Codebook: Well-being dimension

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1. BACKGROUND

1.1 The concept. A minimal definition of "well-being"

Within this research project, we approach the concept of "well-being" as made of two subjective dimensions. According to the definition given by S.M. Iacus and G. Porro, subjective well-being is a multifaceted concept:

"On the one hand, personal well-being concerns the subjective feelings of an individual and the evaluation of his/her own quality of life; on the other hand, social well-being is a synthetic and significant description of how the development of a socio-economic system is perceived as satisfactory, well balanced and sustainable by its inhabitants."

In a first phase, well-being was juxtaposed with social welfare, measured in the economic analysis in terms of gross domestic product (GDP). However this approach is limited, as it does not take into account a bunch of multidimensional well-being indicators, with an increasing focus on the subjective perspective. Starting from the assumption that personal and social welfare cannot be simply reduced to the amount of goods and services produced by a given country in a given period of time, it is necessary to take into account all the various types of dimensions related to well-being.

In order to do this, the most used tools were surveys regularly conducted on the population. However, the most significant drawback of survey-based research is the bias induced by the survey itself. In fact, when the respondents are aware of being asked for an assessment of their own life and of being observed while giving the evaluation, the answer they give may be biased by this awareness.

Therefore the aim of this project is to evaluate subjective well-being, focusing on self-perceptions and sentiment daily reported by each of us on social network sites, in order to overcome the limits related to the use of surveys.

2.1. Tracing population's well-being using Twitter

The aim of this project is to operationalize the distinctive features of "well-being" and trace them in people's tweets.

- 1. Happiness = the text expresses some level of happiness
- 2. Resilience = a text expressing capability of withstanding or recovering from difficulties
- 3. Self-esteem = the text expresses level of confidence in one's worth or abilities
- 4. Life Satisfaction = the text expresses satisfaction with one's life as a whole
- 5. Fear of future = the text expresses worry about one's condition in the next years
- 6. Vitality = the text expresses feelings of strength and activity
- 7. Having energy = the text expresses that one feels full of energy
- 8. Positive functioning = the text expresses that one feels capable to do many things
- 9. Expressing job satisfaction = the text expresses satisfaction with one's present job, all thing considered
- 10. Expressing optimism = the text expresses optimism about one's condition in the medium-run future
- 11. Peace with thoughts and feelings = the text expresses a general feeling of peace with one's thoughts and feelings
- 12. Purpose in life = the text expresses understanding of one's purpose in life. In other terms, it expresses the feeling that the things one is doing in his/her life are worthwhile

- 13. Depression = the text expresses that one is bothered by the following problems: Little interest or pleasure in doing things; Feeling down, depressed or hopeless
- 14. Anxiety = the text expresses that one is bothered by the following problems: Feeling nervous, anxious or on edge; Not being able to stop or control worrying
- 15. Suffering = the text expresses the experience of any type of physical or mental suffering
- 16. Feeling pain = the text expresses the experience of bodily pain currently or in the recent past
- 17. Expressing altruism = the text expresses willingness to do things that bring advantages to others, even if it results in disadvantage for him/herself
- 18. Loneliness = the text expresses feelings of loneliness
- 19. Quality of relationship = the text expresses satisfaction about one's relationships
- 20. Belonging to society = the text expresses a sense of belonging in one's community
- 21. Expressing gratitude = the text expresses one's feelings of gratitude for many reasons
- 22. Expressing trust = the text expresses feeling of trust towards people in one's community?
- 23. Feeling trusted = the text expresses that people in one's community trust one another
- 24. Balance in the various aspects of own life = the text indicates that that the various aspects of one's life are, in general, well balanced
- 25. Mastery (ability, capability) = the text expresses one's feeling of being very capable in most things one does in life
- 26. Perceiving discrimination = the text expresses the feeling of being discriminated against because of one's belonging to any group
- 27. Feeling loved by God = the text expresses one's feeling of being loved or cared for by God, the main god worshipped, or the spiritual force that guides one's life

- 28. Belief in God = The text expresses believe in one God, or more than one god, or an impersonal spiritual force
- 29. Religious criticism = the text expresses that people in one's religious community are critical of one's person or one's lifestyle
- 30. Spiritual punishment = the text expresses the feeling of God, a god, or a spiritual force as a punishing entity
- 31. Feeling religious comfort = the text expresses finding strength or comfort in one's religion or spirituality
- 32. Financial/material worry = the text expresses one's worry about being able to meet normal monthly living expenses
- 33. Life after death belief = the text expresses one's belief in life after death
- 34. Volunteering = the text expresses one's habit of volunteering one's time to an organization
- 35. Charitable giving/helping = the text expresses one's habit of donating money to a charity
- 36. Seeking for forgiveness = the text expresses propensity to forgive those who have hurt us
- 37. Feeling having a political voice = the text expresses the feeling of having a say about what the government does
- 38. Expressing government approval = the text expresses approval of the job performance of the national government of one's country
- 39. Having hope = the text expresses feelings of hope about the future, despite challenges
- 40. Promoting good = the text shows the propensity of acting to promote good in all circumstances, even in difficult and challenging situations
- 41. Expressing delayed gratification = the text expresses ability to give up some happiness now for greater happiness later

- 42. PTSD (Post-traumatic stress disorder) = the text expresses the tendency to be frequently bothered by the big threats to life one has witnessed or personally experienced during one's life
- 43. Describing smoking related health issues = the text expresses the habit of smoking many cigarettes every day
- 44. Describing drinking related health issues = the text expresses the habit of frequently drinking full drinks of any kind of alcoholic beverage
- 45. Describing health limitations = the text indicates any health problems that prevent one from doing any of the things people that age normally can do
- 46. Expressing empathy = the text expresses ability to share other people's feelings or experiences by imagining what it would be like to be in their own situation.

2.1. Coding the correlates of well-being mood

In this section we present the three levels (low, medium, high) that represent if the tweet is more or less coherent to the features of "well-being".

1) Happiness

We use the 'happiness' feature in all its three levels when the tweet analysed expresses some level of it. In this feature we tend to include feelings of hate and discontent at the 'low' level; feelings of medium satisfaction in life at the 'medium' level; and feelings of complete happiness and gratitude (birthday wishes, greetings such as 'have a good day', expression of love and satisfaction in life etc) at the 'high level'.

Here are some examples:

- Text id:1632636304310542336. "I hate Mondays "should be coded as low;
- Text id: 1628140281957650456. "@mannybenevides I don't know if this helps, but I try to find at least one thing I'm thankful for each day. Also at thirty minute walk helps clear my head. Often I do it at sunrise/sunset so I at least have that to be thankful for" should be coded as medium;

Text id: "Today we celebrated another safety milestone of 240 days safe; When we took our Safety Pledge, we meant it!!! Associates enjoyed delicious nachos and frito pies. Thanks for making safety a focus. @ricksolis2121 @SendejoRoy12
 @Cleo45078280 @smitty04 @Fred_asj @JonLanderosTHD" should be coded as high.

2) Resilience

We use the 'resilience' feature when the tweet analysed expresses the capability of withstanding or recovering from difficulties in all of its three levels. In this feature we tend to include feelings of debility and discouragement at the 'low' level; feelings of medium resilience in overcome less serious problems of everyday life at the 'medium' level and feelings of strength and the ability to overcome all the difficulties of life at the 'high level' (also the most serious ones, for example the ones related to health or politics).

Here are some examples:

- Text id: 1630495567800352768. "I don't wonder about about anything. Ion ponder
 or pause to think why things are a certain way after things happen. Closure doesn't
 bring comfort to me when things end on bad terms." should be coded as low.
- Text id: 1628315921008951301. "Being a dairy farmer I can't imagine the stress these farmers are trying to deal with. Absolutely gutting to lose almost a third of your season, but we must take care of the girls. ♥️

 " should be coded as medium;
- Text id: 1627714265615302668. "Because every bad thing that happens to you is an opportunity in disguise" Understand as a young athlete you are going to suck/fail a lot. Nobody cares. Get better. Those failures/times you suck are the greatest teachers. Don't make excuses Excuses are bullshit. Nobody cares" should be coded as high;

3) Self-esteem

We use the 'self-esteem' feature to deal with tweets which express all three level of confidence in one's worth or abilities. Here are some examples:

- Text id: 1631735755751010304. "I just know he doesn't love me like that" should be coded as **low**;
- Text id: 1630979827502022668. "Nervous to apply for a job like ""Lab Tech MLT II"" at Spartanburg Regional Healthcare System? Apply even if you're not a 100% match.
 You might be underestimating your value. Click the link in our bio for more info.
 #Healthcare #Greer, SC" should be coded as medium;
- Text id: 1632623148918099968. "I hate using bc I'm already gorgeous. And they make me look weird" should be coded as **high**.

4) Life satisfaction

We use the 'life satisfaction' feature to deal with tweets that expresses, in all three levels, satisfaction with one's life as a whole. It is important to notice how often tweets that can be coded as 'high' are also coded as 'high' in the 'happiness' feature. Here are some examples:

- Text id: 1632566196989202432. "Dear @RailMinIndia,@spjdivn and @ECRlyHJP,the railway quarter in spj is in terrible condition. The living quarters are cramped, dirty, and unsafe to stay. It's unacceptable that railway employees have to live in such conditions. Please take immediate action to address this." should be coded as **low.**
- Text id: 1631346297755271168. "I'm at a happy place in my life... Why? Because I didn't realise it's been a year in February when she said, 'Amit, I'm seeing someone else '... "should be coded as **medium**;
- Text id: 1627352122105925633. "Guillaume_m_k Vamos Amigo love selling work IRL ths's the best nothing like seeing your art work hanging in collectors home!"
 should be coded as high;

5) Fear of future

We use the 'fear of future' feature when the tweet analysed expresses worry about one's condition in the next years. A tweet is coded with 'high' when it deals with a great worry and fear; it is coded with 'medium' when the fear deals with matters of less importance and with 'low' when the tweet analysed do not show any evidence of worry.

- Text id: 1627411691561533440. "@DavidTheNonBot Solution, use Biden's plan of taxing everyone that makes more than \$400,000 a year. Rewrite the tax code to get rid of the loopholes for corporations and ultra rich. Not only would it erase our debt, free healthcare, college Etc. SCOTUS 'Citizens United' or should be coded as **low**.
- Text id:1633132138903007235. "@Orchidlree Electric forest is the best festival hands down overall just with the higher costs this year its scared whats the crowd will be like" should be coded ad medium;
- Text id: 1626680849189183489. "There double homeless because state federal
 policies and serving citizuend properly and if riots happen in Australia it's the
 government's own fault over years the throught of themselves not citiziens" should
 be coded as high;

6) Vitality

- Text id: 1628553617690034177." I'm sick with a combination of flu, intestinal issues from lactose consumption from intolerance and the cold weather etc. but I might or might not have milk allergy and I hope and pray that I have no milk allergy and that it's just an issue with lactose intolerance @caster_bot" should be coded as low.
- Text id: 1629880065633705984. "@timmybowers @thelaurenedit My feet felt like that Wednesday! I started stomping my feet to get some feeling back into them!" should be coded as medium;
- Text id: 1632203930833674241. "One of the best nights of my fucking life" should be coded as **high**;

7) Having energy

- Text id: 1630733600617381888 "I don't have no type of energy a do not feel like getting out of bed to do anything" should be coded as **low**
- Text id: 1627878892253118466. "I'm so thirsty but I left my water bottle downstairs!
 Maybe I'll just drink out of the tap!!" should be coded as medium;
- Text id: 1629220654661701633. "Need a massage ♥♥?? Dm me i'm available tonight i'm should be coded as high;

8) Positive functioning

9) Job satisfaction

- Text id: 1631791490476261379. "Today its even more important that you tread a
 career path that makes you happy without money consideration. No job is safe"
 should be coded as low.
- Text id: 1631788063524536321 "Don't be shy. Score a job like ""Human Centered
 Design Practitioner, Mid"" at Booz Allen by asking for referrals. It's a great way to get
 a meeting with HR. Check out the link in our bio to apply. #BoozAllen #IT" should be
 coded as high
- (scrivere che in generale la categoria "annunci di lavoro" deve essere classificata come job satisfaction high)

10) Expressing optimism

 Text id: 1630443837289054208: "@DrYaelAdler @cem_oezdemir Super! Next step: healthliteracy
 " should be coded as high

- Text id: 1609363426111008769: "If the Avs drop this game, I'm just writing it off as
 "leaving it in 2022" and happily enjoying the placebo effect of 2023" should be
 coded as medium
- Text id: 1628763802471743488 "@KKyakwera Dnt b shocked...keep ur hopew low should be coded as low

11) Peace with thoughts and feelings

- Text id: 1609399677472116736 "@JosiahSkyJames1 @Dennis_Porter_Delusion helps sleep at night" should be coded as **low**

12) Purpose in life

- Text id: 1626742474424340480 "I've been shifting my mindset from believing that I have one big main purpose or calling in life & always worrying that I'm not on track... to believing that life is more about living WITH purpose and creating purpose with what's in front of me." should be coded as **high**

13) Depression

- Text id: 1629391757166223362 "@chrisyanke @YouTube @LisaKearth
 @larascottmedia @chattycat1966 @ebeno22 @Mar4luv007 @stephanie19692
 @PrietoChristina Love that song. It enjoyed a bit of revival a few years back when
 Cadburys used it in a tv commercial campaign." should be coded as low
- Text id: 1628505879476846592 "I " was depressed foh" should be coded as high

14)Anxiety

- Text id: 1628893823240634368: "@BloomMoonbeam They KNOW they're bootlegs, and they're traumatized as FUCK. should be coded as **high**

15)Suffering

- Text id: 1629378907488276480: "@RailMinIndia PNR No.:- 6214704955 Passenger Name:-Avinash Kumar (Male) (Age-24 yrs) Suffering from high fever & gastric issue. Excreted 7 time since I boarded the train. Please, provide medical assistance in case it's free of cost. Contact Number :- 8375089164 @SonuSood" should be coded as high;

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16)Feeling pain

- Text id: 1632168431750463488 "You know what someone DOESN'T want to hear when they are grieving. That life goes on. No fucking shit. Like it hasn't even been a week and I have to deal with unwarranted comments like that?????" should be coded as **high**

17) Expressing altruism

- Text id: 1626093975378579459; "In the dictionary of those who do not expect anything, There is no expression like shattered expectations. Consider your power and capacity do not rely on your surroundings! Hope everything's alright with u though hun @JacksonWang852 we are always here for u! HJacksonWang" should be coded as high;
- Text id: 1626737263463002113 "Went to another job interview... Pray I get work soon! ♣ Feeling good today everyone enjoy the weekend and be safe ♥ #RIPRyan ♦ https://t.co/7E6WmYv2cp" should be coded as medium
- Text id: 1630549567430361091 "https://t.co/6Av8iH13qD WW3 may happen in the nx 2 years. USA Evil China. Europe Evil Russia. Vs. Japan North korea. India South Korea Let us pray good triumphs evil" should be coded as **low**

18)Loneliness

- Text id: 1628542004509671425 "It's me, but instead of sitting around and consciously making up dire scenarios, they usually come to me in the form of crippling, hyper realistic nightmares where everyone/everything I love and care for are/is ripped away from me" should be coded as **high**
- Text id: 1627002832485326849 "I think I would like to stay single..." should be coded as **medium**
- Text id: 1628506683835285504 "We really were two kids in love" should be coded as low

19) Quality of relationship

- Text id: 1629692482215718912 "I love being toxic , thats my love language" should be coded as **low**
- Text id: 1627015299143966720: "We had a cook out and I had my fam try egusi and fufu for the first time. They loved it thtps://t.co/k88QBbmAiT" should be coded as **medium**;
- Text id: 1629218424122662912: "I have worst pics of mine but with her i have the best, memorable,cute,sexy pics...is it magic or what?? should be coded as **high**

20) Belonging to society

- Text id: 1633864762609094657 "It always amuses me on Twitter when someone ridicules their own community & is roundly congratulated and patronised for their "open mindedness" by reams of folk who would never dream of stepping outside their own tribal bubble with a "why can't they will be more like you?" " should be coded as **low**

21) Expressing gratitude

- Text id: 1629055959673741316 "@pgodfrey_2 Thanks for the concern and advice, it's appreciated "should be coded as high"

22) Expressing trust

- Text id: 1628478339118780417 "trust isn't owed just because you're family... especially if you're constantly breaking it" should be coded as **low**
- Text id: 1632454577730596865 "@BenjiNaesen @stijnvlaemink Shouldn't DS help more in such situations?" should be coded as **medium**
- Text id: 1630850886011351041 "A symbol of hope and only politician who's probably going to make me pick up a party card. He's inspired that much belief with

the workings he shows everywhere. Not without flaws and I pray Allah rids him of them before the next elections. Amana! "" should be coded as high

23) Feeling trusted

Text id: 1626685194227929106 "I never asked to be trusted" should be coded as low

24) Balance in the various aspects of own life

- Text id: 1629234440613384195 "Gotta love when a client mentions they can't see you on the web call and then you gotta get personal and say "sorry I have food poisoning and have gotten sick all day so I don't look camera ready" if I have my camera off it's for a damn reason should be coded as **low**
- Text id: 1629953064110108677 "Unfortunately even though I'm currently working at the best paying job I've ever had (and far and away the best one culture wise), I still feel guilty af if I need to call in. That's dumb, but it is what it is. This feels like a disorganized thread, but I'm just saying..." should be coded as **medium**
- Text id: 1627674667430383617 "Perfect #weather to enjoy a walk along the River Waveney, in Beccles #Suffolk. Nice clouds too! @ChrisPage90 @WeatherAisling @JamesWrightTV @itvanglia @itvweather @metoffice #loveukweather https://t.co/ASnlopuNvS" should be coded as high

25) Mastery (ability, capability)

- Text id: 1631276707746381824 "@yanikschaffer yeah I'm working on a BTS video for my latest series but the screen recordings make the video look like sh*t \(\exists \)" should be coded as low
- Text id: 1627364952070578178: "@internetgrill @joshwilburne If you know you know. It helps optimally for your org is set up to benefit it. But it's not dogmatic." should be coded as medium

26) Perceiving discrimination

- Text id: 1630890096655310856 "@winknews Punta Rassa is pronounced Rāss-sa NOT Ross-a! You keep pronouncing it wrong and you sound like tourists!" should be coded as medium
- Text id: 1631148680916131840 "@RomanMackinnon6 @6NewsAU Free speech people! I'm saddened that they had to apologise. There was no apology to queer people when Religious groups spewed derogatory and defamatory hate messaging

all over the tv during prime time for the marriage equality vote" should be coded as **high**

27) Feeling loved by God

28) Belief in God

- Text id: 1627727215474446360: "God is always in control and has the final say. Man nor woman will control your destiny and calling in life. I have to remind myself of this because the devil or bad spirits will definitely try you. https://t.co/Ye5TD4vzUO" should be coded as high;

29) Religious criticism

- Text id: 1626131772558790656: "I can't image living atheist life." should be coded as **medium**
- Text id: 1627946117530021889 "@Urfijaved7 Urfi Javed ji you should die of shame, I
 am sorry that you are a Muslim, you only learned modeling after coming into the
 world or do you know anything about your religion." should be coded as high

30) Spiritual punishment

31) Feeling religious comfort

- Text id: 1629403208689893378 "Job is the ultimate story from the Bible. Because essentially that is how life works. People lose families they love and find and become part of new ones. That's what that story is about. That love and life and can itself it's wounds itself if given the time and the resources." should be coded as **high**

32) Financial/material worry

- Text id: 1630189826921168897 "@MCRShakespeareC @haykate @ConnollyActor @JETopliff last 2 days for #earlybird #tix £10 for #alotta giggles #mediacityM502GL 19 to 23 April 2023 a great night out for #familyfuntime 12A #ilovemcr #afflecks escape the #BrexitShambles https://t.co/PZuSWB1uXt should be coded as low
- Text id: 1632320529397891072 "Why are the UK rail fares so expensive with another increase happening? In comparison to the rest of Europe we are seriously being ripped off and they want to encourage less cars on the roads." should be coded as high

33) Life after death belief

- Text id: 1627053824459554823 "@hedahunter Heaven just called. His table is ready" sQUAhould be coded as **high**

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34) Volunteering

Text id: 1632014084316053505 "And that's a wrap! Congrats to boys and girls who participated in our pilot #SaturdaySocial project with the @octagontheatre at @BoltonSch. We loved welcoming families to our sharing session today. Participants were awarded creative skills certificates after an excellent show. https://t.co/dm1m73yTQD " should be coded as high

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35) Charitable giving/helping

- Text id: 1627832847393337345 "This is being praised? It's sweet of them to feed them but why y'all act like helping illegal immigrants crossing the border is a good thing?" should be coded as **medium**
- Text id: 1631310430588088320 "There are still tickets available for @WGSFriends
 Quiz Night next Friday, 10th March! The Friends would be incredibly grateful for
 any donations towards the raffle, big or small. #WeAreWGS #QuizNight
 https://t.co/ehCElzv9Ck" should be coded as high

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36) Seeking for forgiveness

37) Feeling having a political voice

- Text id: 1625808919363813378 "Another unhelpful "benefit" of Brexit" should be coded as high
- Text id: 1626031629285355520 "Is it just me, or is the hate toward Elon Musk completely unnecessary? My timeline has not changed one little bit since he took over. I know people love to hear themselves bitch and complain, but I don't understand this one at all "" should be coded as **medium**

38) Expressing government approval

39) Having hope

- Text id: 1631743809909391362 "The biggest lie was told to us: "When you get grow up you will be more complete, more mature, more done; but it happens opposite; more lonely, more not belong, more get lost..." should be coded as **low**
- Text id: 1629161258543992832 "I might like him if tonight turns out as per my expectations" should be coded as medium
- Text id: 1627746457859067941 "@TraumaN4mdWitch You are so brave. I hope it is amazing!" should be coded as **high**.

40) Promoting good

- Text id: 1626116549215137795 "This is why I'm so happy IDGAF about being wrong because eventually I got it right! [≦] Plant trees Govt's! Please [≦] [©] ♥ https0://t.co/5fkeTHxx7B" should be coded as high

41) Expressing delayed gratification

- Text id: 1626451933014933504 "I don't think flying to Baton Rouge from Auckland on Microsoft Flight Simulator is what folks meant when they asked me to explore and prepare for life in Louisiana! ## #postphd #boredom_shenanigans https://t.co/ERcEkyAunb" should be coded as low
- Text id: 1630432570323222529 "If a few days everything will change on this account new name new picture. Not bad but just tweaking it a bit. Kinda like trading in your Xbox series X for a refurbished PS five" should be coded as medium
- Text id: 1631720843402256396 "@tscuderi27 Jets aren't drafting for 2024 when the current regime isn't guaranteed to have jobs then IMO. They need guys who will help them win in 2023" should be coded as **high**

42) PTSD (post-traumatic stress disorder)

- Text id: 1630210790450929665 "Hai. I'm more stressed" should be coded as **medium**
- Text id: 1632525513083240449 "If you're going to therapy to get treatment for trauma, but not to transform yourself, then your healing will be limited. You'll get to a point where you do not consent to transformation which will only keep you stuck in dysfunctional behaviors. Yep, I said it." should be coded as high

43) Describing smoking related health issues

Text id: 1626618270416777216 "@MaxieMoosie I've been smoking cannabis for over 40 years. I do worry about health impacts. But that's small in comparison to how much cannabis has helped me stabilize, regulate, chill, de-stress. But, no 1-gram \$10 joints for me, as burning paper doesn't appeal. One-hitter pipe 4 life. "should be coded as high.

44) Describing drinking related health issues

- Text id: 1627 673265228455937 "I need to get out this house, but I've been drinking since Saturday and I can't" should be coded as high
- Text id: 1627444403844575232 "Hi I'm drunk in Hawaii rn lol send help" should be coded al **medium**;
- Text id: 1631853541143764992 "tonio wanted to go for the food. i wanted the drinks "" should be coded as **low**

45) Describing health limitations

- Text id: 1626226674244423681 "@FaithLightTruth @molsjames @james_clinic I will be praying for your father. I'm sorry he has been dealing with health problems. HBOT is great therapy. A" should be coded as **low**
- Text id: 1630995943708405760 "I'm swollen like that girl from Willy Wonka alv" should be coded as medium
- Text id: 1629378907488276480 "@RailMinIndia PNR No.:- 6214704955 Passenger Name- Avinash Kumar (Male) (Age-24 yrs) Suffering from high fever & gastric issue. Excreted 7 time since I boarded the train. Please, provide medical assistance in case it's free of cost. Contact Number :- 8375089164 @SonuSood" should be coded as high

46) Expressing empathy

- Text id: 1630998167624794114 "My ♥.. I hope no one is hurt. I love this city so damn much. https://t.co7cZN122ZsxL" should be coded as **high**
- Text id: 1631463293742362624. "@D_SAVRE @Station19 Can't wait! Was it hard to act in this episode around mental health? What did you do to prepare?" should be coded as **medium**
- Text id: 1628599185300930560 "@helena_molly13 @RobbieNicol >Please don't feel like this is a competitive course!!!! >Btw only about half of you will make it to the end of next year" should be coded as low