

MobileWell400+ dataset overview

Table 0.1. Summary of data types, variables and instruments used in the data collection.

Data type	Variable	Instruments or Indicators
Sensor	Activity recognition	Detected physical activities
	Wifi	Connections to WiFi networks
	Connectivity	Type of connections with the network
	Light	Ambient light measurements
	Noise	Ambient noise measurements
	Screen	Smartphone screen status
Initial Survey	Participant's characteristics	Questions on demographic, socioeconomic, health, and employment related data
	Well-being measures	International PANAS Short Form (I-PANAS-SF)
		General life satisfaction and seven domain of life
		Flourishing Scale (FS)
		Patient Health Questionnaire – 9 (PHQ-9)
		Generalized Anxiety Disorder Scale (GAD-7)
		Brief Resilience Scale (BRS)
		Acceptance And Action Questionnaire – II (AAQ-II)
	Social measures	Three-Item Loneliness Scale (TILS)
		Perceived social economic inequality

Daily Survey	Affect	Valence
		Energetic Arousal
		Tense Arousal
	Emotional event	Report on any remarkable situations at the emotional level
	Social interaction	Number of social interactions
		Quality of the social interactions
Weekly Survey	Health, loneliness, and life satisfaction	Questions on health
		Three-Item Loneliness Scale (TILS)
		General life satisfaction and seven domain of life
Final Survey	Well-being measures	International PANAS Short Form (I-PANAS-SF)
		General life satisfaction and seven domain of life
		Flourishing Scale (FS)
		Patient Health Questionnaire – 9 (PHQ-9)
		Generalized Anxiety Disorder Scale (GAD-7)
		Brief Resilience Scale (BRS)
		Acceptance And Action Questionnaire – II (AAQ-II)
	Social measures	Three-Item Loneliness Scale (TILS)
		Perceived social economic inequality

MobileWell400+ dataset description

Table 1.1. Summary of sensor data and number of records gathered.

Sensor	Description	Participants	Records
activity recognition	Physical activities detected	391	10045512
wifi	Events of connections to WiFi networks	384	47408
connectivity	Type of connections with the network	395	146059
light	Ambient light measurements (in 'lux' units)	367	1345973
noise	Ambient noise measurements (in 'dB' units)	341	239798
screen	Events of changes in the smartphone screen state	396	2133798

Table 1.2. Summary of each survey and number of records gathered.

Survey	Trigger frequency	Content	Participants	Records
Initial	Once, when the participant starts the study	1 questionnaire (4 questions) about general information, including demographic and socioeconomic data (Table 2.1)	409	409
		1 questionnaire (5 questions) about health related data (Table 2.2)		
		1 questionnaire (4 questions) about employment (Table 2.3)		
		7 questionnaires (55 questions in total) about well-being indicators (Table 2.4)		
		2 questionnaires (4 questions in total) about social indicators (Table 2.5)		

Daily	Three times per day	1 questionnaire (4 questions) rating recent affect and the possible experience of an emotional event (Table 3.1)	384	22563
		1 questionnaire (2 questions) rating both quantity and quality of recently experienced social interactions (Table 3.2)		
Weekly	Every Friday	1 questionnaire (2 questions) about health during the last week (Table 4.1)	337	1074
		1 questionnaire (3 questions) about loneliness during the last week (Table 4.2)		
		1 questionnaire (8 questions) about life satisfaction during the last week (Table 4.3)		
Final	Once, when the participant ends the study	7 questionnaires (55 questions in total) about well-being indicators (Table 5.1)	200	200
		2 questionnaires (4 questions in total) about social indicators (Table 5.2)		

Table 2.1. Initial survey about demographic and socioeconomic data

Question	Response options
Gender	One of {'Female', 'Male', 'Other'}
Year of birth	Integer (1900 to 2006)
Postcode	Integer (0 to 99999)
Annual net income	One of {'Less than 12450€', '12450 to 20200€', '20200 to 35200€', '35200 to 60000€', 'More than 60000€'}

Table 2.2. Initial survey about health related data

Question	Response options
In general, how would you describe your health?	One of {'Bad', 'Average', 'Good', 'Very good', 'Excellent'}
What has been the impact of COVID-19 on your physical health?	One of {'Very negative', 'Negative', 'None', 'Positive', 'Very positive'}
What has been the impact of COVID-19 on your mental health?	One of {'Very negative', 'Negative', 'None', 'Positive', 'Very positive'}
In general, how much physical exercise do you do per week?	One of {'Less than 2h', '2 to 4h', '4 to 6h', '6 to 8h', 'More than 8h'}
Are you vaccinated against COVID-19?"	One of {'Yes', 'No'}

Table 2.3. Initial survey about employment

Question	Response options
Current employment status	One of {'Employed', 'Self-employed', 'Unemployed', 'Student', 'Retired', 'Other'}
Current employment modality	One of {'On-site', 'Remote', 'Hybrid', 'Other', 'None'}
Current employment dedication	One of {'Full-time', 'Part-time', 'None'}
What has been the impact of COVID-19 on your employment situation?	One of {'Very negative', 'Negative', 'None', 'Positive', 'Very positive'}

Table 2.4. Initial survey about well-being indicators

Question	Response options
<p>International PANAS Short Form (10 items)</p> <p>Thinking about yourself and how you normally feel, to what extent do you generally feel:</p> <p>IPSF_1: "Upset"</p> <p>IPSF_2: "Hostile"</p> <p>IPSF_3: "Alert"</p> <p>IPSF_4: "Ashamed"</p> <p>IPSF_5: "Inspired"</p> <p>IPSF_6: "Nervous"</p> <p>IPSF_7: "Determined"</p> <p>IPSF_8: "Attentive"</p> <p>IPSF_9: "Afraid"</p> <p>IPSF_10: "Active"</p>	<p>One of {'Very slightly or not at all', 'A little', 'Moderately', 'Quite a bit', 'Extremely'}</p>
<p>General Life Satisfaction plus satisfaction in 7 life domains</p> <p>GLS: "In general, how satisfied are you with your life?"</p> <p>In general, how satisfied are you with the following domains of your life?</p> <p>RELAT_LS: "Your personal relationships"</p> <p>WORK_LS: "Your work situation"</p> <p>FINAN_LS: "Your financial situation"</p> <p>TIME_LS: "Your free time"</p> <p>PHYS_LS: "Your physical health"</p> <p>MENT_LS: "Your mental health"</p> <p>AREA_LS: "The area where you live"</p>	<p>One of {'Very Dissatisfied', 'Dissatisfied', 'Satisfied', 'Very Satisfied'}</p>
<p>Flourishing Scale (8 items)</p> <p>Below are eight statements with which you may agree or disagree.</p> <p>FS_1: "I lead a purposeful and meaningful life"</p> <p>FS_2: "My social relationships are supportive and rewarding"</p> <p>FS_3: "I am engaged and interested in my daily activities"</p> <p>FS_4: "I actively contribute to the happiness and well-being of others"</p> <p>FS_5: "I am competent and capable in the activities that are important to me"</p> <p>FS_6: "I am a good person and live a good life"</p>	<p>One of {'Strongly disagree', 'Disagree', 'Slightly disagree', 'Neither agree nor disagree', 'Slightly agree', 'Agree', 'Strongly agree'}</p>

<p>FS_7: "I am optimistic about my future"</p> <p>FS_8: "People respect me"</p>	
<p>Patient Health Questionnaire – 9 (9 items)</p> <p>Over the last 2 weeks, how often have you been bothered by any of the following problems?</p> <p>PHQ_1: "Little interest or pleasure in doing things"</p> <p>PHQ_2: "Feeling down, depressed, or hopeless"</p> <p>PHQ_3: "Trouble falling or staying asleep, or sleeping too much"</p> <p>PHQ_4: "Feeling tired or having little energy"</p> <p>PHQ_5: "Poor appetite or overeating"</p> <p>PHQ_6: "Feeling bad about yourself - or that you are a failure or have let yourself or your family down"</p> <p>PHQ_7: "Trouble concentrating on things, such as reading the newspaper or watching television"</p> <p>PHQ_8: "Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual"</p> <p>PHQ_9: "Thoughts that you would be better off dead or of hurting yourself in some way"</p>	<p>One of {'Not at all', 'Several days', 'More than half the days', 'Nearly every day'}</p>
<p>Generalized Anxiety Disorder Scale – 7 (7 items)</p> <p>Over the last 2 weeks, how often have you been bothered by any of the following problems?</p> <p>GAD_1: "Feeling nervous, anxious or on edge"</p> <p>GAD_2: "Not being able to stop or control worrying"</p> <p>GAD_3: "Worrying too much about different things"</p> <p>GAD_4: "Trouble relaxing"</p> <p>GAD_5: "Being so restless that it is hard to sit still"</p> <p>GAD_6: "Becoming easily annoyed or irritable"</p> <p>GAD_7: "Feeling afraid as if something awful might happen"</p>	<p>One of {'Not at all', 'Several days', 'More than half the days', 'Nearly every day'}</p>
<p>Brief Resilience Scale (6 items)</p> <p>Please indicate the extent to which you agree with each of the following statements by using the following scale.</p> <p>BRS_1: "I tend to bounce back quickly after hard times"</p> <p>BRS_2: "I have a hard time making it through stressful events"</p> <p>BRS_3: "It does not take me long to recover from a stressful event"</p> <p>BRS_4: "It is hard for me to snap back when something bad happens"</p> <p>BRS_5: "I usually come through difficult times with little trouble"</p>	<p>One of {'Strongly disagree', 'Disagree', 'Neutral', 'Agree', 'Strongly agree'}</p>

BRS_6: "I tend to take a long time to get over set-backs in my life"	
Acceptance and Action Questionnaire – II (7 items) Below you will find a list of statements. Please rate how true each statement is for you by selecting a number next to it. Use the scale below to make your choice. AAQ_1: "My painful experiences and memories make it difficult for me to live a life that I would value" AAQ_2: "I'm afraid of my feelings" AAQ_3: "I worry about not being able to control my worries and feelings" AAQ_4: "My painful memories prevent me from having a fulfilling life" AAQ_5: "Emotions cause problems in my life" AAQ_6: "It seems like most people are handling their lives better than I am" AAQ_7: "Worries get in the way of my success"	One of {'Never true', 'Very seldom true', 'Seldom true', 'Sometimes true', 'Frequently true', 'Almost always true', 'Always true'}

Table 2.3. Initial survey about social indicators

Question	Response options
Three-Item Loneliness Scale (3 items) The following questions refer to how you feel about different aspects of your life. For each of them, indicate how often you feel that way: TILS_1: "How often do you feel that you lack companionship?" TILS_2: "How often do you feel left out?" TILS_3: "How often do you feel isolated from others?"	One of {'Almost never', 'Sometimes', 'Frequently'}
To what extent do you perceive economic inequality among the people around you, in terms of their income and wealth?	One of {'Not at all, I do not perceive economic inequality', 'I perceive very little', 'I perceive little', 'I perceive some', 'I perceive quite a lot', 'I perceive a lot', 'Very much, I perceive a great amount of economic inequality'}

Table 3.1. Daily survey about affect

Question	Response options
How do you feel right now?	Visual Analogue Scale ranging from 'Very bad' to 'Very good'
How do you feel right now?	Visual Analogue Scale ranging from 'Very tired' to 'Very awake'
How do you feel right now?	Visual Analogue Scale ranging from 'Very calm' to 'Very restless'
Since your last registration, have you experienced any remarkable situations on an emotional level?	Visual Analogue Scale ranging from 'Yes, very unpleasant' to 'Yes, very pleasant', with 'No' as the midpoint

Table 3.2. Daily survey about social interactions

Question	Response options
Since your last registration, have you interacted with other people (in person and/or via social networks)?	One of {'No', 'Yes, with 1 person', 'Yes, with 2 persons', 'Yes, with 3 to 5 persons', 'Yes, with more than 5 persons'}
In case you have indeed interacted with other people, how have you felt?	Visual Analogue Scale ranging from 'Very bad' to 'Very good'

Table 4.1. Weekly survey about health

Question	Response options
During the last week, how would you describe your health?	One of {'Bad', 'Average', 'Good', 'Very good', 'Excellent'}
During the last week, how much physical exercise have you done?	One of {'Less than 2h', '2 to 4h', '4 to 6h', '6 to 8h', 'More than 8h'}

Table 4.2. Weekly survey about loneliness

Question	Response options
Three-Item Loneliness Scale (3 items) During the last week: TILS_1: “How often do you feel that you lack companionship?” TILS_2: “How often do you feel left out?” TILS_3: “How often do you feel isolated from others?”	One of {‘Almost never’, ‘Sometimes’, ‘Frequently’}

Table 4.3. Weekly survey about life satisfaction

Question	Response options
General Life Satisfaction plus satisfaction in 7 life domains During the last week: GLS: “How satisfied have you been with your life?” How satisfied have you been with the following domains of your life? RELAT_LS: “Your personal relationships” WORK_LS: “Your work situation” FINAN_LS: “Your financial situation” TIME_LS: “Your free time” PHYS_LS: “Your physical health” MENT_LS: “Your mental health” AREA_LS: “The area where you live”	One of {‘Very Dissatisfied’, ‘Dissatisfied’, ‘Satisfied’, ‘Very Satisfied’}

Table 5.1. Final survey about well-being indicators

Question	Response options
International PANAS Short Form (10 items) Thinking about yourself and how you normally feel, to what extent do you generally feel:	One of {‘Very slightly or not at all’, ‘A little’, ‘Moderately’, ‘Quite a bit’, ‘Extremely’}

IPSF_1: "Upset" IPSF_2: "Hostile" IPSF_3: "Alert" IPSF_4: "Ashamed" IPSF_5: "Inspired" IPSF_6: "Nervous" IPSF_7: "Determined" IPSF_8: "Attentive" IPSF_9: "Afraid" IPSF_10: "Active"	
General Life Satisfaction plus satisfaction in 7 life domains GLS: "In general, how satisfied are you with your life?" In general, how satisfied are you with the following domains of your life? RELAT_LS: "Your personal relationships" WORK_LS: "Your work situation" FINAN_LS: "Your financial situation" TIME_LS: "Your free time" PHYS_LS: "Your physical health" MENT_LS: "Your mental health" AREA_LS: "The area where you live"	One of {'Very Dissatisfied', 'Dissatisfied', 'Satisfied', 'Very Satisfied'}
Flourishing Scale (8 items) Below are eight statements with which you may agree or disagree. FS_1: "I lead a purposeful and meaningful life" FS_2: "My social relationships are supportive and rewarding" FS_3: "I am engaged and interested in my daily activities" FS_4: "I actively contribute to the happiness and well-being of others" FS_5: "I am competent and capable in the activities that are important to me" FS_6: "I am a good person and live a good life" FS_7: "I am optimistic about my future" FS_8: "People respect me"	One of {'Strongly disagree', 'Disagree', 'Slightly disagree', 'Neither agree nor disagree', 'Slightly agree', 'Agree', 'Strongly agree'}
Patient Health Questionnaire – 9 (9 items) Over the last 2 weeks, how often have you been bothered by any of the following problems? PHQ_1: "Little interest or pleasure in doing things" PHQ_2: "Feeling down, depressed, or hopeless"	One of {'Not at all', 'Several days', 'More than half the days', 'Nearly every day'}

<p>PHQ_3: "Trouble falling or staying asleep, or sleeping too much"</p> <p>PHQ_4: "Feeling tired or having little energy"</p> <p>PHQ_5: "Poor appetite or overeating"</p> <p>PHQ_6: "Feeling bad about yourself - or that you are a failure or have let yourself or your family down"</p> <p>PHQ_7: "Trouble concentrating on things, such as reading the newspaper or watching television"</p> <p>PHQ_8: "Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual"</p> <p>PHQ_9: "Thoughts that you would be better off dead or of hurting yourself in some way"</p>	
<p>Generalized Anxiety Disorder Scale – 7 (7 items)</p> <p>Over the last 2 weeks, how often have you been bothered by any of the following problems?</p> <p>GAD_1: "Feeling nervous, anxious or on edge"</p> <p>GAD_2: "Not being able to stop or control worrying"</p> <p>GAD_3: "Worrying too much about different things"</p> <p>GAD_4: "Trouble relaxing"</p> <p>GAD_5: "Being so restless that it is hard to sit still"</p> <p>GAD_6: "Becoming easily annoyed or irritable"</p> <p>GAD_7: "Feeling afraid as if something awful might happen"</p>	<p>One of {'Not at all', 'Several days', 'More than half the days', 'Nearly every day'}</p>
<p>Brief Resilience Scale (6 items)</p> <p>Please indicate the extent to which you agree with each of the following statements by using the following scale.</p> <p>BRS_1: "I tend to bounce back quickly after hard times"</p> <p>BRS_2: "I have a hard time making it through stressful events"</p> <p>BRS_3: "It does not take me long to recover from a stressful event"</p> <p>BRS_4: "It is hard for me to snap back when something bad happens"</p> <p>BRS_5: "I usually come through difficult times with little trouble"</p> <p>BRS_6: "I tend to take a long time to get over set-backs in my life"</p>	<p>One of {'Strongly disagree', 'Disagree', 'Neutral', 'Agree', 'Strongly agree'}</p>
<p>Acceptance and Action Questionnaire – II (7 items)</p> <p>Below you will find a list of statements. Please rate how true each statement is for you by selecting a number next to it. Use the scale below to make your choice.</p> <p>AAQ_1: "My painful experiences and memories make it difficult for me to live a life that I would value"</p>	<p>One of {'Never true', 'Very seldom true', 'Seldom true', 'Sometimes true', 'Frequently true', 'Almost always true', 'Always true'}</p>

AAQ_2: "I'm afraid of my feelings" AAQ_3: "I worry about not being able to control my worries and feelings" AAQ_4: "My painful memories prevent me from having a fulfilling life" AAQ_5: "Emotions cause problems in my life" AAQ_6: "It seems like most people are handling their lives better than I am" AAQ_7: "Worries get in the way of my success"	
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Table 5.2. Final survey about social indicators

Question	Response options
Three-Item Loneliness Scale (3 items) The following questions refer to how you feel about different aspects of your life. For each of them, indicate how often you feel that way: TILS_1: "How often do you feel that you lack companionship?" TILS_2: "How often do you feel left out?" TILS_3: "How often do you feel isolated from others?"	One of {'Almost never', 'Sometimes', 'Frequently'}
To what extent do you perceive economic inequality among the people around you, in terms of their income and wealth?	One of {'Not at all, I do not perceive economic inequality', 'I perceive very little', 'I perceive little', 'I perceive some', 'I perceive quite a lot', 'I perceive a lot', 'Very much, I perceive a great amount of economic inequality'}

MobileWell400+ dataset records (files)

Table 6.1. Description of the file activity_recognition.csv

Variable name	Description	Type	Values
participant	Unique identifier of the participant	String	
timestamp	Time when the recognised activity was registered	Datetime	YYYY-MM-DD HH:MM:SS
label	Recognised activity	String	One of {'STILL', 'TILTING', 'ON_FOOT', 'IN_VEHICLE', 'ON_BICYCLE', 'UNKNOWN'}
confidence	Confidence of the recognised activity	Integer	0 to 100
timestamp.UTC	Time when the recognised activity was registered (in UTC format)	UTC	

Table 6.2. Description of the file wifi.csv

Variable name	Description	Type	Values
participant	Unique identifier of the participant	String	
timestamp	Time when the WiFi scan was registered	Datetime	YYYY-MM-DD HH:MM:SS
ssid	Name of the WiFi network detected (anonymized)	String	ssid, or void if the name is not provided
bssid	MAC address of the access point detected (anonymized)	String	bssid, or void if the MAC address is not provided
timestamp.UTC	Time when the WiFi scan was registered (in UTC format)	UTC	

Table 6.3. Description of the file connectivity.csv

Variable name	Description	Type	Values
participant	Unique identifier of the participant	String	
timestamp	Timestamp when the connectivity status was registered	Datetime	YYYY-MM-DD HH:MM:SS
connectivity_status	Device connectivity status	String	One of {'wifi', 'mobile', 'ethernet', 'vpn', 'none'}
timestamp.UTC	Time when the connectivity status was registered (in UTC format)	UTC	

Table 6.4. Description of the file light.csv

Variable name	Description	Type	Values
participant	Unique identifier of the participant	String	
timestamp	Time when the measured light was registered	Datetime	YYYY-MM-DD HH:MM:SS
max_lux	Maximum light value detected during the sampling	Integer	
min_lux	Minimum light value detected during the sampling	Integer	
std_lux	Standard deviation of the light values detected during the sampling	Float	
mean_lux	Mean of the light values detected during the sampling	Float	
num_samples	Number of samples	Integer	
timestamp.UTC	Time when the measured light was registered (in UTC format)	UTC	

Table 6.5. Description of the file noise.csv

Variable name	Description	Type	Values
participant	Unique identifier of the participant	String	
timestamp	Time when the noise was registered	Datetime	YYYY-MM-DD HH:MM:SS
max_decibel	Maximum noise value detected during the sampling	Float	
min_decibel	Minimum noise value detected during the sampling	Float	
std_decibel	Standard deviation of the noise values detected during the sampling	Float	
mean_decibel	Mean of the noise values detected during the sampling	Float	
num_samples	Number of samples	Integer	
timestamp_UTC	Time when the noise was registered (in UTC format)	UTC	

Table 6.6. Description of the file screen.csv

Variable name	Description	Type	Values
participant	Unique identifier of the participant	String	
timestamp	Timestamp when the screen event was registered	Datetime	YYYY-MM-DD HH:MM:SS
screen_event	Screen event	String	One of {'SCREEN_ON', 'SCREEN_OFF', 'SCREEN_UNLOCKED'}
timestamp_UTC	Timestamp when the screen event was registered (in UTC format)	UTC	

Table 7. Description of the file initial_survey.csv

Variable name	Description	Type	Values
participant	Unique identifier of the participant	String	
timestamp	Timestamp when the survey was registered	Datetime	YYYY-MM-DD HH:MM:SS
gender	Gender of the participant	String	One of {'female', 'male', 'other'}
birth_year	Year of birth of the participant	Integer	1900 to 2006
postcode	Postcode of the participant	Integer	0 to 99999
income	Annual net income of the participant coded in 5 possible ranges (in euros)	String	One of {'0-12450', '12450-20200', '20200-35200', '35200-60000', '60000+'}
health	Overall health status of the participant	String	One of {'bad', 'average', 'good', 'very good', 'excellent'}
covid_physical_health	Impact of COVID-19 on the physical health of the participant	String	One of {'very negative', 'negative', 'none', 'positive', 'very positive'}
covid_mental_health	Impact of COVID-19 on the mental health of the participant	String	One of {'very negative', 'negative', 'none', 'positive', 'very positive'}
physical_activity	Number of hours dedicated to physical activity by the participant weekly	String	One of {'0-2', '2-4', '4-6', '6-8', '8+'}
covid_vaccine	COVID-19 vaccination schedule in the participant	String	One of {'yes','no'}
current_employmentt	Current employment status of the participant	String	One of {'employed', 'self-employed', 'unemployed', 'student', 'retired', 'other'}
employment_type	Current employment modality of the participant	String	One of {'onsite', 'remote', 'hybrid', 'other', 'none'}
employment_dedication	Current employment dedication of the participant	String	One of {'full-time', 'part-time', 'none'}
employment_impact	Impact of COVID-19 on the employment situation of the participant	String	One of {'very negative', 'negative', 'none', 'positive', 'very positive'}

IPSF_1 – IPSF_10	International-PANAS-Short Form (10 items)	String	One of {'1', '2', '3', '4', '5'}, where '1' refers to "Very slightly or not at all" and '5' to "Extremely"
GLS	General life satisfaction	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
RELAT_LS	Satisfaction with personal relationships	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
WORK_LS	Satisfaction with work situation	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
FINAN_LS	Satisfaction with financial situation	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
TIME_LS	Satisfaction with free time	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
PHYS_LS	Satisfaction with physical health	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
MENT_LS	Satisfaction with mental health	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
AREA_LS	Satisfaction with the area where one lives	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
FS_1 – FS_8	Flourishing Scale (8 items)	String	One of {'1', '2', '3', '4', '5', '6', '7'}, where '1' refers to "Strongly disagree" and '7' to "Strongly agree"
PHQ_1 – PHQ_9	Patient Health Questionnaire (9 items)	String	One of {'0', '1', '2', '3'}, where '0' refers to "Not at all" and '3' to "Nearly every day"
GAD_1 – GAD_7	Generalized Anxiety Disorder Scale (7 items)	String	One of {'0', '1', '2', '3'}, where '0' refers to "Not at all" and '3' to "Nearly every day"
BRS_1 – BRS_6	Brief Resilience Scale (6 items)	String	One of {'1', '2', '3', '4', '5'}, where '1' refers to "Strongly disagree" and '5' to "Strongly agree"
AAQ_1 – AAQ_7	Acceptance and Action Questionnaire-II (7 items)	String	One of {'1', '2', '3', '4', '5', '6', '7'}, where '1' refers to "Never true" and '7' to "Always true"

TILS_1-TILS_3	Three-Item Loneliness Scale (3 items)	String	One of {'1', '2', '3'}, where '1' refers to "Almost never", '2' to "Sometimes", and '3' to "Frequently"
economic_inequality	Perception of economic inequality among the people in the participant's surroundings	String	One of {'1', '2', '3', '4', '5', '6', '7'}, where '1' refers to "Not at all, I do not perceive economic inequality" and '7' to "Very much, I perceive a great amount of economic inequality"
survey_start_timestamp	Time when the survey was opened	Datetime	YYYY-MM-DD HH:MM:SS
survey_end_timestamp	Time when the survey was sent	Datetime	YYYY-MM-DD HH:MM:SS
general_questionnaire_start_timestamp	Time when the general questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
gender_answer_timestamp	Time when the gender question was answered	Datetime	YYYY-MM-DD HH:MM:SS
birth_year_answer_timestamp	Time when the birth year question was answered	Datetime	YYYY-MM-DD HH:MM:SS
postcode_answer_timestamp	Time when the postcode question was answered	Datetime	YYYY-MM-DD HH:MM:SS
income_answer_timestamp	Time when the income question was answered	Datetime	YYYY-MM-DD HH:MM:SS
health_questionnaire_start_timestamp	Time when the health questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
health_answer_timestamp	Time when the overall health status question was answered	Datetime	YYYY-MM-DD HH:MM:SS
covid_physical_health_answer_timestamp	Time when the impact of COVID-19 on physical health question was answered	Datetime	YYYY-MM-DD HH:MM:SS
covid_mental_health_answer_timestamp	Time when the impact of COVID-19 on mental health question was answered	Datetime	YYYY-MM-DD HH:MM:SS
physical_activity_answer_timestamp	Time when the physical activity question was answered	Datetime	YYYY-MM-DD HH:MM:SS
covid_vaccine_answer_timestamp	Time when the covid vaccine question was answered	Datetime	YYYY-MM-DD HH:MM:SS

employment_questionnaire_start_timestamp	Time when the employment questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
current_employment_answer_timestamp	Time when the current employment question was answered	Datetime	YYYY-MM-DD HH:MM:SS
employment_type_answer_timestamp	Time when the employment type question was answered	Datetime	YYYY-MM-DD HH:MM:SS
employment_dedication_answer_timestamp	Time when the employment dedication question was answered	Datetime	YYYY-MM-DD HH:MM:SS
employment_impact_answer_timestamp	Time when the employment impact question was answered	Datetime	YYYY-MM-DD HH:MM:SS
IPSF_questionnaire_start_timestamp	Time when the IPSF questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
IPSF_1_answer_timestamp – IPSF_10_answer_timestamp	Time when the IPSF_1 – IPSF_10 questions were answered	Datetime	YYYY-MM-DD HH:MM:SS
LS_questionnaire_start_timestamp	Time when the LS questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
GLS_answer_timestamp	Time when the GLS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
RELAT_LS_answer_timestamp	Time when the RELAT_LS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
WORK_LS_answer_timestamp	Time when the WORK_LS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
FINAN_LS_answer_timestamp	Time when the FINAN_LS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
TIME_LS_answer_timestamp	Time when the TIME_LS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
PHYS_LS_answer_timestamp	Time when the PHYS_LS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
MENT_LS_answer_timestamp	Time when the MENT_LS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
AREA_LS_answer_timestamp	Time when the AREA_LS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
FS_questionnaire_start_timestamp	Time when the FS questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS

FS_1_answer_timestamp – FS_8_answer_timestamp	Time when the FS_1 – FS_8 questions were answered	Datetime	YYYY-MM-DD HH:MM:SS
PHQ_questionnaire_start_timestamp	Time when the PHQ questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
PHQ_1_answer_timestamp – PHQ_9_answer_timestamp	Time when the PHQ_1 – PHQ_9 questions were answered	Datetime	YYYY-MM-DD HH:MM:SS
GAD_questionnaire_start_timestamp	Time when the GAD questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
GAD_1_answer_timestamp – GAD_7_answer_timestamp	Time when the GAD_1 – GAD_7 questions were answered	Datetime	YYYY-MM-DD HH:MM:SS
BRS_questionnaire_start_timestamp	Time when the BRS questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
BRS_1_answer_timestamp – BRS_6_answer_timestamp	Time when the BRS_1 – BRS_6 questions were answered	Datetime	YYYY-MM-DD HH:MM:SS
AAQ_questionnaire_start_timestamp	Time when the AAQ questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
AAQ_1_answer_timestamp – AAQ_7_answer_timestamp	Time when the AAQ_1 – AAQ_7 questions were answered	Datetime	YYYY-MM-DD HH:MM:SS
TILS_questionnaire_start_timestamp	Time when the TILS questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
TILS_1_answer_timestamp – TILS_3_answer_timestamp	Time when the TILS_1 – TILS_3 questions were answered	Datetime	YYYY-MM-DD HH:MM:SS
economic_inequality_questionnaire_start_timestamp	Time when the economic inequality questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
economic_inequality_answer_timestamp	Time when the economic inequality question was answered	Datetime	YYYY-MM-DD HH:MM:SS
timestamp.UTC	Timestamp when the survey was registered (in UTC format)	UTC	

Table 8. Description of the file daily_survey.csv

Variable name	Description	Type	Values
participant	Unique identifier of the participant	String	
timestamp	Timestamp when the survey was registered	Datetime	YYYY-MM-DD HH:MM:SS
valence	Current valence rating	Integer	-50 to 50, where -50 refers to “Very bad” and 50 to “Very good”
energetic_arousal	Current energetic arousal rating	Integer	0 to 100, where 0 refers to “Very tired” and 100 to “Very awake”
tense_arousal	Current tense arousal rating	Integer	0 to 100, where 0 refers to “Very calm” and 100 to “Very restless”
emotional_event	Experience or non-experience of an emotional event and its intensity	Integer	-50 to 50, where -50 refers to “Very unpleasant” and 50 to “Very pleasant”, or void if no emotional event
social_quantity	Persons engaged in interactions, either face-to-face or through social media platforms	String	One of {'no', '1 person', '2 persons', '3-5 persons', '5+ persons'}
social_quality	Feelings evoked during the reported social interactions	Integer	-50 to 50, where -50 refers to “Very bad” and 50 to “Very good”, or void if no social interactions
occasion	Order of the daily survey for a given day	String	One of {'1', '2', '3'}, where '1' refers to the 10 am survey, '2' to the 4 pm survey, and '3' to the 10 pm survey
survey_start_timestamp	Time when the survey was opened	Datetime	YYYY-MM-DD HH:MM:SS
survey_end_timestamp	Time when the survey was sent	Datetime	YYYY-MM-DD HH:MM:SS
affect_and_emotional_event_questionnaire_start_timestamp	Time when the affect and emotional event questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
valence_answer_timestamp	Time when the valence question was answered	Datetime	YYYY-MM-DD HH:MM:SS

energetic_arousal_answer_timestamp	Time when the energetic arousal question was answered	Datetime	YYYY-MM-DD HH:MM:SS
tense_arousal_answer_timestamp	Time when the tense arousal question was answered	Datetime	YYYY-MM-DD HH:MM:SS
emotional_event_answer_timestamp	Time when the emotional event question was answered	Datetime	YYYY-MM-DD HH:MM:SS
social_interaction_questionnaire_start_timestamp	Time when the social interaction questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
social_quantity_answer_timestamp	Time when the social quantity question was answered	Datetime	YYYY-MM-DD HH:MM:SS
social_quality_answer_timestamp	Time when the social quality question was answered	Datetime	YYYY-MM-DD HH:MM:SS
timestamp.UTC	Timestamp when the survey was registered (in UTC format)	UTC	

Table 9. Description of the file weekly_survey.csv

Variable name	Description	Type	Values
participant	Unique identifier of the participant	String	
timestamp	Timestamp when the survey was registered	Datetime	YYYY-MM-DD HH:MM:SS
health	Overall health status of the participant	String	One of {'bad', 'average', 'good', 'very good', 'excellent'}
physical_activity	Number of hours dedicated to physical activity by the participant during the last week	String	One of {'0-2', '2-4', '4-6', '6-8', '8+'}
TILS_1-TILS_3	Three-Item Loneliness Scale (3 items)	String	One of {'1', '2', '3'}, where '1' refers to "Almost never", '2' to "Sometimes", and '3' to "Frequently"

GLS	General life satisfaction	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
RELAT_LS	Life satisfaction with personal relationships in the last week	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
WORK_LS	Life satisfaction with work situation in the last week	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
FINAN_LS	Life satisfaction with financial situation in the last week	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
TIME_LS	Life satisfaction with free time in the last week	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
PHYS_LS	Life satisfaction with physical health in the last week	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
MENT_LS	Life satisfaction with mental health in the last week	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
AREA_LS	Life satisfaction with the area where one lives in the last week	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
survey_start_timestamp	Time when the survey was opened	Datetime	YYYY-MM-DD HH:MM:SS
survey_end_timestamp	Time when the survey was sent	Datetime	YYYY-MM-DD HH:MM:SS
health_questionnaire_start_timestamp	Time when the health questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
health_answer_timestamp	Time when the overall health status question was answered	Datetime	YYYY-MM-DD HH:MM:SS
physical_activity_answer_timestamp	Time when the physical activity question was answered	Datetime	YYYY-MM-DD HH:MM:SS
TILS_questionnaire_start_timestamp	Time when the TILS questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
TILS_1_answer_timestamp – TILS_3_answer_timestamp	Time when the TILS_1 – TILS_3 questions were answered	Datetime	YYYY-MM-DD HH:MM:SS

LS_questionnaire_start_timestamp	Time when the LS questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
GLS_answer_timestamp	Time when the GLS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
RELAT_LS_answer_timestamp	Time when the RELAT_LS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
WORK_LS_answer_timestamp	Time when the WORK_LS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
FINAN_LS_answer_timestamp	Time when the FINAN_LS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
TIME_LS_answer_timestamp	Time when the TIME_LS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
PHYS_LS_answer_timestamp	Time when the PHYS_LS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
MENT_LS_answer_timestamp	Time when the MENT_LS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
AREA_LS_answer_timestamp	Time when the AREA_LS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
timestamp.UTC	Timestamp when the survey was registered (in UTC format)	UTC	

Table 10. Description of the file final_survey.csv

Variable name	Description	Type	Values
participant	Unique identifier of the participant	String	
timestamp	Timestamp when the survey was registered	Datetime	YYYY-MM-DD HH:MM:SS
IPSF_1 – IPSF_10	International-PANAS-Short Form (10 items)	String	One of {'1', '2', '3', '4', '5'}, where '1' refers to "Very slightly or not at all" and '5' to "Extremely"
GLS	General life satisfaction	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"

RELAT_LS	Satisfaction with personal relationships	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
WORK_LS	Satisfaction with work situation	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
FINAN_LS	Satisfaction with financial situation	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
TIME_LS	Satisfaction with free time	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
PHYS_LS	Satisfaction with physical health	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
MENT_LS	Satisfaction with mental health	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
AREA_LS	Satisfaction with the area where one lives	String	One of {'1', '2', '3', '4'}, where '1' refers to "Very Dissatisfied" and '4' to "Very Satisfied"
FS_1 – FS_8	Flourishing Scale (8 items)	String	One of {'1', '2', '3', '4', '5', '6', '7'}, where '1' refers to "Strongly disagree" and '7' to "Strongly agree"
PHQ_1 – PHQ_9	Patient Health Questionnaire (9 items)	String	One of {'0', '1', '2', '3'}, where '0' refers to "Not at all" and '3' to "Nearly every day"
GAD_1 – GAD_7	Generalized Anxiety Disorder Scale (7 items)	String	One of {'0', '1', '2', '3'}, where '0' refers to "Not at all" and '3' to "Nearly every day"
BRS_1 – BRS_6	Brief Resilience Scale (6 items)	String	One of {'1', '2', '3', '4', '5'}, where '1' refers to "Strongly disagree" and '5' to "Strongly agree"
AAQ_1 – AAQ_7	Acceptance and Action Questionnaire-II (7 items)	String	One of {'1', '2', '3', '4', '5', '6', '7'}, where '1' refers to "Never true" and '7' to "Always true"
TILS_1-TILS_3	Three-Item Loneliness Scale (3 items)	String	One of {'1', '2', '3'}, where '1' refers to "Almost never", '2' to "Sometimes", and '3' to "Frequently"

economic_inequality	Perception of economic inequality among the people in the participant's surroundings	String	One of {'1', '2', '3', '4', '5', '6', '7'}, where '1' refers to "Not at all, I do not perceive economic inequality" and '7' to "Very much, I perceive a great amount of economic inequality"
survey_start_timestamp	Time when the survey was opened	Datetime	YYYY-MM-DD HH:MM:SS
survey_end_timestamp	Time when the survey was sent	Datetime	YYYY-MM-DD HH:MM:SS
IPSF_questionnaire_start_timestamp	Time when the IPSF questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
IPSF_1_answer_timestamp – IPSF_10_answer_timestamp	Time when the IPSF_1 – IPSF_10 questions were answered	Datetime	YYYY-MM-DD HH:MM:SS
LS_questionnaire_start_timestamp	Time when the LS questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
GLS_answer_timestamp	Time when the GLS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
RELAT_LS_answer_timestamp	Time when the RELAT_LS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
WORK_LS_answer_timestamp	Time when the WORK_LS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
FINAN_LS_answer_timestamp	Time when the FINAN_LS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
TIME_LS_answer_timestamp	Time when the TIME_LS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
PHYS_LS_answer_timestamp	Time when the PHYS_LS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
MENT_LS_answer_timestamp	Time when the MENT_LS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
AREA_LS_answer_timestamp	Time when the AREA_LS question was answered	Datetime	YYYY-MM-DD HH:MM:SS
FS_questionnaire_start_timestamp	Time when the FS questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
FS_1_answer_timestamp – FS_8_answer_timestamp	Time when the FS1 – FS_8 questions were answered	Datetime	YYYY-MM-DD HH:MM:SS
PHQ_questionnaire_start_timestamp	Time when the PHQ questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS

PHQ_1_answer_timestamp – PHQ_9_answer_timestamp	Time when the PHQ_1 – PHQ_9 questions were answered	Datetime	YYYY-MM-DD HH:MM:SS
GAD_questionnaire_start_timestamp	Time when the GAD questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
GAD_1_answer_timestamp – GAD_7_answer_timestamp	Time when the GAD_1 – GAD_7 questions were answered	Datetime	YYYY-MM-DD HH:MM:SS
BRS_questionnaire_start_timestamp	Time when the BRS questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
BRS_1_answer_timestamp – BRS_6_answer_timestamp	Time when the BRS_1 – BRS_6 questions were answered	Datetime	YYYY-MM-DD HH:MM:SS
AAQ_questionnaire_start_timestamp	Time when the AAQ questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
AAQ_1_answer_timestamp – AAQ_7_answer_timestamp	Time when the AAQ_1 – AAQ_7 questions were answered	Datetime	YYYY-MM-DD HH:MM:SS
TILS_questionnaire_start_timestamp	Time when the TILS questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
TILS_1_answer_timestamp – TILS_3_answer_timestamp	Time when the TILS_1 – TILS_3 questions were answered	Datetime	YYYY-MM-DD HH:MM:SS
economic_inequality_questionnaire_start_timestamp	Time when the economic inequality questionnaire started	Datetime	YYYY-MM-DD HH:MM:SS
economic_inequality_answer_timestamp	Time when the economic inequality question was answered	Datetime	YYYY-MM-DD HH:MM:SS
timestamp.UTC	Timestamp when the survey was registered (in UTC format)	UTC	