?

☐ Yes

☐ No

During the past month, have you **given** help with housework, yard work, repairs or other work around the house to someone other than spouse or young child?

☐ Yes

☐ No

During the past month, have you **given** help with baby sitting or child care to anyone besides spouse or young child?

☐ Yes

☐ No

During the past month, have you **given** help with advice, encouragement, moral or emotional support to someone besides spouse or young child?

☐ Yes

☐ No

During the past month have you **received** help with transportation, errands, or shopping from someone other than spouse or young child?

- ☐ Yes
- ☐ No

During the past month, have you **received** help with housework, yard work, repairs or other work around the house from someone other than spouse or young child?

- ☐ Yes
- ☐ No

During the past month, have you **received** help with baby sitting or child care from anyone besides spouse or young child?

- ☐ Yes
- ☐ No

During the past month, have you **received** help with advice, encouragement, moral or emotional support from someone besides spouse or young child?

- ☐ Yes
- ☐ No

Suppose you had to borrow \$250 for a few weeks because of an emergency. Is there anyone other than spouse or young child you could ask for help?

- ☐ Yes
- ☐ No

Suppose you had a personal problem, and you wanted to talk to someone about it. Is there anyone other than spouse or young child whom you could ask for help or advice?

- ☐ Yes
- ☐ No

Is there a person in your family, including a spouse, with whom you can really share your very private feelings and concerns?

- ☐ Yes
- ☐ No

Is there a friend outside your family with whom you can really share your very private feelings and concerns?

- ☐ Yes

☐ No

Suppose you were sick and unable to take care of yourself for a week or more. Is there anyone other than spouse or young child you could ask for help?

☐ Yes

☐ No

Attention Checking Question

Please select spam as your favorite food?

☐ Pasta

☐ Spam

☐ Veggies

☐ Ice Cream

Cohen Social Network Index

This questionnaire is concerned with how many people you see or talk to on a regular basis including family, friends, workmates, neighbors, etc. Please read and answer each

question carefully. Answer follow-up questions where appropriate.

Which of the following best describes your marital status?

- ☐ Currently married and living together, or living with someone in a marital-like relationship
- ☐ Never married and never lived with someone in a marital-like relationship
- ☐ Separated
- ☐ Divorced or formerly lived with someone in a marital-like relationship
- ☐ Widowed

How many children do you have?

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7 or more

How many of your children do you see or talk to on the phone at least once every 2 weeks?

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7 or more

Are either of your parents living?

- ☐ Neither
- ☐ Mother only
- ☐ Father only
- ☐ Both

Do you see or talk on the phone to either of your parents at least once every 2 weeks?

- ☐ Neither
- ☐ Mother only
- ☐ Father only

☐ Both

Are either of your in-laws (or partner's parents) living?

☐ Neither

☐ Mother

☐ Father

☐ Both

☐ I don't have in-laws.

Do you see or talk on the phone to either of your partner's parents at least once every 2 weeks?

☐ Neither

☐ Mother

☐ Father

☐ Both

How many other relatives (other than your spouse, parents, & children) do you feel close to?

☐ 0

☐ 1

☐ 2

- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7 or more

How many of these relatives do you see or talk to on the phone at least once every 2 weeks?

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7 or more

How many close friends do you have? (meaning people that you feel at ease with, can talk to about private matters, and can call on for help)

- ☐ 0
- ☐ 1
- ☐ 2

- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7 or more

How many of these friends do you see or talk to at least once every 2 weeks?

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7 or more

Do you belong to a church, temple, or other religious group?

- ☐ Yes
- ☐ No

How many members of your church or religious group do you talk to at least once every 2 weeks? (This includes at group meetings and services.)

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7 or more

Do you attend any classes (school, university, technical training, or adult education) on a regular basis?

- ☐ Yes
- ☐ No

How many fellow students or teachers do you talk to at least once every 2 weeks? (This includes at class meetings.)

- ☐ 0
- ☐ 1

- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7 or more

Are you currently employed either full or part-time?

- ☐ No
- ☐ Yes, self-employed
- ☐ Yes, employed by others

How many people do you supervise?

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7 or more

How many people at work (other than those you supervise) do you talk to at least once every 2 weeks?

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7 or more

How many of your neighbors do you visit or talk to at least once every 2 weeks?

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7 or more

Are you currently involved in regular volunteer work?

- ☐ Yes
- ☐ No

Demographic

Are you:

- ☐ Male
- ☐ Female

Your age:

Do you identify yourself as:

- ☐ European-American (white)
- ☐ Asian-American
- ☐ African American (black)
- ☐ Latino/a

- ☐ Other (please specify)
- ☐ Mixed (please specify)

Is English your first language?

- ☐ Yes
- ☐ No

Highest level of education you have completed (check one):

- ☐ High school
- ☐ Associative Arts
- ☐ 1-2 yrs of college
- ☐ 3-4 yrs of college
- ☐ Bachelors
- ☐ Masters
- ☐ Ph.D.
- ☐ M.D.
- ☐ Other (please specify)

Marital status:

- ☐ Single
- ☐ Married
- ☐ Divorced
- ☐ Separated
- ☐ In a marriage-like relationship

Are you currently a student?

- ☐ Yes
- ☐ No

Average Individual Income (MONTHLY)

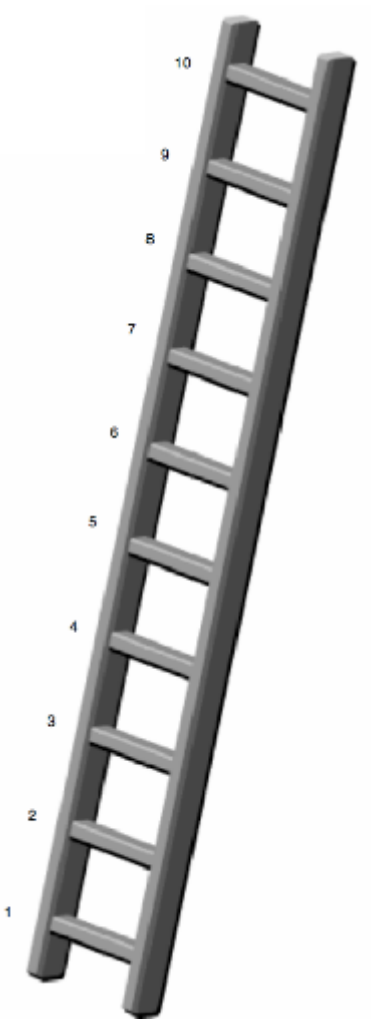
Average Household Income (MONTHLY)

Current Zip Code

SES

Now think of the ladder below as representing where people stand in their communities.

People define community in different ways; please define it in whatever way is most meaningful to you. At the top of the ladder are the people who have the highest standing in their community. At the bottom are the people who have the lowest standing in their community.



Where would you place yourself on this ladder? Please slide the bar to the rung where you think you stand at this time in your life, relative to other people in the United States.

1 2 3 4 5 6 7 8 9 10

1

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