MIDUS Project 2:

National *S*tudy of *D*aily *E*xperiences

Refresher: Scales Documentation

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National *S*tudy of *D*aily *E*xperiences

Refresher: Scales Documentation

TABLE OF CONTENTS

Page Number

INTRODUCTION

This document is intended as a basic reference for scales in the refresher of the NSDE dataset. The document provides comprehensive information regarding scale construction and usage of the scales.

For each scale, items used to construct the scale, SPSS coding (SAS coding is available upon request), and methods of scale construction are described. The variable name used for each scale is presented in brackets with uppercase letters. Information regarding psychometric properties, source articles, and published studies that use the scales and other important notes are included.

"Sources" refer to articles, or other published studies that originally discussed the scale. The document will be revised and updated as more information is gathered, and researchers continue to work with the NSDE Refresher data. Any suggestions or comments regarding the NSDE Refresher scales should be directed to David M. Almeida (dalmeida@psu.edu). Moreover, if additional scales are constructed using these data, please contact us so the work can be shared.

NUMBER OF STRESSORS

[RA2DN_STR]: Number of Stressors

Items: 7 items - (RA2DF1, RA2DF2, RA2DF3, RA2DF4, RA2DF5, RA2DF6, RA2DF7)

a. **RA2DF1**: "Did you have an argument or disagreement with anyone since (this time/we spoke) yesterday?"
b. **RA2DF2**: "Since (this time/we spoke) yesterday, did anything happen that you could have argued about but you decided to let pass in order to avoid a disagreement?"
c. **RA2DF3**: "Since (this time/we spoke) yesterday, did anything happen at work or school (other than what you already mentioned) that most people would consider stressful?"
d. **RA2DF4**: "Since (this time/we spoke) yesterday, did anything happen at home (other than what you already mentioned) that most people would consider stressful?"
e. **RA2DF5**: "Many people experience discrimination on the basis of such things as race, sex, or age. Did anything like this happen to you since (this time/we spoke) yesterday?"
f. **RA2DF6**: "Since (this time/we spoke) yesterday, did anything happen to a close friend or relative (other than what you've already mentioned) that turned out to be stressful for you?"
g. **RA2DF7**: "Did anything else happen to you since (this time/we spoke) yesterday that people would consider stressful?"

Item(s) Coding: 1 Yes; 2 No; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable.

RA2DN_STR Coding: 8 Refused/Missing.

Scaling: RA2DN_STR was constructed by summing the items. First, items were recoded so that response value "0" represents NO stressors instead of the original response value of "2". Items were coded so that higher scores reflect higher number of stressors.

SPSS Syntax:

Recode RA2DF1 RA2DF2 RA2DF3 RA2DF4 RA2DF5 RA2DF6 RA2DF7 (2=0) (1=1) (else=copy).
Execute.

Compute RA2DN_STR = Sum (RA2DF1, RA2DF2, RA2DF3, RA2DF4, RA2DF5, RA2DF6, RA2DF7). Execute.

Source(s):

Almeida, D. M., Wethington, E., & Kessler, R. C. (2002). The daily inventory of stressful events: An interview-based approach for measuring daily stressors. *Assessment, 9*, 41-55.

NUMBER OF STRESSORS (continued)

Selected studies using the scales:

Charles, S. T., Piazza, J. R., Mogle, J., Sliwinski, M. J., & Almeida, D. M. (2013). The wear-and-tear of daily stressors on mental health. *Psychological Science*, 24(5), 733-741. DOI:10.1177/0956797612462222

Koffer, R. E., Ram, N., Conroy, D. E., Pincus, A. L., & Almeida, D. M. (2016). Stressor diversity: Introduction and empirical integration into the daily stress model. *Psychology and Aging*, 31(4), 301-320. DOI:10.1037/pag0000095

Leger, K. A., Charles, S. T., Turiano, N. A., & Almeida, D. M. (2016). Personality and stressor-related affect. *Journal of Personality and Social Psychology*, 111(6), 917-928. DOI:10.1037/pspp0000083

Liu, Y., Bangerter, L. R., Rovine, M. J., Zarit, S. H., & Almeida, D. M. (2016). Intrinsic emotional fluctuation in daily negative affect across adulthood. *Journals of Gerontology. Series B, Psychological Sciences and Social Sciences*. Advance online publication. DOI:10.1093/geronb/gbw159

Mallers, M. H., Charles, S. T., Neupert, S., & Almeida, D. M. (2010). Perceptions of childhood relationships with mother and father: Daily emotional and stressor experiences in adulthood. *Developmental Psychology*, 46(6), 1651-1661. DOI:10.1037/a0021020

ANY STRESSOR

[RA2DA_STR]: Any Stressor

Items: 7 items - (RA2DF1, RA2DF2, RA2DF3, RA2DF4, RA2DF5, RA2DF6, RA2DF7)

    a. **RA2DF1**: "Did you have an argument or disagreement with anyone since (this time/we spoke) yesterday?"

    b. **RA2DF2**: "Since (this time/we spoke) yesterday, did anything happen that you could have argued about but you decided to let pass in order to avoid a disagreement?"

    c. **RA2DF3**: "Since (this time/we spoke) yesterday, did anything happen at work or school (other than what you already mentioned) that most people would consider stressful?"

    d. **RA2DF4**: "Since (this time/we spoke) yesterday, did anything happen at home (other than what you already mentioned) that most people would consider stressful?"

    e. **RA2DF5**: "Many people experience discrimination on the basis of such things as race, sex, or age. Did anything like this happen to you since (this time/we spoke) yesterday?"

    f. **RA2DF6**: "Since (this time/we spoke) yesterday, did anything happen to a close friend or relative (other than what you've already mentioned) that turned out to be stressful for you?"

    g. **RA2DF7**: "Did anything else happen to you since (this time/we spoke) yesterday that people would consider stressful?"

Item(s) Coding: 1 Yes; 2 No; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable.

RA2DA_STR Coding: 1 At Least One Stressor; 2 No Stressors; 8 Refused/Missing.

Scaling: RA2DA_STR was calculated from the variable RA2DN_STR (Number of Stressors, see page 4).

SPSS Syntax:

Recode RA2DN_STR (0=2) (1 thru 7=1) (else=copy) into
RA2DA_STR. Execute.

Source(s):

Almeida, D. M., Wethington, E., & Kessler, R. C. (2002). The daily inventory of stressful events: An interview-based approach for measuring daily stressors. *Assessment, 9*, 41-55.

Selected studies using the scales:

Gunyadin, G., Selcuk, E., & Ong, A. D. (2016). Trait reappraisal predicts affective reactivity to daily positive and negative events. Frontiers in Psychology. Advance online publication. DOI:10.3389/fpsyg.2016.01000

Piazza, J. R., Charles, S. T., Sliwinski, M., Mogle, J., & Almeida, D. M. (2013). Affective reactivity to daily stressors and long-term risk of reporting a chronic physical health condition. *Annals of Behavioral Medicine*, 45, 110-120. DOI:10.1007/s12160-012-9423-0

Smith, L. E., Hong, J., Seltzer, M. M., Greenberg, J., Almeida, D. M., & Bishop, S. (2010). Daily experiences among mothers of adolescents and adults with ASD. *Journal of Autism & Developmental Disorders*, 40(2), 167-178. DOI:1.1007/s10803-009-0844-y

Stawski, R.S., Almeida, D.M., Lachman, M.E., Tun, P.A., & Rosnick, D.B. (2010). Fluid cognitive ability is associated with greater exposure and smaller reactions to daily stressors. *Psychology & Aging*, 25(2), 330-342. DOI:10.1111/j.1533-8525.2009.01167.x

Stawski, R. S., Cichy, K. E., Piazza, J. R., & Almeida, D. M. (2013). Associations among daily stressors and salivary cortisol: Findings from the National Study of Daily Experiences. *Psychoneuroendocrinology*, 38(11), 2654-2665. DOI:10.1016/j.psyneuen.2013.06.023

STRESSOR SEVERITY

[RA2DSSEVS]: Stressor Severity Sum

[RA2DSSEVA]: Stressor Severity Average

Items: 7 items - (RA2DF1C, RA2DF2C, RA2DF3B, RA2DF4B, RA2DF5C, RA2DF6C, RA2DF7B)

(How *STRESSFUL* was this for you -- very, somewhat, not very, or not at all?)

The 7 items are stem questions to the following…

a. **RA2DF1C**: "Did you have an argument or disagreement with anyone since (this time/we spoke) yesterday?" (RA2DF1)
b. **RA2DF2C**: "Since (this time/we spoke) yesterday, did anything happen that you could have argued about but you decided to let pass in order to avoid a disagreement?" (RA2DF2)
c. **RA2DF3B**: "Since (this time/we spoke) yesterday, did anything happen at work or school (other than what you already mentioned) that most people would consider stressful?" (RA2DF3)
d. **RA2DF4B**: "Since (this time/we spoke) yesterday, did anything happen at home (other than what you already mentioned) that most people would consider stressful?" (RA2DF4)
e. **RA2DF5C**: "Many people experience discrimination on the basis of such things as race, sex, or age. Did anything like this happen to you since (this time/we spoke) yesterday?" (RA2DF5)
f. **RA2DF6C**: "Since (this time/we spoke) yesterday, did anything happen to a close friend or relative (other than what you've already mentioned) that turned out to be stressful for you?" (RA2DF6)
g. **RA2DF7B**: "Did anything else happen to you since (this time/we spoke) yesterday that people would consider stressful?" (RA2DF7)

Item(s) Coding: 0 Not At All; 1 Not Very; 2 Somewhat; 3 Very; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable.

RA2DSSEVS Coding: 98 Refused/Missing.

RA2DSSEVA Coding: 0 Not At All; 1 Not Very; 2 Somewhat; Very; 8 Refused/Missing.

Scaling: RA2DSSEVS was calculated by summing the items. RA2DSSEVA was constructed by averaging the items. Items were coded so that higher scores reflect higher levels stressor severity.

SPSS Syntax:

Compute
RA2DSSEVS = Sum (RA2DF1C, RA2DF2C, RA2DF3B, RA2DF4B, RA2DF5C,
RA2DF6C, RA2DF7B).
Execute.

Compute
RA2DSSEVA = Mean (RA2DF1C, RA2DF2C, RA2DF3B, RA2DF4B, RA2DF5C,
RA2DF6C, RA2DF7B).
Execute.

Source(s):

Almeida, D. M., Wethington, E., & Kessler, R. C. (2002). The daily inventory of stressful
events: An interview-based approach for measuring daily stressors. *Assessment, 9*,
41-55.

Selected studies using the scales:

Barker, E. T., Greenberg, J. S., Seltzer, M. M., & Almeida, D. M. (2012). Daily stress and
cortisol patterns in parents of adult children with a serious mental illness. *Health
Psychology*, 31(1), 130-134. DOI:10.1037/a0025325

Costanzo, E. S., Stawski, R. S., Ryff, C. D., Coe, C. L., & Almeida, D. (2012). Cancer
survivors' responses to daily stress: Implications for quality of life. *Health
Psychology*, 31(3), 360-370. DOI:10.1037/a0027018

Stawski, R. S., Cichy, K. E., Piazza, J. R., & Almeida, D. M. (2013). Associations among
daily stressors and salivary cortisol: Findings from the National Study of Daily
Experiences. *Psychoneuroendocrinology*, 38(11), 2654-2665.
DOI:10.1016/j.psyneuen.2013.06.023

STRESSOR NEGATIVE AFFECT

[RA2DSNEGS]: Stressor Negative Affect Sum

[RA2DSNEGA]: Stressor Negative Affect Average

Items: 21 items - (RA2DF1WC1, RA2DF1WC2, RA2DF1WC3, RA2DF1WC4, RA2DF2WC1, RA2DF2WC2, RA2DF2WC3, RA2DF2WC4, RA2DF3WB1, RA2DF3WB2, RA2DF3WB3, RA2DF3WB4, RA2DF4WB1, RA2DF4WB2, RA2DF4WB3, RA2DF4WB4, RA2DF5WC1, RA2DF5WC2, RA2DF5WC3, RA2DF5WC4, RA2DF6WC1, RA2DF6WC2, RA2DF6WC3, RA2DF6WC4, RA2DF7WB1, RA2DF7WB2, RA2DF7WB3, RA2DF7WB4)

     How ANGRY Were You Feeling?
A. RA2DF1WC1, RA2DF2WC1, RA2DF3WB1, RA2DF4WB1, RA2DF5WC1, RA2DF6WC1, RA2DF7WB1

     How NERVOUS or ANXIOUS Were You Feeling?
B. RA2DF1WC2, RA2DF2WC2, RA2DF3WB2, RA2DF4WB2, RA2DF5WC2, RA2DF6WC2, RA2DF7WB2

     How SAD Were You Feeling?
C. RA2DF1WC3, RA2DF2WC3, RA2DF3WB3, RA2DF4WB3, RA2DF5WC3, RA2DF6WC3, RA2DF7WB3

     How SHAMEFUL Were You Feeling?
D. RA2DF1WC4, RA2DF2WC4, RA2DF3WB4, RA2DF4WB4, RA2DF5WC4, RA2DF6WC4, RA2DF7WB4

Scaling: RA2DSNEGS was constructed by calculating the sum across each set of items. RA2DSNEGA was calculated by averaging the items. Items were coded so that higher scores reflect higher stressor negative affect.

Item(s) Coding: 0 Not At All; 1 Not Very; 2 Somewhat; 3 Very; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable.

RA2DSNEGS Coding: 98 Refused/Missing.

RA2DSNEGA Coding: 0 Not At All; 1 Not Very; 2 Somewhat; 3 Very; 8 Refused/Missing.

SPSS Syntax:

Compute RA2DSNEGS = SUM (RA2DF1WC1, RA2DF1WC2, RA2DF1WC3, RA2DF1WC4, RA2DF2WC1, RA2DF2WC2, RA2DF2WC3, RA2DF2WC4, RA2DF3WB1, RA2DF3WB2, RA2DF3WB3, RA2DF3WB4, RA2DF4WB1, RA2DF4WB2, RA2DF4WB3, RA2DF4WB4, RA2DF5WC1, RA2DF5WC2, RA2DF5WC3, RA2DF5WC4, RA2DF6WC1, RA2DF6WC2, RA2DF6WC3, RA2DF6WC4, RA2DF7WB1, RA2DF7WB2, RA2DF7WB3, RA2DF7WB4).
Execute.

Compute RA2DSNEGA = MEAN (RA2DF1WC1, RA2DF1WC2, RA2DF1WC3, RA2DF1WC4, RA2DF2WC1, RA2DF2WC2, RA2DF2WC3, RA2DF2WC4, RA2DF3WB1, RA2DF3WB2, RA2DF3WB3, RA2DF3WB4, RA2DF4WB1, RA2DF4WB2, RA2DF4WB3, RA2DF4WB4, RA2DF5WC1, RA2DF5WC2, RA2DF5WC3, RA2DF5WC4, RA2DF6WC1, RA2DF6WC2, RA2DF6WC3, RA2DF6WC4, RA2DF7WB1, RA2DF7WB2, RA2DF7WB3, RA2DF7WB4).
Execute.

Source(s):

Almeida, D. M., Wethington, E., & Kessler, R. C. (2002). The daily inventory of stressful events: An interview-based approach for measuring daily stressors. *Assessment, 9*, 41-55.

Selected studies using the scales:

Almeida, D. M., Stawski, R. S., & Cichy, K. E. (2010). Combining checklist and interview approaches for assessing daily stressors: The Daily Inventory of Stressful Events. In R. J. Contrada and A. Baum (Eds.), *The Handbook of Stress Science: Biology, Psychology, and Health*. New York, NY: Springer.

STRESSOR APPRAISAL

[RA2DSAprA thru RA2DSAprG]: Stressor Appraisal Average

Items: 49 items - (RA2DF1D, RA2DF1E, RA2DF1F, RA2DF1G, RA2DF1H, RA2DF1I, RA2DF1J, RA2DF2D, RA2DF2E, RA2DF2F, RA2DF2G, RA2DF2H, RA2DF2I, RA2DF2J, RA2DF3C, RA2DF3D, RA2DF3E, RA2DF3F, RA2DF3G, RA2DF3H, RA2DF3I, RA2DF4C, RA2DF4D, RA2DF4E, RA2DF4F, RA2DF4G, RA2DF4H, RA2DF4I, RA2DF5D, RA2DF5E, RA2DF5F, RA2DF5G, RA2DF5H, RA2DF5I, RA2DF5J, RA2DF6D, RA2DF6E, RA2DF6F, RA2DF6G, RA2DF6H, RA2DF6I, RA2DF6J, RA2DF7C, RA2DF7D, RA2DF7E, RA2DF7F, RA2DF7G, RA2DF7H, RA2DF7I)

RA2DSAPRA -- Risk Disrupting Your Daily Routine.
   A. RA2DF1D, RA2DF2D, RA2DF3C, RA2DF4C, RA2DF5D, RA2DF6D, RA2DF7C

RA2DSAPRB -- Risk Your Financial Situation
   B. RA2DF1E, RA2DF2E, RA2DF3D, RA2DF4D, RA2DF5E, RA2DF6E, RA2DF7D

RA2DSAPRC -- Risk Feel About Yourself
   C. RA2DF1F, RA2DF2F, RA2DF3E, RA2DF4E, RA2DF5F, RA2DF6F, RA2DF7E

RA2DSAPRD -- Risk Other People Feel About You
   D. RA2DF1G, RA2DF2G, RA2DF3F, RA2DF4F, RA2DF5G, RA2DF6G, RA2DF7F

RA2DSAPRE -- Risk Your Physical Health Or Safety
   E. RA2DF1H, RA2DF2H, RA2DF3G, RA2DF4G, RA2DF5H, RA2DF6H, RA2DF7G

RA2DSAPRF -- Risk Health Of Someone You Care
   F. RA2DF1I, RA2DF2I, RA2DF3H, RA2DF4H, RA2DF5I, RA2DF6I, RA2DF7H

RA2DSAPRG -- Risk Your Plans For The Future
   G. RA2DF1J, RA2DF2J, RA2DF3I, RA2DF4I, RA2DF5J, RA2DF6J, RA2DF7I

Scaling: RA2DSAPRA thru RA2DSAPRG were constructed by calculating the average of the items. Items were coded so that higher scores reflect higher stressor appraisal.

Item(s) Coding: 0 None At All; 1 A Little; 2 Some; 3 A Lot; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable.

RA2DSAPRA thru RA2DSAPRG Coding: 0 None At All; 1 A Little; 2 Some; 3 A Lot; 8 Refused/Missing

RA2DSAPRA -- Risk Disrupting Your Daily Routine.
Compute RA2DSAPRA= Mean (RA2DF1D, RA2DF2D, RA2DF3C, RA2DF4C,
RA2DF5D, RA2DF6D, RA2DF7C).
Execute.

RA2DSAPRB -- Risk Your Financial Situation
Compute RA2DSAPRB = Mean (RA2DF1E, RA2DF2E, RA2DF3D, RA2DF4D,
RA2DF5E, RA2DF6E, RA2DF7D).
Execute.

RA2DSAPRC -- Risk Feel About Yourself
Compute RA2DSAPRC = Mean (RA2DF1F, RA2DF2F, RA2DF3E, RA2DF4E,
RA2DF5F, RA2DF6F, RA2DF7E).
Execute.

RA2DSAPRD -- Risk Other People Feel About You
Compute RA2DSAPRD = Mean (RA2DF1G, RA2DF2G, RA2DF3F, RA2DF4F,
RA2DF5G, RA2DF6G, RA2DF7F).
Execute.

RA2DSAPRE -- Risk Your Physical Health Or Safety
Compute RA2DSAPRE = Mean (RA2DF1H, RA2DF2H, RA2DF3G, RA2DF4G,
RA2DF5H, RA2DF6H, RA2DF7G).
Execute.

RA2DSAPRF -- Risk Health Of Someone You Care
Compute RA2DSAPRF = Mean (RA2DF1I, RA2DF2I, RA2DF3H, RA2DF4H, RA2DF5I,
RA2DF6I, RA2DF7H).
Execute.

RA2DSAPRG -- Risk Your Plans For The Future
Compute RA2DSAPRG = Mean (RA2DF1J, RA2DF2J, RA2DF3I, RA2DF4I,
RA2DF5J, RA2DF6J, RA2DF7I).
Execute.

Source(s):

Almeida, D. M., Wethington, E., & Kessler, R. C. (2002). The daily inventory of stressful
     events: An interview-based approach for measuring daily stressors. *Assessment, 9*,
     41-55.

Selected studies using the scales:

Costanzo, E. S., Stawski, R. S., Ryff, C. D., Coe, C. L., & Almeida, D. (2012). Cancer survivors' responses to daily stress: Implications for quality of life. Health Psychology, 31(3), 360-370. DOI: DOI:10.1037/a0027018

Almeida, D. M., & Horn, M. C. (2004). Is daily life more stressful during middle adulthood? In O.G. Brim, C. D. Ryff & R. C. Kessler (Eds.), *How healthy are we? A national study of well-being at midlife (pp 425-451).* Chicago: The University of Chicago Press.

Almeida, D. M., Serido, J., & McDonald, D. (2006). Daily life stressors of early and late baby boomers. In S. K. Whitbourne & S. L. Willis (Eds.), *The Baby Boomers at Midlife: Contemporary Perspectives on Middle Age*. New Jersey: Lawrence Erlbaum Associates.

Almeida, D.M., Neupert, S.D., Banks, S.R., & Serido, J. (2005). Do daily stress processes account for socioeconomic health disparities? *Journals of Gerontology: Psychological Sciences and Social Sciences, 60,* 34-39.

STRESSOR CONTROL

[RA2DSCOTS]: Stressor Control Sum

[RA2DSCOTA]: Stressor Control Average

Items: 7 items - (RA2DF1WC5, RA2DF2WC5, RA2DF3WB5, RA2DF4WB5, RA2DF5WC5, RA2DF6WC5, RA2DF7WB5)

(How much *CONTROL* did you have over the situation -- a lot, some, a little, or none at all?)

   The 7 items are <u>stem</u> questions to the following…

   a. **RA2DF1WC5**: "Did you have an argument or disagreement with anyone since (this time/we spoke) yesterday?" (RA2DF1)
   h. **RA2DF2WC5**: "Since (this time/we spoke) yesterday, did anything happen that you could have argued about but you decided to let pass in order to avoid a disagreement?" (RA2DF2)
   i. **RA2DF3WB5**: "Since (this time/we spoke) yesterday, did anything happen at work or school (other than what you already mentioned) that most people would consider stressful?" (RA2DF3)
   j. **RA2DF4WB5**: "Since (this time/we spoke) yesterday, did anything happen at home (other than what you already mentioned) that most people would consider stressful?" (RA2DF4)
   k. **RA2DF5WC5**: "Many people experience discrimination on the basis of such things as race, sex, or age. Did anything like this happen to you since (this time/we spoke) yesterday?" (RA2DF5)
   l. **RA2DF6WC5**: "Since (this time/we spoke) yesterday, did anything happen to a close friend or relative (other than what you've already mentioned) that turned out to be stressful for you?" (RA2DF6)
   m. **RA2DF7WB5**: "Did anything else happen to you since (this time/we spoke) yesterday that people would consider stressful?" (RA2DF7)

Scaling: RA2DSCotS was constructed by calculating the sum across each set of items. RA2DSCotA was calculated by averaging the items. Items were coded so that higher scores reflect higher stressor control.

Item(s) Coding: 0 None At All; 1 A Little; 2 Some; 3 A Lot; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable

RA2DSCOTS: 98 Refused/Missing.

RA2DSCOTA: 0 None At All; 1 A Little; 2 Some; 3 A Lot; 8 Refused/Missing.

SPSS Syntax:

Compute
RA2DSCOTS = Sum (RA2DF1WC5, RA2DF2WC5, RA2DF3WB5,
RA2DF4WB5, RA2DF5WC5, RA2DF6WC5, RA2DF7WB5).
Execute.

Compute
RA2DSCOTA = Mean (RA2DF1WC5, RA2DF2WC5, RA2DF3WB5, RA2DF4WB5,
RA2DF5WC5, RA2DF6WC5, RA2DF7WB5).
Execute.

Source(s):

Almeida, D. M., Wethington, E., & Kessler, R. C. (2002). The daily inventory of stressful
events: An interview-based approach for measuring daily stressors. *Assessment, 9*,
41-55.

Selected studies using the scales:

Costanzo, E. S., Stawski, R. S., Ryff, C. D., Coe, C. L., & Almeida, D. (2012). Cancer
survivors' responses to daily stress: Implications for quality of life. Health
Psychology, 31(3), 360-370. DOI: DOI:10.1037/a0027018

NUMBER OF PHYSICAL SYMPTOMS

[RA2DN_SYM]: Number of Physical Symptoms

Items: 28 items - (RA2DB1A, RA2DB1B, RA2DB1C, RA2DB1D, RA2DB1E, RA2DB1F, RA2DB1G, RA2DB1H, RA2DB1I, RA2DB1J, RA2DB1K, RA2DB1L, RA2DB1LA, RA2DB1M, RA2DB1N, RA2DB1O, RA2DB1P, RA2DB1Q, RA2DB1R, RA2DB1S, RA2DB1T, RA2DB1U, RA2DB1V, RA2DB1W, RA2DB1X, RA2DB1Y, RA2DB1Z, RA2DB1LEG)

> **RA2DB1A**: "Headache"
> **RA2DB1B**: "Backache"
> **RA2DB1C**: "Muscle Soreness"
> **RA2DB1D**: "Fatigue"
> **RA2DB1E**: "Joint Pain"
> **RA2DB1F**: "Muscle Weakness"
> **RA2DB1G**: "Cough"
> **RA2DB1H**: "Sore Throat"
> **RA2DB1I**: "Fever"
> **RA2DB1J**: "Chills"
> **RA2DB1K**: "Other Cold Or Flu Symptoms"
> **RA2DB1L**: "Nausea"
> **RA2DB1LA**: "Allergies"
> **RA2DB1M**: "Diarrhea"
> **RA2DB1N**: "Constipation"
> **RA2DB1O**: "Poor Appetite"
> **RA2DB1P**: "Other Stomach Problems"
> **RA2DB1Q**: "Chest Pain"
> **RA2DB1R**: "Dizziness"
> **RA2DB1S**: "Shortness of Breath"
> **RA2DB1T**: "Menstrual Related Symptoms"
> **RA2DB1U**: "Hot Flashes or Flushes"
> **RA2DB1V**: "Any Other Physical Symptoms"
> **RA2DB1W**: "Skin Related Symptoms"
> **RA2DB1X**: "Eye Related Symptoms"
> **RA2DB1Y**: "Ear Related Symptoms"
> **RA2DB1Z**: "Teeth Related Symptom"
> **RA2DB1LEG**: "Leg or Foot Related Symptom"

Item(s) Coding: 1 Yes; 2 No; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable.

RA2DN_SYM Coding: 98 Refused/Missing.

Scaling: RA2DN_SYM was constructed by calculating the sum of the items. First, items were recoded so that response value "0" represents NO symptoms instead of the response value of "2". Items were coded so that higher scores reflect higher number of symptoms.

SPSS Syntax:

```
Recode RA2DB1A RA2DB1B RA2DB1C RA2DB1D RA2DB1E RA2DB1F RA2DB1G
RA2DB1H RA2DB1I RA2DB1J RA2DB1K RA2DB1L RA2DB1LA RA2DB1M
RA2DB1N RA2DB1O RA2DB1P RA2DB1Q RA2DB1R RA2DB1S RA2DB1T
RA2DB1U RA2DB1V RA2DB1W RA2DB1X RA2DB1Y RA2DB1Z RA2DB1LEG
(2=0) (1=1) (else=copy).
Execute.

Compute RA2DN_SYM = Sum (RA2DB1A, RA2DB1B, RA2DB1C, RA2DB1D,
RA2DB1E, RA2DB1F, RA2DB1G, RA2DB1H, RA2DB1I, RA2DB1J, RA2DB1K,
RA2DB1L, RA2DB1LA, RA2DB1M, RA2DB1N, RA2DB1O, RA2DB1P,
RA2DB1Q, RA2DB1R, RA2DB1S, RA2DB1T, RA2DB1U, RA2DB1V,
RA2DB1W, RA2DB1X, RA2DB1Y, RA2DB1Z, RA2DB1LEG).
Execute.
```

Source(s):

*An adapted version of Larsen & Kasimatis (1991).

Larsen, R. J., & Kasimatis, M (1991). Day-to-day physical symptoms: Individual differences in the occurrence, duration, and emotional concomitants of minor daily illnesses. *Journal of Personality, 59*, 387-423.

Selected studies using the scales:

Birditt, K. S., Nevitt, M. R., & Almeida, D. M. (2015). Daily interpersonal coping strategies: Implications for self-reported well-being and cortisol. *Journal of Social and Personal Relationships*, 32(5), 687-706. DOI:10.1177/0265407514542726

Costanzo, E. S., Stawski, R. S., Ryff, C. D., Coe, C. L., & Almeida, D. (2012). Cancer survivors' responses to daily stress: Implications for quality of life. Health Psychology, 31(3), 360-370. DOI: DOI:10.1037/a0027018

Stawski, R. S., Cichy, K. E., Piazza, J. R., & Almeida, D. M. (2013). Associations among daily stressors and salivary cortisol: Findings from the National Study of Daily Experiences. *Psychoneuroendocrinology*, 38(11), 2654-2665. DOI:10.1016/j.psyneuen.2013.06.023

Liu, Y., Bangerter, L. R., Rovine, M. J., Zarit, S. H., & Almeida, D. M. (2016). Intrinsic emotional fluctuation in daily negative affect across adulthood. *Journals of Gerontology. Series B, Psychological Sciences and Social Sciences*. Advance online publication. DOI:10.1093/geronb/gbw159

Zilioli, S., Imami, L., & Slatcher, R. B. (2017). Socioeconomic status, perceived control, diurnal cortisol, and physical symptoms: A moderated mediation model. *Psychoneuroendocrinology*, 75, 36-43. DOI:10.1016/j.psyneuen.2016.09.025

ANY PHYSICAL SYMPTOM

[RA2DA_SYM]: Any Physical Symptom

Items: 28 items - (RA2DB1A, RA2DB1B, RA2DB1C, RA2DB1D, RA2DB1E, RA2DB1F, RA2DB1G, RA2DB1H, RA2DB1I, RA2DB1J, RA2DB1K, RA2DB1L, RA2DB1LA, RA2DB1M, RA2DB1N, RA2DB1O, RA2DB1P, RA2DB1Q, RA2DB1R, RA2DB1S, RA2DB1T, RA2DB1U, RA2DB1V, RA2DB1W, RA2DB1X, RA2DB1Y, RA2DB1Z, RA2DB1LEG)

> **RA2DB1A**: "Headache"
> **RA2DB1B**: "Backache"
> **RA2DB1C**: "Muscle Soreness"
> **RA2DB1D**: "Fatigue"
> **RA2DB1E**: "Joint Pain"
> **RA2DB1F**: "Muscle Weakness"
> **RA2DB1G**: "Cough"
> **RA2DB1H**: "Sore Throat"
> **RA2DB1I**: "Fever"
> **RA2DB1J**: "Chills"
> **RA2DB1K**: "Other Cold Or Flu Symptoms"
> **RA2DB1L**: "Nausea"
> **RA2DB1LA**: "Allergies"
> **RA2DB1M**: "Diarrhea"
> **RA2DB1N**: "Constipation"
> **RA2DB1O**: "Poor Appetite"
> **RA2DB1P**: "Other Stomach Problems"
> **RA2DB1Q**: "Chest Pain"
> **RA2DB1R**: "Dizziness"
> **RA2DB1S**: "Shortness of Breath"
> **RA2DB1T**: "Menstrual Related Symptoms"
> **RA2DB1U**: "Hot Flashes or Flushes"
> **RA2DB1V**: "Any Other Physical Symptoms"
> **RA2DB1W**: "Skin Related Symptoms"
> **RA2DB1X**: "Eye Related Symptoms"
> **RA2DB1Y**: "Ear Related Symptoms"
> **RA2DB1Z**: "Teeth Related Symptom"
> **RA2DB1LEG**: "Leg or Foot Related Symptom"

Item(s) Coding: 1 Yes; 2 No; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable.

RA2DA_SYM Coding: 1 At Least One Physical Symptom; 2 None; 8

Refused/Missing.

Scaling: RA2DA_SYM was calculated from the variable RA2DN_SYM (Number of Symptoms, see page 17).

SPSS Syntax:

Recode RA2DN_SYM (0=2) (1 thru 28=1) (else=copy) into RA2DA_SYM.
Execute.

Source(s):

*An adapted version of Larsen & Kasimatis (1991).
Larsen, R. J., & Kasimatis, M (1991). Day-to-day physical symptoms: Individual
     differences in the occurrence, duration, and emotional concomitants of minor
     daily illnesses. *Journal of Personality, 59*, 387-423.

Selected studies using the scales:

Horn-Mallers, M. C., Almeida, D. M., & Neupert, S. D. (2005). Women's daily physical
    health symptoms and stressful experiences across adulthood. *Psychology and Health,*
   20, 389-403.

King, H. A. (2008). *Neuroticism and indicators of daily health: A lifespan developmental
    approach*. Unpublished master's thesis, The Pennsylvania State University,
   University Park, PA.

Liu, Y., Bangerter, L. R., Rovine, M. J., Zarit, S. H., & Almeida, D. M. (2016). Intrinsic
   emotional fluctuation in daily negative affect across adulthood. *Journals of
   Gerontology. Series B, Psychological Sciences and Social Sciences*. Advance online
   publication. DOI:10.1093/geronb/gbw159

Seltzer, M. M., Almeida, D. M., Greenberg, J., Savla, J., Stawski, R. S. Hong, J., &
    Taylor, J. L. (2009). Psychological and biological markers of daily lives of midlife
   parents of children with disabilities. *Journal of Health and Social Behavior, 50*, 1-15.

PHYSICAL SYMPTOM SEVERITY

RA2DSYMAV: Physical Symptom Severity Average

Items: 28 items - (RA2DB1A2, RA2DB1B2, RA2DB1C2, RA2DB1D2, RA2DB1E2, RA2DB1F2, RA2DB1G2, RA2DB1H2, RA2DB1I2, RA2DB1J2, RA2DB1K2, RA2DB1L2, RA2DB1LA2, RA2DB1M2, RA2DB1N2, RA2DB1O2, RA2DB1P2, RA2DB1Q2, RA2DB1R2, RA2DB1S2, RA2DB1T2, RA2DB1U2, RA2DB1V2, RA2DB1W2, RA2DB1X2, RA2DB1Y2, RA2DB1Z2, RA2DB1LE2)

For every symptom experienced, respondents are asked to rate the severity of the symptom RA2DB1A2thru RA2DB1LE2.

> **RA2DB1A2**: "Headache Severity"
> **RA2DB1B2**: "Backache Severity"
> **RA2DB1C2**: "Muscle Soreness Severity"
> **RA2DB1D2**: "Fatigue Severity"
> **RA2DB1E2**: "Joint Pain Severity"
> **RA2DB1F2**: "Muscle Weakness Severity"
> **RA2DB1G2**: "Cough Severity"
> **RA2DB1H2**: "Sore Throat Severity"
> **RA2DB1I2**: "Fever Severity"
> **RA2DB1J2**: "Chills Severity"
> **RA2DB1K2**: "Other Cold Or Flu Symptoms Severity"
> **RA2DB1L2**: "Nausea Severity"
> **RA2DB1LA2**: "Allergies Severity"
> **RA2DB1M2**: "Diarrhea Severity"
> **RA2DB1N2**: "Constipation Severity"
> **RA2DB1O2**: "Poor Appetite Severity"
> **RA2DB1P2**: "Other Stomach Problems Severity"
> **RA2DB1Q2**: "Chest Pain Severity"
> **RA2DB1R2**: "Dizziness Severity"
> **RA2DB1S2**: "Shortness of Breath Severity"
> **RA2DB1T2**: "Menstrual Related Symptoms Severity"
> **RA2DB1U2**: "Hot Flashes or Flushes Severity"
> **RA2DB1V2**: "Any Other Physical Symptoms Severity"
> **RA2DB1W2**: "Skin Related Symptoms Severity"
> **RA2DB1X2**: "Eye Related Symptoms Severity"
> **RA2DB1Y2**: "Ear Related Symptoms Severity"
> **RA2DB1Z2**: "Teeth Related Symptom Severity"
> **RA2DB1LE2**: "Leg or Foot Related Symptom Severity"

Item(s) Coding: 1 thru 10; 1 Very Mild; 10 Very Severe; 97 Do Not Know; 98 Refused/Missing; 99 Inapplicable.

RA2DSYMAV Coding: 1 Very Mild thru 10 Very Severe; 98 Refused/Missing.

Scaling: RA2DSYMAV was calculated by averaging the items. Items were coded so that higher scores reflect higher severity of symptoms.

SPSS Syntax:

Compute RA2DSYMAV = Mean (RA2DB1A2, RA2DB1B2, RA2DB1C2, RA2DB1D2, RA2DB1E2, RA2DB1F2, RA2DB1G2, RA2DB1H2, RA2DB1I2, RA2DB1J2, RA2DB1K2, RA2DB1L2, RA2DB1LA2, ,RA2DB1M2, RA2DB1N2, RA2DB1O2, RA2DB1P2, RA2DB1Q2, RA2DB1R2, RA2DB1S2, RA2DB1T2, RA2DB1U2, RA2DB1V2, RA2DB1W2, RA2DB1X2, RA2DB1Y2, RA2DB1Z2, RA2DB1LE2).
Execute.

Source(s):

*An adapted version of Larsen & Kasimatis (1991).
Larsen, R. J., & Kasimatis, M (1991). Day-to-day physical symptoms: Individual differences in the occurrence, duration, and emotional concomitants of minor daily illnesses. *Journal of Personality, 59*, 387-423.

Selected studies using the scales:

Costanzo, E. S., Stawski, R. S., Ryff, C. D., Coe, C. L., & Almeida, D. (2012). Cancer survivors' responses to daily stress: Implications for quality of life. Health Psychology, 31(3), 360-370. DOI: DOI:10.1037/a0027018

Dmitrieva, N. O. (2008). *Early to bed and early to rise makes a man healthy: Relationships between sleep patterns and physical health*. Unpublished Master's thesis, The Pennsylvania State University, University Park, PA.

King, H. A. (2008). *Neuroticism and indicators of daily health: A lifespan developmental approach*. Unpublished master's thesis, The Pennsylvania State University, University Park, PA.

Liu, Y., Bangerter, L. R., Rovine, M. J., Zarit, S. H., & Almeida, D. M. (2016). Intrinsic emotional fluctuation in daily negative affect across adulthood. *Journals of Gerontology. Series B, Psychological Sciences and Social Sciences*. Advance online publication. DOI:10.1093/geronb/gbw159

Seltzer, M. M., Almeida, D. M., Greenberg, J., Savla, J., Stawski, R. S. Hong, J., & Taylor, J. L. (2009). Psychological and biological markers of daily lives of midlife parents of children with disabilities. *Journal of Health and Social Behavior, 50*, 1-15.

Zilioli, S., Imami, L., & Slatcher, R. B. (2017). Socioeconomic status, perceived control, diurnal cortisol, and physical symptoms: A moderated mediation model. *Psychoneuroendocrinology*, 75, 36-43. DOI:10.1016/j.psyneuen.2016.09.025

NUMBER OF POSITIVE EVENTS

RA2DN_POS: Number of Positive Events

Items: 5 items - (RA2DF8, RA2DF9, RA2DF10, RA2DF11, RA2DF12)

   a. RA2DF8: "Did you have an interaction with someone that most people would consider particularly positive (for example, sharing a good laugh with someone, or having a good conversation) since (this time/ we spoke) yesterday?"
   b. RA2DF9: "Since (this time/we spoke) yesterday, did you have an experience at (work/volunteer position) that most people would consider particularly positive?"
   c. RA2DF10: "Since (this time/we spoke) yesterday, did you have an experience at home that most people would consider particularly positive?"
   d. RA2DF11: "Since (this time/we spoke) yesterday, did anything happen to a close friend or relative (other than what you've already mentioned) that turned out to be particularly positive for you?"
   e. RA2DF12: "Did anything else happen to you since (this time/we spoke) yesterday that most people would consider particularly positive?"

Item(s) Coding: 1 Yes; 2 No; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable.

RA2DN_POS Coding: 8 Refused/Missing.

Scaling: RA2DN_POS was constructed by calculating the sum of the items. First, items were recoded so that response value "0" represents NO positive events instead of the response value of "2". Items were coded so that higher scores reflect higher number of positive events.

SPSS Syntax:

Recode RA2DF8 RA2DF9 RA2DF10 RA2DF11 RA2DF12 (2=0) (1=1) (else=copy).
Execute.

Compute RA2DN_POS= Sum (RA2DF8, RA2DF9, RA2DF10, RA2DF11, RA2DF12).
Execute.

Source(s):

Almeida, D. M., Wethington, E., & Kessler, R. C. (2002). The daily inventory of stressful events: An interview-based approach for measuring daily stressors. *Assessment, 9*, 41-55.

<u>Selected studies using the scales</u>:

Gunyadin, G., Selcuk, E., & Ong, A. D. (2016). Trait reappraisal predicts affective
reactivity to daily positive and negative events. Frontiers in Psychology. Advance
online publication. DOI:10.3389/fpsyg.2016.01000

ANY POSITIVE EVENT

RA2DA_POS: **Any Positive Event**

Items: 5 items - (RA2DF8, RA2DF9, RA2DF10, RA2DF11, RA2DF12)

   a. RA2DF8: "Did you have an interaction with someone that most people would consider particularly positive (for example, sharing a good laugh with someone, or having a good conversation) since (this time/ we spoke) yesterday?"
   b. RA2DF9: "Since (this time/we spoke) yesterday, did you have an experience at (work/volunteer position) that most people would consider particularly positive?"
   c. RA2DF10: "Since (this time/we spoke) yesterday, did you have an experience at home that most people would consider particularly positive?"
   d. RA2DF11: "Since (this time/we spoke) yesterday, did anything happen to a close friend or relative (other than what you've already mentioned) that turned out to be particularly positive for you?"
   e. RA2DF13: "Since (this time/we spoke) yesterday, did you spend any time enjoying or viewing nature"
   f. RA2DF12: "Did anything else happen to you since (this time/we spoke) yesterday that most people would consider particularly positive?"

Item(s) Coding: 1 Yes; 2 No; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable.

RA2DA_POS Coding: 1 At Least One Positive Event; 2 No Positive Events; 8 Refused/Missing.

Scaling: RA2DA_POS was calculated from the variable RA2DN_POS (Number of Positive Events, see page 23).

SPSS Syntax:

Recode RA2DN_POS (0=2) (1 thru 5=1) (else=8) into RA2DA_POS.
Execute.

Source(s):

Almeida, D. M., Wethington, E., & Kessler, R. C. (2002). The daily inventory of stressful events: An interview-based approach for measuring daily stressors. *Assessment, 9*, 41-55.

Selected studies using the scales:

Gunyadin, G., Selcuk, E., & Ong, A. D. (2016). Trait reappraisal predicts affective reactivity to daily positive and negative events. Frontiers in Psychology. Advance online publication. DOI:10.3389/fpsyg.2016.01000

Seltzer, M. M., Almeida, D. M., Greenberg, J., Savla, J., Stawski, R. S. Hong, J., & Taylor, J. L. (2009). Psychological and biological markers of daily lives of midlife parents of children with disabilities. *Journal of Health and Social Behavior, 50*, 1-15.

Sin, N. L., Graham-Engeland, J. E., & Almeida, D. M. (2015). Daily positive events and inflammation: Findings from the National Study of Daily Experiences. *Brain, Behavior, and Immunity*, 43, 130-138.

POSITIVE AFFECT

RA2DPOSAV: Positive Affect Average

Items: 13 items - (RA2DC7, RA2DC8, RA2DC9, RA2DC10, RA2DC11, RA2DC12, RA2DC21, RA2DC22, RA2DC23, RA2DC24, RA2DC25, RA2DC26, RA2DC27)

(How much of the time today did you feel……..)
RA2DC7*: "in good spirits?"
RA2DC8*: "cheerful?"
RA2DC9*: "extremely happy?"
RA2DC10*: "calm and peaceful?"
RA2DC11*: "satisfied?"
RA2DC12*: "full of life?"
RA2DC21: "close to others?"
RA2DC22: "like you belong?"
RA2DC23: "enthusiastic?"
RA2DC24: "attentive?"
RA2DC25: "proud?"
RA2DC26: "active?"
RA2DC27: "confident?"
*Asterisks denote original MIDUS Positive Affect items.

Item(s) Coding: 0 None of The Time; 1 A Little of The Time; 2 Some of The Time; 3 Most of The Time; 4 All of The Time; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable.

RA2DPOSAV Coding: 0 None of The Time; 1 A Little of The Time; 2 Some of The Time; 3 Most of The Time; 4 All of The Time; 8 Refused/Missing.

Scaling: RA2DPOSAV was constructed by averaging the items. Items were coded so that higher scores reflect higher positive affect.

SPSS Syntax:

Compute RA2DPOSAV = Mean (RA2DC7, RA2DC8, RA2DC9, RA2DC10, RA2DC11, RA2DC12, RA2DC21, RA2DC22, RA2DC23, RA2DC24, RA2DC25, RA2DC26, RA2DC27).
Execute.

Psychometrics: (based on the NSDE RDD sample of 1,141 participants)

Positive Affect:
13 - item alpha = .96

Source(s):

Mroczek, D. K., & Kolarz, C. M. (1998). The effect of age on positive and negative affect: A developmental perspective on happiness. *Journal of Personality and Social Psychology*, *75*, 1333-1349.

Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. *Journal of Personality and Social Psychology, 54*,1063-1070.

Selected studies using the scales:

Charles, S. T., Mogle, J., Urban, E. J., & Almeida, D. M. (2016). Daily events are important for age differences in mean and duration for negative affect but not positive affect. *Psychology and Aging*, 31(7), 661-671. DOI:10.1037/pag0000118

Charles, S. T., Piazza, J. R., Mogle, J. A., Urban, E. J., Sliwinski, M. J., & Almeida, D. M. (2016). Age differences in emotional well-being vary by temporal recall. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 71(5), 798-807. DOI:10.1093/geronb/gbv011

Costanzo, E. S., Stawski, R. S., Ryff, C. D., Coe, C. L., & Almeida, D. (2012). Cancer survivors' responses to daily stress: Implications for quality of life. Health Psychology, 31(3), 360-370. DOI: DOI:10.1037/a0027018

Hardy, J., & Segerstrom, S. C. (2016). Intra-individual variability and psychological flexibility: Affect and health in a national US sample. Journal of Research in Personality. Advance online publication. DOI:10.1016/j.jrp.2016.04.002

Koffer, R. E., Ram, N., Conroy, D. E., Pincus, A. L., & Almeida, D. M. (2016). Stressor diversity: Introduction and empirical integration into the daily stress model. *Psychology and Aging*, 31(4), 301-320. DOI:10.1037/pag0000095

Leger, K. A., Charles, S. T., Turiano, N. A., & Almeida, D. M. (2016). Personality and stressor-related affect. Journal of Personality and Social Psychology, 111(6), 917-928. DOI:10.1037/pspp0000083

Smith, L. E., Hong, J., Seltzer, M. M., Greenberg, J., Almeida, D. M., & Bishop, S. (2010). Daily experiences among mothers of adolescents and adults with ASD. *Journal of Autism & Developmental Disorders*, 40(2), 167-178. DOI:1.1007/s10803-009-0844-y

Stawski, R.S., Almeida, D.M., Lachman, M.E., Tun, P.A., & Rosnick, D.B. (2010). Fluid cognitive ability is associated with greater exposure and smaller reactions to daily stressors. *Psychology & Aging*, 25(2), 330-342. DOI:10.1111/j.1533-8525.2009.01167.x

Seltzer, M. M., Almeida, D. M., Greenberg, J., Savla, J., Stawski, R. S. Hong, J., & Taylor, J. L. (2009). Psychological and biological markers of daily lives of midlife parents of children with disabilities. *Journal of Health and Social Behavior, 50*, 1-15.

NEGATIVE AFFECT

RA2DNEGAV: Negative Affect Average

Items: 14 items - (RA2DC1*, RA2DC2*, RA2DC3*, RA2DC4*, RA2DC5*, RA2DC6*, RA2DC13, RA2DC14, RA2DC15, RA2DC16, RA2DC17, RA2DC18, RA2DC19, RA2DC20)

(How much of the time today did you feel……..)
RA2DC1*:	"restless or fidgety?"
RA2DC2*:	"nervous?"
RA2DC3*:	"worthless?"
RA2DC4*:	"so sad nothing cheer you up?"
RA2DC5*:	"everything was an effort?"
RA2DC6*:	"hopeless?"
RA2DC13:	"lonely?"
RA2DC14:	"afraid?"
RA2DC15:	"jittery?"
RA2DC16:	"irritable?"
RA2DC17:	"ashamed?"
RA2DC18:	"upset?"
RA2DC19:	"angry?"
RA2DC20:	"frustrated?"

*Asterisks denote original MIDUS items.

Item(s) Coding: 0 None of The Time; 1 A Little of The Time; 2 Some of The Time; 3 Most of The Time; 4 All of The Time; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable.

RA2DNEGAV Coding: 0 None of The Time; 1 A Little of The Time; 2 Some of The Time; 3 Most of The Time; 4 All of The Time; 8 Refused/Missing.

Scaling: RA2DNegAv was calculated by averaging the items. Items were coded so that higher scores reflect higher negative affect.

Psychometrics: (based on the NSDE RDD sample of 1,141 participants)

Negative Affect:
14-item alpha = .89

SPSS Syntax:

Compute RA2DNEGAV = Mean (RA2DC1*, RA2DC2*, RA2DC3*, RA2DC4*, RA2DC5*, RA2DC6*, RA2DC13, RA2DC14, RA2DC15, RA2DC16, RA2DC17, RA2DC18, RA2DC19, RA2DC20).
Execute.

Source(s):

Almeida, D. M., & Kessler, R. C. (1998). Everyday stressors and gender differences in daily distress. *Journal of Personality and Social Psychology, 75*, 670-680.

Mroczek, D. K., & Kolarz, C. M. (1998). The effect of age on positive and negative affect: A developmental perspective on happiness. *Journal of Personality and Social Psychology*, 75, 1333-1349.

Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. *Journal of Personality and Social Psychology, 54*, 1063-1070.

Selected studies using the scales:

Charles, S. T., Mogle, J., Urban, E. J., & Almeida, D. M. (2016). Daily events are important for age differences in mean and duration for negative affect but not positive affect. *Psychology and Aging*, 31(7), 661-671. DOI:10.1037/pag0000118

Charles, S. T., Piazza, J. R., Mogle, J., Sliwinski, M. J., & Almeida, D. M. (2013). The wear-and-tear of daily stressors on mental health. *Psychological Science*, 24(5), 733-741. DOI:10.1177/095679761246222

Costanzo, E. S., Stawski, R. S., Ryff, C. D., Coe, C. L., & Almeida, D. (2012). Cancer survivors' responses to daily stress: Implications for quality of life. *Health Psychology*, 31(3), 360-370. DOI: DOI:10.1037/a0027018

Hardy, J., & Segerstrom, S. C. (2016). Intra-individual variability and psychological flexibility: Affect and health in a national US sample. Journal of Research in Personality. Advance online publication. DOI:10.1016/j.jrp.2016.04.002

Koffer, R. E., Ram, N., Conroy, D. E., Pincus, A. L., & Almeida, D. M. (2016). Stressor diversity: Introduction and empirical integration into the daily stress model. *Psychology and Aging*, 31(4), 301-320. DOI:10.1037/pag0000095

Leger, K. A., Charles, S. T., Turiano, N. A., & Almeida, D. M. (2016). Personality and stressor-related affect. Journal of Personality and Social Psychology, 111(6), 917-928. DOI:10.1037/pspp0000083

Mallers, M. H., Charles, S. T., Neupert, S., & Almeida, D. M. (2010). Perceptions of childhood relationships with mother and father: Daily emotional and stressor experiences in adulthood. *Developmental Psychology*, 46(6), 1651-1661. DOI:10.1037/a0021020

Piazza, J. R., Charles, S. T., Sliwinski, M., Mogle, J., & Almeida, D. M. (2013). Affective reactivity to daily stressors and long-term risk of reporting a chronic physical health condition. *Annals of Behavioral Medicine*, 45, 110-120. DOI:10.1007/s12160-012-9423-0.

Smith, L. E., Hong, J., Seltzer, M. M., Greenberg, J., Almeida, D. M., & Bishop, S. (2010). Daily experiences among mothers of adolescents and adults with ASD. *Journal of Autism & Developmental Disorder*s, 40(2), 167-178. DOI:1.1007/s10803-009-0844-y

Stawski, R.S., Almeida, D.M., Lachman, M.E., Tun, P.A., & Rosnick, D.B. (2010). Fluid cognitive ability is associated with greater exposure and smaller reactions to daily stressors. *Psychology & Aging*, 25(2), 330-342. DOI:10.1111/j.1533-8525.2009.01167.x

Stawski, R. S., Cichy, K. E., Piazza, J. R., & Almeida, D. M. (2013). Associations among daily stressors and salivary cortisol: Findings from the National Study of Daily Experiences. *Psychoneuroendocrinology*, 38(11), 2654-2665. DOI:10.1016/j.psyneuen.2013.06.023