

Baseline assessment

This is the final baseline assessment. Starts 11/03 Ends 15/03 User triggered!!

Questions

1 (Q#8): Basic questions...

2 (Q#2): What is your gender?

- 1) ☐ Male
- 2) ☐ Female
- 3) ☐ Other

3 (Q#11): What is your age?

4 (Q#13): Please specify your nationality.

5 (Q#14): Where were you born?

6 (Q#15): Relationship status

- 1) ☐ Single
- 2) ☐ In a relationship
- 3) ☐ Married
- 4) ☐ Civil partnership

7 (Q#16): What are you currently studying?

8 (Q#19): What year of your bachelor are you currently in?

9 (Q#18): Are you working besides your study?

- 1) ☐ Yes
- 2) ☐ No

10 (Q#20): Did you suffer from any prior mental health problems and/or take any psychiatric drugs?
Please specify.

11 (Q#22): If applicable:

How many SONA credits have you earned until now?

12 (Q#236): Do you want to receive SONA credits for this study?

- 1) ☐ Yes
- 2) ☐ No

13 (Q#250): Are you interested in taking part in the 25 euro raffle from bol.com?

- 1) ☐ Yes
- 2) ☐ No

14 (Q#182): Are you travelling travel to a country with a different timezone from The Netherlands (GMT+1) between March 16th and March 30th?

- 1) ☐ Yes
- 2) ☐ No

15 (Q#21): Specify a secondary email address (optional)

16 (Q#23): **Questionnaire 1**

17 (Q#25): In the past week, I found it hard to wind down.

- 1) ☐ Did not apply to me at all
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

18 (Q#26): In the past week, I was aware of dryness of my mouth

- 1) ☐ Did not apply to me at all.
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

19 (Q#27): In the past week, I couldn't seem to experience any positive feeling at all

- 1) ☐ Did not apply to me at all.
- 2) ☐ Applied to me to some degree, or some of the time
- 3) ☐ Applied to me to a considerable degree, or a good part of time
- 4) ☐ Applied to me very much, or most of the time

- 20 (Q#28): In the past week, I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion).
- 1) ☐ Did not apply to me at all
 - 2) ☐ Applied to me to some degree, or some of the time
 - 3) ☐ Applied to me to a considerable degree, or a good part of time
 - 4) ☐ Applied to me very much, or most of the time
- 21 (Q#29): In the past week, I found it difficult to work up the initiative to do things.
- 1) ☐ Did not apply to me at all
 - 2) ☐ Applied to me to some degree, or some of the time
 - 3) ☐ Applied to me to a considerable degree, or a good part of time
 - 4) ☐ Applied to me very much, or most of the time
- 22 (Q#30): In the past week, I tended to over-react to situations.
- 1) ☐ Did not apply to me at all
 - 2) ☐ Applied to me to some degree, or some of the time
 - 3) ☐ Applied to me to a considerable degree, or a good part of time
 - 4) ☐ Applied to me very much, or most of the time
- 23 (Q#31): In the past week, I experienced trembling (eg, in the hands).
- 1) ☐ Did not apply to me at all
 - 2) ☐ Applied to me to some degree, or some of the time
 - 3) ☐ Applied to me to a considerable degree, or a good part of time
 - 4) ☐ Applied to me very much, or most of the time
- 24 (Q#32): In the past week, I felt that I was using a lot of nervous energy.
- 1) ☐ Did not apply to me at all
 - 2) ☐ Applied to me to some degree, or some of the time
 - 3) ☐ Applied to me to a considerable degree, or a good part of time
 - 4) ☐ Applied to me very much, or most of the time

- 25 (Q#33): In the past week, I was worried about situations in which I might panic and make a fool of myself
- 1) ☐ Did not apply to me at all
 - 2) ☐ Applied to me to some degree, or some of the time
 - 3) ☐ Applied to me to a considerable degree, or a good part of time
 - 4) ☐ Applied to me very much, or most of the time
- 26 (Q#34): In the past week, I felt that I had nothing to look forward to
- 1) ☐ Did not apply to me at all
 - 2) ☐ Applied to me to some degree, or some of the time
 - 3) ☐ Applied to me to a considerable degree, or a good part of time
 - 4) ☐ Applied to me very much, or most of the time
- 27 (Q#35): In the past week, I found myself getting agitated
- 1) ☐ Did not apply to me at all
 - 2) ☐ Applied to me to some degree, or some of the time
 - 3) ☐ Applied to me to a considerable degree, or a good part of time
 - 4) ☐ Applied to me very much, or most of the time
- 28 (Q#36): In the past week, I found it difficult to relax
- 1) ☐ Did not apply to me at all
 - 2) ☐ Applied to me to some degree, or some of the time
 - 3) ☐ Applied to me to a considerable degree, or a good part of time
 - 4) ☐ Applied to me very much, or most of the time
- 29 (Q#37): In the past week, I felt down-hearted and blue
- 1) ☐ Did not apply to me at all
 - 2) ☐ Applied to me to some degree, or some of the time
 - 3) ☐ Applied to me to a considerable degree, or a good part of time
 - 4) ☐ Applied to me very much, or most of the time

- 30 (Q#38): In the past week, I was intolerant of anything that kept me from getting on with what I was doing
- 1) ☐ Did not apply to me at all
 - 2) ☐ Applied to me to some degree, or some of the time
 - 3) ☐ Applied to me to a considerable degree, or a good part of time
 - 4) ☐ Applied to me very much, or most of the time
- 31 (Q#39): In the past week, I felt I was close to panic
- 1) ☐ Did not apply to me at all
 - 2) ☐ Applied to me to some degree, or some of the time
 - 3) ☐ Applied to me to a considerable degree, or a good part of time
 - 4) ☐ Applied to me very much, or most of the time
- 32 (Q#40): In the past week, I was unable to become enthusiastic about anything
- 1) ☐ Did not apply to me at all
 - 2) ☐ Applied to me to some degree, or some of the time
 - 3) ☐ Applied to me to a considerable degree, or a good part of time
 - 4) ☐ Applied to me very much, or most of the time
- 33 (Q#41): In the past week, I felt I wasn't worth much as a person
- 1) ☐ Did not apply to me at all
 - 2) ☐ Applied to me to some degree, or some of the time
 - 3) ☐ Applied to me to a considerable degree, or a good part of time
 - 4) ☐ Applied to me very much, or most of the time
- 34 (Q#42): In the past week, I felt that I was rather touchy
- 1) ☐ Did not apply to me at all
 - 2) ☐ Applied to me to some degree, or some of the time
 - 3) ☐ Applied to me to a considerable degree, or a good part of time
 - 4) ☐ Applied to me very much, or most of the time

- 35 (Q#43): In the past week, I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat)
- 1) ☐ Did not apply to me at all
 - 2) ☐ Applied to me to some degree, or some of the time
 - 3) ☐ Applied to me to a considerable degree, or a good part of time
 - 4) ☐ Applied to me very much, or most of the time
- 36 (Q#44): In the past week, I felt scared without any good reason
- 1) ☐ Did not apply to me at all
 - 2) ☐ Applied to me to some degree, or some of the time
 - 3) ☐ Applied to me to a considerable degree, or a good part of time
 - 4) ☐ Applied to me very much, or most of the time
- 37 (Q#45): In the past week, I felt that life was meaningless
- 1) ☐ Did not apply to me at all
 - 2) ☐ Applied to me to some degree, or some of the time
 - 3) ☐ Applied to me to a considerable degree, or a good part of time
 - 4) ☐ Applied to me very much, or most of the time
- 38 (Q#100): **Questionnaire 2**
- 39 (Q#103): I am someone who tends to be disorganised.
- 1) ☐ 1 Disagree strongly
 - 2) ☐ 2 Disagree a little
 - 3) ☐ 3 Neither agree or disagree
 - 4) ☐ 4 Agree a little
 - 5) ☐ 5 Agree strongly
- 40 (Q#192): I am someone who tends to be lazy.
- 1) ☐ 1 Disagree strongly
 - 2) ☐ 2 Disagree a little
 - 3) ☐ 3 Neither agree or disagree
 - 4) ☐ 4 Agree a little
 - 5) ☐ 5 Agree strongly

41 (Q#193): I am someone who is dependable, steady.

- 1) ☐ 1 Disagree strongly
- 2) ☐ 2 Disagree a little
- 3) ☐ 3 Neither agree or disagree
- 4) ☐ 4 Agree a little
- 5) ☐ 5 Agree strongly

42 (Q#194): I am someone who is systematic, likes to keep things in order

- 1) ☐ 1 Disagree strongly
- 2) ☐ 2 Disagree a little
- 3) ☐ 3 Neither agree or disagree
- 4) ☐ 4 Agree a little
- 5) ☐ 5 Agree strongly

43 (Q#195): I am someone who has difficulty getting started on tasks.

- 1) ☐ 1 Disagree strongly
- 2) ☐ 2 Disagree a little
- 3) ☐ 3 Neither agree or disagree
- 4) ☐ 4 Agree a little
- 5) ☐ 5 Agree strongly

44 (Q#196): I am someone who can be somewhat careless.

- 1) ☐ 1 Disagree strongly
- 2) ☐ 2 Disagree a little
- 3) ☐ 3 Neither agree or disagree
- 4) ☐ 4 Agree a little
- 5) ☐ 5 Agree strongly

45 (Q#197): I am someone who keeps things neat and tidy.

- 1) ☐ 1 Disagree strongly
- 2) ☐ 2 Disagree a little
- 3) ☐ 3 Neither agree or disagree
- 4) ☐ 4 Agree a little
- 5) ☐ 5 Agree strongly

46 (Q#198): I am someone who is efficient, gets things done.

- 1) ☐ 1 Disagree strongly
- 2) ☐ 2 Disagree a little
- 3) ☐ 3 Neither agree or disagree
- 4) ☐ 4 Agree a little
- 5) ☐ 5 Agree strongly

47 (Q#199): I am someone who is reliable, can always be counted on.

- 1) ☐ 1 Disagree strongly
- 2) ☐ 2 Disagree a little
- 3) ☐ 3 Neither agree or disagree
- 4) ☐ 4 Agree a little
- 5) ☐ 5 Agree strongly

48 (Q#201): I am someone who leaves a mess, doesn't clean up.

- 1) ☐ 1 Disagree strongly
- 2) ☐ 2 Disagree a little
- 3) ☐ 3 Neither agree or disagree
- 4) ☐ 4 Agree a little
- 5) ☐ 5 Agree strongly

49 (Q#202): I am someone who is persistent, works until the task is finished.

- 1) ☐ 1 Disagree strongly
- 2) ☐ 2 Disagree a little
- 3) ☐ 3 Neither agree or disagree
- 4) ☐ 4 Agree a little
- 5) ☐ 5 Agree strongly

50 (Q#203): I am someone who sometimes behaves irresponsibly.

- 1) ☐ 1 Disagree strongly
- 2) ☐ 2 Disagree a little
- 3) ☐ 3 Neither agree or disagree
- 4) ☐ 4 Agree a little
- 5) ☐ 5 Agree strongly

51 (Q#205): **Questionnaire 3**

52 (Q#141): I flare up quickly but get over it quickly.

- 1) ☐ Extremely uncharacteristic of me
- 2) ☐ Somewhat uncharacteristic of me
- 3) ☐ Neither uncharacteristic nor characteristic of me
- 4) ☐ Somewhat characteristic of me
- 5) ☐ Extremely characteristic of me

53 (Q#142): When frustrated, I let my irritation show.

- 1) ☐ Extremely uncharacteristic of me
- 2) ☐ Somewhat uncharacteristic of me
- 3) ☐ Neither uncharacteristic nor characteristic of me
- 4) ☐ Somewhat characteristic of me
- 5) ☐ Extremely characteristic of me

54 (Q#143): I sometimes feel like a powder keg ready to explode.

- 1) ☐ Extremely uncharacteristic of me
- 2) ☐ Somewhat uncharacteristic of me
- 3) ☐ Neither uncharacteristic nor characteristic of me
- 4) ☐ Somewhat characteristic of me
- 5) ☐ Extremely characteristic of me

55 (Q#144): I am an even-tempered person.

- 1) ☐ Extremely uncharacteristic of me
- 2) ☐ Somewhat uncharacteristic of me
- 3) ☐ Neither uncharacteristic nor characteristic of me
- 4) ☐ Somewhat characteristic of me
- 5) ☐ Extremely characteristic of me

56 (Q#145): Some of my friends think I'm a hothead.

- 1) ☐ Extremely uncharacteristic of me
- 2) ☐ Somewhat uncharacteristic of me
- 3) ☐ Neither uncharacteristic nor characteristic of me
- 4) ☐ Somewhat characteristic of me
- 5) ☐ Extremely characteristic of me

57 (Q#146): Sometimes I fly off the handle for no good reason.

- 1) ☐ Extremely uncharacteristic of me
- 2) ☐ Somewhat uncharacteristic of me
- 3) ☐ Neither uncharacteristic nor characteristic of me
- 4) ☐ Somewhat characteristic of me
- 5) ☐ Extremely characteristic of me

58 (Q#147): I have trouble controlling my temper.

- 1) ☐ Extremely uncharacteristic of me
- 2) ☐ Somewhat uncharacteristic of me
- 3) ☐ Neither uncharacteristic nor characteristic of me
- 4) ☐ Somewhat characteristic of me
- 5) ☐ Extremely characteristic of me

59 (Q#228): **Questionnaire 4**

60 (Q#229): I feel left out.

- 1) ☐ Never
- 2) ☐ Rarely
- 3) ☐ Sometimes
- 4) ☐ Often
- 5) ☐ Always

61 (Q#230): People are around me, but not with me.

- 1) ☐ Never
- 2) ☐ Rarely
- 3) ☐ Sometimes
- 4) ☐ Often
- 5) ☐ Always

62 (Q#231): There is no one I can turn to.

- 1) ☐ Never
- 2) ☐ Rarely
- 3) ☐ Sometimes
- 4) ☐ Often
- 5) ☐ Always

63 (Q#232): I lack companionship.

- 1) ☐ Never
- 2) ☐ Rarely
- 3) ☐ Sometimes
- 4) ☐ Often
- 5) ☐ Always

64 (Q#233): I feel isolated from others.

- 1) ☐ Never
- 2) ☐ Rarely
- 3) ☐ Sometimes
- 4) ☐ Often
- 5) ☐ Always

65 (Q#61): **Questionnaire 5**

66 (Q#50): I can always manage to solve difficult problems if I try hard enough

- 1) ☐ Not at all true
- 2) ☐ Hardly true
- 3) ☐ Moderately true
- 4) ☐ Exactly true

67 (Q#51): If someone opposes me, I can find the means and ways to get what I want

- 1) ☐ Not at all true
- 2) ☐ Hardly true
- 3) ☐ Moderately true
- 4) ☐ Exactly true

68 (Q#52): It is easy for me to stick to my aims and accomplish my goals

- 1) ☐ Not at all true
- 2) ☐ Hardly true
- 3) ☐ Moderately true
- 4) ☐ Exactly true

69 (Q#53): I am confident that I could deal efficiently with unexpected events

- 1) ☐ Not at all true
- 2) ☐ Hardly true
- 3) ☐ Moderately true
- 4) ☐ Exactly true

70 (Q#54): Thanks to my resourcefulness, I know how to handle unforeseen situations

- 1) ☐ Not at all true
- 2) ☐ Hardly true
- 3) ☐ Moderately true
- 4) ☐ Exactly true

71 (Q#55): I can solve most problems if I invest the necessary effort

- 1) ☐ Not at all true
- 2) ☐ Hardly true
- 3) ☐ Moderately true
- 4) ☐ Exactly true

72 (Q#56): I can remain calm when facing difficulties because I can rely on my coping abilities

- 1) ☐ Not at all true
- 2) ☐ Hardly true
- 3) ☐ Moderately true
- 4) ☐ Exactly true

73 (Q#57): When I am confronted with a problem, I can usually find several solutions

- 1) ☐ Not at all true
- 2) ☐ Hardly true
- 3) ☐ Moderately true
- 4) ☐ Exactly true

74 (Q#58): If I am in trouble, I can usually think of a solution

- 1) ☐ Not at all true
- 2) ☐ Hardly true
- 3) ☐ Moderately true
- 4) ☐ Exactly true

75 (Q#59): I can usually handle whatever comes my way.

- 1) ☐ Not at all true
- 2) ☐ Hardly true
- 3) ☐ Moderately true
- 4) ☐ Exactly true

76 (Q#118): **Questionnaire 6**

77 (Q#120): I'm good at finding words to describe my feelings

- 1) ☐ Never or very rarely true
- 2) ☐ Rarely true
- 3) ☐ Sometimes true
- 4) ☐ Often true
- 5) ☐ Very often or always true

78 (Q#121): I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted

- 1) ☐ Never or very rarely true
- 2) ☐ Rarely true
- 3) ☐ Sometimes true
- 4) ☐ Often true
- 5) ☐ Very often or always true

79 (Q#122): I believe some of my thoughts are abnormal or bad and I shouldn't think that way

- 1) ☐ Never or very rarely true
- 2) ☐ Rarely true
- 3) ☐ Sometimes true
- 4) ☐ Often true
- 5) ☐ Very often or always true

80 (Q#123): When I have distressing thoughts or images, I "step back" and am aware of the thought or image without getting taken over by it

- 1) ☐ Never or very rarely true
- 2) ☐ Rarely true
- 3) ☐ Sometimes true
- 4) ☐ Often true
- 5) ☐ Very often or always true

81 (Q#125): I have trouble thinking of the right words to express how I feel about things

- 1) ☐ Never or very rarely true
- 2) ☐ Rarely true
- 3) ☐ Sometimes true
- 4) ☐ Often true
- 5) ☐ Very often or always true

82 (Q#126): I do jobs or tasks automatically without being aware of what I'm doing

- 1) ☐ Never or very rarely true
- 2) ☐ Rarely true
- 3) ☐ Sometimes true
- 4) ☐ Often true
- 5) ☐ Very often or always true

83 (Q#127): I think some of my emotions are bad or inappropriate and I shouldn't feel them

- 1) ☐ Never or very rarely true
- 2) ☐ Rarely true
- 3) ☐ Sometimes true
- 4) ☐ Often true
- 5) ☐ Very often or always true

84 (Q#128): When I have distressing thoughts or images I am able just to notice them without reacting

- 1) ☐ Never or very rarely true
- 2) ☐ Rarely true
- 3) ☐ Sometimes true
- 4) ☐ Often true
- 5) ☐ Very often or always true

85 (Q#129): Even when I'm feeling terribly upset I can find a way to put it into words

- 1) ☐ Never or very rarely true
- 2) ☐ Rarely true
- 3) ☐ Sometimes true
- 4) ☐ Often true
- 5) ☐ Very often or always true

86 (Q#130): I find myself doing things without paying attention

- 1) ☐ Never or very rarely true
- 2) ☐ Rarely true
- 3) ☐ Sometimes true
- 4) ☐ Often true
- 5) ☐ Very often or always true

87 (Q#131): I tell myself I shouldn't be feeling the way I'm feeling

- 1) ☐ Never or very rarely true
- 2) ☐ Rarely true
- 3) ☐ Sometimes true
- 4) ☐ Often true
- 5) ☐ Very often or always true

88 (Q#132): When I have distressing thoughts or images I just notice them and let them go

- 1) ☐ Never or very rarely true
- 2) ☐ Rarely true
- 3) ☐ Sometimes true
- 4) ☐ Often true
- 5) ☐ Very often or always true

89 (Q#151): **Questionnaire 7**

90 (Q#206): In the last month, how often have you been upset because of something that happened unexpectedly?

- 1) ☐ 0 Never
- 2) ☐ 1 Almost never
- 3) ☐ 2 Sometimes
- 4) ☐ 3 Fairly often
- 5) ☐ 4 Very often

91 (Q#207): In the last month, how often have you felt that you were unable to control the important things in your life?

- 1) ☐ 0 Never
- 2) ☐ 1 Almost never
- 3) ☐ 2 Sometimes
- 4) ☐ 3 Fairly often
- 5) ☐ 4 Very often

92 (Q#209): In the last month, how often have you felt nervous and "stressed"?

- 1) ☐ 0 Never
- 2) ☐ 1 Almost never
- 3) ☐ 2 Sometimes
- 4) ☐ 3 Fairly often
- 5) ☐ 4 Very often

93 (Q#210): In the last month, how often have you felt confident about your ability to handle your personal problems?

- 1) ☐ 0 Never
- 2) ☐ 1 Almost never
- 3) ☐ 2 Sometimes
- 4) ☐ 3 Fairly often
- 5) ☐ 4 Very often

94 (Q#211): In the last month, how often have you felt that things were going your way?

- 1) ☐ 0 Never
- 2) ☐ 1 Almost never
- 3) ☐ 2 Sometimes
- 4) ☐ 3 Fairly often
- 5) ☐ 4 Very often

95 (Q#212): In the last month, how often have you found that you could not cope with all the things that you had to do?

- 1) ☐ 0 Never
- 2) ☐ 1 Almost never
- 3) ☐ 2 Sometimes
- 4) ☐ 3 Fairly often
- 5) ☐ 4 Very often

96 (Q#213): In the last month, how often have you been able to control irritations in your life?

- 1) ☐ 0 Never
- 2) ☐ 1 Almost never
- 3) ☐ 2 Sometimes
- 4) ☐ 3 Fairly often
- 5) ☐ 4 Very often

97 (Q#214): In the last month, how often have you felt that you were on top of things?

- 1) ☐ 0 Never
- 2) ☐ 1 Almost never
- 3) ☐ 2 Sometimes
- 4) ☐ 3 Fairly often
- 5) ☐ 4 Very often

98 (Q#215): In the last month, how often have you been angered because of things that were outside of your control?

- 1) ☐ 0 Never
- 2) ☐ 1 Almost never
- 3) ☐ 2 Sometimes
- 4) ☐ 3 Fairly often
- 5) ☐ 4 Very often

99 (Q#216): In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

- 1) ☐ 0 Never
- 2) ☐ 1 Almost never
- 3) ☐ 2 Sometimes
- 4) ☐ 3 Fairly often
- 5) ☐ 4 Very often

100 (Q#237): **Questionnaire 8**

101 (Q#238): Do you have problems with tiredness?

- 1) ☐ Less than usual
- 2) ☐ No more than usual
- 3) ☐ More than usual
- 4) ☐ Much more than usual

102 (Q#239): Do you need to rest more?

- 1) ☐ Less than usual
- 2) ☐ No more than usual
- 3) ☐ More than usual
- 4) ☐ Much more than usual

103 (Q#240): Do you feel sleepy or drowsy?

- 1) ☐ Less than usual
- 2) ☐ No more than usual
- 3) ☐ More than usual
- 4) ☐ Much more than usual

104 (Q#241): Do you have problems starting things?

- 1) ☐ Less than usual
- 2) ☐ No more than usual
- 3) ☐ More than usual
- 4) ☐ Much more than usual

105 (Q#242): Do you lack energy?

- 1) ☐ Less than usual
- 2) ☐ No more than usual
- 3) ☐ More than usual
- 4) ☐ Much more than usual

106 (Q#243): Do you have less strength in your muscles?

- 1) ☐ Less than usual
- 2) ☐ No more than usual
- 3) ☐ More than usual
- 4) ☐ Much more than usual

107 (Q#244): Do you feel weak?

- 1) ☐ Less than usual
- 2) ☐ No more than usual
- 3) ☐ More than usual
- 4) ☐ Much more than usual

108 (Q#245): Do you have difficulties concentrating?

- 1) ☐ Less than usual
- 2) ☐ No more than usual
- 3) ☐ More than usual
- 4) ☐ Much more than usual

109 (Q#62): **Questionnaire 9**

110 (Q#66): *Why are you currently participating in this research?* ☐

☐ Because I think that this activity is interesting

- 1) ☐ Corresponds not at all
- 2) ☐ Corresponds very little
- 3) ☐ Corresponds a little
- 4) ☐ Corresponds moderately
- 5) ☐ Corresponds enough
- 6) ☐ Corresponds a lot
- 7) ☐ Corresponds exactly

111 (Q#67): *Why are you currently participating in this research?* ☐

☐ Because I am doing it for my own good

- 1) ☐ Corresponds not at all
- 2) ☐ Corresponds very little
- 3) ☐ Corresponds a little
- 4) ☐ Corresponds moderately
- 5) ☐ Corresponds enough
- 6) ☐ Corresponds a lot
- 7) ☐ Corresponds exactly

112 (Q#68): *Why are you currently participating in this research?*

☐ Because I am supposed to do it

- 1) ☐ Corresponds not at all
- 2) ☐ Corresponds very little
- 3) ☐ Corresponds a little
- 4) ☐ Corresponds moderately
- 5) ☐ Corresponds enough
- 6) ☐ Corresponds a lot
- 7) ☐ Corresponds exactly

113 (Q#69): *Why are you currently participating in this research?*

☐ There are many good reasons to do this activity, but personally I don't see any

- 1) ☐ Corresponds not at all
- 2) ☐ Corresponds very little
- 3) ☐ Corresponds a little
- 4) ☐ Corresponds moderately
- 5) ☐ Corresponds enough
- 6) ☐ Corresponds a lot
- 7) ☐ Corresponds exactly

114 (Q#70): *Why are you currently participating in this research?*

☐ Because I think that this activity is pleasant

- 1) ☐ Corresponds not at all
- 2) ☐ Corresponds very little
- 3) ☐ Corresponds a little
- 4) ☐ Corresponds moderately
- 5) ☐ Corresponds enough
- 6) ☐ Corresponds a lot
- 7) ☐ Corresponds exactly

115 (Q#71): *Why are you currently participating in this research?*

☒ Because I think that this activity is good for me

- 1) ☐ Corresponds not at all
- 2) ☐ Corresponds very little
- 3) ☐ Corresponds a little
- 4) ☐ Corresponds moderately
- 5) ☐ Corresponds enough
- 6) ☐ Corresponds a lot
- 7) ☐ Corresponds exactly

116 (Q#72): *Why are you currently participating in this research?*

☒ Because it is something I have to do

- 1) ☐ Corresponds not at all
- 2) ☐ Corresponds very little
- 3) ☐ Corresponds a little
- 4) ☐ Corresponds moderately
- 5) ☐ Corresponds enough
- 6) ☐ Corresponds a lot
- 7) ☐ Corresponds exactly

117 (Q#73): *Why are you currently participating in this research?*

☒ I do this activity but I am not sure if it is worth it

- 1) ☐ Corresponds not at all
- 2) ☐ Corresponds very little
- 3) ☐ Corresponds a little
- 4) ☐ Corresponds moderately
- 5) ☐ Corresponds enough
- 6) ☐ Corresponds a lot
- 7) ☐ Corresponds exactly

118 (Q#81): *Why are you currently participating in this research?* ☐

☐ Because this activity is fun

- 1) ☐ Corresponds not at all
- 2) ☐ Corresponds very little
- 3) ☐ Corresponds a little
- 4) ☐ Corresponds moderately
- 5) ☐ Corresponds enough
- 6) ☐ Corresponds a lot
- 7) ☐ Corresponds exactly

119 (Q#80): *Why are you currently participating in this research?* ☐

☐ By personal choice

- 1) ☐ Corresponds not at all
- 2) ☐ Corresponds very little
- 3) ☐ Corresponds a little
- 4) ☐ Corresponds moderately
- 5) ☐ Corresponds enough
- 6) ☐ Corresponds a lot
- 7) ☐ Corresponds exactly

120 (Q#79): *Why are you currently participating in this research?* ☐

☐ Because I don't have any choice

- 1) ☐ Corresponds not at all
- 2) ☐ Corresponds very little
- 3) ☐ Corresponds a little
- 4) ☐ Corresponds moderately
- 5) ☐ Corresponds enough
- 6) ☐ Corresponds a lot
- 7) ☐ Corresponds exactly

121 (Q#78): *Why are you currently participating in this research?*

☐ I don't know; I don't see what this activity brings me

- 1) ☐ Corresponds not at all
- 2) ☐ Corresponds very little
- 3) ☐ Corresponds a little
- 4) ☐ Corresponds moderately
- 5) ☐ Corresponds enough
- 6) ☐ Corresponds a lot
- 7) ☐ Corresponds exactly

122 (Q#77): *Why are you currently participating in this research?*

☐ Because I feel good when doing this activity

- 1) ☐ Corresponds not at all
- 2) ☐ Corresponds very little
- 3) ☐ Corresponds a little
- 4) ☐ Corresponds moderately
- 5) ☐ Corresponds enough
- 6) ☐ Corresponds a lot
- 7) ☐ Corresponds exactly

123 (Q#76): *Why are you currently participating in this research?*

☐ Because I believe that this activity is important for me

- 1) ☐ Corresponds not at all
- 2) ☐ Corresponds very little
- 3) ☐ Corresponds a little
- 4) ☐ Corresponds moderately
- 5) ☐ Corresponds enough
- 6) ☐ Corresponds a lot
- 7) ☐ Corresponds exactly

124 (Q#75): *Why are you currently participating in this research?*

☐ Because I feel that I have to do it

- 1) ☐ Corresponds not at all
- 2) ☐ Corresponds very little
- 3) ☐ Corresponds a little
- 4) ☐ Corresponds moderately
- 5) ☐ Corresponds enough
- 6) ☐ Corresponds a lot
- 7) ☐ Corresponds exactly

125 (Q#74): *Why are you currently participating in this research?*

☐ I do this activity, but I am not sure it is a good thing to pursue it

- 1) ☐ Corresponds not at all
- 2) ☐ Corresponds very little
- 3) ☐ Corresponds a little
- 4) ☐ Corresponds moderately
- 5) ☐ Corresponds enough
- 6) ☐ Corresponds a lot
- 7) ☐ Corresponds exactly

126 (Q#183): **Questionnaire 10**

127 (Q#86): Missing planned work (activities/duties) due to smartphone

- 1) ☐ 1 Strongly disagree
- 2) ☐ 2 Disagree
- 3) ☐ 3 Slightly disagree
- 4) ☐ 4 Slightly agree
- 5) ☐ 5 Agree
- 6) ☐ 6 Strongly agree

128
(Q#184): Having a hard time concentrating in class, while doing assignments, or while working due to smartphone use

- 1) ☐ 1 Strongly disagree
- 2) ☐ 2 Disagree
- 3) ☐ 3 Slightly disagree
- 4) ☐ 4 Slightly agree
- 5) ☐ 5 Agree
- 6) ☐ 6 Strongly agree

129 (Q#185): Won't be able to stand not having a smartphone

- 1) ☐ 1 Strongly disagree
- 2) ☐ 2 Disagree
- 3) ☐ 3 Slightly disagree
- 4) ☐ 4 Slightly agree
- 5) ☐ 5 Agree
- 6) ☐ 6 Strongly agree

130 (Q#186): Having my smartphone in my mind even when I am not using it

- 1) ☐ 1 Strongly disagree
- 2) ☐ 2 Disagree
- 3) ☐ 3 Slightly disagree
- 4) ☐ 4 Slightly agree
- 5) ☐ 5 Agree
- 6) ☐ 6 Strongly agree

131
(Q#187): I will never give up using my smartphone even when my daily life is already greatly affected by it.

- 1) ☐ 1 Strongly disagree
- 2) ☐ 2 Disagree
- 3) ☐ 3 Slightly disagree
- 4) ☐ 4 Slightly agree
- 5) ☐ 5 Agree
- 6) ☐ 6 Strongly agree

132 (Q#188): Constantly checking my smartphone so as not to miss conversations between other people on Twitter or Facebook

- 1) ☐ 1 Strongly disagree
- 2) ☐ 2 Disagree
- 3) ☐ 3 Slightly disagree
- 4) ☐ 4 Slightly agree
- 5) ☐ 5 Agree
- 6) ☐ 6 Strongly agree

133 (Q#189): Using my smartphone longer than I had intended

- 1) ☐ 1 Strongly disagree
- 2) ☐ 2 Disagree
- 3) ☐ 3 Slightly disagree
- 4) ☐ 4 Slightly agree
- 5) ☐ 5 Agree
- 6) ☐ 6 Strongly agree

134 (Q#190): The people around me tell me that I use my smartphone too much.

- 1) ☐ 1 Strongly disagree
- 2) ☐ 2 Disagree
- 3) ☐ 3 Slightly disagree
- 4) ☐ 4 Slightly agree
- 5) ☐ 5 Agree
- 6) ☐ 6 Strongly agree

135 (Q#247): Feeling pain in the wrists or at the back of the neck while using a smartphone.

- 1) ☐ 1 Strongly disagree
- 2) ☐ 2 Disagree
- 3) ☐ 3 Slightly disagree
- 4) ☐ 4 Slightly agree
- 5) ☐ 5 Agree
- 6) ☐ 6 Strongly agree

136 (Q#248): Feeling impatient and fretful when I am not holding my smartphone.

- 1) ☐ 1 Strongly disagree
- 2) ☐ 2 Disagree
- 3) ☐ 3 Slightly disagree
- 4) ☐ 4 Slightly agree
- 5) ☐ 5 Agree
- 6) ☐ 6 Strongly agree

137 (Q#95): **Questionnaire 11**

138 (Q#96): Duration of smartphone use on a typical day

- 1) ☐ less than 10 minutes
- 2) ☐ 11-60 minutes
- 3) ☐ 1-2 hours
- 4) ☐ 3-4 hours
- 5) ☐ 5-6 hours
- 6) ☐ More than 6 hours

139 (Q#191): Frequency of smartphone use on a typical day

- 1) ☐ Less than 5 times
- 2) ☐ 6-10 times
- 3) ☐ 11-20 times
- 4) ☐ 21-50 times
- 5) ☐ 51-100 times
- 6) ☐ More than 100 times

140 (Q#98): Duration of time until first smartphone use in the morning upon waking (other than using alarm function)

- 1) ☐ within 5 minutes
- 2) ☐ within 6-30 minutes
- 3) ☐ within 31-60 minutes
- 4) ☐ after more than 60 minutes

141 (Q#99): The smartphone function with the most personal relevance

- 1) ☐ Social networking
- 2) ☐ Phoning
- 3) ☐ Gaming
- 4) ☐ Text messaging
- 5) ☐ E-mailing
- 6) ☐ Watching videos
- 7) ☐ Listening to music
- 8) ☐ Reading news

142 (Q#112): **Questionnaire 12**

143 (Q#113): Do you listen to music during your free time or when you are busy?

- 1) ☐ Only when I am free
- 2) ☐ Only when I am busy
- 3) ☐ Both when I am busy and when I am free
- 4) ☐ Neither when I am busy nor when I am free

144 (Q#234): How many hours of music do you listen to per day? (Approximately)

- 1) ☐ I rarely listen to music
- 2) ☐ Up to 1 hour
- 3) ☐ Between 1 and 3 hours
- 4) ☐ 3 hours or more

145 (Q#217): What genres of music do you like the most?

- 1) ☐ Blues
- 2) ☐ Jazz
- 3) ☐ Rock
- 4) ☐ Classical
- 5) ☐ Electronic
- 6) ☐ Pop/Radio
- 7) ☐ Rap/Hip Hop
- 12) ☐ Folk / Country
- 9) ☐ Asian genres
- 10) ☐ African genres
- 11) ☐ Latin music
- 8) ☐ Other
- 13) ☐ I do not know / care

146 (Q#235): Do you experience strong emotions while listening to music?

- 1) ☐ Yes
- 2) ☐ No

147 (Q#115): How often do you choose the music you listen to? (Do you let a friend, radio, or DJ control the music or do you choose the music yourself)

- 3) ☐ Never
- 2) ☐ Sometimes
- 4) ☐ Most of the time
- 1) ☐ Always

148 (Q#116): Do you like to listen to unknown/new songs?

- 1) ☐ Yes
- 2) ☐ No

149 (Q#117): Do you play any instruments?

- 1) ☐ Yes
- 2) ☐ No

150 (Q#161): **Questionnaire 13**

151 (Q#218): On average, how many hours a day do you spend engaged in voluntary, **in-person**, social activity (i.e. chatting with friends, eating meals together, going clubbing, etc.)?

- 1) ☐ 0 hours
- 2) ☐ 1 hour
- 3) ☐ 2 hours
- 4) ☐ 3 hours
- 5) ☐ 4 hours
- 6) ☐ 5 or more hours

152 (Q#219): What time of the week are you more socially active?

- 1) ☐ Weekdays
- 2) ☐ Weekends

153 (Q#220): What time of the day are you more socially active on **weekdays**?

- 1) ☐ Morning (8am-11am)
- 2) ☐ Midday (12pm-5pm)
- 3) ☐ Evening (6pm-11pm)

154 (Q#221): What time of the day are you more socially active on **weekends**?

- 1) ☐ Morning (8am-11am)
- 2) ☐ Midday (12pm-5pm)
- 3) ☐ Evening (6pm-11pm)

155 (Q#166): **Questionnaire 14**

156 (Q#167): I am usually so hungry that I eat more than three times a day

- 1) ☐ True
- 2) ☐ False

157 (Q#170): Dieting is so hard for me because I just get too hungry

- 1) ☐ True
- 2) ☐ False

158 (Q#168): Since I am often hungry, I sometimes wish that while I am eating, an expert would tell me that I have had enough or that I can have something more to eat

- 1) ☐ True
- 2) ☐ False

159 (Q#169): I often feel so hungry that I just have to eat something

- 1) ☐ True
- 2) ☐ False

160 (Q#171): At certain times of the day, I get hungry because I have gotten used to eating then

- 1) ☐ True
- 2) ☐ False

161 (Q#172): Being with someone who is eating often makes me hungry enough to eat also

- 1) ☐ True
- 2) ☐ False

162 (Q#173): When I see a real delicacy, I often get so hungry that I have to eat right away

- 1) ☐ True
- 2) ☐ False

163 (Q#174): I get so hungry that my stomach often seems like a bottomless pit

- 1) ☐ True
- 2) ☐ False

164 (Q#175): I am always hungry so it is hard for me to stop eating before I finish the food on my plate

- 1) ☐ True
- 2) ☐ False

165 (Q#176): I sometimes get very hungry late in the evening or at night

- 1) ☐ True
- 2) ☐ False

166 (Q#177): I am always hungry enough to eat at any time

- 1) ☐ True
- 2) ☐ False

167 (Q#178): How often do you feel hungry?

- 1) ☐ Only at mealtimes
- 2) ☐ Sometimes between mealtimes
- 3) ☐ Often between mealtimes
- 4) ☐ Almost always

168 (Q#179): How difficult would it be for you to stop eating halfway through dinner and not eat for the next four hours?

- 1) ☐ Easy
- 2) ☐ Slightly difficult
- 3) ☐ Moderately difficult
- 4) ☐ Very difficult

169 (Q#180): How frequently do you skip dessert because you are no longer hungry?

- 1) ☐ Almost never
- 2) ☐ Seldom
- 3) ☐ At least once a week
- 4) ☐ Almost every day

170 (Q#222): **Questionnaire 15**

171 (Q#223): I usually buy even essential item at the last minute.

- 1) ☐ Extremely uncharacteristic
- 2) ☐ Moderately uncharacteristic
- 3) ☐ Neutral
- 4) ☐ Moderately characteristic
- 5) ☐ Extremely characteristic

172 (Q#224): In preparing for some deadline, I often waste time by doing other things.

- 1) ☐ Extremely uncharacteristic
- 2) ☐ Moderately uncharacteristic
- 3) ☐ Neutral
- 4) ☐ Moderately characteristic
- 5) ☐ Extremely characteristic

173 (Q#225): I usually have to rush to complete a task on time.

- 1) ☐ Extremely uncharacteristic
- 2) ☐ Moderately uncharacteristic
- 3) ☐ Neutral
- 4) ☐ Moderately characteristic
- 5) ☐ Extremely characteristic

174 (Q#226): I generally delay before starting on work I have to do.

- 1) ☐ Extremely uncharacteristic
- 2) ☐ Moderately uncharacteristic
- 3) ☐ Neutral
- 4) ☐ Moderately characteristic
- 5) ☐ Extremely characteristic

175 (Q#227): I do not do assignments until just before they are to be handed in.

- 1) ☐ Extremely uncharacteristic
- 2) ☐ Moderately uncharacteristic
- 3) ☐ Neutral
- 4) ☐ Moderately characteristic
- 5) ☐ Extremely characteristic