

**DOCUMENTATION**  
**of**  
**SCALES**  
**and**  
**CONSTRUCTED VARIABLES**  
**in**  
**MIDJA**

University of Wisconsin ♦ Institute on Aging  
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## INTRODUCTION

This document is intended as a basic reference for psychosocial scales in the MIDJA data sets. Most of the scales in MIDJA are included in one or both waves of the MIDUS survey (MIDUS I, MIDUS II Project 1), or biomarker (MIDUS II Project 4) data collection. Thus, the document provides comprehensive information regarding scale construction and usage of the scales, as well as the MIDUS source (project & instrument) and variable names for scales. Note, for some scales, the codes assigned to response options in MIDJA are in the opposite direction of those used in MIDUS. For example, the responses “all of the time, most of the time, sometimes, rarely, never” are assigned codes 1-5 respectively in MIDUS, while in MIDJA they are assigned codes 5-1, respectively. Consequently, there may be slight differences in scale construction (e.g. items are reverse coded in MIDUS, but not MIDJA). These differences are included in the documentation for a given scale, as appropriate. While creating the scales for MIDJA we found that some scale scores had not been constructed at MIDUS I even though the items comprising the scale are available in the MIDUS I data file. These scale scores have been created and will be included in the next update to the MIDUS I public data file.

To maximize comparability, MIDJA scales scores were constructed as described in the MIDUS documentation of scales. The MIDUS data and documentation are publicly available at the Inter-university Consortium for Political and Social Research (ICPSR) (<http://www.icpsr.umich.edu/index.html>). Those guidelines are replicated here. The documentation for each scale includes the following:

### **Scales/Items:**

**Scale name and Variable name** – the variable name for a scale is presented in bold in brackets with uppercase letters following the scale name (e.g., Negative Affect [J1SNEGAF]).

**Items:** The scale name is reported along with the section and question number in the questionnaire. Individual items are then listed by question number.

**Coding:** Response options and corresponding numeric codes. In a few instances, the items for different subscales of a larger scale have different response options. In such cases the coding appears immediately after the items; in all other instances, the coding appears after the list of items for the final subscale.

**Scaling:** The method of scale construction is described, including information about interpreting the scale score.

**Missing Values:** The procedure for dealing with missing data varies across scales, due to differences in accepted practice over time and across disciplines. This variability is carried into MIDJA to maintain consistency with MIDUS. Users are free to apply their own

protocols for dealing with missing data, if preferred, and re-construct the scale scores. If a scale score is not created due to missing data it is coded as “98” for “NOT CALCULATED (Due to missing data).” If a scale score is not created because the items did not apply to the respondent (e.g. not married or not working) it is coded as “99” for NOT CALCULATED (Due to INAPP data)”.

**MIDUS Information:** this section includes the MIDUS scale/subscale names and variable name(s) along with notes about differences in coding and scaling between the MIDUS and MIDJA questionnaires.

**Note:** While creating the scales for MIDJA we found that some scale scores had not been constructed at MIDUS I even though the items comprising the scale are available in the MIDUS I data file. These scale scores have been created and will be included in the next update to the MIDUS I public data file. Variable names for these scales are included in this section and flagged with an “ \* “ and a note.

**Additional Variables:** some scales include items that are not used in scale construction. Details about these items are included in this section, as appropriate. If all available items are used in scale construction it is noted.

**Psychometrics:** - Cronbach’s alpha reliability coefficient is reported for most scales, along with the mean and standard deviation of the scale score.

**References:**

**Source(s):** “Sources” refer to articles that originally discussed the scale. There are a few scales for which sources could not be identified. In these cases, names of MIDUS investigators who provided guidance in creating them are listed.

**Additional References:** Other published studies that originally discussed the scale.

**Studies using the scales:** publications using the MIDUS scale data.

**Notes:** This section will contain additional important information not covered in any of the above sections.

This document will be periodically revised and updated as more information is gathered, and researchers continue to work with the MIDUS and MIDJA data. If there are suggestions or comments, please contact Gayle Love (glove@wisc.edu). Moreover, if additional scales are constructed using these data, please contact us, so the work can be shared.

2009

## TABLE OF CONTENTS

### **Scale Name (Question Numbers)**

|   |    |
|---|----|
| Life Satisfaction (A1, E19, M2, L4, J1) .....               | 1  |
| Somatic Amplification Scale (A6a – A6e).....                | 3  |
| Positive and Negative Affect (D1, D2).....                  | 5  |
| Perceived Stress Scale-10 Item Version (PSS) (D3) .....     | 9  |
| Social Anxiety Scale (D4).....                              | 11 |
| Spielberger Anger Expression Inventory (D5 a-t).....        | 13 |
| Anger Expression-Adjustment (D5u,v) .....                   | 15 |
| Work to Family / Family to Work Spillover (E14) .....       | 16 |
| Job Characteristics (E15-E17) .....                         | 19 |
| Perceived Inequality in Work (E18) .....                    | 23 |
| Sense of Control (G1a – G1l) .....                          | 25 |
| Self-Esteem (G1m – G1s) .....                               | 28 |
| Life Orientation Test (G2) .....                            | 30 |
| Primary and Secondary Control [MIDUS-I version] (G3) .....  | 32 |
| Primary and Secondary Control [MIDUS-II version] (G3) ..... | 34 |
| Seeking Social Support (G3o, G3p) .....                     | 36 |
| Singelis Self-Construct Scale (G4) .....                    | 37 |
| Sympathy Scale (G5a – G5d) .....                            | 41 |
| Adjustment Scale (G5e – G5i).....                           | 43 |
| Personality Traits (G6) .....                               | 45 |
| Self-Control Scale (G7a – G7s) .....                        | 49 |
| Generativity Scale (H1) .....                               | 52 |
| Subjective WellBeing/Good Life in America Scale (J7).....   | 54 |
| Psychological Well-Being [MIDUS-I version] (J8a-pp).....    | 56 |
| Psychological Well-Being [MIDUS-II version] (J8a-pp).....   | 60 |
| Minimalist Well-Being (J8qq-zz) .....                       | 64 |
| Friendship Support Scale (K1) .....                         | 66 |
| Friend Support and Strain (K3) .....                        | 67 |
| Support & Strain Given to Friend Scale (K4).....            | 70 |
| Marital Risk (L9, L10, L11a-c).....                         | 72 |
| Spouse/Partner Disagreement (L11a – L11c) .....             | 74 |
| Spouse/Partner Support and Strain (L13 – L14) .....         | 76 |
| Support & Strain Given to Spouse Scale (L15, L16) .....     | 79 |
| Spouse/Partner Joint Decision making (L22) .....            | 81 |

|   |    |
|---|----|
| Perceived Inequality in Family (M7).....          | 83 |
| Family Support and Strain (N3) .....              | 85 |
| Support & Strain Given to Family Scale (N4) ..... | 88 |
| Chronic Conditions (A8).....                      | 90 |
| Prescription Medication Use (A9).....             | 91 |
| Activities of Daily Living (A10) .....            | 92 |
| Dyspnea (A11) .....                               | 94 |
| Seeing Medical Doctors (A17) .....                | 95 |
| Cigarette Smoking (B1).....                       | 96 |

## LIFE SATISFACTION (Domain Specific)

### Scales/Items:

#### **Life Satisfaction (5 items) [J1SSATIS] :**

Items: 5 items – Survey Questionnaire. Section A, Question 1; Section E, Question 19; Section M, Question 2; Section L, Question 4; Section J, Question 1

A1. “How would you rate your health these days”

E19. “How would you rate your work situation these days”

M2. “How would you rate your overall relationship with your children these days”

L4. “How would you rate your marriage or close relationship these days”

J1. “How would you rate your life overall these days”

Coding: Each item was coded from 0 (the worst possible) to 10 (the best possible).

Scaling: [J1SSATIS] is constructed by calculating the mean of the items. The scores for relationship with spouse/partner and relationship with children are averaged to create one “item”. Then, this score is used along with the remaining three items to calculate an **overall mean** score. Higher scores reflect higher levels of overall life satisfaction.

Missing Values: The scale is computed for cases that have valid values for **at least one** item on the scale.

#### **Life Satisfaction (6 items) [J1SSAT12]: New at MIDJA**

Items: 6 items – The above 5 items plus Section F, Question 1

F1. “How would you rate your financial situation these days”

Coding: Each item was coded from 0 (the worst possible) to 10 (the best possible).

Scaling: [J1SSAT12] is constructed by calculating the mean of the items. The scores for relationship with spouse/partner and relationship with children are averaged to create one “item”. Then, this score is used along with the remaining three items to calculate an **overall mean** score. Higher scores reflect higher levels of overall life satisfaction.

Missing Values: The scale is computed for cases that have valid values for **at least one** item on the scale.

### MIDUS Information:

MIDUS I scale & variable names: **Life Satisfaction [A1SSATIS]\***

MIDUS II Project 1 scale & variable names: **Life Satisfaction [B1SSATIS]**

Coding, scaling and missing values are the same in MIDUS and MIDJA.

\*The scale score [A1SSATIS] is not currently included in the MIDUS I public dataset but items comprising the scale are available, thus interested users can construct this scale if desired. This variable will be included in the next update of the public dataset.

**Additional Variables:** All available items used in scale construction.

**Psychometrics:**

| Scale    | Alpha | Mean | Std. dev |
|----------|-------|------|----------|
| J1SSATIS | .685  | 6.33 | 1.57     |
| J1SSATI2 | .754  | 6.10 | 1.58     |

**References:**

**Source(s):**

Prenda, K. M. & Lachman, M. E. (2001). Planning for the future: A life management strategy for increasing control and life satisfaction in adulthood. *Psychology and Aging*, 16, 2, 206-216.

**Additional References:** None

**Studies using the scales:**

Fleeson, W. (2004). The quality of American life at the end of the century. In O. G. Brim, C. D. Ryff & R. C. Kessler (Eds.), *How healthy are we? A national study of well-being at midlife*. (pp. 252 - 272). Chicago: Univ. of Chicago Press.

**Note:**

- In Fleeson's study (2004), three additional domains of life satisfaction – finance, sexuality, and contributions to others – were included in the analysis.

## SOMATIC AMPLIFICATION SCALE

### Scales/Items:

#### **Somatic Amplification Scale [J1SAMPLI] :**

Items: 5 items – Survey Questionnaire, Section A; Question 6 (a – e)

- a. “I am often aware of various things happening within my body”
- b. “Sudden loud noises really bother me”
- c. “I hate to be too hot or too cold”
- d. “I am quick to sense hunger contractions in my stomach”
- e. “I have a low tolerance for pain”

Coding: 1 Not at all true; 2 A little bit true; 3 Moderately true; 4 Extremely true

Scaling: [J1SAMPLI] is constructed by calculating the **mean** of the items. Higher scores indicate greater levels of amplification.

Missing Values: The scale is computed for cases that have valid values for **at least one** item on the scale.

### MIDUS Information:

MIDUS I scale & variable names: **Somatic Amplification Scale [A1SAMPLI]**

MIDUS II Project 1 scale & variable names: **Somatic Amplification Scale [B1SAMPLI]**

Coding, scaling and missing values are the same in MIDUS and MIDJA.

**Additional Variables:** All available items used in scale construction.

### Psychometrics:

| Scale    | Alpha | Mean | Std. dev |
|----------|-------|------|----------|
| J1SAMPLI | .592  | 2.71 | .49      |

### References:

#### Source(s):

Barsky, A. J., Goodson, J. D., Lane, R. S., & Cleary P. D. (1988). The amplification of somatic symptoms. *Psychosomatic Medicine*.50 (5):510-9.

Additional References: None



Studies using the scales:

- Keating, N. L., Cleary, P. D., Rossi, A. S., Zaslavsky, A. M., & Ayanian, J. Z. (1999). Use of hormone replacement therapy by postmenopausal women in the United States. *Annals of Internal Medicine*, 130, 545-553.
- Cleary, P. D., Zaborski, L. B., & Ayanian, J. Z. (2004). Sex differences in health over the course of midlife. In O. G. Brim, C. D. Ryff & R. C. Kessler (Eds.), *How healthy are we?: A national study of well-being at midlife*. (pp. 37 - 63). Chicago: Univ. of Chicago Press.

**Notes:** None

## POSITIVE AND NEGATIVE AFFECT

### **Scales/Items:**

#### **Negative Affect [J1SNEGAF] :**

Items: 6 items - Survey Questionnaire, Section D, Question 1 (a - f)

(During the past 30 days, how much of the time did you feel...)

- a. "so sad nothing could cheer you up?"
- b. "nervous?"
- c. "restless or fidgety?"
- d. "hopeless?"
- e. "that everything was an effort?"
- f. "worthless?"

#### **PANAS Negative adjectives [J1SNEGPA] :**

Items: 5 items - Survey Questionnaire, Section D, Question 1 (h - l)

(During the past 30 days, how much of the time did you feel...)

- h. "afraid?"
- i. "jittery?"
- j. "irritable?"
- k. "ashamed?"
- l. "upset?"

#### **Positive Affect [J1SPOSAT] :**

Items: 6 items - Survey Questionnaire, Section D, Question 2 (a - f)

(During the past 30 days, how much of the time did you feel...)

- a. "cheerful?"
- b. "in good spirits?"
- c. "extremely happy?"
- d. "calm and peaceful?"
- e. "satisfied?"
- f. "full of life?"

#### **PANAS Positive adjectives [J1SPOSPA]:**

Items: 4 items - Survey Questionnaire, Section D, Question 2 (i - l)

(During the past 30 days, how much of the time did you feel...)

- i. “enthusiastic?”
- j. “attentive?”
- k. “proud?”
- l. “active?”

Coding: 1 None of the time; 2 A little of the time; 3 Some of the time; 4 Most of the time;  
5 All of the time.

Scaling: Scales are constructed by calculating the **mean** across each set of items. Higher scores reflect higher levels of positive/negative affect.

Missing Values: The scales are computed for cases that have valid values for **at least one** item on the particular scale.

### **MIDUS Information:**

MIDUS I scale & variable names:

**Negative Affect [A1SNEGAF]**

**Positive Affect [A1SPOSFA]**

MIDUS II Project 1 scale & variable names:

**Negative Affect [B1SNEGAF]**

**Positive Affect [B1SPOSFA]**

**PANAS Negative adjectives [B1SNEGPA] (new at MIDUS-II)**

**PANAS Positive adjectives [B1SPOSPA] (new at MIDUS-II)**

Coding: MIDJA codes (above) are in the opposite direction of those used in MIDUS (below)

1 All of the time; 2 Most of the time; 3 Some of the time; 4 A little of the time;  
5 none of the time.

Scaling: Items are reverse coded before scale construction so that a high score reflects higher levels of positive/negative affect.

Missing Values are treated the same in MIDJA and MIDUS.

### **Additional Variables:**

1) 3 items (Section D, Question 1g, Question 2f, g) were added to improve cultural appropriateness in MIDUS. During the field period for MIDUS I (1994-1995), Baumeister and Leary (1995) published a paper indicating that assessments of affect among the Japanese should include more affect words that are tied to relationships with others. At the recommendation of Hazel Markus, the following items were added to this set of questions at MIDUS II:

1g. “lonely?”

- 2f. "full of life?"
- 2g. "close to others?"
- 2) 3 items (Section D, Question 1m, n, Question 2m) were added to provide additional depth in assessment of affect:
- 1m. "angry?"
- 1n. "frustrated?"
- 2m. "confident?"

### **Psychometrics:**

| Scale    | Alpha | Mean | Std. dev |
|----------|-------|------|----------|
| J1SNEGAF | .860  | 1.69 | .65      |
| J1SNEGPA | .822  | 1.89 | .66      |
| J1SPOSAF | .927  | 3.24 | .76      |
| J1SPOSPA | .799  | 3.07 | .76      |

### **References**

#### **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, 5, 1333-1349.

### **Additional References:**

Baumeister, R.F., & Leary, M.R. (1995). The need to belong: Desire for interpersonal attachments as a fundamental human motivation. *Psychological Bulletin*, 117, 497-529

- The Affect Balance Scale.

Bradburn, N. M. (1969). *The structure of psychological well-being*. Chicago: Aldine.

- The General Well-Being Schedule.

Fazio, A. (1977). A concurrent validation study of the NCHS General Well-Being Schedule. In *Vital and health statistics publication (Series 2, No. 73)*. Washington, DC: U.S. Government Printing Office.

-The Center for Epidemiological Studies Depression Scale.

Radloff, L. S. (1977).The CES-D scales: A self-report depression scale for research in the general population. *Applied Psychological Measurement*, 1, 385-405.

- The University of Michigan's Composite International Diagnostic Interview.

Kessler, R. C., MacGonagle, K. A., Zhao, S., Nelson, C. B., Hughes, M., Eshleman, S., Wittchen, H. U.,

& Kendler, K. S. (1994). Lifetime and 12-month prevalence of DSM-II-R psychiatric disorders in the United States. *Archives of General Psychiatry*, 51, 8-19.

- The Health Opinion Survey.

MacMillan, A. M. (1957). The Health Opinion Survey: Techniques for estimating prevalence of psychoneurotic and related types of disorder in communities. *Psychological Reports*, 3, 325-339.

-The Manifest Anxiety Scale.

Taylor, J. A. (1953). A personality scale of manifest anxiety. *Journal of Abnormal and Social Psychology*, 48, 285-290.

### **Studies using the scales:**

Grzywacz, J. G. (2000). Work-family spillover and health during midlife: Is managing conflict everything? *American Journal of Health Promotion*, 14, 236-243.

Keyes, C. L. M (2000). Subjective change and its consequences for emotional well-being. *Motivation and Emotion*, 24, 67-83.

Mroczek, D. K. (2004). Positive and negative affect at midlife. In O. G. Brim, C. D. Ryff & R. C. Kessler (Eds.), *How healthy are we?: A national study of well-being at midlife*. (pp. 205 - 226). Chicago: Univ. of Chicago Press.

Walen, H. R., & Lachman, M. E. (2000). Social support and strain from partner, family, and friends: Costs and benefits for men and women in adulthood. *Journal of Social and Personal Relationships*, 17, 5-30.

### **Notes:**

- The PANAS Positive scale was originally intended to be comprised of 5 items (enthusiastic, attentive, proud, active, and interest). Unfortunately, when the word “confident” was added to this set of items to increase depth of measurement, the word “interest” was overwritten and replaced with the word confident. Thus the Positive Affect Scale contains only 4 items.

## PERCEIVED STRESS SCALE-10 ITEM VERSION (PSS)

**Note:** throughout the following “(R)” indicates item is reverse coded before constructing the scale score.

### Scales/Items:

#### **Perceived Stress [J1SPS\_PS]:**

Items: 10 items – Survey Questionnaire, Section D, Question 3 (a - j)

In the last month, how often have you...

- a. “been upset because of something that happened unexpectedly? “
- b. “felt that you were unable to control the important things in your life?”
- c. “felt nervous and “stressed”?”
- d. “felt confident about your ability to handle your personal problems?” (R)
- e. “felt that things were going your way?” (R)
- f. “found that you could not cope with all the things that you had to do? “
- g. “been able to control irritations in your life?” (R)
- h. “felt that you were on top of things?” (R)
- i. “been angered because of things that were outside of your control?”
- j. “felt difficulties were piling up so high that you couldn’t overcome them?”

Coding: 1 Never; 2 Almost never; 3 Sometimes; 4 Fairly often; 5 Very often

Scaling: Scale scores are created by taking the **sum** of the items. Items marked with (R) were reverse-coded so that high scores reflect higher standing in the scale.

Missing Values: Scale scores are not computed for cases with more than 1 missing value. Mean substitution was used in cases with only one missing value.

### MIDUS Information:

MIDUS II Project 4 scale & variable names: **Perceived Stress Scale [B4QPS\_PS]**

Coding, scaling and missing values are the same in MIDUS and MIDJA.

**Additional Variables:** All available items used in scale construction.

### Psychometrics:

| Scale    | Alpha | Mean  | Std. dev |
|----------|-------|-------|----------|
| J1SPS_PS | .755  | 26.11 | 5.77     |

**References:**

**Source(s):**

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.

**Additional References:** None

**Studies using the scales:** None

**Notes:** None

## SOCIAL ANXIETY SCALE

### Scales/Items:

#### **Social Anxiety [J1SSA\_SA]:**

Items: 9 items – Survey Questionnaire, Section D, Question 4 (a- i).

Please circle the number that best describes how much fear or anxiety you generally feel in the following situations.

- a. "Talking to people in authority. "
- b. "Going to a party."
- c. "Working while being observed."
- d. "Calling someone you don't know very well."
- e. "Talking with people you don't know very well."
- f. "Being the center of attention."
- g. "Expressing a disagreement or disapproval to people you don't know very well."
- h. "Returning goods to a store."
- i. "Resisting a high-pressure salesperson."

Coding: 1 None; 2 Mild; 3 Moderate; 4 Severe.

Scaling: The scales were constructed by computing the **mean**.

Missing Values: Scale scores were not constructed cases having more than 1 missing value.

### MIDUS Information:

MIDUS II Project 4 scale & variable names: **Social Anxiety Scale [B4QSA\_SA]**

Coding, scaling and missing values are the same in MIDUS and MIDJA.

**Additional Variables:** All available items used in scale construction.

### Psychometrics:

| Scale    | Alpha | Mean | Std. dev |
|----------|-------|------|----------|
| J1SSA_SA | .888  | 1.81 | .55      |



**References:**

**Source(s):**

Fresco, D., Coles, M., Heimberg, R., Liebowitz, M., Hami, S., Stein, M., & Goetz, D. (2001). The Liebowitz social anxiety scale: a comparison of the psychometric properties of self-report and clinician-administered formats. *Psychological Medicine*, 31, 1025-1035.

**Additional References:** None.

**Studies using the scales:** None.

**Notes:** None.

## **SPIELBERGER ANGER EXPRESSION INVENTORY**

### **Scales/Items:**

#### **Anger Expression-In (AX/IN) (8 ITEMS) [J1SAE\_AI]**

Items: 8 items – Survey Questionnaire, Section D, Question 5 (a-h).

In general when I feel angry or furious ....

- a. "I withdraw from people. "
- b. "I pout or sulk. "
- c. "I am angrier than I'm willing to admit. "
- d. "I am secretly critical of others. "
- e. "I boil inside, but don't show it. "
- f. "I harbor grudges. "
- g. "I keep things in. "
- h. "I am irritated more than others are aware. "

#### **Anger Expression-Out (AX/Out) (8 ITEMS) [J1SAE\_AO]**

Items: 8 items – Survey Questionnaire, Section D, Question 5 (i-p).

In general when I feel angry or furious ....

- i. "I slam doors. "
- j. "I say nasty things. "
- k. "I make sarcastic remarks. "
- l. "I argue with others. "
- m. "I lose my temper. "
- n. "I strike out at whatever infuriates me. "
- o. "I express my anger. "
- p. "If someone annoys me I tell them how I feel. "

#### **Anger Expression – Control (AX/Con) (4 ITEMS) [J1SAE\_AC]**

Items: 4 items – Survey Questionnaire, Section D, Question 5 (q-t).

In general when I feel angry or furious ....

- q. "I control my temper."
- r. "I keep my cool."
- s. "I calm down faster."
- t. "I make threats."

Coding: 1 Almost never; 2 Sometimes; 3 Often; 4 Almost always.

Scaling: Scale scores were computed by **summing** across all items.

Missing Values: Scale scores were not constructed cases having more than 1 missing value. Mean substitution was used in cases with only one missing value.

**MIDUS Information:**

MIDUS II Project 4 scale & variable names:

**ANGER-IN (AX/IN) [B4QAE\_AI]**

**ANGER-OUT (AX/OUT) [B4QAE\_AO]**

**ANGER-CONTROL (AX/CON) [B4QAE\_AC]**

Coding, scaling and missing values are the same in MIDUS and MIDJA.

**Additional Variables:** All available items used in scale construction.

**Psychometrics:**

| Scale    | Alpha | Mean  | Std. dev |
|----------|-------|-------|----------|
| J1SAE_AI | .748  | 14.16 | 3.67     |
| J1SAE_AO | .804  | 12.17 | 3.43     |
| J1SAE_AC | .696  | 7.95  | 2.54     |

**References:**

Source(s):

Spielberger, C. D. (1996). State-Trait Anger Expression Inventory: Professional manual. Odessa, FL.  
Markus, H. R., Uchida, Y., Omoregie, H., Townsend, S. S. M., & Kitayama, S. (2005). Going for the gold: Models of agency in Japanese and American contexts. *Psychological Science*, 17, 103-112.

Additional References: None

Studies using the scales: None

**Notes:** None.

## ANGER EXPRESSION - ADJUSTMENT

### Scales/Items:

#### **Anger Expression- Adjustment MIDJA (2 ITEMS) [J1SAE\_AA]**

Items: 2 items – Survey Questionnaire, Section D, Question 5 (u, v).

In general when I feel angry or furious ....

u: "I do nothing. "

v: "Ignore the situation or person who angers me. "

Coding: 1 Almost never; 2 Sometimes; 3 Often; 4 Almost always.

Scaling: Scale scores were computed by finding the **mean** across all items.

Missing Values: Scale scores were not constructed cases having more than 1 missing value.

Mean substitution was used in cases with only one missing value.

### MIDUS Information:

MIDUS II Project 4 scale & variable names: **ANGER ADJUSTMENT SCALE [B4QAE\_AA]**

Coding, scaling and missing values are the same in MIDUS and MIDJA.

**Additional Variables:** All available items used in scale construction.

### Psychometrics:

| Scale    | Alpha | Mean | Std. dev |
|----------|-------|------|----------|
| J1SAE_AA | .453  | 1.83 | 0.72     |

### References:

#### Source(s):

Markus, H. R., & Kitayama, S. (2004). Models of agency: Sociocultural diversity in the construction of action. In V. Murphy-Berman & J. Berman (Eds.), The 49th Annual Nebraska Symposium for Motivation: Cross-Cultural Differences in Perspectives on Self. (pp. 1-57).

Kitayama, S., Karasawa, M., Curhan, K. B., Ryff, C., & Markus, H. R. (2006). Independence, Interdependence, and Well-Being: Divergent Patterns in the United States and Japan. Paper under review.

Additional References: None

Studies using the scales: None

**Notes:** None.

## WORK TO FAMILY AND FAMILY TO WORK SPILLOVER

### Scales/Items:

#### **Positive Work to Family Spillover [J1SPOSWF]:**

Items: 4 items - Survey Questionnaire, Section E, Question 14 (e-h)

- e. "The things you do at work help you deal with personal and practical issues at home?"
- f. "The things you do at work make you a more interesting person at home."
- g. "Having a good day on your job makes you a better companion when you get home."
- h. "The skills you use on your job are useful for things you have to do at home."

#### **Negative Work to Family Spillover [J1SNEGWF]:**

Items: 4 items - Survey Questionnaire, Section E, Question 14 (a-d)

- a. "Your job reduces the effort you can give to activities at home."
- b. "Stress at work makes you irritable at home."
- c. "Your job makes you feel too tired to do the things that need attention at home."
- d. "Job worries or problems distract you when you are at home."

#### **Positive Family to Work Spillover [J1SPOSFW]:**

Items: 4 items - Survey Questionnaire, Section E, Question 14 (m-p)

- m. "Talking with someone at home helps you deal with problems at work."
- n. "Providing for what is needed at home makes you work harder at your job."
- o. "The love and respect you get at home makes you feel confident about yourself at work."
- p. "Your home life helps you relax and feel ready for the next day's work."

#### **Negative Family to Work Spillover [J1SNEGFW]:**

Items: 4 items; Survey Questionnaire, Section E, Question 14 (i-l)

- i. "Responsibilities at home reduce the effort you can devote to your job."
- j. "Personal or family worries and problems distract you when you are at work."
- k. "Activities and chores at home prevent you from getting the amount of sleep you need to do your job well."
- l. "Stress at home makes you irritable at work."

Coding: 1 None of the time; 2 A little of the time; 3 Some of the time; 4 Most of the time; 5 All of the time.

Scaling: Scales are constructed by calculating the **sum** of the values of the items in each scale.

Missing Values: For an item with a missing value, the mean value of completed items is imputed. The scales are computed for cases that have valid values for **at least half of** the items

on the particular scale.

### **MIDUS Information:**

MIDUS I scale & variable names:

**Positive Work to Family Spillover [A1SPOSWF]\***

**Negative Work to Family Spillover [A1SNEGWF]\***

**Positive Family to Work Spillover [A1SPOSFW]\***

**Negative Family to Work Spillover [A1SNEGFW]\***

MIDUS II Project 1 scale & variable names:

**Positive Work to Family Spillover [B1SPOSWF]**

**Negative Work to Family Spillover [B1SNEGWF]**

**Positive Family to Work Spillover [B1SPOSFW]**

**Negative Family to Work Spillover [B1SNEGFW]**

Coding: MIDJA codes (above) are in the opposite direction of those used in MIDUS (below)

1 All of the time; 2 Most of the time; 3 Sometimes; 4 Rarely; 5 Never.

Scaling: All items were reverse coded so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

\*The scale scores [A1SPOSWF], [A1SNEGWF], [A1SPOSFW], [A1SNEGFW] are not currently included in the MIDUS I public dataset but items comprising the scale are available, thus interested users can construct this scale if desired. These variables will be included in the next update of the public dataset.

**Additional Variables:** All available items used in scale construction.

### **Psychometrics:**

| Scale    | Alpha | Mean  | Std. dev |
|----------|-------|-------|----------|
| J1SPOSWF | .804  | 10.11 | 3.38     |
| J1SNEGWF | .831  | 9.30  | 3.33     |
| J1SPOSFW | .825  | 11.16 | 3.80     |
| J1SNEGFW | .716  | 7.62  | 2.59     |

**References:**

**Source(s):**

Nadine F. Marks

**Additional References:** None

**Studies using the scales:**

Grzywacz, J. G. (2000). Work-family spillover and health during midlife: Is managing conflict everything? *American Journal of Health Promotion*, 14, 236-243.

Grzywacz, J. G., & Marks, N. F. (2001). Social inequalities and exercise during adulthood: Toward an ecological perspective. *Journal of Health and Social Behavior*, 42, 202-220.

Grzywacz, J. G., & Marks, N. F. (2000). Family, work, work-family spillover, and problem drinking during midlife. *Journal of Marriage and Family*, 62, 336-348.

Grzywacz, J. G., & Marks, N. F. (2000). Reconceptualizing the work-family interface: An Ecological perspective on the correlates of positive and negative spillover between work and family. *Journal of Occupational Health Psychology*, 5, 111-126.

**Notes:** None.

## **JOB CHARACTERISTICS**

### **Scales/Items:**

#### **Skill Discretion [J1SJCS D]:**

Items: 3 items - Survey Questionnaire, Section E, Question 15 (b, c, i).

E15b. "How often do you learn new things at work?"

E15c. "How often does your work demand a high level of skill or expertise?"

E15i. "How often does your job provide you with a variety of things that interest you?"

#### **Decision Authority [J1SJCD A] :**

Items: 6 items - Survey Questionnaire, Section E, Question 15 (d, e, f, g, h) and Question 16 (b).

E15d. "On your job, how often do you have to initiate things -- such as coming up with your own ideas, or figuring out on your own what needs to be done?"

E15e. "How often do you have a choice in deciding how you do your tasks at work?"

E15f. "How often do you have a choice in deciding what tasks you do at work?"

E15g. "How often do you have a say in decisions about your work?"

E15h. "How often do you have a say in planning your work environment -- that is, how your workplace is arranged or how things are organized?"

E16b. "(How often) you control the amount of time you spend on tasks."

#### **Demands Scale [J1SJCD S] :**

Items: 5 items - Survey Questionnaire, Section E, Question 15 (a, j) and Question 16 (a, c, d).

E15a. "How often do you have to work very intensively -- that is, you are very busy trying to get things done?"

E15j. "How often do different people or groups at work demand things from you that you think are hard to combine?"

E16a. "(How often) you have too many demands made on you."

E16c. "(How often) you have enough time to get everything done." (R)

E16d. "(How often) you have a lot of interruption."

#### **Coworker Support [J1SJCC S]:**

Items: 2 items - Survey Questionnaire, Section E, Question 17 (a, b).

E17a. "How often do you get help and support from your coworkers?"

E17b. "How often are your coworkers willing to listen to your work-related problems?"



### **Supervisor Support [J1SJCSS]:**

Items: 3 items - Survey Questionnaire, Section E, Question 17 (c, d, e).

E17c. "How often do you get the information you need from your supervisor or superiors?"

E17d. "How often do you get help and support from your immediate supervisor?"

E17e. "How often is your immediate supervisor willing to listen to your work-related problems?"

Coding: 1 None of the time; 2 A little of the time; 3 Some of the time; 4 Most of the time; 5 All of the time.

Scaling: The scales are constructed by calculating the **sum** of the items in each scale. Items marked with (R) were recoded so that high scores reflect higher standing in each scale.

Missing Values: For an item with a missing value, the mean value of completed items is imputed. The scales are computed for cases that have valid values for **at least half of** the items on the particular scale.

### **MIDUS Information:**

MIDUS I variable names:

**Skill Discretion [A1SJCS D]\***

**Decision Authority [A1SJCD A]\***

**Demand Scale [A1SJCD S]\***

**Coworker Support [A1JCC S]\***

**Supervisor Support [A1JC S S]\***

MIDUS II Project 1 scale & variable names:

**Skill Discretion [B1SJCS D]**

**Decision Authority [B1SJCD A]**

**Demand Scale [B1SJCD S]**

**Coworker Support [B1JCC S]**

**Supervisor Support [B1JC S S]**

Coding : MIDJA codes (above) are in the opposite direction of those used in MIDUS (below)

1 All of the time; 2 Most of the time; 3 Sometimes; 4 Rarely; 5 Never.

Scaling: Items were reverse coded, as appropriate, so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

\*The scale scores [A1SJCS D], [A1SJCD A], [A1SJCD S], [A1JCC S], [A1JC S S] are not currently

included in the MIDUS I public dataset but items comprising the scale are available, thus interested users can construct this scale if desired. These variables will be included in the next update of the public dataset.

**Additional Variables:** Section E, Question 15k was added to provide additional depth in assessing job characteristics. The following item was added to MIDUS II to assess the extent to which respondents experience “flow” which is linked to job satisfaction and well-being (Csikszentmihalyi, 1999):

15k. “How often do you get so involved in your work that you forget about everything else, even the time?”

**Psychometrics:**

| Scale    | Alpha | Mean  | Std. dev |
|----------|-------|-------|----------|
| J1SJCS D | .775  | 8.94  | 2.73     |
| J1SJCD A | .882  | 19.83 | 5.42     |
| J1SJCD S | .759  | 13.32 | 3.73     |
| J1SJCC S | .771  | 5.64  | 1.86     |
| J1SJCC S | .898  | 8.02  | 3.03     |

**References:**

**Source(s):**

- Bosma, H. & Marmot, M. G. (1997). Low job control and risk of coronary heart disease in Whitehall ii (prospective cohort) study. *British Medical Journal*, 314;7080,
- Karasek, R. A., & Theorell, T. (1990). *Healthy work: Stress, productivity, and the reconstruction of working life*. New York: Basic Books.
- Karasek, R. A., Baker, D., Marxer, F., Ahlbom, A., & Theorell, T. (1981). Job decision latitude, job demands and cardiovascular disease: a prospective study of Swedish men. *American Journal of Public Health* ,71: 694-705.
- Schwartz, J., Pieper, C., & Karasek, R. A. (1988). A procedure for linking job characteristics to health surveys. *American Journal of Public Health*. 78, 904-909.

**Additional References:**

- Csikszentmihalyi M. (1999) If we are so rich, why aren't we happy? *American Psychologist*. 1999;54:821–27.

Studies using the scales:

- Earle, A., & Heymann, S. J. (2004). Work, family, and social class. In O. G. Brim, C. D. Ryff & R. C. Kessler (Eds.), *How healthy are we?: A national study of well-being at midlife*. (pp. 485 - 513). Chicago: Univ. of Chicago Press.
- Ettner, S. L. (2000). The relationship between labor market outcomes and physical and mental health; Exogenous human capital or endogenous health production? *Research in Human Capital and Development*, 13, 1-31.
- Ettner, S. L., & Gryzwacz, J. S. (2001). Worker's perception of how jobs affect health: A Social ecological perspective. *Journal of Occupational Health Psychology*, 6, 101-113.
- Grzywacz, J. G., & Marks, N. F. (2000). Reconceptualizing the work-family interface: An Ecological perspective on the correlates of positive and negative spillover between work and family. *Journal of Occupational Health Psychology*, 5, 111-126.
- Grzywacz, J. G., & Marks, N. F. (2000). Family, work, work-family spillover, and problem drinking during midlife. *Journal of Marriage and Family*, 62, 336-348.
- Lachman, M. E., & Prenda Firth, K. M. (2004). The adaptive value of feeling in control during midlife. In O. G. Brim, C. D. Ryff & R. C. Kessler (Eds.), *How healthy are we?: A national study of well-being at midlife*. (pp. 320 - 349). Chicago: Univ. of Chicago Press.
- Lachman, M. E., & Weaver, S. L. (1998). Sociodemographic variations in the sense of control by domain: Findings from the MacArthur Studies of Midlife. *Psychology and Aging*, 13, 4, 553-562.
- Rossi, A. S. (2004). The menopausal transition and aging processes. In O. G. Brim, C. D. Ryff & R. C. Kessler (Eds.), *How healthy are we?: A national study of well-being at midlife*. (pp. 153 - 201). Chicago: Univ. of Chicago Press.

**Notes:** None.

## PERCEIVED INEQUALITY IN WORK

### Scales/Items:

#### **Perceived inequality in work [J1SPIWOR] :**

Items: 6 items - Survey Questionnaire, Section E; Questions 18 (a – f).

- a. "I feel cheated about the chances I have had to work at good jobs."
- b. "When I think about the work I do on my job, I feel a good deal of pride." (R)
- c. "I feel that others respect the work I do on my job." (R)
- d. "Most people have more rewarding jobs than I do."
- e. "When it comes to my work life, I've had opportunities that are as good as most people's." (R)
- f. "It makes me discouraged that other people have much better jobs than I do."

Coding: 1 Not at all; 2 A little; 3 Some; 4 A lot

Scaling: The scale is constructed by calculating the **mean** of six items. Items marked with (R) were reverse-coded so that high scores reflect higher standing in the scale.

Missing Values: The scale is computed for cases that had valid values for **at least one** item on the scale.

### MIDUS Information:

MIDUS I scale & variable names : **Perceived Inequality in Work [A1SPIWOR]**

MIDUS II Project 1 scale & variable names: **Perceived Inequality in Work [B1SPIWOR]**

Coding: MIDJA codes (above) are in the opposite direction of those used in MIDUS (below)

1 A Lot; 2 A Little; 3 Some; 4 Not at all

Scaling: Items were reverse coded, as appropriate, so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

**Additional Variables:** All available items used in scale construction.

### Psychometrics:

| Scale    | Alpha | Mean | Std. dev |
|----------|-------|------|----------|
| J1SPIWOR | .679  | 2.10 | .49      |

**References:**

**Source(s):**

Corey L. M. Keyes.

**Additional References:** None

**Studies using the scales:**

Ryff, C. D., Magee, W. J., Kling, K. C., & Wing, E. H. (1999). Forging macro-micro linkages in the study of psychological well-being. In C.D. Ryff & V.W. Marshall (Eds.), *The self and society in aging processes* (pp.247-278). New York: Springer Publishing.

**Notes:** None.

## SENSE OF CONTROL

### Scales/Items:

#### **Personal Mastery [J1SMASTE] :**

Items: 4 items - Survey Questionnaire, Section G, Question 1 (c, f, h, l)

- c. "I can do just about anything I really set my mind to."
- f. "When I really want to do something, I usually find a way to succeed at it."
- h. "Whether or not I am able to get what I want is in my own hands."
- l. "What happens to me in the future mostly depends on me."

#### **Perceived Constraints [J1SCONST] :**

Items: 8 items - Survey Questionnaire, Section G, Question 1 (a, b, d, e, g, i, j, k)

- a. "There is little I can do to change the important things in my life."
- b. "I often feel helpless in dealing with the problems of life."
- d. "Other people determine most of what I can and cannot do."
- e. "What happens in my life is often beyond my control."
- g. "There are many things that interfere with what I want to do."
- i. "I have little control over the things that happen to me."
- j. "There is really no way I can solve the problems I have."
- k. "I sometimes feel I am being pushed around in my life."

Coding: 1 Strongly disagree; 2 Somewhat disagree; 3 A little disagree; 4 Neither agree or disagree;  
5 A little agree; 6 Somewhat agree; 7 Strongly agree.

Scaling: Scales are constructed by calculating the **mean** across each set of items.

#### **Perceived Control [J1SCTRL]:**

Items: 12-item scale combining the 4 "personal mastery" items and the 8 "perceived constraints" items.

Scaling: [J1SCTRL] is constructed by calculating the **mean** of the 12 items. Items from "perceived constraints" were reverse-coded so that higher scores represent higher levels of the overall perceived control.

Missing Values: Across all the above scales, scores are computed for cases that have valid values for **at least half of** the items on the particular scale. Scale scores are not calculated for cases with fewer than half of the items on the scales, and coded as "8" for "NOT CALCULATED (Due to

missing data).”

### **MIDUS Information:**

MIDUS I scale & variable names: **Personal Mastery [A1SMASTE]**

**Perceived Constraints [A1SCONST]**

**Sense of Control [A1SCTRL]\***

MIDUS II Project 1 scale & variable names: **Personal Mastery [B1SMASTE]**

**Perceived Constraints [B1SCONST]**

**Sense of Control [B1SCTRL]**

Coding: MIDJA codes (above) are in the opposite direction of those used in MIDUS (below)

1 Strongly agree; 2 Somewhat agree; 3 A little agree; 4 Neither agree or disagree;

5 A little disagree; 6 Somewhat disagree; 7 Strongly disagree.

Scaling: All items were reverse coded so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

\*The scale scores [A1SCTRL] is not currently included in the MIDUS I public dataset but items comprising the scale are available, thus interested users can construct this scale if desired. This variable will be included in the next update of the public dataset.

**Additional Variables:** All available items used in scale construction.

### **Psychometrics:**

| Scale    | Alpha | Mean | Std. dev |
|----------|-------|------|----------|
| J1SMASTE | .700  | 4.71 | 1.00     |
| J1SCONST | .812  | 3.37 | .95      |
| J1SCTRL  | .808  | 4.66 | .80      |

### **References:**

#### **Source(s):**

Lachman, M. E., & Weaver, S. L. (1998a). The sense of control as a moderator of social class differences in health and well-being. *Journal of Personality and Social Psychology*, 74, 763-773.

#### **Additional References:**

Bandura, A. (1977). *Self-efficacy: The exercise of control*. New York: Freeman.

Lachman, M. E. (1986). Locus of control and aging research: A case for multidimensional and domain-

specific assessment. *Psychology and Aging*, 1, 34-40.

Pearlin, L. I., & Schooler, C. (1978). The structure of coping. *Journal of Health and Social Behavior* 19, 2-21.

Skinner, E. A. (1996). A guide to constructs of control. *Journal of Personality and Social Psychology*, 71, 549-570.

#### Studies using the scales:

Ettner, S. L. & Gryzywacz, J. S. (2001). Worker's perception of how jobs affect health: A Social ecological perspective. *Journal of Occupational Health Psychology*, 6, 101-113.

Lachman, M. E., & Prenda Firth, K. M. (2004). The adaptive value of feeling in control during midlife. In O. G. Brim, C. D. Ryff & R. C. Kessler (Eds.), *How healthy are we?: A national study of well-being at midlife*. (pp. 320 - 349). Chicago: Univ. of Chicago Press.

Lachman, M. E., & Weaver, S. L. (1998b). Sociodemographic variations in the sense of control by domain: Findings from the MacArthur Studies of Midlife. *Psychology and Aging*, 13, 553-562.

Prenda, K. M., & Lachman, M. E. (2001). Planning for the future: A life management strategy for increasing control and life satisfaction in adulthood. *Psychology and Aging*, 16, 206-216.

Soederberg Miller, L. M. & Lachman, M. E. (2000). Cognitive performance and the role of control beliefs in midlife. *Aging, Neuropsychology, and Cognition*, 7: 69-85.

#### Notes:

- The mastery items consist of 2 items (h, and l) from Pearlin and Schooler's (1978) Mastery Scale, and 2 items (c, and f) created by Lachman and Weaver (1998).
- The perceived constraints scale consists of 5 items (a, b, i, j, and k) from Pearlin and Schooler's Mastery Scale, and 3 items (d, e, and g) created by Lachman and Weaver (1998).
- The sense of control was operationalized with two dimensions: personal mastery and perceived constraints. Personal mastery refers to one's sense of efficacy or effectiveness in carrying out goals. Perceived constraints indicates to what extent one believes there are obstacles or factors beyond one's control that interfere with reaching goals. These dimensions are consistent with Skinner's (1996) two-fold conceptualization of control as comprised of competence and contingency. Some researchers have advocated the use of domain-specific measures of control to maximize the likelihood of finding relationships in a given domain (e.g., Bandura, 1997; Lachman, 1986), however, because there were multiple domains in the study (health and psychological well-being), the use of generalized control measures was deemed more appropriate. Moreover, if the relationships with health and well-being were found by using the generalized measures, this would be even more compelling than with domain-specific measures.



## SELF-ESTEEM

### Scales/Items:

#### **Self-Esteem [J1SESTEE]:**

Items: 7 items - Survey Questionnaire, Section G, Question 1 (m - s)

- m. "I am no better and no worse than others." (R)
- n. "I take a positive attitude toward myself."
- o. "At times I feel that I am no good at all." (R)
- p. "I am able to do things as well as most people."
- q. "I wish I could have more respect for myself." (R)
- r. "On the whole, I am satisfied with myself."
- s. "I certainly feel useless at times." (R)

Coding: 1 Strongly disagree; 2 Somewhat disagree; 3 A little disagree; 4 Neither agree or disagree; 5 A little agree; 6 Somewhat agree; 7 Strongly agree.

Scaling: [J1SESTEE] is constructed by calculating the **sum** of the values of the items in each scale. Items marked with (R) were reverse-coded so that high scores reflect higher standing in the scale.

Missing Values: For an item with a missing value, the mean value of completed items is imputed. The scale is computed for cases that had valid values for **at least four** items on the scale.

### MIDUS Information:

MIDUS II Project 1 scale & variable names: **Self-Esteem [B1SESTEE]**

Coding: MIDJA codes (above) are in the opposite direction of those used in MIDUS (below)  
1 Strongly agree; 2 Somewhat agree; 3 A little agree; 4 Neither agree or disagree; 5 A little disagree; 6 Somewhat disagree; 7 Strongly disagree.

Scaling: Items were reverse coded, as appropriate, so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

**Additional Variables:** All available items used in scale construction.

### Psychometrics:

| Scale    | Alpha | Mean  | Std. dev |
|----------|-------|-------|----------|
| J1SESTEE | .664  | 31.02 | 5.58     |

**References:**

**Source(s):**

Rosenberg, M. (1965). *Society and the adolescent self-image*. Princeton, NJ: Princeton Univ. Press.

**Additional References:** None

**Studies using the scales:** None

**Notes:** None.

## LIFE ORIENTATION TEST

### Scales/Items:

#### **Optimism [J1SOPTIM] :**

Items: 3 items - Survey Questionnaire, Section G; Questions 2 (a, c, f)

- a. "In uncertain times, I usually expect the best."
- c. "I'm always optimistic about my future."
- f. "I expect more good things to happen to me than bad."

#### **Pessimism [J1SPESSI] :**

Items: 3 items - Survey Questionnaire, Section G; Questions 2 (b, d, e)

- b. "If something can go wrong for me, it will."
- d. "I hardly ever expect things to go my way."
- e. "I rarely count on good things happening to me."

Coding: 1 A lot disagree; 2 A little disagree; 3 Neither agree or disagree; 4 A little agree; 5 A lot agree.

Scaling: The scales are constructed by calculating the **sum** of the values of the items in each scale.

Missing Values: For an item with a missing value, the mean value of completed items is imputed. Scales are computed for cases that have valid values for **at least two** items on the particular scale.

#### **Optimism Overall [J1SORIEN] :**

Items: 6-item scale combining the 3 "optimism" items and the 3 "pessimism" items.

Scaling: [J1SORIEN] is constructed by calculating the **sum** of the 6 items. Items from "Pessimism" were reverse-coded so that higher scores represent higher levels of optimism.

Missing Values: For an item with a missing value, the mean value of completed items is imputed. The scale is computed for cases that have valid values for **at least three** items on the scale.

### MIDUS Information:

MIDUS II Project 1 scale & variable names:

**Optimism [B1SOPTIM]**

**Pessimism [B1SPESSI]**

### **Overall Optimism [B1SORIEN]**

Coding: MIDJA codes (above) are in the opposite direction of those used in MIDUS (below)

1 A lot agree; 2 A little agree; 3 Neither agree or disagree; 4 A little disagree; 5 A lot disagree.

Scaling: All items were reverse coded so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

**Additional Variables:** All available items used in scale construction.

### **Psychometrics:**

| Scale    | Alpha | Mean  | Std. dev |
|----------|-------|-------|----------|
| J1SOPTIM | .578  | 10.00 | 2.22     |
| J1SPESSI | .505  | 8.60  | 2.20     |
| J1SORIEN | .626  | 19.40 | 3.59     |

### **References:**

#### **Source(s):**

Scheier, M. F. & Carver, C. S. (1985). Optimism, coping and health: Assessment and implications of generalized outcome expectancies. *Health Psychology*, 4, 219-247.

Scheier, M. F., Carver, C. S. & Bridges, M. W. (1994). Distinguishing optimism from neuroticism (and trait anxiety, self-mastery, and self-esteem): A reevaluation of the life orientation test. *Journal of Personality and Social Psychology*. 67, 6, 1063-1078.

Schulz, R., Bookwala, J.; Knapp, J. E., Scheier, M. & Williamson, Gail M Pessimism, Age, and Cancer Mortality; Source: *Psychology and Aging*. Vol. 11 (2) June 1996, pp. 304-309.

**Additional References:** None

**Studies using the scales:** None

**Notes:** None

## PRIMARY AND SECONDARY CONTROL (MIDUS-I scales)

### **Scales/Items:**

#### **Primary Control (Persistence in Goal Striving) [J1SPERSIS] :**

Items: 5 items - Survey Questionnaire, Section G, Question 3 (a, b, g, j, k)

- a. "When things don't go according to my plans, my motto is, 'Where there's a will, there's a way'."
- b. "When faced with a bad situation, I do what I can do to change it for the better."
- g. "Even when I feel I have too much to do, I find a way to get it all done."
- j. "When I encounter problems, I don't give up until I solve them."
- k. "I rarely give up on something I am doing, even when things get tough."

#### **Secondary Control (Positive Reappraisals) [J1SREAPP] :**

Items: 4 items - Survey Questionnaire, Section G, Question 3 (e, h, m, n)

- e. "I find I usually learn something meaningful from a difficult situation."
- h. "When I am faced with a bad situation, it helps to find a different way of looking at things."
- m. "Even when everything seems to be going wrong, I can usually find a bright side to the situation."
- n. "I can find something positive, even in the worst situations."

#### **Secondary Control (Lowering Aspirations) [J1SCHANG] :**

Items: 5 items - Survey Questionnaire, Section G, Question 3 (c, d, f, i, l)

- c. "When my expectations are not being met, I lower my expectations."
- d. "To avoid disappointments, I don't set my goals too high."
- f. "I feel relieved when I let go of some of my responsibilities."
- i. "I often remind myself that I can't do everything."
- l. "When I can't get what I want, I assume my goals must be unrealistic."

Coding: 1 Not at all; 2 A little; 3 Some; 4 A lot.

Scaling: The scales are constructed by calculating the **mean** across each set of items.

Missing Values: The scales are computed for cases that have valid values for **at least half of** the items on the particular scale.

**MIDUS Information:**

MIDUS I scale & variable names :

**Persist in Goal Striving (Primary Control) [A1SPERSI]**

**Positive Reappraisal (Secondary Control) [A1SREAPP]**

**Lower Aspirations (Secondary Control) [A1SCHANG]**

MIDUS II Project 1 scale & variable names:

**Persist in Goal Striving (Primary Control) [B1SPERSI]**

**Positive Reappraisal (Secondary Control) [B1SREAPP]**

**Lower Aspirations (Secondary Control) [B1SCHANG]**

Coding: MIDJA codes (above) are in the opposite direction of those used in MIDUS (below)

1 A lot; 2 Some; 3 A little; 4 Not at all.

Scaling: All items were reverse coded so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

**Additional Variables:** None

**Psychometrics:**

| Scale     | Alpha | Mean | Std. dev |
|-----------|-------|------|----------|
| J1SPERSIS | .817  | 2.60 | .65      |
| J1SREAPP  | .811  | 2.64 | .67      |
| J1SCHANG  | .680  | 2.35 | .56      |

**References:****Source(s):**

Wrosch, C., Heckhausen, J., & Lachman, M. E. (2000). Primary and secondary control strategies for managing health and financial stress across adulthood. *Psychology and Aging*, 15, 3, 1-13.

**Additional References:** None

**Studies using the scales:** None

**Notes:** None

## PRIMARY AND SECONDARY CONTROL (MIDUS-II scales)

### **Scales/Items:**

#### **Selective Primary Control [J1SSPCTR]:**

Items: 5 items - Survey Questionnaire, Section G, Question 3(a, b, g, j, k)

- a. "When things don't go according to my plans, my motto is, 'Where there's a will, there's a way'."
- b. "When faced with a bad situation, I do what I can do to change it for the better."
- g. "Even when I feel I have too much to do, I find a way to get it all done."
- j. "When I encounter problems, I don't give up until I solve them."
- k. "I rarely give up on something I am doing, even when things get tough."

#### **Compensatory Primary Control [J1SCPCTR] :**

Items: 5 items - Survey Questionnaire, Section G, Question 3(o, p, q, r, s)

- o. "I don't like to ask others for help unless I have to." (R)
- p. "Asking others for help comes naturally for me."
- q. "When I cannot solve a problem by myself, I ask others for help."
- r. "When obstacles get in my way, I try to get help from others."
- s. "When difficulties become too great I ask others for advice."

#### **Compensatory Secondary Control – Adjustment of Goals [J1SCSCAG] :**

Items: 3 items - Survey Questionnaire, Section G, Question 3(c, d, f)

- c. "When my expectations are not being met, I lower my expectations."
- d. "To avoid disappointments, I don't set my goals too high."
- f. "I feel relieved when I let go of some of my responsibilities."

Coding: 1 Not at all; 2 A little; 3 Some; 4 A lot.

Scaling: Scales are constructed by calculating the **mean** of the values of the items in each scale. Items marked with (R) were reverse-coded so that high scores reflect higher standing in each dimension.

Missing Values: The scales are computed for cases that have valid values for **at least half of** the items on the particular scale.

**MIDUS Information:**

MIDUS II Project 1 scale & variable names:

**Selective Primary Control [B1SSPCTR]**

**Compensatory Primary Control [B1SCPCTR]**

**Adjustment of Goals (Compensatory Secondary Control) [B1SCSCAG]**

Coding: MIDJA codes (above) are in the opposite direction of those used in MIDUS (below)

1 A lot; 2 Some; 3 A little; 4 Not at all.

Scaling: All items were reverse coded so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

**Additional Variables:** None

**Psychometrics:**

| Scale    | Alpha | Mean | Std. dev |
|----------|-------|------|----------|
| J1SSPCTR | .817  | 2.60 | .65      |
| J1SCPCTR | .617  | 2.30 | .63      |
| J1SCSCAG | .602  | 2.40 | .62      |

**References:****Source(s):**

- Wrosch, C., Heckhausen, J., & Lachman, M. E. (2000). Primary and secondary control strategies for managing health and financial stress across adulthood. *Psychology and Aging, 15*, 3, 1-13.
- Heckhausen, J., & Schulz, R. (1993). Optimization by selection and compensation: Balancing primary and secondary control in life-span development. *International Journal of Behavioral Development, 16*, 287-303.
- Heckhausen, J., & Schulz, R. (1995). A life-span theory of control. *Psychological Review, 102*, 284-304.
- Heckhausen, J., Schulz, R., & Wrosch, C. (1998). Developmental regulation in adulthood: Optimization in primary and secondary control a multiscale questionnaire. *Technical Report*, Max Planck Institute for Human Development and Education, Berlin.

**Additional References:** None

**Studies using the scales:** None

**Notes:** None



## SEEKING SOCIAL SUPPORT

### **Scales/Items**

#### **Self-Sufficiency [J1SSUFFI] :**

Items: 2 items - Survey Questionnaire, Section G; Questions 3 (o, p).

o. "I don't like to ask others for help unless I have to." (R)

p. "Asking others for help comes naturally for me."

Coding: 1 Not at all; 2 A little; 3 Some; 4 A lot.

Scaling: The scale is constructed by calculating the **mean** of the values of the items. Items marked with (R) were reverse-coded so that high scores reflect higher standing on the scale.

Missing Values: The scale is computed for cases that had valid values for **at least one** item on the scale.

#### **MIDUS Information:**

MIDUS I scale & variable names: **Seeking Social Support [A1SSUFFI]**

MIDUS II Project 1 scale & variable names: **Seeking Social Support [B1SSUFFI]**

\* The MIDUS II Self-Sufficiency scale has 2 fewer items compare to MIDUS I. These two items was removed at Time 2 to make room for items related to Primary and Secondary Control.

Coding: MIDJA codes (above) are in the opposite direction of those used in MIDUS (below)

1 A lot; 2 Some; 3 A little; 4 Not at all.

Scaling: Items were reverse coded, as appropriate, so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

**Additional Variables:** All available items used in scale construction.

#### **Psychometrics:**

| Scale    | Alpha | Mean | Std. dev |
|----------|-------|------|----------|
| J1SSUFFI | .435  | 2.15 | .75      |

#### **References:**

Source(s):

Lachman, M. E., & Weaver, S. L.

Additional References: None

Studies using the scales: None

**Notes**: None.

## SINGELIS SELF-CONSTRUAL SCALE

### **Scales/Items:**

#### **Interdependence (Project 1, 3-item version) [J1SINTER]:**

Items: 3 items - Survey Questionnaire, Section G, Question 4 (s, t, v)

- s. "My happiness depends on the happiness of those around me."
- t. "I often have the feeling that my relationships with others are more important than my own accomplishments."
- \*v. "It is important to listen to others' opinions."

#### **Interdependence (Project 4, 10-item version) [J1SSC\_IT]:**

Items: 10 items- Survey Questionnaire, Section G, Question 4 (a, c, g, i, j, l, m, n, o, v)

The following questions are about the ways you generally interact with others, including your sense of obligation towards others. Please circle the number that corresponds to how much you agree or disagree with the following statements.

- a. "I have respect for the authority figures with whom I interact."
- c. "It is important for me to maintain harmony or smooth relationships within my group."
- g. "I respect people who are modest about themselves."
- i. "I will sacrifice my self-interest for the benefit of the group I am in."
- j. "I should take into consideration others' advice when making work or family plans."
- l. "It is important to me to respect decisions made by the group."
- m. "I will stay in a group if they need me, even when I'm not happy with the group."
- n. "If people in my family fail, I feel responsible."
- o. "Even when I strongly disagree with group members, I avoid an argument."
- \*v. "It is important to listen to others' opinions."

#### **Interdependence (12-item version) [J1SJINTR] – New at MIDJA**

Items: 12 items- Survey Questionnaire, Section G, Question 4 (a, c, g, i, j, l, m, n, o, s, t, v)

The following questions are about the ways you generally interact with others, including your sense of obligation towards others. Please circle the number that corresponds to how much you agree or disagree with the following statements.

- a. "I have respect for the authority figures with whom I interact."
- c. "It is important for me to maintain harmony or smooth relationships within my group."
- g. "I respect people who are modest about themselves."
- i. "I will sacrifice my self-interest for the benefit of the group I am in."

- j. "I should take into consideration others' advice when making work or family plans."
- l. "It is important to me to respect decisions made by the group."
- m. "I will stay in a group if they need me, even when I'm not happy with the group."
- n. "If people in my family fail, I feel responsible."
- o. "Even when I strongly disagree with group members, I avoid an argument."
- s. "My happiness depends on the happiness of those around me."
- t. "I often have the feeling that my relationships with others are more important than my own accomplishments."
- \*v. "It is important to listen to others' opinions."

\* This item adds the dimension "idea generation" to the original interdependence self-construal subscale. It was recommended for inclusion in MIDUS by Hazel Markus based on personal communication with Ted Singelis.

Coding: 1 Strongly disagree; 2 Disagree; 3 Slightly disagree; 4 Neutral; 5 Slightly Agree; 6 Agree; 7 Strongly Agree

Scaling: The scales were constructed by computing the **mean**.

Missing Values: Scale scores were not constructed for cases having more than 1 missing values. Mean substitution was used for cases having one missing value.

#### **Independence (Project 1, 3-item version) [J1SINDEP]:**

Items: 3 items - Survey Questionnaire, Section G, Question 4 (q, r, u)

- q. "I act in the same way no matter who I am with."
- r. "I enjoy being unique and different from others in many respects."
- u. "Being able to take care of myself is a primary concern for me."

#### **Independence (Project 4, 7-item version) [J1SSC\_ID]:**

Items: 7 items- Survey Questionnaire, Section G, Question 4 (b, d, e, f, h, k, p)

The following questions are about the ways you generally interact with others, including your sense of obligation towards others. Please circle the number that corresponds to how much you agree or disagree with the following statements.

- b. "I'd rather say "NO" directly, than risk being misunderstood."
- d. "Speaking up is not a problem for me."
- e. "Having a lively imagination is important to me."
- f. "I am comfortable with being singled out for praise or rewards."
- h. "I am the same person at home that I am at work or in other social settings."
- k. "I prefer to be direct and forthright when dealing with people I've just met."

\*p. “It is important to have my own ideas.”

### **Independence (10-item version) [J1SJINDP]: New at MIDJA**

Items: 7 items- Survey Questionnaire, Section G, Question 4 (b, d, e, f, h, k, p, q, r, u)

The following questions are about the ways you generally interact with others, including your sense of obligation towards others. Please circle the number that corresponds to how much you agree or disagree with the following statements.

- b. “I’d rather say “NO” directly, than risk being misunderstood.”
- d. “Speaking up is not a problem for me.”
- e. “Having a lively imagination is important to me.”
- f. “I am comfortable with being singled out for praise or rewards.”
- h. “I am the same person at home that I am at work or in other social settings.”
- k. “I prefer to be direct and forthright when dealing with people I’ve just met.”
- \*p. “It is important to have my own ideas.”
- q. “I act in the same way no matter who I am with.”
- r. “I enjoy being unique and different from others in many respects.”
- u. “Being able to take care of myself is a primary concern for me.”

\* This item adds the dimension “idea generation” to the original independence self-construal subscale. It was recommended for inclusion in MIDUS by Hazel Markus based on personal communication with Ted Singelis.

Coding: 1 Strongly disagree; 2 Somewhat disagree; 3 A little disagree; 4 Neither agree or disagree; 5 A little agree; 6 Somewhat agree; 7 Strongly agree.

Scaling: The scales are constructed by calculating the **mean** of the values of the items in each scale.

Missing Values: For an item with a missing value, the mean value of completed items is imputed. The scales are computed for cases that have 0 or 1 missing item.

### **MIDUS Information:**

MIDUS II Project 1 scale & variable names:

**Interdependence [B1SINTER]**

**Independence [B1SINDEP]**

MIDUS II Project 4 scale & variable names:

**Interdependence [B4QSC\_IT]**

**Independence [B4QSC\_ID]**

Coding: Items (a) to (pp) have the same coding as in MIDUS Project 4; Items (q) to (v) are in the opposite direction of those used in MIDUS Project 1(below):

1 Strongly agree; 2 Somewhat agree; 3 A little agree; 4 Neither agree or disagree; 5 A little disagree; 6 Somewhat disagree; 7 Strongly disagree.

Scaling: All items were reverse coded so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

**Additional Variables:** All available items used in scale construction.

**Psychometrics:**

| Scale    | Alpha | Mean | Std. dev |
|----------|-------|------|----------|
| J1SINTER | .540  | 5.04 | .85      |
| J1SINDEP | .485  | 4.83 | .91      |
| J1SSC_IT | .722  | 4.75 | .67      |
| J1SSC_ID | .661  | 4.66 | .76      |
| J1SJINTR | .758  | 4.73 | .65      |
| J1SJINDP | .753  | 4.71 | .73      |

**References:**

**Source(s):**

Singelis, T. M. (1994). The measurement of independent and interdependent self-construals.

*Personality and Social Psychology Bulletin*, 20, 580-591.

**Additional References:** None

**Studies using the scales:** None

**Notes:**

- The 12-item Interdependence scale and the 10-item Independence scale scores are not constructed in MIDUS. Although all the items are available in MIDUS, they were included in 2 different instruments administered at different points in time. In addition, many items are only available for the subset of people who completed MIDUS Project 4. Users are free to apply their own protocols to construct the new long versions of these scales.

## SYMPATHY SCALE

**Note:** throughout the following “R” indicates item is reverse coded before constructing the scale score.

### Scales/Items:

#### **Sympathy [J1SSYMP]:**

Items: 4 items- Survey Questionnaire, Section G, Question 5 (a-d)

The following questions are about how your views of yourself are linked to your relations with others. Please circle the number that corresponds to how much you agree or disagree with the following statements.

- a. “Even when things are going well for me, I can’t be happy if I have a friend who is in trouble.”
- b. “I am moved when I hear of another person’s hardship.”
- c. “I think nothing is more important than to be sympathetic to others.”
- d. “My sympathy has its limits.”(R)

Coding: 1 Strongly disagree; 2 Disagree; 3 Slightly disagree; 4 Neutral; 5 Slightly Agree; 6 Agree; 7 Strongly Agree

Scaling: Scale scores are created by taking the **mean** of the items. Items marked with (R) were reverse-coded so that high scores reflect higher standing in the scale.

Missing Values: For an item with a missing value, the mean value of completed items is imputed. The scales are only computed for cases that have 0 or 1 missing item.

### MIDUS Information:

MIDUS II Project 1 scale & variable names: **Sympathy Scale [B1SSYMP]**

MIDUS II Project 4 scale & variable names: **Sympathy Scale [B4QSYMP]**

Coding: Items (above) are coded in the same direction as those in MIDUS Project 4, but are in the opposite direction of those used in MIDUS Project 1(below):

1 Strongly agree; 2 Somewhat agree; 3 A little agree; 4 Neither agree or disagree; 5 A little disagree; 6 Somewhat disagree; 7 Strongly disagree.

Scaling: Items were reverse coded, as appropriate, so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

**Additional Variables:** Section G, Question 5j was added to this set of questions in MIDJA as an indicator of community involvement:

5j. “It is important for me to try to help people I know well.”

**Psychometrics:**

| Scale   | Alpha | Mean | Std. dev |
|---------|-------|------|----------|
| J1SSYMP | .511  | 4.72 | .72      |

**References:****Source(s):**

Uchida, Y., & Kitayama, S. (2001). Development and validation of a sympathy scale. *Japanese Journal of Psychology*, 72 , 275-282.

Uchida, Y. & Kitayama, S. (2001). The Japanese self and mutually sympathetic relationship: Measurement of sympathetic tendencies. Unpublished paper.

**Additional References:** None

**Studies using the scales:** None

**Notes:** None.

## ADJUSTMENT SCALE

### Scales/Items:

#### **Adjustment [J1SADJ]:**

Items: 5 items- Survey Questionnaire, Section G, Question 5 (e-i).

The following questions are about how your views of yourself are linked to your relations with others. Please circle the number that corresponds to how much you agree or disagree with the following statements.

- e. "I usually follow the opinions of people I can respect."
- f. When many people have an opinion different from mine, I can adjust mine to theirs."
- g. When values held by others sound more reasonable, I can adjust my values to theirs."
- h. Once something has happened, I try to adjust myself to it because it is difficult to change it myself."
- i. It is useless to try to change what is going to happen in life because it is impossible to predict it."

Coding: 1 Strongly disagree; 2 Disagree; 3 Slightly disagree; 4 Neutral; 5 Slightly Agree; 6 Agree; 7 Strongly Agree

Scaling: The scales were constructed by computing the **mean** across all items.

Missing Values: Scales scores were not constructed for cases have more than 1 missing value. Mean substitution was used for cases having only one missing value.

### MIDUS Information:

MIDUS II Project 4 scale & variable names: **Adjustment Scale [B4QADJ]**

Coding, scaling and missing values are the same in MIDUS and MIDJA.

**Additional Variables:** Section G, Question 5j was added to this set of questions in MIDJA as an indicator of community involvement:

5j. "It is important for me to try to help people I know well."

### Psychometrics:

| Scale  | Alpha | Mean | Std. dev |
|--------|-------|------|----------|
| J1SADJ | .632  | 4.44 | .79      |



**References:**

**Source(s):**

Markus, H. R., & Kitayama, S. (2004). Models of agency: Sociocultural diversity in the construction of action. In V. Murphy-Berman & J. Berman (Eds.), *The 49th Annual Nebraska Symposium for Motivation: Cross-Cultural Differences in Perspectives on Self*. (pp. 1-57).

Kitayama, S., Karasawa, M., Curhan, K. B., Ryff, C., & Markus, H. R. (2006). Independence, Interdependence, and Well-Being: Divergent Patterns in the United States and Japan. Paper under review.

**Additional References:** None

**Studies using the scales:** None

**Notes:** None

## PERSONALITY TRAITS

### **Scales/Items:**

Respondents were asked how much each of 31 self-descriptive adjectives described them (Section E, Question 6, a - ee). The adjectives measure six personality traits as follows:

#### **Neuroticism [J1SNEURO] :**

4 items; Survey Questionnaire, Section G, Question 6 (c, h, m, s)

Adjectives: Moody, Worrying, Nervous, Calm (R)

#### **Extraversion [J1SEXTRA] :**

5 items; Survey Questionnaire, Section G, Question 6 (a, f, k, w, aa)

Adjectives: Outgoing, Friendly, Lively, Active, Talkative

#### **Openness to Experience [J1SOPEN] :**

7 items; Survey Questionnaire, Section G, Question 6 (n, q, u, v, y, bb, cc)

Adjectives: Creative, Imaginative, Intelligent, Curious, Broad-minded, Sophisticated, Adventurous

#### **Conscientiousness [J1SCONS1] :**

4 items; Survey Questionnaire, Section G, Question 6 (d, i, p, x)

Adjectives: Organized, Responsible, Hardworking, Careless (R),

#### **Conscientiousness [J1SCONS2] :**

5 items; Survey Questionnaire, Section G, Question 6 (d, i, p, x, ee)

Adjectives: Organized, Responsible, Hardworking, Careless (R), **Thorough**

#### **Agreeableness (communion) [J1SAGREE] :**

5 items; Survey Questionnaire, Section G, Question 6 (b, g, l, r, z)

Adjectives: Helpful, Warm, Caring, Softhearted, Sympathetic

#### **Agency [J1SAGENC] :**

5 items; Survey Questionnaire, Section G, Question 6 (e, j, o, t, dd,)

Adjectives: Self-confident, Forceful, Assertive, Outspoken, Dominant,

Coding: 1 Not at all; 2 A little; 3 Some; 4 A lot.

Scaling: Personality traits scales are constructed by calculating the **mean** across each set of

items. Items marked with (R) were reverse-coded so that high scores reflect higher standing in the scale.

Missing Values: The scales are computed for cases that have valid values for **at least half of** the items on the particular scale.

**MIDUS Information:**

MIDUS I scale & variable names :

**Neuroticism Personality Trait [A1SNEURO]**  
**Extraversion Personality Trait [A1SEXTRA]**  
**Openness Personality Trait [A1SOPEN]**  
**Conscientiousness Personality Trait [A1SCONS]**  
**Agreeableness Personality Trait [A1SAGREE]**  
**Agency Personality Trait [A1SAGENC]**

MIDUS II Project 1 scale & variable names:

**Neuroticism Personality Trait [B1SNEURO]**  
**Extraversion Personality Trait [B1SEXTRA]**  
**Openness Personality Trait [B1SOPEN]**  
**Conscientiousness Personality Trait [B1SCON1]**  
**Conscientiousness Personality Trait [B1SCON2] – New at MIDUS II**  
**Agreeableness Personality Trait [B1SAGREE]**  
**Agency Personality Trait [B1SAGENC]**

Coding: MIDJA codes (above) are in the opposite direction of those used in MIDUS (below)

1 A lot; 2 Some; 3 A little; 4 Not at all.

Scaling: All items were reverse coded, as appropriate, so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

**Additional Variables:** All available items were used in scale construction.

**Psychometrics:**

| Scale    | Alpha | Mean | Std. dev |
|----------|-------|------|----------|
| J1SNEURO | .509  | 2.11 | .56      |
| J1SEXTRA | .834  | 2.42 | .68      |
| J1SOPEN  | .838  | 2.19 | .61      |

|          |      |      |     |
|----------|------|------|-----|
| J1SCONS1 | .572 | 2.69 | .55 |
| J1SCONS2 | .656 | 2.60 | .55 |
| J1SAGREE | .870 | 2.63 | .63 |
| J1SAGENC | .769 | 1.83 | .60 |

## **References:**

### **Source(s):**

Rossi, A.S. (2001). *Caring and doing for others: Social responsibility in the domains of family, work, and community*. Chicago: University of Chicago Press.

: Ch. 7. Developmental Roots of Adult Social Responsibility.

### **Additional References:**

Bem, S. L. (1981). *Bem Sex-Role Inventory Manual*. Palo Alto, CA: Consulting Psychologists Press.

Goldberg, L. R. (1992). The development of markers for the Big-Five factor structure. *Psychological Assessment*, 4, 26-42.

John, O. P. (1990). The "Big Five" factor taxonomy: Dimensions of personality in the natural language and in questionnaires. In L. A. Pervin (Ed.), *Handbook of personality theory and research*, (pp. 66-100). New York: Guilford.

Trapnell, P. D., & Wiggins, J. S. (1990). Extension of the Interpersonal Adjective Scales to include the Big Five dimensions of personality. *Journal of Personality and Social Psychology*, 59, 781-790.

### **Studies using the scales:**

Keyes, C. L. M., Shmotkin, D., & Ryff, C. D. (2002). Optimizing well-being: The empirical encounter of two traditions. *Journal of Personality and Social Psychology*, 82, 1007-1022.

Lachman, M. E., & Weaver S. L. (1997). The Midlife Development Inventory (MIDI) Personality Scales: Scale construction and scoring. Technical report.

Staudinger, U. M., Fleeson, W. & Baltes, P. B. (1999). Predictors of subjective physical health and global well-being: Similarity and differences between the United States and Germany. *Journal of Personality and Social Psychology* 76, 305-319.

## **Notes:**

- Adjectives were selected from existing trait lists and inventories (Bem, 1981; Goldberg, 1992; John, 1990; Trapness & Wiggins, 1990). Also, some items were generated by Margie Lachman and Alice Rossi.
- A Pilot Study was conducted in 1994 with a probability sample of 1000 men and women, age 30-70 (574 valid cases were usable for item analysis). Items with the highest item to total correlations and factor

loadings were selected for MIDI. Forward regressions were also run to determine the smallest number of items needed to account for over 90% of the total scale variance. Many of the negatively worded items (unemotional, unreliable, unsophisticated, unsympathetic, shy, unsociable) were dropped due to low variance. New items were added to increase reliabilities on some scales.

- At MIDUS I, reliability of the Conscientiousness scale was lower than the other personality scales. At MIDUS II the standard personality adjective lists used to create the original scales were reviewed. It was found that “thorough” was a key indicator of Conscientiousness, but was not among the extant items. This item was added at MIDUS II to create a more reliable 5 item scale, of Conscientiousness.

## SELF-CONTROL SCALE

**Note:** throughout the following “R” indicates item is reverse coded before constructing the scale score.

### Scales/Items:

#### **Self-Control Scale [J1SSC\_SC]**

Items: 19 items- Survey Questionnaire, Section G, Question 7(a-s).

The following questions are about your views of yourself. Please circle the number that corresponds to how much you agree or disagree with the following statements.

- a. “I can make myself do things I don’t want to do.”
- b. “When something bad happens to me, I think of all the others who are much worse off than I am.”
- c. “I can control my thoughts and desires if I need to.”
- d. “It is important to me to be able to think, feel, and act differently depending on the needs and demands of the situation.”
- e. “One can be a better person only through changing one’s thoughts and feelings.”
- f. “It is important for me to be strong in body and mind.”
- g. “I control my emotions by changing the way I think about the situation I’m in.”
- h. “I keep my emotions to myself.”
- i. “When I’m faced with a stressful situation, I make myself think about it in a way that helps me stay calm.”
- j. “When I am feeling negative emotions (such as sadness or anger), I make sure not to express them.”
- k. “I am known as an emotional person.”(R)
- l. “It is important to me that I not bother others.”
- m. “I try to behave so as not to cause trouble to others.”
- n. “I sometimes worry that I am a burden on others.”
- o. “I know my own limitations.”
- p. “I do my best to maintain a calm mind.”
- q. “A top priority in my life is to do well what I am supposed to do.”
- r. “I feel very tense when I am being evaluated by others.”
- s. “I am often concerned about how other people might respond to me.”

#### **Cognition Control [J1SSC\_CC]:**

Items: 6 items- Survey Questionnaire, Section G, Question 7 (a-f).

**Emotion Control [J1SSC\_EC]:**

Items: 6 Items- Survey Questionnaire, Section G, Question 7 (g-k, p).

**Burden Consciousness [J1SSC\_BC]:**

Items: 7 Items- Survey Questionnaire, Section G, Question 7 (l, m, n, o, q, r, s).

Coding: 1 Strongly disagree; 2 Disagree; 3 Slightly disagree; 4 Neutral; 5 Slightly Agree; 6 Agree; 7 Strongly Agree

Scaling: Scales are constructed by calculating the **mean** across each set of items. Items marked with (R) were reverse-coded so that high scores reflect higher standing in the scale.

Missing Values: Scale scores were not constructed for cases having more than 1 missing value. For cases having only 1 missing value mean substitution is used.

**MIDUS Information:**

MIDUS II Project 4 scale & variable names:

**Self Control Scale [B4QSC\_SC]**

**Cognition Control Scale [B4QSC\_CC]**

**Emotion Control Scale [B4QSC\_EC]**

**Burden Consciousness [B4QSC\_BC]**

Coding, scaling and missing values are the same in MIDUS and MIDJA.

**Additional Variables:** All available items were used in scale construction.

**Psychometrics:**

| Scale    | Alpha | Mean | Std. dev |
|----------|-------|------|----------|
| J1SSC_SC | .815  | 4.83 | .59      |
| J1SSC_CC | .734  | 4.90 | .77      |
| J1SSC_EC | .738  | 4.70 | .80      |
| J1SSC_BC | .652  | 4.88 | .73      |

**References:****Source(s):**

- Markus, H. R.& Kitayama, S. (1991). Culture and the self: Implications for cognition, emotion, and motivation. *Psychological Review*. 98(2), 224-253.

- Gross, J.J., & John, O.P. (2003). Individual differences in two emotion regulation processes: Implications for affect, relationships, and well-being. *Journal of Personality and Social Psychology*, 85, 348-362.

Additional References: None

Studies using the scales: None

**Notes:** None.



## GENERATIVITY SCALE

### Scales/Items:

**Loyola Generativity Scale (LGS: Contributions domain measures) [J1SGENER] :**

Items: 6 items - Survey Questionnaire, Section H, Question 1 (a-f)

- a. "Others would say that you have made unique contributions to society."
- b. "You have important skills you can pass along to others."
- c. "Many people come to you for advice."
- d. "You feel that other people need you."
- e. "You have had a good influence on the lives of many people."
- f. "You like to teach things to people."

Coding: 1 Not at all; 2 A little; 3 Some; 4 A lot.

Scaling: The scale is constructed by calculating the **sum** of the values of the items.

Missing Values: For an item with a missing value, the mean value of completed items is imputed. The scale is computed for cases that had valid values for **at least three** items on the scale.

### MIDUS Information:

MIDUS I scale & variable names: **Generativity Scale [A1SGENER]**

MIDUS II Project 1 scale & variable names: **Generativity Scale [B1SGENER]**

Coding: MIDJA codes (above) are in the opposite direction of those used in MIDUS (below)

1 A lot; 2 Some; 3 A little; 4 Not at all.

Scaling: All items were reverse coded so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

\*The scale scores [A1SGENER] are not currently included in the MIDUS I public dataset but items comprising the scale are available, thus interested users can construct this scale if desired. These variables will be included in the next update of the public dataset.

**Additional Variables:** All available items were used in scale construction.

### Psychometrics:

| Scale    | Alpha | Mean  | Std. dev |
|----------|-------|-------|----------|
| J1SGENER | .879  | 11.91 | 3.85     |

**References:**

**Source(s):**

McAdams, D. P., & de St. Aubin, E. (1992). A theory of generativity and its assessment through self-report, behavioral acts, and narrative themes in autobiography. *Journal of Personality and Social Psychology*, 62, 1003-1015.

Rossi, A. S. (2001). *Caring and doing for others: Social responsibility in the domains of family, work, and community*. Chicago: University of Chicago Press.  
: Ch. 7. Developmental Roots of Adult Social Responsibility.

**Additional References:** None

**Studies using the scales:**

Lachman, M. E., & Weaver, S. L. (1998). Sociodemographic variations in the sense of control by domain: Findings from the MacArthur Studies of Midlife. *Psychology and Aging*, 13, 4, 553-562.

Marks, N. F., Bumpass, L. L., & Jun, H. J. (2004). Family roles and well-being during the middle life courses. In O. G. Brim, C. D. Ryff & R. C. Kessler (Eds.), *How healthy are we?: A national study of well-being at midlife*. (pp. 514 – 549). Chicago: Univ. of Chicago Press.

**Notes:** None.

**SUBJECTIVE WELLBEING SCALE**  
**(FORMERLY KNOWN AS GOOD LIFE IN AMERICA SCALE)**

**Scales/Items:**

**Subjective Happiness Scale: No Scale Score Constructed [J1SJ7A]**

Items: 1 item- Survey Questionnaire, Section J, Question 7a.

The next questions are about your evaluations of your life overall. Please circle the number that corresponds to how much you agree or disagree with the following statements.

- a. "Compared to most of my peers, I consider myself to be more happy."

**Satisfaction with Life Scale [J1SGL\_SL]**

Items: 5 items- Survey Questionnaire, Section J, Question 7 (b-f).

The next questions are about your evaluations of your life overall. Please circle the number that corresponds to how much you agree or disagree with the following statements.

- b. "In most ways my life is close to my ideal."  
c. "The conditions of my life are excellent."  
d. "I am satisfied with my life."  
e. "So far I have gotten the important things I want in life."  
f. "If I could live my life over, I would change almost nothing."

**Gratitude Scale [J1SGL\_GR]**

Items: 2 items- Survey Questionnaire, Section J, Question 7 (g, h).

The next questions are about your evaluations of your life overall. Please circle the number that corresponds to how much you agree or disagree with the following statements.

- g. "I have so much in life to be thankful for."  
h. "I am grateful to a wide variety of people."

Coding: 1 Strongly disagree; 2 Disagree; 3 Slightly disagree; 4 Neutral; 5 Slightly Agree; 6 Agree; 7 Strongly Agree

Scaling: The scales were constructed by computing the **mean** across all items.

Missing Values: Scale scores were not constructed for cases having more than 1 missing value. For cases having only 1 missing value means substitution is used.

**MIDUS Information:**

MIDUS II Project 4 scale & variable names:

**Subjective happiness scale [B4Q15A]**

**Satisfaction with life scale [B4QSW\_SL]**

**Gratitude scale [B4QSW\_GR]**

Coding, scaling and missing values are the same in MIDUS and MIDJA.

**Additional Variables:** All available items were used in scale construction.

**Psychometrics:**

| Scale    | Alpha | Mean | Std. dev |
|----------|-------|------|----------|
| J1SSW_SL | .888  | 4.07 | 1.21     |
| J1SSW_GR | .912  | 5.53 | 1.13     |

**References:****Source(s):**

- Lyubomirsky, S. & Ross, L. (1997). Hedonic consequences of social comparison: A contrast of happy and unhappy people. *Journal of Personality & Social Psychology*, 73, 1141-1157
- Pavot, W., & Diener, E. (1993). Review of the Satisfaction with Life Scale. *Psychological Assessment*, 5, 164-172.
- McCullough, M. E., Emmons, R. A., & Tsang, J. (2002). The grateful disposition: A conceptual and empirical topography. *Journal of Personality & Social Psychology*, 82, 112-127.

**Additional References:** None

**Studies using the scales:** None

**Notes:** None.

## PSYCHOLOGICAL WELL-BEING (MIDUS-I VERSION)

### **Scales/Items:**

#### **Autonomy [J1SPWBA1]:**

Items: 3 items - Survey Questionnaire, Section J, Question 8 (m, s, jj)

m. "I tend to be influenced by people with strong opinions." (R)

s\*. "I have confidence in my-opinions, even if they are contrary to the general consensus."

jj. "I judge myself by what I think is important, not by the values of what others think is important."

\* In MIDUS-I, the wording of this item is slightly different

"I have confidence in my *own* opinions, even if they are *different from the way most other people think*."

#### **Environmental Mastery [J1SPWBE1]:**

Items: 3 items - Survey Questionnaire, Section J, Question 8 (b, h, t,)

b. "In general, I feel I am in charge of the situation in which I live."

h. "The demands of everyday life often get me down." (R)

t. "I am quite good at managing the many responsibilities of my daily life."

#### **Personal Growth [J1SPWBG1]:**

Items: 7 items - Survey Questionnaire, Section J, Question 8 (i, aa, gg)

i. "I think it is important to have new experiences that challenge how you think about yourself and the world."

aa. "For me, life has been a continuous process of learning, changing, and growth."

gg. "I gave up trying to make big improvements or changes in my life a long time ago." (R)

#### **Positive Relations with Others [J1SPWBR1] :**

Items: 3 items - Survey Questionnaire, Section J, Question 8 (j, bb, hh)

j. "Maintaining close relationships has been difficult and frustrating for me." (R)

bb. "People would describe me as a giving person, willing to share my time with others."

hh. "I have not experienced many warm and trusting relationships with others." (R)

#### **Purpose in Life [J1SPWBU1]:**

Items: 3 items - Survey Questionnaire, Section J, Question 8 (e, nn, pp)

- e. "I live life one day at a time and don't really think about the future." (R)
- nn. "Some people wander aimlessly through life, but I am not one of them."
- pp. "I sometimes feel as if I've done all there is to do in life." (R)

### **Self-Acceptance [J1SPWBS1]:**

Items: 3 items - Survey Questionnaire, Section J, Question 8 (f, x, dd)

- f. "When I look at the story of my life, I am pleased with how things have turned out."
- x. "I like most parts of my personality."
- dd. "In many ways I feel disappointed about my achievements in life." (R)

Coding: 1 Strongly disagree; 2 Disagree; 3 Slightly disagree; 4 Neutral; 5 Slightly Agree; 6 Agree; 7 Strongly Agree

Scaling: Psychological well-being scales are constructed by calculating the **sum** of each set of items. Items marked with (R) were reverse-coded so that high scores reflect higher standing in the scale.

Missing Values: For an item with a missing value, the mean value of completed items is imputed. The scales are computed for cases that have valid values for **at least one** item on the particular scale.

### **MIDUS Information:**

MIDUS I scale & variable names (3 item scales):

- Autonomy [A1SPWBA]**
- Environmental Mastery [A1SPWBE]**
- Personal Growth [A1SPWBG]**
- Positive Relations [A1SPWBR]**
- Purpose in Life [A1SWBU]**
- Self Acceptance [A1SPWBS]**

MIDUS II Project 1 scale & variable names (3 item scales):

- Autonomy [B1SPWBA1]**
- Environmental Mastery [B1SPWBE1]**
- Personal Growth [B1SPWBG1]**
- Positive Relations [B1SPWBR1]**
- Purpose in Life [B1SWBU1]**
- Self Acceptance [B1SPWBS1]**

Coding : MIDJA codes (above) are in the opposite direction of those used in MIDUS (below)

1 Strongly agree; 2 Somewhat agree; 3 A little Agree; 4 Neither agree or disagree; 5 A little

disagree; 6 Somewhat disagree; 7 Strongly disagree.

Scaling: All items were reverse coded, as appropriate, so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

**Additional Variables:** All available items were used in scale construction. See also Psychological Well-Being (MIDUS II Version).

**Psychometrics:**

| Scale    | Alpha | Mean  | Std. dev |
|----------|-------|-------|----------|
| J1SPWBA1 | .379  | 13.23 | 2.36     |
| J1SPWBE1 | .443  | 13.51 | 2.44     |
| J1SPWBG1 | .608  | 15.44 | 2.87     |
| J1SPWBR1 | .474  | 13.92 | 2.86     |
| J1SPWBU1 | .089  | 13.89 | 2.53     |
| J1SPWBS1 | .640  | 14.04 | 2.94     |

**References:**

Source(s):

Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology* 57, 1069-1081.

Additional References:

Ryff, C. D., & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*, 69, 4, 719-727.

Studies using the scales:

Carr, D. (2004). Psychological well-being across three cohorts: A response to shifting work-family opportunities and expectations? In O. G. Brim, C. D. Ryff & R. C. Kessler (Eds.), *How healthy are we?: A national study of well-being at midlife*. (pp. 452 - 484). Chicago: Univ. of Chicago Press.

Horton, R. & Shweder, R. A. (2004). Ethnic conservatism, psychological well-being, and the downside of mainstreaming: Generational differences. In O. G. Brim, C. D. Ryff & R. C. Kessler (Eds.), *How healthy are we?: A national study of well-being at midlife*. (pp. 373 - 397). Chicago: Univ. of Chicago Press.

- used Chicago and New York oversample of Hispanic population.

- Kessler, R. C., Gilman, S. E., Thornton, L. M., & Kendler, K. S. (2004). Health, well-being, and social responsibility in the MIDUS twin and sibling subsamples. In O. G. Brim, C. D. Ryff & R. C. Kessler (Eds.), *How healthy are we?: A national study of well-being at midlife*. (pp. 124 - 152). Chicago: Univ. of Chicago Press.
- Keyes, C. L. M., Shmotkin, D., & Ryff, C. D. (2002). Optimizing well-being: The empirical encounter of two traditions. *Journal of Personality and Social Psychology* 82, 1007-1022.
- Maier, E. H., & Lachman, M. E. (2000). Consequences of early parental loss and separation for health and well-being in midlife. *International Journal of Behavioral Development*, 24, 183-189.
- Marmot, M. G., & Fuhrer, R. (2004). Socioeconomic position and health across midlife. In O. G. Brim, C. D. Ryff & R. C. Kessler (Eds.), *How healthy are we?: A national study of well-being at midlife*. (pp. 64-89). Chicago: Univ. of Chicago Press.
- Ryff, C. D., Keyes, C. L. M., & Hughes, D. L. (2004). Psychological well-being in MIDUS: Profiles of ethnic/racial diversity and life-course uniformity. In O. G. Brim, C. D. Ryff & R. C. Kessler (Eds.), *How healthy are we?: A national study of well-being at midlife*. (pp. 398 - 422). Chicago: Univ. of Chicago Press.
- Ryff, C. D. & Singer, B. (1998). Middle age and well-being. *Encyclopedia of Mental Health*, 2, 707-719.
- Ryff, C. D., Singer, B. H., & Palmersheim, K. A. (2004). Social Inequalities in health and well-being: The role of relational and religious protective factors. In O. G. Brim, C. D. Ryff & R. C. Kessler (Eds.), *How healthy are we?: A national study of well-being at midlife*. (pp. 90 - 123). Chicago: Univ. of Chicago Press.
- Staudinger, U. M., Fleeson, W. & Baltes, P. B. (1999). Predictors of subjective physical health and global well-being: Similarity and differences between the United States and Germany. *Journal of Personality and Social Psychology* 76, 305-319.

### **Notes:**

- The six dimensions of psychological well-being were generated from the multiple theoretical accounts of positive functioning. In the initial validation study (Ryff, 1989), each dimension was operationalized with a 20-item scale (that showed high internal consistency and test-retest reliability as well as convergent and discriminant validity with other measures).



## PSYCHOLOGICAL WELL-BEING (MIDUS-II version)

### **Scales/Items:**

#### **Autonomy [J1SPWBA2]:**

Items: 7 items - Survey Questionnaire, Section J, Question 8 (a, g, m, s, y, ee, jj)

- a. "I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people."
- g. "My decisions are not usually influenced by what everyone else is doing."
- m. "I tend to be influenced by people with strong opinions." (R)
- s\*. "I have confidence in my-opinions, even if they are contrary to the general consensus."
- y. "It's difficult for me to voice my own opinions on controversial matters." (R)
- ee. "I tend to worry about what other people think of me." (R)
- jj. "I judge myself by what I think is important, not by the values of what others think is important."

\* In MIDUS-I, the wording of this item is slightly different

"I have confidence in my *own* opinions, even if they are *different from the way most other people think*."

#### **Environmental Mastery [J1SPWBE2]:**

Items: 7 items - Survey Questionnaire, Section J, Question 8 (b, h, n, t, z, ff, kk)

- b. "In general, I feel I am in charge of the situation in which I live."
- h. "The demands of everyday life often get me down." (R)
- n. "I do not fit very well with the people and the community around me." (R)
- t. "I am quite good at managing the many responsibilities of my daily life."
- z. "I often feel overwhelmed by my responsibilities." (R)
- ff. "I have difficulty arranging my life in a way that is satisfying to me." (R)
- kk. "I have been able to build a living environment and a lifestyle for myself that is much to my liking."

#### **Personal Growth [J1SPWBG2]:**

Items: 7 items - Survey Questionnaire, Section J, Question 8 (c, i, o, u, aa, gg, ll)

- c. "I am not interested in activities that will expand my horizons." (R)
- i. "I think it is important to have new experiences that challenge how you think about yourself and the world."
- o. "When I think about it, I haven't really improved much as a person over the years." (R)

- u. "I have the sense that I have developed a lot as a person over time."
- aa. "For me, life has been a continuous process of learning, changing, and growth."
- gg. "I gave up trying to make big improvements or changes in my life a long time ago." (R)
- ll. "I do not enjoy being in new situations that require me to change my old familiar ways of doing things." (R)

#### **Positive Relations with Others [J1SPWBR2]:**

Items: 7 items - Survey Questionnaire, Section J, Question 8 (d, j, p, v, bb, hh, mm)

- d. "Most people see me as loving and affectionate."
- j. "Maintaining close relationships has been difficult and frustrating for me." (R)
- p. "I often feel lonely because I have few close friends with whom to share my concerns." (R)
- v. "I enjoy personal and mutual conversations with family members and friends."
- bb. "People would describe me as a giving person, willing to share my time with others."
- hh. "I have not experienced many warm and trusting relationships with others." (R)
- mm. "I know that I can trust my friends, and they know they can trust me."

#### **Purpose in Life [J1SPWBU2]:**

Items: 7 items - Survey Questionnaire, Section J, Question 8 (e, k, q, w, cc, nn, pp)

- e. "I live life one day at a time and don't really think about the future." (R)
- k. "I have a sense of direction and purpose in life."
- q. "I don't have a good sense of what it is I'm trying to accomplish in life." (R)
- w. "My daily activities often seem trivial and unimportant to me." (R)
- cc. "I enjoy making plans for the future and working to make them a reality."
- nn. "Some people wander aimlessly through life, but I am not one of them."
- pp. "I sometimes feel as if I've done all there is to do in life." (R)

\* Note (10-10-06). The original M2 Purpose in Life scale was created using 8 items. In order to make this scale comparable to the other related M2 PWB scales (all of which use 7 items), one item needed to be removed from the 8-item Purpose in Life scale. Based on item-to-scale reliability coefficients as well as factor analysis of the items, Core determined that the item B1SE1II ("I am an active person in carrying out the plans I set for myself") should be removed when computing the 7-item Purpose in Life score.

#### **Self-Acceptance [J1SPWBS2]:**

Items: 7 items - Survey Questionnaire, Section J, Question 8 (f, l, r, x, dd, ii, oo)

- f. "When I look at the story of my life, I am pleased with how things have turned out."
- l. "In general, I feel confident and positive about myself."
- r. "I feel like many of the people I know have gotten more out of life than I have." (R)
- x. "I like most parts of my personality."
- dd. "In many ways I feel disappointed about my achievements in life." (R)
- ii. "My attitude about myself is probably not as positive as most people feel about themselves." (R)
- oo. "When I compare myself to friends and acquaintances, it makes me feel good about who I am."

Coding: 1 Strongly disagree; 2 Disagree; 3 Slightly disagree; 4 Neutral; 5 Slightly Agree; 6 Agree; 7 Strongly Agree

Scaling: Psychological well-being scales were constructed by calculating the **sum** of each set of items. Items marked with (R) were reverse-coded so that high scores reflect higher standing in the scale.

Missing Values: For an item with a missing value, the mean value of completed items is imputed. The scales are computed for cases that have **at least four** items with valid value on the particular scale.

#### **MIDUS Information:**

MIDUS II Project 1 scale & variable names (7 item scales):

**Autonomy [B1SPWBA2]**

**Environmental Mastery [B1SPWBE2]**

**Personal Growth [B1SPWBG2]**

**Positive Relations [B1SPWBR2]**

**Purpose in Life [B1SWBU2]**

**Self Acceptance [B1SPWBS2]**

Coding: MIDJA codes (above) are in the opposite direction of those used in MIDUS (below)

1 Strongly agree; 2 Somewhat agree; 3 A little Agree; 4 Neither agree or disagree; 5 A little disagree; 6 Somewhat disagree; 7 Strongly disagree.

Scaling: All items were reverse coded, as appropriate, so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

**Additional Variables:** All available items were used in scale construction.

**Psychometrics:**

| Scale    | Alpha | Mean  | Std. dev |
|----------|-------|-------|----------|
| J1SPWBA2 | .701  | 30.64 | 5.31     |
| J1SPWBE2 | .732  | 31.69 | 5.42     |
| J1SPWBG2 | .744  | 33.79 | 5.64     |
| J1SPWBR2 | .762  | 33.50 | 5.74     |
| J1SPWBU2 | .561  | 31.78 | 5.03     |
| J1SPWBS2 | .780  | 30.83 | 5.69     |

**References:** See Psychological Well-Being (MIDUS I version)

**Notes:** See Psychological Well-Being (MIDUS I version)

## MINIMALIST WELL-BEING

### Scales/Items:

#### **Gratitude [J1SMWBGR]**

Items: 5 items - Section J, Question 8 (rr, tt, v v, w w, zz)

rr. I am grateful that I was born

tt. I appreciate life, because it is full of moments like this

vv. I feel grateful that I am alive

ww. To me, my existence here and now, by itself, has meanings

zz. Other people can make me happy

#### **Positive Disengagement [J1SMWBPD]**

Items: 5 items - Section J, Question 8 (qq, ss, uu, xx, yy)

qq. I take things as they are

ss. It feels good to do nothing and relax

uu. I am satisfied with the time to laze away

xx. I feel free when I spend all my time just for myself

yy. I like to walk around by myself with no specific aim

Coding: 1 Strongly disagree; 2 Somewhat disagree; 3 A little disagree ; 4 Don't know; 5 A little Agree; 6 Somewhat agree; 7 Strongly agree

Scaling: Gratitude and Positive Disengagement were constructed by calculating the **sum** of each set of items. Higher scores reflect greater levels of well-being.

Missing Values: For an item with a missing value, the mean value of completed items is imputed. The scales are computed for cases that have **at least one** item with valid value on the particular scale.

MIDUS Information: None, scale is new at MIDJA.

Additional Variables: All available items used in scale construction.

### Psychometrics:

| Scale    | Alpha | Mean  | Std. dev |
|----------|-------|-------|----------|
| J1SMWBGR | .785  | 26.03 | 4.63     |

|          |      |       |      |
|----------|------|-------|------|
| J1SMWBPD | .682 | 23.12 | 4.59 |
|----------|------|-------|------|

**References:**

Source(s):

Kan, C., Karasaw, M. & Kitayama, S. (2009). Minimalist in Style: Self, Identity and Well-being in Japan.  
*Self and Identity*, 8, 300-317.

Additional References: None

Studies using the scales: None

**Notes:** None.

## FRIENDSHIP SUPPORT

### **Scales/Items:**

#### **FRIENDSHIP SUPPORT [J1SSGFA]:**

Items: 1 items- Survey Questionnaire, Section K, Question 1

“How many friends do you have?”

Coding: 1=0-5, 2=6-10, 3=11-20, 4=21-50, 5=51+

### **MIDUS Information:**

MIDUS II Project 4 scale & variable names: **Friendship Support [B4QSGFA]**

Coding, scaling and missing values are the same in MIDUS and MIDJA.

**Additional Variables:** All available items are used in scale construction.

### **References:**

#### **Source(s):**

Adams, G., & Plaut, V. C. (2003). The cultural grounding of personal relationship: Friendship in North American and West African worlds. *Personal Relationships*, 10, 333–348.

Additional References: None

Studies using the scales: None

**Notes:** None

## FRIEND SUPPORT AND STRAIN

### Scales/Items:

#### **Friend Support [J1SFDSPO] :**

Items: 4 items - Survey Questionnaire, Section K, Questions 3 (a – d).

- a. “How much do your friends really care about you?”
- b. “How much do they understand the way you feel about things?”
- c. “How much can you rely on them for help if you have a serious problem?”
- d. “How much can you open up to them if you need to talk about your worries?”

Coding: 1 Not at all; 2 A little; 3 Some; 4 A lot.

Scaling: The scale is constructed by calculating the **mean** of the values of the items.

#### **Friend Strain [J1SFDSNE] :**

Items: 4 items - Survey Questionnaire, Section K, Questions 3 (e – h).

- e. “How often do your friends make too many demands on you?”
- f. “How often do they criticize you?”
- g. “How often do they let you down when you are counting on them?”
- h. “How often do they get on your nerves?”

Coding: 1 Never; 2 Rarely; 3 Sometimes; 4 Often.

Scaling: The scale is constructed by calculating the **mean** of the values of the items.

#### **Friend Affectual Solidarity [J1SFDSOL]:**

Items: 8 item scale combining the four “friend support” items and four “friend strain” items.

Scaling: The scale is constructed by calculating the **mean** of the values of the items. Items for the “Friend Strain” were recoded, so that a high score signifies high levels of friend affectual solidarity.

Missing Values: The scale is computed for cases that had valid values for **at least one** item on the scale. For cases with only one missing value mean substitution is used.

### MIDUS Information:

MIDUS I scale & variable names:

**Friend Support [A1SFDSPO]**

**Friend Strain [A1SFDSNE]**

**Friend Affectual Solidarity [A1SFDSOL]\***

MIDUS II Project 1 scale & variable names:

**Friend Support [B1SFDSPO]**



**Friend Strain [B1SFDSNE]****Friend Affectual Solidarity [B1SFDSOL]\***

\*See notes for more information about MIDUS Affectual Solidarity.

Coding: MIDJA codes (above) are in the opposite direction of those used in MIDUS (below)

Friend Support Codes -1 A lot; 2 Some; 3 A little; 4 Not at all.

Friend Strain Codes - 1 Often; 2 Sometimes; 3 Rarely; 4 Never

Scaling: All items were reverse coded, as appropriate, so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

**Additional Variables:** All available items were used in scale construction.

**Psychometrics:**

| Scale    | Alpha | Mean | Std. dev |
|----------|-------|------|----------|
| J1SFDSPO | .827  | 2.52 | .62      |
| J1SFDSNE | .770  | 1.70 | .50      |
| J1SFDSOL | .639  | 2.91 | .38      |

**References:****Source(s):**

Schuster, T. L., Kessler, R. C., & Aseltine, R. H. (1990). Supportive interactions, negative interactions, and depressive mood. *American Journal of Community Psychology*, 18: 423-438.

: MIDUS scales are revised from this study.

Walen, H. R., & Lachman, M. E. (2000). Social support and strain from partner, family and friends:

Costs and benefits for men and women in adulthood. *Journal of Social and Personal Relationships*, 17, 1, 5-30.

**Additional References:** None

**Studies using the scales:** None

**Notes:**

- MIDUS and MIDJA both include 3 sets of items assessing support and strain experienced by the participant in his/her relationships with Friends, Family, and Spouse/Partner. Individual scale scores indicating support and strain separately were created in MIDUS for all 3 sets of

items. The Family and Spouse/Partner items were also combined to create a scale score indicating “Affectual Solidarity”. At MIDJA, the decision was made to also create an Affectual Solidarity score using the Friend support/strain items. This new variable has been created for MIDUS I and MIDUS II and will be included in the next update to the public datasets. In the interim, Users are free to construct those scores for the MIDUS data as described above.

## SUPPORT & STRAIN GIVEN TO FRIENDS SCALE

**Note:** throughout the following “R” indicates item is reverse coded before constructing the scale score.

### Scales/Items:

#### **Support Given to Friends [J1SSUGF]:**

Items: 4 items- Survey Questionnaire, Section K, Question 4 (a-d)

With regard to your friends:

- a. “How much do you really care about your friends?”
- b. “How much do you understand the way your friends feel about things?”
- c. “How much can your friends rely on you for help if they have a serious problem?”
- d. “How much can your friends open up to you if they need to talk about their worries?”

Coding: 1 Not at all; 2 A little; 3 Some; 4 A lot.

Scaling: The scale is constructed by calculating the **mean** of the values of the items.

#### **Strain Given to Friends [J1SSTGF]:**

Items: 4 items- Survey Questionnaire, Section K, Question 4 (e-h)

With regard to your friends:

- e. “How often do you make too many demands on your friends?”
- f. “How often do you criticize your friends?”
- g. “How often do you let your friends down when they are counting on you?”
- h. “How often do you get on your friends’ nerves?”

Coding: 1 Never, 2 Rarely, 3 Sometimes, 4 Often.

Scaling: The scale is constructed by calculating the **mean** of the values of the items.

#### **Affectual Solidarity Given to Friends [J1SSOGFD]:**

Items: 8 item scale combining the four “support to friend” items and four “strain to friend” items.

Scaling: The scale is constructed by calculating the **mean** of the values of the items. Items for the “Strain to Friend” were recoded, so that a high score signifies high levels of affectual solidarity given to friends.

Missing Values: For all three scales the scale score is not computed for cases that had more than 1 missing value. For cases with one missing value mean substitution is used.

**MIDUS Information:**

MIDUS II Project 4 scale & variable names:

**Support Given to Friends [B4QSUGF]**

**Strain Given to Friends [B4QSTGF]**

**Affectual Solidarity Given to Friends [B4QSOGFD]**

Coding: In MIDUS all the items have the same response codes (below) and are in the opposite direction of the MIDJA codes (above).

1 A lot; 2 Some; 3 A little; 4 Not at all.

Scaling: All items were reverse coded, as appropriate, so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

**Additional Variables:** All available items were used in scale construction.

**Psychometrics:**

| Scale    | Alpha | Mean | Std. dev |
|----------|-------|------|----------|
| J1SSUGF  | .836  | 2.50 | .56      |
| J1SSTGF  | .813  | 1.68 | .50      |
| J1SSOGFD | .659  | 2.91 | .36      |

**References:****Source(s):**

MIDJA pilot items on the topic of social support *given* to friends based on the existing MIDUS social support *received* from friends items. The Support Given to Friends Scale should be constructed in a similar way to the corresponding MIDUS2 scale (in which friends are giving support to the respondent).

**Additional References:** None

**Studies using the scales:** None

**Notes:** None.

## MARITAL RISK

### Scales/Items:

#### **Marital risk scale [J1SMARRS] :**

Items: 2 items - Survey Questionnaire, Section L, Question 9, 10.

9. "During the past year, how often have you thought your relationship might be in trouble?"

Coding: 1 Never; 2 Once; 3 A few times; 4 Most of the time; 5 All the time.

10. "(Realistically) what do you think the chances are that you and your partner will eventually separate?"

Coding: 1 Not likely at all; 2 Not very likely; 3 Somewhat likely; 4 Very likely.

Scaling: The scale is constructed by calculating the **sum** of the values of the items.

### MIDUS Information:

MIDUS I scale & variable names: **Marital Risk Scale [A1SMARRS]**

MIDUS II Project 1 scale & variable names: **Marital Risk Scale [B1SMARRS]**

Coding: Question 9 has the same coding as in MIDUS, but Question 10 has the opposite direction compare to MIDUS (below)

1 Very likely; 2 Somewhat likely; 3 Not very likely; 4 Not likely at all.

Scaling: Item 9 was reverse coded so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

**Additional Variables:** All available items were used in scale construction.

### **Psychometrics:**

| Scale    | Alpha | Mean | Std. dev |
|----------|-------|------|----------|
| J1SMARRS | .672  | 3.89 | 1.91     |

### **References:**

#### Source(s):

Bumpass. L. (2002). Family-related attitudes, couple relationships, and union stability. in R. Lesthaeghe, ed. *Meaning and Choice - Value Orientations and Life Cycle Decisions*, Netherlands Interdisciplinary Demographic Institute, Netherlands. pp 161-184.

Additional References: None

Studies using the scales: None

**Notes:**

- The Marital Risk scale was previously constructed by computing the sum of the above items and the 3 items comprising the Spouse/Partner Disagreement scale. Review of the source article (Bumpass, 2002), however, revealed two sets of items that indicate a couple's evaluation of their relationship and the quality of couple interaction, respectively. Since a separate Spouse/Partner Disagreement scale was already present in the MIDUS data, the decision was made to include just the 2 evaluation items in the Marital Risk scale score for MIDJA. The MIDUS marital risk scale score [**A1SMARRS, B1SMARRS**] has been modified and will be included in the next update to the public dataset. Users interested in comparing marital risk in MIDJA to marital risk in MIDUS should check the MIDUS documentation of scales and re-construct this variable if needed.

## SPOUSE/PARTNER DISAGREEMENT

### **Scales/Items:**

#### **Spouse/Partner Disagreement [J1SSPDIS] :**

Items: 3 items - Survey Questionnaire, Section L, Questions 11 (a – c).

(How much do you and your spouse or partner disagree on the following issues?)

- a. “Money matters such as how much to spend, save, or invest.”
- b. “Household tasks, such as what needs doing and who does it.”
- c. “Leisure time activities, such as what to do and with whom.”

Coding: 1 A lot; 2 Some; 3 A little; 4; not at all.

Scaling: The scale is constructed by calculating the **sum** of the values of the items. Items were reverse-coded so that high scores reflect higher standing in the scale.

Missing Values: The scale is computed for cases that had valid values for **at least one** item on the scale.

### **MIDUS Information:**

MIDUS I scale & variable names: **Spouse/Partner Disagreement [A1SSPDIS]**

MIDUS II Project 1 scale & variable names: **Spouse/Partner Disagreement [B1SSPDIS]**

Coding, scaling and missing values are the same in MIDUS and MIDJA.

\*The scale scores [A1SSPDIS] are not currently included in the MIDUS I public dataset but items comprising the scale are available, thus interested users can construct this scale if desired. These variables will be included in the next update of the public dataset.

**Additional Variables:** All available items were used in scale construction.

### **Psychometrics:**

| Scale    | Alpha | Mean | Std. dev |
|----------|-------|------|----------|
| J1SSPDIS | .807  | 5.73 | 2.20     |

### **References:**

#### **Source(s):**

Grzywacz, J. G., & Marks, N. F. (2000). Family, work, work-family spillover, and problem drinking during midlife. *Journal of Marriage and Family*, 62, 336-348.

Additional References: None

Studies using the scales: None

**Notes:** None.



## SPOUSE / PARTNER SUPPORT AND STRAIN

### **Scales/Items:**

#### **Spouse/ Partner Support (Marital Empathy Scale) [J1SSPEMP] :**

Items: 6 items - Survey Questionnaire, Section L, Questions 13 (a – f).

- a. “How much does your spouse or partner really care about you?”
- b. “How much does he or she understand the way you feel about things?”
- c. “How much does he or she appreciate you?”
- d. “How much do you rely on him or her for help if you have a serious problem?”
- e. “How much can you open up to him or her if you need to talk about your worries?”
- f. “How much can you relax and be yourself around him or her?”

Coding: 1 Not at all; 2 A little; 3 Some; 4 A lot.

#### **Spouse/Partner Strain [J1SSPCRI] :**

Items: 6 items -Survey Questionnaire, Section L, Questions 14 (a – f).

- a. “How often does your spouse or partner make too many demands on you?”
- b. “How often does he or she make you feel tense?”
- c. “How often does he or she argue with you?”
- d. “How often does he or she criticize you?”
- e. “How often does he or she let you down when you are counting on him or her?”
- f. “How often does he or she get on your nerves?”

Coding: 1 Never; 2 Rarely; 3 Sometimes; 4 Often.

Scaling: Scales are constructed by calculating the **mean** of the values of the items in each scale.

Missing Values: The scales are computed for cases that have valid values for **at least one** item on the particular scale. For cases with one missing value mean substitution is used.

#### **Spouse/Partner Affectual Solidarity [J1SSPSOL] :**

Items: 12 item scale combining the six “spouse/partner support” items and six “spouse/partner strain” items.

Scaling: The scale is constructed by calculating the **mean** of the values of the items. Items for the “spouse/partner strain” scale (L14a to L14f) were recoded, so that a high score signifies high levels of family affectual solidarity.

Missing Values: The scale is computed for cases that had valid values for **at least one** item on

the scale. For cases with one missing value mean substitution is used.

### **MIDUS Information:**

MIDUS I scale & variable names:

**Spouse/Partner Support [A1SSPEMP]**

**Spouse/Partner Strain [A1SSPCRI]**

**Spouse/Partner Affectual Solidarity [A1SSPSOL]\***

MIDUS II Project 1 scale & variable names:

**Spouse/Partner Support [B1SSPEMP]**

**Spouse/Partner Strain [B1SSPCRI]**

**Spouse/Partner Affectual Solidarity [B1SSPSOL]**

Coding: MIDJA codes (above) are in the opposite direction of those used in MIDUS (below)

Spouse/Partner Support Codes -1 A lot; 2 Some; 3 A little; 4 Not at all.

Spouse/Partner Strain Codes - 1 Often; 2 Sometimes; 3 Rarely; 4 Never

Scaling: All items were reverse coded, as appropriate, so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

\*The scale scores [A1SSPSOL] are not currently included in the MIDUS I public dataset but items comprising the scale are available, thus interested users can construct this scale if desired. These variables will be included in the next update of the public dataset.

**Additional Variables:** All available items were used in scale construction.

### **Psychometrics:**

| Scale    | Alpha | Mean | Std. dev |
|----------|-------|------|----------|
| J1SSPEMP | .934  | 2.85 | .77      |
| J1SSPCRI | .881  | 2.23 | .60      |
| J1SSPSOL | .901  | 2.81 | .58      |

### **References:**

#### **Source(s):**

Grzywacz, J. G., & Marks, N. F. (1999). Family solidarity and health behaviors: Evidence from the National Survey of Midlife Development in the United States. *Journal of Family Issues*, 20, 2, 243-268.

Schuster, T. L., Kessler, R. C., & Aseltine, R. H. (1990). Supportive interactions, negative interactions,

and depressive mood. *American Journal of Community Psychology*, 18: 423-438.

: MIDUS scales are revised from this study.

Walen, H. R., & Lachman, M. E. (2000). Social support and strain from partner, family and friends: Costs and benefits for men and women in adulthood. *Journal of Social and Personal Relationships*, 17, 1, 5-30.

Additional References: None

Studies using the scales:

Grzywacz, J. G., & Marks, N. F. (2001). Social inequalities and exercise during adulthood: Toward an ecological perspective. *Journal of Health and Social Behavior*, 42, 202-220.

Grzywacz, J. G., & Marks, N. F. (2000). Reconceptualizing the work-family interface: An Ecological perspective on the correlates of positive and negative spillover between work and family. *Journal of Occupational Health Psychology*, 5, 111-126.

Ryff, C. D., Singer, B. H., & Palmersheim, K. A. (2004). Social Inequalities in health and well-being: The role of relational and religious protective factors. In O. G. Brim, C. D. Ryff & R. C. Kessler (Eds.), *How healthy are we?: A national study of well-being at midlife*. (pp. 90 - 123). Chicago: Univ. of Chicago Press.

Ryff, C. D., Singer, B. H., Wing, E. & Love, G. D. (2001). Elective affinities and uninvited agonies: Mapping emotion with significant others onto health. In C. D. Ryff & B. H. Singer (Eds.), *Emotion, Social Relationships, and Health* (pp. 133-175). New York: Oxford Univ. Press.

Notes: None.

## **SUPPORT & STRAIN GIVEN TO SPOUSE SCALE**

**Note:** throughout the following “R” indicates item is reverse coded before constructing the scale score.

### **Scales/Items:**

#### **Support Given To Spouse [J1SSUGS]:**

Items: 6 items- Survey Questionnaire, Section L, Question 15 (a-f),

With regard to your spouse/partner:

- a. “How much do you really care about your spouse/partner?”
- b. “How much do you understand the way your spouse/partner feels about things”
- c. “How much do you appreciate your spouse/partner?”
- d. “How much can your spouse/partner rely on you for help if he/she has a serious problem?”
- e. “How much can your spouse/partner open up to you if he/she needs talk about his/her worries?”
- f. “How much can your spouse/partner relax and be his/herself around you?”

Coding: 1 Not at all; 2 A little; 3 Some; 4 A lot.

Scaling: The scales were constructed by computing the **mean**.

#### **Strain Given To Spouse [J1SSTGS]:**

Items: 6 items- Survey Questionnaire, Section L, Question 16 (a-f)

With regard to your spouse/partner:

- a. “How often do you make too many demands on your spouse/partner?”
- b. “How often do you make your spouse/partner feel tense?”
- c. “How often do you argue with your spouse/partner?”
- d. “How often do you criticize you spouse/partner?”
- e. “How often do you let your spouse/partner down when he/she is counting on you?”
- f. “How often do you get on your spouse/partner nerves?”

Coding: 1 Never; 2 Rarely; 3 Sometimes; 4 Often.

Scaling: The scales were constructed by computing the **mean**.

Missing Values: Scale scores were not constructed for cases having more than one missing value. For cases with one missing value mean substitution was used.

#### **Affectual Solidarity Given to Spouse/Partner [J1SSOLGS]:**

Items: 12 item scale combining the six “support given to spouse/partner” items and six “strain

given to spouse/partner” items.

Scaling: The scale is constructed by calculating the **mean** of the values of the items. Items for the “spouse/partner strain” scale (L16a to L16f) were recoded, so that a high score signifies high levels of family affectual solidarity.

Missing Values: The scale is computed for cases that had valid values for **at least one** item on the scale.

**MIDUS Information:**

MIDUS II Project 4 scale & variable names:

**Support Given to Spouse/Partner [B4QSUGS]**

**Strain Given to Spouse/Partner [B4QSTGS]**

**Affectual Solidarity Given to Spouse/Partner [B4QSOLGS]**

Coding: In MIDUS all the items have the same response codes (below) and are in the opposite direction of the MIDJA codes (above).

1 Not at all; 2 A little; 3 Some; 4 A lot.

Scaling: All items were reverse coded, as appropriate, so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

**Additional Variables:** All available items were used in scale construction.

**Psychometrics:**

| Scale    | Alpha | Mean | Std. dev |
|----------|-------|------|----------|
| J1SSUGS  | .890  | 2.87 | .62      |
| J1SSTGS  | .856  | 2.11 | .51      |
| J1SSOLGS | .820  | 2.88 | .42      |

**References:**

Source(s):

MIDJA pilot items on the topic of social support *given* to the spouse/partner based on the existing MIDUS social support *received* from spouse/partner items. The Support Given to Spouse/Partner Scale should be constructed in a similar way to the corresponding MIDUS2 scale (in which spouse/partner are giving support to the respondent).

Additional References: None

Studies using the scales: None

**Notes:** None

## SPOUSE / PARTNER JOINT DECISION MAKING

### **Scales/Items:**

#### **Spouse/Partner Decision Making [J1SSPDEC] :**

Items: 4 items - Survey Questionnaire, Section L, Questions 22 (a-d).

- a. "My partner and I are a team when it comes to making decisions."
- b. "Things turn out better when I talk things over with my partner."
- c. "I don't make plans for the future without talking it over with my partner."
- d. "When I have to make decisions about medical, financial, or family issues, I ask my partner for advice."

Coding: 1 Strongly disagree; 2 Somewhat disagree; 3 A little disagree; 4 Neutral; 5 A little Agree; 6 Somewhat agree; 7 Strongly Agree

Scaling: The scale is constructed by calculating the **sum** of the values of the items.

Missing Values: For an item with a missing value, the mean value of completed items is imputed. The scale is computed for cases that had valid values for **at least two** items on the scale.

### **MIDUS Information:**

MIDUS I scale & variable names:

#### **Spouse/Partner Joint Decision Making [A1SSPDEC]\***

MIDUS II Project 1 scale & variable names:

#### **Spouse/Partner Joint Decision Making [B1SSPDEC]**

Coding : MIDJA codes (above) are in the opposite direction of those used in MIDUS (below)

1 Strongly agree; 2 Somewhat agree; 3 A little Agree; 4 Neither agree or disagree; 5 A little disagree; 6 Somewhat disagree; 7 Strongly disagree.

Scaling: All items were reverse coded, as appropriate, so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

\*The scale scores [A1SSPDEC] are not currently included in the MIDUS I public dataset but items comprising the scale are available, thus interested users can construct this scale if desired. These variables will be included in the next update of the public dataset.

**Additional Variables:** All available items were used in scale construction.

**Psychometrics:**

| Scale    | Alpha | Mean  | Std. dev |
|----------|-------|-------|----------|
| J1SSPDEC | .791  | 19.88 | 4.56     |

**References:****Source(s):**

Lachman, M. E.

**Additional References:** None

**Studies using the scales:** None

**Notes:** None

## PERCEIVED INEQUALITY IN FAMILY

### Scales/Items:

#### **Perceived Inequality in Family (Relationship with Children) [J1SPIFAM] :**

Items: 6 items - Survey Questionnaire, Section M, Question 7 (a-f).

- a. "I feel good about the opportunities I have been able to provide for my children." (R)
- b. "It seems to me that family life with my children has been more negative than most people's."
- c. "Problems with my children have caused me shame and embarrassment at times."
- d. "As a family, we have not had the resources to do many fun things together with the children."
- e. "I believe I have been able to do as much for my children as most other people." (R)
- f. "I feel a lot of pride about what I have been able to do for my children." (R)

Coding: 1 Not at all true; 2 A little true; 3 Moderately true; 4 extremely true.

Scaling: The scale is constructed by calculating the **mean** of the values of the items. Items marked with (R) were reverse-coded so that high scores reflect higher standing in the scale.

Missing Values: The scale is computed for cases that had valid values for **at least one** item on the scale.

### MIDUS Information:

MIDUS I scale & variable names: **Perceived Inequality in Family [A1SPIFAM]**

MIDUS II Project 1 scale & variable names: **Perceived Inequality in Family [B1SPIFAM]**

Coding, scaling and missing values are the same in MIDUS and MIDJA.

**Additional Variables:** All available items were used in scale construction.

### Psychometrics:

| Scale    | Alpha | Mean | Std. dev |
|----------|-------|------|----------|
| J1SPIFAM | .679  | 1.91 | .48      |

### References:

#### Source(s):

Ryff, C. D., Magee, W. J., Kling, K. C., & Wing, E. H. (1999). Forging macro-micro linkages in the study of psychological well-being. In C.D. Ryff & V.W. Marshall (Eds.), *The self and*



*society in aging processes* (pp.247-278). New York: Springer Publishing.

Additional References: None

Studies using the scales:

Lachman, M. E., & Weaver, S. L. (1998). Sociodemographic variations in the sense of control by domain: Findings from the MacArthur Studies of Midlife. *Psychology and Aging*, 13, 4, 553-562.

**Notes:**

- The study of perceived inequalities follows from the observation that individuals live in social worlds that are filled with conspicuous symbols of class standing (e.g., occupation, car, clothing, home, leisure activities). MIDUS perceived inequality questions were designed to assess the extent to which individuals have an awareness of an unequal distribution of life resources.
- A set of six questions were asked in each of three life domains: how individuals compare their work opportunities with other, their ability to provide for their children, and their living environments (see Ryff et al., 1999).

## FAMILY SUPPORT AND STRAIN

### Scales/Items:

#### **Family Support [J1SKINPO]:**

Items: 4 items - Survey Questionnaire, Section N, Questions 3 (a – d).

- a. “Not including your spouse or partner, how much do members of your family really care about you?”
- b. “How much do they understand the way you feel about things?”
- c. “How much can you rely on them for help if you have a serious problem?”
- d. “How much can you open up to them if you need to talk about your worries?”

Coding: 1 Not at all; 2 A little; 3 Some; 4 A lot.

#### **Family Strain [J1SKINNE]:**

Items: 4 items - Survey Questionnaire, Section N, Questions 4 (a – d).

- a. “Not including your spouse or partner, how often do members of your family make too many demands on you?”
- b. “How often do they criticize you?”
- c. “How often do they let you down when you are counting on them?”
- d. “How often do they get on your nerves?”

Coding: 1 Never; 2 Rarely; 3 Sometimes; 4 Often.

Scaling: Scales are constructed by calculating the **mean** of the values of the items in each scale.

Missing Values: The scales are computed for cases that have valid values for **at least one** item on the particular scale.

#### **Family Affectual Solidarity [J1SFAMSO] :**

Items: 8 item scale combining the four “family support” items and four “family strain” items.

Scaling: The scale is constructed by calculating the **mean** of the values of the items. Items for the “family strain” scale (N4a to N4d) were recoded, so that a high score signifies high levels of family affectual solidarity.

Missing Values: The scale is computed for cases that had valid values for **at least one** item on the scale.

### **MIDUS Information:**

MIDUS I scale & variable names :

**Support from Family [A1SKINPO]**

**Strain from Family [A1SKINNE]**

**Family Affectual Solidarity [A1SFAMSO]\***

MIDUS II Project 1 scale & variable names:

**Support from Family [B1SKINPO]**

**Strain from Family [B1SKINNE]**

**Family Affectual Solidarity [B1SFAMSO]**

Coding: MIDJA codes (above) are in the opposite direction of those used in MIDUS (below)

Family Support Codes -1 A lot; 2 Some; 3 A little; 4 Not at all.

Family Strain Codes - 1 Often; 2 Sometimes; 3 Rarely; 4 Never

Scaling: All items were reverse coded, as appropriate, so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

\*The scale scores [A1SFAMSO] are not currently included in the MIDUS I public dataset but items comprising the scale are available, thus interested users can construct this scale if desired. These variables will be included in the next update of the public dataset.

**Additional Variables:** All available items were used in scale construction.

### **Psychometrics:**

| Scale    | Alpha | Mean | Std. dev |
|----------|-------|------|----------|
| J1SKINPO | .845  | 2.57 | .67      |
| J1SKINNE | .850  | 1.89 | .60      |
| J1SFAMSO | .779  | 2.84 | .48      |

### **References:**

#### **Source(s):**

Schuster, T. L., Kessler, R. C., & Aseltine, R. H. (1990). Supportive interactions, negative interactions, and depressive mood. *American Journal of Community Psychology*, 18: 423-438.

: MIDUS scales are revised from this study.

Walen, H. R., & Lachman, M. E. (2000). Social support and strain from partner, family and friends:

Costs and benefits for men and women in adulthood. *Journal of Social and Personal Relationships*, 17, 1, 5-30.

Additional References: None

Studies using the scales:

Grzywacz, J. G., & Marks, N. F. (2001). Social inequalities and exercise during adulthood: Toward an ecological perspective. *Journal of Health and Social Behavior*, 42, 202-220.

Grzywacz, J. G., & Marks, N. F. (2000). Reconceptualizing the work-family interface: An Ecological perspective on the correlates of positive and negative spillover between work and family. *Journal of Occupational Health Psychology*, 5, 111-126.

Grzywacz, J. G., & Marks, N. F. (1999). Family solidarity and health behavior: Evidence from the National survey of Midlife Development in the United State. *Journal of Family Issues*, 20, 243-268.

Walen, H. R., & Lachman, M. E. (2000). Social support and strain from partner, family, and friends: Costs and benefits for men and women in adulthood. *Journal of Social and Personal Relationships*, 17, 5-30.

Notes: None

## SUPPORT AND STRAIN GIVEN TO FAMILY SCALE

### **Scales/Items:**

#### **Support Given to Family [J1SSUGFA]:**

Items: 2 items - Survey Questionnaire, Section N, Questions 4 (e, f).

e. "How much can your family (not including your spouse or partner) rely on you for help if they have a serious problem?"

f. "How much can your family open up to you if they need to talk about their worries?"

Coding: 1 Not at all, 2 A little, 3 Some, 4 A lot.

Scaling: The scale is constructed by calculating the **mean** of the values of the items.

Missing Values: The scale is computed for cases that had valid values for **at least one** item on the scale.

#### **Strain Given To Family [J1SSTGFA]:**

Items: 4 items- Survey Questionnaire, Section N, Question 4 (g-j)

With regard to your family (not including spouse/partner):

g. "How often do you make too many demands on members of your family?"

h. "How often do you criticize your family?"

i. "How often do you let your family down when they are counting on you?"

j. "How often do you get on your family's nerves?"

Coding: 1 Never, 2 Rarely, 3 Sometimes, 4 Often

Scaling: The scales were constructed by computing the mean.

Missing Values: Scale scores were not constructed for cases having more than 1 missing value.

For cases with one missing value mean substitution was used.

#### **Affectual Solidarity Given to Family [J1SSOGFM] :**

Items: 6 item scale combining the four "support given to family" items and four "strain given to family" items.

Scaling: The scale is constructed by calculating the **mean** of the values of the items. Items for the "strain given to family" scale (N4g to N4j) were recoded, so that a high score signifies high levels of family affectual solidarity. The scale is computed for cases that had valid values for **at least one** item on the scale.

### **MIDUS Information:**

MIDUS II Project 4 scale & variable names:

**Support Given to Family [B4QSUGFA]**

**Strain Given to Family [B4QSTGFA]**

**Affectual solidarity Given to Family [B4QSOGFA]**

Coding: In MIDUS all the items have the same response codes (below) and are in the opposite direction of the MIDJA codes (above).

1 A lot; 2 Some; 3 A little; 4 Not at all.

Scaling: All items were reverse coded, as appropriate, so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

**Additional Variables:** All available items were used in scale construction.

**Psychometrics:**

| Scale    | Alpha | Mean | Std. dev |
|----------|-------|------|----------|
| J1SSUGFA | .784  | 2.32 | .72      |
| J1SSTGFA | .841  | 1.79 | .54      |
| J1SSOGFM | .535  | 2.91 | .39      |

**References:**

**Source(s):**

MIDJA pilot items on the topic of social support *given* to family based on the existing MIDUS social support *received* from family items. The Support Given to Family Scale should be constructed in a similar way to the corresponding MIDUS2 scale (in which family is giving support to the respondent). H. Markus.

**Additional References:** None

**Studies using the scales:** None

**Notes:**

- The Support Given to Family scale was intended to be a 4 item scale, but unfortunately the following 2 items were accidentally dropped when finalizing the MIDUS II Project 4 Self-Administered questionnaire. This omission was inadvertently carried forward to MIDJA.
  - “How much do you really care about your friends?”
  - “How much do you understand the way your friends feel about things?”

## CHRONIC CONDITIONS

### Summary Variables:

#### **Number of Chronic Conditions (in past 12 month) [J1SCHRON]**

- [J1SCHRON] is a continuous variable based on the total number of chronic conditions the respondent check to have experienced in the past 12 months.

- Questions used to construct [J1SCHRON]

: Survey Questionnaire, Section A, Question 8. (1 to 30, a to dd)

Coding: 1 Yes; 2 No.

Scaling: [J1SCHRON] is constructed by taking the **total number** of “Yes” responses to the questions. [J1SCHRON] is computed for cases that have **at least one** valid response to questions in the summary variable.

#### **Having Chronic Condition (in past 12 month) [J1SCHROX]**

A dummy variable based on [J1SCHROX]

= 1 (YES) if [J1SCHRON] is greater than or equal to 1

= 2 (NO) if [J1SCHRON] is 0

### MIDUS Information:

MIDUS I scale & variable names:

**Number of Chronic Conditions [A1SCHRON]**

**Having Chronic Condition [A1SCHROX]\***

MIDUS II Project 1 scale & variable names:

**Number of Chronic Conditions [B1SCHRON]**

**Having Chronic Condition [B1SCHROX]**

Coding: The dummy variable ‘having chronic condition’ was coded as 1 for YES and 0 for NO, where in MIDJA, it was coded as 1 for YES and 2 for NO.

\*The variable [A1SCHROX] is not currently included in the MIDUS I public dataset but items used to compute it are available, thus interested users can construct this variable if desired. This variable will be included in the next update of the public dataset.

## PREScription MEDICATION USE

### Summary Variables:

#### **Number of medicine taking (in past 30 days) [J1SRXMED]**

- [J1SRXMED] is a continuous variable based on the total number of prescription medicines the respondent has taken during the past 30 days.
- Questions used to construct [J1SRXMED]  
: Self-Administered Questionnaire, Section A, Question 9 (a to l).

Coding: 1 Yes; 2 No.

Scaling: [J1SRXMED] is constructed by taking the **total number** of “Yes” responses to the questions. [J1SRXMED] is computed for cases that have **at least one** valid response to questions in the summary variable.

#### **Having Taken Medicines (in past 30 days) [J1SRXMEX]:**

- A dummy variable based on [J1SRXMED]
- = 1 (YES) if [J1SRXMED] is greater than or equal to 1
  - = 2 (NO) if [J1SRXMED] equals 0

### MIDUS Information:

MIDUS I scale & variable names:

**Number of Medicines Taking [A1SRXMED]**

**Having Taken Medicines [A1SRXMEX]\***

MIDUS II Project 1 scale & variable names:

**Number of Medicines Taking [B1SRXMED]**

**Having Taken Medicines [B1SRXMEX]**

Coding: The dummy variable ‘having Taken Medicines’ was coded as 1 for YES and 0 for NO, where in MIDJA, it was coded as 1 for YES and 2 for NO.

\*The variable [A1SRXMEX] is not currently included in the MIDUS I public dataset but items used to compute it are available, thus interested users can construct this variable if desired. This variable will be included in the next update of the public dataset.



## ACTIVITIES OF DAILY LIVING

### Summary Variables:

#### **Basic Activity of Daily Living [J1SBADL1]**

- Questions used to construct [J1SBADL1]

Survey Questionnaires, Section A; Questions 10 (b, h)

(How much does your health limit you in doing each of the following?)

b. "Bathing or dressing yourself"

\*h. "Walking 50 meters"

\*Distance was converted to metric for MIDJA in MIDUS this item is "walking one block"

#### **Basic Activity of Daily Living [J1SBADL2]**

- Questions used to construct [J1SBADL2]

Survey Questionnaires, Section A; Questions 10 (b, d, h)

(How much does your health limit you in doing each of the following?)

b. "Bathing or dressing yourself"

d. "Climbing one flight of stairs"

\*h. "Walking 50 meters"

\*Distance was converted to metric for MIDJA in MIDUS this item is "walking one block"

#### **Instrumental Activity of Daily Living [J1SIADL]**

- Questions used to construct [J1SIADL]

Survey Questionnaires, Section A; Question 10 (a, c, e, f, g, i, j)

(How much does your health limit you in doing each of the following?)

a. "Lifting or carrying groceries"

\*c. "Climbing several flights of stairs"

e. "Bending, kneeling, or stooping"

\*\*f. "Walking 2000 meters or more"

\*\*g. "Walking 200-300 meters"

i. "Vigorous activities (e.g., running, lifting heavy objects)"

j. "Moderate activities (e.g., bowling, vacuuming)"

\*Changed to 2-3 flights of for MIDJA, in MIDUS it is "several flights"

\*\*Distance was converted to metric for MIDJA, in MIDUS these items are

f. "Walking more than a mile"

g. "Walking several blocks".

Coding: 1 Not at all; 2 A little; 3 Some; 4 A lot.

Scaling: The summary variables are constructed by calculating the **mean** of the items in each scale. Higher scores reflect a greater difficulty in performing each activities of daily life.

Missing Values: The summary variables are computed for cases that have **at least one** valid response to questions in the summary variable.

**MIDUS Information:**

MIDUS I scale & variable names:

**Basic Activity of Daily Living [A1SBADL]**

**Instrumental Activities of Daily Living [A1SIADL]**

MIDUS II Project 1 scale & variable names:

**Basic Activity of Daily Living- 2 items [B1SBADL1]**

**Basic Activity of Daily Living- 3 items [B1SBADL2] – New at MIDUS II**

**Instrumental Activities of Daily Living [B1SIADL]**

Coding: MIDJA codes (above) are in the opposite direction of those used in MIDUS (below)

1 A lot; 2 Some; 3 A little; 4 Not at all.

Scaling: All items were reverse coded so a high score indicates high standing.

Missing Values are handled the same in MIDUS and MIDJA.

## DYSPNEA

### Summary Variables:

#### **Progressive Levels of Dyspnea [J1SDYSPN]**

- Questions used to construct [J1SDYSPN]

: Survey Questionnaires, Section A; Questions 11 (a to d)

(Do you get short of breath in the following situations?)

- a. "When hurrying on ground level or walking up a slight hill."
- b. "When walking with other people your age on level ground."
- c. "When walking at your own pace on level ground."
- d. "When washing or dressing."

Coding: 1 Yes; 2 No.

Scaling: [J1SDYSPN] is constructed by determining the respondent's consecutive positive responses to the question (A11a through A11d). Higher scores indicates greater progressive levels of Dyspnea.

[J1SDYSPN]

=1 if the respondent answered "Yes" to only A11a.

= 2 if the respondent answered "Yes" to A11a AND A11b.

= 3 if the respondent answered "Yes" to A11a, A11b, and A11c.

= 4 if the respondent answered "Yes" to A11a, A11b, A11c and A11d.

Missing Values: The scale is computed for cases that had valid responses to **all four questions** used in the summary variable

### MIDUS Information:

MIDUS I scale & variable names: **Progressive Levels of Dyspnea [A1SDYSPN]**

MIDUS II Project 1 scale & variable names: **Progressive Levels of Dyspnea [B1SDYSPN]**

Coding, scaling and missing values are the same in MIDUS and MIDJA.

## SEEING MEDICAL DOCTORS

### **Summary Variables:**

#### **Number of Times Seeing Medical Doctors (in the past 12 months) [J1SUSEMD]:**

- [J1SUSEMD] is a continuous variable based on the total number of times the respondent reported seeing doctors for various reasons.
- Questions used to construct [J1SUSEMD]
  - : Survey Questionnaire, Section A, Question 17 (a, d, e).
  - a. A doctor, hospital or clinic for a routine physical check-up or gynecological exam.
  - d. A doctor, emergency room, or clinic for urgent care treatment
  - e. A doctor, hospital, clinic, dentist or ophthalmologist for scheduled treatment or surgery.

### **MIDUS Information:**

MIDUS I scale & variable names:

#### **Number of Times Seeing Medical Doctors [A1SUSEMD]**

MIDUS II Project 1 scale & variable names:

#### **Number of Times Seeing Medical Doctors [B1SUSEMD]**

Coding, scaling and missing values are the same in MIDUS and MIDJA.

## **CIGARETTE SMOKING**

### **Constructed Variables:**

#### **Did you ever smoke? [J1SB1A]:**

- [J1SB1A] is a dummy variable indicate whether respondent EVER smoked in his/her life.

- Questions used to construct [J1SB1]

: Survey Questionnaire, Section B, Question 1.

At what age did you have your very FIRST cigarette, if EVER?

Scaling: [J1SB1A] is constructed based on the respondent's answer to [J1SB1].

=1 if the respondent filled in a valid "Age" to B1.

= 2 if the respondent answered "Never Smoke".

### **MIDUS Information:**

Similar variable in MIDUS II (the wording is not exactly the same):

**Have you ever smoked cigarettes regularly – that is, at least a few cigarettes every day?**

**[B1PA38A] [B4H26]**

Coding, scaling and missing values are the same in MIDUS and MIDJA.