Measure		Scale	Variable name
Momentary ER	How have you managed your emotions since last survey (#SLS)? Please rate how much you've used each strategy to increase, decrease or maintain your level of positive or negative emotions, regardless of whether it worked.		
Situation Selection	#SLS, I chose which situation to put myself in.	0 (not at all) to 100 (very much)	SITSEL
Situation Modification	#SLS, I actively changed something in the situation.	0 (not at all) to 100 (very much)	SITMOD
Distraction	#SLS, I did something to distract myself (physically or mentally).	0 (not at all) to 100 (very much)	DIST
Reappraisal	#SLS, I changed the way I was thinking about the situation. #SLS, I took a step back and looked at things from a different perspective.	0 (not at all) to 100 (very much)	REAP
Acceptance	#SLS, I accepted my emotions as valid and important.	0 (not at all) to 100 (very much)	ACPT
Rumination	#SLS, I thought over and over again about my emotions.	0 (not at all) to 100 (very much)	RUM
Social Sharing	#SLS, I talked with someone about my emotions.	0 (not at all) to 100 (very much)	SOCSHR
Ignoring	#SLS, I ignored my emotions.	0 (not at all) to 100 (very much)	IGNR
Suppression	SLS, I was careful not to express my emotions to others.	0 (not at all) to 100 (very much)	SUPR
Well-being			
Life Satisfaction	Diener, E. (2000). Subjective well-being: The science of happiness and a proposal for a national index. American Psychologist, 55(1), 34–43. doi:10.1037/0003-066X.55.1.34	1 (strongly disagree) to 7 (strongly agree); 5 items	SWLS_agg
Depression Anxiety	Henry, J. D., & Crawford, J. R. (2005). The short-form version of the Depression Anxiety Stress Scales (DASS-21): Construct validity	0 (did not apply to me at all) to 3 (applied to me very much or	DASS_D_agg DASS_A_agg

Stress	and normative data in a large non-clinical sample. British Journal of Clinical Psychology, 44(2), 227-239. doi: 10.1348/014466505X29657	most of the time); 21 items	DASS_S_agg
Pleasant Affect Unpleasant Affect	Momentary pleasant and unpleasant affect scores were computed by averaging the pleasant affect items (happy [HAP], relaxed [RLX], confident [CONF]) and the unpleasant affect items (sad [SAD], stressed [STR], angry [ANG]), respectively and aggregate them across all measurement occasions to obtain mean scores.	0 (not at all) to 100 (very much)	PosA_agg NegA_agg
Demographic/ID variables			
Age		in years	Age_yrs
Gender		1 = male, 2 = female, 5 = other	Gender
Person ID			SEMA_ID
Measurement occasion			RowNr
Day of ESM period			DayNr