**Data Codes**

Variable and Code List

Variable: Gender

*Codes:*

1 = Male

2 = Female

Variable: Age

*Code:*

Open-ended

Variable: Ethnicity

Variable: Geographical location

*Codes:*

1 = West (e.g., California, Idaho, Colorado)

2 = Midwest (e.g., South Dakota, Minnesota, Ohio)

3 = Southwest (e.g., Arizona, New Mexico, Texas)

4 = Southeast (e.g., Arkansas, Virginia, Florida)

5 = Northeast (e.g., Pennsylvania, New York, Maine)

Variable: Education level

*Codes:*

1 = Less than high school

2 = High school/GED

3 = Some college

4 = 2 year college (Associate Degree)

5 = 4 year college (BA/BS Degree)

6 = Master’s degree

7 = Doctoral degree

8 = Professional degree (e.g., MD or JD)

Variable: Faculty rank

*Codes*

1 = Part-time instructor

2 = Full-time instructor

3 = Visiting professor

4 = Assistant professor

5 = Associate professor

6 = Full professor

7 = Professor Emeritus

8 = Other

Variable: Tenure status

*Codes:*

1 = Tenured

2 = Tenure-track

3 = Non-tenure track

Variable: Children

*Codes:*

1 = Yes

2 = No

Variable: BMI

*Codes:*

1 = Below 18.5

2 = 18.5 – 24.5

3 = 25 – 29.9

4 = 30.0 and above

Variable: Pre-existing condition

*Codes:*

1 = Yes

2 = No

Variable: Body Satisfaction

*Codes:*

1 = very dissatisfied

2 = dissatisfied

3 = neither dissatisfied nor satisfied

4 = satisfied

5 = very satisfied

Variable: Mindfulness

Codes:

1 = Almost never

2 = Very infrequently

3 = Somewhat infrequently

4 = Somewhat frequently

5 = Very frequently

6 = Almost Always

Variable: Self-Compassion

*Codes:*

1 = Almost Never to 5 = Almost Always

Variable: Work-Related Flow

*Codes:*

1 = Never to =7 Always

Variable: Mental Well-Being

*Codes:*

1 = None of the time

2 = Rarely

3 = Some of the time

4 = Often

5 = All of the time