**PROCEDURAL VARIABLES**

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| **OLD variable name** | **Variable name** | **Values or description** |
| ourID | esm.IDnum.w1 | numeric variable; identification number |
| Frequency | esm.PRO01.w1 | numeric variable, frequency |
| Survey | esm.PRO02.w1 | numeric variable, survey |
| HourBlock | esm.PRO03.w1 | numeric variable; hour block survey that the responses correspond to |
| StartDate | esm.startDateTime.w1 | date and time in format: mm/dd/year mm:hh.ss |
| DayofStudy | esm.PRO04.w1 | numeric variable; day of the study that the survey was completed |
| real\_order | esm.PRO05.w1 | "real\_order?" |
| DayofWeek | esm.PRO06.w1 | numeric variable; 1 to 7, day of the week that the participant completed the survey |
| Wkend | esm.PRO07.w1 | 0 = survey taken during the week (Monday to Friday OR THURSDAY??); 1 = survey taken during the weekend (i.e., Saturday or Sunday) |
| EndDate | esm.endDateTime.w1 | date and time in format: mm/dd/year mm:hh.ss |

**OPEN RESPONSE**

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| **OLD variable name** | **Variable name** | **Item text** | **Values or description** |
| OpenResponse | esm.OR.w1 | In a few words, what were you doing during the last hour? | text variable |

**PERSONALITY TRAITS**

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| **OLD variable name** | **Variable name** | **Item text** | **Values or description** |
| esm\_s31 | esm.NQ11.w1 | How much positive emotion did you experience? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very |
| esm\_s32 | esm.NQ12.w1 | How much negative emotion did you experience? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very |
| esm\_EXT | esm.EXT.w1 | N/A | numeric scale; BFI scaled score for Extraversion |
| esm\_AGR | esm.AGR.w1 | N/A | numeric scale; BFI scaled score for Agreeableness |
| esm\_CON | esm.CON.w1 | N/A | numeric scale; BFI scaled score for Conscientiousness |
| esm\_NEU | esm.NEU.w1 | N/A | numeric scale; BFI scaled score for Neuroticism |
| esm\_s02 | esm.BFI37.w1 | During the last hour, how rude were you? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very |
| esm\_s06 | esm.BFI21.w1 | During the last hour, how quiet were you? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very |
| esm\_s08 | esm.BFI23.w1 | During the last hour, how lazy were you? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very |
| esm\_s09 | esm.BFI09.w1 | During the last hour, how relaxed were you? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very |
| esm\_s21 | esm.NQ09.w1 | During the last hour, how would you rate your self-esteem? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very |
| esm\_s18 | esm.NQ07.w1 | During the last hour, how happy were you? | Likert scale from 1 to 5; 1 = Low, 5 = High |
| esm\_s25 | esm.BFI04.w1 | During the last hour, did you feel 'depressed, blue'? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very |
| esm\_x01 | esm.NQ33.w1 | During the last hour, how lonely were you? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very |
| esm\_authentic | esm.NQ01.w1 | During the last hour, how authentic were you? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very |
| esm\_s01 | esm.BFI36.w1 | During the last hour, how 'outgoing, sociable' were you? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very |
| esm\_s07 | esm.BFI32.w1 | During the last hour, how 'considerate, kind' were you? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very |
| esm\_s03 | esm.BFI13.w1 | During the last hour, how reliable were you? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very |
| esm\_s04 | esm.BFI19.w1 | During the last hour, how worried were you? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very |

**BEHAVIOR ITEMS**

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| **OLD variable names** | **Variable name** | **Item text** | **Values or description** |
| esm\_roomhouse\_yn | esm.BH01.w1 | During the last hour: Stayed mostly in your room/house | 0 = No; 1 = Yes |
| esm\_Studiedworked\_yn | esm.BH02.w1 | During the last hour: Studied/worked | 0 = No; 1 = Yes |
| esm\_music\_yn | esm.ACT12.w1 | During the last hour: Listened to music | 0 = No; 1 = Yes |
| esm\_passiveFB\_yn | esm.BH03.w1 | During the last hour: Passively looked at Facebook | 0 = No; 1 = Yes |
| esm\_activeFB\_yn | esm.BH04.w1 | During the last hour: Actively did something on Facebook | 0 = No; 1 = Yes |
| esm\_painsick\_yn | esm.BH05.w1 | During the last hour: In pain/sick | 0 = No; 1 = Yes |
| esm\_forsomeone\_yn | esm.BH06.w1 | During the last hour: Did something for someone else | 0 = No; 1 = Yes |
| esm\_phoneSkype\_yn | esm.BH07.w1 | During the last hour: Talked on the phone/Skype | 0 = No; 1 = Yes |
| esm\_tvmovie\_yn | esm.ACT13.w1 | During the last hour: Watched a video/tv/movie | 0 = No; 1 = Yes |
| esm\_class\_yn | esm.ACT18.w1 | During the last hour: Went to class | 0 = No; 1 = Yes |
| esm\_willpower | esm.BH08.w1 | How much 'willpower/self-control' did you exert? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very |
| esm\_selfdisclose | esm.ACT06.w1 | How much did you self-disclose? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very |

**SITUATIONS**

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| --- | --- | --- | --- |
| **OLD variable name** | **Variable name** | **Item text** | **Values or description** |
| esm\_ACT39 | esm.ACT39.w1 | How stressful was the situation? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very much |
| esm\_esm46 | esm.ST01.w1 | How common/familiar was the situation? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very much |
| esm\_esm48 | esm.ST02.w1 | How much did you want to be there? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very much |
| esm\_tired\_yn | esm.ST03.w1 | During the last hour: Felt tired | 0 = No; 1 = Yes |
| esm\_alone | esm.ST04.w1 | During the last hour, were you: | 1 = Completely alone; 2 = Around others |
| esm\_academ | esm.AGQ13.w1 | During the last hour, were you motivated to do well academically? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very |
| esm\_feelothers | esm.ST06.w1 | During the last hour, did you feel like being around others? | Likert scale from 1 to 5; 1 = Not at all, 3 = Some, 5 = A lot |
| esm\_closeconnected | esm.ST07.w1 | During the last hour, did you feel 'close, connected' to others? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very |
| esm\_keepemotions | esm.ST08.w1 | During the last hour, did you keep your emotions to yourself? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very |
| esm\_freetobehave | esm.ST09.w1 | In this situation, were you free to behave however you wanted? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very much |
| esm\_good\_yn | esm.ST10.w1 | During the last hour: Something good happened | 0 = No; 1 = Yes |
| esm\_bad\_yn | esm.ST11.w1 | During the last hour: Something bad happened | 0 = No; 1 = Yes |
| esm\_esm50 | esm.ST12.w1 | During the last hour, were you interacting with other people? | 0 = no; 1 = 1 person; 2 = 2 people; 3 = 3-5 people; 4 = more than 5 people |
| esm\_esm50\_recoded | esm.ST13.w1 | During the last hour, were you interacting with other people? - RECODED | 0 = No; 1 = Yes (at least 1 person) |
| esm\_good\_text | esm.ST14.w1 | What was the good thing that happened? | text variable |
| esm\_bad\_text | esm.ST15.w1 | What was the bad thing that happened? | text variable |
| esm\_esm51 | esm.ST16.w1 | How well do you know them? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very much |
| esm\_s33 | esm.ST17.w1 | How much do you like them? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very much |
| esm\_powerstatus | esm.ST18.w1 | Compared to them, how much power/social status do you have? | Likert scale from 1 to 5; 1 = Less than them, 5 = More than them |
| esm\_esm52 | esm.ST19.w1 | How much do you care about how you came across to them? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very much |
| esm\_deep | esm.ST20.w1 | How superficial (i.e., shallow) to substantive (i.e., deep) were the conversations? | Likert scale from 1 to 5; 1 = Very superficial, 3 = Neutral, 5 = Very substantive |
| esm\_family\_interact | esm.ST21.w1 | During the last hour: Interacted with family | 0 = No; 1 = Yes |
| esm\_rp\_interact | esm.ST22.w1 | During the last hour: Interacted with romantic partner | 0 = No; 1 = Yes |
| esm\_bf\_interact | esm.ST23.w1 | During the last hour: Interacted with local best friend | 0 = No; 1 = Yes |
| esm\_friend\_interact | esm.ST24.w1 | During the last hour: Interacted with another close friend | 0 = No; 1 = Yes |

**DAILY VARIABLES: ERQ + RELATIONSHIP**

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| --- | --- | --- | --- |
| **OLD variable name** | **Variable name** | **Item text** | **Values or description** |
| esm\_emotions\_daily | esm.ERQ02.w1 | Did you keep your emotions to yourself? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very much |
| esm\_emotionsnotexpress\_daily | esm.ERQ05.w1 | Did you control your emotions by not expressing them? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very much |
| esm\_stressthink\_daily | esm.ERQ08.w1 | When you were faced with a stressful situation, did you make yourself think about it differently to make yourself stay calm? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very much |
| esm\_emotionsthinksituation\_daily | esm.ERQ06.w1 | Did you control your emotions by changing the way you thought the situation you were in? | Likert scale from 1 to 5; 1 = Not a lot, 3 = Somewhat, 5 = Very much |
| esm\_rpSatisfaction\_daily | esm.NOM20.w1 | How satisfied were you with your romantic / relationship? | 1 = Not in relationship; 2 = Very dissatisfied; 3 = Somewhat Dissatisfied; 4 = Neutral; 5 = Somewhat Satisfied; 6 = Very Satosfied |

**CESD**

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| --- | --- | --- | --- |
| **OLD variable name** | **Variable name** | **Item text** | **Values or description** |
| esm\_CESD1 | esm.CESD01.w1 | I was bothered by things that usually don't bother me. | 1 = Rarely or none of the time (less than 1 day); 2 = Some or a little of the time (1-2 days); 3 = Occasionally or a moderate amount of time (3-4 days); 4 = Most or all of the time (5-7 days) |
| esm\_CESD2 | esm.CESD02.w1 | I felt that I could not shake off the blues even with help from my family or friends. | 1 = Rarely or none of the time (less than 1 day); 2 = Some or a little of the time (1-2 days); 3 = Occasionally or a moderate amount of time (3-4 days); 4 = Most or all of the time (5-7 days) |
| esm\_CESD3 | esm.CESD03.w1 | I felt I was just as good as other people. | 1 = Rarely or none of the time (less than 1 day); 2 = Some or a little of the time (1-2 days); 3 = Occasionally or a moderate amount of time (3-4 days); 4 = Most or all of the time (5-7 days) |
| esm\_CESD4 | esm.CESD04.w1 | I had trouble keeping my mind on what I was doing. | 1 = Rarely or none of the time (less than 1 day); 2 = Some or a little of the time (1-2 days); 3 = Occasionally or a moderate amount of time (3-4 days); 4 = Most or all of the time (5-7 days) |
| esm\_CESD5 | esm.CESD05.w1 | I felt that everything I did was an effort. | 1 = Rarely or none of the time (less than 1 day); 2 = Some or a little of the time (1-2 days); 3 = Occasionally or a moderate amount of time (3-4 days); 4 = Most or all of the time (5-7 days) |
| esm\_CESD6 | esm.CESD06.w1 | I felt hopeful about the future. | 1 = Rarely or none of the time (less than 1 day); 2 = Some or a little of the time (1-2 days); 3 = Occasionally or a moderate amount of time (3-4 days); 4 = Most or all of the time (5-7 days) |
| esm\_CESD7 | esm.CESD07.w1 | I thought my life had been a failure. | 1 = Rarely or none of the time (less than 1 day); 2 = Some or a little of the time (1-2 days); 3 = Occasionally or a moderate amount of time (3-4 days); 4 = Most or all of the time (5-7 days) |
| esm\_CESD8 | esm.CESD08.w1 | I felt fearful. | 1 = Rarely or none of the time (less than 1 day); 2 = Some or a little of the time (1-2 days); 3 = Occasionally or a moderate amount of time (3-4 days); 4 = Most or all of the time (5-7 days) |
| esm\_CESD9 | esm.CESD09.w1 | I felt lonely. | 1 = Rarely or none of the time (less than 1 day); 2 = Some or a little of the time (1-2 days); 3 = Occasionally or a moderate amount of time (3-4 days); 4 = Most or all of the time (5-7 days) |
| esm\_CESD10 | esm.CESD10.w1 | People were unfriendly. | 1 = Rarely or none of the time (less than 1 day); 2 = Some or a little of the time (1-2 days); 3 = Occasionally or a moderate amount of time (3-4 days); 4 = Most or all of the time (5-7 days) |