Day Reconstruction Method (DRM)

Diary study on happiness and technology

**Protocol Number:**IRB0149163

**Protocol Title:**[CAREER: Technology-Mediated Positive Emotion Regulation: A Day Reconstruction Study](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Frass.cornell.edu%2Fwicket%2Fbookmarkable%2Fcom.novelution.nrms.webapp.irb.EditIrbPage%3Fid%3D300190&data=05%7C02%7Cjdf269%40cornell.edu%7C5624ebc5d05f4c94d80008dd34305835%7C5d7e43661b9b45cf8e79b14b27df46e1%7C0%7C0%7C638724104442574270%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=TgvBuujaay0SIV%2B6y1amU4Vzc2QQdJMXpG4fStpvml4%3D&reserved=0)

**Protocol PI:** Jeremy Faulk (jdf269)

**Faculty Advisor:** Jay Yoon (jy846)

**To the IRB Administrator:**

Below are the questions for our 8-day study on happiness and technology. Use the table of contents as needed for navigation. Note that the study contains repetitions of certain questions; however, we have NOT repeated them here (i.e., to make review easier).

Thank you!

Kind regards,

Jeremy

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Screening

Day 0

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| Screening Questions (Day 0) | |
| **Instructions:** First, we would like to ask some general questions about you. | |
| **Variable Name:** | **Questions:** |
| **S0AGE** | How old are you? |
| **S0LOC** | Will you be residing in Ithaca, NY as of April 7th, 2025?  0 = no  1 = yes  3 = Other, please specify: |
| **S0GEN** | What is your current gender identity?  1 = Man/Cis man/Male  2 = Woman/Cis woman/Female  3 = Transgender man  4 = Transgender woman  5 = Non-binary/Gender nonconforming  6 = Not sure  7 = Something else (please specify): |
| **S0NAM** | What is your first name and the first initial of your last name (e.g., "Jeremy F.")? |
| **S0SONA** | Before we move on –– SONA Provides you with an ID# (e.g., 12345). What is your participant ID# on SONA? Visit SONA [here](https://cornellpsych.sona-systems.com/).  Note: If you don’t have a SONA ID#, please write your NetID (e.g., jdf269). Your data will remain confidential. I will ‘de-identify’ your information before sharing the study results with anyone. |
| **S0EMAIL** | What is your Cornell email address (abc123@cornell.edu)? |
| **CONSENT** | Below is the Consent form for this study. Please read and sign. |

A1

Day 1

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| Demographics (A1 – Day 1) | |
| **Instructions:** First, we would like to ask some general questions about you. | |
| **Variable Name:** | **Questions:** |
| **A1SONA** | Before we move on –– SONA Provides you with an ID# (e.g., 12345). What is your participant ID# on SONA? Visit SONA [here](https://cornellpsych.sona-systems.com/).  Note: If you don’t have a SONA ID#, please write your NetID (e.g., jdf269). Your data will remain confidential. I will ‘de-identify’ your information before sharing the study results with anyone. |
| **GEN** | What is your current gender identity?  1 = Man/Cis man/Male  2 = Woman/Cis woman/Female  3 = Transgender man  4 = Transgender woman  5 = Non-binary/Gender nonconforming  6 = Not sure  7 = Something else (please specify):  8 = Prefer not to say |
| **AGE** | How old are you? |
| **ETHN** | What is your ethnic group?  1 = AMENA (Arab, Middle Eastern, North African)  2 = American Indian/Native American  3 = Asian  4 = Black/African American  5 = Latinx/Hispanic  6 = White/European American  7 = Biracial/Multiethnic (please specify):  8 = Something else (please specify):  9 = Prefer not to say |
| **EDU** | What is the highest level of school you have completed or the highest degree you have received?  1 = Less than high school degree  2 = High school degree or equivalent (e.g., GED)  3 = Trade school  4 = Some college but no degree  5 = Associate degree  6 = Bachelor’s degree  7 = Graduate degree  8 = Prefer not to say |
| **A1BEL** | *Please respond to the following statement in terms of your agreement with it:*  I feel like there’s a place for me here at my university.  1 = Strongly disagree  2 = Disagree  3 = Neutral  4 = Agree  5 = Strongly agree |
| **A1ATT** | On a scale of 1-7, please select the number ‘6’ below (to confirm your attention to this question).  7 = Strongly agree  6 = Agree  5 = Slightly agree  4 = Neither agree nor disagree  3 = Slightly disagree  2 = Disagree  1 = Strongly disagree |
| **Scale Reference:**  For Belonging metric, (i.e., **A1BEL**) see <https://www.edutopia.org/article/the-science-of-belonging-and-connection/> | |
| **Scoring:**  For **A1ATT**, if the participant writes a 6, then include their data. If they do not, then strongly consider the internal validity of their responses going forward. | |
| **Psychometrics:**  When controlling for ethnicity in your analyses, white students (largest in the sample) serve as the reference group.  **AMENA**  **AINA**  **ASIAN**  **BLACK**  **LATINX**  **BIRAC**  **OTHER** | |

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| Subjective Well-being (A1 – Day 1) Satisfaction with Life Scale (SWLS) | |
| **Instructions:** Below are five statements that you may agree or disagree with. Using the 1 - 7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.  7 = Strongly agree  6 = Agree  5 = Slightly agree  4 = Neither agree nor disagree  3 = Slightly disagree  2 = Disagree  1 = Strongly disagree | |
| **Variable Name:** | **Questions:** |
| **SWLS1** | In most ways my life is close to my ideal. |
| **SWLS2** | The conditions of my life are excellent. |
| **SWLS3** | I am satisfied with my life. |
| **SWLS4** | So far, I have gotten the important things I want in life. |
| **SWLS5** | If I could live my life over, I would change almost nothing. |
| **Scale Scoring:**  Arithmetic mean | |
| **Scale Reference:**  Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment*, *49*, 71-75. | |
| **Psychometrics:**  31 - 35 Extremely satisfied  26 - 30 Satisfied  21 - 25 Slightly satisfied  20 Neutral  15 - 19 Slightly dissatisfied  10 - 14 Dissatisfied  5 - 9 Extremely dissatisfied | |

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| Flourishing (A1 – Day 1) Flourishing Scale (FS) | |
| **Instructions:** Below are 8 statements with which you may agree or disagree. Using the 1–7 scale below, indicate your agreement with each item by indicating that response for each statement.  7 = Strongly agree  6 = Agree  5 = Slightly agree  4 = Neither agree nor disagree  3 = Slightly disagree  2 = Disagree  1 = Strongly disagree | |
| **Variable Name:** | **Questions:** |
| **FS01** | I lead a purposeful and meaningful life. |
| **FS02** | My social relationships are supportive and rewarding. |
| **FS03** | I am engaged and interested in my daily activities. |
| **FS04** | I actively contribute to the happiness and well-being of others. |
| **FS05** | I am competent and capable in the activities that are important to me. |
| **FS06** | I am a good person and live a good life. |
| **FS07** | I am optimistic about my future. |
| **FS08** | People respect me. |
| **Scale Scoring:**  Add the responses, varying from 1 to 7, for all eight items. The possible range of scores is from 8 (lowest possible) to 56 (highest PWB possible). A high score represents a person with many psychological resources and strengths. | |
| **Scale Reference:**  Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D., Oishi, S., & Biswas-Diener, R. (2009). New measures of well-being: Flourishing and positive and negative feelings. Social Indicators Research, 39, 247-266. | |
| **Rationale:**  The Flourishing Scale is a brief 8-item summary measure of the respondent's self-perceived success in important areas such as relationships, self-esteem, purpose, and optimism. The scale provides a single psychological well-being score. | |

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| Recent Emotions (A1 – Day 1) Scale of Positive and Negative Experiences (SPANE) | |
| **Instructions:** Please think about what you have been doing and experiencing during the past four weeks. Then report how much you experienced each of the following feelings, using the scale below. For each item, select a number from 1 to 5, and indicate that number on your response sheet.  1. Very Rarely or Never  2. Rarely  3. Sometimes  4. Often  5. Very Often or Always | |
| **Variable Name:** | **Questions:** |
| **P1SPANE** | Positive |
| **N1SPANE** | Negative |
| **P2SPANE** | Good |
| **N2SPANE** | Bad |
| **P3SPANE** | Pleasant |
| **N3SPANE** | Unpleasant |
| **P4SPANE** | Happy |
| **N4SPANE** | Sad |
| **N5SPANE** | Afraid |
| **P5SPANE** | Joyful |
| **N6SPANE** | Angry |
| **P6SPANE** | Contented |
| **Scale Scoring:**  **Scoring:** The measure can be used to derive an overall affect balance score, but can also be divided into positive and negative feelings scales.  **Positive Feelings (SPANE-P):** Add the scores, varying from 1 to 5, for the six items: positive, good, pleasant, happy, joyful, and contented. The score can vary from 6 (lowest possible) to 30 (highest positive feelings score). **P1SPANE, P2SPANE, P3SPANE, P4SPANE, P5SPANE, P6SPANE**  **Negative Feelings (SPANE-N):** Add the scores, varying from 1 to 5, for the six items: negative, bad, unpleasant, sad, afraid, and angry. The score can vary from 6 (lowest possible) to 30 (highest negative feelings score). **N1SPANE, N2SPANE, N3SPANE, N4SPANE, N5SPANE, N6SPANE**  **Affect Balance (SPANE-B):** The negative feelings score is subtracted from the positive feelings score, and the resultant difference score can vary from -24 (unhappiest possible) to 24 (highest affect balance possible). A respondent with a very high score of 24 reports that she or he rarely or never experiences any of the negative feelings, and very often or always has all of the positive feelings. | |
| **Scale Reference:**  Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D., Oishi, S., & Biswas-Diener, R. (2009). New measures of well-being: Flourishing and positive and negative feelings. Social Indicators Research, 39, 247-266. | |

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| Lay Hedonism / Eudaimonism (A1 – Day 1) Beliefs about Well-being Scale (BWBS) | |
| Instructions: Different people have different beliefs about what factors are involved in the  experience of high well-being and ‘the good life’. Please indicate the degree to which you  believe that each of the items is a **necessary and required** aspect of the experience of high  well-being and living the good life by circling the appropriate number.  “The experience of well-being and the good life necessarily involves…”  7 = Strongly agree  6 = Agree  5 = Slightly agree  4 = Neither agree nor disagree  3 = Slightly disagree  2 = Disagree  1 = Strongly disagree | |
| **Variable Name:** | **Questions:** |
| **BWBS01** | A great amount of pleasure |
| **BWBS02** | Experiencing a great deal of sensual pleasure |
| **BWBS03** | Living in ways that benefit others |
| **BWBS04** | Not experiencing hassles |
| **BWBS05** | Making the world a better place |
| **BWBS06** | Working to achieve one’s true potential |
| **BWBS07** | Not experiencing negative emotions |
| **BWBS08** | The identification and cultivation of one’s strengths |
| **BWBS09** | Experiencing euphoria and pleasure |
| **BWBS10** | Being a positive influence within the community |
| **BWBS11** | The exertion of effort to meet life’s challenges |
| **BWBS12** | Pleasurable experiences |
| **BWBS13** | Contribution to society |
| **BWBS14** | A lack of unpleasant experiences |
| **BWBS15** | A high degree of self-knowledge |
| **BWBS16** | A lack of painful experiences |
| **Scale Scoring:**  The Beliefs about Well-being Scale consists of two sub-factors. The first one is called **Lay Hedonism**, which measures the belief in a good life as “experiencing pleasure” and “avoiding pain.” The second factor is **Lay Eudaimonism**, which measures the belief in a good life as “personal growth” and “contributing to the well-being of others.” There are four Dimensions of Happiness (McMahan & Estes, 2011): (1) Experiencing pleasure, (2) Avoiding negative experiences, (3) Contributing to the happiness of others, (4) Self development.  **Lay Hedonism**   1. Experiencing pleasure **BWBS-EP ---- BWBS01, BWBS02, BWBS09, BWBS12** 2. Avoiding negative experiences **BWBS-ANE ---- BWBS04, BWBS07, BWB14, BWBS16**   **Lay Eudaimonism**   1. Contributing to the happiness of others **BWBS-CO ---- BWBS06, BWBS08 BWBS11, BWBS15** 2. Self development. **BWBS-SD ---- BWBS03, BWBS05, BWBS10, BWBS13**   Average each subscale and then average altogether for a total (assumed – not mentioned in paper). | |
| **Scale Reference:**  McMahan, E. A., & Estes, D. (2011). Measuring lay conceptions of well-being: The beliefs about well-being scale. *Journal of Happiness Studies*, 12, 267-287. | |
| **Rationale:**  Better understanding of lay hedonism and eudaimonia may shed light on how participants’ patterns of tech-mediated behaviors relate to their motivations. | |

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| Attitudes about Technology (A1 – Day 1) Media and Technology Attitudes Scale (META) | |
| **Instructions:** The following 9 questions relate to how you feel when thinking about technologies. Please answer in terms of your agreement with each statement.  Strongly agree (5) Agree (4) Neither agree nor disagree (3) Disagree (2) Strongly disagree (1) | |
| **Variable Name:** | **Questions:** |
| Positive Affect Subscale | |
| **METAPA1** | I feel it is important to be able to find any information whenever I want online. |
| **METAPA2** | I feel it is important to be able to access the Internet any time I want. |
| **METAPA3** | I think it is important to keep up with the latest trends in technology. |
| **METAPA4** | Technology will provide solutions to many of our problems. |
| **METAPA5** | With technology anything is possible. |
| **METAPA6** | I feel that I get more accomplished because of technology. |
| Anxiety and Dependence Subscale | |
| **METAAD1** | I get anxious when I don’t have my cell phone. |
| **METAAD2** | I get anxious when I don’t have the Internet available to me. |
| **METAAD3** | I am dependent on my technology. |
| **Scale Scoring:**  “METAPA” items relate to positive affect subscale.  **METAPA1, METAPA2, METAPA3, METAPA4, METAPA5, METAPA6**  “METAAD” relate to the “anxiety and dependence” subscale.  **METAAD1, METAAD2, METAAD3** | |
| **Scale Reference:**  Rosen, L. D., Whaling, K., Carrier, L. M., Cheever, N. A., & Rokkum, J. (2013). The Media and Technology Usage and Attitudes Scale: An empirical investigation. Computers in Human Behavior, 29(6), 2501–2511. <https://doi.org/10.1016/j.chb.2013.06.006> | |
| **Rationale:**  Understanding attitudes about technology will help us to contextualize participants’ behaviors. | |

See Uploaded Day 2 Packet File

C1 M

Day 3

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| C1 SONA (C1 M – Day 3) | |
| **Instructions:** Welcome back – today’s questionnaire will take about 60 minutes. | |
| **Variable Name:** | **Questions:** |
| **C1SONA** | Before we move on –– SONA Provides you with an ID# (e.g., 12345). What is your participant ID# on SONA? Visit SONA [here](https://cornellpsych.sona-systems.com/).  Note: If you don’t have a SONA ID#, please write your NetID (e.g., jdf269). Your data will remain confidential. I will ‘de-identify’ your information before sharing the study results with anyone. |

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| Morning Episode Qualities (C1 M – Day 3) | |
| **Instructions:** For today’s questionnaire, please choose 3 episodes you’d like to reflect upon more deeply (i.e., one each from the MORNING, afternoon, and evening). Consider which episodes you find the most relevant or interesting to technologies supporting your happiness.  By the term ‘happiness,’ we refer to the experience of pleasure and a sense that one’s life is good, meaningful, and worthwhile.  By the term ‘technologies’ we refer to devices and systems, including both hardware and software, that are powered by electricity or other forms of energy, encompassing electronic gadgets, household appliances, and digital platforms.  We’ll start with **choosing one of yesterday MORNING’s episodes**.  \*\*Please look at your Diary from yesterday (i.e., Day 2) and select ONE of the episodes you noted in the MORNING. Choose an episode that you want to explore more deeply.\*\* | |
| **Variable Name:** | **Questions:** |
| **C1MNAM** | What’s a short name to describe the episode? (e.g., ‘walking to class’). |
| **C1MBEG** | When did this episode BEGIN? Please try to remember the time as precisely as you can. |
| **C1MEND** | When did the episode END? |
| **C1MDC** | What were you doing? (Please check all that apply)  1 = working / studying  2 = using the phone  3 = using the computer  4 = socializing (in person)  5 = socializing (online)  6 = watching videos / movies  7 = listening to audio content  8 = gaming  9 = relaxing  10 = intimate relations (with self / others)  11 = nap / resting  12 = preparing food  13 = eating  14 = taking care of others  15 = exercising  16 = hobbies  17 = commuting  18 = doing chores  19 = praying / worshiping  20 = meditating  21 = other (please specify) |
| **C1MDO** | Please DESCRIBE the general EXPERIENCE in terms of the MAIN thing you were doing during the episode. [Open-ended]  Example: I was playing a video game with friends using a headset so we could talk to each other |
| **C1MDM** | [optional] What OTHER THINGS were you doing or thinking about?  Example: I was trying not to think about my upcoming exam. |
| **C1MATT** | On a scale of 1-7, please select the number ‘4’ below (to confirm your attention to this question).  7 = Strongly agree  6 = Agree  5 = Slightly agree  4 = Neither agree nor disagree  3 = Slightly disagree  2 = Disagree  1 = Strongly disagree |
| **C1MTC** | What technologies did you use? (please check all that apply)  1 = smartphone  2 = headphones  3 = computer  4 = tablet device  5 = speaker  6 = internet  7 = artificial intelligence  8 = monitor / screen  9 = e-reader  10 = e-gaming system  11 = musical instrument / equipment  12 = camera  13 = augmented reality  14 = virtual reality  15 = transportation vehicle / device  16 = lighting  17 = heating / air conditioning  18 = fan  19 = household appliance  20 = scent diffuser  21 = other (please specify) |
| **C1MCO** | [optional] -- How did the COMBINATION of multiple TECHNOLOGIES / apps contribute towards IMPROVING your EMOTIONAL STATE?    *\*Example: “Listening to white noise while scrolling on Instagram helped me to relax before bed. The lavender scent diffuser, along with a fan, also helped me to relax.”\** |
| **Scale Scoring:**  For the attention check, if the participant writes a 4, then include their data. If they do not, then strongly consider the internal validity of their responses going forward.  **C1MDO** was constructed from the Khaneman DRM study in addition to the Huta and Ryan (2010) study (p. 749). | |
| **Scale Reference:**  Text | |
| **Psychometrics:**  Text (e.g., chronbach’s alpha) | |
| **Rationale:** | |

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| Motivations (C1 M – Day 3) Hedonic and Eudaimonic Motives for Activities (HEMA) | |
| **Instructions:** To what degree did you approach these activities with each of the following intentions, whether or not you actually achieved your aim?  1 = Not at all  2 = Very little  3 = Somewhat not  4 = Neither  5 = Somewhat yes  6 = Very much  7 = Completely | |
| **Variable Name:** | **Questions:** |
| Lay Eudaimonism | |
| **C1MLE1** | Seeking to pursue excellence or a personal ideal? |
| **C1MLE2** | Seeking to use the best in yourself? |
| **C1MLE3** | Seeking to develop a skill, learn, or gain insight into something? |
| **C1MLE4** | Seeking to do what you believe in? |
| Lay Hedonism | |
| **C1MLH1** | Seeking enjoyment? |
| **C1MLH2** | Seeking pleasure? |
| **C1MLH3** | Seeking fun? |
| **C1MLH4** | Seeking relaxation? |
| **C1MLH5** | Seeking to take it easy? |
| **Scale Scoring:**  Randomize the order of all scale items. Adapted from Huta and Ryan (2010) which is more focused on a “trait” level experience rather than an activity-level experience. | |
| **Scale Reference:**  Huta, V., & Ryan, R.M. (2010). Pursuing Pleasure or Virtue: The Differential and Overlapping Well-Being Benefits of Hedonic and Eudaimonic Motives. Journal of Happiness Studies, 11, 735-762. | |
| **Psychometrics:**  Participants gave ratings on various eudaimonic and hedonic motives, which were intermixed. [….] The items were rated from 1 (not at all) to 7 (very much). Cronbach alphas will be reported in the Results section after testing the distinctness of the two scales. [….] Each experience-sampling form  first inquired ‘‘What was the MAIN thing you were doing as you were paged?’’ and ‘‘What  other things were you doing or thinking about?’’ Participants gave one-line written  responses to each question. Participants were then asked about their eudaimonic and  hedonic motives as follows: ‘‘To what degree did you approach this activity (or these  activities) with each of the following intentions, whether or not you actually achieved your  aim?’’ They gave ratings on the nine HEMA items used in Studies 1 and 2. | |
| **Rationale:**  Motivations towards Hedonism and Eudaimonism can have a moderating effect on well-being outcomes. | |

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| PER Classification (C1 M – Day 3) Positive Emotion Regulation Techniques (PERT) | |
| **Instructions:** Please choose Positive Emotion Regulation techniques that describe your activities during the episode. (Select all that apply) | |
| **Variable Name:** | **Questions:** |
| Situation Selection | |
| **C1MPER1** | **Bettering yourself**  Committing to meaningful challenges or passions that accord with your deeply-held values. Rather than indulging yourself constantly, or serving others’ needs only |
| **C1MPER2** | **Indulging**  Allowing yourself to enjoy what you desire to do. Rather than resisting the urge to do so |
| **C1MPER3** | **Being considerate and helping others**  Sharing your resources and attention for the benefit of another person or group’s needs or preferences. Rather than acting solely for personal gain |
| **C1MPER4** | **Engaging in a collective**  Joining in, or contributing to the shared concerns of a group. Rather than feeling apart from a sense of communal purpose |
| **C1MPER5** | **Practicing spirituality and religion**  Engaging in structured or ritualistic thoughts and behaviors that anchor your view of life within a larger cosmology. Rather than having no practiced tradition through which to process your experiences |
| Situation Modification | |
| **C1MPER6** | **Creating a savoring atmosphere**  Creating or rearranging the environment to physically, psychologically, and socially support the intended positive experience. Rather than sticking to the status quo |
| **C1MPER7** | **Capturing**  Actively collecting physical or mental mementos (e.g., photos and souvenirs) that will later prompt vivid recall, thereby making the future experience more positive. Rather than experiencing the positive experience in only one temporal orientation |
| **C1MPER8** | **Delaying positive experiences or splitting them into smaller units**  Temporarily withdrawing from a positive experience, or subdividing a pleasant experience into smaller units to prolong anticipation and enjoyment. Rather than sacrificing prolonged pleasure for instant gratification |
| **C1MPER9** | **Blocking negative thoughts**  Preventing the retrieval of negative thoughts and memories that may hinder positive experiences, or reconfiguring them to create a more positive view. Rather than letting them lurk unaddressed around your daily life |
| **C1MPER10** | **Habitualizing positive rituals**  Enhancing your life by practicing positive actions regularly as part of your lifestyle. Rather than occasionally performing them |
| Attentional Deployment | |
| **C1MPER11** | **Being immersed and absorbed**  Becoming fully engaged in a positive experience or its aspects, existing only in the present. Rather than allowing other concerns to hinder your enjoyment |
| **C1MPER12** | **Anticipating**  Vividly anticipating likely positive experiences that will occur in the future. Rather than focusing only on the past or present |
| **C1MPER13** | **Reminiscing**  Recalling and reliving past positive experiences for emotional or sentimental reasons. Rather than focusing only on the present or future |
| **C1MPER14** | **Moral elevating**  Being moved by witnessing someone perform an act of virtue such as being brave, honest, kind, or perseverant; feeling inspired to act this way yourself. Rather than considering virtuous behaviors as mundane |
| **C1MPER15** | **Fantasizing**  Imagining positive experiences of varying likelihood. Rather than restricting your imagination to likely possibilities |
| Positive Reappraisal | |
| **C1MPER16** | **Being aware of temporal scarcity**  Realizing that your current experience or resources will not last forever, and that you should enjoy them while they are available. Rather than rushing through them as though they were available anytime |
| **C1MPER17** | **Infusing the ordinary with special meaning**  Enriching day-to-day experiences with language, thoughts, and actions that promote positive associations. Rather than seeing experiences only in a functional way |
| **C1MPER18** | **Self-congratulating**  Giving yourself credit for the causes of positive experiences; seeing your experiences with a positive view of your strengths, achievements, and self-worth. Rather than overlooking opportunities to honor yourself |
| **C1MPER19** | **Expressing or acknowledging gratitude**  Considering how others have benefited from your actions, or how you have benefited from others’ actions. Rather than letting contributions pass by without noticing their positive impact |
| **C1MPER20** | **Relative comparing**  Embracing your own experiences in comparison with what others seem to be experiencing, or with what you imagined an event would be like. Rather than absorbing your joys and letdowns without a reference point |
| **Response Modulation** | |
| **C1MPER21** | **Sharing the positive experience with others**  Creating a ripple effect between you and others in response to positive experiences; telling others how much you value the moment, or recounting stories about past joys, or good fortune. Rather than experiencing life’s joys in solitude |
| **C1MPER22** | **Purposeful dampening**  Intentionally down-regulating your positive emotions to help maintain perceived control. Rather than letting emotions arise regardless of the circumstance |
| **C1MPER23** | **Enriching the sensory environment**  Encountering or cultivating pleasant sensory stimulation. Rather than continually experiencing the same level of stimulation |
| **C1MPER24** | **Altering bodily engagement**  Reviving or relaxing your body with dynamic movement or rest. Rather than giving energy only to your thoughts |
| **C1MPER25** | **Neurochemically heightening emotions**  Using food, drink, behaviors, or mind-altering substances to enhance your emotional state. Rather than relying solely on your intention to feel better |
| **Scale Scoring:**  Situation Selection = **C1MPER-SS** = **C1MPER1 + C1MPER2 + C1MPER3 + C1MPER4 + C1MPER5**  Situation Modification = **C1MPER-SM** = **C1MPER6 + C1MPER7 + C1MPER8 + C1MPER9 + C1MPER10**  Attentional Deployment = **C1MPER-AD** = **C1MPER11 + C1MPER12 + C1MPER13 + C1MPER14 + C1MPER15**  Positive Reappraisal = **C1MPER-PR** = **C1MPER16 + C1MPER17 + C1MPER18 + C1MPER19 + C1MPER20**  Response Modulation = **C1MPER-RM** = **C1MPER21 + C1MPER22 + C1MPER23 + C1MPER24 + C1MPER25**  Create a variable that calculates savoring diversity. Consider dummy variables for each of the strategies so that I can calculate additions. For example:  If **C1MPER-SS >= 1 then C1MPER-SS-D ==1 … if C1MPER-SS >=0 then C1MPER-SS ==0** | |
| **Scale Reference:**  Text | |
| **Psychometrics:**  Text (e.g., chronbach’s alpha) | |
| **Rationale:**  Text | |

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| Emotional Intensity (C1 M – Day 3) Positive and Negative Affect Scales (PANAS) | |
| **Instructions:** Please rate on the provided [5-point] scale how you felt during the episode:  1 = very slightly or not at all  2 = a little  3 = moderately  4 = quite a bit  5 = very much | |
| **Variable Name:** | **Questions:** |
| **Positive Subscale** | |
| **C1MPAS01** | Enthusiastic |
| **C1MPAS02** | Interested |
| **C1MPAS03** | Determined |
| **C1MPAS04** | Excited |
| **C1MPAS05** | Inspired |
| **C1MPAS06** | Alert |
| **C1MPAS07** | Active |
| **C1MPAS08** | Strong |
| **C1MPAS09** | Proud |
| **C1MPAS10** | Attentive |
| **Scale Scoring:**  - Randomly distribute the items, as done by Watson et al. (1988)  - Scaling — Arithmetic mean (observe SD, too)  - Above are ONLY the POSITIVE emotion words  Limitations: Little positive emotion related to restful/content | |
| **Scale Reference:**  Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. Journal of Personality and Social Psychology, 54(6), 1063–1070. https://doi.org/10.1037/0022-3514.54.6.1063 | |
| **Psychometrics:**  Text (e.g., chronbach’s alpha) | |

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| Success of Emotion Regulation – (C1 M – Day 3) Customer Satisfaction Score (CSAT) | |
| **Instructions:** Please review the following few questions in consideration of this episode.  1 = Extremely dissatisfied  2 = Somewhat dissatisfied  3 = Neither satisfied nor dissatisfied  4 = Somewhat satisfied  5 = Extremely satisfied | |
| **Variable Name:** | **Questions:** |
| **C1MCSAT** | Overall, HOW SATISFIED were you with the technologies’ ability to SUPPORT YOUR HAPPINESS through this episode? |
| **Scale Reference:**  Qualtrics website <https://www.qualtrics.com/experience-management/customer/what-is-csat/> | |

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| Social Interaction – (C1 M – Day 3) | |
| **Instructions:** Please review the following questions relating to any social interaction during this episode. | |
| **Variable Name:** | **Questions:** |
| **Social Interaction (yes/no/somewhat)** | |
| **C1MSOC1** | Were you interacting with any human beings (i.e., in person, online) during this episode?  1 = no  2 = others were around (i.e., in person, online), but not directly interacting with me  3 = yes |
| **C1MSOC2** | Was the social interaction in real-time (e.g., video chat), or was it asynchronous (e.g., social media comments)?  99 = N/A  5 = In real-time  4 = 10 minutes for others to reply  3 = 30 minutes for others to reply  2 = 1 hour for others to reply  1 = 2+ hours for others to reply |
| **Scale Scoring:**  C1MSOC2 being shown is conditionally based upon whether C1MSOC1 does NOT display a 1 | |
| **Scale Reference:**  N/A – I constructed these questions. | |

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| Relatedness Success – (C1 M – Day 3) Shortened Technology Experience of Need Satisfaction – Behavior Scale - Relatedness Subscale (TENS) | |
| **Instructions:** Please rate your agreement with each of the 6 statements below.  1 = Strongly disagree  2 = Disagree  3 = Somewhat disagree  4 = Neutral  5 = Somewhat agree  6 = Agree  7 = Strongly agree | |
| **Variable Name:** | **Questions:** |
| Support | |
| **C1MTENS-S1** | When I do this activity with these technologies, it makes me feel close to people who are important to me |
| **C1MTENS-S2** | When I do this activity with these technologies, it makes me feel connected to other people |
| **C1MTENS-S3** | When I do this activity with these technologies, it makes me feel that people care about me |
| Frustration | |
| **C1MTENS-F1** | When I do this activity with these technologies, it makes me feel excluded or isolated |
| **C1MTENS-F2** | When I do this activity with these technologies, it makes me feel lonely |
| **C1MTENS-F3** | When I do this activity with these technologies, it makes me feel like I don’t matter to other people |
| **Scale Scoring:**  Randomize the items. Arithmetic mean for each subscale. I am unsure how to calculate the total – see original study. | |
| **Scale Reference:**  Burnell, R., Peters, D., Ryan, R. M., & Calvo, R. A. (2023). Technology evaluations are associated with psychological need satisfaction across different spheres of experience: an application of the METUX scales [Original Research]. Frontiers in Psychology, 14. https://doi.org/10.3389/fpsyg.2023.1092288 | |

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| Contextual Enablers and Barriers – (C1 M – Day 3) | |
| **Instructions:** Please review the following questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **Frequency of Use** | |
| **C1MFREQ1** | How FREQUENTLY do you engage in this ACTIVITY using these technologies?   1. Rarely or never (1) 2. Once a year (2) 3. Several times a year (3) 4. Once a month (4) 5. Several times a month (5) 6. Once a week (6) 7. Several times a week (7) 8. Once a day (8) 9. Several times a day (9) 10. Once an hour (10) 11. Several times an hour (11) 12. All the time (12)   Other (please specify) |
| **C1MFREQ2** | Ideally, HOW OFTEN would you LIKE TO ENGAGE in this ACTIVITY using these technologies?   1. Rarely or never (1) 2. Once a year (2) 3. Several times a year (3) 4. Once a month (4) 5. Several times a month (5) 6. Once a week (6) 7. Several times a week (7) 8. Once a day (8) 9. Several times a day (9) 10. Once an hour (10) 11. Several times an hour (11) 12. All the time (12)   Other (please specify) |
| **C1MFREQ3** | What factors inform your desired frequency of engaging in this activity using these technologies? (select all that apply)  1 = Time it takes for the activity (please explain)  2 = Energy it takes for the activity (please explain)  3 = Money it takes for the activity (please explain)  4 = Interest level I have in the activity (please explain)  5 = Personal values I have towards the activity (please explain)  6 = Other (please explain) |
| **Indoors/Outdoors** | |
| **C1MINDO** | Were you indoors or outdoors during the activity?  1 = Indoors  2 = Outdoors  3 = Mix of both |
| **Necessity of Technologies** | |
| **C1MNEC** | HOW NECESSARY were the TECHNOLOGIES to engage in the main part THIS ACTIVITY (i.e., you would NOT have done the activity without them)?  5 = Completely necessary  4 = Somewhat necessary  3 = Neutral  2 = Somewhat unnecessary  1 = Completely unnecessary |
| **Moving One’s Body** | |
| **C1MBODY** | I MOVED MY BODY A LOT during this ACTIVITY.  1 = Strongly disagree  2 = Disagree  3 = Neither  4 = Agree  5 = Strongly agree |
| **Access Convenience** | |
| **C1MCONV** | Overall, HOW CONVENIENT was it to ENGAGE in this ACTIVITY using these technologies?  5 = Very convenient  4 = Somewhat convenient  3 = Neither  2 = Somewhat inconvenient  1 = Very inconvenient |
| **Customer Effort Score** | |
| **C1MEFF** | Overall, HOW EASY was it to ENGAGE in this ACTIVITY using these technologies?  5 = Very easy  4 = Somewhat easy  3 = Neither  2 = Somewhat difficult  1 = Very difficult |

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| Open-ended Questions – (C1 M – Day 3) | |
| **Instructions:** Please review the following questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **How Technologies Enhanced Feelings** | |
| **C1MFEEL** | [optional] In what ways did the technologies enhance how you felt?  *Example: “The music calmed me down”, or, “the video call felt almost like being in the same room”.* |
| **Anything Else** | |
| **C1MELSE** | [optional] Is there anything else you want to say about your experience? |

C1 A

Day 3

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| Afternoon Episode Qualities (C1 A – Day 3) | |
| **Instructions:** For today’s questionnaire, please choose 3 episodes you’d like to reflect upon more deeply (i.e., one each from the morning, AFTERNOON, and evening). Consider which episodes you find the most relevant or interesting during which technologies supported your happiness.  By the term ‘happiness,’ we refer to the experience of pleasure and a sense that one’s life is good, meaningful, and worthwhile.  By the term ‘technology’ we refer to devices and systems, including both hardware and software, that are powered by electricity or other forms of energy, encompassing electronic gadgets, household appliances, and digital platforms.  We’ll start with **choosing one of yesterday morning’s episodes**.  \*\*Please look at your Diary from yesterday (i.e., Day 2) and select ONE of the episodes you noted in the AFTERNOON. Choose an episode that you want to explore more deeply.\*\* | |
| **Variable Name:** | **Questions:** |
| **C1ANAM** | What’s a short name to describe the episode? (e.g., ‘walking to class’). |
| **C1ABEG** | When did this episode begin? Please try to remember the time as precisely as you can. |
| **C1AEND** | When did the episode end? |
| **C1ADC** | What were you doing? (please check all that apply)  1 = working / studying  2 = using the phone  3 = using the computer  4 = socializing (in person)  5 = socializing (online)  6 = watching videos/movies  7 = listening to audio content  8 = relaxing  9 = intimate relations  10 = nap/resting  11 = preparing food  12 = eating  13 = taking care of others  14 = exercising  15 = hobbies  16 = commuting  17 = doing chores  18 = praying/worshipping  19 = meditating  20 = other (please specify) |
| **C1ADO** | Please DESCRIBE the general EXPERIENCE in terms of the MAIN thing you were doing during the episode. [Open-ended]  Example: I was playing a video game with friends using a headset so we could talk to each other |
| **C1ADM** | [optional] What OTHER THINGS were you doing or thinking about?  Example: I was trying not to think about my upcoming exam. |
| **C1AATT** | On a scale of 1-7, please select the number ‘4’ below (to confirm your attention to this question).  7 = Strongly agree  6 = Agree  5 = Slightly agree  4 = Neither agree nor disagree  3 = Slightly disagree  2 = Disagree  1 = Strongly disagree |
| **C1ATC** | What technologies did you use? (please check all that apply)  1 = smartphone  2 = headphones  3 = computer  4 = touchscreen tablet  5 = speaker  6 = internet  7 = artificial intelligence  8 = monitor/screen  9 = e-reader  10 = e-gaming system  11 = musical instrument/equipment  12 = camera  13 = augmented reality  14 = virtual reality  15 = transportation vehicle/device  16 = lighting  17 = heating / air conditioning  18 = fan  19 = household appliance  20 = scent diffuser  21 = other (please specify) |
| **C1ACO** | [optional] -- How did the COMBINATION of multiple TECHNOLOGIES / apps contribute towards IMPROVING your EMOTIONAL STATE?    *\*Example: “Listening to white noise while scrolling on Instagram helped me to relax before bed. The lavender scent diffuser, along with a fan, also helped me to relax.”\** |
| **Scale Scoring:**  For the attention check, if the participant writes a 4, then include their data. If they do not, then strongly consider the internal validity of their responses going forward.  **C1ADO** was constructed from the Khaneman DRM study in addition to the Huta and Ryan (2010) study (p. 749). | |
| **Scale Reference:**  Text | |
| **Psychometrics:**  Text (e.g., chronbach’s alpha) | |
| **Rationale:** | |

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| Motivations (C1 A – Day 3) Hedonic and Eudaimonic Motives for Activities (HEMA) | |
| **Instructions:** To what degree did you approach these activities with each of the following intentions, whether or not you actually achieved your aim?  1 = Not at all  2 = Very little  3 = Somewhat not  4 = Neither  5 = Somewhat yes  6 = Very much  7 = Completely | |
| **Variable Name:** | **Questions:** |
| Lay Eudaimonism | |
| **C1ALE1** | Seeking to pursue excellence or a personal ideal? |
| **C1ALE2** | Seeking to use the best in yourself? |
| **C1ALE3** | Seeking to develop a skill, learn, or gain insight into something? |
| **C1ALE4** | Seeking to do what you believe in? |
| Lay Hedonism | |
| **C1ALH1** | Seeking enjoyment? |
| **C1ALH2** | Seeking pleasure? |
| **C1ALH3** | Seeking fun? |
| **C1ALH4** | Seeking relaxation? |
| **C1ALH5** | Seeking to take it easy? |
| **Scale Scoring:**  Randomize the order of all scale items. Adapted from Huta and Ryan (2010) which is more focused on a “trait” level experience rather than an activity-level experience. | |
| **Scale Reference:**  Huta, V., & Ryan, R.M. (2010). Pursuing Pleasure or Virtue: The Differential and Overlapping Well-Being Benefits of Hedonic and Eudaimonic Motives. Journal of Happiness Studies, 11, 735-762. | |
| **Psychometrics:**  Participants gave ratings on various eudaimonic and hedonic motives, which were intermixed. [….] The items were rated from 1 (not at all) to 7 (very much). Cronbach alphas will be reported in the Results section after testing the distinctness of the two scales. [….] Each experience-sampling form  first inquired ‘‘What was the MAIN thing you were doing as you were paged?’’ and ‘‘What  other things were you doing or thinking about?’’ Participants gave one-line written  responses to each question. Participants were then asked about their eudaimonic and  hedonic motives as follows: ‘‘To what degree did you approach this activity (or these  activities) with each of the following intentions, whether or not you actually achieved your  aim?’’ They gave ratings on the nine HEMA items used in Studies 1 and 2. | |
| **Rationale:**  Motivations towards Hedonism and Eudaimonism can have a moderating effect on well-being outcomes. | |

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| PER Classification (C1 A – Day 3) Positive Emotion Regulation Techniques (PERT) | |
| **Instructions:** Please choose Positive Emotion Regulation techniques that describe your activities during the episode. (Select all that apply) | |
| **Variable Name:** | **Questions:** |
| Situation Selection | |
| **C1APER1** | **Bettering yourself**  Committing to meaningful challenges or passions that accord with your deeply-held values. Rather than indulging yourself constantly, or serving others’ needs only |
| **C1APER2** | **Indulging**  Allowing yourself to enjoy what you desire to do. Rather than resisting the urge to do so |
| **C1APER3** | **Being considerate and helping others**  Sharing your resources and attention for the benefit of another person or group’s needs or preferences. Rather than acting solely for personal gain |
| **C1APER4** | **Engaging in a collective**  Joining in, or contributing to the shared concerns of a group. Rather than feeling apart from a sense of communal purpose |
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| **C1APER6** | **Creating a savoring atmosphere**  Creating or rearranging the environment to physically, psychologically, and socially support the intended positive experience. Rather than sticking to the status quo |
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| **C1APER10** | **Habitualizing positive rituals**  Enhancing your life by practicing positive actions regularly as part of your lifestyle. Rather than occasionally performing them |
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| **C1APER14** | **Moral elevating**  Being moved by witnessing someone perform an act of virtue such as being brave, honest, kind, or perseverant; feeling inspired to act this way yourself. Rather than considering virtuous behaviors as mundane |
| **C1APER15** | **Fantasizing**  Imagining positive experiences of varying likelihood. Rather than restricting your imagination to likely possibilities |
| Positive Reappraisal | |
| **C1APER16** | **Being aware of temporal scarcity**  Realizing that your current experience or resources will not last forever, and that you should enjoy them while they are available. Rather than rushing through them as though they were available anytime |
| **C1APER17** | **Infusing the ordinary with special meaning**  Enriching day-to-day experiences with language, thoughts, and actions that promote positive associations. Rather than seeing experiences only in a functional way |
| **C1APER18** | **Self-congratulating**  Giving yourself credit for the causes of positive experiences; seeing your experiences with a positive view of your strengths, achievements, and self-worth. Rather than overlooking opportunities to honor yourself |
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| **C1APER21** | **Sharing the positive experience with others**  Creating a ripple effect between you and others in response to positive experiences; telling others how much you value the moment, or recounting stories about past joys, or good fortune. Rather than experiencing life’s joys in solitude |
| **C1APER22** | **Purposeful dampening**  Intentionally down-regulating your positive emotions to help maintain perceived control. Rather than letting emotions arise regardless of the circumstance |
| **C1APER23** | **Enriching the sensory environment**  Encountering or cultivating pleasant sensory stimulation. Rather than continually experiencing the same level of stimulation |
| **C1APER24** | **Altering bodily engagement**  Reviving or relaxing your body with dynamic movement or rest. Rather than giving energy only to your thoughts |
| **C1APER25** | **Neurochemically heightening emotions**  Using food, drink, behaviors, or mind-altering substances to enhance your emotional state. Rather than relying solely on your intention to feel better |
| **Scale Reference:**  Text | |
| **Psychometrics:**  Text (e.g., chronbach’s alpha) | |
| **Rationale:**  Text | |

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| Emotional Intensity (C1 A – Day 3) Positive and Negative Affect Scales (PANAS) | |
| **Instructions:** Please rate on the provided [5-point] scale how you felt during the episode:  1 = very slightly or not at all  2 = a little  3 = moderately  4 = quite a bit  5 = very much | |
| **Variable Name:** | **Questions:** |
| **Positive Subscale** | |
| **C1APAS01** | Enthusiastic |
| **C1APAS02** | Interested |
| **C1APAS03** | Determined |
| **C1APAS04** | Excited |
| **C1APAS05** | Inspired |
| **C1APAS06** | Alert |
| **C1APAS07** | Active |
| **C1APAS08** | Strong |
| **C1APAS09** | Proud |
| **C1APAS10** | Attentive |
| **Scale Scoring:**  - Randomly distribute the items, as done by Watson et al. (1988)  - Scaling — Arithmetic mean (observe SD, too)  - Above are ONLY the POSITIVE emotion words  Limitations: Little positive emotion related to restful/content | |
| **Scale Reference:**  Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. Journal of Personality and Social Psychology, 54(6), 1063–1070. https://doi.org/10.1037/0022-3514.54.6.1063 | |
| **Psychometrics:**  TBD | |

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| Success of Emotion Regulation – (C1 A – Day 3) Customer Satisfaction Score (CSAT) | |
| **Instructions:** Please review the following few questions in consideration of this episode.  1 = Extremely dissatisfied  2 = Somewhat dissatisfied  3 = Neither satisfied nor dissatisfied  4 = Somewhat satisfied  5 = Extremely satisfied | |
| **Variable Name:** | **Questions:** |
| **C1ACSAT** | Overall, HOW SATISFIED were you with the technologies’ ability to SUPPORT YOUR HAPPINESS during the episode? |
| **Scale Reference:**  Qualtrics website <https://www.qualtrics.com/experience-management/customer/what-is-csat/> | |

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| Social Interaction – (C1 A – Day 3) | |
| **Instructions:** Please review the following few questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **Social Interaction (yes/no/somewhat)** | |
| **C1ASOC1** | Were you interacting with anyone (e.g., in person, online) during this episode?  1 = no  2 = others were around (i.e., in person, online), but not directly interacting with me  3 = yes |
| **C1ASOC2** | Was the social interaction in real-time (e.g., video chat), or was it asynchronous (e.g., social media comments)?  5 = In real-time  4 = 10 minutes for others to reply  3 = 30 minutes for others to reply  2 = 1 hour for others to reply  1 = 2+ hours for others to reply |
| **Scale Scoring:**  C1ASOC2 is conditionally based upon whether C1ASOC1 displays a 1 | |
| **Scale Reference:**  N/A – I constructed these questions. | |

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| Relatedness Success – (C1 A – Day 3) Shortened Technology Experience of Need Satisfaction – Behavior Scale - Relatedness Subscale (TENS) | |
| **Instructions:** Please rate each statement in terms of your agreement.  1 = Strongly disagree  2 = Disagree  3 = Somewhat disagree  4 = Neutral  5 = Somewhat agree  6 = Agree  7 = Strongly agree | |
| **Variable Name:** | **Questions:** |
| Support | |
| **C1ATENS-S1** | When I do this activity with these technologies, it makes me feel close to people who are important to me |
| **C1ATENS-S2** | When I do this activity with these technologies, it makes me feel connected to other people |
| **C1ATENS-S3** | When I do this activity with these technologies, it makes me feel that people care about me |
| Frustration | |
| **C1ATENS-F1** | When I do this activity with these technologies, it makes me feel excluded or isolated |
| **C1ATENS-F2** | When I do this activity with these technologies, it makes me feel lonely |
| **C1ATENS-F3** | When I do this activity with these technologies, it makes me feel like I don’t matter to other people |
| **Scale Scoring:**  Randomize the items. Arithmetic mean for each subscale. I am unsure how to calculate the total – see original study. | |
| **Scale Reference:**  Burnell, R., Peters, D., Ryan, R. M., & Calvo, R. A. (2023). Technology evaluations are associated with psychological need satisfaction across different spheres of experience: an application of the METUX scales [Original Research]. Frontiers in Psychology, 14. https://doi.org/10.3389/fpsyg.2023.1092288 | |

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| Contextual Enablers and Barriers – (C1 A – Day 3) | |
| **Instructions:** Please review the following questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **Frequency of Use** | |
| **C1AFREQ1** | How FREQUENTLY do you engage in this ACTIVITY using these technologies?   1. Rarely or never (1) 2. Once a year (2) 3. Several times a year (3) 4. Once a month (4) 5. Several times a month (5) 6. Once a week (6) 7. Several times a week (7) 8. Once a day (8) 9. Several times a day (9) 10. Once an hour (10) 11. Several times an hour (11) 12. All the time (12)   Other (please specify) |
| **C1AFREQ2** | Ideally, how often would you like to engage in this activity?   1. Rarely or never (1) 2. Once a year (2) 3. Several times a year (3) 4. Once a month (4) 5. Several times a month (5) 6. Once a week (6) 7. Several times a week (7) 8. Once a day (8) 9. Several times a day (9) 10. Once an hour (10) 11. Several times an hour (11) 12. All the time (12)   Other (please specify) |
| **C1AFREQ3** | What factors inform your desired frequency of engaging in this activity? [select all that apply]  1 = Time it takes for the activity (please explain)  2 = Energy it takes for the activity (please explain)  3 = Money it takes for the activity (please explain)  4 = Interest level I have in the activity (please explain)  5 = Personal values I have towards the activity (please explain)  6 = Other (please explain) |
| **Indoors/Outdoors** | |
| **C1AINDO** | Were you indoors or outdoors during the activity?  1 = Indoors  2 = Outdoors  3 = Mix of both |
| **Necessity of Technologies** | |
| **C1ANEC** | HOW NECESSARY were the TECHNOLOGIES to engage in the main part THIS ACTIVITY (i.e., you would NOT have done the activity without them)?  5 = Completely necessary  4 = Somewhat necessary  3 = Neutral  2 = Somewhat unnecessary  1 = Completely unnecessary |
| **Moving One’s Body** | |
| **C1ABODY** | I MOVED MY BODY A LOT during this ACTIVITY.  1 = Strongly disagree  2 = Disagree  3 = Neither  4 = Agree  5 = Strongly agree |
| **Access Convenience** | |
| **C1ACONV** | Overall, HOW CONVENIENT was it to ENGAGE in this ACTIVITY using these technologies?  5 = Very convenient  4 = Somewhat convenient  3 = Neither  2 = Somewhat inconvenient  1 = Very inconvenient |
| **Customer Effort Score** | |
| **C1AEFF** | Overall, HOW EASY was it to ENGAGE in this ACTIVITY using these technologies?  5 = Very easy  4 = Somewhat easy  3 = Neither  2 = Somewhat difficult  1 = Very difficult |

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| Open-ended Questions – (C1 A – Day 3) | |
| **Instructions:** Please review the following questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **How Technologies Enhanced Feelings** | |
| **C1AFEEL** | [optional] In what ways did the technologies enhance how you felt?  *Example: “The music calmed me down”, or, “the video call felt almost like being in the same room”.* |
| **Anything Else** | |
| **C1AELSE** | [optional] Is there anything else you want to say about your experience? |

C1 E

Day 3

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| Evening Episode Qualities (C1 E – Day 3) | |
| **Instructions:** For today’s questionnaire, please choose 3 episodes you’d like to reflect upon more deeply (i.e., one each from the morning, afternoon, and EVENING). Consider which episodes you find the most relevant or interesting during which technologies supported your happiness.  By the term ‘happiness,’ we refer to the experience of pleasure and a sense that one’s life is good, meaningful, and worthwhile.  By the term ‘technology’ we refer to devices and systems, including both hardware and software, that are powered by electricity or other forms of energy, encompassing electronic gadgets, household appliances, and digital platforms.  We’ll start with **choosing one of yesterday morning’s episodes**.  \*\*Please look at your Diary from yesterday (i.e., Day 2) and select ONE of the episodes you noted in the EVENING. Choose an episode that you want to explore more deeply.\*\* | |
| **Variable Name:** | **Questions:** |
| **C1ENAM** | What’s a short name to describe the episode? (e.g., ‘walking home’). |
| **C1EBEG** | When did this episode begin? Please try to remember the time as precisely as you can. |
| **C1EEND** | When did the episode end? |
| **C1EDC** | What were you doing? (please check all that apply)  1 = working / studying  2 = using the phone  3 = using the computer  4 = socializing (in person)  5 = socializing (online)  6 = watching videos/movies  7 = listening to audio content  8 = relaxing  9 = intimate relations  10 = nap/resting  11 = preparing food  12 = eating  13 = taking care of others  14 = exercising  15 = hobbies  16 = commuting  17 = doing chores  18 = praying/worshipping  19 = meditating  20 = other (please specify) |
| **C1EDO** | Please DESCRIBE the general EXPERIENCE in terms of the MAIN thing you were doing during the episode. [Open-ended]  Example: I was playing a video game with friends using a headset so we could talk to each other |
| **C1EDM** | [optional] What OTHER THINGS were you doing or thinking about?  Example: I was trying not to think about my upcoming exam. |
| **C1EATT** | On a scale of 1-7, please select the number ‘4’ below (to confirm your attention to this question).  7 = Strongly agree  6 = Agree  5 = Slightly agree  4 = Neither agree nor disagree  3 = Slightly disagree  2 = Disagree  1 = Strongly disagree |
| **C1ETC** | What technologies did you use? (please check all that apply)  1 = smartphone  2 = headphones  3 = computer  4 = touchscreen tablet  5 = speaker  6 = internet  7 = artificial intelligence  8 = monitor/screen  9 = e-reader  10 = e-gaming system  11 = musical instrument/equipment  12 = camera  13 = augmented reality  14 = virtual reality  15 = transportation vehicle/device  16 = lighting  17 = heating / air conditioning  18 = fan  19 = household appliance  20 = scent diffuser  21 = other (please specify) |
| **C1ECO** | [optional] -- How did the COMBINATION of multiple TECHNOLOGIES / apps contribute towards IMPROVING your EMOTIONAL STATE?    *\*Example: “Listening to white noise while scrolling on Instagram helped me to relax before bed. The lavender scent diffuser, along with a fan, also helped me to relax.”\** |
| **Scale Scoring:**  For the attention check, if the participant writes a 4, then include their data. If they do not, then strongly consider the internal validity of their responses going forward.  **C1EDO** was constructed from the Kahneman DRM study in addition to the Huta and Ryan (2010) study (p. 749). | |
| **Scale Reference:**  Text | |
| **Psychometrics:**  Text (e.g., Cronbach’s alpha) | |
| **Rationale:** | |

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| Motivations (C1 E – Day 3) Hedonic and Eudaimonic Motives for Activities (HEMA) | |
| **Instructions:** To what degree did you approach these activities with each of the following intentions, whether or not you actually achieved your aim?  1 = Not at all  2 = Very little  3 = Somewhat not  4 = Neither  5 = Somewhat yes  6 = Very much  7 = Completely | |
| **Variable Name:** | **Questions:** |
| Lay Eudaimonism | |
| **C1ELE1** | Seeking to pursue excellence or a personal ideal? |
| **C1ELE2** | Seeking to use the best in yourself? |
| **C1ELE3** | Seeking to develop a skill, learn, or gain insight into something? |
| **C1ELE4** | Seeking to do what you believe in? |
| Lay Hedonism | |
| **C1ELH1** | Seeking enjoyment? |
| **C1ELH2** | Seeking pleasure? |
| **C1ELH3** | Seeking fun? |
| **C1ELH4** | Seeking relaxation? |
| **C1ELH5** | Seeking to take it easy? |
| **Scale Scoring:**  Randomize the order of all scale items. Adapted from Huta and Ryan (2010) which is more focused on a “trait” level experience rather than an activity-level experience. | |
| **Scale Reference:**  Huta, V., & Ryan, R.M. (2010). Pursuing Pleasure or Virtue: The Differential and Overlapping Well-Being Benefits of Hedonic and Eudaimonic Motives. Journal of Happiness Studies, 11, 735-762. | |
| **Psychometrics:**  Participants gave ratings on various eudaimonic and hedonic motives, which were intermixed. [….] The items were rated from 1 (not at all) to 7 (very much). Cronbach alphas will be reported in the Results section after testing the distinctness of the two scales. [….] Each experience-sampling form  first inquired ‘‘What was the MAIN thing you were doing as you were paged?’’ and ‘‘What  other things were you doing or thinking about?’’ Participants gave one-line written  responses to each question. Participants were then asked about their eudaimonic and  hedonic motives as follows: ‘‘To what degree did you approach this activity (or these  activities) with each of the following intentions, whether or not you actually achieved your  aim?’’ They gave ratings on the nine HEMA items used in Studies 1 and 2. | |
| **Rationale:**  Motivations towards Hedonism and Eudaimonism can have a moderating effect on well-being outcomes. | |

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| PER Classification (C1 E – Day 3) Positive Emotion Regulation Techniques (PERT) | |
| **Instructions:** Please choose Positive Emotion Regulation techniques that describe your activities during the episode. (Select all that apply) | |
| **Variable Name:** | **Questions:** |
| Situation Selection | |
| **C1EPER1** | **Bettering yourself**  Committing to meaningful challenges or passions that accord with your deeply-held values. Rather than indulging yourself constantly, or serving others’ needs only |
| **C1EPER2** | **Indulging**  Allowing yourself to enjoy what you desire to do. Rather than resisting the urge to do so |
| **C1EPER3** | **Being considerate and helping others**  Sharing your resources and attention for the benefit of another person or group’s needs or preferences. Rather than acting solely for personal gain |
| **C1EPER4** | **Engaging in a collective**  Joining in, or contributing to the shared concerns of a group. Rather than feeling apart from a sense of communal purpose |
| **C1EPER5** | **Practicing spirituality and religion**  Engaging in structured or ritualistic thoughts and behaviors that anchor your view of life within a larger cosmology. Rather than having no practiced tradition through which to process your experiences |
| Situation Modification | |
| **C1EPER6** | **Creating a savoring atmosphere**  Creating or rearranging the environment to physically, psychologically, and socially support the intended positive experience. Rather than sticking to the status quo |
| **C1EPER7** | **Capturing**  Actively collecting physical or mental mementos (e.g., photos and souvenirs) that will later prompt vivid recall, thereby making the future experience more positive. Rather than experiencing the positive experience in only one temporal orientation |
| **C1EPER8** | **Delaying positive experiences or splitting them into smaller units**  Temporarily withdrawing from a positive experience, or subdividing a pleasant experience into smaller units to prolong anticipation and enjoyment. Rather than sacrificing prolonged pleasure for instant gratification |
| **C1EPER9** | **Blocking negative thoughts**  Preventing the retrieval of negative thoughts and memories that may hinder positive experiences, or reconfiguring them to create a more positive view. Rather than letting them lurk unaddressed around your daily life |
| **C1EPER10** | **Habitualizing positive rituals**  Enhancing your life by practicing positive actions regularly as part of your lifestyle. Rather than occasionally performing them |
| Attentional Deployment | |
| **C1EPER11** | **Being immersed and absorbed**  Becoming fully engaged in a positive experience or its aspects, existing only in the present. Rather than allowing other concerns to hinder your enjoyment |
| **C1EPER12** | **Anticipating**  Vividly anticipating likely positive experiences that will occur in the future. Rather than focusing only on the past or present |
| **C1EPER13** | **Reminiscing**  Recalling and reliving past positive experiences for emotional or sentimental reasons. Rather than focusing only on the present or future |
| **C1EPER14** | **Moral elevating**  Being moved by witnessing someone perform an act of virtue such as being brave, honest, kind, or perseverant; feeling inspired to act this way yourself. Rather than considering virtuous behaviors as mundane |
| **C1EPER15** | **Fantasizing**  Imagining positive experiences of varying likelihood. Rather than restricting your imagination to likely possibilities |
| Positive Reappraisal | |
| **C1EPER16** | **Being aware of temporal scarcity**  Realizing that your current experience or resources will not last forever, and that you should enjoy them while they are available. Rather than rushing through them as though they were available anytime |
| **C1EPER17** | **Infusing the ordinary with special meaning**  Enriching day-to-day experiences with language, thoughts, and actions that promote positive associations. Rather than seeing experiences only in a functional way |
| **C1EPER18** | **Self-congratulating**  Giving yourself credit for the causes of positive experiences; seeing your experiences with a positive view of your strengths, achievements, and self-worth. Rather than overlooking opportunities to honor yourself |
| **C1EPER19** | **Expressing or acknowledging gratitude**  Considering how others have benefited from your actions, or how you have benefited from others’ actions. Rather than letting contributions pass by without noticing their positive impact |
| **C1EPER20** | **Relative comparing**  Embracing your own experiences in comparison with what others seem to be experiencing, or with what you imagined an event would be like. Rather than absorbing your joys and letdowns without a reference point |
| Response Modulation | |
| **C1EPER21** | **Sharing the positive experience with others**  Creating a ripple effect between you and others in response to positive experiences; telling others how much you value the moment, or recounting stories about past joys, or good fortune. Rather than experiencing life’s joys in solitude |
| **C1EPER22** | **Purposeful dampening**  Intentionally down-regulating your positive emotions to help maintain perceived control. Rather than letting emotions arise regardless of the circumstance |
| **C1EPER23** | **Enriching the sensory environment**  Encountering or cultivating pleasant sensory stimulation. Rather than continually experiencing the same level of stimulation |
| **C1EPER24** | **Altering bodily engagement**  Reviving or relaxing your body with dynamic movement or rest. Rather than giving energy only to your thoughts |
| **C1EPER25** | **Neurochemically heightening emotions**  Using food, drink, behaviors, or mind-altering substances to enhance your emotional state. Rather than relying solely on your intention to feel better |
| **Scale Reference:**  Yoon and Faulk (manuscript in process) | |
| **Psychometrics:**  TBD | |
| **Rationale:**  TBD | |

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| Emotional Intensity (C1 E – Day 3) Positive and Negative Affect Scales (PANAS) | |
| **Instructions:** Please rate on the provided [5-point] scale how you felt during the episode:  1 = very slightly or not at all  2 = a little  3 = moderately  4 = quite a bit  5 = very much | |
| **Variable Name:** | **Questions:** |
| **Positive Subscale** | |
| **C1EPAS01** | Enthusiastic |
| **C1EPAS02** | Interested |
| **C1EPAS03** | Determined |
| **C1EPAS04** | Excited |
| **C1EPAS05** | Inspired |
| **C1EPAS06** | Alert |
| **C1EPAS07** | Active |
| **C1EPAS08** | Strong |
| **C1EPAS09** | Proud |
| **C1EPAS10** | Attentive |
| **Scale Scoring:**  - Randomly distribute the items, as done by Watson et al. (1988)  - Scaling — Arithmetic mean (observe SD, too)  - Above are ONLY the POSITIVE emotion words  Limitations: Little positive emotion related to restful/content | |
| **Scale Reference:**  Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. Journal of Personality and Social Psychology, 54(6), 1063–1070. https://doi.org/10.1037/0022-3514.54.6.1063 | |
| **Psychometrics:**  TBD | |

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| Success of Emotion Regulation – (C1 E – Day 3) Customer Satisfaction Score (CSAT) | |
| **Instructions:** Please review the following few questions in consideration of this episode.  1 = Extremely dissatisfied  2 = Somewhat dissatisfied  3 = Neither satisfied nor dissatisfied  4 = Somewhat satisfied  5 = Extremely satisfied | |
| **Variable Name:** | **Questions:** |
| **C1ECSAT** | Overall, HOW SATISFIED were you with the technologies’ ability to SUPPORT YOUR HAPPINESS during the episode? |
| **Scale Reference:**  Qualtrics website <https://www.qualtrics.com/experience-management/customer/what-is-csat/> | |

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| Social Interaction – (C1 E – Day 3) | |
| **Instructions:** Please review the following few questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **Social Interaction (yes/no/somewhat)** | |
| **C1ESOC1** | Were you interacting with anyone (e.g., in person, online) during this episode?  1 = no  2 = others were around (i.e., in person, online), but not directly interacting with me  3 = yes |
| **C1ESOC2** | Was the social interaction in real-time (e.g., video chat), or was it asynchronous (e.g., social media comments)?  5 = In real-time  4 = 10 minutes for others to reply  3 = 30 minutes for others to reply  2 = 1 hour for others to reply  1 = 2+ hours for others to reply |
| **Scale Scoring:**  C1ESOC2 is conditionally based upon whether C1ESOC1 displays a 1 | |
| **Scale Reference:**  N/A – I constructed these questions. | |

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| Relatedness Success – (C1 E – Day 3) Shortened Technology Experience of Need Satisfaction – Behavior Scale - Relatedness Subscale (TENS) | |
| **Instructions:** Please rate each statement in terms of your agreement.  1 = Strongly disagree  2 = Disagree  3 = Somewhat disagree  4 = Neutral  5 = Somewhat agree  6 = Agree  7 = Strongly agree | |
| **Variable Name:** | **Questions:** |
| Support | |
| **C1ETENS-S1** | When I do this activity with these technologies, it makes me feel close to people who are important to me |
| **C1ETENS-S2** | When I do this activity with these technologies, it makes me feel connected to other people |
| **C1ETENS-S3** | When I do this activity with these technologies, it makes me feel that people care about me |
| Frustration | |
| **C1ETENS-F1** | When I do this activity with these technologies, it makes me feel excluded or isolated |
| **C1ETENS-F2** | When I do this activity with these technologies, it makes me feel lonely |
| **C1ETENS-F3** | When I do this activity with these technologies, it makes me feel like I don’t matter to other people |
| **Scale Scoring:**  Randomize the items. Arithmetic mean for each subscale. I am unsure how to calculate the total – see original study. | |
| **Scale Reference:**  Burnell, R., Peters, D., Ryan, R. M., & Calvo, R. A. (2023). Technology evaluations are associated with psychological need satisfaction across different spheres of experience: an application of the METUX scales [Original Research]. Frontiers in Psychology, 14. https://doi.org/10.3389/fpsyg.2023.1092288 | |

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| Contextual Enablers and Barriers – (C1 E – Day 3) | |
| **Instructions:** Please review the following questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **Frequency of Use** | |
| **C1EFREQ1** | How FREQUENTLY do you engage in this ACTIVITY using these technologies?   1. Rarely or never (1) 2. Once a year (2) 3. Several times a year (3) 4. Once a month (4) 5. Several times a month (5) 6. Once a week (6) 7. Several times a week (7) 8. Once a day (8) 9. Several times a day (9) 10. Once an hour (10) 11. Several times an hour (11) 12. All the time (12)   Other (please specify) |
| **C1EFREQ2** | Ideally, how often would you like to engage in this activity?   1. Rarely or never (1) 2. Once a year (2) 3. Several times a year (3) 4. Once a month (4) 5. Several times a month (5) 6. Once a week (6) 7. Several times a week (7) 8. Once a day (8) 9. Several times a day (9) 10. Once an hour (10) 11. Several times an hour (11) 12. All the time (12)   Other (please specify) |
| **C1EFREQ3** | What factors inform your desired frequency of engaging in this activity? [select all that apply]  1 = Time it takes for the activity (please explain)  2 = Energy it takes for the activity (please explain)  3 = Money it takes for the activity (please explain)  4 = Interest level I have in the activity (please explain)  5 = Personal values I have towards the activity (please explain)  6 = Other (please explain) |
| **Indoors/Outdoors** | |
| **C1EINDO** | Were you indoors or outdoors during the activity?  1 = Indoors  2 = Outdoors  3 = Mix of both |
| **Necessity of Technologies** | |
| **C1ENEC** | HOW NECESSARY were the TECHNOLOGIES to engage in the main part THIS ACTIVITY (i.e., you would NOT have done the activity without them)?  5 = Completely necessary  4 = Somewhat necessary  3 = Neutral  2 = Somewhat unnecessary  1 = Completely unnecessary |
| **Moving One’s Body** | |
| **C1EBODY** | I MOVED MY BODY A LOT during this ACTIVITY.  1 = Strongly disagree  2 = Disagree  3 = Neither  4 = Agree  5 = Strongly agree |
| **Access Convenience** | |
| **C1ECONV** | Overall, HOW CONVENIENT was it to ENGAGE in this ACTIVITY using these technologies?  5 = Very convenient  4 = Somewhat convenient  3 = Neither  2 = Somewhat inconvenient  1 = Very inconvenient |
| **Customer Effort Score** | |
| **C1EEFF** | Overall, HOW EASY was it to ENGAGE in this ACTIVITY using these technologies?  5 = Very easy  4 = Somewhat easy  3 = Neither  2 = Somewhat difficult  1 = Very difficult |

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| Open-ended Questions – (C1 E – Day 3) | |
| **Instructions:** Please review the following questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **How Technologies Enhanced Feelings** | |
| **C1EFEEL** | [optional] In what ways did the technologies enhance how you felt?  *Example: “The music calmed me down”, or, “the video call felt almost like being in the same room”.* |
| **Anything Else** | |
| **C1EELSE** | [optional] Is there anything else you want to say about your experience? |

A3

Day 4

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| A3 SONA (A3 – Day 4) | |
| **Instructions:** Welcome back – today’s questionnaire will take about 20 minutes. | |
| **Variable Name:** | **Questions:** |
| **A3SONA** | Before we move on –– SONA Provides you with an ID# (e.g., 12345). What is your participant ID# on SONA? Visit SONA [here](https://cornellpsych.sona-systems.com/).  Note: If you don’t have a SONA ID#, please write your NetID (e.g., jdf269). Your data will remain confidential. I will ‘de-identify’ your information before sharing the study results with anyone. |

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| A3 SONA (A3 – Day 4) | |
| **Instructions:** Welcome back – today’s questionnaire will take about 20 minutes. | |
| **Variable Name:** | **Questions:** |
| **A1ATT** | On a scale of 1-7, please select the number ‘4’ below (to confirm your attention to this question).  7 = Strongly agree  6 = Agree  5 = Slightly agree  4 = Neither agree nor disagree  3 = Slightly disagree  2 = Disagree  1 = Strongly disagree |

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| Savoring Configuration – (A3 – Day 4) Savoring Configuration Inventory (SCI) | |
| **Instructions:** Below are a series of scenarios, each followed by a statement. Imagine that you are in the situation described and rate the degree to which the statement corresponds to what you would typically do/think in this scenario. Try to be as truthful and accurate as you can.  **Scaling:** Not like me at all / 1 2 3 4 5 6 7 / Totally like me | |
| **Variable Name:** | **Questions:** |
| Spirituality | |
| **SCI-SP1** | You spend some time focusing on a spiritual subject (e.g., you meditate or pray or read on a spiritual subject, etc.).  I am mindful of how important this subject is to me. |
| **SCI-SP2** | You have a comforting or enlightening spiritual experience.    I am enthralled by this very personal experience. |
| **SCI-SP3** | You encounter an evocative spiritual work.  I immerse myself in this meaningful experience. |
| **SCI-SP4** | You listen to sacred or spiritual music.    I attend to the transcending feelings this music elicits. |
| Inspiration | |
| **SCI-IN1** | You watch your favorite artist perform live.  I yield to the excitement I feel. |
| **SCI-IN2** | You spend some time gazing at the sky (e.g., a splendid skyscape, a majestic star field, a lovely sunset or sunrise, etc.).  I marvel at the colors painted across the sky. |
| **SCI-IN3** | You attend a spectacular Broadway show or musical.  I tune into the enthusiasm evoked by this performance. |
| **SCI-IN4** | You watch a moving dance performance.  I embrace the emotions and beauty of the choreography. |
| Gratitude | |
| **SCI-GR1** | Someone makes you dinner.  I recognize and cherish the kindness of the act. |
| **SCI-GR2** | Your hands are full of heavy things, you have a long way to go, and a good soul offers to help you carry your load.  I take the time to feel thankful for this person’s generosity. |
| **SCI-GR3** | A friend does you an unexpected favor.  I feel fortunate to have such a friend. |
| **SCI-GR4** | A friend helps you move to your new place.  I am so pleased that my friend went out of their way for me. |
| Appreciation | |
| **SCI-AP1** | You witness an awesome display of nature’s might (a lightning storm, torrential rains, snowstorm, etc.).  I admire the breath-taking display. |
| **SCI-AP2** | An experience makes you realize how wonderful nature is (e.g., hearing birds sing, seeing and hearing a waterfall, petting a cute puppy, etc.).  I take in the beauty of nature. |
| **SCI-AP3** | You stare at an impressive seascape.    I am awed by the power and beauty of the sea. |
| **SCI-AP4** | You go to an exciting circus show.    I am enchanted by the physical feats and visual spectacle I witness. |
| Self-reflection | |
| **SCI-SR1** | You have just achieved something dear to your heart.  I relish the sense of accomplishment. |
| **SCI-SR2** | You discover you have learned something new about the value of self-care.  I recall the satisfaction derived from this self-improvement. |
| **SCI-SR3** | You look back on a challenging situation you faced and consider what you learned from it.  I reflect on how I have grown from this challenge. |
| **SCI-SR4** | You realize something new about yourself.  I attend to the satisfaction of having improved my self-knowledge. |
| Meaning of Life | |
| **SCI-ML1** | You come across intriguing ideas about the meaning of life.  I am captivated by these fascinating new insights about life. |
| **SCI-ML2** | You reflect on the ultimate meaning of life.  I am aware of the interesting twists and turns of this existential exploration. |
| **SCI-ML3** | You ponder whether there is an overarching purpose to life.  I concentrate on the profound ideas incited by this question. |
| **SCI-ML4** | You read a philosophical text on the finality of existence.  I give free rein to my curiosity and engage in deep thoughts on this meaningful issue. |
| Hedonia | |
| **SCI-HE1** | You sit at a table and are handed your favorite dish (e.g., a juicy steak, your favorite junk food item, a tasty salad, a scrumptious seafood platter, etc.).  I delight in the sight, the smell and the taste of this meal. |
| **SCI-HE2** | You lie on a cozy bed or sofa, wrapped in a soft blanket.  I let myself unwind and luxuriate in comfort. |
| **SCI-HE3** | You sip your preferred drink (a gourmet coffee, a flavorful smoothie, a nice glass of beer or wine, etc.).  I relish the exquisite taste. |
| **SCI-HE4** | You soak in a hot whirlpool or a spa.  I take in the luxurious feeling of comfort, as the water soothes my muscles and relaxes me. |
| **Scale Scoring:**  Randomize all the items on the SCI.  Average each sub-construct.  I am unsure if there is a total score for this measure… I need to check on this.  The SCI consists of 28 questions measuring 7 sub-constructs (i.e., 4 questions per sub-construct): (1) spirituality, (2) inspiration, (3) gratitude, (4) appreciation, (5) self-reflection, (6) meaning of life, and (7) hedonia. | |
| **Scale Reference:**  Lauzon, A., & Green-Demers, I. (2020). More of a good thing is even better: Towards a new conceptualization of the nature of savouring experiences. Journal of Happiness Studies, 21(4), 1225–1249. https://doi.org/10.1007/s10902-019-00125-7 | |
| **Psychometrics:**  TBD | |
| **Rationale:**  Understanding more about how participants’ dispositional emotion regulation techniques inform their behaviors will relate more to the “context” and interpersonal differences that currently are lacking in the literature. | |

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| Emotional Intelligence – (A3 – Day 4) Trait Meta-Mood Scale (TMMS) | |
| **Instructions:** Please read each statement and decide whether you agree with it using the following scale:  5 = strongly agree  4 = somewhat agree  3 = neither agree nor disagree  2 = somewhat disagree  1 = strongly disagree | |
| **Variable Name:** | **Questions:** |
| Repair | |
| **TMMS-R1** | I try to think good thoughts no matter how bad I feel. |
| **TMMS-R2** | Although I am sometimes sad, I have a mostly optimistic outlook. |
| **TMMS-R3** | When I become upset, I remind myself of all the pleasures in life. |
| **TMMS-R4-R** | When I am upset, I realize that the “good things in life” are illusions. |
| **TMMS-R5-R** | Although I am sometimes happy, I have a mostly pessimistic outlook. |
| **TMMS-R6-R** | No matter how bad I feel, I try to think about pleasant things. |
| **TMMS-R7** | When I am happy, I sometimes remind myself of everything that could go wrong. |
| Attention | |
| **TMMS-A1-R** | People would be better off if they felt less and thought more. |
| **TMMS-A2-R** | I don’t think it’s worth paying attention to your emotions or moods. |
| **TMMS-A3-R** | I don’t usually care much about what I’m feeling. |
| **TMMS-A4** | Feelings give direction to life. |
| **TMMS-A5** | I believe in acting from the heart. |
| **TMMS-A6** | The best way for me to handle my feelings is to experience them to the fullest. |
| **TMMS-A7-R** | One should never be guided by emotions. |
| **TMMS-A8-R** | I never give into my emotions. |
| **TMMS-A9** | I pay a lot of attention to how I feel. |
| **TMMS-A10-R** | I don’t pay much attention to my feelings. |
| **TMMS-A11** | I often think about my feelings. |
| **TMMS-A12-R** | Feelings are a weakness humans have. |
| **TMMS-A13-R** | It is usually a waste of time to think about your emotions. |
| Clarity | |
| **TMMS-C1-R** | Sometimes, I can’t tell what my feelings are. |
| **TMMS-C2-R** | I can never tell how I feel. |
| **TMMS-C3-R** | My beliefs and opinions always seem to change depending on how I feel. |
| **TMMS-C4** | I am often aware of my feelings on a matter. |
| **TMMS-C5-R** | I am usually confused about how I feel. |
| **TMMS-C6** | I feel at ease about my emotions. |
| **TMMS-C7-R** | I can’t make sense out of my feelings. |
| **TMMS-C8** | I am usually very clear about my feelings |
| **TMMS-C9** | I usually know my feelings about a matter. |
| **TMMS-C10** | I almost always know exactly how I am feeling. |
| **Scale Scoring:**  Randomize all items in the scale (i.e., including between subscales).  30-item short-form of the scale [see p. 132 for statement of recommendation]  Items with a “-R” after their name are reverse scored. | |
| **Scale Reference:**  Salovey, P., Mayer, J. D., Goldman, S. L., Turvey, C., & Palfai, T. P. (1995). Emotional attention, clarity, and repair: Exploring emotional intelligence using the Trait Meta-Mood Scale. Emotion Disclosure & Health, 125–154. https://doi.org/10.1037/10182-006. | |
| **Psychometrics:**  TBD | |
| **Rationale:**  Emotional intelligence is an assumed moderator of ER behaviors. | |

C2 M

Day 5

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| C2 SONA (C2 M – Day 5) | |
| **Instructions:** Welcome back – today’s questionnaire will take about 60 minutes. | |
| **Variable Name:** | **Questions:** |
| **C2SONA** | Before we move on –– SONA Provides you with an ID# (e.g., 12345). What is your participant ID# on SONA? Visit SONA [here](https://cornellpsych.sona-systems.com/).  Note: If you don’t have a SONA ID#, please write your NetID (e.g., jdf269). Your data will remain confidential. I will ‘de-identify’ your information before sharing the study results with anyone. |

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| Morning Episode Qualities (C2 M – Day 5) | |
| **Instructions:** For today’s questionnaire, please choose 3 episodes you’d like to reflect upon more deeply (i.e., one each from the MORNING, afternoon, and evening). Consider which episodes you find the most relevant or interesting during which technologies supported your happiness.  By the term ‘happiness,’ we refer to the experience of pleasure and a sense that one’s life is good, meaningful, and worthwhile.  By the term ‘technology’ we refer to devices and systems, including both hardware and software, that are powered by electricity or other forms of energy, encompassing electronic gadgets, household appliances, and digital platforms.  We’ll start with **choosing one of yesterday morning’s episodes**.  \*\*Please look at your Diary from yesterday (i.e., Day 4) and select ONE of the episodes you noted in the MORNING. Choose an episode that you want to explore more deeply.\*\* | |
| **Variable Name:** | **Questions:** |
| **C2MNAM** | What’s a short name to describe the episode? (e.g., ‘walking to class’). |
| **C2MBEG** | When did this episode begin? Please try to remember the time as precisely as you can. |
| **C2MEND** | When did the episode end? |
| **C2MDC** | What were you doing? (please check all that apply)  1 = working / studying  2 = using the phone  3 = using the computer  4 = socializing (in person)  5 = socializing (online)  6 = watching videos/movies  7 = listening to audio content  8 = relaxing  9 = intimate relations  10 = nap/resting  11 = preparing food  12 = eating  13 = taking care of others  14 = exercising  15 = hobbies  16 = commuting  17 = doing chores  18 = praying/worshipping  19 = other (please specify) |
| **C2MDO** | Please DESCRIBE the general EXPERIENCE in terms of the MAIN thing you were doing during the episode. [Open-ended]  Example: I was playing a video game with friends using a headset so we could talk to each other |
| **C2MDM** | [optional] What OTHER THINGS were you doing or thinking about?  Example: I was trying not to think about my upcoming exam. |
| **C2MATT** | On a scale of 1-7, please select the number ‘4’ below (to confirm your attention to this question).  7 = Strongly agree  6 = Agree  5 = Slightly agree  4 = Neither agree nor disagree  3 = Slightly disagree  2 = Disagree  1 = Strongly disagree |
| **C2MTC** | What technologies did you use? (please check all that apply)  1 = smartphone  2 = headphones  3 = computer  4 = touchscreen tablet  5 = speaker  6 = internet  7 = artificial intelligence  8 = monitor/screen  9 = e-reader  10 = e-gaming system  11 = musical instrument/equipment  12 = camera  13 = augmented reality  14 = virtual reality  15 = transportation vehicle/device  16 = lighting  17 = heating / air conditioning  18 = fan  19 = household appliance  20 = scent diffuser  21 = other (please specify) |
| **C2MCO** | [optional] -- How did the COMBINATION of multiple TECHNOLOGIES / apps contribute towards IMPROVING your EMOTIONAL STATE?    *\*Example: “Listening to white noise while scrolling on Instagram helped me to relax before bed. The lavender scent diffuser, along with a fan, also helped me to relax.”\** |
| **Scale Scoring:**  For the attention check, if the participant writes a 4, then include their data. If they do not, then strongly consider the internal validity of their responses going forward.  **C2MDO** was constructed from the Khaneman DRM study in addition to the Huta and Ryan (2010) study (p. 749). | |
| **Scale Reference:**  Text | |
| **Psychometrics:**  Text (e.g., chronbach’s alpha) | |
| **Rationale:**  TBD | |

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| Motivations (C2 M – Day 5) Hedonic and Eudaimonic Motives for Activities (HEMA) | |
| **Instructions:** To what degree did you approach these activities with each of the following intentions, whether or not you actually achieved your aim?  1 = Not at all  2 = Very little  3 = Somewhat not  4 = Neither  5 = Somewhat yes  6 = Very much  7 = Completely | |
| **Variable Name:** | **Questions:** |
| Lay Eudaimonism | |
| **C2MLE1** | Seeking to pursue excellence or a personal ideal? |
| **C2MLE2** | Seeking to use the best in yourself? |
| **C2MLE3** | Seeking to develop a skill, learn, or gain insight into something? |
| **C2MLE4** | Seeking to do what you believe in? |
| Lay Hedonism | |
| **C2MLH1** | Seeking enjoyment? |
| **C2MLH2** | Seeking pleasure? |
| **C2MLH3** | Seeking fun? |
| **C2MLH4** | Seeking relaxation? |
| **C2MLH5** | Seeking to take it easy? |
| **Scale Scoring:**  Randomize the order of all scale items. Adapted from Huta and Ryan (2010) which is more focused on a “trait” level experience rather than an activity-level experience. | |
| **Scale Reference:**  Huta, V., & Ryan, R.M. (2010). Pursuing Pleasure or Virtue: The Differential and Overlapping Well-Being Benefits of Hedonic and Eudaimonic Motives. Journal of Happiness Studies, 11, 735-762. | |
| **Psychometrics:**  Participants gave ratings on various eudaimonic and hedonic motives, which were intermixed. [….] The items were rated from 1 (not at all) to 7 (very much). Cronbach alphas will be reported in the Results section after testing the distinctness of the two scales. [….] Each experience-sampling form  first inquired ‘‘What was the MAIN thing you were doing as you were paged?’’ and ‘‘What  other things were you doing or thinking about?’’ Participants gave one-line written  responses to each question. Participants were then asked about their eudaimonic and  hedonic motives as follows: ‘‘To what degree did you approach this activity (or these  activities) with each of the following intentions, whether or not you actually achieved your  aim?’’ They gave ratings on the nine HEMA items used in Studies 1 and 2. | |
| **Rationale:**  Motivations towards Hedonism and Eudaimonism can have a moderating effect on well-being outcomes. | |

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| PER Classification (C2 M – Day 5) Positive Emotion Regulation Techniques (PERT) | |
| **Instructions:** Please choose Positive Emotion Regulation techniques that describe your activities during the episode. (Select all that apply) | |
| **Variable Name:** | **Questions:** |
| Situation Selection | |
| **C2MPER1** | **Bettering yourself**  Committing to meaningful challenges or passions that accord with your deeply-held values. Rather than indulging yourself constantly, or serving others’ needs only |
| **C2MPER2** | **Indulging**  Allowing yourself to enjoy what you desire to do. Rather than resisting the urge to do so |
| **C2MPER3** | **Being considerate and helping others**  Sharing your resources and attention for the benefit of another person or group’s needs or preferences. Rather than acting solely for personal gain |
| **C2MPER4** | **Engaging in a collective**  Joining in, or contributing to the shared concerns of a group. Rather than feeling apart from a sense of communal purpose |
| **C2MPER5** | **Practicing spirituality and religion**  Engaging in structured or ritualistic thoughts and behaviors that anchor your view of life within a larger cosmology. Rather than having no practiced tradition through which to process your experiences |
| Situation Modification | |
| **C2MPER6** | **Creating a savoring atmosphere**  Creating or rearranging the environment to physically, psychologically, and socially support the intended positive experience. Rather than sticking to the status quo |
| **C2MPER7** | **Capturing**  Actively collecting physical or mental mementos (e.g., photos and souvenirs) that will later prompt vivid recall, thereby making the future experience more positive. Rather than experiencing the positive experience in only one temporal orientation |
| **C2MPER8** | **Delaying positive experiences or splitting them into smaller units**  Temporarily withdrawing from a positive experience, or subdividing a pleasant experience into smaller units to prolong anticipation and enjoyment. Rather than sacrificing prolonged pleasure for instant gratification |
| **C2MPER9** | **Blocking negative thoughts**  Preventing the retrieval of negative thoughts and memories that may hinder positive experiences, or reconfiguring them to create a more positive view. Rather than letting them lurk unaddressed around your daily life |
| **C2MPER10** | **Habitualizing positive rituals**  Enhancing your life by practicing positive actions regularly as part of your lifestyle. Rather than occasionally performing them |
| Attentional Deployment | |
| **C2MPER11** | **Being immersed and absorbed**  Becoming fully engaged in a positive experience or its aspects, existing only in the present. Rather than allowing other concerns to hinder your enjoyment |
| **C2MPER12** | **Anticipating**  Vividly anticipating likely positive experiences that will occur in the future. Rather than focusing only on the past or present |
| **C2MPER13** | **Reminiscing**  Recalling and reliving past positive experiences for emotional or sentimental reasons. Rather than focusing only on the present or future |
| **C2MPER14** | **Moral elevating**  Being moved by witnessing someone perform an act of virtue such as being brave, honest, kind, or perseverant; feeling inspired to act this way yourself. Rather than considering virtuous behaviors as mundane |
| **C2MPER15** | **Fantasizing**  Imagining positive experiences of varying likelihood. Rather than restricting your imagination to likely possibilities |
| Positive Reappraisal | |
| **C2MPER16** | **Being aware of temporal scarcity**  Realizing that your current experience or resources will not last forever, and that you should enjoy them while they are available. Rather than rushing through them as though they were available anytime |
| **C2MPER17** | **Infusing the ordinary with special meaning**  Enriching day-to-day experiences with language, thoughts, and actions that promote positive associations. Rather than seeing experiences only in a functional way |
| **C2MPER18** | **Self-congratulating**  Giving yourself credit for the causes of positive experiences; seeing your experiences with a positive view of your strengths, achievements, and self-worth. Rather than overlooking opportunities to honor yourself |
| **C2MPER19** | **Expressing or acknowledging gratitude**  Considering how others have benefited from your actions, or how you have benefited from others’ actions. Rather than letting contributions pass by without noticing their positive impact |
| **C2MPER20** | **Relative comparing**  Embracing your own experiences in comparison with what others seem to be experiencing, or with what you imagined an event would be like. Rather than absorbing your joys and letdowns without a reference point |
| Response Modulation | |
| **C2MPER21** | **Sharing the positive experience with others**  Creating a ripple effect between you and others in response to positive experiences; telling others how much you value the moment, or recounting stories about past joys, or good fortune. Rather than experiencing life’s joys in solitude |
| **C2MPER22** | **Purposeful dampening**  Intentionally down-regulating your positive emotions to help maintain perceived control. Rather than letting emotions arise regardless of the circumstance |
| **C2MPER23** | **Enriching the sensory environment**  Encountering or cultivating pleasant sensory stimulation. Rather than continually experiencing the same level of stimulation |
| **C2MPER24** | **Altering bodily engagement**  Reviving or relaxing your body with dynamic movement or rest. Rather than giving energy only to your thoughts |
| **C2MPER25** | **Neurochemically heightening emotions**  Using food, drink, behaviors, or mind-altering substances to enhance your emotional state. Rather than relying solely on your intention to feel better |
| **Scale Scoring:**  Situation Selection = **C2MPER-SS** = **C2MPER1 + C2MPER2 + C2MPER3 + C22MPER4 + CMPER5**  Situation Modification = **C2MPER-SM** = **C22MPER6 + C2MPER7 + C2MPER8 + C22MPER9 + C2MPER10**  Attentional Deployment = **C2MPER-AD** = **C2MPER11 + C2MPER12 + C2MPER13 + C2MPER14 + C2MPER15**  Positive Reappraisal = **C2MPER-PR** = **C2MPER16 + C2MPER17 + CMPER18 + C2MPER19 + CMPER20**  Response Modulation = **C2MPER-RM** = **C2MPER21 + C2MPER22 + CMPER23 + C2MPER24 + C2MPER25**  Create a variable that calculates savoring diversity. Consider dummy variables for each of the strategies so that I can calculate additions. For example:  If **C2MPER-SS >= 1 then C2MPER-SS-D ==1 … if C2MPER-SS >=0 then C2MPER-SS ==0** | |
| **Scale Reference:**  TBD | |
| **Psychometrics:**  TBD | |
| **Rationale:**  TBD | |

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| Emotional Intensity (C2 M – Day 5) Positive and Negative Affect Scales (PANAS) | |
| **Instructions:** Please rate on the provided [5-point] scale how you felt during the episode:  1 = very slightly or not at all  2 = a little  3 = moderately  4 = quite a bit  5 = very much | |
| **Variable Name:** | **Questions:** |
| **Positive Subscale** | |
| **C2MPAS01** | Enthusiastic |
| **C2MPAS02** | Interested |
| **C2MPAS03** | Determined |
| **C2MPAS04** | Excited |
| **C2MPAS05** | Inspired |
| **C2MPAS06** | Alert |
| **C2MPAS07** | Active |
| **C2MPAS08** | Strong |
| **C2MPAS09** | Proud |
| **C2MPAS10** | Attentive |
| **Scale Scoring:**  - Randomly distribute the items, as done by Watson et al. (1988)  - Scaling — Arithmetic mean (observe SD, too)  - Above are ONLY the POSITIVE emotion words  Limitations: Little positive emotion related to restful/content | |
| **Scale Reference:**  Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. Journal of Personality and Social Psychology, 54(6), 1063–1070. https://doi.org/10.1037/0022-3514.54.6.1063 | |
| **Psychometrics:**  Text (e.g., chronbach’s alpha) | |

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| Success of Emotion Regulation – (C2 M – Day 5) Customer Satisfaction Score (CSAT) | |
| **Instructions:** Please review the following few questions in consideration of this episode.  1 = Extremely dissatisfied  2 = Somewhat dissatisfied  3 = Neither satisfied nor dissatisfied  4 = Somewhat satisfied  5 = Extremely satisfied | |
| **Variable Name:** | **Questions:** |
| **C2MCSAT** | Overall, HOW SATISFIED were you with the technologies’ ability to SUPPORT YOUR HAPPINESS during the episode? |
| **Scale Reference:**  Qualtrics website <https://www.qualtrics.com/experience-management/customer/what-is-csat/> | |

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| Social Interaction – (C2 M – Day 5) | |
| **Instructions:** Please review the following few questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **Social Interaction (yes/no/somewhat)** | |
| **C2MSOC1** | Were you interacting with human beings (e.g., in person, online) during this episode?  1 = no  2 = others were around (i.e., in person, online), but not directly interacting with me  3 = yes |
| **C2MSOC2** | Was the social interaction in real-time (e.g., video chat), or was it asynchronous (e.g., social media comments)?  5 = In real-time  4 = 10 minutes for others to reply  3 = 30 minutes for others to reply  2 = 1 hour for others to reply  1 = 2+ hours for others to reply |
| **Scale Scoring:**  C2MSOC2 is conditionally based upon whether C2MSOC1 displays a 1 | |
| **Scale Reference:**  N/A – I constructed these questions. | |

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| Relatedness Success – (C2 M – Day 5) Shortened Technology Experience of Need Satisfaction – Behavior Scale - Relatedness Subscale (TENS) | |
| **Instructions:** Please rate each statement in terms of your agreement.  1 = Strongly disagree  2 = Disagree  3 = Somewhat disagree  4 = Neutral  5 = Somewhat agree  6 = Agree  7 = Strongly agree | |
| **Variable Name:** | **Questions:** |
| Support | |
| **C2MTENS-S1** | When I do this activity with these technologies, it makes me feel close to people who are important to me |
| **C2MTENS-S2** | When I do this activity with these technologies, it makes me feel connected to other people |
| **C2MTENS-S3** | When I do this activity with these technologies, it makes me feel that people care about me |
| Frustration | |
| **C2MTENS-F1** | When I do this activity with these technologies, it makes me feel excluded or isolated |
| **C2MTENS-F2** | When I do this activity with these technologies, it makes me feel lonely |
| **C2MTENS-F3** | When I do this activity with these technologies, it makes me feel like I don’t matter to other people |
| **Scale Scoring:**  Randomize the items. Arithmetic mean for each subscale. I am unsure how to calculate the total – see original study. | |
| **Scale Reference:**  Burnell, R., Peters, D., Ryan, R. M., & Calvo, R. A. (2023). Technology evaluations are associated with psychological need satisfaction across different spheres of experience: an application of the METUX scales [Original Research]. Frontiers in Psychology, 14. https://doi.org/10.3389/fpsyg.2023.1092288 | |

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| Contextual Enablers and Barriers – (C2 M – Day 5) | |
| **Instructions:** Please review the following questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **Frequency of Use** | |
| **C2MFREQ1** | How FREQUENTLY do you engage in this ACTIVITY using these technologies?   1. Rarely or never (1) 2. Once a year (2) 3. Several times a year (3) 4. Once a month (4) 5. Several times a month (5) 6. Once a week (6) 7. Several times a week (7) 8. Once a day (8) 9. Several times a day (9) 10. Once an hour (10) 11. Several times an hour (11) 12. All the time (12)   Other (please specify) |
| **C2MFREQ2** | Ideally, how often would you like to engage in this activity?   1. Rarely or never (1) 2. Once a year (2) 3. Several times a year (3) 4. Once a month (4) 5. Several times a month (5) 6. Once a week (6) 7. Several times a week (7) 8. Once a day (8) 9. Several times a day (9) 10. Once an hour (10) 11. Several times an hour (11) 12. All the time (12)   Other (please specify) |
| **C2MFREQ3** | What factors inform your desired frequency of engaging in this activity? [select all that apply]  1 = Time it takes for the activity (please explain)  2 = Energy it takes for the activity (please explain)  3 = Money it takes for the activity (please explain)  4 = Interest level I have in the activity (please explain)  5 = Personal values I have towards the activity (please explain)  6 = Other (please explain) |
| **Indoors/Outdoors** | |
| **C2MINDO** | Were you indoors or outdoors during the activity?  1 = Indoors  2 = Outdoors  3 = Mix of both |
| **Necessity of Technologies** | |
| **C2MNEC** | HOW NECESSARY were the TECHNOLOGIES to engage in the main part THIS ACTIVITY (i.e., you would NOT have done the activity without them)?  5 = Completely necessary  4 = Somewhat necessary  3 = Neutral  2 = Somewhat unnecessary  1 = Completely unnecessary |
| **Moving One’s Body** | |
| **C2MBODY** | I MOVED MY BODY A LOT during this ACTIVITY.  1 = Strongly disagree  2 = Disagree  3 = Neither  4 = Agree  5 = Strongly agree |
| **Access Convenience** | |
| **C2MCONV** | Overall, HOW CONVENIENT was it to ENGAGE in this ACTIVITY using these technologies?  5 = Very convenient  4 = Somewhat convenient  3 = Neither  2 = Somewhat inconvenient  1 = Very inconvenient |
| **Customer Effort Score** | |
| **C2MEFF** | Overall, HOW EASY was it to ENGAGE in this ACTIVITY using these technologies?  5 = Very easy  4 = Somewhat easy  3 = Neither  2 = Somewhat difficult  1 = Very difficult |

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| Open-ended Questions – (C2 M – Day 5) | |
| **Instructions:** Please review the following questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **How Technologies Enhanced Feelings** | |
| **C2MFEEL** | [optional] In what ways did the technologies enhance how you felt?  *Example: “The music calmed me down”, or, “the video call felt almost like being in the same room”.* |
| **Anything Else** | |
| **C2MELSE** | [optional] Is there anything else you want to say about your experience? |

C2 A

Day 5

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| Afternoon Episode Qualities (C2 A – Day 5) | |
| **Instructions:** For today’s questionnaire, please choose 3 episodes you’d like to reflect upon more deeply (i.e., one each from the morning, AFTERNOON, and evening). Consider which technology-supported episodes you find the most relevant or interesting to supporting your happiness.  By the term ‘happiness,’ we refer to the experience of pleasure and a sense that one’s life is good, meaningful, and worthwhile.  By the term ‘technology’ we refer to devices and systems, including both hardware and software, that are powered by electricity or other forms of energy, encompassing electronic gadgets, household appliances, and digital platforms.  We’ll start with **choosing one of yesterday morning’s episodes**.  \*\*Please look at your Diary from yesterday (i.e., Day 4) and select ONE of the episodes you noted in the AFTERNOON. Choose an episode that you want to explore more deeply.\*\* | |
| **Variable Name:** | **Questions:** |
| **C2ANAM** | What’s a short name to describe the episode? (e.g., ‘walking to class’). |
| **C2ABEG** | When did this episode begin? Please try to remember the time as precisely as you can. |
| **C2AEND** | When did the episode end? |
| **C2ADC** | What were you doing? (please check all that apply)  1 = working / studying  2 = using the phone  3 = using the computer  4 = socializing (in person)  5 = socializing (online)  6 = watching videos/movies  7 = listening to audio content  8 = relaxing  9 = intimate relations  10 = nap/resting  11 = preparing food  12 = eating  13 = taking care of others  14 = exercising  15 = hobbies  16 = commuting  17 = doing chores  18 = praying/worshipping  19 = other (please specify) |
| **C2ADO** | Please DESCRIBE the general EXPERIENCE in terms of the MAIN thing you were doing during the episode. [Open-ended]  Example: I was playing a video game with friends using a headset so we could talk to each other |
| **C2ADM** | [optional] What OTHER THINGS were you doing or thinking about?  Example: I was trying not to think about my upcoming exam. |
| **C2AATT** | On a scale of 1-7, please select the number ‘4’ below (to confirm your attention to this question).  7 = Strongly agree  6 = Agree  5 = Slightly agree  4 = Neither agree nor disagree  3 = Slightly disagree  2 = Disagree  1 = Strongly disagree |
| **C2ATC** | What technologies did you use? (please check all that apply)  1 = smartphone  2 = headphones  3 = computer  4 = touchscreen tablet  5 = speaker  6 = internet  7 = artificial intelligence  8 = monitor/screen  9 = e-reader  10 = e-gaming system  11 = musical instrument/equipment  12 = camera  13 = augmented reality  14 = virtual reality  15 = transportation vehicle/device  16 = lighting  17 = heating / air conditioning  18 = fan  19 = household appliance  20 = scent diffuser  21 = other (please specify) |
| **C2ACO** | [optional] -- How did the COMBINATION of multiple TECHNOLOGIES / apps contribute towards IMPROVING your EMOTIONAL STATE?    *\*Example: “Listening to white noise while scrolling on Instagram helped me to relax before bed. The lavender scent diffuser, along with a fan, also helped me to relax.”\** |
| **Scale Scoring:**  For the attention check, if the participant writes a 4, then include their data. If they do not, then strongly consider the internal validity of their responses going forward.  **C2ADO** was constructed from the Khaneman DRM study in addition to the Huta and Ryan (2010) study (p. 749). | |
| **Scale Reference:**  Text | |
| **Psychometrics:**  Text (e.g., chronbach’s alpha) | |
| **Rationale:** | |

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| Motivations (C2 A – Day 5) Hedonic and Eudaimonic Motives for Activities (HEMA) | |
| **Instructions:** To what degree did you approach these activities with each of the following intentions, whether or not you actually achieved your aim?  1 = Not at all  2 = Very little  3 = Somewhat not  4 = Neither  5 = Somewhat yes  6 = Very much  7 = Completely | |
| **Variable Name:** | **Questions:** |
| Lay Eudaimonism | |
| **C2ALE1** | Seeking to pursue excellence or a personal ideal? |
| **C2ALE2** | Seeking to use the best in yourself? |
| **C2ALE3** | Seeking to develop a skill, learn, or gain insight into something? |
| **C2ALE4** | Seeking to do what you believe in? |
| Lay Hedonism | |
| **C2ALH1** | Seeking enjoyment? |
| **C2ALH2** | Seeking pleasure? |
| **C2ALH3** | Seeking fun? |
| **C2ALH4** | Seeking relaxation? |
| **C2ALH5** | Seeking to take it easy? |
| **Scale Scoring:**  Randomize the order of all scale items. Adapted from Huta and Ryan (2010) which is more focused on a “trait” level experience rather than an activity-level experience. | |
| **Scale Reference:**  Huta, V., & Ryan, R.M. (2010). Pursuing Pleasure or Virtue: The Differential and Overlapping Well-Being Benefits of Hedonic and Eudaimonic Motives. Journal of Happiness Studies, 11, 735-762. | |
| **Psychometrics:**  Participants gave ratings on various eudaimonic and hedonic motives, which were intermixed. [….] The items were rated from 1 (not at all) to 7 (very much). Cronbach alphas will be reported in the Results section after testing the distinctness of the two scales. [….] Each experience-sampling form  first inquired ‘‘What was the MAIN thing you were doing as you were paged?’’ and ‘‘What  other things were you doing or thinking about?’’ Participants gave one-line written  responses to each question. Participants were then asked about their eudaimonic and  hedonic motives as follows: ‘‘To what degree did you approach this activity (or these  activities) with each of the following intentions, whether or not you actually achieved your  aim?’’ They gave ratings on the nine HEMA items used in Studies 1 and 2. | |
| **Rationale:**  Motivations towards Hedonism and Eudaimonism can have a moderating effect on well-being outcomes. | |

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| PER Classification (C2 A – Day 5) Positive Emotion Regulation Techniques (PERT) | |
| **Instructions:** Please choose Positive Emotion Regulation techniques that describe your activities during the episode. (Select all that apply) | |
| **Variable Name:** | **Questions:** |
| Situation Selection | |
| **C2APER1** | **Bettering yourself**  Committing to meaningful challenges or passions that accord with your deeply-held values. Rather than indulging yourself constantly, or serving others’ needs only |
| **C2APER2** | **Indulging**  Allowing yourself to enjoy what you desire to do. Rather than resisting the urge to do so |
| **C2APER3** | **Being considerate and helping others**  Sharing your resources and attention for the benefit of another person or group’s needs or preferences. Rather than acting solely for personal gain |
| **C2APER4** | **Engaging in a collective**  Joining in, or contributing to the shared concerns of a group. Rather than feeling apart from a sense of communal purpose |
| **C2APER5** | **Practicing spirituality and religion**  Engaging in structured or ritualistic thoughts and behaviors that anchor your view of life within a larger cosmology. Rather than having no practiced tradition through which to process your experiences |
| Situation Modification | |
| **C2APER6** | **Creating a savoring atmosphere**  Creating or rearranging the environment to physically, psychologically, and socially support the intended positive experience. Rather than sticking to the status quo |
| **C2APER7** | **Capturing**  Actively collecting physical or mental mementos (e.g., photos and souvenirs) that will later prompt vivid recall, thereby making the future experience more positive. Rather than experiencing the positive experience in only one temporal orientation |
| **C2APER8** | **Delaying positive experiences or splitting them into smaller units**  Temporarily withdrawing from a positive experience, or subdividing a pleasant experience into smaller units to prolong anticipation and enjoyment. Rather than sacrificing prolonged pleasure for instant gratification |
| **C2APER9** | **Blocking negative thoughts**  Preventing the retrieval of negative thoughts and memories that may hinder positive experiences, or reconfiguring them to create a more positive view. Rather than letting them lurk unaddressed around your daily life |
| **C2APER10** | **Habitualizing positive rituals**  Enhancing your life by practicing positive actions regularly as part of your lifestyle. Rather than occasionally performing them |
| Attentional Deployment | |
| **C1APER11** | **Being immersed and absorbed**  Becoming fully engaged in a positive experience or its aspects, existing only in the present. Rather than allowing other concerns to hinder your enjoyment |
| **C2APER12** | **Anticipating**  Vividly anticipating likely positive experiences that will occur in the future. Rather than focusing only on the past or present |
| **C2APER13** | **Reminiscing**  Recalling and reliving past positive experiences for emotional or sentimental reasons. Rather than focusing only on the present or future |
| **C2APER14** | **Moral elevating**  Being moved by witnessing someone perform an act of virtue such as being brave, honest, kind, or perseverant; feeling inspired to act this way yourself. Rather than considering virtuous behaviors as mundane |
| **C2APER15** | **Fantasizing**  Imagining positive experiences of varying likelihood. Rather than restricting your imagination to likely possibilities |
| Positive Reappraisal | |
| **C2APER16** | **Being aware of temporal scarcity**  Realizing that your current experience or resources will not last forever, and that you should enjoy them while they are available. Rather than rushing through them as though they were available anytime |
| **C2APER17** | **Infusing the ordinary with special meaning**  Enriching day-to-day experiences with language, thoughts, and actions that promote positive associations. Rather than seeing experiences only in a functional way |
| **C2APER18** | **Self-congratulating**  Giving yourself credit for the causes of positive experiences; seeing your experiences with a positive view of your strengths, achievements, and self-worth. Rather than overlooking opportunities to honor yourself |
| **C2APER19** | **Expressing or acknowledging gratitude**  Considering how others have benefited from your actions, or how you have benefited from others’ actions. Rather than letting contributions pass by without noticing their positive impact |
| **C2APER20** | **Relative comparing**  Embracing your own experiences in comparison with what others seem to be experiencing, or with what you imagined an event would be like. Rather than absorbing your joys and letdowns without a reference point |
| Response Modulation | |
| **C2APER21** | **Sharing the positive experience with others**  Creating a ripple effect between you and others in response to positive experiences; telling others how much you value the moment, or recounting stories about past joys, or good fortune. Rather than experiencing life’s joys in solitude |
| **C2APER22** | **Purposeful dampening**  Intentionally down-regulating your positive emotions to help maintain perceived control. Rather than letting emotions arise regardless of the circumstance |
| **C2APER23** | **Enriching the sensory environment**  Encountering or cultivating pleasant sensory stimulation. Rather than continually experiencing the same level of stimulation |
| **C2APER24** | **Altering bodily engagement**  Reviving or relaxing your body with dynamic movement or rest. Rather than giving energy only to your thoughts |
| **C2APER25** | **Neurochemically heightening emotions**  Using food, drink, behaviors, or mind-altering substances to enhance your emotional state. Rather than relying solely on your intention to feel better |
| **Scale Reference:**  Yoon and Faulk (manuscript in progress) | |
| **Psychometrics:**  TBD | |
| **Rationale:**  Specificity of PER techniques is important for understanding savoring diversity, among other constructs. | |

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| Emotional Intensity (C2 A – Day 5) Positive and Negative Affect Scales (PANAS) | |
| **Instructions:** Please rate on the provided [5-point] scale how you felt during the episode:  1 = very slightly or not at all  2 = a little  3 = moderately  4 = quite a bit  5 = very much | |
| **Variable Name:** | **Questions:** |
| **Positive Subscale** | |
| **C2APAS01** | Enthusiastic |
| **C2APAS02** | Interested |
| **C2APAS03** | Determined |
| **C2APAS04** | Excited |
| **C2APAS05** | Inspired |
| **C2APAS06** | Alert |
| **C2APAS07** | Active |
| **C2APAS08** | Strong |
| **C2APAS09** | Proud |
| **C2APAS10** | Attentive |
| **Scale Scoring:**  - Randomly distribute the items, as done by Watson et al. (1988)  - Scaling — Arithmetic mean (observe SD, too)  - Above are ONLY the POSITIVE emotion words  Limitations: Little positive emotion related to restful/content | |
| **Scale Reference:**  Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. Journal of Personality and Social Psychology, 54(6), 1063–1070. https://doi.org/10.1037/0022-3514.54.6.1063 | |
| **Psychometrics:**  TBD | |

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| Success of Emotion Regulation – (C2 A – Day 5) Customer Satisfaction Score (CSAT) | |
| **Instructions:** Please review the following few questions in consideration of this episode.  1 = Extremely dissatisfied  2 = Somewhat dissatisfied  3 = Neither satisfied nor dissatisfied  4 = Somewhat satisfied  5 = Extremely satisfied | |
| **Variable Name:** | **Questions:** |
| **C2ACSAT** | Overall, HOW SATISFIED were you with the technologies’ ability to SUPPORT YOUR HAPPINESS during the episode? |
| **Scale Reference:**  Qualtrics website <https://www.qualtrics.com/experience-management/customer/what-is-csat/> | |

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| Social Interaction – (C2 A – Day 5) | |
| **Instructions:** Please review the following few questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **Social Interaction (yes/no/somewhat)** | |
| **C2ASOC1** | Were you interacting with anyone (e.g., in person, online) during this episode?  1 = no  2 = others were around (i.e., in person, online), but not directly interacting with me  3 = yes |
| **C2ASOC2** | Was the social interaction in real-time (e.g., video chat), or was it asynchronous (e.g., social media comments)?  5 = In real-time  4 = 10 minutes for others to reply  3 = 30 minutes for others to reply  2 = 1 hour for others to reply  1 = 2+ hours for others to reply |
| **Scale Scoring:**  C2ASOC2 is conditionally based upon whether C2ASOC1 displays a 1 | |
| **Scale Reference:**  N/A – I constructed these questions. | |

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| Relatedness Success – (C2 A – Day 5) Shortened Technology Experience of Need Satisfaction – Behavior Scale - Relatedness Subscale (TENS) | |
| **Instructions:** Please rate each statement in terms of your agreement.  1 = Strongly disagree  2 = Disagree  3 = Somewhat disagree  4 = Neutral  5 = Somewhat agree  6 = Agree  7 = Strongly agree | |
| **Variable Name:** | **Questions:** |
| Support | |
| **C2ATENS-S1** | When I do this activity with these technologies, it makes me feel close to people who are important to me |
| **C2ATENS-S2** | When I do this activity with these technologies, it makes me feel connected to other people |
| **C2ATENS-S3** | When I do this activity with these technologies, it makes me feel that people care about me |
| Frustration | |
| **C2ATENS-F1** | When I do this activity with these technologies, it makes me feel excluded or isolated |
| **C2ATENS-F2** | When I do this activity with these technologies, it makes me feel lonely |
| **C2ATENS-F3** | When I do this activity with these technologies, it makes me feel like I don’t matter to other people |
| **Scale Scoring:**  Randomize the items. Arithmetic mean for each subscale. I am unsure how to calculate the total – see original study. | |
| **Scale Reference:**  Burnell, R., Peters, D., Ryan, R. M., & Calvo, R. A. (2023). Technology evaluations are associated with psychological need satisfaction across different spheres of experience: an application of the METUX scales [Original Research]. Frontiers in Psychology, 14. https://doi.org/10.3389/fpsyg.2023.1092288 | |

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| Contextual Enablers and Barriers – (C2 A – Day 5) | |
| **Instructions:** Please review the following questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **Frequency of Use** | |
| **C2AFREQ1** | How FREQUENTLY do you engage in this ACTIVITY using these technologies?   1. Rarely or never (1) 2. Once a year (2) 3. Several times a year (3) 4. Once a month (4) 5. Several times a month (5) 6. Once a week (6) 7. Several times a week (7) 8. Once a day (8) 9. Several times a day (9) 10. Once an hour (10) 11. Several times an hour (11) 12. All the time (12)   Other (please specify) |
| **C2AFREQ2** | Ideally, how often would you like to engage in this activity?   1. Rarely or never (1) 2. Once a year (2) 3. Several times a year (3) 4. Once a month (4) 5. Several times a month (5) 6. Once a week (6) 7. Several times a week (7) 8. Once a day (8) 9. Several times a day (9) 10. Once an hour (10) 11. Several times an hour (11) 12. All the time (12)   Other (please specify) |
| **C2AFREQ3** | What factors inform your desired frequency of engaging in this activity? [select all that apply]  1 = Time it takes for the activity (please explain)  2 = Energy it takes for the activity (please explain)  3 = Money it takes for the activity (please explain)  4 = Interest level I have in the activity (please explain)  5 = Personal values I have towards the activity (please explain)  6 = Other (please explain) |
| **Indoors/Outdoors** | |
| **C2AINDO** | Were you indoors or outdoors during the activity?  1 = Indoors  2 = Outdoors  3 = Mix of both |
| **Necessity of Technologies** | |
| **C2ANEC** | HOW NECESSARY were the TECHNOLOGIES to engage in the main part THIS ACTIVITY (i.e., you would NOT have done the activity without them)?  5 = Completely necessary  4 = Somewhat necessary  3 = Neutral  2 = Somewhat unnecessary  1 = Completely unnecessary |
| **Moving One’s Body** | |
| **C2ABODY** | I MOVED MY BODY A LOT during this ACTIVITY.  1 = Strongly disagree  2 = Disagree  3 = Neither  4 = Agree  5 = Strongly agree |
| **Access Convenience** | |
| **C2ACONV** | Overall, HOW CONVENIENT was it to ENGAGE in this ACTIVITY using these technologies?  5 = Very convenient  4 = Somewhat convenient  3 = Neither  2 = Somewhat inconvenient  1 = Very inconvenient |
| **Customer Effort Score** | |
| **C2AEFF** | Overall, HOW EASY was it to ENGAGE in this ACTIVITY using these technologies?  5 = Very easy  4 = Somewhat easy  3 = Neither  2 = Somewhat difficult  1 = Very difficult |

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| Open-ended Questions – (C2 A – Day 5) | |
| **Instructions:** Please review the following questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **How Technologies Enhanced Feelings** | |
| **C2AFEEL** | [optional] In what ways did the technologies enhance how you felt?  *Example: “The music calmed me down”, or, “the video call felt almost like being in the same room”.* |
| **Anything Else** | |
| **C2AELSE** | [optional] Is there anything else you want to say about your experience? |

C2 E

Day 5

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| Evening Episode Qualities (C2 E – Day 5) | |
| **Instructions:** Please choose 1 episode from Day 5 you’d like to reflect upon more deeply. Consider which technology-mediated activities you find the most relevant or interesting to supporting your happiness.  By the term ‘happiness,’ we refer to the experience of pleasure and a sense that one’s life is good, meaningful, and worthwhile.  By the term ‘technology’ we refer to devices and systems, including both hardware and software, that are powered by electricity or other forms of energy, encompassing electronic gadgets, household appliances, and digital platforms.  We’ll start with **choosing one of yesterday evening’s episodes**.  \*\*Please look at your Diary from yesterday (i.e., Day 4) and select ONE of the episodes you noted in the EVENING. Choose an episode that you want to explore more deeply.\*\* | |
| **Variable Name:** | **Questions:** |
| **C2ENAM** | What’s a short name to describe the episode? (e.g., ‘walking home’). |
| **C2EBEG** | When did this episode begin? Please try to remember the time as precisely as you can. |
| **C2EEND** | When did the episode end? |
| **C2EDC** | What were you doing? (please check all that apply)  1 = working / studying  2 = using the phone  3 = using the computer  4 = socializing (in person)  5 = socializing (online)  6 = watching videos/movies  7 = listening to audio content  8 = relaxing  9 = intimate relations  10 = nap/resting  11 = preparing food  12 = eating  13 = taking care of others  14 = exercising  15 = hobbies  16 = commuting  17 = doing chores  18 = praying/worshipping  19 = other (please specify) |
| **C2EDO** | Please DESCRIBE the general EXPERIENCE in terms of the MAIN thing you were doing during the episode. [Open-ended]  Example: I was playing a video game with friends using a headset so we could talk to each other |
| **C2EDM** | [optional] What OTHER THINGS were you doing or thinking about?  Example: I was trying not to think about my upcoming exam. |
| **C2EATT** | On a scale of 1-7, please select the number ‘5’ below (to confirm your attention to this question).  7 = Strongly agree  6 = Agree  5 = Slightly agree  4 = Neither agree nor disagree  3 = Slightly disagree  2 = Disagree  1 = Strongly disagree |
| **C2ETC** | What technologies did you use? (please check all that apply)  1 = smartphone  2 = headphones  3 = computer  4 = touchscreen tablet  5 = speaker  6 = internet  7 = artificial intelligence  8 = monitor/screen  9 = e-reader  10 = e-gaming system  11 = musical instrument/equipment  12 = camera  13 = augmented reality  14 = virtual reality  15 = transportation vehicle/device  16 = lighting  17 = heating / air conditioning  18 = fan  19 = household appliance  20 = scent diffuser  21 = other (please specify) |
| **C2ECO** | [optional] -- How did the COMBINATION of multiple TECHNOLOGIES / apps contribute towards IMPROVING your EMOTIONAL STATE?    *\*Example: “Listening to white noise while scrolling on Instagram helped me to relax before bed. The lavender scent diffuser, along with a fan, also helped me to relax.”\** |
| **Scale Scoring:**  For the attention check, if the participant writes a 4, then include their data. If they do not, then strongly consider the internal validity of their responses going forward.  **C2EDO** was constructed from the Khaneman DRM study in addition to the Huta and Ryan (2010) study (p. 749). | |
| **Scale Reference:**  None, I made this measure. | |
| **Psychometrics:**  TBD | |
| **Rationale:**  We need to know what technologies people used to better understand how they used them for emotion regulation. | |

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| Motivations (C2 E – Day 5) Hedonic and Eudaimonic Motives for Activities (HEMA) | |
| **Instructions:** To what degree did you approach these activities with each of the following intentions, whether or not you actually achieved your aim?  1 = Not at all  2 = Very little  3 = Somewhat not  4 = Neither  5 = Somewhat yes  6 = Very much  7 = Completely | |
| **Variable Name:** | **Questions:** |
| Lay Eudaimonism | |
| **C2ELE1** | Seeking to pursue excellence or a personal ideal? |
| **C2ELE2** | Seeking to use the best in yourself? |
| **C2ELE3** | Seeking to develop a skill, learn, or gain insight into something? |
| **C2ELE4** | Seeking to do what you believe in? |
| Lay Hedonism | |
| **C2ELH1** | Seeking enjoyment? |
| **C2ELH2** | Seeking pleasure? |
| **C2ELH3** | Seeking fun? |
| **C2ELH4** | Seeking relaxation? |
| **C2ELH5** | Seeking to take it easy? |
| **Scale Scoring:**  Randomize the order of all scale items. Adapted from Huta and Ryan (2010) which is more focused on a “trait” level experience rather than an activity-level experience. | |
| **Scale Reference:**  Huta, V., & Ryan, R.M. (2010). Pursuing Pleasure or Virtue: The Differential and Overlapping Well-Being Benefits of Hedonic and Eudaimonic Motives. Journal of Happiness Studies, 11, 735-762. | |
| **Psychometrics:**  Participants gave ratings on various eudaimonic and hedonic motives, which were intermixed. [….] The items were rated from 1 (not at all) to 7 (very much). Cronbach alphas will be reported in the Results section after testing the distinctness of the two scales. [….] Each experience-sampling form  first inquired ‘‘What was the MAIN thing you were doing as you were paged?’’ and ‘‘What  other things were you doing or thinking about?’’ Participants gave one-line written  responses to each question. Participants were then asked about their eudaimonic and  hedonic motives as follows: ‘‘To what degree did you approach this activity (or these  activities) with each of the following intentions, whether or not you actually achieved your  aim?’’ They gave ratings on the nine HEMA items used in Studies 1 and 2. | |
| **Rationale:**  Motivations towards Hedonism and Eudaimonism can have a moderating effect on well-being outcomes. | |

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| PER Classification (C2 E – Day 5) Positive Emotion Regulation Techniques (PERT) | |
| **Instructions:** Please choose Positive Emotion Regulation techniques that describe your activities during the episode. (Select all that apply) | |
| **Variable Name:** | **Questions:** |
| Situation Selection | |
| **C2EPER1** | **Bettering yourself**  Committing to meaningful challenges or passions that accord with your deeply-held values. Rather than indulging yourself constantly, or serving others’ needs only |
| **C2EPER2** | **Indulging**  Allowing yourself to enjoy what you desire to do. Rather than resisting the urge to do so |
| **C2EPER3** | **Being considerate and helping others**  Sharing your resources and attention for the benefit of another person or group’s needs or preferences. Rather than acting solely for personal gain |
| **C2EPER4** | **Engaging in a collective**  Joining in, or contributing to the shared concerns of a group. Rather than feeling apart from a sense of communal purpose |
| **C2EPER5** | **Practicing spirituality and religion**  Engaging in structured or ritualistic thoughts and behaviors that anchor your view of life within a larger cosmology. Rather than having no practiced tradition through which to process your experiences |
| Situation Modification | |
| **C2EPER6** | **Creating a savoring atmosphere**  Creating or rearranging the environment to physically, psychologically, and socially support the intended positive experience. Rather than sticking to the status quo |
| **C2EPER7** | **Capturing**  Actively collecting physical or mental mementos (e.g., photos and souvenirs) that will later prompt vivid recall, thereby making the future experience more positive. Rather than experiencing the positive experience in only one temporal orientation |
| **C2EPER8** | **Delaying positive experiences or splitting them into smaller units**  Temporarily withdrawing from a positive experience, or subdividing a pleasant experience into smaller units to prolong anticipation and enjoyment. Rather than sacrificing prolonged pleasure for instant gratification |
| **C2EPER9** | **Blocking negative thoughts**  Preventing the retrieval of negative thoughts and memories that may hinder positive experiences, or reconfiguring them to create a more positive view. Rather than letting them lurk unaddressed around your daily life |
| **C2EPER10** | **Habitualizing positive rituals**  Enhancing your life by practicing positive actions regularly as part of your lifestyle. Rather than occasionally performing them |
| Attentional Deployment | |
| **C2EPER11** | **Being immersed and absorbed**  Becoming fully engaged in a positive experience or its aspects, existing only in the present. Rather than allowing other concerns to hinder your enjoyment |
| **C2EPER12** | **Anticipating**  Vividly anticipating likely positive experiences that will occur in the future. Rather than focusing only on the past or present |
| **C2EPER13** | **Reminiscing**  Recalling and reliving past positive experiences for emotional or sentimental reasons. Rather than focusing only on the present or future |
| **C2EPER14** | **Moral elevating**  Being moved by witnessing someone perform an act of virtue such as being brave, honest, kind, or perseverant; feeling inspired to act this way yourself. Rather than considering virtuous behaviors as mundane |
| **C2EPER15** | **Fantasizing**  Imagining positive experiences of varying likelihood. Rather than restricting your imagination to likely possibilities |
| Positive Reappraisal | |
| **C2EPER16** | **Being aware of temporal scarcity**  Realizing that your current experience or resources will not last forever, and that you should enjoy them while they are available. Rather than rushing through them as though they were available anytime |
| **C2EPER17** | **Infusing the ordinary with special meaning**  Enriching day-to-day experiences with language, thoughts, and actions that promote positive associations. Rather than seeing experiences only in a functional way |
| **C2EPER18** | **Self-congratulating**  Giving yourself credit for the causes of positive experiences; seeing your experiences with a positive view of your strengths, achievements, and self-worth. Rather than overlooking opportunities to honor yourself |
| **C2EPER19** | **Expressing or acknowledging gratitude**  Considering how others have benefited from your actions, or how you have benefited from others’ actions. Rather than letting contributions pass by without noticing their positive impact |
| **C2EPER20** | **Relative comparing**  Embracing your own experiences in comparison with what others seem to be experiencing, or with what you imagined an event would be like. Rather than absorbing your joys and letdowns without a reference point |
| Response Modulation | |
| **C2EPER21** | **Sharing the positive experience with others**  Creating a ripple effect between you and others in response to positive experiences; telling others how much you value the moment, or recounting stories about past joys, or good fortune. Rather than experiencing life’s joys in solitude |
| **C2EPER22** | **Purposeful dampening**  Intentionally down-regulating your positive emotions to help maintain perceived control. Rather than letting emotions arise regardless of the circumstance |
| **C2EPER23** | **Enriching the sensory environment**  Encountering or cultivating pleasant sensory stimulation. Rather than continually experiencing the same level of stimulation |
| **C2EPER24** | **Altering bodily engagement**  Reviving or relaxing your body with dynamic movement or rest. Rather than giving energy only to your thoughts |
| **C2EPER25** | **Neurochemically heightening emotions**  Using food, drink, behaviors, or mind-altering substances to enhance your emotional state. Rather than relying solely on your intention to feel better |
| **Scale Reference:**  Yoon and Faulk (manuscript in process) | |
| **Psychometrics:**  TBD | |
| **Rationale:**  TBD | |

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| Emotional Intensity (C2 E – Day 5) Positive and Negative Affect Scales (PANAS) | |
| **Instructions:** Please rate on the provided [5-point] scale how you felt during the episode:  1 = very slightly or not at all  2 = a little  3 = moderately  4 = quite a bit  5 = very much | |
| **Variable Name:** | **Questions:** |
| **Positive Subscale** | |
| **C2EPAS01** | Enthusiastic |
| **C2EPAS02** | Interested |
| **C2EPAS03** | Determined |
| **C2EPAS04** | Excited |
| **C2EPAS05** | Inspired |
| **C2EPAS06** | Alert |
| **C2EPAS07** | Active |
| **C2EPAS08** | Strong |
| **C2EPAS09** | Proud |
| **C2EPAS10** | Attentive |
| **Scale Scoring:**  - Randomly distribute the items, as done by Watson et al. (1988)  - Scaling — Arithmetic mean (observe SD, too)  - Above are ONLY the POSITIVE emotion words  Limitations: Little positive emotion related to restful/content | |
| **Scale Reference:**  Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. Journal of Personality and Social Psychology, 54(6), 1063–1070. https://doi.org/10.1037/0022-3514.54.6.1063 | |
| **Psychometrics:**  TBD | |

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| Success of Emotion Regulation – (C2 E – Day 5) Customer Satisfaction Score (CSAT) | |
| **Instructions:** Please review the following few questions in consideration of this episode.  1 = Extremely dissatisfied  2 = Somewhat dissatisfied  3 = Neither satisfied nor dissatisfied  4 = Somewhat satisfied  5 = Extremely satisfied | |
| **Variable Name:** | **Questions:** |
| **C2ECSAT** | Overall, HOW SATISFIED were you with the technologies’ ability to SUPPORT YOUR HAPPINESS during the episode? |
| **Scale Reference:**  Qualtrics website <https://www.qualtrics.com/experience-management/customer/what-is-csat/> | |

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| Social Interaction – (C2 E – Day 5) | |
| **Instructions:** Please review the following few questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **Social Interaction (yes/no/somewhat)** | |
| **C2ESOC1** | Were you interacting with anyone (e.g., in person, online) during this episode?  1 = no  2 = others were around (i.e., in person, online), but not directly interacting with me  3 = yes |
| **C2ESOC2** | Was the social interaction in real-time (e.g., video chat), or was it asynchronous (e.g., social media comments)?  5 = In real-time  4 = 10 minutes for others to reply  3 = 30 minutes for others to reply  2 = 1 hour for others to reply  1 = 2+ hours for others to reply |
| **Scale Scoring:**  C2ESOC2 is conditionally based upon whether C2ESOC1 displays a 1 | |
| **Scale Reference:**  N/A – I constructed these questions. | |

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| Relatedness Success – (C2 E – Day 5) Shortened Technology Experience of Need Satisfaction – Behavior Scale - Relatedness Subscale (TENS) | |
| **Instructions:** Please rate each statement in terms of your agreement.  1 = Strongly disagree  2 = Disagree  3 = Somewhat disagree  4 = Neutral  5 = Somewhat agree  6 = Agree  7 = Strongly agree | |
| **Variable Name:** | **Questions:** |
| Support | |
| **C2ETENS-S1** | When I do this activity with these technologies, it makes me feel close to people who are important to me |
| **C2ETENS-S2** | When I do this activity with these technologies, it makes me feel connected to other people |
| **C2ETENS-S3** | When I do this activity with these technologies, it makes me feel that people care about me |
| Frustration | |
| **C2ETENS-F1** | When I do this activity with these technologies, it makes me feel excluded or isolated |
| **C2ETENS-F2** | When I do this activity with these technologies, it makes me feel lonely |
| **C2ETENS-F3** | When I do this activity with these technologies, it makes me feel like I don’t matter to other people |
| **Scale Scoring:**  Randomize the items. Arithmetic mean for each subscale. I am unsure how to calculate the total – see original study. | |
| **Scale Reference:**  Burnell, R., Peters, D., Ryan, R. M., & Calvo, R. A. (2023). Technology evaluations are associated with psychological need satisfaction across different spheres of experience: an application of the METUX scales [Original Research]. Frontiers in Psychology, 14. https://doi.org/10.3389/fpsyg.2023.1092288 | |

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| Contextual Enablers and Barriers – (C2 E – Day 5) | |
| **Instructions:** Please review the following questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **Frequency of Use** | |
| **C2EFREQ1** | How FREQUENTLY do you engage in this ACTIVITY using these technologies?   1. Rarely or never (1) 2. Once a year (2) 3. Several times a year (3) 4. Once a month (4) 5. Several times a month (5) 6. Once a week (6) 7. Several times a week (7) 8. Once a day (8) 9. Several times a day (9) 10. Once an hour (10) 11. Several times an hour (11) 12. All the time (12)   Other (please specify) |
| **C2EFREQ2** | Ideally, how often would you like to engage in this activity?   1. Rarely or never (1) 2. Once a year (2) 3. Several times a year (3) 4. Once a month (4) 5. Several times a month (5) 6. Once a week (6) 7. Several times a week (7) 8. Once a day (8) 9. Several times a day (9) 10. Once an hour (10) 11. Several times an hour (11) 12. All the time (12)   Other (please specify) |
| **C2EFREQ3** | What factors inform your desired frequency of engaging in this activity? [select all that apply]  1 = Time it takes for the activity (please explain)  2 = Energy it takes for the activity (please explain)  3 = Money it takes for the activity (please explain)  4 = Interest level I have in the activity (please explain)  5 = Personal values I have towards the activity (please explain)  6 = Other (please explain) |
| **Indoors/Outdoors** | |
| **C2EINDO** | Were you indoors or outdoors during the activity?  1 = Indoors  2 = Outdoors  3 = Mix of both |
| **Necessity of Technologies** | |
| **C2ENEC** | HOW NECESSARY were the TECHNOLOGIES to engage in the main part THIS ACTIVITY (i.e., you would NOT have done the activity without them)?  5 = Completely necessary  4 = Somewhat necessary  3 = Neutral  2 = Somewhat unnecessary  1 = Completely unnecessary |
| **Moving One’s Body** | |
| **C2EBODY** | I MOVED MY BODY A LOT during this ACTIVITY.  1 = Strongly disagree  2 = Disagree  3 = Neither  4 = Agree  5 = Strongly agree |
| **Access Convenience** | |
| **C2ECONV** | Overall, HOW CONVENIENT was it to ENGAGE in this ACTIVITY using these technologies?  5 = Very convenient  4 = Somewhat convenient  3 = Neither  2 = Somewhat inconvenient  1 = Very inconvenient |
| **Customer Effort Score** | |
| **C2EEFF** | Overall, HOW EASY was it to ENGAGE in this ACTIVITY using these technologies?  5 = Very easy  4 = Somewhat easy  3 = Neither  2 = Somewhat difficult  1 = Very difficult |

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| Open-ended Questions – (C2 E – Day 5) | |
| **Instructions:** Please review the following questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **How Technologies Enhanced Feelings** | |
| **C2EFEEL** | [optional] In what ways did the technologies enhance how you felt?  *Example: “The music calmed me down”, or, “the video call felt almost like being in the same room”.* |
| **Anything Else** | |
| **C2EELSE** | [optional] Is there anything else you want to say about your experience? |

A4

Day 6

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| A4 SONA – (A4 – Day 6) | |
| **Instructions:** Welcome back – today’s questionnaire will take about 25 minutes. | |
| **Variable Name:** | **Questions:** |
| **A4SONA** | Before we move on –– SONA Provides you with an ID# (e.g., 12345). What is your participant ID# on SONA? Visit SONA [here](https://cornellpsych.sona-systems.com/).  Note: If you don’t have a SONA ID#, please write your NetID (e.g., jdf269). Your data will remain confidential. I will ‘de-identify’ your information before sharing the study results with anyone. |
| **A4ATT** | On a scale of 1-7, please select the number ‘4’ below (to confirm your attention to this question).  7 = Strongly agree  6 = Agree  5 = Slightly agree  4 = Neither agree nor disagree  3 = Slightly disagree  2 = Disagree  1 = Strongly disagree |

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| Media and Technology Usage – (A4 – Day 6) Media and Technology Usage Scale (MTUS) | |
| **Instructions:** This scale includes 44 items which comprise 11 subscales:   * **Smartphone Usage** (9 items) * **General Social Media Usage** (9 items) * **Internet Searching** (4 items) * **E-Mailing** (4 items) * **Media Sharing** (4 items) * **Text Messaging** (4 items) * **Video Gaming** (3 items) * **Online Friendships** (2 items) * **Social Media Friendships** (2 items) * **Phone/Video Calling** (2 items) * **TV Viewing** (2 items)   For each item, we will ask you how often you do the described activity on a 10-point frequency scale:   1. Never (1) 2. Once a month (2) 3. Several times a month (3) 4. Once a week (4) 5. Several times a week (5) 6. Once a day (6) 7. Several times a day (7) 8. Once an hour (8) 9. Several times an hour (9) 10. All the time (10) | |
| **Variable Name:** | **Questions:** |
| Emailing Subscale Please indicate how often you do each of the following e-mail activities on any device (phone, laptop, desktop, etc.): | |
| **MTUS-MAIL1** | Send, receive and read e-mails (not including spam or junk mail). |
| **MTUS-MAIL2** | Check your personal email. |
| **MTUS-MAIL3** | Check your work or school e-mail. |
| **MTUS-MAIL4** | Send or receive files via e-mail. |
| Phone Activities Please indicate how often you do each of the following activities on your phone: | |
| Text messaging subscale | |
| **MTUS-TEXT1** | Send and receive text messages on a mobile phone. |
| **MTUS-TEXT2** | Check for text messages on a phone. |
| Voice/video calling subscale | |
| **MTUS-CALL1** | Make and receive voice/video calls. |
| **MTUS-CALL2** | Check for missed voice/video calls on a phone. |
| Smartphone usage subscale | |
| **MTUS-PHONE1** | Read e-mail on a phone. |
| **MTUS-PHONE2** | Get directions or use GPS on a phone. |
| **MTUS-PHONE3** | Browse the web on a phone. |
| **MTUS-PHONE4** | Listen to music on a phone. |
| **MTUS-PHONE5** | Take pictures using a phone. |
| **MTUS-PHONE6** | Check the news on a phone. |
| **MTUS-PHONE7** | Record video on a phone. |
| **MTUS-PHONE8** | Use apps (for any purpose) on a phone. |
| **MTUS-PHONE9** | Use your phone during class or work time. |
| General Activities How often do you do each of the following activities? | |
| TV viewing subscale | |
| **MTUS-TV1** | Watch TV shows, movies, etc. on a TV set. |
| **MTUS-TV2** | Watch video clips on a TV set. |
| Media sharing subscale | |
| **MTUS-SHARE1** | Watch video clips on any device. |
| **MTUS-SHARE2** | Watch TV shows, movies, etc. on any device. |
| **MTUS-SHARE3** | Download media files from other people on any device. |
| **MTUS-SHARE4** | Share your own media files on any device. |
| **MTUS-SHARE5** | Search the internet for news on any device. |
| **MTUS-SHARE6** | Search the internet for information on any device. |
| **MTUS-SHARE7** | Search the internet for videos on any device. |
| **MTUS-SHARE8** | Search the internet for images or photos on any device. |
| Video gaming subscale | |
| **MTUS-GAME1** | Play games on a computer, video game console, or smartphone BY YOURSELF. |
| **MTUS-GAME2** | Play games on a computer, video game console, or smartphone WITH OTHER PEOPLE IN THE SAME ROOM. |
| **MTUS-GAME3** | Play games on a computer, video game console or smartphone WITH OTHER PEOPLE ONLINE. |
| Social Media Activities | |
| Do you have a Facebook account? If the answer is “yes,” continue with item 32; if “no,” skip to the Attitudes subscales below.  How often do you do each of the following activities on social networking sites such as Instagram? | |
| **MTUS-SOCIAL1** | Check your Instagram account or other social networks. |
| **MTUS-SOCIAL2** | Check your social media accounts from your smartphone. |
| **MTUS-SOCIAL3** | Check your social media at work or school. |
| **MTUS-SOCIAL4** | Post photos/videos. |
| **MTUS-SOCIAL5** | Post status updates (i.e., typed out). |
| **MTUS-SOCIAL6** | Browse profiles and photos. |
| **MTUS-SOCIAL7** | Read postings. |
| **MTUS-SOCIAL8** | Comment on postings, status updates, photos, etc. |
| **MTUS-SOCIAL9** | “Like” (or use emoji responses) on a posting, photo, etc. |
| Online Friendships Please answer the following questions about your social media and other online friends.   1. 0 (1) 2. 1–50 (2) 3. 51–100 (3) 4. 101–175 (4) 5. 176–250 (5) 6. 251–375 (6) 7. 376–500 (7) 8. 501–750 (8) 9. 751 or more (9) | |
| Social media subscale | |
| **MTUS-FRIEND1** | How many friends/contacts do you have on your most frequently used social media platform? |
| **MTUS-FRIEND2** | How many of your friends/contacts on this platform do you know in person? |
| Online friendships subscale | |
| **MTUS-FRIEND3** | How many people have you met online that you have never met in person? |
| **MTUS-FRIEND4** | How many people do you regularly interact with online that you have never met in person? |
| **Scale Scoring:**  Randomize items within each subscale.  Review publication for instructions on scoring subscales and total scale scores. | |
| **Scale Reference:**  Rosen, L. D., Whaling, K., Carrier, L. M., Cheever, N. A., & Rokkum, J. (2013). The Media and Technology Usage and Attitudes Scale: An empirical investigation. Computers in Human Behavior, 29(6), 2501–2511. <https://doi.org/10.1016/j.chb.2013.06.006> | |
| **Psychometrics:**  TBD | |

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| Routines and Rituals – (A4 – Day 6) | |
| **Variable Name:** | **Questions:** |
| **RITUALS** | Do you have any routines or rituals with technologies that help you to create a positive emotional experience? If so, what technologies do you use during these events, and how do you interact with them? |

C3

Day 7

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| C3 SONA (C3 M – Day 7) | |
| **Instructions:** Welcome back – today’s questionnaire will take about 60 minutes. | |
| **Variable Name:** | **Questions:** |
| **C3SONA** | Before we move on –– SONA Provides you with an ID# (e.g., 12345). What is your participant ID# on SONA? Visit SONA [here](https://cornellpsych.sona-systems.com/).  Note: If you don’t have a SONA ID#, please write your NetID (e.g., jdf269). Your data will remain confidential. I will ‘de-identify’ your information before sharing the study results with anyone. |

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| Morning Episode Qualities (C3 M – Day 7) | |
| **Instructions:** For today’s questionnaire, please choose 3 episodes you’d like to reflect upon more deeply (i.e., one each from the morning, afternoon, and evening). Consider which episodes you find the most relevant or interesting to supporting your happiness.  By the term ‘happiness,’ we refer to the experience of pleasure and a sense that one’s life is good, meaningful, and worthwhile.  By the term ‘technology’ we refer to devices and systems, including both hardware and software, that are powered by electricity or other forms of energy, encompassing electronic gadgets, household appliances, and digital platforms.  We’ll start with **choosing one of yesterday morning’s episodes**.  \*\*Please look at your Diary from yesterday (i.e., Day 7) and select ONE of the episodes you noted in the MORNING. Choose an episode that you want to explore more deeply.\*\* | |
| **Variable Name:** | **Questions:** |
| **C3MNAM** | What’s a short name to describe the episode? (e.g., ‘walking to class’). |
| **C3MBEG** | When did this episode begin? Please try to remember the time as precisely as you can. |
| **C3MEND** | When did the episode end? |
| **C3MDC** | What were you doing? (please check all that apply)  1 = working / studying  2 = using the phone  3 = using the computer  4 = socializing (in person)  5 = socializing (online)  6 = watching videos/movies  7 = listening to audio content  8 = relaxing  9 = intimate relations  10 = nap/resting  11 = preparing food  12 = eating  13 = taking care of others  14 = exercising  15 = hobbies  16 = commuting  17 = doing chores  18 = praying/worshipping  19 = other (please specify) |
| **C3MDO** | Please DESCRIBE the general EXPERIENCE in terms of the MAIN thing you were doing during the episode. [Open-ended]  Example: I was playing a video game with friends using a headset so we could talk to each other |
| **C3MDM** | [optional] What OTHER THINGS were you doing or thinking about?  Example: I was trying not to think about my upcoming exam. |
| **C3MATT** | On a scale of 1-7, please select the number ‘4’ below (to confirm your attention to this question).  7 = Strongly agree  6 = Agree  5 = Slightly agree  4 = Neither agree nor disagree  3 = Slightly disagree  2 = Disagree  1 = Strongly disagree |
| **C3MTC** | What technologies did you use? (please check all that apply)  1 = smartphone  2 = headphones  3 = computer  4 = touchscreen tablet  5 = speaker  6 = internet  7 = artificial intelligence  8 = monitor/screen  9 = e-reader  10 = e-gaming system  11 = musical instrument/equipment  12 = camera  13 = augmented reality  14 = virtual reality  15 = transportation vehicle/device  16 = lighting  17 = heating / air conditioning  18 = fan  19 = household appliance  20 = scent diffuser  21 = other (please specify) |
| **C3MCO** | [optional] -- How did the COMBINATION of multiple TECHNOLOGIES / apps contribute towards IMPROVING your EMOTIONAL STATE?    *\*Example: “Listening to white noise while scrolling on Instagram helped me to relax before bed. The lavender scent diffuser, along with a fan, also helped me to relax.”\** |
| **Scale Scoring:**  For the attention check, if the participant writes a 4, then include their data. If they do not, then strongly consider the internal validity of their responses going forward.  **C3MDO** was constructed from the Khaneman DRM study in addition to the Huta and Ryan (2010) study (p. 749). | |
| **Scale Reference:**  Text | |
| **Psychometrics:**  Text (e.g., chronbach’s alpha) | |
| **Rationale:**  TBD | |

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| Motivations (C2 M – Day 5) Hedonic and Eudaimonic Motives for Activities (HEMA) | |
| **Instructions:** To what degree did you approach these activities with each of the following intentions, whether or not you actually achieved your aim?  1 = Not at all  2 = Very little  3 = Somewhat not  4 = Neither  5 = Somewhat yes  6 = Very much  7 = Completely | |
| **Variable Name:** | **Questions:** |
| Lay Eudaimonism | |
| **C3MLE1** | Seeking to pursue excellence or a personal ideal? |
| **C3MLE2** | Seeking to use the best in yourself? |
| **C3MLE3** | Seeking to develop a skill, learn, or gain insight into something? |
| **C3MLE4** | Seeking to do what you believe in? |
| Lay Hedonism | |
| **C3MLH1** | Seeking enjoyment? |
| **C3MLH2** | Seeking pleasure? |
| **C3MLH3** | Seeking fun? |
| **C3MLH4** | Seeking relaxation? |
| **C3MLH5** | Seeking to take it easy? |
| **Scale Scoring:**  Randomize the order of all scale items. Adapted from Huta and Ryan (2010) which is more focused on a “trait” level experience rather than an activity-level experience. | |
| **Scale Reference:**  Huta, V., & Ryan, R.M. (2010). Pursuing Pleasure or Virtue: The Differential and Overlapping Well-Being Benefits of Hedonic and Eudaimonic Motives. Journal of Happiness Studies, 11, 735-762. | |
| **Psychometrics:**  Participants gave ratings on various eudaimonic and hedonic motives, which were intermixed. [….] The items were rated from 1 (not at all) to 7 (very much). Cronbach alphas will be reported in the Results section after testing the distinctness of the two scales. [….] Each experience-sampling form  first inquired ‘‘What was the MAIN thing you were doing as you were paged?’’ and ‘‘What  other things were you doing or thinking about?’’ Participants gave one-line written  responses to each question. Participants were then asked about their eudaimonic and  hedonic motives as follows: ‘‘To what degree did you approach this activity (or these  activities) with each of the following intentions, whether or not you actually achieved your  aim?’’ They gave ratings on the nine HEMA items used in Studies 1 and 2. | |
| **Rationale:**  Motivations towards Hedonism and Eudaimonism can have a moderating effect on well-being outcomes. | |

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| PER Classification (C2 M – Day 5) Positive Emotion Regulation Techniques (PERT) | |
| **Instructions:** Please choose Positive Emotion Regulation techniques that describe your activities during the episode. (Select all that apply) | |
| **Variable Name:** | **Questions:** |
| Situation Selection | |
| **C3MPER1** | **Bettering yourself**  Committing to meaningful challenges or passions that accord with your deeply-held values. Rather than indulging yourself constantly, or serving others’ needs only |
| **C3MPER2** | **Indulging**  Allowing yourself to enjoy what you desire to do. Rather than resisting the urge to do so |
| **C3MPER3** | **Being considerate and helping others**  Sharing your resources and attention for the benefit of another person or group’s needs or preferences. Rather than acting solely for personal gain |
| **C3MPER4** | **Engaging in a collective**  Joining in, or contributing to the shared concerns of a group. Rather than feeling apart from a sense of communal purpose |
| **C3MPER5** | **Practicing spirituality and religion**  Engaging in structured or ritualistic thoughts and behaviors that anchor your view of life within a larger cosmology. Rather than having no practiced tradition through which to process your experiences |
| Situation Modification | |
| **C3MPER6** | **Creating a savoring atmosphere**  Creating or rearranging the environment to physically, psychologically, and socially support the intended positive experience. Rather than sticking to the status quo |
| **C3MPER7** | **Capturing**  Actively collecting physical or mental mementos (e.g., photos and souvenirs) that will later prompt vivid recall, thereby making the future experience more positive. Rather than experiencing the positive experience in only one temporal orientation |
| **C3MPER8** | **Delaying positive experiences or splitting them into smaller units**  Temporarily withdrawing from a positive experience, or subdividing a pleasant experience into smaller units to prolong anticipation and enjoyment. Rather than sacrificing prolonged pleasure for instant gratification |
| **C3MPER9** | **Blocking negative thoughts**  Preventing the retrieval of negative thoughts and memories that may hinder positive experiences, or reconfiguring them to create a more positive view. Rather than letting them lurk unaddressed around your daily life |
| **C3MPER10** | **Habitualizing positive rituals**  Enhancing your life by practicing positive actions regularly as part of your lifestyle. Rather than occasionally performing them |
| Attentional Deployment | |
| **C3MPER11** | **Being immersed and absorbed**  Becoming fully engaged in a positive experience or its aspects, existing only in the present. Rather than allowing other concerns to hinder your enjoyment |
| **C3MPER12** | **Anticipating**  Vividly anticipating likely positive experiences that will occur in the future. Rather than focusing only on the past or present |
| **C3MPER13** | **Reminiscing**  Recalling and reliving past positive experiences for emotional or sentimental reasons. Rather than focusing only on the present or future |
| **C3MPER14** | **Moral elevating**  Being moved by witnessing someone perform an act of virtue such as being brave, honest, kind, or perseverant; feeling inspired to act this way yourself. Rather than considering virtuous behaviors as mundane |
| **C3MPER15** | **Fantasizing**  Imagining positive experiences of varying likelihood. Rather than restricting your imagination to likely possibilities |
| Positive Reappraisal | |
| **C3MPER16** | **Being aware of temporal scarcity**  Realizing that your current experience or resources will not last forever, and that you should enjoy them while they are available. Rather than rushing through them as though they were available anytime |
| **C3MPER17** | **Infusing the ordinary with special meaning**  Enriching day-to-day experiences with language, thoughts, and actions that promote positive associations. Rather than seeing experiences only in a functional way |
| **C3MPER18** | **Self-congratulating**  Giving yourself credit for the causes of positive experiences; seeing your experiences with a positive view of your strengths, achievements, and self-worth. Rather than overlooking opportunities to honor yourself |
| **C3MPER19** | **Expressing or acknowledging gratitude**  Considering how others have benefited from your actions, or how you have benefited from others’ actions. Rather than letting contributions pass by without noticing their positive impact |
| **C3MPER20** | **Relative comparing**  Embracing your own experiences in comparison with what others seem to be experiencing, or with what you imagined an event would be like. Rather than absorbing your joys and letdowns without a reference point |
| Response Modulation | |
| **C3MPER21** | **Sharing the positive experience with others**  Creating a ripple effect between you and others in response to positive experiences; telling others how much you value the moment, or recounting stories about past joys, or good fortune. Rather than experiencing life’s joys in solitude |
| **C3MPER22** | **Purposeful dampening**  Intentionally down-regulating your positive emotions to help maintain perceived control. Rather than letting emotions arise regardless of the circumstance |
| **C3MPER23** | **Enriching the sensory environment**  Encountering or cultivating pleasant sensory stimulation. Rather than continually experiencing the same level of stimulation |
| **C3MPER24** | **Altering bodily engagement**  Reviving or relaxing your body with dynamic movement or rest. Rather than giving energy only to your thoughts |
| **C3MPER25** | **Neurochemically heightening emotions**  Using food, drink, behaviors, or mind-altering substances to enhance your emotional state. Rather than relying solely on your intention to feel better |
| **Scale Scoring:**  Situation Selection = **C3MPER-SS** = **C3MPER1 + C3MPER2 + C3MPER3 + C3MPER4 + C3MPER5**  Situation Modification = **C3MPER-SM** = **C3MPER6 + C3MPER7 + C3MPER8 + C3MPER9 + C3MPER10**  Attentional Deployment = **C3MPER-AD** = **C3MPER11 + C3MPER12 + C3MPER13 + C3MPER14 + C3MPER15**  Positive Reappraisal = **C3MPER-PR** = **C3MPER16 + C3MPER17 + C3MPER18 + C3MPER19 + C3MPER20**  Response Modulation = **C3MPER-RM** = **C3MPER21 + C3MPER22 + C3MPER23 + C3MPER24 + C3MPER25**  Create a variable that calculates savoring diversity. Consider dummy variables for each of the strategies so that I can calculate additions. For example:  If **C3MPER-SS >= 1 then C3MPER-SS-D ==1 … if C3MPER-SS >=0 then C3MPER-SS ==0** | |
| **Scale Reference:**  TBD | |
| **Psychometrics:**  TBD | |
| **Rationale:**  TBD | |

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| Emotional Intensity (C3 M – Day 7) Positive and Negative Affect Scales (PANAS) | |
| **Instructions:** Please rate on the provided [5-point] scale how you felt during the episode:  1 = very slightly or not at all  2 = a little  3 = moderately  4 = quite a bit  5 = very much | |
| **Variable Name:** | **Questions:** |
| **Positive Subscale** | |
| **C3MPAS01** | Enthusiastic |
| **C3MPAS02** | Interested |
| **C3MPAS03** | Determined |
| **C3MPAS04** | Excited |
| **C3MPAS05** | Inspired |
| **C3MPAS06** | Alert |
| **C3MPAS07** | Active |
| **C3MPAS08** | Strong |
| **C3MPAS09** | Proud |
| **C3MPAS10** | Attentive |
| **Scale Scoring:**  - Randomly distribute the items, as done by Watson et al. (1988)  - Scaling — Arithmetic mean (observe SD, too)  - Above are ONLY the POSITIVE emotion words  Limitations: Little positive emotion related to restful/content | |
| **Scale Reference:**  Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. Journal of Personality and Social Psychology, 54(6), 1063–1070. https://doi.org/10.1037/0022-3514.54.6.1063 | |
| **Psychometrics:**  Text (e.g., chronbach’s alpha) | |

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| Success of Emotion Regulation – (C2 M – Day 5) Customer Satisfaction Score (CSAT) | |
| **Instructions:** Please review the following few questions in consideration of this episode.  1 = Extremely dissatisfied  2 = Somewhat dissatisfied  3 = Neither satisfied nor dissatisfied  4 = Somewhat satisfied  5 = Extremely satisfied | |
| **Variable Name:** | **Questions:** |
| **C3MCSAT** | Overall, HOW SATISFIED were you with the technologies’ ability to SUPPORT YOUR HAPPINESS during the episode? |
| **Scale Reference:**  Qualtrics website <https://www.qualtrics.com/experience-management/customer/what-is-csat/> | |

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| Social Interaction – (C2 M – Day 5) | |
| **Instructions:** Please review the following few questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **Social Interaction (yes/no/somewhat)** | |
| **C3MSOC1** | Were you interacting with anyone (e.g., in person, online) during this episode?  1 = no  2 = others were around (i.e., in person, online), but not directly interacting with me  3 = yes |
| **C3MSOC2** | Was the social interaction in real-time (e.g., video chat), or was it asynchronous (e.g., social media comments)?  5 = In real-time  4 = 10 minutes for others to reply  3 = 30 minutes for others to reply  2 = 1 hour for others to reply  1 = 2+ hours for others to reply |
| **Scale Scoring:**  C3MSOC2 is conditionally based upon whether C3MSOC1 displays a 1 | |
| **Scale Reference:**  N/A – I constructed these questions. | |

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| Relatedness Success – (C3 M – Day 7) Shortened Technology Experience of Need Satisfaction – Behavior Scale - Relatedness Subscale (TENS) | |
| **Instructions:** Please rate each statement in terms of your agreement.  1 = Strongly disagree  2 = Disagree  3 = Somewhat disagree  4 = Neutral  5 = Somewhat agree  6 = Agree  7 = Strongly agree | |
| **Variable Name:** | **Questions:** |
| Support | |
| **C3MTENS-S1** | When I do this activity with these technologies, it makes me feel close to people who are important to me |
| **C3MTENS-S2** | When I do this activity with these technologies, it makes me feel connected to other people |
| **C3MTENS-S3** | When I do this activity with these technologies, it makes me feel that people care about me |
| Frustration | |
| **C3MTENS-F1** | When I do this activity with these technologies, it makes me feel excluded or isolated |
| **C3MTENS-F2** | When I do this activity with these technologies, it makes me feel lonely |
| **C3MTENS-F3** | When I do this activity with these technologies, it makes me feel like I don’t matter to other people |
| **Scale Scoring:**  Randomize the items. Arithmetic mean for each subscale. I am unsure how to calculate the total – see original study. | |
| **Scale Reference:**  Burnell, R., Peters, D., Ryan, R. M., & Calvo, R. A. (2023). Technology evaluations are associated with psychological need satisfaction across different spheres of experience: an application of the METUX scales [Original Research]. Frontiers in Psychology, 14. https://doi.org/10.3389/fpsyg.2023.1092288 | |

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| Contextual Enablers and Barriers – (C M – Day 7) | |
| **Instructions:** Please review the following questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **Frequency of Use** | |
| **C3MFREQ1** | How FREQUENTLY do you engage in this ACTIVITY using these technologies?   1. Rarely or never (1) 2. Once a year (2) 3. Several times a year (3) 4. Once a month (4) 5. Several times a month (5) 6. Once a week (6) 7. Several times a week (7) 8. Once a day (8) 9. Several times a day (9) 10. Once an hour (10) 11. Several times an hour (11) 12. All the time (12)   Other (please specify) |
| **C3MFREQ2** | Ideally, how often would you like to engage in this activity?   1. Rarely or never (1) 2. Once a year (2) 3. Several times a year (3) 4. Once a month (4) 5. Several times a month (5) 6. Once a week (6) 7. Several times a week (7) 8. Once a day (8) 9. Several times a day (9) 10. Once an hour (10) 11. Several times an hour (11) 12. All the time (12)   Other (please specify) |
| **C3MFREQ3** | What factors inform your desired frequency of engaging in this activity? [select all that apply]  1 = Time it takes for the activity (please explain)  2 = Energy it takes for the activity (please explain)  3 = Money it takes for the activity (please explain)  4 = Interest level I have in the activity (please explain)  5 = Personal values I have towards the activity (please explain)  6 = Other (please explain) |
| **Indoors/Outdoors** | |
| **C3MINDO** | Were you indoors or outdoors during the activity?  1 = Indoors  2 = Outdoors  3 = Mix of both |
| **Necessity of Technologies** | |
| **C3MNEC** | HOW NECESSARY were the TECHNOLOGIES to engage in the main part THIS ACTIVITY (i.e., you would NOT have done the activity without them)?  5 = Completely necessary  4 = Somewhat necessary  3 = Neutral  2 = Somewhat unnecessary  1 = Completely unnecessary |
| **Moving One’s Body** | |
| **C3MBODY** | I MOVED MY BODY A LOT during this ACTIVITY.  1 = Strongly disagree  2 = Disagree  3 = Neither  4 = Agree  5 = Strongly agree |
| **Access Convenience** | |
| **C3MCONV** | Overall, HOW CONVENIENT was it to ENGAGE in this ACTIVITY using these technologies?  5 = Very convenient  4 = Somewhat convenient  3 = Neither  2 = Somewhat inconvenient  1 = Very inconvenient |
| **Customer Effort Score** | |
| **C3MEFF** | Overall, HOW EASY was it to ENGAGE in this ACTIVITY using these technologies?  5 = Very easy  4 = Somewhat easy  3 = Neither  2 = Somewhat difficult  1 = Very difficult |

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| Open-ended Questions – (C3 M – Day 7) | |
| **Instructions:** Please review the following questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **How Technologies Enhanced Feelings** | |
| **C3MFEEL** | [optional] In what ways did the technologies enhance how you felt?  *Example: “The music calmed me down”, or, “the video call felt almost like being in the same room”.* |
| **Anything Else** | |
| **C3MELSE** | [optional] Is there anything else you want to say about your experience? |

C3 A

Day 7

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| Afternoon Episode Qualities (C3 A – Day 7) | |
| **Instructions:** For today’s questionnaire, please choose 3 episodes you’d like to reflect upon more deeply (i.e., one each from the morning, AFTERNOON, and evening). Consider which episodes you find the most relevant or interesting to supporting your happiness.  By the term ‘happiness,’ we refer to the experience of pleasure and a sense that one’s life is good, meaningful, and worthwhile.  By the term ‘technology’ we refer to devices and systems, including both hardware and software, that are powered by electricity or other forms of energy, encompassing electronic gadgets, household appliances, and digital platforms.  We’ll start with **choosing one of yesterday morning’s episodes**.  \*\*Please look at your Diary from yesterday (i.e., Day 7) and select ONE of the episodes you noted in the AFTERNOON. Choose an episode that you want to explore more deeply.\*\* | |
| **Variable Name:** | **Questions:** |
| **C3ANAM** | What’s a short name to describe the episode? (e.g., ‘walking to class’). |
| **C3ABEG** | When did this episode begin? Please try to remember the time as precisely as you can. |
| **C3AEND** | When did the episode end? |
| **C3ADC** | What were you doing? (please check all that apply)  1 = working / studying  2 = using the phone  3 = using the computer  4 = socializing (in person)  5 = socializing (online)  6 = watching videos/movies  7 = listening to audio content  8 = relaxing  9 = intimate relations  10 = nap/resting  11 = preparing food  12 = eating  13 = taking care of others  14 = exercising  15 = hobbies  16 = commuting  17 = doing chores  18 = praying/worshipping  19 = other (please specify) |
| **C3ADO** | Please DESCRIBE the general EXPERIENCE in terms of the MAIN thing you were doing during the episode. [Open-ended]  Example: I was playing a video game with friends using a headset so we could talk to each other |
| **C3ADM** | [optional] What OTHER THINGS were you doing or thinking about?  Example: I was trying not to think about my upcoming exam. |
| **C3AATT** | On a scale of 1-7, please select the number ‘4’ below (to confirm your attention to this question).  7 = Strongly agree  6 = Agree  5 = Slightly agree  4 = Neither agree nor disagree  3 = Slightly disagree  2 = Disagree  1 = Strongly disagree |
| **C3ATC** | What technologies did you use? (please check all that apply)  1 = smartphone  2 = headphones  3 = computer  4 = touchscreen tablet  5 = speaker  6 = internet  7 = artificial intelligence  8 = monitor/screen  9 = e-reader  10 = e-gaming system  11 = musical instrument/equipment  12 = camera  13 = augmented reality  14 = virtual reality  15 = transportation vehicle/device  16 = lighting  17 = heating / air conditioning  18 = fan  19 = household appliance  20 = scent diffuser  21 = other (please specify) |
| **C3ACO** | [optional] -- How did the COMBINATION of multiple TECHNOLOGIES / apps contribute towards IMPROVING your EMOTIONAL STATE?    *\*Example: “Listening to white noise while scrolling on Instagram helped me to relax before bed. The lavender scent diffuser, along with a fan, also helped me to relax.”\** |
| **Scale Scoring:**  For the attention check, if the participant writes a 4, then include their data. If they do not, then strongly consider the internal validity of their responses going forward.  **C3ADO** was constructed from the Khaneman DRM study in addition to the Huta and Ryan (2010) study (p. 749). | |
| **Scale Reference:**  Text | |
| **Psychometrics:**  Text (e.g., chronbach’s alpha) | |
| **Rationale:** | |

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| Motivations (C3 A – Day 7) Hedonic and Eudaimonic Motives for Activities (HEMA) | |
| **Instructions:** To what degree did you approach these activities with each of the following intentions, whether or not you actually achieved your aim?  1 = Not at all  2 = Very little  3 = Somewhat not  4 = Neither  5 = Somewhat yes  6 = Very much  7 = Completely | |
| **Variable Name:** | **Questions:** |
| Lay Eudaimonism | |
| **C3ALE1** | Seeking to pursue excellence or a personal ideal? |
| **C3ALE2** | Seeking to use the best in yourself? |
| **C3ALE3** | Seeking to develop a skill, learn, or gain insight into something? |
| **C3ALE4** | Seeking to do what you believe in? |
| Lay Hedonism | |
| **C3ALH1** | Seeking enjoyment? |
| **C3ALH2** | Seeking pleasure? |
| **C3ALH3** | Seeking fun? |
| **C3ALH4** | Seeking relaxation? |
| **C3ALH5** | Seeking to take it easy? |
| **Scale Scoring:**  Randomize the order of all scale items. Adapted from Huta and Ryan (2010) which is more focused on a “trait” level experience rather than an activity-level experience. | |
| **Scale Reference:**  Huta, V., & Ryan, R.M. (2010). Pursuing Pleasure or Virtue: The Differential and Overlapping Well-Being Benefits of Hedonic and Eudaimonic Motives. Journal of Happiness Studies, 11, 735-762. | |
| **Psychometrics:**  Participants gave ratings on various eudaimonic and hedonic motives, which were intermixed. [….] The items were rated from 1 (not at all) to 7 (very much). Cronbach alphas will be reported in the Results section after testing the distinctness of the two scales. [….] Each experience-sampling form  first inquired ‘‘What was the MAIN thing you were doing as you were paged?’’ and ‘‘What  other things were you doing or thinking about?’’ Participants gave one-line written  responses to each question. Participants were then asked about their eudaimonic and  hedonic motives as follows: ‘‘To what degree did you approach this activity (or these  activities) with each of the following intentions, whether or not you actually achieved your  aim?’’ They gave ratings on the nine HEMA items used in Studies 1 and 2. | |
| **Rationale:**  Motivations towards Hedonism and Eudaimonism can have a moderating effect on well-being outcomes. | |

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| PER Classification (C3 A – Day 7) Positive Emotion Regulation Techniques (PERT) | |
| **Instructions:** Please choose Positive Emotion Regulation techniques that describe your activities during the episode. (Select all that apply) | |
| **Variable Name:** | **Questions:** |
| Situation Selection | |
| **C3APER1** | **Bettering yourself**  Committing to meaningful challenges or passions that accord with your deeply-held values. Rather than indulging yourself constantly, or serving others’ needs only |
| **C3APER2** | **Indulging**  Allowing yourself to enjoy what you desire to do. Rather than resisting the urge to do so |
| **C3APER3** | **Being considerate and helping others**  Sharing your resources and attention for the benefit of another person or group’s needs or preferences. Rather than acting solely for personal gain |
| **C3APER4** | **Engaging in a collective**  Joining in, or contributing to the shared concerns of a group. Rather than feeling apart from a sense of communal purpose |
| **C3APER5** | **Practicing spirituality and religion**  Engaging in structured or ritualistic thoughts and behaviors that anchor your view of life within a larger cosmology. Rather than having no practiced tradition through which to process your experiences |
| Situation Modification | |
| **C3APER6** | **Creating a savoring atmosphere**  Creating or rearranging the environment to physically, psychologically, and socially support the intended positive experience. Rather than sticking to the status quo |
| **C3APER7** | **Capturing**  Actively collecting physical or mental mementos (e.g., photos and souvenirs) that will later prompt vivid recall, thereby making the future experience more positive. Rather than experiencing the positive experience in only one temporal orientation |
| **C3APER8** | **Delaying positive experiences or splitting them into smaller units**  Temporarily withdrawing from a positive experience, or subdividing a pleasant experience into smaller units to prolong anticipation and enjoyment. Rather than sacrificing prolonged pleasure for instant gratification |
| **C3APER9** | **Blocking negative thoughts**  Preventing the retrieval of negative thoughts and memories that may hinder positive experiences, or reconfiguring them to create a more positive view. Rather than letting them lurk unaddressed around your daily life |
| **C3APER10** | **Habitualizing positive rituals**  Enhancing your life by practicing positive actions regularly as part of your lifestyle. Rather than occasionally performing them |
| Attentional Deployment | |
| **C3APER11** | **Being immersed and absorbed**  Becoming fully engaged in a positive experience or its aspects, existing only in the present. Rather than allowing other concerns to hinder your enjoyment |
| **C3APER12** | **Anticipating**  Vividly anticipating likely positive experiences that will occur in the future. Rather than focusing only on the past or present |
| **C3APER13** | **Reminiscing**  Recalling and reliving past positive experiences for emotional or sentimental reasons. Rather than focusing only on the present or future |
| **C3APER14** | **Moral elevating**  Being moved by witnessing someone perform an act of virtue such as being brave, honest, kind, or perseverant; feeling inspired to act this way yourself. Rather than considering virtuous behaviors as mundane |
| **C3APER15** | **Fantasizing**  Imagining positive experiences of varying likelihood. Rather than restricting your imagination to likely possibilities |
| Positive Reappraisal | |
| **C3APER16** | **Being aware of temporal scarcity**  Realizing that your current experience or resources will not last forever, and that you should enjoy them while they are available. Rather than rushing through them as though they were available anytime |
| **C3APER17** | **Infusing the ordinary with special meaning**  Enriching day-to-day experiences with language, thoughts, and actions that promote positive associations. Rather than seeing experiences only in a functional way |
| **C3APER18** | **Self-congratulating**  Giving yourself credit for the causes of positive experiences; seeing your experiences with a positive view of your strengths, achievements, and self-worth. Rather than overlooking opportunities to honor yourself |
| **C3APER19** | **Expressing or acknowledging gratitude**  Considering how others have benefited from your actions, or how you have benefited from others’ actions. Rather than letting contributions pass by without noticing their positive impact |
| **C3APER20** | **Relative comparing**  Embracing your own experiences in comparison with what others seem to be experiencing, or with what you imagined an event would be like. Rather than absorbing your joys and letdowns without a reference point |
| Response Modulation | |
| **C3APER21** | **Sharing the positive experience with others**  Creating a ripple effect between you and others in response to positive experiences; telling others how much you value the moment, or recounting stories about past joys, or good fortune. Rather than experiencing life’s joys in solitude |
| **C3APER22** | **Purposeful dampening**  Intentionally down-regulating your positive emotions to help maintain perceived control. Rather than letting emotions arise regardless of the circumstance |
| **C3APER23** | **Enriching the sensory environment**  Encountering or cultivating pleasant sensory stimulation. Rather than continually experiencing the same level of stimulation |
| **C3APER24** | **Altering bodily engagement**  Reviving or relaxing your body with dynamic movement or rest. Rather than giving energy only to your thoughts |
| **C3APER25** | **Neurochemically heightening emotions**  Using food, drink, behaviors, or mind-altering substances to enhance your emotional state. Rather than relying solely on your intention to feel better |
| **Scale Reference:**  Yoon and Faulk (manuscript in progress) | |
| **Psychometrics:**  TBD | |
| **Rationale:**  Specificity of PER techniques is important for understanding savoring diversity, among other constructs. | |

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| Emotional Intensity (C3 A – Day 3) Positive and Negative Affect Scales (PANAS) | |
| **Instructions:** Please rate on the provided [5-point] scale how you felt during the episode:  1 = very slightly or not at all  2 = a little  3 = moderately  4 = quite a bit  5 = very much | |
| **Variable Name:** | **Questions:** |
| **Positive Subscale** | |
| **C3APAS01** | Enthusiastic |
| **C3APAS02** | Interested |
| **C3APAS03** | Determined |
| **C3APAS04** | Excited |
| **C3APAS05** | Inspired |
| **C3APAS06** | Alert |
| **C3APAS07** | Active |
| **C3APAS08** | Strong |
| **C3APAS09** | Proud |
| **C3APAS10** | Attentive |
| **Scale Scoring:**  - Randomly distribute the items, as done by Watson et al. (1988)  - Scaling — Arithmetic mean (observe SD, too)  - Above are ONLY the POSITIVE emotion words  Limitations: Little positive emotion related to restful/content | |
| **Scale Reference:**  Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. Journal of Personality and Social Psychology, 54(6), 1063–1070. https://doi.org/10.1037/0022-3514.54.6.1063 | |
| **Psychometrics:**  TBD | |

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| Success of Emotion Regulation – (C3 A – Day 7) Customer Satisfaction Score (CSAT) | |
| **Instructions:** Please review the following few questions in consideration of this episode.  1 = Extremely dissatisfied  2 = Somewhat dissatisfied  3 = Neither satisfied nor dissatisfied  4 = Somewhat satisfied  5 = Extremely satisfied | |
| **Variable Name:** | **Questions:** |
| **C3ACSAT** | Overall, HOW SATISFIED were you with the technologies’ ability to SUPPORT YOUR HAPPINESS during the episode? |
| **Scale Reference:**  Qualtrics website <https://www.qualtrics.com/experience-management/customer/what-is-csat/> | |

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| Social Interaction – (C3 A – Day 7) | |
| **Instructions:** Please review the following few questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **Social Interaction (yes/no/somewhat)** | |
| **C3ASOC1** | Were you interacting with anyone (e.g., in person, online) during this episode?  1 = no  2 = others were around (i.e., in person, online), but not directly interacting with me  3 = yes |
| **C3ASOC2** | Was the social interaction in real-time (e.g., video chat), or was it asynchronous (e.g., social media comments)?  5 = In real-time  4 = 10 minutes for others to reply  3 = 30 minutes for others to reply  2 = 1 hour for others to reply  1 = 2+ hours for others to reply |
| **Scale Scoring:**  C2ASOC2 is conditionally based upon whether C2ASOC1 displays a 1 | |
| **Scale Reference:**  N/A – I constructed these questions. | |

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| Relatedness Success – (C3 A – Day 7) Shortened Technology Experience of Need Satisfaction – Behavior Scale - Relatedness Subscale (TENS) | |
| **Instructions:** Please rate each statement in terms of your agreement.  1 = Strongly disagree  2 = Disagree  3 = Somewhat disagree  4 = Neutral  5 = Somewhat agree  6 = Agree  7 = Strongly agree | |
| **Variable Name:** | **Questions:** |
| Support | |
| **C3ATENS-S1** | When I do this activity with these technologies, it makes me feel close to people who are important to me |
| **C3ATENS-S2** | When I do this activity with these technologies, it makes me feel connected to other people |
| **C3ATENS-S3** | When I do this activity with these technologies, it makes me feel that people care about me |
| Frustration | |
| **C3ATENS-F1** | When I do this activity with these technologies, it makes me feel excluded or isolated |
| **C3ATENS-F2** | When I do this activity with these technologies, it makes me feel lonely |
| **C3ATENS-F3** | When I do this activity with these technologies, it makes me feel like I don’t matter to other people |
| **Scale Scoring:**  Randomize the items. Arithmetic mean for each subscale. I am unsure how to calculate the total – see original study. | |
| **Scale Reference:**  Burnell, R., Peters, D., Ryan, R. M., & Calvo, R. A. (2023). Technology evaluations are associated with psychological need satisfaction across different spheres of experience: an application of the METUX scales [Original Research]. Frontiers in Psychology, 14. https://doi.org/10.3389/fpsyg.2023.1092288 | |

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| Contextual Enablers and Barriers – (C3 A – Day 7) | |
| **Instructions:** Please review the following questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **Frequency of Use** | |
| **C3AFREQ1** | How FREQUENTLY do you engage in this ACTIVITY using these technologies?   1. Rarely or never (1) 2. Once a year (2) 3. Several times a year (3) 4. Once a month (4) 5. Several times a month (5) 6. Once a week (6) 7. Several times a week (7) 8. Once a day (8) 9. Several times a day (9) 10. Once an hour (10) 11. Several times an hour (11) 12. All the time (12)   Other (please specify) |
| **C3AFREQ2** | Ideally, how often would you like to engage in this activity?   1. Rarely or never (1) 2. Once a year (2) 3. Several times a year (3) 4. Once a month (4) 5. Several times a month (5) 6. Once a week (6) 7. Several times a week (7) 8. Once a day (8) 9. Several times a day (9) 10. Once an hour (10) 11. Several times an hour (11) 12. All the time (12)   Other (please specify) |
| **C3AFREQ3** | What factors inform your desired frequency of engaging in this activity? [select all that apply]  1 = Time it takes for the activity (please explain)  2 = Energy it takes for the activity (please explain)  3 = Money it takes for the activity (please explain)  4 = Interest level I have in the activity (please explain)  5 = Personal values I have towards the activity (please explain)  6 = Other (please explain) |
| **Indoors/Outdoors** | |
| **C3AINDO** | Were you indoors or outdoors during the activity?  1 = Indoors  2 = Outdoors  3 = Mix of both |
| **Necessity of Technologies** | |
| **C3ANEC** | HOW NECESSARY were the TECHNOLOGIES to engage in the main part THIS ACTIVITY (i.e., you would NOT have done the activity without them)?  5 = Completely necessary  4 = Somewhat necessary  3 = Neutral  2 = Somewhat unnecessary  1 = Completely unnecessary |
| **Moving One’s Body** | |
| **C3ABODY** | I MOVED MY BODY A LOT during this ACTIVITY.  1 = Strongly disagree  2 = Disagree  3 = Neither  4 = Agree  5 = Strongly agree |
| **Access Convenience** | |
| **C3ACONV** | Overall, HOW CONVENIENT was it to ENGAGE in this ACTIVITY using these technologies?  5 = Very convenient  4 = Somewhat convenient  3 = Neither  2 = Somewhat inconvenient  1 = Very inconvenient |
| **Customer Effort Score** | |
| **C3AEFF** | Overall, HOW EASY was it to ENGAGE in this ACTIVITY using these technologies?  5 = Very easy  4 = Somewhat easy  3 = Neither  2 = Somewhat difficult  1 = Very difficult |

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| Open-ended Questions – (C3 A – Day 7) | |
| **Instructions:** Please review the following questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **How Technologies Enhanced Feelings** | |
| **C3AFEEL** | [optional] In what ways did the technologies enhance how you felt?  *Example: “The music calmed me down”, or, “the video call felt almost like being in the same room”.* |
| **Anything Else** | |
| **C3AELSE** | [optional] Is there anything else you want to say about your experience? |

C3 E

Day 7

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| Evening Episode Qualities (C3 E – Day 7) | |
| **Instructions:** For today’s questionnaire, please choose 3 episodes you’d like to reflect upon more deeply (i.e., one each from the morning, afternoon, and EVENING). Consider which episodes you find the most relevant or interesting to supporting your happiness.  By the term ‘happiness,’ we refer to the experience of pleasure and a sense that one’s life is good, meaningful, and worthwhile.  By the term ‘technology’ we refer to devices and systems, including both hardware and software, that are powered by electricity or other forms of energy, encompassing electronic gadgets, household appliances, and digital platforms.  We’ll start with **choosing one of yesterday morning’s episodes**.  \*\*Please look at your Diary from yesterday (i.e., Day 4) and select ONE of the episodes you noted in the EVENING. Choose an episode that you want to explore more deeply.\*\* | |
| **Variable Name:** | **Questions:** |
| **CENAM** | What’s a short name to describe the episode? (e.g., ‘walking home’). |
| **C3EBEG** | When did this episode begin? Please try to remember the time as precisely as you can. |
| **C3EEND** | When did the episode end? |
| **C3EDC** | What were you doing? (please check all that apply)  1 = working / studying  2 = using the phone  3 = using the computer  4 = socializing (in person)  5 = socializing (online)  6 = watching videos/movies  7 = listening to audio content  8 = relaxing  9 = intimate relations  10 = nap/resting  11 = preparing food  12 = eating  13 = taking care of others  14 = exercising  15 = hobbies  16 = commuting  17 = doing chores  18 = praying/worshipping  19 = other (please specify) |
| **C3EDO** | Please DESCRIBE the general EXPERIENCE in terms of the MAIN thing you were doing during the episode. [Open-ended]  Example: I was playing a video game with friends using a headset so we could talk to each other |
| **C3EDM** | [optional] What OTHER THINGS were you doing or thinking about?  Example: I was trying not to think about my upcoming exam. |
| **C3EATT** | On a scale of 1-7, please select the number ‘5’ below (to confirm your attention to this question).  7 = Strongly agree  6 = Agree  5 = Slightly agree  4 = Neither agree nor disagree  3 = Slightly disagree  2 = Disagree  1 = Strongly disagree |
| **C3ETC** | What technologies did you use? (please check all that apply)  1 = smartphone  2 = headphones  3 = computer  4 = touchscreen tablet  5 = speaker  6 = internet  7 = artificial intelligence  8 = monitor/screen  9 = e-reader  10 = e-gaming system  11 = musical instrument/equipment  12 = camera  13 = augmented reality  14 = virtual reality  15 = transportation vehicle/device  16 = lighting  17 = heating / air conditioning  18 = fan  19 = household appliance  20 = scent diffuser  21 = other (please specify) |
| **C3ECO** | [optional] -- How did the COMBINATION of multiple TECHNOLOGIES / apps contribute towards IMPROVING your EMOTIONAL STATE?    *\*Example: “Listening to white noise while scrolling on Instagram helped me to relax before bed. The lavender scent diffuser, along with a fan, also helped me to relax.”\** |
| **Scale Scoring:**  For the attention check, if the participant writes a 4, then include their data. If they do not, then strongly consider the internal validity of their responses going forward.  **C3EDO** was constructed from the Khaneman DRM study in addition to the Huta and Ryan (2010) study (p. 749). | |
| **Scale Reference:**  None, I made this measure. | |
| **Psychometrics:**  TBD | |
| **Rationale:**  We need to know what technologies people used to better understand how they used them for emotion regulation. | |

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| Motivations (C3 E – Day 7) Hedonic and Eudaimonic Motives for Activities (HEMA) | |
| **Instructions:** To what degree did you approach these activities with each of the following intentions, whether or not you actually achieved your aim?  1 = Not at all  2 = Very little  3 = Somewhat not  4 = Neither  5 = Somewhat yes  6 = Very much  7 = Completely | |
| **Variable Name:** | **Questions:** |
| Lay Eudaimonism | |
| **C3ELE1** | Seeking to pursue excellence or a personal ideal? |
| **C3ELE2** | Seeking to use the best in yourself? |
| **C3ELE3** | Seeking to develop a skill, learn, or gain insight into something? |
| **C3ELE4** | Seeking to do what you believe in? |
| Lay Hedonism | |
| **C3ELH1** | Seeking enjoyment? |
| **C3ELH2** | Seeking pleasure? |
| **C3ELH3** | Seeking fun? |
| **C3ELH4** | Seeking relaxation? |
| **C3ELH5** | Seeking to take it easy? |
| **Scale Scoring:**  Randomize the order of all scale items. Adapted from Huta and Ryan (2010) which is more focused on a “trait” level experience rather than an activity-level experience. | |
| **Scale Reference:**  Huta, V., & Ryan, R.M. (2010). Pursuing Pleasure or Virtue: The Differential and Overlapping Well-Being Benefits of Hedonic and Eudaimonic Motives. Journal of Happiness Studies, 11, 735-762. | |
| **Psychometrics:**  Participants gave ratings on various eudaimonic and hedonic motives, which were intermixed. [….] The items were rated from 1 (not at all) to 7 (very much). Cronbach alphas will be reported in the Results section after testing the distinctness of the two scales. [….] Each experience-sampling form  first inquired ‘‘What was the MAIN thing you were doing as you were paged?’’ and ‘‘What  other things were you doing or thinking about?’’ Participants gave one-line written  responses to each question. Participants were then asked about their eudaimonic and  hedonic motives as follows: ‘‘To what degree did you approach this activity (or these  activities) with each of the following intentions, whether or not you actually achieved your  aim?’’ They gave ratings on the nine HEMA items used in Studies 1 and 2. | |
| **Rationale:**  Motivations towards Hedonism and Eudaimonism can have a moderating effect on well-being outcomes. | |

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| PER Classification (C2 E – Day 5) Positive Emotion Regulation Techniques (PERT) | |
| **Instructions:** Please choose Positive Emotion Regulation techniques that describe your activities during the episode. (Select all that apply) | |
| **Variable Name:** | **Questions:** |
| Situation Selection | |
| **C3EPER1** | **Bettering yourself**  Committing to meaningful challenges or passions that accord with your deeply-held values. Rather than indulging yourself constantly, or serving others’ needs only |
| **C3EPER2** | **Indulging**  Allowing yourself to enjoy what you desire to do. Rather than resisting the urge to do so |
| **C3EPER3** | **Being considerate and helping others**  Sharing your resources and attention for the benefit of another person or group’s needs or preferences. Rather than acting solely for personal gain |
| **C3EPER4** | **Engaging in a collective**  Joining in, or contributing to the shared concerns of a group. Rather than feeling apart from a sense of communal purpose |
| **C3EPER5** | **Practicing spirituality and religion**  Engaging in structured or ritualistic thoughts and behaviors that anchor your view of life within a larger cosmology. Rather than having no practiced tradition through which to process your experiences |
| Situation Modification | |
| **C3EPER6** | **Creating a savoring atmosphere**  Creating or rearranging the environment to physically, psychologically, and socially support the intended positive experience. Rather than sticking to the status quo |
| **C3EPER7** | **Capturing**  Actively collecting physical or mental mementos (e.g., photos and souvenirs) that will later prompt vivid recall, thereby making the future experience more positive. Rather than experiencing the positive experience in only one temporal orientation |
| **C3EPER8** | **Delaying positive experiences or splitting them into smaller units**  Temporarily withdrawing from a positive experience, or subdividing a pleasant experience into smaller units to prolong anticipation and enjoyment. Rather than sacrificing prolonged pleasure for instant gratification |
| **C3EPER9** | **Blocking negative thoughts**  Preventing the retrieval of negative thoughts and memories that may hinder positive experiences, or reconfiguring them to create a more positive view. Rather than letting them lurk unaddressed around your daily life |
| **C3EPER10** | **Habitualizing positive rituals**  Enhancing your life by practicing positive actions regularly as part of your lifestyle. Rather than occasionally performing them |
| Attentional Deployment | |
| **C3EPER11** | **Being immersed and absorbed**  Becoming fully engaged in a positive experience or its aspects, existing only in the present. Rather than allowing other concerns to hinder your enjoyment |
| **C3EPER12** | **Anticipating**  Vividly anticipating likely positive experiences that will occur in the future. Rather than focusing only on the past or present |
| **C3EPER13** | **Reminiscing**  Recalling and reliving past positive experiences for emotional or sentimental reasons. Rather than focusing only on the present or future |
| **C3EPER14** | **Moral elevating**  Being moved by witnessing someone perform an act of virtue such as being brave, honest, kind, or perseverant; feeling inspired to act this way yourself. Rather than considering virtuous behaviors as mundane |
| **C3EPER15** | **Fantasizing**  Imagining positive experiences of varying likelihood. Rather than restricting your imagination to likely possibilities |
| Positive Reappraisal | |
| **C3EPER16** | **Being aware of temporal scarcity**  Realizing that your current experience or resources will not last forever, and that you should enjoy them while they are available. Rather than rushing through them as though they were available anytime |
| **C3EPER17** | **Infusing the ordinary with special meaning**  Enriching day-to-day experiences with language, thoughts, and actions that promote positive associations. Rather than seeing experiences only in a functional way |
| **C3EPER18** | **Self-congratulating**  Giving yourself credit for the causes of positive experiences; seeing your experiences with a positive view of your strengths, achievements, and self-worth. Rather than overlooking opportunities to honor yourself |
| **C3EPER19** | **Expressing or acknowledging gratitude**  Considering how others have benefited from your actions, or how you have benefited from others’ actions. Rather than letting contributions pass by without noticing their positive impact |
| **C3EPER20** | **Relative comparing**  Embracing your own experiences in comparison with what others seem to be experiencing, or with what you imagined an event would be like. Rather than absorbing your joys and letdowns without a reference point |
| Response Modulation | |
| **C3EPER21** | **Sharing the positive experience with others**  Creating a ripple effect between you and others in response to positive experiences; telling others how much you value the moment, or recounting stories about past joys, or good fortune. Rather than experiencing life’s joys in solitude |
| **C3EPER22** | **Purposeful dampening**  Intentionally down-regulating your positive emotions to help maintain perceived control. Rather than letting emotions arise regardless of the circumstance |
| **C3EPER23** | **Enriching the sensory environment**  Encountering or cultivating pleasant sensory stimulation. Rather than continually experiencing the same level of stimulation |
| **C3EPER24** | **Altering bodily engagement**  Reviving or relaxing your body with dynamic movement or rest. Rather than giving energy only to your thoughts |
| **C3EPER25** | **Neurochemically heightening emotions**  Using food, drink, behaviors, or mind-altering substances to enhance your emotional state. Rather than relying solely on your intention to feel better |
| **Scale Reference:**  Yoon and Faulk (manuscript in process) | |
| **Psychometrics:**  TBD | |
| **Rationale:**  TBD | |

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| Emotional Intensity (C3 E – Day 7) Positive and Negative Affect Scales (PANAS) | |
| **Instructions:** Please rate on the provided [5-point] scale how you felt during the episode:  1 = very slightly or not at all  2 = a little  3 = moderately  4 = quite a bit  5 = very much | |
| **Variable Name:** | **Questions:** |
| **Positive Subscale** | |
| **C3EPAS01** | Enthusiastic |
| **C3EPAS02** | Interested |
| **C3EPAS03** | Determined |
| **C3EPAS04** | Excited |
| **C3EPAS05** | Inspired |
| **C3EPAS06** | Alert |
| **C3EPAS07** | Active |
| **C3EPAS08** | Strong |
| **C3EPAS09** | Proud |
| **C3EPAS10** | Attentive |
| **Scale Scoring:**  - Randomly distribute the items, as done by Watson et al. (1988)  - Scaling — Arithmetic mean (observe SD, too)  - Above are ONLY the POSITIVE emotion words  Limitations: Little positive emotion related to restful/content | |
| **Scale Reference:**  Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. Journal of Personality and Social Psychology, 54(6), 1063–1070. https://doi.org/10.1037/0022-3514.54.6.1063 | |
| **Psychometrics:**  TBD | |

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| Success of Emotion Regulation – (C3 E – Day 7) Customer Satisfaction Score (CSAT) | |
| **Instructions:** Please review the following few questions in consideration of this episode.  1 = Extremely dissatisfied  2 = Somewhat dissatisfied  3 = Neither satisfied nor dissatisfied  4 = Somewhat satisfied  5 = Extremely satisfied | |
| **Variable Name:** | **Questions:** |
| **C3ECSAT** | Overall, HOW SATISFIED were you with the technologies’ ability to SUPPORT YOUR HAPPINESS during the episode? |
| **Scale Reference:**  Qualtrics website <https://www.qualtrics.com/experience-management/customer/what-is-csat/> | |

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| Social Interaction – (C2 E – Day 5) | |
| **Instructions:** Please review the following few questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **Social Interaction (yes/no/somewhat)** | |
| **C3ESOC1** | Were you interacting with anyone (e.g., in person, online) during this episode?  1 = no  2 = others were around (i.e., in person, online), but not directly interacting with me  3 = yes |
| **C3ESOC2** | Was the social interaction in real-time (e.g., video chat), or was it asynchronous (e.g., social media comments)?  5 = In real-time  4 = 10 minutes for others to reply  3 = 30 minutes for others to reply  2 = 1 hour for others to reply  1 = 2+ hours for others to reply |
| **Scale Scoring:**  C3ESOC2 is conditionally based upon whether C3ESOC1 displays a 1 | |
| **Scale Reference:**  N/A – I constructed these questions. | |

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| Relatedness Success – (C2 E – Day 5) Shortened Technology Experience of Need Satisfaction – Behavior Scale - Relatedness Subscale (TENS) | |
| **Instructions:** Please rate each statement in terms of your agreement.  1 = Strongly disagree  2 = Disagree  3 = Somewhat disagree  4 = Neutral  5 = Somewhat agree  6 = Agree  7 = Strongly agree | |
| **Variable Name:** | **Questions:** |
| Support | |
| **C3ETENS-S1** | When I do this activity with these technologies, it makes me feel close to people who are important to me |
| **C3ETENS-S2** | When I do this activity with these technologies, it makes me feel connected to other people |
| **C2ETENS-S3** | When I do this activity with these technologies, it makes me feel that people care about me |
| Frustration | |
| **C3ETENS-F1** | When I do this activity with these technologies, it makes me feel excluded or isolated |
| **C3ETENS-F2** | When I do this activity with these technologies, it makes me feel lonely |
| **C3ETENS-F3** | When I do this activity with these technologies, it makes me feel like I don’t matter to other people |
| **Scale Scoring:**  Randomize the items. Arithmetic mean for each subscale. I am unsure how to calculate the total – see original study. | |
| **Scale Reference:**  Burnell, R., Peters, D., Ryan, R. M., & Calvo, R. A. (2023). Technology evaluations are associated with psychological need satisfaction across different spheres of experience: an application of the METUX scales [Original Research]. Frontiers in Psychology, 14. https://doi.org/10.3389/fpsyg.2023.1092288 | |

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| Contextual Enablers and Barriers – (C3 E – Day 7) | |
| **Instructions:** Please review the following questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **Frequency of Use** | |
| **C3EFREQ1** | How FREQUENTLY do you engage in this ACTIVITY using these technologies?   1. Rarely or never (1) 2. Once a year (2) 3. Several times a year (3) 4. Once a month (4) 5. Several times a month (5) 6. Once a week (6) 7. Several times a week (7) 8. Once a day (8) 9. Several times a day (9) 10. Once an hour (10) 11. Several times an hour (11) 12. All the time (12)   Other (please specify) |
| **C3EFREQ2** | Ideally, how often would you like to engage in this activity?   1. Rarely or never (1) 2. Once a year (2) 3. Several times a year (3) 4. Once a month (4) 5. Several times a month (5) 6. Once a week (6) 7. Several times a week (7) 8. Once a day (8) 9. Several times a day (9) 10. Once an hour (10) 11. Several times an hour (11) 12. All the time (12)   Other (please specify) |
| **C3EFREQ3** | What factors inform your desired frequency of engaging in this activity? [select all that apply]  1 = Time it takes for the activity (please explain)  2 = Energy it takes for the activity (please explain)  3 = Money it takes for the activity (please explain)  4 = Interest level I have in the activity (please explain)  5 = Personal values I have towards the activity (please explain)  6 = Other (please explain) |
| **Indoors/Outdoors** | |
| **C3EINDO** | Were you indoors or outdoors during the activity?  1 = Indoors  2 = Outdoors  3 = Mix of both |
| **Necessity of Technologies** | |
| **C3ENEC** | HOW NECESSARY were the TECHNOLOGIES to engage in the main part THIS ACTIVITY (i.e., you would NOT have done the activity without them)?  5 = Completely necessary  4 = Somewhat necessary  3 = Neutral  2 = Somewhat unnecessary  1 = Completely unnecessary |
| **Moving One’s Body** | |
| **C3EBODY** | I MOVED MY BODY A LOT during this ACTIVITY.  1 = Strongly disagree  2 = Disagree  3 = Neither  4 = Agree  5 = Strongly agree |
| **Access Convenience** | |
| **C3ECONV** | Overall, HOW CONVENIENT was it to ENGAGE in this ACTIVITY using these technologies?  5 = Very convenient  4 = Somewhat convenient  3 = Neither  2 = Somewhat inconvenient  1 = Very inconvenient |
| **Customer Effort Score** | |
| **C3EEFF** | Overall, HOW EASY was it to ENGAGE in this ACTIVITY using these technologies?  5 = Very easy  4 = Somewhat easy  3 = Neither  2 = Somewhat difficult  1 = Very difficult |

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| Open-ended Questions – (C2 E – Day 5) | |
| **Instructions:** Please review the following questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **How Technologies Enhanced Feelings** | |
| **C3EFEEL** | [optional] In what ways did the technologies enhance how you felt?  *Example: “The music calmed me down”, or, “the video call felt almost like being in the same room”.* |
| **Anything Else** | |
| **C3EELSE** | [optional] Is there anything else you want to say about your experience? |

D

Day 8

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| D SONA (D – Day 8) | |
| **Instructions:** Welcome back – today’s questionnaire is the last one. It will take about 30 minutes. | |
| **Variable Name:** | **Questions:** |
| **DSONA** | Before we move on –– SONA Provides you with an ID# (e.g., 12345). What is your participant ID# on SONA? Visit SONA [here](https://cornellpsych.sona-systems.com/).  Note: If you don’t have a SONA ID#, please write your NetID (e.g., jdf269). Your data will remain confidential. I will ‘de-identify’ your information before sharing the study results with anyone. |
|  | After today’s questionnaire, you will have completed the study. Thank you for your care and determination. After you complete this survey, I will review your participation across the 8-day study and post your SONA credits soon (i.e., if you signed up through SONA). I will also email you your Tango gift card which can be used like cash for many online vendors. If you have any questions or concerns, please email me, Jeremy, at [jdf269@cornell.edu](mailto:jdf269@cornell.edu). Thank you again. Let’s continue with the last questionnaire for this study. |

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| Standout Moment – Episode Qualities (D – Day 8) | |
| **Instructions:** Today’s questionnaire will serve as a “deep dive” into just ONE EPISODE from the past week. Ask yourself: is there one technology-supported activity over the past week that ‘stands out’ as particularly memorable, interesting, or relevant to supporting your happiness or well-being?  By the term ‘happiness,’ we refer to the experience of pleasure and a sense that one’s life is good, meaningful, and worthwhile.  By the term ‘technology’ we refer to devices and systems, including both hardware and software, that are powered by electricity or other forms of energy, encompassing electronic gadgets, household appliances, and digital platforms.  \*\* Please select ONE EPISODE from the past week to answer today’s questions. You may wish to review your notes to select the episode. If possible, select an episode that you have not yet explored in the questionnaires.\*\* | |
| **Variable Name:** | **Questions:** |
| **DNAM** | What’s a short name to describe the episode? (e.g., ‘waking up’). |
| **DBEG** | When did this episode begin? Please try to remember the time as precisely as you can. |
| **DEND** | When did the episode end? |
| **DDC** | What were you doing? (please check all that apply)  1 = working / studying  2 = using the phone  3 = using the computer  4 = socializing (in person)  5 = socializing (online)  6 = watching videos/movies  7 = listening to audio content  8 = relaxing  9 = intimate relations  10 = nap/resting  11 = preparing food  12 = eating  13 = taking care of others  14 = exercising  15 = hobbies  16 = commuting  17 = doing chores  18 = praying/worshipping  19 = other (please specify) |
| **DDO** | Please DESCRIBE the general EXPERIENCE in terms of the MAIN thing you were doing during the episode. [Open-ended]  Example: I was playing a video game with friends using a headset so we could talk to each other |
| **DDM** | [optional] What OTHER THINGS were you doing or thinking about?  Example: I was trying not to think about my upcoming exam. |
| **DATT** | On a scale of 1-7, please select the number ‘2’ below (to confirm your attention to this question).  7 = Strongly agree  6 = Agree  5 = Slightly agree  4 = Neither agree nor disagree  3 = Slightly disagree  2 = Disagree  1 = Strongly disagree |
| **DTC** | What technologies did you use? (please check all that apply)  1 = smartphone  2 = headphones  3 = computer  4 = touchscreen tablet  5 = speaker  6 = internet  7 = artificial intelligence  8 = monitor/screen  9 = e-reader  10 = e-gaming system  11 = musical instrument/equipment  12 = camera  13 = augmented reality  14 = virtual reality  15 = transportation vehicle/device  16 = lighting  17 = heating / air conditioning  18 = fan  19 = household appliance  20 = scent diffuser  21 = other (please specify) |
| **DCO** | [optional] -- How did the COMBINATION of multiple TECHNOLOGIES / apps contribute towards IMPROVING your EMOTIONAL STATE or WELL-BEING?    *\*Example: “Listening to white noise while scrolling on Instagram helped me to relax before bed. The lavender scent diffuser, along with a fan, also helped me to relax.”\** |
| **Scale Scoring:**  For the attention check, if the participant writes a 2, then include their data. If they do not, then strongly consider the internal validity of their responses going forward.  **DDO** was constructed from the Kahneman DRM study in addition to the Huta and Ryan (2010) study (p. 749). | |
| **Scale Reference:**  None, I made this measure. | |
| **Psychometrics:**  TBD | |
| **Rationale:**  We need to know what technologies people used to better understand how they used them for emotion regulation. | |

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| Motivations (D – Day 8) Hedonic and Eudaimonic Motives for Activities (HEMA) | |
| **Instructions:** To what degree did you approach these activities with each of the following intentions, whether or not you actually achieved your aim?  1 = Not at all  2 = Very little  3 = Somewhat not  4 = Neither  5 = Somewhat yes  6 = Very much  7 = Completely | |
| **Variable Name:** | **Questions:** |
| Lay Eudaimonism | |
| **DLE1** | Seeking to pursue excellence or a personal ideal? |
| **DLE2** | Seeking to use the best in yourself? |
| **DLE3** | Seeking to develop a skill, learn, or gain insight into something? |
| **DLE4** | Seeking to do what you believe in? |
| Lay Hedonism | |
| **DLH1** | Seeking enjoyment? |
| **DLH2** | Seeking pleasure? |
| **DLH3** | Seeking fun? |
| **DLH4** | Seeking relaxation? |
| **DLH5** | Seeking to take it easy? |
| **Scale Scoring:**  Randomize the order of all scale items. Adapted from Huta and Ryan (2010) which is more focused on a “trait” level experience rather than an activity-level experience. | |
| **Scale Reference:**  Huta, V., & Ryan, R.M. (2010). Pursuing Pleasure or Virtue: The Differential and Overlapping Well-Being Benefits of Hedonic and Eudaimonic Motives. Journal of Happiness Studies, 11, 735-762. | |
| **Psychometrics:**  Participants gave ratings on various eudaimonic and hedonic motives, which were intermixed. [….] The items were rated from 1 (not at all) to 7 (very much). Cronbach alphas will be reported in the Results section after testing the distinctness of the two scales. [….] Each experience-sampling form  first inquired ‘‘What was the MAIN thing you were doing as you were paged?’’ and ‘‘What  other things were you doing or thinking about?’’ Participants gave one-line written  responses to each question. Participants were then asked about their eudaimonic and  hedonic motives as follows: ‘‘To what degree did you approach this activity (or these  activities) with each of the following intentions, whether or not you actually achieved your  aim?’’ They gave ratings on the nine HEMA items used in Studies 1 and 2. | |
| **Rationale:**  Motivations towards Hedonism and Eudaimonism can have a moderating effect on well-being outcomes. | |

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| PER Classification (D – Day 8) Positive Emotion Regulation Techniques (PERT) | |
| **Instructions:** Please choose Positive Emotion Regulation techniques that describe your activities during the episode. (Select all that apply) | |
| **Variable Name:** | **Questions:** |
| Situation Selection | |
| **DPER1** | **Bettering yourself**  Committing to meaningful challenges or passions that accord with your deeply-held values. Rather than indulging yourself constantly, or serving others’ needs only |
| **DPER2** | **Indulging**  Allowing yourself to enjoy what you desire to do. Rather than resisting the urge to do so |
| **DPER3** | **Being considerate and helping others**  Sharing your resources and attention for the benefit of another person or group’s needs or preferences. Rather than acting solely for personal gain |
| **DPER4** | **Engaging in a collective**  Joining in, or contributing to the shared concerns of a group. Rather than feeling apart from a sense of communal purpose |
| **DPER5** | **Practicing spirituality and religion**  Engaging in structured or ritualistic thoughts and behaviors that anchor your view of life within a larger cosmology. Rather than having no practiced tradition through which to process your experiences |
| Situation Modification | |
| **DPER6** | **Creating a savoring atmosphere**  Creating or rearranging the environment to physically, psychologically, and socially support the intended positive experience. Rather than sticking to the status quo |
| **DPER7** | **Capturing**  Actively collecting physical or mental mementos (e.g., photos and souvenirs) that will later prompt vivid recall, thereby making the future experience more positive. Rather than experiencing the positive experience in only one temporal orientation |
| **DPER8** | **Delaying positive experiences or splitting them into smaller units**  Temporarily withdrawing from a positive experience, or subdividing a pleasant experience into smaller units to prolong anticipation and enjoyment. Rather than sacrificing prolonged pleasure for instant gratification |
| **DPER9** | **Blocking negative thoughts**  Preventing the retrieval of negative thoughts and memories that may hinder positive experiences, or reconfiguring them to create a more positive view. Rather than letting them lurk unaddressed around your daily life |
| **DPER10** | **Habitualizing positive rituals**  Enhancing your life by practicing positive actions regularly as part of your lifestyle. Rather than occasionally performing them |
| Attentional Deployment | |
| **DPER11** | **Being immersed and absorbed**  Becoming fully engaged in a positive experience or its aspects, existing only in the present. Rather than allowing other concerns to hinder your enjoyment |
| **DPER12** | **Anticipating**  Vividly anticipating likely positive experiences that will occur in the future. Rather than focusing only on the past or present |
| **DPER13** | **Reminiscing**  Recalling and reliving past positive experiences for emotional or sentimental reasons. Rather than focusing only on the present or future |
| **DPER14** | **Moral elevating**  Being moved by witnessing someone perform an act of virtue such as being brave, honest, kind, or perseverant; feeling inspired to act this way yourself. Rather than considering virtuous behaviors as mundane |
| **DPER15** | **Fantasizing**  Imagining positive experiences of varying likelihood. Rather than restricting your imagination to likely possibilities |
| Positive Reappraisal | |
| **DPER16** | **Being aware of temporal scarcity**  Realizing that your current experience or resources will not last forever, and that you should enjoy them while they are available. Rather than rushing through them as though they were available anytime |
| **DPER17** | **Infusing the ordinary with special meaning**  Enriching day-to-day experiences with language, thoughts, and actions that promote positive associations. Rather than seeing experiences only in a functional way |
| **DPER18** | **Self-congratulating**  Giving yourself credit for the causes of positive experiences; seeing your experiences with a positive view of your strengths, achievements, and self-worth. Rather than overlooking opportunities to honor yourself |
| **DPER19** | **Expressing or acknowledging gratitude**  Considering how others have benefited from your actions, or how you have benefited from others’ actions. Rather than letting contributions pass by without noticing their positive impact |
| **DPER20** | **Relative comparing**  Embracing your own experiences in comparison with what others seem to be experiencing, or with what you imagined an event would be like. Rather than absorbing your joys and letdowns without a reference point |
| Response Modulation | |
| **DPER21** | **Sharing the positive experience with others**  Creating a ripple effect between you and others in response to positive experiences; telling others how much you value the moment, or recounting stories about past joys, or good fortune. Rather than experiencing life’s joys in solitude |
| **DPER22** | **Purposeful dampening**  Intentionally down-regulating your positive emotions to help maintain perceived control. Rather than letting emotions arise regardless of the circumstance |
| **DPER23** | **Enriching the sensory environment**  Encountering or cultivating pleasant sensory stimulation. Rather than continually experiencing the same level of stimulation |
| **DPER24** | **Altering bodily engagement**  Reviving or relaxing your body with dynamic movement or rest. Rather than giving energy only to your thoughts |
| **DPER25** | **Neurochemically heightening emotions**  Using food, drink, behaviors, or mind-altering substances to enhance your emotional state. Rather than relying solely on your intention to feel better |
| **Scale Reference:**  Yoon and Faulk (manuscript in process) | |
| **Psychometrics:**  TBD | |
| **Rationale:**  TBD | |

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| Emotional Intensity (D– Day 8) Positive and Negative Affect Scales (PANAS) | |
| **Instructions:** Please rate on the provided [5-point] scale how you felt during the episode:  1 = very slightly or not at all  2 = a little  3 = moderately  4 = quite a bit  5 = very much | |
| **Variable Name:** | **Questions:** |
| **Positive Subscale** | |
| **DPAS01** | Enthusiastic |
| **DPAS02** | Interested |
| **DPAS03** | Determined |
| **DPAS04** | Excited |
| **DPAS05** | Inspired |
| **DPAS06** | Alert |
| **DPAS07** | Active |
| **DPAS08** | Strong |
| **DPAS09** | Proud |
| **DPAS10** | Attentive |
| **Scale Scoring:**  - Randomly distribute the items, as done by Watson et al. (1988)  - Scaling — Arithmetic mean (observe SD, too)  - Above are ONLY the POSITIVE emotion words  Limitations: Little positive emotion related to restful/content | |
| **Scale Reference:**  Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. Journal of Personality and Social Psychology, 54(6), 1063–1070. https://doi.org/10.1037/0022-3514.54.6.1063 | |
| **Psychometrics:**  TBD | |

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| Success of Emotion Regulation – (D – Day 8) Customer Satisfaction Score (CSAT) | |
| **Instructions:** Please review the following few questions in consideration of this episode.  1 = Extremely dissatisfied  2 = Somewhat dissatisfied  3 = Neither satisfied nor dissatisfied  4 = Somewhat satisfied  5 = Extremely satisfied | |
| **Variable Name:** | **Questions:** |
| **DCSAT** | Overall, HOW SATISFIED were you with the technologies’ ability to SUPPORT YOUR HAPPINESS during the episode? |
| **Scale Reference:**  Qualtrics website <https://www.qualtrics.com/experience-management/customer/what-is-csat/> | |

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| Social Interaction – (D – Day 8) | |
| **Instructions:** Please review the following few questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **Social Interaction (yes/no/somewhat)** | |
| **DSOC1** | Were you interacting with anyone (e.g., in person, online) during this episode?  1 = no  2 = others were around (i.e., in person, online), but not directly interacting with me  3 = yes |
| **DSOC2** | Was the social interaction in real-time (e.g., video chat), or was it asynchronous (e.g., social media comments)?  5 = In real-time  4 = 10 minutes for others to reply  3 = 30 minutes for others to reply  2 = 1 hour for others to reply  1 = 2+ hours for others to reply |
| **Scale Scoring:**  C2ESOC2 is conditionally based upon whether C2ESOC1 displays a 1 | |
| **Scale Reference:**  N/A – I constructed these questions. | |

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| Relatedness Success – (D – Day 8) Shortened Technology Experience of Need Satisfaction – Behavior Scale - Relatedness Subscale (TENS) | |
| **Instructions:** Please rate each statement in terms of your agreement.  1 = Strongly disagree  2 = Disagree  3 = Somewhat disagree  4 = Neutral  5 = Somewhat agree  6 = Agree  7 = Strongly agree | |
| **Variable Name:** | **Questions:** |
| Support | |
| **DTENS-S1** | When I do this activity with these technologies, it makes me feel close to people who are important to me |
| **DTENS-S2** | When I do this activity with these technologies, it makes me feel connected to other people |
| **DTENS-S3** | When I do this activity with these technologies, it makes me feel that people care about me |
| Frustration | |
| **DTENS-F1** | When I do this activity with these technologies, it makes me feel excluded or isolated |
| **DTENS-F2** | When I do this activity with these technologies, it makes me feel lonely |
| **DTENS-F3** | When I do this activity with these technologies, it makes me feel like I don’t matter to other people |
| **Scale Scoring:**  Randomize the items. Arithmetic mean for each subscale. I am unsure how to calculate the total – see original study. | |
| **Scale Reference:**  Burnell, R., Peters, D., Ryan, R. M., & Calvo, R. A. (2023). Technology evaluations are associated with psychological need satisfaction across different spheres of experience: an application of the METUX scales [Original Research]. Frontiers in Psychology, 14. https://doi.org/10.3389/fpsyg.2023.1092288 | |

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| Contextual Enablers and Barriers – (D – Day 8) | |
| **Instructions:** Please review the following questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **Frequency of Use** | |
| **DFREQ1** | How FREQUENTLY do you engage in this ACTIVITY using these technologies?   1. Rarely or never (1) 2. Once a year (2) 3. Several times a year (3) 4. Once a month (4) 5. Several times a month (5) 6. Once a week (6) 7. Several times a week (7) 8. Once a day (8) 9. Several times a day (9) 10. Once an hour (10) 11. Several times an hour (11) 12. All the time (12) |
| **DFREQ2** | Ideally, how often would you like to engage in this activity?   1. Rarely or never (1) 2. Once a year (2) 3. Several times a year (3) 4. Once a month (4) 5. Several times a month (5) 6. Once a week (6) 7. Several times a week (7) 8. Once a day (8) 9. Several times a day (9) 10. Once an hour (10) 11. Several times an hour (11) 12. All the time (12)   Other (please specify) |
| **DFREQ3** | What factors inform your desired frequency of engaging in this activity? [select all that apply]  1 = Time it takes for the activity (please explain)  2 = Energy it takes for the activity (please explain)  3 = Money it takes for the activity (please explain)  4 = Interest level I have in the activity (please explain)  5 = Personal values I have towards the activity (please explain)  6 = Other (please explain) |
| **Indoors/Outdoors** | |
| **DINDO** | Were you indoors or outdoors during the activity?  1 = Indoors  2 = Outdoors  3 = Mix of both |
| **Necessity of Technologies** | |
| **DNEC** | HOW NECESSARY were the TECHNOLOGIES to engage in the main part THIS ACTIVITY (i.e., you would NOT have done the activity without them)?  5 = Completely necessary  4 = Somewhat necessary  3 = Neutral  2 = Somewhat unnecessary  1 = Completely unnecessary |
| **Moving One’s Body** | |
| **DBODY** | I MOVED MY BODY A LOT during this ACTIVITY.  1 = Strongly disagree  2 = Disagree  3 = Neither  4 = Agree  5 = Strongly agree |
| **Access Convenience** | |
| **DCONV** | Overall, HOW CONVENIENT was it to ENGAGE in this ACTIVITY using these technologies?  5 = Very convenient  4 = Somewhat convenient  3 = Neither  2 = Somewhat inconvenient  1 = Very inconvenient |
| **Customer Effort Score** | |
| **DEFF** | Overall, HOW EASY was it to ENGAGE in this ACTIVITY using these technologies?  5 = Very easy  4 = Somewhat easy  3 = Neither  2 = Somewhat difficult  1 = Very difficult |

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| Open-ended Questions – (D – Day 8) | |
| **Instructions:** Please review the following questions in consideration of this episode. | |
| **Variable Name:** | **Questions:** |
| **How Technologies Enhanced Feelings** | |
| **DFEEL** | [optional] In what ways did the technologies enhance how you felt?  *Example: “The music calmed me down”, or, “the video call felt almost like being in the same room”.* |
| **Anything Else** | |
| **DELSE** | [optional] Is there anything else you want to say about your experience? |

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| Neurohue Questions – (D – Day 8) | |
| **Instructions:** Below are a handful of questions relating to a current design project. Your answers will inform future designed interventions, such as the augmented reality application we are currently making.  You may wish to email me, Jeremy, at [jdf269@cornell.edu](mailto:jdf269@cornell.edu) if you are interested in joining future studies on augmented reality and mental health support, or if you would like to join the project as a collaborator.  Please read and respond to the questions below. | |
| **Variable Name:** | **Questions:** |
| **NH-TRANS** | Have you ever experienced a transcendent or deeply moving moment through technologies? If so, can you describe the event(s) and what role the technologies played? |
| **NH-GROUND** | Can you describe a moment when a digital tool genuinely helped you feel more emotionally grounded, joyful, or connected? What about it worked well for you? |
| **NH-OFTEN** | How OFTEN do you use technology-mediated mindfulness apps or tools (e.g., meditation reminders, guided breathing exercises or meditations)?   1. Rarely or never (1) 2. Once a year (2) 3. Several times a year (3) 4. Once a month (4) 5. Several times a month (5) 6. Once a week (6) 7. Several times a week (7) 8. Once a day (8) 9. Several times a day (9) 10. Once an hour (10) 11. Several times an hour (11) 12. All the time (12)   Other (please specify) |
| **NH-VIGNE** | Imagine yourself as the main character in the story below:  You put on headphones and, using your phone, you open an app that allows you to move your body up to 300ft while hearing spatially anchored audio and background sounds. The app provides embodied ‘journeys’ and other experiences —some of which are narrative-driven, fictional stories — that are centered on topics such as: walking meditations; mindful emotion regulation; celebration; ambient exploration; connection with nature; creative play (e.g., embodied music making); meaningful rituals; and deep-thinking assistance. New series are added regularly, created by artists, storytellers, scientists, and wisdom teachers.  How much would you pay for a small, Bluetooth-connected device that offers such \*hands-free\* audio-focused, augmented reality experiences using your smartphone?   * Sliding scale of $20 - $100   + $20-$25   + $26-$30   + $31-$35   + $36-$40   + $41-$45   + $46-$50   + $51-$55   + $56-$60 |
| **NH-DRAIN** | What aspects of current wellbeing or mindfulness apps feel inauthentic, unhelpful, or even emotionally draining to you? Why do you think that is? |
| **NH-DIFF** | Please select your preferences between these two pairings.   1. Pair 1    * Brief Check-Ins: 1–5 minute “bite-size” usage for quick emotional resets    * Immersive Sessions: 10+ minute deep dives for more extended focus, reflection, or emotional processing 2. Pair 2    * Self-Directed & Open Exploration: User freely chooses activities/paths with minimal prompts    * Guided & Clear Goals: Structured or coached sessions with definite objectives/outcomes 3. Pair 3    * Minimal Tech Presence: A simple, streamlined interface with few functions    * Feature-Rich Tech: Multiple advanced settings, layered controls, robust customization 4. Pair 4    * Outdoor-Oriented: Designed for use in natural or outdoor environments, emphasizing real-world soundscapes and physical surroundings    * Indoor-Oriented: Designed for indoor settings, with curated audio environments and immersive layers that work well in closed spaces 5. Pair 5    * Portable & Small: Light, pocket-sized device for on-the-go and casual use    * Larger & Immersive: Bigger, stationary / indoor form factor with stronger speaker output or more powerful presence 6. Pair 6    * Immediate “Feel-Good”: Quick mood boosts, short-term relief or positive emotion    * Deeper Meaning: Sustained reflection towards long-term personal growth 7. Pair 7    * Cognitive Reflection: Thought-focused exercises, journaling, analyzing beliefs/feelings    * Somatic Awareness: Body-focused techniques, breath work, physical movement/scanning |
|  | You can email, Jeremy, at [jdf269@cornell.edu](mailto:jdf269@cornell.edu) if you are interested in joining future studies on augmented reality and mental health experiences. |
| **Scale Reference:**  N/A – Me and Lucas made these questions. | |

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| Wrapping Up | |
| **Instructions:** The last questions relate to your experience with the study overall. | |
| **Variable Name:** | **Questions:** |
| **BENEFIT** | Reflecting on your experience with this study, please express your agreement with the following statement:  "I experienced personal benefit from participating in this study.”  Note: Please exclude any considerations of the gift card or SONA credit in your response.  1 = Strongly disagree  2 = Disagree  3 = Neutral  4 = Agree  5 = Strongly agree |
| **FACTS** | What factors influenced your response to the statement about personal benefit from participating in the study? |
| **FEED** | Overall, how did the process of participating in this study go for you? Please describe any challenges you encountered along with any suggestions for improvement. |
| **DIARY** | [Optional] We would be grateful if you choose to return your diary packets. As a token of our appreciation, we will add an additional $5 to your gift card. If you are willing to do so, please place them in their original envelope and deliver them to the box located in front of Room 116 in the Human Ecology Building. |
| **DEND** | Thank you for participating in our study. We greatly appreciate your care and attention. Select “conclude study” below to end the study. We will contact you via your Cornell email address to share your $30 gift card with you (i.e., adding $5 if you share your diary packet). We will also post your credits to SONA soon.  Please message Jeremy at [jdf269@cornell.edu](mailto:jdf269@cornell.edu) with any questions.  Complete the diary study. [celebratory message appears] |

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