

PARTICIPATING IN A STUDY OF

PERSONALITY IN EVERYDAY LIFE

DAY 1 OF 7

SURVEY COMPLETIONS TODAY

6 COMPLETED

0 MISSED

# Getting Started



RECORD



INFO



STUDIES

## SURVEY

### SITUATION

Which of these situations best describes your situation during the previous hour? Remember: Semi-social = with people but not interacting with them (e.g., in a lecture/shared office); Social = interacting with people (e.g., coffee with a friend).

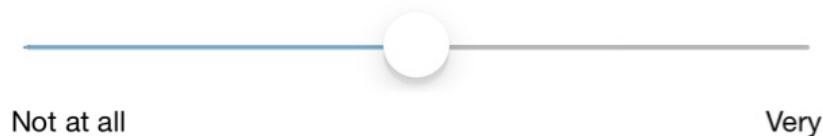
Alone

Semi-social

Social

### BEHAVIOURS

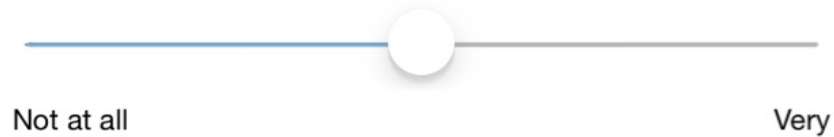
In the past hour, how talkative were you?



Can you think of some situations in your own life that might be “semi-social” or “social”?

## SURVEY

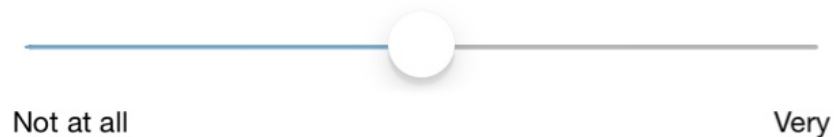
In the past hour, how bold were you?



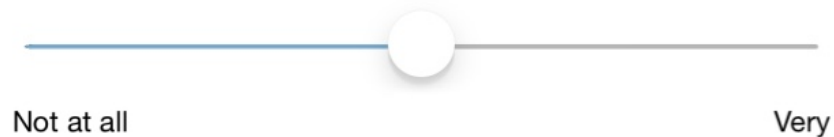
In the past hour, how assertive were you?



In the past hour, how quiet were you?



In the past hour, how outgoing were you?



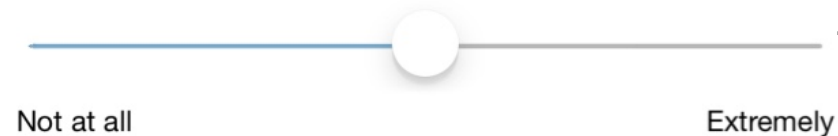
## SURVEY

In the past hour, how reserved were you?



### FEELINGS

How lively do you feel right now?



How satisfied do you feel right now?



How calm do you feel right now?



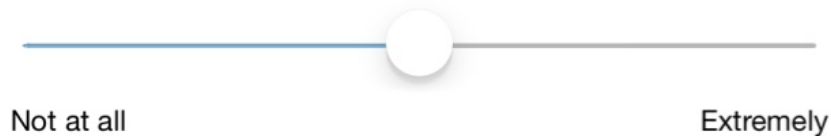
Please pay attention to the time-frame!

## SURVEY

How excited do you feel right now?



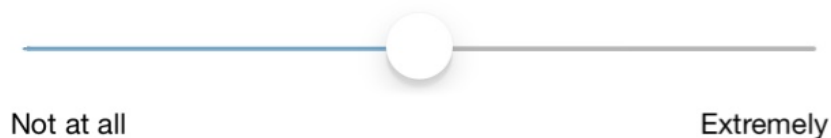
How happy do you feel right now?



How relaxed do you feel right now?



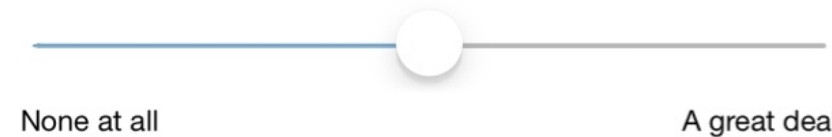
How enthusiastic do you feel right now?



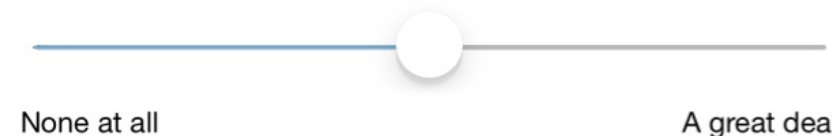
## SURVEY

### PERCEPTIONS

In the past hour, how much power do you think you had over others?



In the past hour, how much influence do you think you had over others?



In the past hour, what I was doing was valuable and worthwhile.



In the past hour, the things I did were important for other people.

Please pay attention to the time-frame!

## SURVEY

In the past hour, I actively contributed to the happiness and wellbeing of others.

A horizontal slider with a white circle in the middle. The left end is labeled 'Disagree strongly' and the right end is labeled 'Agree strongly'.

In the past hour, how close did you feel to other people?

A horizontal slider with a white circle in the middle. The left end is labeled 'Not at all' and the right end is labeled 'Extremely close'.

In the past hour, how satisfied were you with your personal relationships?

A horizontal slider with a white circle in the middle. The left end is labeled 'Not at all' and the right end is labeled 'Completely'.

At this time, I can think of many ways to reach my current goals.

A horizontal slider with a white circle in the middle. The left end is labeled 'Disagree strongly' and the right end is labeled 'Agree strongly'.

## SURVEY

At this time, I can think of many ways to reach my current goals.

A horizontal slider with a white circle in the middle. The left end is labeled 'Definitely false' and the right end is labeled 'Definitely true'.

At this time, I am meeting the goals that I have set for myself.

A horizontal slider with a white circle in the middle. The left end is labeled 'Definitely false' and the right end is labeled 'Definitely true'.

HOW'S LIFE?

At this moment, how satisfied are you with your life as a whole?

A horizontal slider with a white circle in the middle. The left end is labeled 'Totally dissatisfied' and the right end is labeled 'Totally satisfied'.

SUBMIT

Submit

Please pay attention to the time-frame!

Make sure you click submit!

## SURVEY

### BEHAVIOURS

In the past hour, how talkative were you?

6



Not at all

Very

In the past hour, how bold were you?

7



Not at all

Very

In the past hour, how assertive were you?

7



Not at all

Very

In the past hour, how quiet were you?

7



Not at all

Very

# A minor bug...

If you scroll back up, the sliders will reset, but it won't affect the numbers that have been recorded.

# General Tips

- You have a 30 minute window to fill out each report
- Need to interact with the slider to answer a question (a number will appear); all questions need to be answered to submit a report
- All responses are on a 0-10 scale
- Make sure alerts/notifications are on, and check your phone often!
- Earliest = 9am, latest = 9-10pm
- Don't download any other studies while participating in this one
- Move the app to your first screen for easy access
- Ignore the Fitbit link
- 75% completion rate + final survey for additional compensation. But, **accuracy and attention** is much more important for the science (remember, you can miss reports during inconvenient times), so just do your best!
- You can fill out reports without being connected to the internet, but if you don't have 3G, make sure you connect to wifi often so the data can be uploaded

# In case you need to reset...

1. Let Jessie know first!
2. Make a note of your User ID in the Info section
3. Go back to Studies and download any other study
4. Then go back to Studies again and re-download the Personality in Everyday Life study **on a Monday**.
5. The User ID should be the same, but if not, let Jessie know by email what your new User ID is.



# What happens next?

Day 0 (Monday)	Initial lab session	✓
Day 1 (Tuesday)	Phone alerts start	
Day 2 (Wednesday)	You'll get a text in the morning with Day 1 response rates	
Day 3 (Thursday)		
Day 4 (Friday)	You'll get a text in the morning with Day 1-3 response rates	
Day 5 (Saturday)		
Day 6 (Sunday)		
Day 7 (Monday)	Last day of reporting on your momentary experiences	
Day 8 (Tuesday)	You'll get an email with the link for the final 10-min survey, and will be able to enter your email address to receive your additional compensation here	
Wednesday - Friday	You'll get to chat about your experiences during a brief debriefing phone call	

# Contact Details

- Please feel free to contact me any time!
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Thank  
You :)