Draft version October 1, 2024. This paper is submitted for publication but has not yet been peer reviewed.

Understanding the Experience of Daily Events: A Dimensional Taxonomy of the Perceived Characteristics of Daily Events

Peter Haehner [1 *], Karla Fliedner [2 *], Wiebke Bleidorn [1], Kai T. Horstmann [3], Vivian Schmiedecke [2, 4], Sophia Salzburg [5], Hannah Tkaczik [5], Felix Würtz [5], Maike Luhmann [5, 6]

[1] Department of Psychology, University of Zurich, Switzerland

[2] Department of Psychology, Humboldt University Berlin, Germany

[3] Department of Psychology, University of Siegen, Germany

[4] Department of Work, Employment & Organization, University of Strathclyde, United Kingdom

[5] Faculty of Psychology, Ruhr University Bochum, Germany

[6] German Center for Mental Health, Bochum-Marburg, Germany

* Peter Haehner and Karla Fliedner share first authorship as they contributed equally to this manuscript.

Author Note

Peter Haehner https://orcid.org/0000-0002-3896-6172

Karla Fliedner https://orcid.org/0009-0002-8378-9141

Wiebke Bleidorn https://orcid.org/0000-0003-3795-8143

Kai T. Horstmann https://orcid.org/0000-0003-3224-1880

Vivian Schmiedecke https://orcid.org/0000-0003-3579-5045

Sophia Salzburg https://orcid.org/0009-0006-1978-6359

Hannah Tkaczik https://orcid.org/0009-0007-7763-5070

Felix Würtz https://orcid.org/0000-0003-1627-9432

Maike Luhmann https://orcid.org/0000-0001-6211-9304

This research was supported by a startup funding from Institute for Health and Development of the Ruhr-University Bochum awarded to Peter Haehner and Felix Würtz. We would like to thank Marco Altorfer for his support with the data preparation of the included studies. Moreover, we would like to thank Laura Maria Stotko and Robin Bachmann for their support with the coding of studies for the literature review and Matthias Ziegler for his helpful comments on the analysis of the literature review and the exploratory factor analysis. Finally, we would like to thank Lilly Buck for her help in the content evaluation of the items.

The datasets of the five studies, R scripts, codebooks, and supplementary materials can be found at https://osf.io/dv2ym/?view_only=6648faf9cb3b4a62b8cc29228f780a42. Study 2 was preregistered at https://osf.io/qjmhk. The study design of Study 3 and Study 4 were preregistered at https://osf.io/3qsu5 and https://osf.io/rsnte, respectively. The analyses of Study 3 and 4 were preregistered at https://osf.io/jwexa. The study design and the analyses of Study 5 were preregistered at https://osf.io/evf93 and https://osf.io/ejkqx, respectively.

Correspondence concerning this article should be addressed to Peter Haehner, Department of Psychology, University of Zurich, Binzmühlestrasse 14/7, CH-8050 Zürich, Switzerland. Email: p.haehner@psychologie.uzh.ch.

Peter Haehner: Conceptualization (equal), Data curation (equal), Formal analysis (equal), Investigation (equal), Methodology (equal), Project administration (equal), Writing – original draft (equal), Writing - Review & Editing (equal), Funding acquisition (equal). **Karla Fliedner:** Conceptualization (equal), Data curation (equal), Formal analysis (equal), Investigation (equal), Methodology (equal), Project administration (equal), Writing – original draft (equal), Writing - Review & Editing (equal), Funding acquisition (equal). **Wiebke Bleidorn:** Conceptualization (supporting), Writing – review and editing (equal), Supervision (equal). **Kai T. Horstmann:** Conceptualization (supporting), Writing – review and editing (equal), Supervision (equal). **Vivian Schmiedecke:** Conceptualization (supporting), Data curation (supporting), Investigation (equal), Methodology (equal), Writing – review and editing (equal). **Sophia Salzburg:** Conceptualization (supporting), Data curation (supporting), Investigation (equal), Methodology (supporting), Writing – review and editing (equal). **Hannah Tkaczik:** Conceptualization (supporting), Data curation (supporting), Investigation (equal), Methodology (supporting), Writing – review and editing (equal). **Felix Würtz:** Conceptualization (supporting), Investigation (supporting), Methodology (supporting), Writing – review and editing (equal), Funding acquisition (equal). **Maike Luhmann**: Conceptualization (equal), Writing – review and editing (equal), Supervision (equal).

Abstract

Daily events like a relationship conflict, a work-related success, or a pleasant meeting with a friend can significantly influence people's well-being and mental health. To fully understand their psychological effects, different theories stress that people's subjective perception of daily events must be considered. However, a systematic examination of the perceived characteristics of daily events is still missing, which has led to jingle-jangle problems and the negligence of their perceived characteristics in existing research. To overcome these problems, we conducted a systematic literature review and four empirical studies (N_{total} = 1,468) to develop a taxonomy that systematically captures the perception of daily events on eight dimensions: *positive emotion*, *challenge*, *relevance*, *threat to self*, *predictability*, *duty*, *sociality*, and *external control*. Furthermore, we validated a measure – the *Daily Event Questionnaire* – to reliably and validly assess these perceived characteristics of daily events. Applying our taxonomy and measure, we found that the perception of daily events systematically differed from the perception of everyday situations. Moreover, the perception of daily events predicted fluctuations in daily and weekly well-being over time. We discuss how this dimensional taxonomy of perceived event characteristics may advance future research and theory development regarding the effects of daily events on well-being and discuss similarities and differences between our taxonomy and taxonomies of the perception of situations and major life events.

Word count: 218

Keywords: minor events, event perception, perceived event characteristics, daily event questionnaire, taxonomy

Understanding the Experience of Daily Events: A Dimensional Taxonomy of the Perceived Characteristics of Daily Events

Imagine that you experienced the following events today: In the morning, your alarm did not ring, so that that you missed the bus to work. At work, you had an argument with your boss regarding the progress of your latest project. Usually, you would easily overcome such hassles but today you experienced them as uncontrollable and relevant so that you are in a bad mood this evening. Luckily, a fun night with your friends cheered you up as you unexpectedly won the local pub quiz together. Your day was thus packed with numerous daily events—both positive and negative ones.

Daily events like the ones described above are time-discrete, frequently occurring life experiences that are perceived as relevant in the short term (e.g., Brantley & Jones, 1993; Serido et al., 2004; Wheaton et al., 2013; Zautra et al., 1986). There is convincing evidence that daily events can impact people's mental health and their subjective well-being (Almeida, 2005; Day et al., 2005; Kanner et al., 1981; Newman & Nezlek, 2022; Panaite et al., 2021). Furthermore, daily events are theorized to mediate the influences of major life events such as job loss or divorce on people's thoughts, feelings, and behaviors (Jayawickreme et al., 2023; Pillow et al., 1996; Sheldon et al., 2013). Therefore, daily events constitute a key ingredient for a comprehensive understanding of person-environment transactions, and they are of critical importance for theory and research in personality science. However, our understanding of how people experience these events and why people differ in their reaction to them is still limited. To overcome these limitations, new ways to assess daily events seem necessary, as contemporary approaches offer only limited insights into these questions (Haehner, Rakhshani, et al., 2023; Luhmann et al., 2021; Rauthmann et al., 2014). Specifically, a more thorough consideration of the perception of daily events may advance our understanding of how daily events shape people's well-being and mental health in daily life (Almeida, 2005; Lazarus, 1984; Sheldon et al., 2013).

The goal of the present study was to develop a taxonomy of perceived characteristics of daily events that captures their psychologically relevant features on multiple dimensions. The development of such a dimensional taxonomy is a critical step towards a more comprehensive and theory-based understanding of how people experience daily events and how daily events shape people's well-being and mental health. In the present study, we therefore first summarized and integrated existing approaches to the assessment of daily events in a systematic review (Study 1). Informed by this review and a qualitative study (Study 2), we then developed a dimensional taxonomy of the perceived characteristics of daily events. Moreover, we established and validated a questionnaire to assess these perceived characteristics of daily events (Studies 3 to 4). Finally, we examined how different perceived event characteristics of this taxonomy are related to fluctuations in subjective well-being in daily life (Study 5).

Conceptualization of Daily Events

Different conceptualizations of daily events – sometimes also referred to as daily hassles and uplifts (e.g., Kanner et al., 1981) or minor life events (e.g., Monroe, 1983) – have been suggested over the past decades. Most definitions converge on four broad features of daily events: daily events (1) are subjectively important to individuals, (2) are more frequent and less influential than major life events, like for example, a job loss or the death of a loved one, (3) include experiences that arise in daily life and that can disrupt daily life, and (4) have a discrete beginning and end (Brantley & Jones, 1993; DeLongis et al., 1982; Monroe, 1983; Serido et al., 2004; Stone & Neale, 1980; Wheaton et al., 2013; Zautra et al., 1986). Integrating these definitions, we conceptualize daily events as *time-discrete, frequently occurring life experiences that can disrupt daily life and that are perceived as relevant in the short term.*

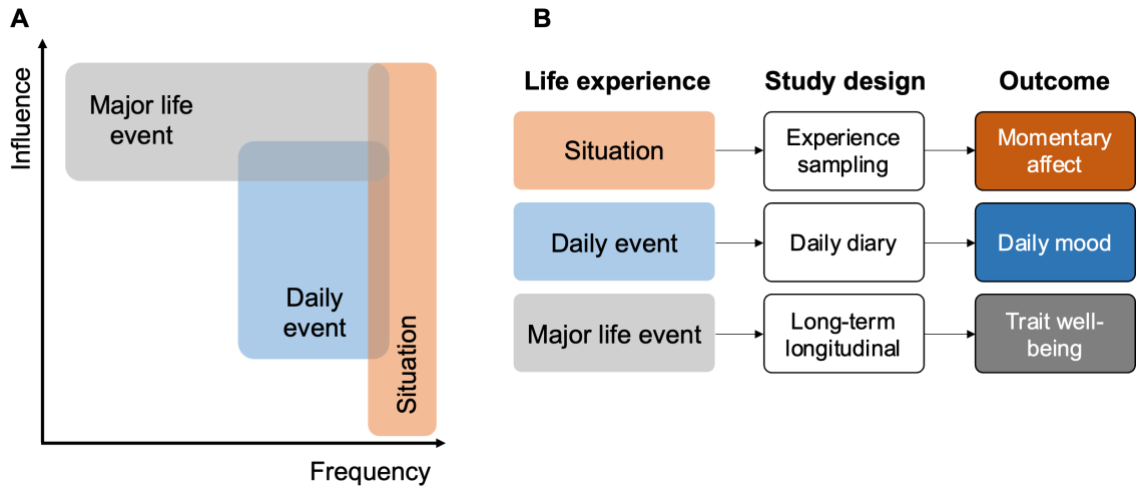
This definition highlights that daily events can be distinguished from other life experiences such as major life events and situations based on their influence and frequency (Figure 1A). Specifically, daily events are less influential and more frequent than major life events. Furthermore, in contrast to major life events, daily events are not characterized by

discrete changes in demographic variables like changes in employment status from *employed* to *unemployed* (Luhmann et al., 2014). Daily events also differ from situations that involve any fleeting circumstances in daily life and can thus be examined continuously because people are always engaged in situations (Rauthmann et al., 2015). In contrast, daily events are more sporadic and considered to disrupt the regular flow of everyday situations, because they are perceived as relevant. Moreover, a daily event like an argument with a friend can expand across several situations like an unfriendly text message, a verbal confrontation, and ruminating about the dispute (Luhmann et al., 2021).

Although there may be some overlap between situations, daily events, and major life events (Figure 1A), a holistic assessment of life experiences requires the consideration of daily events. Due to these differences in their characteristics, situations, daily events, and major life events may be suitable to predict outcomes on different time scales and be best examined with different designs (Figure 1B). Specifically, examining daily events could be relevant to identify effects that neither unfold at the momentary level, nor over a longer timeframe, such as changes in daily mood (Verduyn et al., 2012). Hence, considering daily events seems necessary for a comprehensive examination of transactions between individuals and their environment.

Figure 1

Conceptualization of Situations, Daily Events, and Major Life Events



Note. Panel A: Situations, daily events, major life events can be distinguished based on their frequency and influence. However, there can still be some overlap between these different life experiences. Panel B: Situations, daily events, and major life events may be best examined by means of different designs and predict outcomes that change on different time scales. For a colored version of this figure, see the online version of this article.

The Relevance of Daily Events in Research on Person-Environment Transactions

A central goal of personality science is to contribute to the understanding of person-environment transactions, that is, the dynamic interplay of personal characteristics and environmental experiences over time (Rauthmann, 2021). Research on person-environment transactions aims to address questions such as (1) how do environmental experiences lead to changes in personal characteristics such as well-being (e.g., Bühler et al., 2023; Denissen et al., 2019; Luhmann et al., 2012), (2) what are the mechanisms linking personal characteristics and environmental experiences over time (e.g., Buss, 1987; Jayawickreme et al., 2023; Rauthmann, 2021), and (3) how do personal characteristics predict the occurrence of environmental experiences (Haehner & Bleidorn, 2024; Rnic et al., 2023; Santee et al., 2023). The examination of daily events plays a key role in addressing all three questions (Almeida, 2005; Sheldon et al., 2013; Figure 1B). In the following sections, we briefly summarize the current research state of whether and how daily events act as (1) predictors, (2) mediators, and (3) outcomes of person-environment transactions before outlining open questions in each of these research strands.

Daily Events as Predictors of Psychological Change

Understanding when and why psychological characteristics like subjective well-being, mental health, or personality traits change is a critical question to promote health and well-being in the general population (Bleidorn et al., 2019; Buecker et al., 2023). Over the past decades, evidence has accumulated that daily events can predict changes in a range of psychological characteristics (e.g., Asselmann et al., 2017; Kanner et al., 1981; Newman & Nezlek, 2022; Pillow et al., 1996; Zheng et al., 2023).

First, daily hassles like work-related conflicts or relationship problems have been found to predict decreases in subjective well-being, whereas daily uplifts tend to predict increases in subjective well-being and buffer the effects of daily hassles (McCullough et al., 2000; Mroczek & Almeida, 2004; Newman & Nezlek, 2022; Nezlek et al., 2017; Vize et al., 2023; Zheng et al., 2023). For example, Vize et al. (2023) found in an experience sampling study that daily

hassles predicted momentary negative affect and partly accounted for the link between maladaptive personal characteristics and negative affect.

Second, daily hassles can predict the onset of a range of mental disorders such as depression, anxiety disorders, or obsessive-compulsive disorders (e.g., Asselmann et al., 2017; Chan et al., 2016; D'Angelo & Wierzbicki, 2003). Relatedly, daily hassles have also been linked to an increase in general psychopathology. Interestingly, the effects of accumulated daily events on general psychopathology were even stronger than the corresponding effects of major life events, further underlining the importance of daily events (DeLongis et al., 1982; Jandorf et al., 1986; Kanner et al., 1981; Monroe, 1983; Pillow et al., 1996; Weinberger et al., 1987).

Third, there is initial evidence that the repeated occurrence of daily events may contribute to personality development (Dugan et al., 2023). For example, repeatedly accomplishing something that people were proud of predicted an increase in conscientiousness, extraversion, emotional stability, and openness. Moreover, Ion et al. (2023) found that daily events accounted for within-person variability in momentary personality states, indicating that daily events influence the expression of personality. In sum, accumulating evidence supports the relevance of daily events in predicting changes in important psychological characteristics.

Daily Events as Mediators of the Effects of Major Life Events

Examining daily events is not only important because these life experiences may exert a direct influence on important life outcomes, but also because daily events are thought to mediate the influence of other life experiences such as major life events. That is, the psychological effects of major life events, like a new job, may depend on the relatively minor changes that these events impose on people's daily life, such as interactions at work, positive feedback, or success in completing work related-tasks (Bleidorn et al., 2020; Luhmann et al., 2014; Pillow et al., 1996; Wright et al., 2020). For example, the Hedonic Adaptation Prevention Model (Sheldon et al., 2013) suggests that daily events mediate the effects of major life events on subjective well-being and that the variety and novelty of these daily events influence how

fast people adapt to the major life event. Similarly, theoretical perspectives on personality development predict that major life events may lead to changes in personality traits via changing experiences in daily life (Roberts & Nickel, 2017; Wrzus & Roberts, 2017). For example, a new job may increase a person's conscientiousness through the repeated experience of daily events like missing the bus or struggling with finishing a project in time. These daily hassles may motivate a lasting change in people's behaviors to better fulfill the requirements of the new social role.

Initial evidence supports the hypothesis that daily events act as catalysts of the effects of major life events. For example, Sahl et al. (2009) and Wagner et al. (1988) found that daily events mediated a substantial proportion of variance of the effects of major life events on distress. More recently, Jayawickreme et al. (2023) replicated and extended these findings in a large-scale longitudinal study with weekly assessments over one year. They found that the occurrence of negative major life events predicted a subsequent increase in the occurrence of negative daily events, which in turn predicted a decrease in well-being in daily life.

Daily Events as Outcomes of Stress Generation Processes

Beyond acting as predictors and mediators in person-environment transactions, daily events may also constitute important outcomes of person-environment transactions as part of stress generation processes. Stress generation describes the phenomenon that stressful life experiences are not random but that individuals contribute to the experience of stress (Elliot et al., 2011; Hammen, 1991; Liu & Alloy, 2010). While most stress generation research has focused on how personal characteristics like personality traits predict the occurrence of major life events (Haehner & Bleidorn, 2024; Rnic et al., 2023; Santee et al., 2023), there is initial evidence suggesting that momentary personal characteristics like personality states can predict the occurrence of daily hassles (Ringwald et al., 2022; Vize et al., 2023). For example, being more hostile in the morning was related to the occurrence of interpersonal stressors throughout the day (Sahl et al., 2009). In conjunction with research on daily events as predictors of changes

in mental health and well-being, stress generation processes of daily hassles may lead to a vicious cycle of maladaptive personal characteristics and stressful daily events (Liu & Alloy, 2010; Rnic et al., 2023).

Summary and Open Questions

In summary, daily events are important life experiences that can (1) predict changes in psychological characteristics like subjective well-being, (2) mediate the influence of major life events on psychological outcomes, and (3) be the outcome of stress generation processes. Although daily events are thus of central relevance for the dynamic interplay between personal characteristics and environmental experiences, they have received less attention in research than major life events (Kanner et al., 1981; Luhmann et al., 2014; Wheaton et al., 2013).

As a result, there are limitations and open questions regarding each of the three research branches that need to be addressed to fully understand the effects of daily events and to advance theory development regarding the role of daily events in person-environment transactions. First, there is little integrative research on the effects of daily events. The lack of systematic reviews and meta-analyses likely has to do with the wide range of ways in which daily events have been conceptualized and assessed across studies (Wright et al., 2020). Second, although there is evidence that the effects of daily events differ systematically across people and events, there is limited knowledge about the factors that can explain these differences (Brantley & Jones, 1993; Dugan et al., 2023; Zheng et al., 2023). For example, questions of which characteristics of daily events are psychologically relevant for whom, and which daily events may mediate the effects of major life events on psychological change still need to be addressed. Third, existing theoretical claims regarding the relevance of certain characteristics of daily events such as variety and novelty (see, Sheldon et al., 2013) or self-relevance and level of understanding (Wilson & Gilbert, 2008) remain largely untested.

These limitations are all related to the question of how to conceptualize and assess psychologically relevant characteristics of daily events, and they can at least partly be attributed to the fact that there is no established framework to assess these characteristics.

Challenges and Limitations in the Assessment of Daily Events

In existing research, daily events were mostly assessed using checklists such as the *Daily Hassles and Uplift Scales* (Kanner et al., 1981) or the *Combined Hassles and Uplift Scales* (Lazarus & Folkman, 1989). With such checklists, participants retrospectively mark all the daily events they have experienced during a certain time (e.g., the last month), which are then typically aggregated as a sum score of experienced hassles and/or uplifts. Some checklists allow the additional assessment of participants' perceptions of these daily events on one or few potentially relevant dimensions, such as valence or severity, to weigh the psychological relevance of different daily events (e.g., Brantley et al., 1987; Sarason et al., 1978).

However, these traditional assessment approaches have several limitations. First, checklists rely on a categorical classification of daily events and thus suffer from the problem of intracategorical variability (Dohrenwend, 2006; Luhmann et al., 2021). That is, people differ in their interpretation of certain categories, so that quite different life experiences are subsumed under a specific category. For example, daily events that may differ in their psychological affordances such as visiting one's grandparents, helping a friend, or an informal get-together of coworkers could all be categorized as *social obligations*, limiting reliability and content validity of checklist approaches (Dohrenwend, 2006). To mitigate this problem, most checklist comprise long lists of daily events, which tend to make them quite burdensome for participants to complete. Second, retrospective assessment tools that list daily events that occurred in the past (e.g., the past month) can result in memory bias and reliability issues, particularly because daily events tend to be less memorable than major life events (Wright et al., 2020). Even though this limitation could be overcome by using checklists with narrower time frames (e.g., the *past day* in in daily diary studies), validated checklists often comprise too many items to be assessed

multiple times per week. Third and relatedly, many studies have assessed daily events using ad-hoc measures whose psychometric qualities and content validity have not been examined (see also results of Study 1). For example, it has been common practice to modify existing assessment approaches by reducing checklists of daily events to a shorter subset of items that are more feasible for frequent assessments in daily diary studies (e.g., Aronson et al., 2001; Zenk et al., 2017). Fourth, so far, there has been little systematic research on the assessment of participants' subjective experience and perception of daily events. Even though some measures (e.g., Brantley et al., 1987; Sarason et al., 1978) include items that allow participants to rate their perception of daily events, these items have been often selected based on idiosyncratic research interests, tend to vary across scales, and are thus subject to jingle-jangle fallacies (cf. Haehner, Würtz, et al., 2024; Rauthmann et al., 2014). That is, the definition and naming of dimensions such as severity, undesirability, or valence differ across scales, and the dimensions are in most cases not based on any theoretical or empirical foundation (Kanner et al., 1981; Stone & Neale, 1980).

As a consequence of these problems and the lacking agreement on how to best capture daily events, the assessment of daily events differs substantially across studies, impairing knowledge integration (DeMeo et al., 2023; Wright et al., 2020). Furthermore, the limitations of the existing assessment approaches impede addressing pressing research questions such as why people differ in their reaction to daily events. To overcome these limitations, a revision of the conceptualization and the assessment of daily events may be required that is more in line with theoretical accounts and assessment approaches of other life experiences.

Considering the Perception of Daily Events in Their Conceptualization and Assessment

Although various conceptualizations of daily events have been suggested over the past decades, it seems to be common ground that the perception of daily events plays a key role for their effects on people's everyday life (Almeida, 2005; Kanner et al., 1981; Lazarus, 1984; Sheldon et al., 2013; Wilson & Gilbert, 2008; Wright et al., 2020). That is, the perception of

daily events is considered as active ingredient of how the occurrence of daily events leads to changes in psychological variables such as well-being or mental health (Luhmann et al., 2021; Rauthmann et al., 2014). For example, whether a daily event such as missing the bus to work leads to changes in subjective well-being is theorized to depend on how novel or controllable this event is perceived (Abramson et al., 1989; Sheldon et al., 2013). Consequently, the perception of daily events should be an integral part of their assessment and careful consideration should be given to the selection of the dimensions of event perception.

Making the perception of daily events an integral part of their assessment would also allow researchers to compare the perception of these types of events with other life experiences such as situations and major life events. That is, considering the perception of daily events would allow drawing on recent advantages in their assessment that helped to overcome problems associated with solely categorical assessments (Dohrenwend, 2006; Haehner, Rakhshani, et al., 2023; Luhmann et al., 2021; Rauthmann et al., 2014; Rauthmann & Sherman, 2020). For both situations and major life events, dimensional taxonomies of their perceived characteristics have developed in the past 10 years. For example, the DIAMONDS taxonomy describes eight perceived characteristics of situations (Rauthmann et al., 2014), and the Event Characteristics Questionnaire (ECQ) comprises nine perceived characteristics of major life events (Luhmann et al., 2021). Both taxonomies were empirically derived, validated, and have led to meaningful advancements in research on situations and major life events. For example, they have inspired new research questions and provided insights into individual differences in the reaction to different life experiences (Haehner, Bleidorn, et al., 2024; Haehner, Kritzler, et al., 2024; Kuper et al., 2022; Rauthmann et al., 2015). However, as daily events differ from major life events and situations in terms of influence and duration (Figure 1A), the ECQ and DIAMONDS taxonomies may not be directly applied to the examination of daily events. For example, event characteristics such as perceived world-view changes may not be relevant to the experience of daily events, but other event characteristics relevant to the perception of daily

events such as novelty may be missing (Luhmann et al., 2021). Thus, the development of a new dimensional taxonomy of perceived characteristics of daily events is needed. Developing such a taxonomy and thus using a strategy similar to the assessment of situations and major life events would also facilitate a holistic assessment of life experiences and knowledge integration.

In summary, to overcome the limitations of existing assessment approaches of daily events, the perception of daily events should play a central role in their assessment. As such, careful consideration should be given to the selection of the perceived characteristics of daily events. Instead of just arbitrarily selecting perceived event characteristics, the development of a broad taxonomy that allows the assessment of the perception of daily events on multiple dimensions is needed.

The Present Article

The overall goal of the present article was to advance the understanding of daily events by developing a dimensional taxonomy of their perceived characteristics and validating a questionnaire to assess these characteristics. To do so, we conducted five studies. First, we conducted a systematic review to summarize and integrate approaches to the assessment of daily events and to provide an overview of which perceived event characteristics have been assessed in existing research. Second, we conducted a qualitative study in which participants described their experience of daily events to ensure that we did not miss any important dimensions of people's event perception. Based on the systematic review, the qualitative study, theories on the perception on daily events, and existing approaches to the assessment of the perception of situations and major life events, we developed a large item pool. In two cross-sectional studies, we then developed a taxonomy of perceived characteristics of daily events (*Daily Event Eight*; DE-8). Moreover, we selected items to assess those eight perceived characteristics of daily events using different analytical approaches and we examined the psychometric quality of the resulting *Daily Event Questionnaire* (DEQ). Finally, we employed

the Daily Event Questionnaire in a daily diary study to replicate findings on the psychometric quality and to illustrate its utility for predicting fluctuations in subjective well-being.

Transparency and Openness

All empirical studies were preregistered: design and analyses of Study 2, design of Study 3, design of Study 4, analyses of Study 3 and 4, design of Study 5, and analyses of Study 5. Deviations from these preregistrations are described in the supplemental material. Data collections were either exempt from ethical review (Study 1 and 2) or approved by local ethics committee of [INSTITUTION BLINDED FOR REVIEW]. Data was collected online via *Qualtrics* (Study 2) and *formR.org* (Studies 3 to 5; Arslan et al., 2020). Data analyses were performed in R (R Core Team, 2022; Version 4.3.2). The data of Study 5 was used in one previous publication on the dynamics of depression and self-esteem, which does not overlap with the analyses presented in this article [CITATION BLINDED FOR REVIEW]. All data, R scripts, codebooks, supplemental materials, and a HTML document containing additional results can be retrieved from https://osf.io/vkdqa/?view_only=82701f75b5524695a17fba70be2fe644. For all studies, we report how we determined our sample size, all data exclusions, all manipulations, and all measures below.

Study 1: Systematic Literature Review

The primary goal of Study 1 was to provide a systematic overview of the assessment of daily events in existing research: Which measures have been used to assess daily hassles? How was the perception of daily events considered? Which event characteristics have been assessed? This overview provided the basis for the development of a taxonomy of the perception of daily events.

Methods

Systematic Literature Search

The systematic literature search was conducted in September 2021 using the database PsycINFO[1]. We applied the following search string: TI (("minor life event*" OR "daily hassle*" OR "daily uplift*" OR "daily stressor*")) OR AB (("minor life event*" OR "daily hassle*" OR "daily uplift*" OR "daily stressor*")) OR KW (("minor life event*" OR "daily hassle*" OR "daily uplift*" OR "daily stressor*")). Additionally, we restricted the literature search to empirical journal articles written in English. The systematic literature search resulted in a total number of 1,157 studies published between 1981 and 2022.

Coding Procedure

Four independent coders evaluated the eligibility of the 1,157 studies for our systematic review. Studies were eligible to be included in the review if they were quantitative, empirical journal articles written in English that assessed the occurrence of daily events. To determine eligibility, the coders skimmed the methods and results section of the papers. If a study fulfilled the inclusion criteria, coders extracted information on the study design and on the assessment of daily events (e.g., which instrument was used, if the instrument was validated, or which perceived event characteristics were assessed). If several instruments were used within one article to assess daily events, those instruments were coded separately. More details on our

[1] Since Study 3 to 5 were based on the results of this systematic review, we decided to continue with this project without updating the literature search.

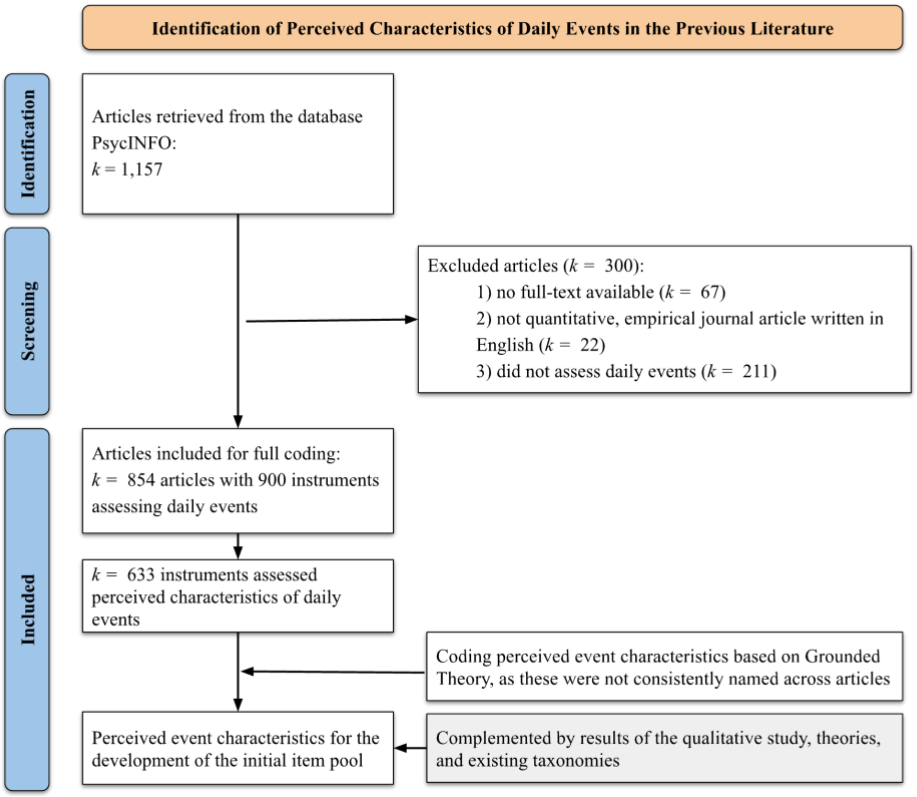
coding procedure and the extracted data can be retrieved from OSF. Figure 2 illustrates our coding process.

To estimate interrater agreement, a subset of 101 of the 1,157 articles was double-coded. The interrater agreement across coders and coding categories was $\kappa = .69$ ($SD = .12$), indicating good interrater reliability (McHugh, 2012). An analysis of the interrater reliability per coded category and pair of raters can be found in the supplemental material.

During the coding process, we noticed several jingle-jangle-fallacies in the assessment of perceived event characteristics (Kelley, 1927). That is, the perceived event characteristics were named differently across articles even though the same scale was used, or the same name was used although qualitatively different event characteristics were assessed. Consequently, we followed the idea of the Grounded Theory (Glaser et al., 1968) to provide consistent labels for perceived event characteristics across articles. To do so, we added a new perceived event characteristic to our coding system if the scale could not be assigned to one of the existing perceived event characteristics of our coding system. After all scales were assigned to a perceived event characteristic, an independent coder reassigned all scales to the perceived event characteristics to estimate interrater reliability of the coding system. The interrater reliability was $\kappa = .75$, indicating substantial agreement between the two raters (McHugh, 2012). More details on this coding procedure can be found in the supplemental material.

Figure 2

PRISMA Flow Diagram of the Systematic Literature Review



Note. The number of instruments exceeds the number of relevant articles in the PRISMA Flow Diagram (Page et al., 2021), as some articles used multiple instruments to assess daily events.

Results

Study Designs and Instruments

Overall, 854 studies were included in the systematic review. Most studies (51%) assessed daily events retrospectively using a cross-sectional study design, whereas 27% applied an experience sampling or daily diary method, and 20% had a long-term longitudinal design. The timeframes in the instructions of daily event measures ranged from a few hours to 2 years (M = 4.86 weeks, SD = 11.06).

Only 12% of the studies used a validated instrument to assess daily events (i.e., referenced a source for the instrument and reported construct validity), with additional 45% using a possibly validated instrument (i.e., referenced a source for the instrument without reporting validity evidence). In contrast, 44% of studies either used a modified version of an existing measure (e.g., dropped items or added additional items) or relied on a non-validated ad-hoc questionnaire.

Among the validated instruments, the Daily Hassles Scale (DHS) by Kanner et al. (1981) was the most frequently used instrument. The DHS measures the severity of 56 hassles (e.g., misplacing or losing things) on a 3-point rating scale ranging from 1 = *somewhat severe* to 3 = *extremely severe*. Other daily event measures differ from the DHS in the number of recorded daily events, with checklists comprising 3 to 264 daily events (M = 46.75, SD = 43.26).

Assessment of Perceived Event Characteristics

We found that 71% of the studies assessed at least one perceived event characteristic (Table 1). The measures applied in these studies mostly assessed only one (k = 538, 83%) or two perceived event characteristics (k = 81, 13%). The most frequently assessed perceived characteristic was *negative emotions* (k = 480, 58%), describing the extent to which an event was experienced as stressful or troublesome. In contrast, only 37 studies (4.5%) assessed *valence* (bipolar scale ranging from negative emotion to positive emotion), and 35 studies (4%) assessed *positive emotions*. Another recurrently assessed perceived event characteristic was

perceived frequency (*k* = 77, 9%), where participants rate the frequency of the occurrence of daily events on a Likert scale (e.g., from 1 = *never* to 4 = *often*). Existing research also sporadically assessed several further perceived characteristics such as rumination, predictability, or uncertainty. Importantly, these characteristics are only partly included in existing taxonomies of perceived characteristics of situations (DIAMONDS) or major life events (ECQ).

Our systematic review also indicated that the assessment of the perception of daily events was often confounded (*k* = 299, 47% of studies) with the frequency of the occurrence of daily events. For example, if dimensional ratings on negative emotions are summed across all experienced events of a checklist, a high score could indicate a higher score of negative emotions for a specific event or a high number of experienced negative events.

Table 1

Perceived Characteristics of Daily Events

Event Characteristic	Definition	Percentage
Negative emotions	Extent to which the event was a problem / stressful / experienced as a hassle / difficult / troublesome	58.32
Perceived frequency	Perceived / subjective frequency of the event (e.g., rated on a scale of 1 = *never*, 2 = *rarely*, 3 = *sometimes*, 4 = *often*)	9.36
Valence	Extent to which the event was positive vs. negative / (un)pleasant / (un)desirable (bipolar scale)	4.50
Part of life	Extent to which the event was perceived as a part of the target's life	4.50
Positive emotions	Extent to which the event evoked positive emotions (unipolar scale)	4.25
Controllability	Extent to which the event depended on the target's behavior	2.55
Risk / Threat	Extent to which the event represented a risk (e.g., for the target's future of finances)	2.31
Importance	Extent to which the event was perceived as personally significant, important, or meaningful by the target	1.82
Impact	Extent to which the event was perceived as impactful	1.82
Persistency	Extent to which the event was persistent or had a long duration	1.58
Disturbance	Extent to which the event was perceived as disturbing by the target	1.34
Challenge	Extent to which the event was perceived as a challenge or required / time / energy / to exert oneself to deal with event / expand (mentally/physically)	1.22
Predictability	Extent to which the event was predictable / expected by the target	0.73
Rumination / Preoccupation	Extent to which the target thought about the event	0.49
Negative impact	Extent to which the target thought that the event elicits negative consequences in the future	0.49
Typicality	Extent to which the target perceived the event as typical or had experience with the event	0.49
Positive impact	Extent to which the target believed that the event has a positive impact	0.24
Focus of involvement	Extent to which the target was involved in the event	0.12
Uncertainty	Extent to which the target was unclear what was happening during the event	0.12
Resolution	Extent to which the event was resolved	0.12
Loss	Extent to which the event caused loss / damage	0.12
Awareness	Extent to which the target was aware of their actions, thoughts, and feelings	0.12
Competence	Extent to which the target felt comfortable or was able to deal with the event	0.12
Negative self-implications	Extent to which the target believed that the occurrence of the event implied negative characteristics for themselves	0.12

Note. The term target refers to the person who experienced the daily event.

Discussion

The results of the literature review show that research on daily events encounters several difficulties. First, daily events have been frequently assessed in cross-sectional studies using retrospective methods. However, these methods are affected by memory bias and mood-dependent recall, leading to biases in the estimation of the effects of daily events' on current psychological outcomes (Wright et al., 2020). Relatedly, research has often relied on non-validated or modified instruments to assess daily events, further questioning existing measurement approaches. Second, similar to findings on major life events, there has been a focus on negative daily events (Luhmann et al., 2021). This is problematic, because research suggests that positive daily events can be of similar relevance for people's well-being and mental health (e.g., Gable et al., 2000; Totenhagen et al., 2012). Third, the wide range of terms used to describe perceived event characteristics challenges a systematic integration and accumulating research results across studies. Developing unified definitions and measurement approaches for a comprehensive set of perceived characteristics of daily events would be needed to overcome these jingle-jangle fallacies (Haehner, Würtz, et al., 2024). Fourth, studies have often assessed only one or a few relevant perceived event characteristics without explanation of why these characteristics were chosen, which might limit the predictive power of daily events if relevant perceived characteristics are neglected. Fifth, event perception scores have often been confounded with the frequency of the occurrence of daily events, making it difficult to understand which aspects of specific daily events are related to relevant outcome variables.

As outlined in the theoretical background, simultaneously assessing the perception of daily events on multiple perceived event characteristics offers a promising approach to overcome these limitations (Luhmann et al., 2021). To do so, a dimensional taxonomy of the characteristics of daily events needs to be established that allows to comprehensively assess these characteristics and that can serve as an integrative framework for future research. The

results of the literature review are a useful foundation for the development of such a dimensional taxonomy as they provide a systematic overview of the characteristics of daily events that have been assessed in existing research. As such, the results of our review served as basis for the development of a broad item pool of perceived characteristics of daily events that covered the range of potentially relevant dimensions of event perception.

Study 2: Qualitative Study and Development of an Item Pool

To further inform the development of a comprehensive item pool, the goal of Study 2 was to identify further potentially relevant perceived event characteristics that have been missed in the existing literature. Hence, Study 2 was a qualitative study, in which participants freely described their subjective experience of a positive and negative daily event that they had recently experienced.

Methods

Participants

Using convenience sampling methods, we recruited N = 117 German-speaking adults. As preregistered, we excluded participants who provided no or incorrect answers to an instructed response item (e.g., "To ensure data quality, please select the response option *yes*"), which led to a final sample size of N = 90 participants. On average, participants were 25.48 years old (SD = 8.83). 70% of the sample were female, and 10% indicated that they were not born in Germany.

Procedure and Measures

After providing informed consent and basic demographic information, participants were asked to name a daily event they had recently experienced. To receive ratings of more and less recent events, participants were randomly assigned to one of the following time frames to recall the daily event: *past day*, *past week*, and *past month*. Using open-response fields, participants then described the event, their perception of it, its causes, and its consequences. Additionally, we asked participants to assign the event to a life domain (e.g., *family*, *religion*, *health*, or *finances*), to indicate when the event occurred, how long the event lasted, and whether they had experienced such an event before. Each participant described two events: a positive and a negative one (in random order). More details on the design and materials of the qualitative study can be found in the study-design preregistration.

Data Analysis and Coding

We employed an inductive-content coding approach to summarize the free-text descriptions of daily events. In line with the characteristics found in taxonomies of situations and major life events, we coded the described consequences, causes, and perceived style (i.e., the way in which the event was experienced) for each event (Luhmann et al., 2021; Rauthmann et al., 2014). Furthermore, we assigned each daily event to event types and coded activities and people involved in the event to gain an impression of the event content. To do so, we used approximately one quarter of all given answers to create a preliminary coding scheme by paraphrasing given answers and summarizing similar answers to coding categories. We then revised this preliminary coding scheme by re-applying it to the first quarter of open-response answers through an independent coder and by incorporating feedback from an independent researcher. The final coding scheme can be retrieved from the OSF.

Coding with the final scheme was done by two independent coders. One coder (i.e., the main coder) coded 100% of all open-response answers. The second coder (i.e., the reliability coder) coded 33% of all answers that were not included in the development of the coding scheme. Interrater agreement across all coding categories was acceptable (89%).

Results and Discussion

In the following sections, we summarize how participants described the content, style, causes, and consequences of the daily events they had recently experienced. More details on our findings and separate results for positive and negative daily events can be found in the supplemental material.

First, regarding the content of the experienced events, we found that the most frequent event types in our sample were meeting close persons (n = 40), mobility-related events (n = 20), and work-related events (n = 15). The most frequently mentioned activities were conversations (n = 65), eating or drinking (n = 24), and mobility (n = 24), and most events involved either nobody (n = 73) or friends (n = 37).

Second, regarding style-related characteristics, participants almost exclusively referred to the valence of the experienced daily events (n = 169), indicating that valence may be a central property of daily events. Other mentioned style-related characteristics were threat (n = 12), predictability (n = 8), and extraordinariness (n = 6).

Third, regarding the event cause, participants mostly described that they controlled the occurrence of the event themselves (n = 87). However, also (known) other people (n = 83) and external factors such as coincidence or unknown other people (n = 57) were commonly described as event causes. Furthermore, events were mostly described as unplanned (n = 105).

Fourth, participants described the consequences of the events for themselves as well as for other people. Most frequently, participants referred to emotional changes (self-experienced: n = 142, experienced by others: n = 59), own positive cognitive changes (n = 29), changes to daily routines (n = 26), and own negative cognitive changes (n = 20). Thus, daily events seem to be relevant to all aspects of human behavior (affect, behavior, and cognition).

Overall, these categorical descriptions provide an illustration of what people perceived as important characteristics of daily events. These characteristics show substantial overlap with the characteristics identified in the systematic literature review (e.g., valence, control, emotional changes) and the characteristics included in taxonomies of situations and major life events. For example, the content of daily events was closely related to the dimensions of sociality and duty of the DIAMONDS taxonomy (Rauthmann et al., 2014). Likewise, the mentioned style characteristics such as threat, extraordinariness, and, predictability overlap with subscales of the ECQ (Luhmann et al., 2021).

However, participants' descriptions also comprised some new characteristics of the experience of daily events that were not yet considered in existing literature. For example, additional relevant content dimensions for daily events may be related to mobility and leisure activities. Furthermore, compared to consequence-related characteristics included in the ECQ (e.g., social status change, change in world views), the consequences of daily events seem to be

on a narrower level, indicating that characteristics related to changes in the daily routine might be helpful to describe the perception of daily events. In summary, it seems necessary to examine whether additional characteristics beyond those already discussed in the existing literature are needed to fully capture the perception of daily events.

Development of an Item Pool

Based on the results of Study 1 and Study 2, we developed a comprehensive item pool for assessing perceived characteristics of daily events. This item pool drew on five sources. First, it included items to assess perceived event characteristics that were identified in the systematic literature review. Second, we developed items capturing the perceived characteristics that were identified in the qualitative study. Third, we developed items to assess perceived characteristics that were included in theories of daily events (Abramson et al., 1989; Almeida, 2005; Sheldon et al., 2013). Fourth, due to the conceptual similarity of major life events and daily events, we included items of ECQ (Luhmann et al., 2021), which assesses the perception of major life events on nine dimensions (valence, impact, predictability, challenge, emotional significance, change in world views, social status changes, external control, and extraordinariness). Fifth, we also included items to assess the perception of situations. Specifically, we included items from the DIAMONDS taxonomy (Rauthmann et al., 2014) and items based on the CAPTION (Parrigon et al., 2017) scales *humor* and *typicality* to fully cover the breadth of contemporary situation taxonomies (Rauthmann & Sherman, 2020). However, the wording of the items from the ECQ, DIAMONDS, and CAPTION taxonomies was partly revised to be consistent with the wording of the other items to assess daily events (e.g., the item "*Die Situation ist erfreulich*" [*The situation is pleasing*] was changed to "*Das Ereignis war erfreulich*" [*The event was pleasing*]).

These five item development strategies led to an initial item pool of 232 items. However, among these 232 items, several items were redundant. Therefore, five researchers rated whether each item should be included in the final item pool based on the following criteria: (a)

preference of items from existing taxonomies in case of redundancy (to increase comparability with existing research), (b) comprehensibility of the item text, (c) applicability of the item for different types of daily events, (d) simplicity of the item formulation, (e) inclusion of positive and negative formulated items. In an item conference, a final pool of 120 items was selected by integrating the ratings of the five independent researchers (see supplemental material). This final item pool was then evaluated in two cross-sectional empirical studies described next.

Study 3 and Study 4: Exploratory and Confirmatory Factor Analysis

Based on our final item pool, we next aimed to develop a dimensional taxonomy of the perceived characteristics of daily events. This taxonomy should allow for a comprehensive assessment of perceived event characteristics and organize research on the perception of daily events by providing a classification and consistent terminology. Additionally, we aimed to create a questionnaire that reliably and validly assesses the perceived characteristics of this taxonomy.

To achieve these goals, Study 3 and 4 comprised three steps. First, we used an exploratory approach to identify an optimal number of perceived characteristics of daily events (Study 3). Second, we selected the best items according to multiple criteria (e.g., item distributions, content validity, and descriptive item parameters) within each perceived event characteristic to create a questionnaire to assess these perceived event characteristics. More specifically, we aimed to create a short, modular questionnaire with one to three items per perceived event characteristic that is suitable for assessing the perception of daily events close to their occurrence, namely in daily dairy or experience sampling studies. Third, we tested whether the event perception scores derived from the newly developed questionnaire were reliable and demonstrated construct validity, including the replication of the factor structure in an independent data set (Study 4).

Methods

Sample

Participants for Study 3 and Study 4 were recruited using convenience sampling methods. To take part in the study, participants had to be at least 18 years old. We aimed for a sample size of $N = 400$ participants for Studies 3 to 4, as suggested by Goretzko et al. (2021) for factor analyses, but restricted the data collection to a specific date due to time constraints. To ensure data quality, we excluded participants who answered the two instructed response items incorrectly (Study 3: $n = 7$, Study 4: $n = 14$). The final sample of Study 3 consisted of *N*

= 426 participants aged between 18 and 74 years (M = 26.58, SD = 10.14). Regarding gender, 81% identified as female, 17% as male, and 2% as non-binary. In terms of education, 87% of the participants had a high school diploma. In Study 4, the final sample included N = 335 participants, of which 72% identified as female, 28% as male, and 0% as non-binary. The age ranged from 18 to 63 years with a mean of M = 28.16 years (SD = 9.58) and 92% of the participants reported that a high school diploma was their highest educational qualification.

Procedure and Measures

The procedure and the assessed measures of Study 3 and Study 4 were mostly identical. After completing the study registration, participants provided demographic information. Moreover, participants read a short definition of daily events and described a daily event that they experienced within the last week. The exact timeframe was randomized for each participant and varied from a minimum of 0 (i.e., event was experienced today) to a maximum of 7 days (i.e., event was experienced up to 7 days ago). After describing the event, participants rated the 120 items (see section *Development of an Item Pool*) to assess perceived event characteristics on a scale ranging from 1 = *not true at all* to 5 = *absolutely true*. Additionally, participants answered questions regarding their mood (Diener et al., 2010; Rahm et al., 2017), life satisfaction (Diener et al., 1985; Glaesmer et al., 2011), and personality traits (Rammstedt et al., 2020; Soto & John, 2017). In Study 4, participants additionally completed a questionnaire regarding their mental health and two questionnaires to assess interpretation bias of ambiguous situations—however, those data were not assessed or analysed for the present study. At the end of the survey, participants were thanked for their participation and could obtain feedback on their personality traits and/or course credit.

Step 1: Exploratory Factor Analysis

The exploratory factor analysis (EFA) was conducted with data of Study 3. Our data analysis procedure comprised several steps.

Preliminary Analyses

First, we calculated the correlation matrix of all items. Here, we had to deviate from our preregistration, because we used a correlation matrix based on Pearson correlations instead of the pre-registered polychoric correlations, as the polychoric correlation matrix was not positive definite (see supplemental material for further details). Next, we evaluated if the data are suitable for conducting an EFA (i.e., whether the items share substantial variance). Both the Bartlett test (Bartlett, 1950) and the Kaiser-Meyer-Olkin criterion (KMO; Kaiser, 1974) supported the suitability of the data for an EFA (Bartlett Test: χ^2 (7410) = 41,038.43, $p < .001$; KMO = .92).

Factor Number

Second, following Goretzko et al. (2021), we used multiple methods to determine the optimal number of factors. We calculated two different parallel analyses with the *psych* package (Revelle, 2023)—one after Horn (1965) and one with bootstrapped data. Moreover, we calculated a third parallel analysis with the *CD* function from the *EFAtools* package (Steiner & Grieder, 2020), which produces comparison data with known factorial structure. The parallel analyses suggested 12, 14, or 16 factors. In addition, we estimated the factor number via the Velicer minimum-average-partial test (MAP test; Velicer, 1976) using the *VSS* function from the *psych* package (Revelle, 2023), which proposed 8 factors. Lastly, we estimated the factor number via the Empirical Kaiser Criterion (Braeken & Van Assen, 2017) with the R code provided by Bühner (2011, pp. 385–478), which suggested 9 factors.

Final Factor Solution

Third, we performed an EFA for all suggested factor solutions (i.e., 8, 9, 12, 14, and 16 factors) with the *fa* function from the *psych* package (Revelle, 2023) and the Maximum Likelihood estimator as the extraction method (Bühner, 2021; Goretzko et al., 2021). Following current EFA guidelines (Bühner, 2021; Goretzko et al., 2021; Watkins, 2021), we further applied and compared two different oblique rotation methods (i.e., *promax* and *oblimin*

rotation). The factor solutions were evaluated regarding their (1) simple structure (i.e., high primary loadings, low cross-loadings) and (2) their interpretability (see Luhmann et al., 2021 for a similar approach).

The factor solutions derived from the *oblimin* and *promax* rotation led to similar results. However, the factor solutions derived from the *promax* rotation were more difficult to interpret (15 cross-loadings above | .40 | across all 5-factor solutions) compared to the factor solutions derived from the *oblimin* rotation (6 cross-loadings above | .40 | across all 5-factor solutions). Furthermore, we excluded the factor solutions with 12, 14, or 16 factors because in each of these factor solutions at least one factor emerged on which only two items loaded substantially. Finally, the 9-factor solutions had more cross-loadings than the 8-factor solution. We therefore decided on the 8-factor solution including the factors *positive emotion*, *challenge*, *relevance*, *threat to self*, *predictability*, *duty*, *sociality*, and *external control*. These eight factors represent our empirically derived taxonomy of perceived characteristics of daily events (*Daily Event Eight*; *DE-8*).

Bass-Ackwards Analysis

Fourth, we conducted a factor analysis based on the bass-ackwards method (Goldberg, 2006) with the *bassAckward* function from the *psych* package (Revelle, 2023). The bass-ackwards method allows to investigate the hierarchical structure of the factors (i.e., how factors split up when a new factor is added to the factor). The results from the bass-ackwards analysis further supported the 8-factor solution, as most factors emerging later in the factor tree can be interpreted as facets of one of the eight dimensions (e.g., fun as facet of positive impact, or rumination as facet of relevance; see Figure SM1 to Figure SM2 in the supplemental material). The detailed results including the factor loadings of each item from each calculated factor analysis can be found in the supplemental material.

Step 2: Item selection

Study 3 indicated that the perception of daily events comprises eight perceived event characteristics. However, in order to develop a short questionnaire that assesses the dimensions of this taxonomy, we had to select the best performing items for each of the eight perceived event characteristics within the final item pool. To do so, we used data from Study 3 and Study 4. Following current recommendations on scale construction (Clark & Watson, 2019; Goetz et al., 2013; Rammstedt & Beierlein, 2014; Ziegler et al., 2014), we based the item selection on multiple criteria.

First, we evaluated the items regarding various descriptive parameters: We preferred items (1) with an item mean close to the scale mid-point (while item means should still differ within one subscale), (2) with high variance, (3) with a skew close to zero, (4) with a kurtosis close to zero, (5) with a normal distribution of item responses, (6) with a high item-total correlation (items that correlate strongly with total score of the subscale), (7) with high primary and low cross-loadings in the EFA conducted in Study 3, and (8) that correlate similarly with other constructs (i.e., personality traits, life satisfaction, and affective wellbeing) as the total score of the subscale.

Second, one of the first authors developed definitions of the respective subscales. Next, one of the first authors and another researcher not involved in the present study independently rated the content validity of each item on a scale ranging from 1 = *low content validity* to 7 = *high content validity* regarding the following questions: (1) *"How important is it that a certain item is kept to adequately capture the meaning of the subscale?",* (2) "*How important is an item to represent the content range of a subscale?"*.

Third, we followed the recommendation by Clark and Watson (2019) and additionally used item response theory for the process of item selection. We fitted a generalized partial credit model with the *gpcm* function of the *ltm* package (Rizopoulos, 2006). Next, we inspected the

total item information as well as the descriptive item information curves. Items with higher total item information and peaks at different locations were favoured.

Finally, we applied ant-colony optimization with the *antcolony.lavaan* function of the *ShortForm* package (Raborn, 2023) to inform the item selection. We used a measurement model with all eight subscales to have an overidentified model. Items were selected to optimize the model fit (CFI > .95, TLI > .95, RMSEA < .06). We used ant-colony optimization with 60 ants as recommended by Olaru et al. (2019) and repeated the optimization procedure 10 times to inspect the robustness of the results.

All mentioned criteria were considered simultaneously to identify the first, second, and third best item within each factor. This procedure allowed to create a modular version with one to three items per perceived event characteristics, allowing researchers to choose the version that suits their research design best (e.g., the 1-item version for ESM studies). Detailed results on our item selection criteria can be found in the supplemental material. The final questionnaire assessing the eight perceived characteristics of daily events with one to three items is named *Daily Event Questionnaire* (DEQ) and can be accessed on OSF or in the Appendix.

Step 3: Confirmatory Factor Analysis and Psychometric Properties of the DEQ

We then examined the psychometric properties of the DEQ in an independent sample (data of Study 4). Our data analysis comprised several steps.

Internal Consistency

First, we computed scale scores for each of the eight perceived event characteristics and estimated McDonald's Omega and Cronbach's Alpha as indicators of internal consistency. The eight subscales of the DEQ showed good internal consistency with Omega ranging from ω = .70 for the subscale *threat to self* to ω = .92 for the subscale *positive emotion* (Table 2, average Omega across characteristics: ω = .83). Considering the purpose of the DEQ, namely its use in daily diary and experience sampling research, the internal consistency can be considered as very good. The internal consistency of perceived characteristics of daily events (average alpha

across characteristics: α = .80) were higher than the internal consistency reported for situation perception (average alpha across characteristics: α = .64, Rauthmann et al., 2014) and similar to those of major life events (average alpha across characteristics: α = .85, Luhmann et al., 2021).

Table 2

Internal Consistency (Omega) and Fit Indices of the Eight Perceived Event Characteristics of the DEQ

Perceived event characteristic	Omega	RMSEA	CFI	TLI
Positive emotion	.92	.08	1.00	.99
Challenge [a]	.89	.09	1.00	.99
Relevance	.81	.00	1.00	1.00
Threat to self	.70	.02	1.00	1.00
Predictability	.90	.04	1.00	1.00
Duty	.80	.00	1.00	1.01
Sociality	.81	.00	1.00	1.01
External control	.80	.00	1.00	1.01
Multi-factorial		.07	.92	.91

Note. All models showed an acceptable or good model fit except for the model of challenge, which showed a slight misfit in the RMSEA. Latent correlations between the perceived event characteristics assessed with the DEQ are reported in the supplemental material.

[a] In the supplemental material, we also report the fit indices of a modified model for challenge with correlated residuals between two items. This model shows an acceptable model fit.

Factorial Validity

Second, we conducted a CFA with the *cfa* function from the *lavaan* package (Rosseel, 2012) separately for each perceived characteristic. We set the factor loading of the latent first indicator to 1 and restricted the loadings of two items to be equal to achieve an over-identified model. To identify the two items whose loadings were set to be equal, we compared the fit of all possible models and reported the best-fitting model (acceptable: RMSEA ≤ .08 &

CFI/TLI ≥ .90; good: RMSEA ≤ .05, CFI/TLI ≥ .95; Hu & Bentler, 1999; Schermelleh-Engel et al., 2003). Additionally, we tested a correlated factor model that included all eight perceived event characteristics (Table 2). The models for the perceived event characteristics *relevance*, *threat to self*, *predictability*, *performance*, *sociality*, and *external control* fit well (RMSEA ≤ .05 & CFI/TLI ≥ .95). Regarding the perceived event characteristic *challenge*, the model showed a slight misfit in the RMSEA (RMSEA = .09) but good fit in CFI and TLI. Finally, the perceived event characteristic *positive emotion* and the multifactorial model with all eight perceived characteristics showed an acceptable model fit (RMSEA ≤ .08, CFI/TLI ≥ .90).

Convergent and Discriminant Validity

Third, to evaluate convergent and discriminant validity of the DEQ, we examined bivariate correlations between the subscales of the DEQ and the subscales of existing taxonomies of situations (DIAMONDS, Rauthmann et al., 2014) and major life events (ECQ; Luhmann et al., 2021). More specifically, we defined the ECQ/DIAMONDS subscale as a construct to evaluate convergent validity if items of this subscale had items that overlapped in the respective DEQ subscale (e.g., the DEQ subscale positive emotion includes one item of the ECQ subscale valence)[2]. To evaluate discriminant validity, we used the second highest correlation of the respective DEQ subscale with an ECQ/DIAMONDS subscale, which should be significantly smaller than the convergent correlation. We used the Hittner's test from the R package *cocor* (Diedenhofen & Musch, 2015) to compare the respective correlations. Eight out of 11 Hittner's tests indicated a significant difference between the convergent correlation and the highest discriminant correlation (see supplemental material for details). Regarding the three non-significant tests, the convergent correlation was descriptively higher than the discriminant correlation, but the difference was not statistically significant. Overall, the results indicate good convergent and discriminant validity of the DEQ—all perceived event characteristics assessed

[2] In the paper, we only report the analyses of the cleared scales in which all overlapping items were removed from the convergent correlations. In the supplemental material, we report the full analyses with and without overlapping items in the scales.

with the DEQ correlated highest with the conceptually closest perceived characteristic of major life events (ECQ) or situation characteristic (DIAMONDS).

Fourth, we conducted several linear regressions with the perceived event characteristics assessed with the DEQ as dependent variable and (1) the ECQ subscales, (2) the DIAMONDS subscales, or (3) the subscales of ECQ and DIAMONDS as predictors. The regression analysis of the DEQ subscales on either the ECQ or DIAMONDS showed that none of the existing taxonomies could fully account for all of the DEQ subscales (Table 3). However, the ECQ and DIAMONDS together could explain more than half of the variance in most of the DEQ subscales. Taken together, these findings suggest that none of the existing taxonomies alone is sufficient for assessing perceived characteristics of daily events. In contrast, a taxonomy combining relevant perceived event characteristics of situations and major life events seems necessary to holistically capture the perception of daily events, which is in line with the conceptualisation of daily events being located between situations and major life events (see Figure 1).

Table 3

Explained Variance from Regression Analyses with the Perceived Characteristics assessed with the DEQ as Dependent Variable and ECQ, DIAMONDS, or Both as Predictors

Event characteristic	ECQ	DIAMONDS	ECQ + DIAMONDS
Positive emotion	.87 (.78)	.87 (.87)	.91 (.84)
Challenge	.92 (.76)	.81 (.81)	.94 (.78)
Relevance	.87 (NA)	.21 (.21)	.89 (NA)
Threat to self	.58 (.46)	.65 (.65)	.76 (.33)
Predictability	.97 (NA)	.26 (.26)	.97 (NA)
Performance	.17 (.17)	.86 (.86)	.87 (.51)
Sociality	.42 (.42)	.81 (.81)	.85 (.43)
Control	.94 (.71)	.13 (.13)	.94 (72)

Note. The values in the brackets contain the results of the regression analyses after removing overlapping items (i.e., items that are part of the ECQ/DIAMONDS that were taken over into the DEQ subscale). The DEQ subscales relevance and predictability contain only items that were taken over from the ECQ.

Fifth, we investigated the average correlations of the DEQ subscales with other constructs (i.e., personality traits, life satisfaction, affective well-being, and depression) to examine the discriminant validity (Tables 4 and 5). In line with our predictions (at most medium-sized average correlations: $r \leq .20$; Funder & Ozer, 2019), we found small average correlations between the DEQ subscales and affective well-being (r = .14), depressive symptoms (r = .14), and personality traits (ranging from r = .04 for openness to r = .16 for neuroticism). For life satisfaction, the average correlation across the DEQ subscales was medium (r = .21), which was slighter higher than expected. Nonetheless, these findings suggest that the variance of perceived characteristics of daily events can neither be solely attributed to personality traits nor to well-being.

Summary

In Study 3 and 4, we developed a dimensional taxonomy of the perception of daily events (*DE-8*) that comprises eight subordinated dimensions: *positive emotion*, *challenge*, *relevance*, *threat to self*, *predictability*, *duty*, *sociality*, and *external control* (Table 6). Moreover, these eight perceived event characteristics can be assessed with the DEQ, which features good reliability, good factorial validity, and adequate discriminant and convergent validity. Due to its modular design the DEQ should be easily applicable to daily diary and experience sampling research, which we tested next.

Table 4

Correlations Between the Perceived Characteristics assessed with the DEQ and Personality Traits

Perceived event characteristic	Extraversion	Agreeableness	Conscientiousness	Neuroticism	Openness
Positive emotion	.03	.01	-.02	-.15	.06
Challenge	-.05	.00	-.07	.26	-.06
Relevance	-.12	.15	.01	.15	-.07
Threat to self	-.04	.00	-.13	.24	-.05
Predictability	-.02	.02	-.06	-.05	.02
Duty	.11	-.09	-.04	-.10	.04
Sociality	-.03	.07	-.05	.21	.03
External control	-.01	.06	.01	.08	.01
Average absolute *r*	.05	.05	.05	.16	.04

Note. Correlations were Fisher-*z* transformed, averaged, and transformed back into an average absolute *r*.

Table 5

Correlations Between the Perceived Characteristics assessed with the DEQ and Well-Being and Depression

Perceived event characteristic	Life Satisfaction	Affective Well-Being	Depressive Symptoms
Positive Emotion	.19	.21	-.14
Challenge	-.27	-.19	.25
Relevance	-.34	-.05	.19
Threat to self	-.28	-.25	.21
Predictability	.07	.09	.03
Duty	.06	.09	-.05
Sociality	-.28	-.14	.17
External Control	-.15	-.11	.06
Average absolute r	.21	.14	.14

Note. Correlations were Fisher-*z* transformed, averaged, and transformed back into an average absolute *r*.

867 **Table 6**

868 *Overview of the DE-8 Taxonomy*

Perceived event characteristic	Definition
Positive Emotion	Extent to which an event is perceived as positive and as eliciting positive emotions
Challenge	Extent to which an event is perceived as straining or stressful
Relevance	Extent to which an event is perceived as having a strong influence
Threat to self	Extent to which an event is perceived as threatening one's reputation and self-esteem
Predictability	Extent to which an event is perceived as predictable and expectable
Duty	Extent to which an event is perceived as involving work and duties
Sociality	Extent to which an event is perceived as involving social interaction or social stimuli
External Control	Extent to which an event is perceived as being controlled by other people or external circumstances

869 *Note*. The DE-8 taxonomy can be assessed with the DEQ which can be found in the Appendix.

870

871

Study 5: Application in a Daily Diary Setting

Studies 3 and 4 provided initial evidence that the DEQ has good psychometric properties to assess the *DE-8* as a comprehensive, dimensional taxonomy of perceived characteristics of daily events. However, both studies relied on cross-sectional data, leaving it unclear whether the DEQ is suitable to assess the perception of daily events in longitudinal data such as daily diary and experience sampling studies. Hence, the purpose of Study 5 was to examine the psychometric properties of the DEQ in a daily diary context and to test whether the perception of daily events can predict relevant outcomes such as well-being. Examining whether the perception of daily events can predict fluctuations in subjective well-being is theoretically and practically important to better understand individual differences in the reaction to daily events (Luhmann et al., 2021; Sheldon et al., 2013).

Study 5 had four aims. First, we sought to replicate and extend the reliability evidence for the DEQ by computing further reliability indicators such as test-retest reliability. Second, we examined whether the factor structure of the DEQ could be replicated in the daily diary data using multilevel confirmatory factor analysis (MLCFA). Third, to test the construct validity of the DEQ, we examined whether the perception of daily events and situations significantly differed from each other. Based on existing research and the conceptualization of daily events (Luhmann et al., 2021; Rauthmann & Sherman, 2020), we expected that daily events are, on average, perceived as more relevant, challenging, and self-threatening than situations (Hypotheses 1a to 1c). Fourth, to evaluate the predictive validity of the DEQ, we examined whether the perception of daily events could predict fluctuations in daily subjective well-being and whether the average perception of daily events across two weeks predicted changes in weekly and trait subjective well-being. Based on existing research on the relationship between the perception of major life events and subjective well-being (Haehner, Kritzler, et al., 2024; Haehner, Pfeifer, et al., 2023; Luhmann et al., 2021), we hypothesized that perceiving daily

events as more challenging, more self-threatening, and less positive is related to lower subjective well-being on the same day and on the subsequent day (Hypothesis 2a to 2c).

Methods

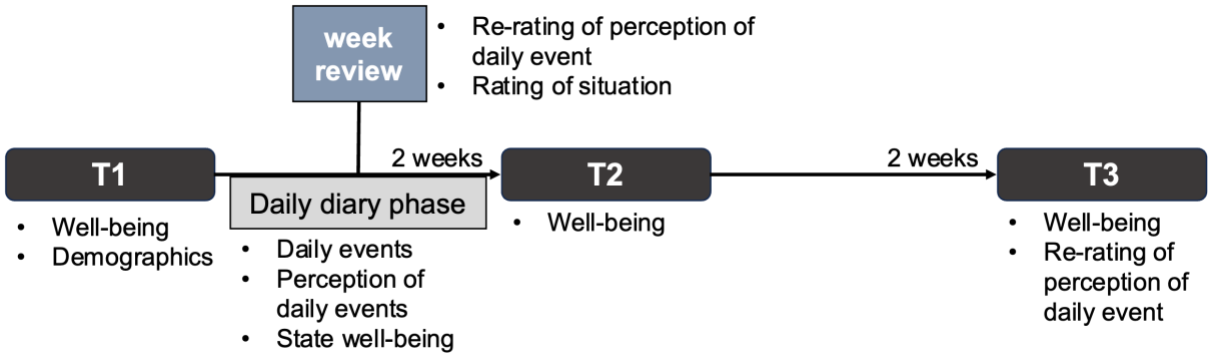
Participants and Procedure

Participants for Study 5 were recruited using convenience sampling. People interested in the study first filled out a brief registration form including the provision of informed consent and were then invited to three trait assessments (T1 to T3), each 2 weeks apart, and a 2-week daily diary phase between T1 and T2 (Figure 3). At the trait assessments, participants answered questions about their weekly and trait subjective well-being as well as demographic characteristics. During the daily diary phase, participants received an email invitation to take part in brief daily diary surveys every evening. In these daily diary surveys, participants were asked to report the most important event they had experienced on that day and to rate their perception of this event using the DEQ as well as their daily subjective well-being. In the middle of the daily diary phase (i.e., one week after T1), participants additionally received an invitation to take part in a "week review". In this week review, participants re-rated their perception of the most important daily event they had experienced as well as the perception of the situation they were currently engaged in to compare the perception of daily events with the perception of everyday situations. The study included some additional measures that were not relevant for the present paper (see the study-design preregistration for details on all assessed variables).

Overall, $N = 665$ participants registered to take part in Study 5. However, we excluded data from measurement occasions where participants provided no or incorrect answers to our instructed response items (e.g., "To ensure data quality, please select the response option *rather true*"). Furthermore, we excluded participants who did not complete any daily diary assessment. Applying these exclusion criteria led to a final sample size of $N = 617$ participants (499 females). Participants were on average 30.16 years old ($SD = 9.89$).

Figure 3

Study Design of the Daily Diary Study



Measures

Trait Assessments. At T1 to T3, we assessed participants' life satisfaction and mood as indicators of subjective well-being. Life satisfaction was assessed with the 5-item Satisfaction With Life Scale (Diener et al., 1985; Glaesmer et al., 2011). Items (e.g., "I am satisfied with my life") were assessed on a scale from 1 (*strongly disagree*) to 7 (*strongly agree*). We calculated mean scores for the analyses.

Mood was assessed with the German 6-item version of the Scale of Positive and Negative Experiences (Diener et al., 2010; Rahm et al., 2017). For each item (e.g., "happy"), participants indicated how often they felt a certain way in the last two weeks on a scale from 1 (*very rarely or never*) to 5 (*very often or always*). For the analyses, we coded all items in a way that higher scores indicated a more positive mood and calculated mean scores.

Daily-Diary Assessments. In the 2-week daily diary phase, participants rated their perception of the most important event of each day using the 3-item version of the DEQ with a total of 24 items (see Appendix). Items (e.g., "The event was exhausting") were rated on a scale from 1 (*not true at all*) to 5 (*absolutely true*). As the questionnaire consists of nested 1- to 3-item versions per subscale, we calculated mean scores for the eight subscales of the DEQ based on one, two, or three items, respectively (see supplemental material for details).

Every evening, participants also rated their daily well-being using the German 6-item version of the Scale of Positive and Negative Experiences (Diener et al., 2010; Rahm et al., 2017). Participants rated the items (e.g., "sad") regarding their mood at the present day from 1 (*very rarely or never*) to 5 (*very often or always*). For the analyses, we coded all items in a way that higher scores indicated higher well-being and calculated mean scores for each day.

Week Review and T3. At the week review and at the T3 follow-up, participants re-rated their perception of the most important event of the daily-dairy phase using the DEQ. Furthermore, at the week review, participants rated their perception of the situation they were currently experiencing using the DEQ. To do so, the stem of the DEQ items was slightly changed (e.g., "The situation is exhausting" instead of "The event was exhausting."). The response scale, the instructions, and the calculation of scale scores were the same as in the daily diary assessments.

Data Analysis

The analyses of Study 5 were conducted using R packages *psych* (Revelle, 2024), *lavaan* (Rosseel, 2012), and *lmerTest* (Kuznetsova et al., 2017). Our analyses consisted of four steps corresponding to the four goals of the daily diary study. If possible, the four steps were run separately for the 1-item, 2-item, and 3-item version of the DEQ. As we conducted most analyses separately for the eight perceived event characteristics, we used an adjusted level of significance of $\alpha = .05/8 = .006$.

Step 1: Reliability. Using the daily diary data, data from the week review, and data from the follow-up assessment, we calculated different reliability indicators. First, we extracted Weighted Omega's based on MLCFAs, separately for the within-level and the between-level of the eight perceived event characteristics. Second, we computed McDonald's Omega and Cronbach's Alpha for the perceived event characteristics assessed at week reviews. Third, we examined test-retest reliability of the perceived event characteristics over up to one week and over up to one month based on participants' repeated ratings of their perception of the most

important daily event of the daily diary period assessed at the week review and the follow-up assessment.

Step 2: Factorial Validity. We conducted MLCFAs to estimate the factorial validity of the perceived event characteristics while accounting for the nested data structure with assessments (Level 1) nested in participants (Level 2). We estimated separate MLCFAs for the eight perceived event characteristics. We restricted the loadings of two items to be equal to have an overidentified model with three items. As recommended by Ryu and West (2009), we evaluated model fit separately at both levels based on RMSEA, CFI, and SRMR (acceptable: RMSEA ≤ .08, CFI ≥ .90, SRMR ≤ .10; good: RMSEA ≤ .05, CFI ≥ .95, SRMR ≤ .05; Hu & Bentler, 1999; Schermelleh-Engel et al., 2003).

Step 3: Construct Validity. To evaluate the construct validity of the DEQ, we examined whether the perception of daily events differed from the perception of situations. To do so, we used paired *t* tests comparing the average perception of situations and daily events based on the data of the week reviews.

Step 4: Predictive Validity. To examine whether the perception of daily events can predict fluctuations in subjective well-being, we conducted two sets of analyses. First, using daily diary data, we estimated multilevel models with daily diary assessments (Level 1) nested in participants (Level 2). In these multilevel models, daily well-being served as the dependent variable and perceived event characteristics served as predictors. As recommended by McNeish and Kelley (2019), we person-mean centered all perceived event characteristics to separate between-person and within-person effects. Specifically, these person-mean centered perceived event characteristics informed us whether deviations from one's average event perception were related to subjective well-being (*contemporaneous within-person effect*). Additionally, we included the person-means as Level-2 variables to the models indicating whether the average event perception of a person was related to subjective well-being (*between-person effect*). Finally, we included a lagged perceived event characteristic in the model to gain a better

understanding of the temporal unfolding of effects over time. To do so, we used person-mean centered perceived event characteristic of the previous day as predictor indicating whether the event perception of the previous day predicts the well-being at the next day (*lagged within-person effect*). We included random slopes for all within-person predictors.

Second, we examined whether the average perception of daily events across all daily-diary assessments predicted changes in trait and weekly subjective well-being. To do so, we estimated multiple regression models using subjective well-being at T2 as dependent variable, and subjective well-being at T1 as predictor as well as the average perceived event characteristic as predictors. We repeated these analyses using subjective well-being assessed at T3 as dependent variable.

Results and Discussion

Descriptive statistics of the study variables can be found in the supplemental material.

Reliability

Table 7 summarizes the different reliability indicators for the DEQ. All perceived event characteristics had acceptable or good reliability. For example, for the 3-item version of the perceived event characteristics, the 1-week test-retest reliabilities ranged from $r = .74$ for *relevance* to $r = .96$ for *positive emotion*. Test-retest reliabilities were lower but still acceptable for most subscales when evaluating the 1-item and the 2-item versions of DEQ. Overall, these findings indicate that the DEQ can be used to reliably assess perceived event characteristics in daily diary studies. For all subscales except for perceived *relevance*, the 1-item and 2-item versions of the DEQ seem to be sufficient to achieve adequate reliability.

Factorial Validity

To examine whether the factor structure of the DEQ could be replicated in a daily diary context, we used MLCFAs. The measurement model of all subscales had an acceptable or good model fit (RMSEA $\leq .06$, CFI $> .99$, SRMR $\leq .02$), supporting the factorial validity of the DEQ in longitudinal data. More details on these findings can be found in the supplemental material.

Construct Validity: Daily Event Perception Versus Situation Perception

To evaluate the construct validity of the DEQ, we examined whether the perception of daily events differs from the perception of situations. In line with our Hypotheses 1a to 1c, we found that daily events were on average perceived as more relevant, more challenging, and more self-threatening than situations (Table 8). Furthermore, daily events were also perceived as eliciting more positive emotions, more duty-related, more sociable, more externally controlled, and less predictable. The sizes of these mean-level differences ranged from medium effects (d = 0.24 for threat to self) to very large effects (d = 1.25 for relevance) (Funder & Ozer, 2019), supporting the claim that daily events can be conceptually distinguished from situations. Particularly the finding that daily events are perceived as more relevant than situations is consistent with our conceptualization of daily events (see Figure 1A).

Predictive Validity: Does the Perception of Daily Events Predict Fluctuations in Subjective Well-Being?

To evaluate whether the perception of daily events can predict fluctuations in subjective well-being, we first estimated multilevel models with daily diary assessments nested in participants. In these models, we included a between-person effect, a within-person contemporaneous effect, and a within-person lagged effect of the perceived event characteristics. The results are summarized in Table 9. In line with Hypotheses 2a and 2c, we found that perceiving daily events as more self-threatening and less positive was related to lower subjective well-being on the same day (threat to self: b = -0.44, p < .001; positive emotion: b = 0.34, p < .001) and on the subsequent day (threat to self: b = -0.06, p = .001; positive emotion: b = 0.03, p < .001). In contrast, only partly in line with Hypothesis 2b, we found that perceived challenge was related to lower subjective well-being only at the same day (b = -0.28, p < .001) but not at the subsequent day (b = -0.02, p = .013). Importantly, the results were similar when using the 2-item and the 1-item version of the DEQ, suggesting that these

short scales can also predict changes in subjective well-being (see the supplemental material for details).

To investigate whether the perception of daily events can also predict more lasting changes in subjective well-being, we examined whether the aggregated perception of daily events across the daily diary phase can predict fluctuations in well-being over two to four weeks. The results are summarized in Table 10. In line with our findings on daily well-being, we found that perceiving events as more challenging, more self-threatening, and less positive was consistently related to a decrease in subjective well-being over two to four weeks. Furthermore, we found that a higher average sociality rating of daily events predicted an increase in mood over two to four weeks. Again, these results were similar when using the 1-item and the 2-item version of the DEQ (see supplemental material).

In summary, our findings suggest that the perception of daily events can predict fluctuations in subjective well-being. They thus provide initial evidence for the utility of the perception of daily events for advancing our understanding of why the effects of daily events differ across people. Overall, our findings are consistent with existing evidence on the perception of major life events supporting the relevance of the perceived event characteristics sociality, positivity, challenge, and threat to self when examining changes in well-being (Haehner, Kritzler, et al., 2024; Haehner, Pfeifer, et al., 2023; Luhmann et al., 2021).

Table 7

Reliability Indicators of the Eight Perceived Event Characteristics Assessed With the DEQ

Perceived event characteristic	1-week test-retest reliability			1-month test-retest correlations			Daily diary data		Week review	
	1-item	2-item	3-item	1-item	2-item	3-item	ω_{within}	$\omega_{between}$	Alpha	Omega
Positive emotion	.95	.96	.96	.59	.60	.59	.87	.88	.90	.91
Challenge	.83	.88	.91	.59	.61	.64	.85	.94	.90	.90
Relevance	.66	.69	.74	.54	.59	.59	.62	.79	.68	.70
Threat to self	.81	.84	.83	.65	.63	.57	.74	.87	.85	.86
Predictability	.83	.89	.90	.51	.55	.55	.91	.96	.94	.94
Duty	.84	.86	.88	.50	.48	.49	.86	.91	.89	.89
Sociality	.82	.88	.88	.52	.52	.57	.85	.89	.84	.85
External control	.71	.78	.80	.50	.52	.53	.87	.94	.89	.89

Note. Reliabilities of all perceived event characteristics were at least acceptable (> .70) with a few exceptions for perceived relevance of daily events. The substantially lower test-retest correlations over 1 month likely indicate that the perception of daily events changes over this time frame (Haehner et al., 2022).

Table 8

Mean-Level Differences in the Perception of Daily Events and Situations

Perceived event characteristic	Mean daily events	Mean situations	*t*	*df*	*p*	*d*
Positive emotion	3.55	2.90	8.12	359	< .001	0.52
Challenge	2.60	1.89	8.31	359	< .001	0.55
Relevance	3.20	1.97	20.79	361	< .001	1.25
Threat to self	1.52	1.32	3.68	357	< .001	0.24
Predictability	3.46	4.11	-7.22	359	< .001	-0.50
Duty	2.59	2.11	5.30	360	< .001	0.36
Sociality	3.86	2.22	18.24	358	< .001	1.32
External control	3.15	1.99	14.85	362	< .001	1.02

Table 9

Results of Multilevel Model Examining Whether Event Perceptions Predict Fluctuations in Daily Well-Being

Effect	*b*	*SE*	*t*	*p*
Positive emotion				
Between-person effect	**0.663**	**0.038**	**17.384**	**< .001**
Contemporaneous within-person effect	**0.338**	**0.010**	**33.036**	**< .001**
Lagged within-person effect	**0.032**	**0.008**	**3.930**	**< .001**
Challenge				
Between-person effect	**-0.627**	**0.041**	**-15.123**	**< .001**
Contemporaneous within-person effect	**-0.275**	**0.011**	**-24.279**	**< .001**
Lagged within-person effect	-0.023	0.009	-2.497	.013
Relevance				
Between-person effect	-0.089	0.054	-1.651	.099
Contemporaneous within-person effect	**-0.054**	**0.017**	**-3.194**	**.002**
Lagged within-person effect	-0.027	0.014	-1.910	.057
Threat to self				
Between-person effect	**-0.846**	**0.075**	**-11.260**	**< .001**
Contemporaneous within-person effect	**-0.438**	**0.021**	**-20.441**	**< .001**
Lagged within-person effect	**-0.055**	**0.017**	**-3.317**	**.001**
Predictability				
Between-person effect	**0.154**	**0.047**	**3.268**	**.001**
Contemporaneous within-person effect	**0.097**	**0.010**	**9.666**	**< .001**
Lagged within-person effect	0.009	0.009	0.976	.329
Duty				
Between-person effect	0.001	0.046	0.018	.986
Contemporaneous within-person effect	-0.021	0.010	-2.076	.039
Lagged within-person effect	-0.009	0.009	-0.985	.325
Sociality				
Between-person effect	**0.247**	**0.046**	**5.351**	**< .001**
Contemporaneous within-person effect	**0.057**	**0.011**	**5.223**	**< .001**
Lagged within-person effect	-0.001	0.009	-0.120	.905
External control				
Between-person effect	0.117	0.051	2.285	.023
Contemporaneous within-person effect	0.002	0.011	0.139	.889
Lagged within-person effect	-0.003	0.010	-0.327	.744

Note. We estimated multilevel models with daily mood as the dependent variable, the person-mean of the perceived event characteristics, within-person centered perceived event characteristics, and lagged within-person centered perceived event characteristics as predictors. Significant effects based on our adjusted alpha level of $\alpha = .05/8 = .006$ are depicted in bold. The depicted effects refer to the 3-item versions of the DEQ (see the supplemental material for results of the 1- and 2-item versions)

Table 10

Examination of Whether the Average Perception of Daily Events Can Predict Changes in Well-Being Over Two to Four Weeks

Perceived event characteristic	Predicting T2 mood				Predicting T3 mood				Predicting T2 life satisfaction				Predicting T3 life satisfaction			
	b	*SE*	*t*	*p*	*b*	*SE*	*t*	*p*	*b*	*SE*	*t*	*p*	*b*	*SE*	*t*	*p*
Positive emotion	**0.323**	**0.040**	**8.124**	**< .001**	**0.236**	**0.041**	**5.800**	**< .001**	**0.171**	**0.049**	**3.493**	**.001**	**0.172**	**0.047**	**3.622**	**< .001**
Challenge	**-0.297**	**0.044**	**-6.685**	**< .001**	**-0.218**	**0.044**	**-4.929**	**< .001**	**-0.228**	**0.051**	**-4.493**	**< .001**	**-0.157**	**0.049**	**-3.219**	**.001**
Relevance	0.041	0.046	0.889	.374	0.024	0.045	0.540	.589	0.052	0.052	0.999	.318	0.089	0.050	1.785	.075
Threat to self	**-0.326**	**0.079**	**-4.126**	**< .001**	**-0.307**	**0.074**	**-4.147**	**< .001**	**-0.322**	**0.089**	**-3.611**	**< .001**	**-0.277**	**0.082**	**-3.378**	**.001**
Predictability	**0.117**	**0.039**	**2.962**	**.003**	0.110	0.040	2.779	.006	0.046	0.045	1.019	.309	0.035	0.045	0.775	.439
Duty	0.011	0.039	0.270	.787	0.004	0.040	0.094	.925	0.027	0.045	0.602	.547	-0.008	0.045	-0.175	.861
Sociality	**0.155**	**0.039**	**4.000**	**< .001**	**0.139**	**0.040**	**3.451**	**.001**	0.051	0.046	1.094	.275	0.039	0.047	0.845	.398
External control	0.024	0.043	0.559	.576	0.064	0.044	1.468	.143	-0.056	0.050	-1.136	.256	-0.044	0.049	-0.894	.372

Note. We estimated multiple regression models using T2 or T3 well-being as the dependent variable and T1 well-being and the average perception of daily events as predictors.

Significant effects based on our adjusted alpha level of $\alpha = .05/8 = .006$ are depicted in bold.

General Discussion

Daily events are of critical relevance for personality science as they predict fluctuations in important outcomes like well-being, mediate the effects of major life events on these outcomes, and act as an outcome of stress-generation processes (Haehner & Bleidorn, 2024; Nezlek et al., 2017; Ringwald et al., 2022; Sheldon et al., 2013; Vize et al., 2023). To better understand the effects of daily events, it is important to assess them in a way that aligns with their theoretical conceptualization and that allows capturing individual differences in how people perceive daily events. This requires a clear conceptualization of the perception of daily events as well as a validated instrument to assess the perception. With the present article, we aimed to come closer to a fulfilment of these requirements. First, we developed a taxonomy of perceived characteristics of daily events (Studies 1 to 4), which was based on existing research and theory on daily events, taxonomies of the perception of major life events and situations, and a qualitative study. The final taxonomy (*DE-8*) includes eight dimensions of the perception of daily events: *positive emotion*, *challenge*, *relevance*, *threat to self*, *predictability*, *duty*, *sociality*, and *external control*. Second, we developed a questionnaire, the Daily Event Questionnaire (DEQ), that allows assessing these eight perceived event characteristics reliably and validly (Studies 4 to 5). Third, we demonstrated that daily event perception can predict fluctuations in subjective well-being and thus advances our understanding of individual differences in the reaction to daily events (Study 5). In the following, we discuss the content of our taxonomy, its relationship to taxonomies of major life events and situations, and how the DE-8 and the DEQ can advance psychological research and theory development on daily events.

The Perception of Daily Events

As illustrated in the systematic literature review (Study 1), perceived characteristics were considered in 71% of the articles on daily events. However, most studies only used a single event characteristic to assess the perception of daily events—without a theoretical or empirical

justification. Moreover, the terminology for perceived characteristics of daily events that were similar in content differed remarkably across studies (also known as the jingle-jangle fallacy; Kelley, 1927). The newly developed taxonomy with eight perceived event characteristics can help to organize existing research on daily events as well as inspire future research on daily events by revealing perceived characteristics of daily events that have been overlooked so far.

Perceived Characteristics of Daily Events

Overall, we extracted eight perceived characteristics of daily events. The dimensions of *positive emotion* (e.g., "*The event was positive*") and *challenge* (e.g., "*The event was burdensome*") refer to the valence and negative emotional consequences of daily events. Valence is the most frequently studied perceived characteristic of daily events in previous research and existing research supports the relevance of this perceived event characteristic to understand changes in subjective well-being (McCullough et al., 2000; Mroczek & Almeida, 2004; Newman & Nezlek, 2022; Vize et al., 2023; Zheng et al., 2023). However, as some daily events like being in a meeting or coming second place may contain both positive and negative aspects, considering positive and negative emotions as separate event characteristics may help to fully understand the experience of daily events (Rauthmann et al., 2014).

However, the results from Study 1 to Study 5 indicate that, in addition to positive emotion and challenge, other characteristics play also an important role in the perception of daily events. First, the perceived event characteristic *relevance* (e.g., "*The event had impact on my life*") describes the extent to which the event affected the life of the person who experienced the event. Only a few studies considered a dimension similar to relevance, although there is first evidence that the perceived relevance of daily events does indeed matter: For instance, McIntyre et al. (2008) found that the perceived relevance of hassles significantly predicted stress, even when controlling for perceived challenge. Importantly, the DEQ characteristic relevance does not exclusively focus on the negative effects of daily events since the disruption

of the daily routine through the daily event can be equally applied to positive and negative daily events.

Second, the dimension *predictability* (e.g., *"The event occurred suddenly"*) describes the extent to which the daily event was anticipated by the person who experienced the event. Similar to relevance, predictability of events was rarely considered in previous research on daily events (i.e., only in one study identified in the systematic review). Considering this event characteristic may nonetheless be important as, for example, the Hedonic Adaption Prevention Model by Sheldon et al. (2013) suggests that unpredictable positive daily events bolster well-being, which could be further investigated by examining the effects of daily events with high positive emotion and low predictability.

Third, the dimension *sociality* (e.g., "*During the event, close personal relationships were important or could develop")* describes the extent to which a daily event included social interactions. Although this perceived characteristic has not yet been considered in research on daily events, including this dimension is in line with situation research emphasizing the importance of sociality (e.g., Rauthmann et al., 2014; Reis, 2008). The perceived sociality of daily events can influence a person's behaviour and could predict changes in social relationships beyond the experienced daily event. Moreover, the sociality dimension might be useful if researchers are particularly interested in outcomes on the dyadic level, such as relationship satisfaction, or even when researchers want to investigate loneliness (e.g., are changes in the frequency of daily events with high levels of sociality associated with changes in loneliness).

Fourth, the dimension *duty* (e.g., "*During the event, a job had to be done*") describes the extent to which a person had the feeling they had to perform during the daily event. Similar to sociality, duty is a perceived characteristic that has primarily been considered in situation research (Rauthmann et al., 2014). In the context of daily events, duty can encompass a variety of different tasks, such as duties one must fulfil for work (e.g., handing in a manuscript until a deadline), duties that must be done in the household (e.g., cleaning the bathroom), or duties

regarding your social roles (e.g., picking up your children from school). Horstmann et al. (2019) found that perceived duty can be associated with either increased positive or increased negative affect, depending on the valence of the situation. Similarly, daily events with high levels of duty might be related to desirable or undesirable changes in affect, depending on the positive or negative emotion of the daily event.

Fifth, the dimension *threat to self* (e.g., "*I was criticized during the event*") describes the extent to which a person thought that their reputation or their self-esteem suffered through the daily event. Tomaka et al. (1993) found that higher perceived threat of a situation leads to higher stress levels, physiological effects (e.g., elevated heart rate), and behavioural effects (i.e., poorer task performance). Similarly, Almeida et al. (2002) found that higher levels of threat in daily events were associated with physical symptoms and negative mood.

Sixth, the dimension *external control* (e.g., "*Others were responsible for the event*") describes the extent to which other factors outside the person who experienced the daily event caused the daily event. Studies investigating the relevance of controllability of daily events on psychological outcomes are rare. However, Peeters et al. (1995) found that lower levels of perceived control predicted predicted higher levels of negative affect. Moreover, research on major life events suggests that perceived control of events does matter: Haehner, Pfeifer, et al. (2023) showed that changes in perceived control are associated with changes in life satisfaction.

In summary, the DE-8 taxonomy of eight perceived characteristics of daily events provides a systematic approach to the assessment of daily events, going beyond the frequently studied characteristics of stressfulness or valence. Considering multiple dimensions of event perception may help to gain a more holistic understanding of the subjective experience of daily events and thus advance our understanding of individual differences in response to daily events.

Similarities With and Differences to Situations and Major Life Events

As the *DE-8* taxonomy was informed by existing research on situations and major life events, it shows similarities and differences to the perception of situations (DIAMONDS:

Rauthmann et al., 2014) or major life events (ECQ: Luhmann et al., 2021). The differentiation between content characteristics, style characteristics, and consequence-focused characteristics can help to understand similarities and differences between those taxonomies and thus the conceptualization of the underlying environmental experiences (Luhmann et al., 2021).

The DE-8, DIAMONDS, and ECQ taxonomies all contain *style characteristics*. Style characteristics are descriptive attributes of life experiences irrespective of their content. For instance, the characteristics positive emotion, challenge, external control, and predictability of the DE-8 could be considered as such style characteristics. While the former two overlap with both situation taxonomies and taxonomies of major life events, the latter two were primarily adopted from research on major life events (Luhmann et al., 2021; Rauthmann et al., 2014). However, other style characteristics such as extraordinariness are not included in the DE-8, which aligns with the fact that daily events and situations are experienced more frequently than major life events (Figure 1).

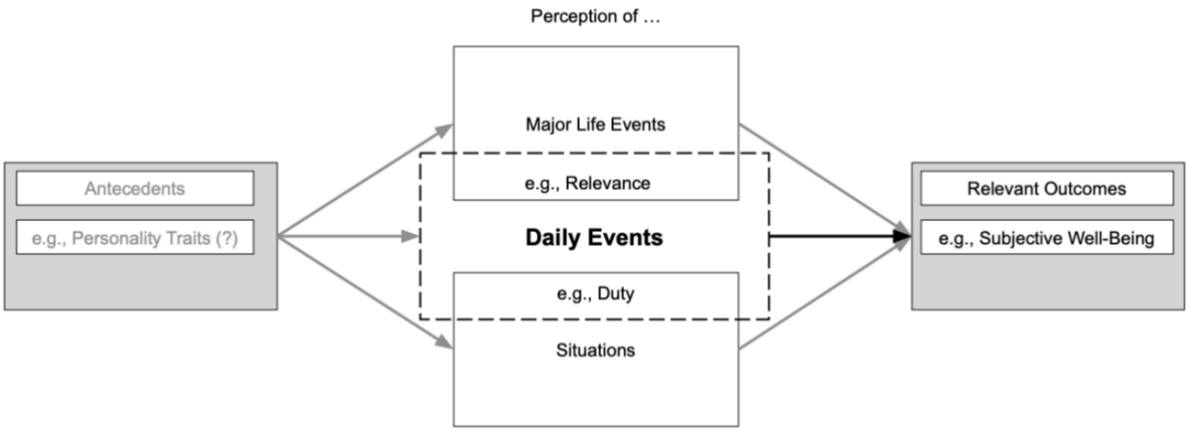
In contrast to situation taxonomies such as the DIAMONDS, the DE-8 taxonomy further includes *consequence-focused characteristics*, namely threat to self and relevance. Although these characteristics are conceptually similar to the perceived characteristics impact and social status change found in research on major life events (Luhmann et al., 2021), they capture a lower intensity of these consequences. While perceived impact, for example, refers to changes in social or professional roles and lasting changes in people's lives, perceived relevance of the DE-8 captures the temporary influences of daily events on daily life.

Finally, in contrast to the perception of major life events, the DEQ includes two *content characteristics*, duty and sociality, which are very similar to the respective DIAMONDS dimensions. These content characteristics describe what the event is about (Rauthmann, 2015) and are relevant because they can predict fluctuations in relevant outcomes, such as well-being (Study 5).

In summary, the DE-8 taxonomy of the perception of daily events overlaps with taxonomies of the perception of major life events and situations. Given that situations, daily events, and life events all refer to relevant life experiences, it is not surprising that these taxonomies share similarities. However, having a clear concept of the relation of these dimensions across taxonomies will help to compare, distinguish, and possibly even integrate findings across these different life experiences. The findings of the present article thus help to provide a more comprehensive understanding of the nomological net of the perception of daily events (Figure 4).

Figure 4

The Nomological Net of the Perception of Daily Events



Note. The Figure displays the nomological net of the perception of daily events. Black displayed aspects of the figure were examined in the present study (e.g., how characteristics of daily events predict changes in well-being), grey aspects remain a task for future research on the perception of daily events (e.g., how person characteristics, such as personality traits, contribute to the experience of daily events).

The Role of (the Perception of) Daily Events in Personality Psychology

Considering the subjective perception of daily events on multiple dimensions, as assessed with the DEQ, can advance research on daily events and person-environmental transactions in multiple ways (see Figure 3). First, the perception of daily events can help to predict psychological outcomes, such as subjective well-being (see Study 5). In line with our hypotheses, we found that perceiving daily events as less positive and more self-threatening was related to lower subjective well-being on the next day. These results generally align with previous findings on daily events, but also allow for a more differentiated understanding by showing which aspects or perceived characteristics of daily events relate to well-being (e.g., McCullough et al., 2000; Zheng et al., 2023). Furthermore, we found that the average perception (e.g., the average level of positive emotion or threat to self) of daily events across 2 weeks was related to changes in subjective well-being over up to four weeks. These findings suggest that studying the perception of daily events over time is a promising approach for predicting relevant outcome variables. However, further research is needed to investigate over what period the perception of daily events should be aggregated for optimal predictive power. Moreover, it remains a task for future research to examine if these effects extend to other outcome variables (e.g., mental health or personality traits) and whether the same perceived characteristics are equally relevant for different outcomes.

Second, the consideration of the perception of daily events can help to better understand daily events as mediators or outcome variables in psychological research. Contemporary theories in personality psychology suggest that daily events mediate the influence of major life events on relevant outcome variables (Sheldon et al., 2013; Wrzus & Roberts, 2017). Considering the subjective perception of daily events would allow to test if the experience of a major life event entails the experience of subsequent daily events with a similar profile of perceived event characteristics. However, to better understand the complex interplay of those

environmental experiences, longitudinal studies assessing the perception of major life events as well as daily events in combination with relevant outcome variables would be necessary.

Moreover, the consideration of perceived characteristics of daily events can lead to a better understanding of the stress generation process. There is initial evidence suggesting that perceived characteristics of situations and major life events relate to personal characteristics like personality traits (Horstmann et al., 2021; Rakhshani et al., 2022; Sherman et al., 2015). Examining the relationship between these personal characteristics and the perception of daily events can provide a more nuanced understanding of the outcomes of stress generation processes—for example, whether there are specific links between personal characteristics and hassles that are perceived in a certain way (Haehner & Bleidorn, 2024). However, it should be noted that those potential person-environment transactions are not limited to negative effects, such as stress generation, but should also be investigated for positive events.

Furthermore, the DEQ leads to new research questions. For instance, it is an open question if certain patterns of perceived event characteristics occur often in combination, resulting in distinct profiles of different daily events. For example, Kritzler et al. (2023) found distinct perception profiles for different types of major life events. However, within a specific category of a major life event (e.g., a breakup), participants still showed substantial variance in their perception—indicating the necessity to assess the individual perception of environmental experiences. Relatedly, the DEQ allows to examine similarities and differences in the perception of daily events—within and across different event types—and how this relates to changes in relevant outcome variables (Haehner, Rakhshani, et al., 2023; Kritzler et al., 2023). Finally, dimensionally assessing the perception of daily events could be used to examine intraindividual changes in the event perception (Haehner et al., 2022). It could, for example, be the case that the perception of a daily event changes over time and that these changes predict changes in important outcome variables.

Limitations

The present set of studies had several limitations. First, the DEQ was developed and validated in samples from Western, educated, industrialized, rich, and democratic (WEIRD, Henrichs et al., 2010) societies. It is thus an open question if participants from other societies experience qualitatively different daily events, choose other daily events to report, or perceive them differently. However, Guillaume et al. (2016) compared the experience of situations in the morning in 20 countries and found rather similar experiences across countries. Hence, we would expect similar results for the experience of daily events—but this remains an empirical question. To test this, similar research should be carried out in other cultures.

Second, participants completed the 3-item version of the DEQ in all studies. To test the psychometric properties for the short and extra-short version of the DEQ (i.e., version with 1 and with 2 items per characteristic), reduced sets of items were analysed—but these reduced sets were not assessed independently. However, if fewer items are presented, this may lead participants to react differently (Drolet & Morrison, 2001). Future studies are therefore needed to further evaluate the psychometric properties of the 1- and 2-item version of the DEQ in different settings.

Third, the relevance of perceived characteristics of daily events was only illustrated for one outcome, namely subjective well-being. This illustrates the potential of the DEQ, but generalization to other constructs requires further empirical evidence. Future researchers should investigate which perceived event characteristic is relevant for which outcome, thereby extending its nomological net. Additionally, all studies were correlational, precluding strong causal claims. The results of the longitudinal Study 5 and the fact that the results of perceived event characteristics on well-being are theoretically plausible, encourage further research on the causal relationships between these variables. Therefore, an experimental set-up in which daily events with certain properties are experimentally induced (e.g., daily events high in sociality or positive emotion) would allow to gain further certainty in the causal relationship

between perceived event characteristics and relevant outcome variables (see Sheldon et al., 2013, for a similar approach).

Fourth, in the present study, the perception of daily events was assessed via self-reports. However, future research on the perception of daily events should ideally assess perceived characteristics of daily events as well as criterion variables, such as well-being, from various sources. For example, informants (e.g., friends, colleagues, or family members of the person who experienced the daily event) or the assessment of biomarkers (e.g., cortisol as a biomarker of stress) might provide further insights into the perception of daily events and the consequences beyond the self-report measure (Fliedner & Horstmann, 2024).

Conclusion

Daily events play an important role in theory and research in personality psychology. The present article demonstrated the utility of considering the perception of daily event characteristics. We developed a taxonomy of eight perceived event characteristics (DE-8) which provides a framework for structuring research on daily events and integrating the construct of daily events within their nomological net. Moreover, we introduced a questionnaire (DEQ) to assess those perceived event characteristics reliably and validly. The modular design of the DEQ allows to assess the subjective perception of daily events in an efficient manner that should be applicable to different experience sampling and daily diary designs.

Considering characteristics of daily events helps to understand why people change in relevant outcome variables, such as well-being. In addition, the assessment of characteristics of daily events allows to test and extend psychological theories. Taken together, the DE-8 and DEQ allow a comprehensive understanding and assessment of the perception of environmental experiences.

References

Abramson, L. Y., Metalsky, G. I., & Alloy, L. B. (1989). Hopelessness depression: A theory-based subtype of depression. *Psychological Review*, *96*(2), 358–372. https://doi.org/10.1037/0033-295X.96.2.358

Almeida, D. M. (2005). Resilience and vulnerability to daily stressors assessed via diary methods. *Current Directions in Psychological Science*, *14*(2), 64–68. https://doi.org/10.1111/j.0963-7214.2005.00336.x

Almeida, D. M., Wethington, E., & Kessler, R. C. (2002). The Daily Inventory of Stressful Events: An interview-based approach for measuring daily stressors. *Assessment*, *9*(1), 41–55. https://doi.org/10.1177/1073191102091006

Aronson, K. R., Barrett, L. F., & Quigley, K. S. (2001). Feeling your body or feeling badly. *Journal of Psychosomatic Research*, *51*(1), 387–394. https://doi.org/10.1016/S0022-3999(01)00216-1

Arslan, R. C., Walther, M. P., & Tata, C. S. (2020). formr: A study framework allowing for automated feedback generation and complex longitudinal experience-sampling studies using R. *Behavior Research Methods*, *52*(1), 376–387. https://doi.org/10.3758/s13428-019-01236-y

Asselmann, E., Wittchen, H.-U., Lieb, R., & Beesdo-Baum, K. (2017). A 10-year prospective-longitudinal study of daily hassles and incident psychopathology among adolescents and young adults: Interactions with gender, perceived coping efficacy, and negative life events. *Social Psychiatry and Psychiatric Epidemiology*, *52*(11), 1353–1362. https://doi.org/10.1007/s00127-017-1436-3

Bartlett, M. S. (1950). Tests of significance in factor analysis. *British Journal of Psychology*. https://psycnet.apa.org/record/1951-00671-001

Bleidorn, W., Hill, P. L., Back, M. D., Denissen, J. J. A., Hennecke, M., Hopwood, C. J., Jokela, M., Kandler, C., Lucas, R. E., Luhmann, M., Orth, U., Wagner, J., Wrzus, C.,

Zimmermann, J., & Roberts, B. (2019). The policy relevance of personality traits. *American Psychologist*, *74*(9), 1056–1067. https://doi.org/10.1037/amp0000503

Bleidorn, W., Hopwood, C. J., Back, M. D., Denissen, J. J. A., Hennecke, M., Jokela, M., Kandler, C., Lucas, R. E., Luhmann, M., Orth, U., Roberts, B. W., Wagner, J., Wrzus, C., & Zimmermann, J. (2020). Longitudinal experience–wide association studies—A framework for studying personality change. *European Journal of Personality*, *34*(3), 285–300. https://doi.org/10.1002/per.2247

Braeken, J., & Van Assen, M. A. L. M. (2017). An empirical Kaiser criterion. *Psychological Methods*, *22*(3), 450–466. https://doi.org/10.1037/met0000074

Brantley, P. J., & Jones, G. N. (1993). Daily stress and stress-related disorders. *Annals of Behavioral Medicine*, *15*(1), 17–25.

Brantley, P. J., Waggoner, C. D., Jones, G. N., & Rappaport, N. B. (1987). A daily stress inventory: Development, reliability, and validity. *Journal of Behavioral Medicine*, *10*(1), 61–73. https://doi.org/10.1007/BF00845128

Buecker, S., Luhmann, M., Haehner, P., Bühler, J. L., Dapp, L. C., Luciano, E. C., & Orth, U. (2023). The development of subjective well-being across the life span: A meta-analytic review of longitudinal studies. *Psychological Bulletin*, *149*(7–8), 418–446. https://doi.org/10.1037/bul0000401

Bühler, J. L., Orth, U., Bleidorn, W., Weber, E., Kretzschmar, A., Scheling, L., & Hopwood, C. J. (2023). Life events and personality change: A systematic review and meta-analysis. *European Journal of Personality*. https://doi.org/10.1177/08902070231190219

Bühner, M. (2021). *Einführung in die Test- und Fragebogenkonstruktion* (4., korrigierte und erweiterte Auflage). Pearson.

Buss, D. M. (1987). Selection, evocation, and manipulation. *Journal of Personality and Social Psychology*, *53*(6), 1214–1221. https://doi.org/10.1037/0022-3514.53.6.1214

Chan, S. M., Poon, S. F. O., & Hang Tang, E. M. (2016). Daily hassles, cognitive emotion regulation and anxiety in children. *Vulnerable Children and Youth Studies*, *11*(3), 238–250. https://doi.org/10.1080/17450128.2016.1214887

Clark, L. A., & Watson, D. (2019). Constructing validity: New developments in creating objective measuring instruments. *Psychological Assessment*, *31*(12), 1412–1427. https://doi.org/10.1037/pas0000626

D'Angelo, B., & Wierzbicki, M. (2003). Relations of Daily Hassles with Both Anxious and Depressed Mood in Students. *Psychological Reports*, *92*(2), 416–418. https://doi.org/10.2466/pr0.2003.92.2.416

Day, A. L., Therrien, D. L., & Carroll, S. A. (2005). Predicting psychological health: Assessing the incremental validity of emotional intelligence beyond personality, Type A behaviour, and daily hassles. *European Journal of Personality*, *19*(6), 519–536. https://doi.org/10.1002/per.552

DeLongis, A., Coyne, J. C., Dakof, G., Folkman, S., & Lazarus, R. S. (1982). Relationship of daily hassles, uplifts, and major life events to health status. *Health Psychology*, *1*(2), 119–136. https://doi.org/10.1037/0278-6133.1.2.119

DeMeo, N. N., Smyth, J. M., Scott, S. B., Almeida, D. M., Sliwinski, M. J., & Graham-Engeland, J. E. (2023). Introversion and the frequency and intensity of daily uplifts and hassles. *Journal of Personality*, *91*(2), 354–368. https://doi.org/10.1111/jopy.12731

Denissen, J. J. A., Luhmann, M., Chung, J. M., & Bleidorn, W. (2019). Transactions between life events and personality traits across the adult lifespan. *Journal of Personality and Social Psychology*, *116*(4), 612–633. https://doi.org/10.1037/pspp0000196

Diedenhofen, B., & Musch, J. (2015). cocor: A comprehensive solution for the statistical comparison of correlations. *PLOS ONE*, *10*(4), e0121945. https://doi.org/10.1371/journal.pone.0121945

Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction With Life Scale. *Journal of Personality Assessment*, *49*(1), 71–75. https://doi.org/10.1207/s15327752jpa4901_13

Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D., Oishi, S., & Biswas-Diener, R. (2010). New well-being measures: Short scales to assess flourishing and positive and negative feelings. *Social Indicators Research*, *97*(2), 143–156. https://doi.org/10.1007/s11205-009-9493-y

Dohrenwend, B. P. (2006). Inventorying stressful life events as risk factors for psychopathology: Toward resolution of the problem of intracategory variability. *Psychological Bulletin*, *132*(3), 477–495. https://doi.org/10.1037/0033-2909.132.3.477

Drolet, A. L., & Morrison, D. G. (2001). Do we really need multiple-item measures in service research? *Journal of Service Research*, *3*(3), 196–204. https://doi.org/10.1177/109467050133001

Dugan, K. A., Vogt, R. L., Zheng, A., Gillath, O., Deboeck, P. R., Fraley, R. C., & Briley, D. A. (2023). Life events sometimes alter the trajectory of personality development: Effect sizes for 25 life events estimated using a large, frequently assessed sample. *Journal of Personality*. psyh. https://doi.org/10.1111/jopy.12837

Elliot, A. J., Thrash, T. M., & Murayama, K. (2011). A longitudinal analysis of self-regulation and well-being: Avoidance personal goals, avoidance coping, stress generation, and subjective well-Being. *Journal of Personality*, *79*(3), 643–674. https://doi.org/10.1111/j.1467-6494.2011.00694.x

Fliedner, K., & Horstmann, K. T. (2024). *Do you understand what I experienced: Self- and informant-perception of major life events* [Manuscript submitted for publication].

Funder, D. C., & Ozer, D. J. (2019). Evaluating effect size in psychological research: Sense and nonsense. *Advances in Methods and Practices in Psychological Science*, *2*(2), 156–168. https://doi.org/10.1177/2515245919847202

Gable, S., Reis, H., & Elliot, A. (2000). Behavioral activation and inhibition in everyday life. *Journal of Personality and Social Psychology*, *78*, 1135–1149. https://doi.org/10.1037/0022-3514.78.6.1135

Glaesmer, H., Grande, G., Braehler, E., & Roth, M. (2011). The German Version of the Satisfaction With Life Scale (SWLS): Psychometric properties, validity, and population-based norms. *European Journal of Psychological Assessment*, *27*(2), 127–132. https://doi.org/10.1027/1015-5759/a000058

Glaser, B. G., Strauss, A. L., & Strutzel, E. (1968). The discovery of Grounded Theory: Strategies for qualitative research. *Nursing Research*, *17*(4), 364.

Goetz, C., Coste, J., Lemetayer, F., Rat, A.-C., Montel, S., Recchia, S., Debouverie, M., Pouchot, J., Spitz, E., & Guillemin, F. (2013). Item reduction based on rigorous methodological guidelines is necessary to maintain validity when shortening composite measurement scales. *Journal of Clinical Epidemiology*, *66*(7), 710–718. https://doi.org/10.1016/j.jclinepi.2012.12.015

Goldberg, L. R. (2006). Doing it all Bass-Ackwards: The development of hierarchical factor structures from the top down. *Journal of Research in Personality*, *40*(4), 347–358. https://doi.org/10.1016/j.jrp.2006.01.001

Goretzko, D., Pham, T. T. H., & Bühner, M. (2021). Exploratory factor analysis: Current use, methodological developments and recommendations for good practice. *Current Psychology*, *40*(7), 3510–3521. https://doi.org/10.1007/s12144-019-00300-2

Guillaume, E., Baranski, E., Todd, E., Bastian, B., Bronin, I., Ivanova, C., Cheng, J. T., de Kock, F. S., Denissen, J. J. A., Gallardo-Pujol, D., Halama, P., Han, G. Q., Bae, J., Moon, J., Hong, R. Y., Hřebíčková, M., Graf, S., Izdebski, P., Lundmann, L., … Funder, D. C. (2016). The world at 7:00: Comparing the experience of situations across 20 countries. *Journal of Personality*, *84*(4), 493–509. https://doi.org/10.1111/jopy.12176

Haehner, P., & Bleidorn, W. (2024). *Personality and Clinical Perspectives on Stress Generation: Towards an Integrative Theoretical Model.* https://doi.org/10.31234/osf.io/yf5gu

Haehner, P., Bleidorn, W., & Hopwood, C. J. (2024). Examining individual differences in personality trait changes after negative life events. *European Journal of Personality*, *38*(2), 209–224. https://doi.org/10.1177/08902070231156840

Haehner, P., Kritzler, S., Fassbender, I., & Luhmann, M. (2022). Stability and change of perceived characteristics of major life events. *Journal of Personality and Social Psychology*, *122*(6), 1098–1116. https://doi.org/10.1037/pspp0000394

Haehner, P., Kritzler, S., & Luhmann, M. (2024). Individual differences in changes in subjective well-being: The role of event characteristics after negative life events. *Journal of Personality and Social Psychology*. https://doi.org/10.1037/pspp0000511

Haehner, P., Pfeifer, L. S., Fassbender, I., & Luhmann, M. (2023). Are changes in the perception of major life events associated with changes in subjective well-being? *Journal of Research in Personality*, *102*, 104321. https://doi.org/10.1016/j.jrp.2022.104321

Haehner, P., Rakhshani, A., Fassbender, I., Lucas, R. E., Donnellan, M. B., & Luhmann, M. (2023). Perception of major life events and personality trait change. *European Journal of Personality*, *37*(5), 524–542. https://doi.org/10.1177/08902070221107973

Haehner, P., Würtz, F., Kritzler, S., Kunna, M., Luhmann, M., & Woud, M. L. (2024). The relationship between the perception of major life events and depression: A systematic scoping review and meta-analysis. *Journal of Affective Disorders*, *349*, 145–157. https://doi.org/10.1016/j.jad.2024.01.042

Hammen, C. (1991). Generation of stress in the course of unipolar depression. *Journal of Abnormal Psychology*, *100*(4), 555–561. https://doi.org/10.1037/0021-843X.100.4.555

Horn, J. L. (1965). A rationale and test for the number of factors in factor analysis.

Psychometrika, *30*(2), 179–185. https://doi.org/10.1007/BF02289447

Horstmann, K. T., Rauthmann, J. F., Sherman, R. A., & Ziegler, M. (2021). Unveiling an exclusive link: Predicting behavior with personality, situation perception, and affect in a preregistered experience sampling study. *Journal of Personality and Social Psychology*, *120*(5), 1317.

Horstmann, K. T., & Ziegler, M. (2019). Situational perception and affect: Barking up the wrong tree? *Personality and Individual Differences*, *136*, 132–139. https://doi.org/10.1016/j.paid.2018.01.020

Hu, L., & Bentler, P. M. (1999). Cutoff criteria for fit indexes in covariance structure analysis: Conventional criteria versus new alternatives. *Structural Equation Modeling: A Multidisciplinary Journal*, *6*(1), 1–55. https://doi.org/10.1080/10705519909540118

Ion, A., Georgescu, A., Iliescu, D., Nye, C. D., & Miu, A. (2023). Events-affect-personality: A daily diary investigation of the mediating effects of affect on the events-personality relationship. *Psychological Reports*, 003329412311753. https://doi.org/10.1177/00332941231175363

Jandorf, L., Deblinger, E., Neale, J. M., & Stone, A. A. (1986). Daily versus major life events as predictors of symptom frequency: A replication study. *The Journal of General Psychology*, *113*(3), 205–218. https://doi.org/10.1080/00221309.1986.9711031

Jayawickreme, E., Tsukayama, E., & Blackie, L. E. R. (2023). Examining the impact of major life events on the frequency and experience of daily social events. *Journal of Personality*, jopy.12819. https://doi.org/10.1111/jopy.12819

Kaiser, H. F. (1974). An index of factorial simplicity. *Psychometrika*, *39*(1), 31–36. https://doi.org/10.1007/BF02291575

Kanner, A. D., Coyne, J. C., Schaefer, C., & Lazarus, R. S. (1981). Comparison of two modes of stress measurement: Daily hassles and uplifts versus major life events. *Journal of Behavioral Medicine*, *4*(1), 1–39. https://doi.org/10.1007/BF00844845

Kelley, T. L. (1927). *Interpretation of educational measurements*. World Book Company.

Kritzler, S., Rakhshani, A., Terwiel, S., Fassbender, I., Donnellan, M. B., Lucas, R. E., & Luhmann, M. (2023). How are common major life events perceived? Exploring differences between and variability of different typical event profiles and raters. *European Journal of Personality*, *37*(2), 171–186. https://doi.org/10.1177/08902070221076586

Kuper, N., Breil, S. M., Horstmann, K. T., Roemer, L., Lischetzke, T., Sherman, R. A., Back, M. D., Denissen, J. J. A., & Rauthmann, J. F. (2022). Individual differences in contingencies between situation characteristics and personality states. *Journal of Personality and Social Psychology*, *123*(5), 1166–1198. https://doi.org/10.1037/pspp0000435

Kuznetsova, A., Brockhoff, P. B., & Christensen, R. H. B. (2017). **lmerTest** Package: Tests in linear mixed effects models. *Journal of Statistical Software*, *82*(13). https://doi.org/10.18637/jss.v082.i13

Lazarus, R. S. (1984). Puzzles in the study of daily hassles. *Journal of Behavioral Medicine*, *7*(4), 375–389. https://doi.org/10.1007/BF00845271

Lazarus, R. S., & Folkman, S. (1989). *Hassles and Uplifts Scales* [Dataset]. https://doi.org/10.1037/t06473-000

Liu, R. T., & Alloy, L. B. (2010). Stress generation in depression: A systematic review of the empirical literature and recommendations for future study. *Clinical Psychology Review*, *30*(5), 582–593. https://doi.org/10.1016/j.cpr.2010.04.010

Luhmann, M., Fassbender, I., Alcock, M., & Haehner, P. (2021). A dimensional taxonomy of perceived characteristics of major life events. *Journal of Personality and Social Psychology*, *121*(3), 633–668. https://doi.org/10.1037/pspp0000291

Luhmann, M., Hofmann, W., Eid, M., & Lucas, R. E. (2012). Subjective well-being and adaptation to life events: A meta-analysis. *Journal of Personality and Social*

Psychology. https://doi.org/10.1037/a0025948

Luhmann, M., Orth, U., Specht, J., Kandler, C., & Lucas, R. E. (2014). Studying changes in life circumstances and personality: It's about time. *European Journal of Personality*, *28*(3), 256–266. https://doi.org/10.1002/per.1951

McCullough, G., Huebner, E. S., & Laughlin, J. E. (2000). Life events, self-concept, and adolescents' positive subjective well-being. *Psychology in the Schools*, *37*(3), 281–290. https://doi.org/10.1002/(SICI)1520-6807(200005)37:3<281::AID-PITS8>3.0.CO;2-2

McHugh, M. L. (2012). Interrater reliability: The kappa statistic. *Biochemia Medica*, 276–282. https://doi.org/10.11613/BM.2012.031

McIntyre, K. P., Korn, J. H., & Matsuo, H. (2008). Sweating the small stuff: How different types of hassles result in the experience of stress. *Stress and Health*, *24*(5), 383–392. https://doi.org/10.1002/smi.1190

McNeish, D., & Kelley, K. (2019). Fixed effects models versus mixed effects models for clustered data: Reviewing the approaches, disentangling the differences, and making recommendations. *Psychological Methods*, *24*(1), 20–35. https://doi.org/10.1037/met0000182

Monroe, S. M. (1983). Major and minor life events as predictors of psychological distress: Further issues and findings. *Journal of Behavioral Medicine*, *6*(2), 189–205. https://doi.org/10.1007/BF00845380

Mroczek, D. K., & Almeida, D. M. (2004). The effect of daily stress, personality, and age on daily negative affect. *Journal of Personality*, *72*(2), 355–378. https://doi.org/10.1111/j.0022-3506.2004.00265.x

Newman, D. B., & Nezlek, J. B. (2022). The influence of daily events on emotion regulation and well-being in daily life. *Personality and Social Psychology Bulletin*, *48*(1), 19–33. https://doi.org/10.1177/0146167220980882

Nezlek, J. B., Rusanowska, M., Holas, P., & Krejtz, I. (2017). Positive daily experiences can buffer the negative effects of daily stress: A conceptual replication. *Journal of Research in Personality*, *71*, 67–71. https://doi.org/10.1016/j.jrp.2017.09.002

Olaru, G., Schroeders, U., Hartung, J., & Wilhelm, O. (2019). Ant colony optimization and local weighted structural equation modeling: A tutorial on novel item and person sampling procedures for personality research. *European Journal of Personality*, *33*(3), 400–419. https://doi.org/10.1002/per.2195

Page, M. J., McKenzie, J. E., Bossuyt, P. M., Boutron, I., Hoffmann, T. C., Mulrow, C. D., Shamseer, L., Tetzlaff, J. M., Akl, E. A., Brennan, S. E., Chou, R., Glanville, J., Grimshaw, J. M., Hróbjartsson, A., Lalu, M. M., Li, T., Loder, E. W., Mayo-Wilson, E., McDonald, S., … Moher, D. (2021). The PRISMA 2020 statement: An updated guideline for reporting systematic reviews. *BMJ*, n71. https://doi.org/10.1136/bmj.n71

Panaite, V., Devendorf, A. R., Kashdan, T. B., & Rottenberg, J. (2021). Daily life positive events predict well-being among depressed adults 10 years later. *Clinical Psychological Science*, *9*(2), 222–235. https://doi.org/10.1177/2167702620956967

Parrigon, S., Woo, S. E., Tay, L., & Wang, T. (2017). CAPTION-ing the situation: A lexically-derived taxonomy of psychological situation characteristics. *Journal of Personality and Social Psychology*, *112*(4), 642–681. https://doi.org/10.1037/pspp0000111

Peeters, M. C. W., Buunk, B. P., & Schaufeli, W. B. (1995). A micro-analytic exploration of the cognitive appraisal of daily stressful events at work: The role of controllability. *Anxiety, Stress, and Coping*. https://doi.org/10.1080/10615809508249369

Pillow, D. R., Zautra, A. J., & Sandler, I. (1996). Major life events and minor stressors: Identifying mediational links in the stress process. *Journal of Personality and Social Psychology*, *70*(2), 381–394. https://doi.org/10.1037/0022-3514.70.2.381

R Core Team. (2022). *R: A Language and Environment for Statistical Computing* (Version

2024.04.2+764) [Computer software]. R Foundation for Statistical Computing. https://www.R-project.org/

Raborn, A. (2023). *ShortForm: Automatic short form creation.* [Computer software]. https://CRAN.R-project.org/package=ShortForm

Rahm, T., Heise, E., & Schuldt, M. (2017). Measuring the frequency of emotions—Validation of the Scale of Positive and Negative Experience (SPANE) in Germany. *PLOS ONE*, *12*(2), e0171288. https://doi.org/10.1371/journal.pone.0171288

Rakhshani, A., Lucas, R. E., Donnellan, M. B., Fassbender, I., & Luhmann, M. (2022). Personality traits and perceptions of major life events. *European Journal of Personality*, *36*(4), 683–703. https://doi.org/10.1177/08902070211045825

Rammstedt, B., & Beierlein, C. (2014). Can't we make it any shorter? The limits of personality assessment and ways to overcome them. *Journal of Individual Differences*, *35*(4), 212–220. https://doi.org/10.1027/1614-0001/a000141

Rammstedt, B., Danner, D., Soto, C. J., & John, O. P. (2020). Validation of the short and extra-short forms of the Big Five Inventory-2 (BFI-2) and their German adaptations. *European Journal of Psychological Assessment*, *36*(1), 149–161. https://doi.org/10.1027/1015-5759/a000481

Rauthmann, J. F. (2015). Structuring situational information. *European Psychologist*, *20*(3), 176–189. https://doi.org/10.1027/1016-9040/a000225

Rauthmann, J. F. (2021). Capturing interactions, correlations, fits, and transactions: A Person-Environment Relations Model. In *The Handbook of Personality Dynamics and Processes* (pp. 427–522). Elsevier. https://doi.org/10.1016/B978-0-12-813995-0.00018-2

Rauthmann, J. F., Gallardo-Pujol, D., Guillaume, E. M., Todd, E., Nave, C. S., Sherman, R. A., Ziegler, M., Jones, A. B., & Funder, D. C. (2014). The Situational Eight DIAMONDS: A taxonomy of major dimensions of situation characteristics. *Journal of*

Personality and Social Psychology, *107*(4), 677–718. https://doi.org/10.1037/a0037250

Rauthmann, J. F., & Sherman, R. A. (2020). The situation of situation research: Knowns and unknowns. *Current Directions in Psychological Science*, *29*(5), 473–480. https://doi.org/10.1177/0963721420925546

Rauthmann, J. F., Sherman, R. A., & Funder, D. C. (2015). Principles of situation research: Towards a better understanding of psychological situations. *European Journal of Personality*, *29*(3), 363–381. https://doi.org/10.1002/per.1994

Reis, H. T. (2008). Reinvigorating the concept of situation in social psychology. *Personality and Social Psychology Review*, *12*(4), 311–329. https://doi.org/10.1177/1088868308321721

Revelle, W. (2023). *psych: Procedures for Psychological, Psychometric, and Personality Research* (Version R package version 2.4.3) [Computer software]. https://CRAN.R-project.org/package=psych

Revelle, W. (2024). *psych: Procedures for Psychological, Psychometric, and Personality Research*. Northwestern University. https://CRAN.R-project.org/package=psych

Ringwald, W. R., Nielsen, S., Mostajabi, J., Vize, C., Van Den Berg, T., Manuck, S. B., Marsland, A., & Wright, A. G. C. (2022). *Characterizing Stress Processes by Linking Big Five Personality States, Traits, and Day-to-Day Stressors*. PsyArXiv. https://doi.org/10.31234/osf.io/h5dzx

Rizopoulos, D. (2006). **ltm**: An *R* Package for latent variable modeling and item response theory analyses. *Journal of Statistical Software*, *17*(5). https://doi.org/10.18637/jss.v017.i05

Rnic, K., Santee, A. C., Hoffmeister, J.-A., Liu, H., Chang, K. K., Chen, R. X., Neufeld, R. W. J., Machado, D. A., Starr, L. R., Dozois, D. J. A., & LeMoult, J. (2023). The vicious cycle of psychopathology and stressful life events: A meta-analytic review

testing the stress generation model. *Psychological Bulletin*, *149*(5–6), 330–369. https://doi.org/10.1037/bul0000390

Roberts, B. W., & Nickel, L. B. (2017). A critical evaluation of the Neo-Socioanalytic Model of personality. In *Personality Development Across the Lifespan* (pp. 157–177). Elsevier. https://doi.org/10.1016/B978-0-12-804674-6.00011-9

Rosseel, Y. (2012). **lavaan**: An *R* package for structural equation modeling. *Journal of Statistical Software*, *48*(2). https://doi.org/10.18637/jss.v048.i02

Ryu, E., & West, S. G. (2009). Level-specific evaluation of model fit in multilevel structural equation modeling. *Structural Equation Modeling: A Multidisciplinary Journal*, *16*(4), 583–601. https://doi.org/10.1080/10705510903203466

Sahl, J. C., Cohen, L. H., & Dasch, K. B. (2009). Hostility, interpersonal competence, and daily dependent stress: A daily model of stress generation. *Cognitive Therapy and Research*, *33*(2), 199–210. https://doi.org/10.1007/s10608-007-9175-5

Santee, A. C., Rnic, K., Chang, K. K., Chen, R. X., Hoffmeister, J.-A., Liu, H., LeMoult, J., Dozois, D. J. A., & Starr, L. R. (2023). Risk and protective factors for stress generation: A meta-analytic review. *Clinical Psychology Review*, *103*, 102299. https://doi.org/10.1016/j.cpr.2023.102299

Sarason, I. G., Johnson, J. H., & Siegel, J. M. (1978). *Life Experiences Survey* [Dataset]. https://doi.org/10.1037/t01293-000

Schermelleh-Engel, K., Moosbrugger, H., & Müller, H. (2003). Evaluating the fit of structural equation models: Tests of significance and descriptive goodness-of-fit measures. *Methods of Psychological Research*, *8*(2), 23–74. https://doi.org/10.23668/PSYCHARCHIVES.12784

Serido, J., Almeida, D. M., & Wethington, E. (2004). Chronic stressors and daily hassles: Unique and interactive relationships with psychological distress. *Journal of Health and Social Behavior*, *45*(1), 17–33. https://doi.org/10.1177/002214650404500102

Sheldon, K. M., Boehm, J., & Lyubomirsky, S. (2013). *Variety is the Spice of Happiness: The Hedonic Adaptation Prevention Model*. Oxford University Press. https://doi.org/10.1093/oxfordhb/9780199557257.013.0067

Sherman, R. A., Rauthmann, J. F., Brown, N. A., Serfass, D. G., & Jones, A. B. (2015). The independent effects of personality and situations on real-time expressions of behavior and emotion. *Journal of Personality and Social Psychology*, *109*(5), 872–888. https://doi.org/10.1037/pspp0000036

Soto, C. J., & John, O. P. (2017). The next Big Five Inventory (BFI-2): Developing and assessing a hierarchical model with 15 facets to enhance bandwidth, fidelity, and predictive power. *Journal of Personality and Social Psychology*, *113*(1), 117–143. https://doi.org/10.1037/pspp0000096

Stone, A. A., & Neale, J. M. (1980). *Development of a Methodology for Assessing Daily Experiences*. https://apps.dtic.mil/sti/citations/tr/ADA120166

Tomaka, J., Blascovich, J., Kelsey, R. M., & Leitten, C. L. (1993). Subjective, physiological, and behavioral effects of threat and challenge appraisal. *Journal of Personality and Social Psychology*, *65*(2), 248–260. https://doi.org/10.1037/0022-3514.65.2.248

Totenhagen, C. J., Serido, J., Curran, M. A., & Butler, E. A. (2012). Daily hassles and uplifts: A diary study on understanding relationship quality. *Journal of Family Psychology*, *26*(5), 719–728. https://doi.org/10.1037/a0029628

Velicer, W. F. (1976). Determining the number of components from the matrix of partial correlations. *Psychometrika*, *41*(3), 321–327. https://doi.org/10.1007/BF02293557

Verduyn, P., Van Mechelen, I., Kross, E., Chezzi, C., & Van Bever, F. (2012). The relationship between self-distancing and the duration of negative and positive emotional experiences in daily life. *Emotion*, *12*(6), 1248–1263. https://doi.org/10.1037/a0028289

Vize, C. E., Kaurin, A., & Wright, A. G. C. (2023). Personality pathology and momentary

stress processes. *Clinical Psychological Science*, 21677026231192483. https://doi.org/10.1177/21677026231192483

Wagner, B. M., Compas, B. E., & Howell, D. C. (1988). Daily and major life events: A test of an integrative model of psychosocial stress. *American Journal of Community Psychology*, *16*(2), 189–205. https://doi.org/10.1007/BF00912522

Watkins, M. W. (2021). *A step-by-step guide to exploratory factor analysis with R and Rstudio*. Routledge.

Weinberger, M., Hiner, S. L., & Tierney, W. M. (1987). In support of hassles as a measure of stress in predicting health outcomes. *Journal of Behavioral Medicine*, *10*(1), 19–30. https://doi.org/10.1007/BF00845125

Wheaton, B., Young, M., Montazer, S., & Stuart-Lahman, K. (2013). Social stress in the twenty-first century. In C. S. Aneshensel, J. C. Phelan, & A. Bierman (Eds.), *Handbook of the Sociology of Mental Health* (pp. 299–323). Springer Netherlands. https://doi.org/10.1007/978-94-007-4276-5_15

Wilson, T. D., & Gilbert, D. T. (2008). Explaining away: A Model of Affective Adaptation. *Perspectives on Psychological Science*, *3*(5), 370–386. https://doi.org/10.1111/j.1745-6924.2008.00085.x

Wright, A. G. C., Aslinger, E. N., Bellamy, B., Edershile, E. A., & Woods, W. C. (2020). Daily stress and hassles. In K. L. Harkness & E. P. Hayden (Eds.), *The Oxford Handbook of Stress and Mental Health* (pp. 26–44). Oxford University Press. https://doi.org/10.1093/oxfordhb/9780190681777.013.2

Wrzus, C., & Roberts, B. W. (2017). Processes of personality development in adulthood: The TESSERA framework. *Personality and Social Psychology Review*, *21*(3), 253–277. https://doi.org/10.1177/1088868316652279

Zautra, A. J., Guarnaccia, C. A., & Dohrenwend, B. P. (1986). Measuring small life events. *American Journal of Community Psychology*, *14*(6), 629–655.

https://doi.org/10.1007/BF00931340

Zenk, S. N., Horoi, I., Jones, K. K., Finnegan, L., Corte, C., Riley, B., & Wilbur, J. (2017). Environmental and personal correlates of physical activity and sedentary behavior in African American women: An ecological momentary assessment study. *Women & Health*, *57*(4), 446–462. https://doi.org/10.1080/03630242.2016.1170093

Zheng, H., Cooke, E. M., Li, K., & Zheng, Y. (2023). Capturing hassles and uplifts in adolescents' daily lives: Links with physical and mental well-being. *Journal of Youth and Adolescence*, *52*(1), 177–194. https://doi.org/10.1007/s10964-022-01682-6

Ziegler, M., Kemper, C. J., & Kruyen, P. (2014). Short scales – Five misunderstandings and ways to overcome them. *Journal of Individual Differences*, *35*(4), 185–189. https://doi.org/10.1027/1614-0001/a000148

Appendix

The Daily Event Questionnaire (DEQ)

Event characteristic	Original items (German)	Translated Items (English)	Version		
			#1	#2	#3
Positive emotion	Das Ereignis war positiv.	The event was positive.	X	X	X
	Das Ereignis hat meine Stimmung verbessert.	The event improved my mood.		X	X
	Das Ereignis hat mich zum Lachen gebracht.	The event made me laugh.			X
Challenge	Das Ereignis war stressig.	The event was stressful.	X	X	X
	Das Ereignis war anstrengend.	The event was exhausting.		X	X
	Das Ereignis war belastend.	The event was burdensome.			X
Relevance	Das Ereignis hat mich sehr bewegt.	The event moved me a lot.	X	X	X
	Das Ereignis hatte Einfluss auf mein Leben.	The event had impact on my life.		X	X
	Das Ereignis hat meine Einstellungen verändert.	The event changed my attitudes.			X
Threat to self	Bei dem Ereignis wurde ich kritisiert.	I was criticized during the event.	X	X	X
	Aufgrund des Ereignisses sehe ich mich in einem schlechteren Licht.	Because of the event, I see myself in a worse light.		X	X
	Mein Ansehen hat unter dem Ereignis gelitten.	My reputation suffered from the event.			X
Predictability	Das Ereignis trat unerwartet ein. (–)	The event occurred unexpectedly. (–)	X	X	X
	Das Ereignis trat plötzlich ein. (–)	The event occurred suddenly. (–)		X	X
	Ich wusste schon vorher, dass das Ereignis eintreten würde.	I knew in advance that the event would be happening.			X
Duty	Bei dem Ereignis war aufgabenorientiertes Denken nötig.	During the event task-oriented thinking was required.	X	X	X
	Bei dem Ereignis musste ich etwas leisten.	During the event, I had to perform.		X	X
	Bei dem Ereignis musste eine Arbeit erledigt werden.	During the event, a job had to be done.			X
Sociality	Bei dem Ereignis waren persönliche Beziehungen wichtig oder konnten sich entwickeln.	During the event, close personal relationships were important or could develop.	X	X	X
	Bei dem Ereignis war die Kommunikation mit anderen Menschen wichtig oder erwünscht.	During the event, communication with other people was important or desired.		X	X
	Das Ereignis erforderte Empathie und Verständnis.	The event required empathy and appreciation.			X
External control	Das Ereignis wurde durch andere Menschen verursacht.	The event was caused by other people.	X	X	X
	Das Ereignis lag in der Hand anderer Menschen.	The event was in the hands of other people		X	X
	Andere tragen Verantwortung für das Ereignis.	Others were responsible for the event.			X

Note. The English translation has not yet been empirically validated. The items were rated on a 5-point scale ranging from 1 (*trifft überhaupt nicht zu* [*does not apply at all*]) to 5 (*trifft voll und ganz zu* [*totally applies*]). Items that need to be reversed coded are marked by (–). The columns #1, #2, and #3 indicate whether an item is included in the respective DEQ version with 1, 2, or 3 items per perceived event characteristics. These items have first been published with a CC-BY licence at OSF.