

Blursday Codebook

Creating a Systematic Framework for Consistent Data Categorization

Overview:

The "Blursday Codebook" serves as a concise guide for classifying individual responses regarding their sense of past and future fluency, specifically in planning and memory tasks. It's crafted to systematically code reflections and projections within timeframes of one week, one month, and one year, providing a structured approach to understanding how people navigate temporal landmarks in their lives.

Instructions for Thematic Coding:

Step 1: Categorization

- Begin by thoroughly reviewing the response provided.
- Instead of immediately identifying a single category, **tick all categories** that you believe could potentially apply to the response. The categories are:
 1. Temporal Landmark
 2. Utilitarian Activities
 3. Discretionary Activities
 4. Evaluations
- **Note:** If you encounter difficulties in categorizing or think a response might fit into a new category, please mark the data for further discussion.

Step 2: Ranking

- After selecting all applicable categories, **rank them** in the next column based on their relevance to the response. Rank them from most relevant (1) to least relevant (n), where n equals the number of categories you've ticked. This step helps prioritize the categories for further analysis.

Step 3: Labelling

- In subsequent columns, list all labels (types of activities) that closely match the response, **drawing exclusively from the primary category**—that is, the category you've ranked as '1' in the 'Ranking' column.
- While the objective remains to identify one primary label to maintain clarity, you are permitted to assign up to three labels if the response encompasses multiple facets within the primary category.
- **For clarity, please structure your data entry as follows:**

DATA	CATEGORIES SELECTED	RANK	LABEL 1	LABEL 2	LABEL 3
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Celebrate my birthday	Temporal Landmark	1 (Temporal Landmark)	Personal Temporal Landmark		
Clean my house	Utilitarian Activities	1 (Utilitarian Activities)	Household Obligations		
Leave on vacation	Temporal Landmark, Discretionary Activities	1 (Discretionary Activities), 2 (Temporal Landmark)	Recreation	Travel	

- **Clarification and Examples:** Refer to the specific definitions and examples in the Codebook to accurately assign categories and labels. This step is crucial for maintaining consistency and reliability in data coding.

General Guidelines:

- **Accuracy and Consistency:** Strive for accuracy and consistency in categorization and labelling. Regularly refer back to the Codebook for definitions and examples to guide your decisions.
- **Collaboration and Discussion:** Encourage open discussion among team members when uncertainties arise. Collaborative review sessions can help clarify complex cases and ensure the integrity of the coding process.

(1) Temporal Landmarks

Broadly speaking, a temporal landmark can be defined as any event that is distinct to the mundanity of everyday life.

For notable authors, see:

Shum, M. S. (1998). The role of temporal landmarks in autobiographical memory processes. *Psychological bulletin*, 124(3), 423.

Dai, Milkman and Riis (2014),

Peetz and Wilson (2013).

Code	Definition	Example/Keywords
Personal Temporal Landmark	Personally significant, unique or meaningful events. These are likely not to be (as) salient for others, as they are for one's self.	Birthdays, weddings, anniversaries
Calendar Temporal Landmark	Salient public or socially acknowledged temporal landmarks	National holidays, Christmas, St. Patrick's Day, Easter, New Years
Reference Points	Reference points in calendars. Objective measures, often relating to a week, month or year.	Mid terms; O-Week; Check for ending effects (i.e. submitted X, sent Y)
Personal Narrative Events	Personal events that become temporal landmarks due to personal importance or vividness or indicator of new mental accounting period. Often 'first' experiences and achievements like reaching a career milestone or promotion.	Promotion; New Job; Retirement; Moving abroad.
Facts of Life Experiences	Involuntary experiences that one is typically subjected to, often as a natural byproduct of life course progression.	Illness; Grief; Death; Laid Off

(2) Utilitarian Activities

Relates to functional activities that can often not be skipped. These include personal care activities (i.e. fulfilling basic needs), domestic activities relating to upkeep, and even paid activities such as employment related activities.

For notable authors, see:

Doherty, S. & Miller, E. (2000). A computerized household activity scheduling survey. *Transportation*, 27, 75-97.

Notable literature Fields: Nursing and Occupational Therapy (Activities of Daily Living, Instrumental Activities;

Code	Description	Example/Keywords
Household Obligations	Activities related to fulfilling one's basic needs and maintaining one's home.	Cleaning, maintenance, Meal preparation; Grocery shopping; yard work; cooking
Work/School Activities (Paid Labour)	Attending to core activities related to one's paid employment or study.	Meetings; Training session; Assignments; Attending lecture
Services	Engaging the expertise of a service provider for the fulfilment of a functional goal.	Doctor; Dentist; Banking
Care Duties	Responsibilities related to having children, pets or ageing parents or being in another carer position.	Taking care of children; Pets;

3) Discretionary Activities

Relates to voluntary activities that are used as modes of filling one's free or empty time.

For notable authors, see:

Doherty, S. & Miller, E. (2000). A computerized household activity scheduling survey. *Transportation*, 27, 75-97.

Code	Description	Example/Keywords
Recreation	Actively participating in a leisure-related activity or hobby to pass time.	Hobbies (crafts, gardening); Sport; Exercise; Walking; Vacation
Entertainment	Passive involvement in an activity (i.e. watching) or taking part in the passive consumption of media.	Watching movies, videos, TV, listening to music; relaxing
Social	Planned events, gatherings or activities shared with others	Visiting friends; Zoom trivia; Picnic with friend
Family	Directly related to maintaining relationships or partaking in activities with family members	Calling dad; Seeing brother
Altruistic	Voluntary participation in an activity oriented to improving the experiences of others.	Volunteering
Aspirational	General positive sentiment expressed about one's desired future state or relating to an elusive goal	Success at work; Literary Prize Winner; Important artistic encounters
Recreation (Services)	Active participation in a recreation activity facilitated by a service provider. This cannot be done without (often paid) facilitation by a service.	Going to a concert; theatre; cinema; restaurant
Shopping	Contemplating or making a hedonic purchase	New clothes; gift purchases; new car
Introspection	Spending time considering, examining or observing one's thoughts, emotions or state of being.	Discover yourself
Home Improvement	Aesthetic improvements of one's home for the purposes of pleasure.	DIY; Decorate house
Travel	Related to taking a notable trip elsewhere.	Trip to Canada

4) Evaluation

Not related to an activity, but rather an objective evaluation of one's circumstances.

Code	Description	Example/Keywords
Negative	Statements referring to one's state of being, often negative.	Isolation; Anxiety; Feel alone
Lockdown	Direct reference to isolation measures.	Stay home; staying in lockdown; social distancing