The data that accompany this codebook are formatted in such a way that each row corresponds to a unique assessment. The first 9 columns contain background information on the assessments, such as the day it was collected ("day"), the day number within the experiment ("dayno") and a beep number ("beepno") that denotes the sequence of assessments within a day.

Item label	Item meaning/question	Answers	Comment	Frequency
date	Date of measurement			
phase	Various phases in experiment	1 = baseline 2 = double blind before reducing medication 3 = double blind during medication reduction 4 = phase after medication reduction 5 = phase after experiment		
concentrat	Concentration of anti-depressant			
dayno	Day number in experiment			
beepno	Sequence of measurements within a day			
beeptime	Time of presentation of questionnaire			
resptime_s	Time at start questionnaire			
resptime_e	Time at end questionnaire			
resp_abort	Questionnaire aborted	0 = no 1 = yes		
mood_relaxed	I feel relaxed	1 (not) 2 3 4 5 6 7 (very)		Several times a day
mood_down	I feel down	-3 (not) -2 1 0		Several times a day

		1 2 3 (very)		
mood_irritat	I feel irritated	1 (not) 2 3 4 5 6 7 (very)		Several times a day
mood_satisfi	I feel satisfied	1 (not) 2 3 4 5 6 7 (very)		Several times a day
mood_lonely	I feel lonely	-3 (not) -2 1 0 1 2 3 (very)		Several times a day
mood_anxious	I feel anxious	-3 (not) -2 1 0 1 2 3 (very)		Several times a day

mood_enthus	I feel enthusiastic	1 (not) 2 3 4 5 6 7 (very)		Several times a day
mood_suspic	I feel suspicious	1 (not) 2 3 4 5 6 7 (very)		Several times a day
mood_cheerf	I feel cheerful	1 (not) 2 3 4 5 6 7 (very)		Several times a day
mood_guilty	I feel guilty	-3 (not) -2 1 0 1 2 3 (very)		Several times a day
mood_doubt	I feel indecisive	1 (not) 2 3 4		Several times a day

		5		
		6		
		7 (very)		
mood_strong	I feel strong	1 (not) 2 3 4 5 6 7 (very)		Several times a day
pat_restl	I feel restless	1 (not) 2 3 4 5 6 7 (very)		Several times a day
pat_agitate	I feel agitated	1 (not) 2 3 4 5 6 7 (very)		Several times a day
pat_worry	I worry	1 (not) 2 3 4 5 6 7 (very)		Several times a day

pat_concent	I can concentrate well	1 (not) 2 3 4 5 6 7 (very)		Several times a day
se_selflike	I like myself	1 (not) 2 3 4 5 6 7 (very)		Several times a day
se_ashamed	I am ashamed of myself	1 (not) 2 3 4 5 6 7 (very)		Several times a day
se_selfdoub	I doubt myself	1 (not) 2 3 4 5 6 7 (very)		Several times a day

se_handle	I can handle anything	1 (not) 2 3 4 5 6 7 (very)		Several times a day
soc_who1	Who am I with?	0 = nobody 10 = partner 17 = family resident 19 = roommates 27 = family non-resident 29 = family living at other places 30 = friends 40 = colleagues 49 = acquaintances 50 = strangers/others		Several times a day
soc_enjoy_alone	I enjoy to be alone.	1 (not) 2 3 4 5 6 7 (very)	Item is only answered when answer on soc_who1 is 0 ("nobody")	Several times a day
soc_prefcomp	I prefer being in company.	1 (not) 2 3 4 5 6 7 (very)	Item is only answered when answer on soc_who1 is 0 ("nobody")	Several times a day

soc_who2	Who else am I with?	0 = nobody 10 = partner 17 = family resident 19 = roommates 27 = family non-resident 29 = family living at other places 30 = friends 40 = colleagues 49 = acquaintances 50 = strangers/others	Item is only answered when answer on soc_who1 is <u>not</u> 0 ("nobody")	Several times a day
soc_who3	And .. (who else in addition)	0 = nobody 10 = partner 17 = family resident 19 = roommates 27 = family non-resident 29 = family living at other places 30 = friends 40 = colleagues 49 = acquaintances 50 = strangers/others	Item is only answered when answer on soc_who1 is <u>not</u> 0 ("nobody") and when answer on soc_who2 is <u>not</u> 0	Several times a day
soc_belong	How many people am I with?	1 person 2 3 4 5 6 6+ persons	Item is only answered when answer on soc_who1 is <u>not</u> 0 ("nobody")	Several times a day
soc_pleasant	I find this company pleasant.	1 (not) 2 3 4 5	Item is only answered when answer on soc_who1 is <u>not</u> 0 ("nobody")	Several times a day

		6 7 (very)		
soc_prefalone	I prefer to be alone.	1 (not) 2 3 4 5 6 7 (very)	Item is only answered when answer on soc_who1 is <u>not</u> 0 ("nobody")	Several times a day
soc_together	We are doing something together.	1 (not) 2 3 4 5 6 7 (very)	Item is only answered when answer on soc_who1 is <u>not</u> 0 ("nobody")	Several times a day
phy_hungry	I am hungry.	1 (not) 2 3 4 5 6 7 (very)		Several times a day
phy_tired	I am tired.	1 (not) 2 3 4 5 6 7 (very)		Several times a day
phy_pain	I am in pain.	1 (not) 2		Several times a day

		3 4 5 6 7 (very)		
phy_dizzy	I feel dizzy.	1 (not) 2 3 4 5 6 7 (very)		Several times a day
phy_drymouth	I have a dry mouth.	1 (not) 2 3 4 5 6 7 (very)		Several times a day
phy_nauseous	I feel nauseous.	1 (not) 2 3 4 5 6 7 (very)		Several times a day
phy_headache	I have a headache.	1 (not) 2 3 4 5 6		Several times a day

		7 (very)		
phy_sleepy	I am sleepy.	1 (not) 2 3 4 5 6 7 (very)		Several times a day
act_what1	What am I doing (right before the beep)?	0 = nothing 1 = resting 10 = work/studies 20 = housekeeping/shopping 21 = caring for others 26 = medical care 27 = taking care of oneself 41 = sports 43 = active relaxation 45 = passive relaxation 47 = chatting/texting/facebook etc 49 = chilling 51 = talking 60 = eating/drinking 88 = traveling 89 = other		Several times a day
act_what2	What else are you doing?	0 = nothing 1 = resting 10 = work/studies 20 = housekeeping/shopping 21 = caring for others 26 = medical care 27 = taking care of oneself 41 = sports		Several times a day

		43 = active relaxation 45 = passive relaxation 47 = chatting/texting/facebook etc 49 = chilling 51 = talking 60 = eating/drinking 88 = traveling 89 = other		
act_difficul	This (activity) requires effort	1 (not) 2 3 4 5 6 7 (very)		Several times a day
act_well	I am good at this	1 (not) 2 3 4 5 6 7 (very)		Several times a day
act_enjoy	I like doing this	1 (not) 2 3 4 5 6 7 (very)		Several times a day
phy_physact	From the last beep onwards I was physically active	1 (not) 2 3		Several times a day

		4 5 6 7 (very)		
event_pleas	This event was…	-3 (very unpleasant) -2 -1 0 1 2 3 (very pleasant)	Set of items starting with "event" were preceded by the instruction "Think about the most important event since the last beep."	Several times a day
event_import	This event was ...	-3 (very unimportant) -2 -1 0 1 2 3 (very important)		Several times a day
event_cause	This event was ...	1 = something that happened to me 2 = something I had influence on 3 = some routine or regular event 4 = a thought/feeling 5 = other		Several times a day
event_concern	This event mainly had to do with …	1 = contact with other people 2 = the Environment I was in 3 = the state I am in 4 = activity 5 = new information 6 = other	Item is only answered when answer on event_cause is 1 ("something that happened to me") or	Several times a day

			event_cause is 2 ("something I had influence on")	
event_freq	This event usually happens ...	1 = several times a day 2 = daily 3 = weekly 4 = monthly	Item is only answered when answer on event_cause is 3 ("some routine or regular event")	Several times a day
event_pertain	This event pertained to….	1 = others 2 = myself 3 = concrete things 4 = activity 5 = something abstract 6 = unknown 7 = other	Item is only answered when answer on event_cause is 4 ("a thought/feeling")	Several times a day
event_disturb	This beep disturbs me	1 (not) 2 3 4 5 6 7 (very)		Several times a day
evn_ordinary	I found this an ordinary day	1 (not) 2 3 4 5 6 7 (very)		Daily (evening)

evn_niceday	I found this a nice day	1 (not) 2 3 4 5 6 7 (very)		Daily (evening)
evn_inflmood	Filling in this questionnaire influenced my mood	1 (not) 2 3 4 5 6 7 (very)		Daily (evening)
evn_pager	Without the device I would have done different things today	1 (not) 2 3 4 5 6 7 (very)		Daily (evening)
evn_work	I worked/studied today	0 = no 1 = yes		Daily (evening)
evn_med	I took my medication today	0 = no 1 = yes		Daily (evening)
mor_asleep	How long did it take me to fall asleep last night?	1 = 0-5 minutes 2 = 5-15 minutes 3 = 15-30 minutes 4 = 30-45 minutes 5 = 45-60 minutes 6 = 60-120 minutes 7 = 120-240 minutes		Daily (morning)

		8 = 240+ minutes		
mor_nrwakeup	How often did I wake up last night?	0 = 0 times 1 = 1 2 = 2 3 = 3 4 = 4 5 = 5 6 = 5+ times		Daily (morning)
mor_lieawake	How long did I lie awake this morning before I got up?	1 = 0-5 minutes 2 = 5-15 minutes 3 = 15-30 minutes 4 = 30-45 minutes 5 = 45-60 minutes 6 = 60-120 minutes 7 = 120-240 minutes 8 = 240+ minutes		Daily (morning)
mor_qualsleep	I slept well	1 (not) 2 3 4 (moderate) 5 6 7 (very)		Daily (morning)
mor_feellike	I am looking forward to this day	1 (not) 2 3 4 (moderate) 5 6 7 (very)		Daily (morning)
mor_med	I took my medication yesterday	0 = no 1 = yes		Daily (morning)

SCL-90-R-14	How much were you bothered by feeling low in energy or slowed down?	0 = not at all 1 = a little bit 2 = moderately 3 = quite a bit 4 = extremely		Weekly
SCL-90-R-20	How much were you bothered by crying easily?	0 = not at all 1 = a little bit 2 = moderately 3 = quite a bit 4 = extremely		Weekly
SCL-90-R-22	How much were you bothered by feeling of being trapped or caught?	0 = not at all 1 = a little bit 2 = moderately 3 = quite a bit 4 = extremely		Weekly
SCL-90-R-5	How much were you bothered by loss of sexual interest or pleasure?	0 = not at all 1 = a little bit 2 = moderately 3 = quite a bit 4 = extremely		Weekly
SCL-90-R-29	How much were you bothered by feeling lonely?	0 = not at all 1 = a little bit 2 = moderately 3 = quite a bit 4 = extremely		Weekly
SCL-90-R-26	How much were you bothered by blaming yourself for things?	0 = not at all 1 = a little bit 2 = moderately 3 = quite a bit 4 = extremely		Weekly
SCL-90-R-15	How much were you bothered by thoughts of ending your life?	0 = not at all 1 = a little bit		Weekly

		2 = moderately 3 = quite a bit 4 = extremely		
SCL-90-R-30	How much were you bothered by feeling blue?	0 = not at all 1 = a little bit 2 = moderately 3 = quite a bit 4 = extremely		Weekly
SCL-90-R-31	How much were you bothered by worrying too much about things?	0 = not at all 1 = a little bit 2 = moderately 3 = quite a bit 4 = extremely		Weekly
SCL-90-R-32	How much were you bothered by feeling no interest in things?	0 = not at all 1 = a little bit 2 = moderately 3 = quite a bit 4 = extremely		Weekly
SCL-90-R-54	How much were you bothered by feeling hopeless about the future?	0 = not at all 1 = a little bit 2 = moderately 3 = quite a bit 4 = extremely		Weekly
SCL-90-R-71	How much were you bothered by feeling everything is an effort?	0 = not at all 1 = a little bit 2 = moderately 3 = quite a bit 4 = extremely		Weekly
SCL-90-R-79	How much were you bothered by feelings of worthlessness?	0 = not at all 1 = a little bit 2 = moderately 3 = quite a bit		Weekly

		4 = extremely		
dep	Average score on SCL-90-R items			Weekly