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National Survey of Midlife in the United States (MIDUS II): Daily Stress Project, 2004-2009

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Scales

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MIDUS Project 2:

National Study of Daily Experiences

Wave 2: Scales Documentation

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*N*ational *S*tudy of *D*aily *E*xperiences

Wave 2: Scales Documentation

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INTRODUCTION

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

For each scale, items used to construct the scale, coding, and methods of scale construction are described. Information regarding psychometric properties, source articles, published studies that use the scales and other important notes are included.

For each scale included in this document, the variable name used for that scale is presented in brackets with uppercase letters. Cronbach's alpha reliability coefficient is reported for most scales. Alpha reliability coefficients are based on the NSDE random digit dailed respondents (RDD) (N=1,141).

 "Sources" refer to articles, or other published studies that originally discussed the scale. The document will be revised and updated as more information is gathered, and researchers continue to work with the NSDE II data. If there are suggestions or comments regarding the NSDE 2 scales, please contact David M. Almeida (dalmeida@psu.edu). Moreover, if additional scales are constructed using these data, please contact us so the work can be shared.

NUMBER OF STRESSORS

[B2DN_STR]: Number of Stressors

Items: 7 items - (B2DF1, B2DF2, B2DF3, B2DF4, B2DF5, B2DF6, B2DF7)

    a. **B2DF1**: "Did you have an argument or disagreement with anyone since (this time/we spoke) yesterday?"

    b. **B2DF2**: "Since (this time/we spoke) yesterday, did anything happen that you could have argued about but you decided to let pass in order to avoid a disagreement?"

    c. **B2DF3**: "Since (this time/we spoke) yesterday, did anything happen at work or school (other than what you already mentioned) that most people would consider stressful?"

    d. **B2DF4**: "Since (this time/we spoke) yesterday, did anything happen at home (other than what you already mentioned) that most people would consider stressful?"

    e. **B2DF5**: "Many people experience discrimination on the basis of such things as race, sex, or age. Did anything like this happen to you since (this time/we spoke) yesterday?"

    f. **B2DF6**: "Since (this time/we spoke) yesterday, did anything happen to a close friend or relative (other than what you've already mentioned) that turned out to be stressful for you?"

    g. **B2DF7**: "Did anything else happen to you since (this time/we spoke) yesterday that people would consider stressful?"

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

B2DN_STR Coding: 8 Refused/Missing.

Scaling: B2DN_STR was constructed by summing the items. First, items were recoded so that response value "0" represents NO stressors instead of the original response value of "2". Items were coded so that higher scores reflect higher number of stressors.

SPSS Syntax:

Recode B2DF1 B2DF2 B2DF3 B2DF4 B2DF5 B2DF6 B2DF7 (2=0) (1=1) (else=copy). Execute.

Compute B2DN_STR = Sum (B2DF1, B2DF2, B2DF3, B2DF4, B2DF5, B2DF6, B2DF7). Execute.

Source(s):

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

Studies using the scales:

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

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

Charles, S. T., & Almeida, D. M. (2007). Genetic and environmental effects on daily life stressors: More evidence for greater variation in later life. *Psychology and Aging, 22,* 331-340.

Mroczek, D. K, & Almeida, D. M. (2004). The effect of daily stress, personality, and age on daily negative affect. *Journal of Personality, 72*, 355-378.

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

ANY STRESSOR

[B2DA_STR]: Any Stressor

Items: 7 items - (B2DF1, B2DF2, B2DF3, B2DF4, B2DF5, B2DF6, B2DF7)

a. **B2DF1**: "Did you have an argument or disagreement with anyone since (this time/we spoke) yesterday?"
b. **B2DF2**: "Since (this time/we spoke) yesterday, did anything happen that you could have argued about but you decided to let pass in order to avoid a disagreement?"
c. **B2DF3**: "Since (this time/we spoke) yesterday, did anything happen at work or school (other than what you already mentioned) that most people would consider stressful?"
d. **B2DF4**: "Since (this time/we spoke) yesterday, did anything happen at home (other than what you already mentioned) that most people would consider stressful?"
e. **B2DF5**: "Many people experience discrimination on the basis of such things as race, sex, or age. Did anything like this happen to you since (this time/we spoke) yesterday?"
f. **B2DF6**: "Since (this time/we spoke) yesterday, did anything happen to a close friend or relative (other than what you've already mentioned) that turned out to be stressful for you?"
g. **B2DF7**: "Did anything else happen to you since (this time/we spoke) yesterday that people would consider stressful?"

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

B2DA_STR Coding: 1 At Least One Stressor; 2 No Stressors; 8 Refused/Missing.

Scaling: B2DA_STR was calculated from the variable B2DN_STR (Number of Stressors, see page 4).

SPSS Syntax:

Recode B2DN_STR (0=2) (1 thru 7=1) (else=copy) into B2DA_STR.
Execute.

Source(s):

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

Studies using the scales:

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

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

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

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

Stawski, R. S., Sliwinski, M. J., Almeida, D. M., & Smyth, J. M. (2008). Reported exposure and emotional reactivity to daily stressors: The roles of adult-age and global perceived stress. *Psychology and Aging, 23*, 52-61.

STRESSOR SEVERITY

[B2DSSEVS]: Stressor Severity Sum

[B2DSSEVA]: Stressor Severity Average

Items: 7 items - (B2DF1C, B2DF2C, B2DF3B, B2DF4B, B2DF5C, B2DF6C, B2DF7B)

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

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

    a. **B2DF1C**: "Did you have an argument or disagreement with anyone since (this time/we spoke) yesterday?" (B2DF1)
    b. **B2DF2C**: "Since (this time/we spoke) yesterday, did anything happen that you could have argued about but you decided to let pass in order to avoid a disagreement?" (B2DF2)
    c. **B2DF3B**: "Since (this time/we spoke) yesterday, did anything happen at work or school (other than what you already mentioned) that most people would consider stressful?" (B2DF3)
    d. **B2DF4B**: "Since (this time/we spoke) yesterday, did anything happen at home (other than what you already mentioned) that most people would consider stressful?" (B2DF4)
    e. **B2DF5C**: "Many people experience discrimination on the basis of such things as race, sex, or age. Did anything like this happen to you since (this time/we spoke) yesterday?" (B2DF5)
    f. **B2DF6C**: "Since (this time/we spoke) yesterday, did anything happen to a close friend or relative (other than what you've already mentioned) that turned out to be stressful for you?" (B2DF6)
    g. **B2DF7B**: "Did anything else happen to you since (this time/we spoke) yesterday that people would consider stressful?" (B2DF7)

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

B2DSSEVS Coding: 98 Refused/Missing.

B2DSSEVA Coding: 0 Not At All; 1 Not Very; 2 Somewhat; Very; 8 Refused/Missing.

Scaling: B2DSSEVS was calculated by summing the items. B2DSSEVA was constructed by averaging the items. Items were coded so that higher scores reflect higher levels stressor severity.

STRESSOR SEVERITY (continues)

SPSS Syntax:

Compute
B2DSSEVS = Sum (B2DF1C, B2DF2C, B2DF3B, B2DF4B, B2DF5C, B2DF6C, B2DF7B).
Execute.

Compute
B2DSSEVA = Mean (B2DF1C, B2DF2C, B2DF3B, B2DF4B, B2DF5C, B2DF6C, B2DF7B).
Execute.

Source(s):

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

Studies using the scales:

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

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

Charles, S. T., & Almeida, D. M. (2007). Genetic and environmental effects on daily life stressors: More evidence for greater variation in later life. *Psychology and Aging, 22,* 331-340.

Mroczek, D. K, & Almeida, D. M. (2004). The effect of daily stress, personality, and age on daily negative affect. *Journal of Personality, 72*, 355-378.

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

STRESSOR NEGATIVE AFFECT

[B2DSNEGS]: Stressor Negative Affect Sum

[B2DSNEGA]: Stressor Negative Affect Average

Items: 21 items - (B2DF1WC1, B2DF1WC2, B2DF1WC3, B2DF1WC4,
B2DF2WC1, B2DF2WC2, B2DF2WC3, B2DF2WC4, B2DF3WB1, B2DF3WB2,
B2DF3WB3, B2DF3WB4, B2DF4WB1, B2DF4WB2, B2DF4WB3, B2DF4WB4,
B2DF5WC1, B2DF5WC2, B2DF5WC3, B2DF5WC4, B2DF6WC1, B2DF6WC2,
B2DF6WC3, B2DF6WC4, B2DF7WB1, B2DF7WB2, B2DF7WB3, B2DF7WB4)

>   How ANGRY Were You Feeling?
>   A. B2DF1WC1, B2DF2WC1, B2DF3WB1, B2DF4WB1, B2DF5WC1,
>   B2DF6WC1, B2DF7WB1

>   How NERVOUS or ANXIOUS Were You Feeling?
>   B. B2DF1WC2, B2DF2WC2, B2DF3WB2, B2DF4WB2, B2DF5WC2,
>   B2DF6WC2, B2DF7WB2

>   How SAD Were You Feeling?
>   B. B2DF1WC3, B2DF2WC3, B2DF3WB3, B2DF4WB3, B2DF5WC3,
>   B2DF6WC3, B2DF7WB3

>   How SHAMEFUL Were You Feeling?
>   D. B2DF1WC4, B2DF2WC4, B2DF3WB4, B2DF4WB4, B2DF5WC4,
>   B2DF6WC4, B2DF7WB4

Scaling: B2DSNegS was constructed by calculating the sum across each set of items.
B2DSNegA was calculated by averaging the items. Items were coded so that
higher scores reflect higher stressor negative affect.

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

B2DSNEGS Coding: 98 Refused/Missing.

B2DSNEGA Coding: 0 Not At All; 1 Not Very; 2 Somewhat; 3 Very;
8 Refused/Missing.

SPSS Syntax:

Compute B2DSNEGS = SUM (B2DF1WC1, B2DF1WC2, B2DF1WC3, B2DF1WC4,
B2DF2WC1, B2DF2WC2, B2DF2WC3, B2DF2WC4, B2DF3WB1, B2DF3WB2,
B2DF3WB3, B2DF3WB4, B2DF4WB1, B2DF4WB2, B2DF4WB3, B2DF4WB4,
B2DF5WC1, B2DF5WC2, B2DF5WC3, B2DF5WC4, B2DF6WC1, B2DF6WC2,
B2DF6WC3, B2DF6WC4, B2DF7WB1, B2DF7WB2, B2DF7WB3, B2DF7WB4).
Execute.

Compute B2DSNEGA = MEAN (B2DF1WC1, B2DF1WC2, B2DF1WC3, B2DF1WC4, B2DF2WC1, B2DF2WC2, B2DF2WC3, B2DF2WC4, B2DF3WB1, B2DF3WB2, B2DF3WB3, B2DF3WB4, B2DF4WB1, B2DF4WB2, B2DF4WB3, B2DF4WB4, B2DF5WC1, B2DF5WC2, B2DF5WC3, B2DF5WC4, B2DF6WC1, B2DF6WC2, B2DF6WC3, B2DF6WC4, B2DF7WB1, B2DF7WB2, B2DF7WB3, B2DF7WB4). Execute.

Source(s):

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

Studies using the scales:

*New to NSDE 2.

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

STRESSOR APPRAISAL

[B2DSAprA thru B2DSAprG]: Stressor Appraisal Average

Items: 49 items - (B2DF1D, B2DF1E, B2DF1F, B2DF1G, B2DF1H, B2DF1I, B2DF1J, B2DF2D, B2DF2E, B2DF2F, B2DF2G, B2DF2H, B2DF2I, B2DF2J, B2DF3C, B2DF3D, B2DF3E, B2DF3F, B2DF3G, B2DF3H, B2DF3I, B2DF4C, B2DF4D, B2DF4E, B2DF4F, B2DF4G, B2DF4H, B2DF4I, B2DF5D, B2DF5E, B2DF5F, B2DF5G, B2DF5H, B2DF5I, B2DF5J, B2DF6D, B2DF6E, B2DF6F, B2DF6G, B2DF6H, B2DF6I, B2DF6J, B2DF7C, B2DF7D, B2DF7E, B2DF7F, B2DF7G, B2DF7H, B2DF7I)

B2DSAPRA -- Risk Disrupting Your Daily Routine.
    A. B2DF1D, B2DF2D, B2DF3C, B2DF4C, B2DF5D, B2DF6D, B2DF7C

B2DSAPRB -- Risk Your Financial Situation
    B. B2DF1E, B2DF2E, B2DF3D, B2DF4D, B2DF5E, B2DF6E, B2DF7D

B2DSAPRC -- Risk Feel About Yourself
    C. B2DF1F, B2DF2F, B2DF3E, B2DF4E, B2DF5F, B2DF6F, B2DF7E

B2DSAPRD -- Risk Other People Feel About You
    D. B2DF1G, B2DF2G, B2DF3F, B2DF4F, B2DF5G, B2DF6G, B2DF7F

B2DSAPRE -- Risk Your Physical Health Or Safety
    E. B2DF1H, B2DF2H, B2DF3G, B2DF4G, B2DF5H, B2DF6H, B2DF7G

B2DSAPRF -- Risk Health Of Someone You Care
    F. B2DF1I, B2DF2I, B2DF3H, B2DF4H, B2DF5I, B2DF6I, B2DF7H

B2DSAPRG -- Risk Your Plans For The Future
    G. B2DF1J, B2DF2J, B2DF3I, B2DF4I, B2DF5J, B2DF6J, B2DF7I

Scaling: B2DSAPRA thru B2DSAPRG were constructed by calculating the average of the items. Items were coded so that higher scores reflect higher stressor appraisal.

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

B2DSAPRA thru B2DSAPRG Coding: 0 None At All; 1 A Little; 2 Some; 3 A Lot; 8 Refused/Missing

B2DSAPRA -- Risk Disrupting Your Daily Routine.
Compute B2DSAPRA= Mean (B2DF1D, B2DF2D, B2DF3C, B2DF4C, B2DF5D,
B2DF6D, B2DF7C).
Execute.

B2DSAPRB -- Risk Your Financial Situation
Compute B2DSAPRB = Mean (B2DF1E, B2DF2E, B2DF3D, B2DF4D, B2DF5E,
B2DF6E, B2DF7D).
Execute.

B2DSAPRC -- Risk Feel About Yourself
Compute B2DSAPRC = Mean (B2DF1F, B2DF2F, B2DF3E, B2DF4E, B2DF5F,
B2DF6F, B2DF7E).
Execute.

B2DSAPRD -- Risk Other People Feel About You
Compute B2DSAPRD = Mean (B2DF1G, B2DF2G, B2DF3F, B2DF4F, B2DF5G,
B2DF6G, B2DF7F).
Execute.

B2DSAPRE -- Risk Your Physical Health Or Safety
Compute B2DSAPRE = Mean (B2DF1H, B2DF2H, B2DF3G, B2DF4G, B2DF5H,
B2DF6H, B2DF7G).
Execute.

B2DSAPRF -- Risk Health Of Someone You Care
Compute B2DSAPRF = Mean (B2DF1I, B2DF2I, B2DF3H, B2DF4H, B2DF5I, B2DF6I,
B2DF7H).
Execute.

B2DSAPRG -- Risk Your Plans For The Future
Compute B2DSAPRG = Mean (B2DF1J, B2DF2J, B2DF3I, B2DF4I, B2DF5J, B2DF6J,
B2DF7I).
Execute.

Source(s):

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

Studies using the scales:

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

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

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

STRESSOR CONTROL

[B2DSCOTS]: Stressor Control Sum

[B2DSCOTA]: Stressor Control Average

Items: 7 items - (B2DF1WC5, B2DF2WC5, B2DF3WB5, B2DF4WB5, B2DF5WC5, B2DF6WC5, B2DF7WB5)

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

> The 7 items are <u>stem</u> questions to the following…
>
> a. **B2DF1WC5**: "Did you have an argument or disagreement with anyone since (this time/we spoke) yesterday?" (B2DF1)
> h. **B2DF2WC5**: "Since (this time/we spoke) yesterday, did anything happen that you could have argued about but you decided to let pass in order to avoid a disagreement?" (B2DF2)
> i. **B2DF3WB5**: "Since (this time/we spoke) yesterday, did anything happen at work or school (other than what you already mentioned) that most people would consider stressful?" (B2DF3)
> j. **B2DF4WB5**: "Since (this time/we spoke) yesterday, did anything happen at home (other than what you already mentioned) that most people would consider stressful?" (B2DF4)
> k. **B2DF5WC5**: "Many people experience discrimination on the basis of such things as race, sex, or age. Did anything like this happen to you since (this time/we spoke) yesterday?" (B2DF5)
> l. **B2DF6WC5**: "Since (this time/we spoke) yesterday, did anything happen to a close friend or relative (other than what you've already mentioned) that turned out to be stressful for you?" (B2DF6)
> m. **B2DF7WB5**: "Did anything else happen to you since (this time/we spoke) yesterday that people would consider stressful?" (B2DF7)

Scaling: B2DSCotS was constructed by calculating the sum across each set of items. B2DSCotA was calculated by averaging the items. Items were coded so that higher scores reflect higher stressor control.

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

B2DSCOTS: 98 Refused/Missing.

B2DSCOTA: 0 None At All; 1 A Little; 2 Some; 3 A Lot; 8 Refused/Missing.

SPSS Syntax:

Compute
B2DSCOTS = Sum (B2DF1WC5, B2DF2WC5, B2DF3WB5, B2DF4WB5,
B2DF5WC5, B2DF6WC5, B2DF7WB5).
Execute.

Compute
B2DSCOTA = Mean (B2DF1WC5, B2DF2WC5, B2DF3WB5, B2DF4WB5,
B2DF5WC5, B2DF6WC5, B2DF7WB5).
Execute.

Source(s):

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

Studies using the scales:

*New to NSDE 2.

Banks, S. R. (2009). Event-specific control, salivary cortisol, and the daily stress
　　　process. Unpublished Doctoral dissertation, The Pennsylvania State
　　　University, University Park, PA.

NUMBER OF PHYSICAL SYMPTOMS

[B2DN_SYM]: Number of Physical Symptoms

Items: 28 items - (B2DB1A, B2DB1B, B2DB1C, B2DB1D, B2DB1E, B2DB1F, B2DB1G, B2DB1H, B2DB1I, B2DB1J, B2DB1K, B2DB1L, B2DB1LA, B2DB1M, B2DB1N, B2DB1O, B2DB1P, B2DB1Q, B2DB1R, B2DB1S, B2DB1T, B2DB1U, B2DB1V, B2DB1W, B2DB1X, B2DB1Y, B2DB1Z, B2DB1LEG)

> **B2DB1A**: "Headache"
> **B2DB1B**: "Backache"
> **B2DB1C**: "Muscle Soreness"
> **B2DB1D**: "Fatigue"
> **B2DB1E**: "Joint Pain"
> **B2DB1F**: "Muscle Weakness"
> **B2DB1G**: "Cough"
> **B2DB1H**: "Sore Throat"
> **B2DB1I**: "Fever"
> **B2DB1J**: "Chills"
> **B2DB1K**: "Other Cold Or Flu Symptoms"
> **B2DB1L**: "Nausea"
> **B2DB1LA**: "Allergies"
> **B2DB1M**: "Diarrhea"
> **B2DB1N**: "Constipation"
> **B2DB1O**: "Poor Appetite"
> **B2DB1P**: "Other Stomach Problems"
> **B2DB1Q**: "Chest Pain"
> **B2DB1R**: "Dizziness"
> **B2DB1S**: "Shortness of Breath"
> **B2DB1T**: "Menstrual Related Symptoms"
> **B2DB1U**: "Hot Flashes or Flushes"
> **B2DB1V**: "Any Other Physical Symptoms"
> **B2DB1W**: "Skin Related Symptoms"
> **B2DB1X**: "Eye Related Symptoms"
> **B2DB1Y**: "Ear Related Symptoms"
> **B2DB1Z**: "Teeth Related Symptom"
> **B2DB1LEG**: "Leg or Foot Related Symptom"

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

B2DN_SYM Coding: 98 Refused/Missing.

Scaling: B2DN_SYM was constructed by calculating the sum of the items. First, items were recoded so that response value "0" represents NO symptoms instead of the response value of "2". Items were coded so that higher scores reflect higher number of symptoms.

NUMBER OF PHYSICAL SYMPTOMS (continues)

SPSS Syntax:

Recode B2DB1A B2DB1B B2DB1C B2DB1D B2DB1E B2DB1F B2DB1G B2DB1H B2DB1I B2DB1J B2DB1K B2DB1L B2DB1LA B2DB1M B2DB1N B2DB1O B2DB1P B2DB1Q B2DB1R B2DB1S B2DB1T B2DB1U B2DB1V B2DB1W B2DB1X B2DB1Y B2DB1Z B2DB1LEG (2=0) (1=1) (else=copy).
Execute.

Compute B2DN_SYM = Sum (B2DB1A, B2DB1B, B2DB1C, B2DB1D, B2DB1E, B2DB1F, B2DB1G, B2DB1H, B2DB1I, B2DB1J, B2DB1K, B2DB1L, B2DB1LA, B2DB1M, B2DB1N, B2DB1O, B2DB1P, B2DB1Q, B2DB1R, B2DB1S, B2DB1T, B2DB1U, B2DB1V, B2DB1W, B2DB1X, B2DB1Y, B2DB1Z, B2DB1LEG).
Execute.

Source(s):

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

Studies using the scales:

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

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

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

ANY PHYSICAL SYMPTOM

[B2DA_SYM]: Any Physical Symptom

Items: 28 items - (B2DB1A, B2DB1B, B2DB1C, B2DB1D, B2DB1E, B2DB1F, B2DB1G, B2DB1H, B2DB1I, B2DB1J, B2DB1K, B2DB1L, B2DB1LA, B2DB1M, B2DB1N, B2DB1O, B2DB1P, B2DB1Q, B2DB1R, B2DB1S, B2DB1T, B2DB1U, B2DB1V, B2DB1W, B2DB1X, B2DB1Y, B2DB1Z, B2DB1LEG)

> **B2DB1A**: "Headache"
> **B2DB1B**: "Backache"
> **B2DB1C**: "Muscle Soreness"
> **B2DB1D**: "Fatigue"
> **B2DB1E**: "Joint Pain"
> **B2DB1F**: "Muscle Weakness"
> **B2DB1G**: "Cough"
> **B2DB1H**: "Sore Throat"
> **B2DB1I**: "Fever"
> **B2DB1J**: "Chills"
> **B2DB1K**: "Other Cold Or Flu Symptoms"
> **B2DB1L**: "Nausea"
> **B2DB1LA**: "Allergies"
> **B2DB1M**: "Diarrhea"
> **B2DB1N**: "Constipation"
> **B2DB1O**: "Poor Appetite"
> **B2DB1P**: "Other Stomach Problems"
> **B2DB1Q**: "Chest Pain"
> **B2DB1R**: "Dizziness"
> **B2DB1S**: "Shortness of Breath"
> **B2DB1T**: "Menstrual Related Symptoms"
> **B2DB1U**: "Hot Flashes or Flushes"
> **B2DB1V**: "Any Other Physical Symptoms"
> **B2DB1W**: "Skin Related Symptoms"
> **B2DB1X**: "Eye Related Symptoms"
> **B2DB1Y**: "Ear Related Symptoms"
> **B2DB1Z**: "Teeth Related Symptom"
> **B2DB1LEG**: "Leg or Foot Related Symptom"

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

B2DA_SYM Coding: 1 At Least One Physical Symptom; 2 None; 8 Refused/Missing.

Scaling: B2DA_SYM was calculated from the variable B2DN_SYM (Number of Symptoms, see page 17).

SPSS Syntax:

Recode B2DN_SYM (0=2) (1 thru 28=1) (else=copy) into B2DA_SYM.
Execute.

Source(s):

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

Studies using the scales:

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

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

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

PHYSICAL SYMPTOM SEVERITY

B2DSYMAV: Physical Symptom Severity Average

Items: 28 items - (B2DB1A2, B2DB1B2, B2DB1C2, B2DB1D2, B2DB1E2, B2DB1F2, B2DB1G2, B2DB1H2, B2DB1I2, B2DB1J2, B2DB1K2, B2DB1L2, B2DB1LA2, B2DB1M2, B2DB1N2, B2DB1O2, B2DB1P2, B2DB1Q2, B2DB1R2, B2DB1S2, B2DB1T2, B2DB1U2, B2DB1V2, B2DB1W2, B2DB1X2, B2DB1Y2, B2DB1Z2, B2DB1LE2)

For every symptom experienced, respondents are asked to rate the severity of the symptom B2DB1A2thru B2DB1LE2.

> **B2DB1A2**: "Headache Severity"
> **B2DB1B2**: "Backache Severity"
> **B2DB1C2**: "Muscle Soreness Severity"
> **B2DB1D2**: "Fatigue Severity"
> **B2DB1E2**: "Joint Pain Severity"
> **B2DB1F2**: "Muscle Weakness Severity"
> **B2DB1G2**: "Cough Severity"
> **B2DB1H2**: "Sore Throat Severity"
> **B2DB1I2**: "Fever Severity"
> **B2DB1J2**: "Chills Severity"
> **B2DB1K2**: "Other Cold Or Flu Symptoms Severity"
> **B2DB1L2**: "Nausea Severity"
> **B2DB1LA2**: "Allergies Severity"
> **B2DB1M2**: "Diarrhea Severity"
> **B2DB1N2**: "Constipation Severity"
> **B2DB1O2**: "Poor Appetite Severity"
> **B2DB1P2**: "Other Stomach Problems Severity"
> **B2DB1Q2**: "Chest Pain Severity"
> **B2DB1R2**: "Dizziness Severity"
> **B2DB1S2**: "Shortness of Breath Severity"
> **B2DB1T2**: "Menstrual Related Symptoms Severity"
> **B2DB1U2**: "Hot Flashes or Flushes Severity"
> **B2DB1V2**: "Any Other Physical Symptoms Severity"
> **B2DB1W2**: "Skin Related Symptoms Severity"
> **B2DB1X2**: "Eye Related Symptoms Severity"
> **B2DB1Y2**: "Ear Related Symptoms Severity"
> **B2DB1Z2**: "Teeth Related Symptom Severity"
> **B2DB1LE2**: "Leg or Foot Related Symptom Severity"

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

B2DSYMAV Coding: 1 Very Mild thru 10 Very Severe; 98 Refused/Missing.

PHYSICAL SYMPTOM SEVERITY (continues)

Scaling: B2DSYMAV was calculated by averaging the items. Items were coded so that higher scores reflect higher severity of symptoms.

SPSS Syntax:

Compute B2DSYMAV = Mean (B2DB1A2, B2DB1B2, B2DB1C2, B2DB1D2, B2DB1E2, B2DB1F2, B2DB1G2, B2DB1H2, B2DB1I2, B2DB1J2, B2DB1K2, B2DB1L2, B2DB1LA2, ,B2DB1M2, B2DB1N2, B2DB1O2, B2DB1P2, B2DB1Q2, B2DB1R2, B2DB1S2, B2DB1T2, B2DB1U2, B2DB1V2, B2DB1W2, B2DB1X2, B2DB1Y2, B2DB1Z2, B2DB1LE2).
Execute.

Source(s):

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

Studies using the scales:

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

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

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

NUMBER OF POSITIVE EVENTS

B2DN_POS: Number of Positive Events

Items: 5 items - (B2DF8, B2DF9, B2DF10, B2DF11, B2DF12)

> a. B2DF8: "Did you have an interaction with someone that most people would consider particularly positive (for example, sharing a good laugh with someone, or having a good conversation) since (this time/ we spoke) yesterday?"
> b. B2DF9: "Since (this time/we spoke) yesterday, did you have an experience at (work/volunteer position) that most people would consider particularly positive?"
> c. B2DF10: "Since (this time/we spoke) yesterday, did you have an experience at home that most people would consider particularly positive?"
> d. B2DF11: "Since (this time/we spoke) yesterday, did anything happen to a close friend or relative (other than what you've already mentioned) that turned out to be particularly positive for you?"
> e. B2DF12: "Did anything else happen to you since (this time/we spoke) yesterday that most people would consider particularly positive?"

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

B2DN_POS Coding: 8 Refused/Missing.

Scaling: B2DN_POS was constructed by calculating the sum of the items. First, items were recoded so that response value "0" represents NO positive events instead of the response value of "2". Items were coded so that higher scores reflect higher number of positive events.

SPSS Syntax:

Recode B2DF8 B2DF9 B2DF10 B2DF11 B2DF12 (2=0) (1=1) (else=copy).
Execute.

Compute B2DN_POS= Sum (B2DF8, B2DF9, B2DF10, B2DF11, B2DF12).
Execute.

Source(s):

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

Studies using the scales:

*New to NSDE 2.

ANY POSITIVE EVENT

B2DA_POS: Any Positive Event

Items: 5 items - (B2DF8, B2DF9, B2DF10, B2DF11, B2DF12)

    a. B2DF8: "Did you have an interaction with someone that most people would consider particularly positive (for example, sharing a good laugh with someone, or having a good conversation) since (this time/ we spoke) yesterday?"

    b. B2DF9: "Since (this time/we spoke) yesterday, did you have an experience at (work/volunteer position) that most people would consider particularly positive?"

    c. B2DF10: "Since (this time/we spoke) yesterday, did you have an experience at home that most people would consider particularly positive?"

    d. B2DF11: "Since (this time/we spoke) yesterday, did anything happen to a close friend or relative (other than what you've already mentioned) that turned out to be particularly positive for you?"

    e. B2DF12: "Did anything else happen to you since (this time/we spoke) yesterday that most people would consider particularly positive?"

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

B2DA_POS Coding: 1 At Least One Positive Event; 2 No Positive Events; 8 Refused/Missing.

Scaling: B2DA_POS was calculated from the variable B2DN_POS (Number of Positive Events, see page 23).

SPSS Syntax:

Recode B2DN_POS (0=2) (1 thru 5=1) (else=8) into B2DA_POS.
Execute.

Source(s):

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

<u>ANY POSITIVE EVENT (continues)</u>

<u>Studies using the scales</u>:

*New to NSDE 2.

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

POSITIVE AFFECT

B2DPOSAV: **Positive Affect Average**

Items: 13 items - (B2DC7, B2DC8, B2DC9, B2DC10, B2DC11, B2DC12, B2DC21, B2DC22, B2DC23, B2DC24, B2DC25, B2DC26, B2DC27)

> (How much of the time today did you feel……..)
> | | |
> |----------|-----------------------|
> | B2DC7*: | "in good spirits?" |
> | B2DC8*: | "cheerful?" |
> | B2DC9*: | "extremely happy?" |
> | B2DC10*: | "calm and peaceful?" |
> | B2DC11*: | "satisfied?" |
> | B2DC12*: | "full of life?" |
> | B2DC21: | "close to others?" |
> | B2DC22: | "like you belong?" |
> | B2DC23: | "enthusiastic?" |
> | B2DC24: | "attentive?" |
> | B2DC25: | "proud?" |
> | B2DC26: | "active?" |
> | B2DC27: | "confident?" |
>
> *Asterisks denote original MIDUS Positive Affect items.

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

B2DPOSAV Coding: 0 None of The Time; 1 A Little of The Time; 2 Some of The Time; 3 Most of The Time; 4 All of The Time; 8 Refused/Missing.

Scaling: B2DPOSAV was constructed by averaging the items. Items were coded so that higher scores reflect higher positive affect.

SPSS Syntax:

Compute B2DPOSAV = Mean (B2DC7, B2DC8, B2DC9, B2DC10, B2DC11, B2DC12, B2DC21, B2DC22, B2DC23, B2DC24, B2DC25, B2DC26, B2DC27).
Execute.

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

> Positive Affect:
> 13 - item alpha = .96

POSITIVE AFFECT (continues)

Source(s):

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

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

Studies using the scales:

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

NEGATIVE AFFECT

B2DNEGAV: Negative Affect Average

Items: 14 items - (B2DC1*, B2DC2*, B2DC3*, B2DC4*, B2DC5*, B2DC6*, B2DC13, B2DC14, B2DC15, B2DC16, B2DC17, B2DC18, B2DC19, B2DC20)

(How much of the time today did you feel……..)
B2DC1*:	"restless or fidgety?"
B2DC2*:	"nervous?"
B2DC3*:	"worthless?"
B2DC4*:	"so sad nothing cheer you up?"
B2DC5*:	"everything was an effort?"
B2DC6*:	"hopeless?"
B2DC13:	"lonely?"
B2DC14:	"afraid?"
B2DC15:	"jittery?"
B2DC16:	"irritable?"
B2DC17:	"ashamed?"
B2DC18:	"upset?"
B2DC19:	"angry?"
B2DC20:	"frustrated?"

*Asterisks denote original MIDUS items.

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

B2DNEGAV Coding: 0 None of The Time; 1 A Little of The Time; 2 Some of The Time; 3 Most of The Time; 4 All of The Time; 8 Refused/Missing.

Scaling: B2DNegAv was calculated by averaging the items. Items were coded so that higher scores reflect higher negative affect.

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

     Negative Affect:
          14-item alpha = .89

SPSS Syntax:

Compute B2DNEGAV = Mean (B2DC1*, B2DC2*, B2DC3*, B2DC4*, B2DC5*, B2DC6*, B2DC13, B2DC14, B2DC15, B2DC16, B2DC17, B2DC18, B2DC19, B2DC20).
Execute.

NEGATIVE AFFECT (continues)

Source(s):

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

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

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

Studies using the scales:

Almeida, D. M., McDonald, D., & Wethington, E. (2001). Daily variation in father engagement and negative mood: Implications for nurturing and conflictual interactions. *Journal of Marriage and the Family,63*, 417-429.

Charles, S. T., & Almeida, D. M., (2006). Daily reports of symptoms and negative affect: Not all symptoms are the same. *Psychology and Health, 21,* 1-17.

Mroczek, D. K, & Almeida, D. M. (2004). The effect of daily stress, personality, and age on daily negative affect. *Journal of Personality, 72*, 355-378.

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