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# Independent Variable Measures:

## Basic Information and Timing Indicators

### ESM Measures:

|  |  |
| --- | --- |
| **Variable** | **Description** |
| id |  |
| burst |  |
| pack |  |
| studyday |  |
| session |  |
| beep |  |
| weekday |  |
| newdate |  |
| newtime |  |
| newstartdate | |
| newstarttime | |
| newenddate | |
| newendtime | |
| burststart\_date | |
| burstend\_date | |
| bedtime\_Date | |
| flag\_validbeep | |
| flag\_dup |  |
| flag\_complete | |
| flag\_error |  |

## Psychological Indicators

### ESM Measures:

|  |  |
| --- | --- |
| **Variable** | **Description** |
| activation\_now | How are you feeling? |
| valence\_now | How is your overall MOOD? |
| stress\_now | How STRESSED are you? |
| healthy\_now | Overall, how physically HEALTHY do you feel? |
| anxious\_now | Do you feel TENSE/ANXIOUS? |
| happy\_now | Do you feel HAPPY? |
| relaxed\_now | Do you feel RELAXED? |
| depressed\_now | Do you feel DEPRESSED? |
| energetic\_now | Do you feel ENERGETIC? |
| frustrated\_now | Do you feel FRUSTRATED? |
| thgt\_val\_now | What type of thoughts were you having? |
| thgt\_control\_now | Were you having a train of thought you couldn’t get out of your head? |
| thgt\_worry\_now | Were you thinking about personal problems or worries? |
| enjoy\_now | How much ENJOYMENT have you had? |

## Situation Indicators

### ESM Measures:

|  |  |
| --- | --- |
| **Variable** | **Description** |
| where\_now | Where are you? |
| who\_now | Who are you with? |
| now\_nobody | Who are you with? Nobody |
| now\_friend | Who are you with? Spouse/partner |
| now\_partner | Who are you with? Your child(ren) |
| now\_kids | Who are you with? Other family member(s) |
| now\_othfamily | Who are you with? Friend(s) |
| now\_neighbor | Who are you with? Neighbor(s) |
| now\_acquaint | Who are you with? Acquaintance(s) |
| now\_stranger | Who are you with? Stranger(s) |
| now\_pet | Who are you with? Pet(s) |
| now\_who\_other | Who are you with? Other people |

## Behavioral Indicators

### ESM Measures:

|  |  |
| --- | --- |
| **Variable** | **Description** |
| doing\_now | What activities have you done? |
| social\_person | What activities have you done? Socializing (in person) |
| social\_online | What activities have you done? Social media (e.g., Facebook) |
| chores | What activities have you done? Chores (household or shopping) |
| selfcare | What activities have you done? Self-care (e.g., eating, bathing, resting) |
| caregiving | What activities have you done? Taking care of someone |
| TV | What activities have you done? Watching TV |
| volunteer | What activities have you done? Volunteering/working |
| internet | What activities have you done? Browsing internet |
| exercise | What activities have you done? Physical activity/exercise |
| mentalact | What activities have you done? Mental activity (e.g., reading, puzzles) |
| donothing | What activities have you done? Nothing special |
| other\_act | What activities have you done? Other activity |
| posture\_now | What is your posture? |

# Dependent Variable Measures

## Loneliness and Physical Pain

### ESM Measures:

|  |  |
| --- | --- |
| **Variable** | **Description** |
| pain\_now | What is your level of PAIN? |
| lonely\_now | Do you feel LONELY? |

# Covariates

### Clinical Core

|  |  |
| --- | --- |
| **Variable** | **Description** |
| SEX | Sex |
| GENDER | Gender |
| YEARS\_EDUC | Years of Education |
| MARITAL | Marital status |
| DEMO11 | Date of Birth |