

Please fill out this opening questionnaire as best as you can. We require that you are over 18 and own a compatible Android phone, but beyond that, you will not be excluded from the study based on any of the information you provide.

Basics:

Name: _____

Age: _____

Sex: Male / Female / Other

Academic major: _____

Class Year: _____

Eligibility:

Do you have an android phone? Y (Android OS Version _____), N

Do you have data plan? Y (unlimited / data limit: _____), N

Interview Interest:

Would you like to take part in an opening interview within the next few days (I will schedule this with you) so that you can tell me about your situation and your interests? Y/N

Would you like to take part in a closing interview at the conclusion of the study so that you can tell me about your experience with the application? (You can change your mind at any point, including any time before or during the interview.) Y/N

Other helpful information:

Living situation

- ☐ Dorm (Which one? _____)
☐ Independent Living Group (Which one? _____)
☐ Off Campus

How often do you talk with close friends?

☐ a few times a day ☐ a few times a week ☐ a few times a month

How often do you talk with family?

☐ a few times a day ☐ a few times a week ☐ a few times a month

How often do you use your smart phone?

☐ all the time, often ☐ a few minutes a day ☐ less, rarely

On a scale of 1 (Never) to 7 (Almost Always), please rate the following statements.

1. I want to talk to my friends when I am troubled. _____
2. I want to talk to family when I am troubled. _____
3. I feel supported by my friends. _____
4. I feel supported by my family. _____
5. I reach out for support when troubled. _____

On the next page, you will see a 10-item perceived stress scale, please fill it out.

Perceived Stress Scale- 10 Item

Instructions: The questions in this scale ask you about your feelings and thoughts during the last month. In each case, please indicate with a check how often you felt or thought a certain way.

1. In the last month, how often have you been upset because of something that happened unexpectedly?

___0=never ___1=almost never ___2=sometimes ___3=fairly often ___4=very often

2. In the last month, how often have you felt that you were unable to control the important things in your life?

___0=never ___1=almost never ___2=sometimes ___3=fairly often ___4=very often

3. In the last month, how often have you felt nervous and "stressed"?

___0=never ___1=almost never ___2=sometimes ___3=fairly often ___4=very often

4. In the last month, how often have you felt confident about your ability to handle your personal problems?

___0=never ___1=almost never ___2=sometimes ___3=fairly often ___4=very often

5. In the last month, how often have you felt that things were going your way?

___0=never ___1=almost never ___2=sometimes ___3=fairly often ___4=very often

6. In the last month, how often have you found that you could not cope with all the things that you had to do?

___0=never ___1=almost never ___2=sometimes ___3=fairly often ___4=very often

7. In the last month, how often have you been able to control irritations in your life?

___0=never ___1=almost never ___2=sometimes ___3=fairly often ___4=very often

8. In the last month, how often have you felt that you were on top of things?

___0=never ___1=almost never ___2=sometimes ___3=fairly often ___4=very often

9. In the last month, how often have you been angered because of things that were outside of

your control?

___0=never ___1=almost never ___2=sometimes ___3=fairly often ___4=very often

10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

___0=never ___1=almost never ___2=sometimes ___3=fairly often ___4=very often

This scale can be found in the following articles:

Cohen, S., Kamarck, T., Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, 24, 385-396.

Cohen, S., & Williamson, G. (1988). Perceived stress in a probability sample of the United States. In S. Spacapan & S. Oskamp (Eds.), *The social psychology of health: Claremont Symposium on applied social psychology*. Newbury Park, CA: Sage.

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