Everyday Thoughts in Time: ESM Protocol (Study 1)

[blocker in case of already registered response: Thanks, you already replied to this signal for this day.]

What was in your mind just before the signal came? (check all that apply)

- ❑ receiving information from the world (e.g., conversation, watching/listening to media)
- ❑ expressing or communicating information (e.g., talking, typing, writing, singing, etc.)
- ❑ private thoughts (e.g., thinking, daydreaming, mindwandering, problem solving, ruminating)
- ❑ no thoughts (e.g., zoning out, trance state)

Who were you with when the signal came?

- ○ no one; I was alone
- ○ interacting with people
- ○ others are present but not interacting with me
- ○ interacting with others elsewhere

How happy/sad do you feel right now? (7-point slider from very sad [-3] to very happy [+3], example below)

How excited/relaxed do you feel right now? (7-point slider from very relaxed to very excited)

How angry/frustrated do you feel right now? (5-point slider from not at all [0] to very angry [4])

How anxious do you feel right now? (5-point slider from not at all [0] to very anxious [4])

How disappointed do you feel right now? (5-point slider from not at all [0] to very disappointed [4])

How surprised do you feel right now? (5-point slider from not at all [0] to very surprised [4])

How wanting/desirous of certain things do you feel right now? (5-point slider from not at all [0] to very wanting [4])

To what extent were your last thoughts before the signal ...

... focused on yourself versus other people? (7-point slider from myself [-3] to other people [+3])

... meaningful versus shallow? (7-point slider from very shallow [-3] to very meaningful [+3])

... under your control? (7-point slider from very low control [-3] to very high control [+3])

When the signal came, were your thoughts about: (check all that apply)

- ❑ the past (beyond 5 minutes ago)
- ❑ the present, now (within the current 5 minutes)
- ❑ the future (beyond 5 minutes hence)
- ❑ no time aspect

Branching if "the past" is selected

Do your thoughts about the past include (check all that apply):

- ❑ self
- ❑ others
- ❑ no specific person

Which time span did you think about when thinking about the past? (check all that apply)

- ❑ earlier today
- ❑ yesterday
- ❑ a few days ago
- ❑ 1-4 weeks ago
- ❑ 1-12 months ago
- ❑ more than a year ago
- ❑ more than 10 years ago
- ❑ before you were born

What describes your thoughts/emotions about the past? (check all that apply)

- ❑ regret
- ❑ replaying thoughts over and over
- ❑ happy
- ❑ sad
- ❑ disappointed
- ❑ nostalgia (appreciating / bittersweet about the past)
- ❑ proud
- ❑ relieved
- ❑ angry
- ❑ trying to make sense of it / understand
- ❑ what might have been / should have happened
- ❑ remembering a prior lesson or lesson learned
- ❑ how to deal with past event (e.g., fix problem)
- ❑ implications of the past for the future
- ❑ other (please specify): _____

Do your thoughts about the present include (check all that apply):

- ❑ self
- ❑ others
- ❑ no specific person

What describes your thoughts about the present? (check all that apply)

- ❑ enjoying, savoring
- ❑ surprised
- ❑ trying to figure out what is going on
- ❑ doing what I intend to do / what I am supposed to do
- ❑ bored
- ❑ getting through it
- ❑ controlling myself / inner struggle
- ❑ working through a problem
- ❑ struggle with other people
- ❑ trying to get what I want/need
- ❑ deciding/choosing
- ❑ how I look or seem to others
- ❑ feeling sorry for myself
- ❑ how things could or should be different
- ❑ enjoying the presence of other people
- ❑ paying attention/zeroed in on what I am doing
- ❑ implications of the present for the future
- ❑ other (please specify): _____

Do your thoughts about the future include (check all that apply):

- ❑ self
- ❑ others
- ❑ no specific person

Which time span did you think about when thinking about the future? (check all that apply)

- ❑ later today
- ❑ tomorrow
- ❑ a few days from now
- ❑ 1-4 weeks from now
- ❑ 1-12 months from now
- ❑ more than a year from now
- ❑ more than 10 years from now
- ❑ more than 50 years from now
- ❑ after life

What describes your thoughts about the future? (check all that apply)

- ❑ planning
- ❑ imagining
- ❑ what other people will do
- ❑ intending
- ❑ what I will do
- ❑ what you are obliged to do
- ❑ what you hope to do
- ❑ what you hope will happen
- ❑ what you fear will happen
- ❑ worries
- ❑ wondering what will happen
- ❑ possible future emotions or expected emotions
- ❑ what you will say or write
- ❑ choosing/deciding among future options
- ❑ other (please specify): _____

How much do you think the future events you thought about are under your control? (7-point slider from not at all [0] to very much [6])

Note: The below checklist was displayed/branched on a randomly selected 60% of occasions

Check all that apply to the thoughts you were having just before the signal came:

- ❑ wanting something
- ❑ how I look or seem to others
- ❑ thinking about myself
- ❑ other people
- ❑ planning the future, strategizing
- ❑ repeating / going over thoughts again and again
- ❑ trying NOT to think about something
- ❑ making a choice decision
- ❑ thinking about feedback - giving it or having received it
- ❑ trying to get through this
- ❑ listening, following, or reading
- ❑ what to say (real or imaginary)
- ❑ surprising or unexpected events
- ❑ funny or amusing thoughts
- ❑ money or finances
- ❑ morals, fairness, justice: right or wrong
- ❑ health, wellness, or pain (your own, or others)
- ❑ obligation or duties
- ❑ doing/thinking about work
- ❑ worry
- ❑ feeling sorry for myself
- ❑ death
- ❑ creative thought, imagination

❑   erotic thoughts

❑   other (please specify): _____

[Overall thought rating and state measures]

Altogether, to what extent were your thoughts about something pleasant/unpleasant? (7-point slider from very unpleasant [-3] to very pleasant [+3])

How involved are you with what is happening right now? (7-point slider from totally detached [0] to totally absorbed [+3])

How satisfied with your life are you right now? (7-point slider from not at all [0] to very much [6])

How mentally exhausted do you feel right now? (7-point slider from not at all [0] to very much [6])

How stressed are you right now? (7-point slider from not at all [0] to very much [6])

Have you had any alcohol or drugs?

○ none
○ little
○ some
○ a lot

How distracted were you by your surroundings when you filled out this survey? (7-point slider from not at all [0] to very much [6])

Everyday Thoughts in Time: List of Survey Measures (Study 1)

Brief Big Five Scale	Gosling et al., 2003
Need for closure	Houghton & Grewal, 2000
Trait self-control	Tangney et al., 2003
Self-esteem	Rosenberg, 1965
Narcissism	Campbell et al., 2004
Rumination	Trapnell & Campbell, 1999
Depression	Beck et al., 1996
Optimism	Scheier et al., 1994
Life satisfaction	Diener et al., 1985
Loneliness	Russell, 1996
Importance of money	Mitchell & Mickel, 1999
Time Perspective Inventory	Zimbardo & Boyd, 1999
Feeling duped	Preuss & Stillman, 2017*

* Preuss, G. & Stillman, T. (2017). Fool me once, shame on me: The development and validation of a measure of sucker rumination. Unpublished manuscript, Washburn University, Topeka, KS.