

EMA Protocol

- Duration: 14 days
- Time points/Day: 3
- Rating 0-100 (for continuous variables)
- Same items to be presented at each time every day to look at variability.
- Items adapted from PANAS in Silk et al., 2011, Shackman et al., 2017, Kircanski et al., 2017, Ben-Zeev et al., 2011, Odgers et al. adaptation of Affective Reactivity Index (Stringaris et al., 2012), MIG, and Essner et al., 2015

8am (before school; can range from 6:45AM-8AM):

1. How many hours did you sleep last night? Choices are 5hr or less, 6 hr. 7hr. 8hr. 9hr. or more
2. How restful or satisfying was your sleep last night?

Since the last beep, please indicate the extent to which you felt:

3. Sad
4. Annoyed or angry
5. Grouchy or cranky
6. Worried
7. Anxious
8. Happy
9. Cheerful
10. Excited
11. Energetic
12. Bored – interested

Since the last beep:

13. Please indicate the extent to which you want to be with other people
14. Please indicate the extent to which you want to be alone
15. Have you experienced a significant event? (yes/no)
16. If yes, how stressful was the event?
17. If yes, how important was the event?
18. If yes, how able were you to control the event?

Right now:

19. Who are you with? (acquaintance(s), strangers, alone, close friend(s), romantic partner, or family)- forced choice probe
20. Are you having a face-to-face conversation? Yes/no
21. Are you having a real-time digital (phone, text, Facebook, video) conversation?

**Total Items for the Morning:* 18 – 21 (depending on answer to significant events)

3:45pm (after school):

Since the last beep, please indicate the extent to which you felt:

1. Sad
2. Annoyed or angry
3. Grouchy or cranky

4. Worried
5. Anxious
6. Happy
7. Cheerful
8. Excited
9. Energetic
10. Bored – interested

Since the last beep:

11. Please indicate the extent to which you want to be with other people
12. Please indicate the extent to which you want to be alone
13. Have you experienced a significant event? (yes/no)
14. If yes, how stressful was the event?
15. If yes, how important was the event?
16. If yes, how able were you to control the event?

Right now:

17. Who are you with? (acquaintance(s), strangers, alone, close friend(s), romantic partner, or family)- forced choice probe
18. Are you having a face-to-face conversation? Yes/no
19. Are you having a real-time digital (phone, text, Facebook, video) conversation?

*Total Items for the Afternoon: 16 – 19 (depending on answer to significant events)

9:00pm (at night):

Since the last beep, please indicate the extent to which you felt:

1. Sad
2. Annoyed or angry
3. Grouchy or cranky
4. Worried
5. Anxious
6. Happy
7. Cheerful
8. Excited
9. Energetic
10. Bored – interested

Since the last beep:

11. Please indicate the extent to which you want to be with other people
12. Please indicate the extent to which you want to be alone
13. Have you experienced a significant event? (yes/no)
14. If yes, how stressful was the event?
15. If yes, how important was the event?
16. If yes, how able were you to control the event?

Right now:

17. Who are you with? (acquaintance(s), strangers, alone, close friend(s), romantic

partner, or family)- forced choice probe

18. Are you having a face-to-face conversation? Yes/no

19. Are you having a real-time digital (phone, text, Facebook, video) conversation?

**Total Items for the Evening:* 16 – 19 (depending on answer to significant events)