

## Copy of the questionnaire used in survey.sav

On the pages that follow, I have included a portion of the actual questionnaire used to collect the data included in the survey.sav file. The first page includes the demographic questions, followed by the Life Orientation Test (6 items) and the Positive and Negative Affect Scale (20 items).

### Sample questionnaire:

1. Sex: ☐ male (please tick whichever applies)  
☐ female
2. Age: \_\_\_\_\_ (in years)
3. What is your marital status? (please tick whichever applies)
  - ☐ 1. single
  - ☐ 2. in a steady relationship
  - ☐ 3. living with partner
  - ☐ 4. married for first time
  - ☐ 5. remarried
  - ☐ 6. separated
  - ☐ 7. divorced
  - ☐ 8. widowed
4. Do you have any children currently living at home with you? (please tick)
  - ☐ yes
  - ☐ no
5. What is the **highest** level of education that you have completed? (please tick the **highest level you have completed**)
  - ☐ 1. primary school
  - ☐ 2. some secondary school
  - ☐ 3. completed high school
  - ☐ 4. some additional training (apprenticeship, TAFE courses etc.)
  - ☐ 5. undergraduate university
  - ☐ 6. postgraduate university
6. What are the major sources of stress in your life?  
\_\_\_\_\_
7. Do you smoke? (please tick)
  - ☐ yes
  - ☐ no

If yes, how many cigarettes do you smoke per week? \_\_\_\_\_

*Please read through the following statements and decide how much you either agree or disagree with each. Using the scale provided write the number that best indicates how you feel on the line next to each statement.*

**strongly disagree      1            2            3            4            5            strongly agree**

1. \_\_\_\_\_ In uncertain times I usually expect the best.
2. \_\_\_\_\_ If something can go wrong for me it will.
3. \_\_\_\_\_ I'm always optimistic about my future.
4. \_\_\_\_\_ I hardly ever expect things to go my way.
5. \_\_\_\_\_ Overall I expect more good things to happen to me than bad.
6. \_\_\_\_\_ I rarely count on good things happening to me.

Source: Scheier, Carver & Bridges, 1994.

*This scale consists of a number of words that describe different feelings and emotions. For each item indicate to what extent you have felt this way during the past few weeks. Write a number from 1 to 5 on the line next to each item.*

<b>very slightly or not at all</b>	<b>a little</b>	<b>moderately</b>	<b>quite a bit</b>	<b>extremely</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

- |                     |                     |                        |
|---------------------|---------------------|------------------------|
| 1. _____ interested | 8. _____ distressed | 15. _____ excited      |
| 2. _____ upset      | 9. _____ strong     | 16. _____ guilty       |
| 3. _____ scared     | 10. _____ hostile   | 17. _____ enthusiastic |
| 4. _____ proud      | 11. _____ irritable | 18. _____ alert        |
| 5. _____ ashamed    | 12. _____ inspired  | 19. _____ nervous      |
| 6. _____ determined | 13. _____ attentive | 20. _____ jittery      |
| 7. _____ active     | 14. _____ afraid    |                        |

Source: Watson, Clark & Tellegen, 1988.

## Codebook for survey.sav

<i>Full variable name</i>	<b>variable name</b>	<i>Coding instructions</i>
Identification number	id	subject identification number
Sex	sex	1 = males; 2 = females
Age	age	in years
Marital	marital	1 = single; 2 = steady relationship; 3 = living with a partner; 4 = married for the first time; 5 = remarried; 6 = separated; 7 = divorced; 8 = widowed
Children	child	1 = yes; 2 = no
Highest level of education	educ	1 = primary; 2 = some secondary; 3 = completed high school; 4 = some additional training; 5 = completed undergraduate; 6 = completed postgraduate.
Major source of stress	source	1 = work; 2 = spouse or partner; 3 = relationships; 4 = children; 5 = family; 6 = health / illness; 7 = life in general
Do you smoke?	smoke	1 = yes; 2 = no
Cigarettes smoked per week	smokenum	Number of cigarettes smoked per week
Optimism Scale	op1 to op6	1=strongly disagree , 5=strongly agree
Mastery Scale	mast1 to mast7	1=strongly disagree , 4=strongly agree
PANAS Scale	pn1 to pn20	1=very slightly, 5=extremely
Life Satisfaction Scale	lifsat1 to lifsat5	1=strongly disagree , 7=strongly agree
Perceived Stress Scale	pss1 to pss10	1=never, 5=very often
Self esteem Scale	sest1 to sest10	1=strongly disagree , 4=strongly agree
Marlowe-Crowne Social Desirability Scale	m1 to m10	1=true, 2=false
Perceived Control of Internal States Scale (PCOISS)	pc1 to pc18	1=strongly disagree, 5=strongly agree

## Total scale scores included in survey.sav

<i>Full variable name</i>	<i>Variable name</i>	<i>Coding instructions</i>
Total Optimism	Toptim	reverse items op2, op4, op6 add all scores op1 to op6 range 6 to 30
Total Mastery	Tmast	reverse items mast1, mast3, mast4, mast6, mast7 add all items mast1 to mast7 range 7 to 28
Total Positive affect	Tposaff	add items pn1, pn4, pn6, pn7, pn9, pn12, pn13, pn15, pn17, pn18 range 10 to 50
Total Negative affect	Tnegaff	add items pn2, pn3, pn5, pn8, pn10, pn11, pn14, pn16, pn19, pn20 range 10 to 50
Total Life Satisfaction	Tlifsat	add all items lifsat1 to lifsat5 range 5 to 35
Total Perceived Stress	Tpstress	reverse items pss4, pss5, pss7, pss8 add all items pss1 to pss10 range 10 to 50
Total Self-esteem	Tselfest	reverse items sest3, sest5, sest7, sest9, sest10 add all items sest1 to sest10 range 10 to 40
Total Social desirability	Tmarlow	reverse items m6 to m10 (recode true=1, false=0) add all items m1 to m10 range 0 to 10
Total Perceived Control of Internal States	Tpcoiss	reverse items pc1, pc2, pc7, pc11, pc15, pc16 add all items pc1 to pc18 range 18 to 90
New Education categories	educ2	recoded the categories primary, some secondary into one group because of small numbers in each group. 1=primary/some secondary, 2=completed secondary, 3=some additional training, 4=completed undergraduate university, 5=completed postgraduate university.
Age group 3 categories	Agegp3	1=18-29yrs, 2=30-44yrs, 3=45+yrs
Age group 5 categories	Agegp5	1=18-24yrs, 2=25-32yrs, 3=33-40yrs, 4=41-49, 5=50+yrs.