Codebook Raw Data Files

raw\_data\_logging.csv

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| Variable Name | Explanation | Label | Response Format |
| PP | Participant identifier | n/a | radboudpp[X]@gmail.com, where X stands for participant number |
| Day probe | Date the probe (i.e., survey) came in | n/a | YYYY-MM-DD |
| Time probe | Time during the day the probe was received | n/a | hh:mm:ss |
| Survey taken | Whether participant answered the probe | n/a | Yes/No |
| Day number | On what weekday the probe was received | n/a | 1 = Monday  2 = Tuesday  3 = Wednesday  4 = Thursday  5 = Friday |
| Number probe day | Counts the number of probes received on this day | n/a | Integer |
| Number probe overall | Number of probes received overall (counting across days) | n/a | Integer |
| Number days (total) | On how many days did participant receive probes | n/a | Integer |
| Probe ID | Identifier variable from PACO (the logging app) | n/a | Serial number |
| Fraction of days with notification | What proportion of the total days participants received probes did the app log at least one notification | n/a | Proportion (e.g., 0.40 = 40%) |
| Form duration | How long participants took to fill out a probe | n/a | Seconds |
| Monitoring D | The total time the phone was used in the 30 minutes before the probe was opened | n/a | hh:mm:ss |
| Monitoring C | The total time social apps were used in the 30 minutes before the survey was opened, regardless of whether the social app use was preceded by a notification | n/a | hh:mm:ss |
| Monitoring B | The total time social apps were used in the 30 minutes before the survey was opened. Social app use only counted when it was not preceded by a notification from that same social app. | n/a | hh:mm:ss |
| Reactibility C | The time between receiving the survey and opening the survey | n/a | hh:mm:ss |
| Reactibility B avg | The average time between receiving a notification and unlocking the screen in the 30 minutes before the survey was opened. Receiving a notification while the screen was unlocked does not count. | n/a | hh:mm:ss |
| Reactibility B std | Standard deviation of the “Reactibility B avg” measure | n/a | hh:mm:ss |
| Reactibility A avg | The average time between receiving a notification from a social app and opening that social app in the 30 minutes before the survey was opened. | n/a | hh:mm:ss |
| Reactibility A std | Standard deviation of the “Reactibility A avg” measure | n/a | hh:mm:ss |
| Monitoring D (seconds) | “Monitoring D” transformed to seconds | n/a | Seconds |
| Monitoring C (seconds) | “Monitoring C” transformed to seconds | n/a | Seconds |
| Monitoring B (seconds) | “Monitoring B” transformed to seconds | n/a | Seconds |
| Reactibility C (seconds) | “Reactibility C” transformed to seconds | n/a | Seconds |
| Reactibility B avg (seconds) | “Reactibility B avg” transformed to seconds | n/a | Seconds |
| Reactibility B std (seconds) | “Reactibility B std” transformed to seconds | n/a | Seconds |
| Reactibility A avg (seconds) | “Reactibility A avg” transformed to seconds | n/a | Seconds |
| Reactibility A std (seconds) | “Reactibility A std” transformed to seconds | n/a | Seconds |
| WellBeing\_Awake | Affective well-being item | All variables starting with “WellBeing\_” were presented in block, preceded by “At this moment, I feel:” | 7-point semantic differential scale: Tired – Awake |
| WellBeing\_Discontent | Affective well-being item |  | 7-point semantic differential scale: Content – Discontent |
| WellBeing\_Calm | Affective well-being item |  | 7-point semantic differential scale: Agitated – Calm |
| WellBeing\_WithoutEnergy | Affective well-being item |  | Full of energy – Without energy |
| WellBeing\_Well | Affective well-being item |  | 7-point semantic differential scale: Unwell – Well |
| WellBeing\_Tense | Affective well-being item |  | 7-point semantic differential scale: Relaxed – Tense |
| WellBeing\_Happy | Affective well-being item |  | 7-point semantic differential scale: Depressed – Happy |
| Stress | Current levels of stress (aimed at different RQ) | How much stress are you experiencing right now? | 7-point semantic differential scale: Not at all – Very stressed |
| Vigilance\_Salience\_Mediated | Self-reported situational salience dimension | In the last half an hour, how much were you thinking about mediated interactions (e.g., phone calls, WhatsApp messages, Facebook likes, Instagram posts etc.)? | 7-point semantic differential scale: Not at all – A lot |
| Salience\_FtF | Self-reported situational thoughts about face-to-face interactions | In the last half an hour, how much were you thinking about face-to-face interactions? | 7-point semantic differential scale: Not at all – A lot |
| Valence\_Mediated | Valence of “Vigilance\_Salience\_Mediated | How pleasant were those thoughts about mediated interactions? | 7-point semantic differential scale: Unpleasant – Pleasant |
| Valence\_FtF | Valence of thoughts about face-to-face interactions | How pleasant were those thoughts about face-to-face interactions? | 7-point semantic differential scale: Unpleasant – Pleasant |
| Valence\_Activity | Valence of the current activity | How pleasant was what you were doing in the last half an hour? | 7-point semantic differential scale: Unpleasant – Pleasant |
| Conflict\_YesNo | Whether participants were engaged in an activity that required them to concentrate (filter question) | In the last half an hour, I was engaged in a performance-related activity (e.g., an activity for which I had to concentrate). | Yes/No |
| Conflict\_Extent | The extent to which people had to concentrate | The activity required all my mental capacities. | 7-point semantic differential scale: Strongly disagree – Strongly agree |
| Conflict\_Filler | Whether participants performed the activity alone or with someone else (filler question to keep question number constant) | Did you engage in the activity alone or with others? | Alone/With others |
| Vigilance\_Reactibility | Self-reported reactibility dimension | In the last half an hour, when I received an online message, I immediately gave it my full attention. | 7-point semantic differential scale: Strongly disagree – Strongly agree |
| Vigilance\_Monitoring | Self-reported monitoring dimension | In the last half an hour, I was constantly monitoring what was happening online. | 7-point semantic differential scale: Strongly disagree – Strongly agree |
| Social\_Pressure | Pressure to be available via one’s phone | In the last half an hour, I felt a social obligation to be available for mediated interactions. | 7-point semantic differential scale: Strongly disagree – Strongly agree |
| extractedScheduledTimes | Time the probe was scheduled | n/a | YYYY-MM\_DD hh:mm |

raw\_data\_intake.csv

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| Variable Name | Explanation | Label | Response Format |
| StartDate | Date and time the intake was taken | n/a | YYYY-MM-DD hh:mm:ss |
| EndDate | Date and time the intake was submitted |  | YYYY-MM-DD hh:mm:ss |
| Status | No idea, from Qualtrics |  |  |
| IPAddress | IP address (from our lab where the intake took place) |  | xxx.xxx.xxx.xxx |
| Progress | Progess of the intake when participants finished (always 100) |  | Percentage |
| Duration (in seconds) | How long the intake took |  | Seconds |
| Finished | Whether participants finished the intake |  | 1 = Yes  2 = No |
| RecordedDate | When the outtake was recorded from the Qualtrics server |  | YYYY-MM-DD hh:mm:ss |
| ResponseId | Unique identifier from Qualtrics |  | Characters |
| RecipientLastName | Empty |  |  |
| RecipientFirstName | Empty |  |  |
| RecipientEmail | The anonymous gmail address participants were assigned that also contained their participant number |  | radboudpp[X]@gmail.com, where X stands for participant number |
| LocationLatitude-UserLanguage | Qualtrics specific information |  |  |
| Q1.2 | Participant number (aka identifier) |  | Numeric |
| Q1.3 | Participant identifier (email address that also contains participant number) |  | radboudpp[X]@gmail.com, where X stands for participant number |
| Q2.1\_First Click/Last Click/Page Submit | After how many seconds participants made their first click/their last click/went to the next page for all items starting with Q2.2 |  | Seconds |
| Q2.2\_1 | Trait online vigilance item | My thoughts often drift to online content. | 5-point Likert scale:  1 = does not apply to me at all  5 = fully applies |
| Q2.2\_2 | Trait online vigilance item | I have a hard time to disengage mentally from online content. | 5-point Likert scale:  1 = does not apply to me at all  5 = fully applies |
| Q2.2\_3 | Trait online vigilance item | Even when I am in a conversation with other people, I often think about what is happening online right now at the back of my mind. | 5-point Likert scale:  1 = does not apply to me at all  5 = fully applies |
| Q2.2\_4 | Trait online vigilance item | Often online content occupies my thoughts, even as I am dealing with other things. | 5-point Likert scale:  1 = does not apply to me at all  5 = fully applies |
| Q2.2\_5 | Trait online vigilance item | When I receive an online message, my thoughts drift there immediately. | 5-point Likert scale:  1 = does not apply to me at all  5 = fully applies |
| Q2.2\_6 | Trait online vigilance item | When I receive an online message, it triggers an impulse in me to check it right away. | 5-point Likert scale:  1 = does not apply to me at all  5 = fully applies |
| Q2.2\_7 | Trait online vigilance item | When I receive an online message, I immediately attend to it, even if I am engaged in other things right then. | 5-point Likert scale:  1 = does not apply to me at all  5 = fully applies |
| Q2.2\_8 | Trait online vigilance item | When I receive an online message, I immediately give it my full attention. | 5-point Likert scale:  1 = does not apply to me at all  5 = fully applies |
| Q2.2\_9 | Trait online vigilance item | I constantly monitor what is happening online presently. | 5-point Likert scale:  1 = does not apply to me at all  5 = fully applies |
| Q2.2\_10 | Trait online vigilance item | I often feel the urge to make sure what is happening online. | 5-point Likert scale:  1 = does not apply to me at all  5 = fully applies |
| Q2.2\_11 | Trait online vigilance item | I often start certain online applications so I don't miss out on any news. | 5-point Likert scale:  1 = does not apply to me at all  5 = fully applies |
| Q2.2\_12 | Trait online vigilance item | I always keep an eye on what is happening online at the moment. | 5-point Likert scale:  1 = does not apply to me at all  5 = fully applies |
| Q2.3\_First Click/Last Click/Page Submit | After how many seconds participants made their first click/their last click/went to the next page for all items starting with Q2.4 |  | Seconds |
| Q2.4\_1 | Trait smartphone habit item. All smartphone habit items were preceded by “Using my smartphone is something…” | I do frequently. | 7-point Likert scale:  1 = strongly disagree  7 = strongly agree |
| Q2.4\_2 | Trait smartphone habit item. | I do automatically. | 7-point Likert scale:  1 = strongly disagree  7 = strongly agree |
| Q2.4\_3 | Trait smartphone habit item. | I do without having to consciously remember. | 7-point Likert scale:  1 = strongly disagree  7 = strongly agree |
| Q2.4\_4 | Trait smartphone habit item. | That makes me feel weird if I do not do it. | 7-point Likert scale:  1 = strongly disagree  7 = strongly agree |
| Q2.4\_5 | Trait smartphone habit item. | I do without thinking. | 7-point Likert scale:  1 = strongly disagree  7 = strongly agree |
| Q2.4\_6 | Trait smartphone habit item. | That would require effort not to do it. | 7-point Likert scale:  1 = strongly disagree  7 = strongly agree |
| Q2.4\_7 | Trait smartphone habit item. | That belongs to my daily routine. | 7-point Likert scale:  1 = strongly disagree  7 = strongly agree |
| Q2.4\_8 | Trait smartphone habit item. | I start doing before I realize I am doing it. | 7-point Likert scale:  1 = strongly disagree  7 = strongly agree |
| Q2.4\_9 | Trait smartphone habit item. | That I would find hard not to do. | 7-point Likert scale:  1 = strongly disagree  7 = strongly agree |
| Q2.4\_10 | Trait smartphone habit item. | I have no need to think about doing. | 7-point Likert scale:  1 = strongly disagree  7 = strongly agree |
| Q2.4\_11 | Trait smartphone habit item. | That is typically "me". | 7-point Likert scale:  1 = strongly disagree  7 = strongly agree |
| Q2.4\_12 | Trait smartphone habit item. | I have been doing for a long time. | 7-point Likert scale:  1 = strongly disagree  7 = strongly agree |
| Q2.4\_13 | Trait smartphone habit item. | I do without meaning to do it. | 7-point Likert scale:  1 = strongly disagree  7 = strongly agree |
| Q2.5\_First Click/Last Click/Page Submit | After how many seconds participants made their first click/their last click/went to the next page for all items starting with Q2.6 |  | Seconds |
| Q2.6 | Whether participants are in a romantic relationship | Are you currently in a romantic partnership? | 1 = Yes  2= No |
| Q2.7\_First Click/Last Click/Page Submit | After how many seconds participants made their first click/their last click/went to the next page for all items starting with Q2.8 |  | Seconds |
| Q2.9\_1 | Injunctive norms about constant availability (different RQ) | My family thinks I should be available for mediated interactions at all times. | 7-point Likert scale:  1 = strongly disagree  7 = strongly agree |
| Q2.9\_2 | Injunctive norms about constant availability (only displayed if participant indicated to have partner) | My partner thinks I should be available for mediated interactions at all times. | 7-point Likert scale:  1 = strongly disagree  7 = strongly agree |
| Q2.9\_3 | Injunctive norms about constant availability | My friends think I should be available for mediated interactions at all times. | 7-point Likert scale:  1 = strongly disagree  7 = strongly agree |
| Q2.10\_1 | Descriptive norms about constant availability (different RQ) | My family is available for mediated interactions at all times. | 7-point Likert scale:  1 = strongly disagree  7 = strongly agree |
| Q2.10\_2 | Descriptive norms about constant availability (only displayed if participant indicated to have partner) | My partner is available for mediated interactions at all times. | 7-point Likert scale:  1 = strongly disagree  7 = strongly agree |
| Q2.10\_3 | Descriptive norms about constant availability | My friends are available for mediated interactions at all times | 7-point Likert scale:  1 = strongly disagree  7 = strongly agree |
| Q2.11\_First Click/Last Click/Page Submit | After how many seconds participants made their first click/their last click/went to the next page for all items starting with Q2.12 and Q2.13 |  | Seconds |
| Q2.12\_1 | Satisfaction with life scale | In most ways my life is close to my ideal. | 7-point Likert scale:  1 = strongly disagree  2 = disagree  3 = slightly disagree  4 = neither agree nor disagree  5 = slightly agree  6 = agree  7 = strongly agree |
| Q2.12\_2 | Satisfaction with life scale | The conditions of my life are excellent. | 7-point Likert scale:  1 = strongly disagree  2 = disagree  3 = slightly disagree  4 = neither agree nor disagree  5 = slightly agree  6 = agree  7 = strongly agree |
| Q2.12\_3 | Satisfaction with life scale | I am satisfied with my life. | 7-point Likert scale:  1 = strongly disagree  2 = disagree  3 = slightly disagree  4 = neither agree nor disagree  5 = slightly agree  6 = agree  7 = strongly agree |
| Q2.12\_4 | Satisfaction with life scale | So far I have gotten the important things I want in life. | 7-point Likert scale:  1 = strongly disagree  2 = disagree  3 = slightly disagree  4 = neither agree nor disagree  5 = slightly agree  6 = agree  7 = strongly agree |
| Q2.12\_5 | Satisfaction with life scale | If I could live my life over, I would change almost nothing. | 7-point Likert scale:  1 = strongly disagree  2 = disagree  3 = slightly disagree  4 = neither agree nor disagree  5 = slightly agree  6 = agree  7 = strongly agree |
| Q2.13\_1 | Scale of positive and negative experience (SPANE) | Each experience preceded by: Please think about what you have been doing and experiencing during the past 4 weeks. Then report how much you experienced each of the following feelings, using the scale below.  Positive | 5-point Likert scale:  1 = very rarely or never  2 = rarely  3 = sometimes  4 = often  5 = very often or always |
| Q2.13\_2 | Scale of positive and negative experience (SPANE) | Negative | 5-point Likert scale:  1 = very rarely or never  2 = rarely  3 = sometimes  4 = often  5 = very often or always |
| Q2.13\_3 | Scale of positive and negative experience (SPANE) | Good | 5-point Likert scale:  1 = very rarely or never  2 = rarely  3 = sometimes  4 = often  5 = very often or always |
| Q2.13\_4 | Scale of positive and negative experience (SPANE) | Bad | 5-point Likert scale:  1 = very rarely or never  2 = rarely  3 = sometimes  4 = often  5 = very often or always |
| Q2.13\_5 | Scale of positive and negative experience (SPANE) | Pleasant | 5-point Likert scale:  1 = very rarely or never  2 = rarely  3 = sometimes  4 = often  5 = very often or always |
| Q2.13\_6 | Scale of positive and negative experience (SPANE) | Unpleasant | 5-point Likert scale:  1 = very rarely or never  2 = rarely  3 = sometimes  4 = often  5 = very often or always |
| Q2.13\_7 | Scale of positive and negative experience (SPANE) | Happy | 5-point Likert scale:  1 = very rarely or never  2 = rarely  3 = sometimes  4 = often  5 = very often or always |
| Q2.13\_8 | Scale of positive and negative experience (SPANE) | Sad | 5-point Likert scale:  1 = very rarely or never  2 = rarely  3 = sometimes  4 = often  5 = very often or always |
| Q2.13\_9 | Scale of positive and negative experience (SPANE) | Afraid | 5-point Likert scale:  1 = very rarely or never  2 = rarely  3 = sometimes  4 = often  5 = very often or always |
| Q2.13\_10 | Scale of positive and negative experience (SPANE) | Joyful | 5-point Likert scale:  1 = very rarely or never  2 = rarely  3 = sometimes  4 = often  5 = very often or always |
| Q2.13\_11 | Scale of positive and negative experience (SPANE) | Angry | 5-point Likert scale:  1 = very rarely or never  2 = rarely  3 = sometimes  4 = often  5 = very often or always |
| Q2.13\_12 | Scale of positive and negative experience (SPANE) | Contented | 5-point Likert scale:  1 = very rarely or never  2 = rarely  3 = sometimes  4 = often  5 = very often or always |
| Q3.1\_First Click/Last Click/Page Submit | After how many seconds participants made their first click/their last click/went to the next page for all items starting with Q3 |  | Seconds |
| Q3.3 | Check whether inclusion criterion was fulfilled | Do you use one or more of these apps at least once a day: WhatsApp, Facebook, Facebook Messenger, Instagram, Snapchat, Twitter. | 4 = Yes  5 = No |
| Q3.4 | Age | What is your age in years? | Integer |
| Q3.5 | Gender | What is your gender? | 1 = Male  2 = Female  3 = Other/Would rather not say |
| Q3.6 | Check whether inclusion criterion was fulfilled | Are you currently a student or have graduated within the past two years? | 1 = Yes  2 = No |

raw\_data\_outtake.csv

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| Variable Name | Explanation | Label | Response Format |
| StartDate to UserLanguage same as in intake\_survey.csv |  |  |  |
| Q1.2 | Participant number (aka identifier) |  | Numeric |
| Q1.3 | Participant identifier (email address that also contains participant number) |  | radboudpp[X]@gmail.com, where X stands for participant number |
| Q2.1\_First Click/Last Click/Page Submit | After how many seconds participants made their first click/their last click/went to the next page for all items starting with Q2.2 |  | Seconds |
| Q2.2\_1 | Manipulation check/experience during the study | The five days of the study were typical days for me. | 7-point Likert scale:  1 = strongly disagree  2 = disagree  3 = slightly disagree  4 = neither agree nor disagree  5 = slightly agree  6 = agree  7 = strongly agree |
| Q2.2\_2 | Manipulation check/experience during the study | During the five days of the study, my life went on as usual. | 7-point Likert scale:  1 = strongly disagree  2 = disagree  3 = slightly disagree  4 = neither agree nor disagree  5 = slightly agree  6 = agree  7 = strongly agree |
| Q2.2\_3 | Manipulation check/experience during the study | During the five days of the study, I used my phone as I normally do. | 7-point Likert scale:  1 = strongly disagree  2 = disagree  3 = slightly disagree  4 = neither agree nor disagree  5 = slightly agree  6 = agree  7 = strongly agree |
| Q2.2\_4 | Manipulation check/experience during the study | I changed my phone behavior in a drastic way because I knew my use was recorded. | 7-point Likert scale:  1 = strongly disagree  2 = disagree  3 = slightly disagree  4 = neither agree nor disagree  5 = slightly agree  6 = agree  7 = strongly agree |
| Q2.2\_5 | Manipulation check/experience during the study | During the five days of the study, I felt how I normally feel. | 7-point Likert scale:  1 = strongly disagree  2 = disagree  3 = slightly disagree  4 = neither agree nor disagree  5 = slightly agree  6 = agree  7 = strongly agree |
| Q2.2\_6 | Manipulation check/experience during the study | During the five days of the study, my moods were typical for me. | 7-point Likert scale:  1 = strongly disagree  2 = disagree  3 = slightly disagree  4 = neither agree nor disagree  5 = slightly agree  6 = agree  7 = strongly agree |
| Q2.2\_7 | Manipulation check/experience during the study | When a survey came in, I just quickly clicked through the questionnaire without thinking about it. | 7-point Likert scale:  1 = strongly disagree  2 = disagree  3 = slightly disagree  4 = neither agree nor disagree  5 = slightly agree  6 = agree  7 = strongly agree |
| Q3.1\_First Click/Last Click/Page Submit | After how many seconds participants made their first click/their last click/went to the next page for all items starting with Q3.2 |  | Seconds |
| Q3.2 | Agreement with the reimbursement they were informed about in the email | By clicking 'I agree' below, you agree with this amount and request us to award you those credits / transfer you the money. | 1 = I agree.  2 = I disagree and will contact the researchers via email. |
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