**PDA prompts at 9am, 12:45pm, 4:30pm, and 8:15pm** (see time table p.4 and settings p.5)

4| **Is this your FIRST entry of the day?**

Yes (6) No (10)

6| **How many HOURS did you SLEEP last night?**

More than 8 hours 7-8 hours 5-6 hours 3-4 hours 0-2 hours

8| **Rate the overall QUALITY of your SLEEP.**

5 4 3 2 1

Very poor fair good very good

poor

10| **During the past 3 hours, how INTENSE was your pain?**

0 1 2 3 4 5 6 7 8

Not at some- much very extremely

all what much

20| **During the past 3 hours, how UNPLEASANT was your pain?**

0 1 2 3 4 5 6 7 8

Not at some- much very extremely

all what much

50| **During the past 3 hours, how SAD were you?**

0 1 2 3 4 5 6 7 8

Not at some- much very extremely

all what much

60| **During the past 3 hours, how IRRITATED were you?**

0 1 2 3 4 5 6 7 8

Not at some- much very extremely

all what much

80| **During the past 3 hours, how ON EDGE were you?**

0 1 2 3 4 5 6 7 8

Not at some- much very extremely

all what much

110| **During the past 3 hours, how DISCOURAGED were you?**

0 1 2 3 4 5 6 7 8

Not at some- much very extremely

all what much

120| **During the past 3 hours, how ANGRY were you?**

0 1 2 3 4 5 6 7 8

Not at some- much very extremely

all what much

140| **During the past 3 hours, how UNEASY were you?**

0 1 2 3 4 5 6 7 8

Not at some- much very extremely

all what much

***If any of the responses to “irritated” “annoyed” or “angry” were “2” (somewhat) or above, program branches to this page after the item “uneasy” is completed.***

1150| When I felt irritated, annoyed or angry during the past 3 hours, I SPOKE or SHOUTED about my anger or annoyance.

0 1 2 3 4 5 6 7 8

Not at some- much very extremely

all what much

1160| When I felt irritated, annoyed or angry during the past 3 hours, I did PHYSICAL THINGS like gesture, pound the table, slam doors, throw things, etc.

0 1 2 3 4 5 6 7 8

Not at some- much very extremely

all what much

1170| When I felt irritated, annoyed or angry during the past 3 hours, I KEEP my anger or annoyance TO MYSELF.

0 1 2 3 4 5 6 7 8

Not at some- much very extremely

all what much

1180| When I felt irritated, annoyed or angry during the past 3 hours, I HID from others how angry or annoyed I was?

0 1 2 3 4 5 6 7 8

Not at some- much very extremely

all what much

1210| **During the past 3 hours, how PHYSICALLY ACTIVE were you?**

0 1 2 3 4 5 6 7 8

Not at some- much very extremely

all what much

1220| **To what degree did your pain interfere with you being PHYSICALLY ACTIVE?**

0 1 2 3 4 5 6 7 8

Not at some- much very extremely

all what much

1230| **During the past 3 hours, how much did you REST (sit, lie down) because of your pain?**

0 1 2 3 4 5 6 7 8

Not at some- much very the whole time

all what much

1310| **During the past 3 hours, did you take any kind of MEDICATION for your pain?**

Yes \_\_\_\_ No \_\_\_\_\_

1410| **When you felt pain during the past 3 hours, to what degree did you feel AFRAID that the PAIN MAY GET WORSE?**

0 1 2 3 4 5 6 7 8

Not at some- much very extremely

all what much

1420| **When you felt pain during the past 3 hours, to what degree did you keep thinking about HOW MUCH IT HURTS?**

0 1 2 3 4 5 6 7 8

Not at some- much very extremely

all what much

1430| **When you felt pain during the past 3 hours, to what degree did you feel that the PAIN WAS AWFUL AND OVERWHELMING?**

0 1 2 3 4 5 6 7 8

Not at some- much very extremely

all what much

1510| **SINCE YOUR LAST DIARY ENTRY, how many minutes did you engage in walking briskly/running for exercise?**

0 (none) 1 (1-10 min) 2 (11-20 min) 3 (21-30 min) 4 (31-40 min) 5 (41-50 min) 6 (51-60 min) 7 (61-70 min) 8 (71-80 min)

1520| **If you went to the gym to exercise SINCE YOUR LAST DIARY ENTRY, how many minutes did you exercise?**

0 (none) 1 (1-10 min) 2 (11-20 min) 3 (21-30 min) 4 (31-40 min) 5 (41-50 min) 6 (51-60 min) 7 (61-70 min) 8 (71-80 min)

1600| **Questionnaire complete.**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **xxxx** | **xxxx** | | **xxxx** | | **xxxx** | | |
| Hours of sleep | x |  | |  | |  | | |
| Sleep quality | x |  | |  | |  | | |
| Pain unpleasantness | x | x | | x | | x | | |
| Sad | x | x | | x | | x | | |
| Irritated | x | x | | x | | x | | |
| On edge | x | x | | x | | x | | |
| Discouraged | x | x | | x | | x | | |
| Angry | x | x | | x | | x | | |
| Uneasy | x | x | | x | | x | | |
| Spoke or shouted | X | X | | X | | X | | |
| Did physical things | X | X | | X | | X | | |
| Kept in anger | X | X | | X | | X | | |
| Hid anger | X | X | | X | | X | | |
| Physically active | x | x | | x | | x | | |
| Pain interference | x | x | | x | | x | | |
| Downtime | x | x | | x | | x | | |
| Medication | x | x | | x | | x | | |
| Afraid it’ll get worse | x | x | | x | | x | | |
| How much it hurts | x | x | | x | | x | | |
| Awful + overwhelming | x | x | | x | | x | | |
| Exercise/walking+running | x | x | | x | | x | | |
| Exercise/gym | x | x | | x | | x | | |
|  |  | |  | |  | |  |
| Only answer orange anger out items if mood items at 2 or higher | | | | |  | |  |

Settings:

* General Settings
  + Use automation (displays Automation Settings)
  + Take over machine
* Automation Settings
  + Run weekdays from: 08:59 to 23:59
  + Run weekends from: 08:59 to 23:59
  + Total trials: 20
  + Trials per day: 4
  + Max seconds to respond (to trial): 900
  + Seconds per beep: 30
* Question Settings
  + Max seconds to respond: 3600
  + Non-answer value: 9999
  + Default widget: Button
* Sound/Beep Settings
  + Play sound🡪 Alarm
  + Vibrate
  + Blink LED

\*make sure all sounds on device are on high\*

1. Exit ESP by clicking Clock🡪Go to Clock🡪Home
2. Click Prefs🡪Sounds and Alerts
3. Select “high” for all

\*make sure time zone and time on palm is correct\*

1. Exit ESP by clicking Clock🡪Go to Clock🡪Home
2. Click Prefs🡪Date & Time
3. Select “Chicago”, enter correct date and time