📕 Data Dictionary Codebook

#	Variable / Field Name	Field Label *Field Note*	Field Attributes (Field Type, Validation, Choices, Calculations, etc.)
Instrument: Mctq (mctq)		🧑‍💻 **Enabled as survey**	
1	[record_id]	Record ID	text
2	[mctq_regular_work]	I have a regular work schedule (this includes being, for example, a housewife or househusband):	yesno, Required 1 Yes 0 No
3	[mctq_nr_workdays] Show the field ONLY if: [mctq_regular_work] = '1'	I work on … days per week	radio, Required 1 1 2 2 3 3 4 4 5 5 6 6 7 7 Custom alignment: RH
4	[mctq_desctext_1]	Is your answer "Yes, on 7 days" or "No", please consider if your sleep times may nonetheless differ between regular 'workdays' and 'weekend days' and fill out the MCTQ in this respect.	descriptive
5	[mctq_sleep_cycle_pic]		descriptive
6	[mctq_desctext_2]	Please use 24-hour time scale (e.g. 23:00 instead of 11:00 pm)!	descriptive
7	[mctq_bedtime_work]	Section Header: *WORK DAYS* Image 1: I go to bed at … o'clock.	text (time), Required
8	[mctq_desctext_3]	Image 2: Note that some people stay awake for some time when in bed!	descriptive
9	[mctq_ready_sleep_work]	Image 3: I actually get ready to fall asleep at … o'clock.	text (time), Required
10	[mctq_fall_sleep_work]	Image 4: I need … minutes to fall asleep.	text (number, Min: 0), Required

11	[mctq_wake_time_work]	Image 5: I wake up at ... o'clock.	text (time), Required
12	[mctq_get_up_work]	Image 6: After... minutes I get up.	text (number, Min: 0), Required
13	[mctq_alarm_work]	I use an alarm clock on workdays:	yesno, Required 1 Yes 0 No
14	[mctq_wake_alarm] Show the field ONLY if: [mctq_alarm_work] = '1'	I regularly wake up BEFORE the alarm rings:	yesno, Required 1 Yes 0 No
15	[mctq_bedtime_free]	Section Header: *FREE DAYS* Image 1: I go to bed at ... o'clock.	text (time), Required
16	[mctq_desctext_4]	Image 2: Note that some people stay awake for some time when in bed!	descriptive
17	[mctq_ready_sleep_free]	Image 3: I actually get ready to fall asleep at ... o'clock.	text (time), Required
18	[mctq_fall_sleep_free]	Image 4: I need ... minutes to fall asleep.	text (number, Min: 0), Required
19	[mctq_wake_time_free]	Image 5: I wake up at ... o'clock.	text (time), Required
20	[mctq_get_up_free]	Image 6: After ... minutes I get up.	text (number, Min: 0), Required
21	[mctq_alarm_free]	My wake-up time (Image 5) is due to the use of an alarm clock:	yesno, Required 1 Yes 0 No
22	[mctq_choose_sleep_free]	There are particular reasons why I cannot freely choose my sleep times on free days:	yesno, Required 1 Yes 0 No
23	[mctq_reason] Show the field ONLY if: [mctq_choose_sleep_free] = '1'	Why?:	checkbox, Required 1 mctq_reason___1 Child(ren)/pet(s) 2 mctq_reason___2 Hobbies 3 mctq_reason___3 Others
24	[mctq_reason_spec] Show the field ONLY if: [mctq_choose_sleep_free] = '1' and [mctq_reason(3)] = '1'	Please specify:	notes

25	[mctq_shift_work]	Section Header: *WORK DETAILS* In the last 3 months, I worked as a shift worker.	yesno, Required 	1	Yes
0	No	
26	[mctq_desctext_5] Show the field ONLY if: [mctq_shift_work] = '0'	My usual work schedule ...	descriptive
27	[mctq_work_start] Show the field ONLY if: [mctq_shift_work] = '0'	starts at ... o'clock.	text (time), Required
28	[mctq_work_end] Show the field ONLY if: [mctq_shift_work] = '0'	ends at ... o'clock.	text (time), Required
29	[mctq_work_flex]	My work schedules are ...	radio, Required 	1	very flexible
2	a little flexible
3	rather inflexible
4	very inflexible	
30	[mctq_work_travel]	I travel to work ...	radio, Required 	1	within an enclosed vehicle (e.g. car, bus, underground).
2	not within an enclosed vehicle (e.g. on foot, by bike).
3	I work at home.	
31	[mctq_commute]	For the commute to work, I need {mctq_com_to_work_h} hours, and {mctq_com_to_work_min} minutes. For the commute from work, I need {mctq_com_from_work_h} hours, and {mctq_com_from_work_min} minutes.	descriptive
32	[mctq_com_to_work_h]	For the commute to work, I need ... hours	text (number, Min: 0), Required
33	[mctq_com_to_work_min]	and ... minutes	text (number, Min: 0), Required
34	[mctq_com_from_work_h]	For the commute from work, I need ... hours	text (number, Min: 0), Required

35	[mctq_com_from_work_min]	and … minutes.	text (number, Min: 0), Required
36	[mctq_desctext_6]	Section Header: *Time Spent Outdoors* On average, I spend the following amount of time outdoors in daylight (without a roof above my head):	descriptive
37	[mctq_outdoor]	on workdays: {mctq_outdoor_work_h} hours {mctq_outdoor_work_min} minutes on free days: {mctq_outdoor_free_h} hours {mctq_outdoor_free_min} minutes	descriptive
38	[mctq_outdoor_work_h]	… hours (This field is used as embedding to create the actual question. This Field will not be seen by participants)	text (number, Min: 0), Required
39	[mctq_outdoor_work_min]	… min (This field is used as embedding to create the actual question. This Field will not be seen by participants)	text (number, Min: 0), Required
40	[mctq_outdoor_work_calc]	Calculates the light exposure on workdays in minutes(this will not be seen by participants)	calc Calculation: [mctq_outdoor_work_h] * 60 + [mctq_outdoor_work_min] Field Annotation: @HIDDEN
41	[mctq_outdoor_free_h]	… hours (This field is used as embedding to create the actual question. This Field will not be seen by participants)	text (number, Min: 0), Required
42	[mctq_outdoor_free_min]	… min (This field is used as embedding to create the actual question. This Field will not be seen by participants)	text (number, Min: 0), Required
43	[mctq_outdoor_free_calc]	Calculates the light exposure on free days in minutes(this will not be seen by participants)	calc Calculation: [mctq_outdoor_free_h] * 60 + [mctq_outdoor_free_min] Field Annotation: @HIDDEN
44	[mctq_desctext_7]	Section Header: *Stimulants* Please give approximate/average amounts!	descriptive
45	[mctq_stim_cigar]	I smoke {mctq_nr_cigar} cigarettes per …	radio (Matrix), Required <table><tr><td>1</td><td>day</td></tr><tr><td>2</td><td>week</td></tr><tr><td>3</td><td>month</td></tr></table>
46	[mctq_stim_beer]	I drink {mctq_nr_beer} glasses of beer per …	radio (Matrix), Required <table><tr><td>1</td><td>day</td></tr><tr><td>2</td><td>week</td></tr><tr><td>3</td><td>month</td></tr></table>

47	[mctq_stim_wine]	I drink {mctq_nr_wine} glasses of wine per ...	radio (Matrix), Required 1 day 2 week 3 month
48	[mctq_stim_liquor]	I drink {mctq_nr_liquor} glasses of liquor/whiskey/gin etc. per ...	radio (Matrix), Required 1 day 2 week 3 month
49	[mctq_stim_coffee]	I drink {mctq_nr_coffee} cups of coffee per ...	radio (Matrix), Required 1 day 2 week 3 month
50	[mctq_stim_tea]	I drink {mctq_nr_tea} cups of black tea per ...	radio (Matrix), Required 1 day 2 week 3 month
51	[mctq_stim_caf_drink]	I drink {mctq_nr_caf_drink} cans of caffeinated drinks (soft-drinks) per ...	radio (Matrix), Required 1 day 2 week 3 month
52	[mctq_stim_sleep_med]	I take sleep medication {mctq_nr_sleep_med} times per ...	radio (Matrix), Required 1 day 2 week 3 month
53	[mctq_nr_cigar]	... cigarettes (This field is used as embedding to create the actual question. This Field will not be seen by participants)	text (number, Min: 0), Required Custom alignment: RH
54	[mctq_nr_beer]	... glasses of beer (This field is used as embedding to create the actual question. This Field will not be seen by participants)	text (number, Min: 0), Required
55	[mctq_nr_wine]	... glasses of wine (This field is used as embedding to create the actual question. This Field will not be seen by participants)	text (number, Min: 0), Required
56	[mctq_nr_liquor]	... glasses of liquor/whiskey/gin etc. (This field is used as embedding to create the actual question. This Field will not be seen by participants)	text (number, Min: 0), Required
57	[mctq_nr_coffee]	... cups of coffee (This field is used as embedding to create the actual question.	text (number, Min: 0), Required

		This Field will not be seen by participants)	
58	[mctq_nr_tea]	... cups of black tea (This field is used as embedding to create the actual question. This Field will not be seen by participants)	text (number, Min: 0), Required
59	[mctq_nr_caf_drink]	... cans of caffeinated drinks (This field is used as embedding to create the actual question. This Field will not be seen by participants)	text (number, Min: 0), Required
60	[mctq_nr_sleep_med]	... sleep medication (This field is used as embedding to create the actual question. This Field will not be seen by participants)	text (number, Min: 0), Required

61	[mctq_complete]	Section Header: *Form Status* Complete?	dropdown
			0 | Incomplete
			1 | Unverified
			2 | Complete

Instrument: Morning Eveningness Questionnaire Meq (morning_eveningness_questionnaire_meq)
🖳 Enabled as survey

62	[meq_instructions]	Instructions: in this questionnaire, you report on your preferences to perform certain activities at different times of the day. Please fill in the questionnaire with regard to the past 4 weeks.	descriptive

63	[meq_freewake]	Approximately at what time would you wake up if you were entirely free to plan your day?	radio, Required
			1 | 5:00 - 6:30
			2 | 6:30 - 7:45
			3 | 7:45 - 9:45
			4 | 9:45 - 11:00
			5 | 11:00 - 12:00 (noon)
			6 | 12:00 (noon) - 17:00

64	[meq_freesleep]	Approximately at what time would you go to bed if you were entirely free to plan your evening?	radio, Required
			1 | 20:00 - 21:00
			2 | 21:00 - 22:15
			3 | 22:15 - 00:30
			4 | 00:30 - 1:45
			5 | 1:45 - 3:00
			6 | 3:00 - 20:00

65	[meq_alarm]	If you usually have to get up at a specific time in the morning, how much do you depend on an alarm clock?	radio, Required
			1 | Not at all
			2 | Slightly
			3 | Somewhat

			4 Very much
66	[meq_wakeupease]	How easy do you find it to get up in the morning (when you are not woken up unexpectedly)?	radio, Required 1 Very difficult 2 Somewhat difficult 3 Fairly easy 4 Very easy
67	[meq_mor_alert]	How alert do you feel during the first half-hour after you wake up in the morning?	radio, Required 1 Not at all alert 2 Slightly alert 3 Fairly alert 4 Very alert
68	[meq_mor_hunger]	How hungry do you feel during the first half-hour after you wake?	radio, Required 1 Not al all hungry 2 Slightly hungry 3 Fairly hungry 4 Very hungry
69	[meq_mor_feel]	During the first half-hour after you wake up in the morning, how do you feel?	radio, Required 1 Very tired 2 Fairly tired 3 Fairly refreshed 4 Very refreshed
70	[meq_free_bedtime]	If you have no commitments the next day, what time would you go to bed compared to your usual bedtime?	radio, Required 1 Seldom or never later 2 Less than 1 hour later 3 1-2 hours later 4 More than 2 hours later
71	[meq_mor_exercise]	You have decided to do some physical exercise. A friend suggests that you do this for one hour twice a week and the best time for him is between 7:00 - 8:00 am. Bearing in mind nothing but your own internal "clock", how do you think you would perform?	radio, Required 1 Would be in good form 2 Would be in reasonable form 3 Would find it difficult 4 Would find it very difficult
72	[meq_eve_tired]	At what time in the evening do you feel tired, and as a result, in need of sleep?	radio, Required 1 20:00 - 21:00 2 21:00 - 22:15 3 22:15 - 00:45

				4	00:45 - 2:00
				5	2:00 - 3:00

73	[meq_peak_perf]	You want to be at your peak performance for a test that you know is going to be mentally exhausting and will last for two hours. You are entirely free to plan your day. Considering only your own internal "clock", which one of the four testing times would you choose?	radio, Required
			1 · 8:00 - 10:00
			2 · 11:00 - 13:00
			3 · 15:00 - 17:00
			4 · 19:00 - 21:00

74	[meq_eleven_tired]	If you got into bed at 23:00, how tired would you be?	radio, Required
			1 · Not at all tired
			2 · A little tired
			3 · Fairly tired
			4 · Very tired

75	[meq_delayed_sleep]	For some reason you have gone to bed several hours later than usual, but there is no need to get up at any particular time the next morning. Which one of the following are you most likely to do?	radio, Required
			1 · Will wake up at usual time, but will not fall back asleep
			2 · Will wake up at the usual time and will doze thereafter
			3 · Will wake up at the usual time, but will fall asleep again
			4 · Will not wake up until later than usual

76	[meq_shift_conseq]	One night you have to remain awake between 4:00 - 6:00 in order to carry out a night watch. You have no commitments the next day. Which one of the alternatives will suit you best?	radio, Required
			1 · Would not go to bed until the watch was over
			2 · Would take a nap before and sleep after
			3 · Would take a good sleep before and nap after
			4 · Would only sleep before the watch

77	[meq_phys_work]	You have to do two hours of hard physical work. You are entirely free to plan your day. Considering only your own internal "clock" which one of the following times would you choose?	radio, Required
			1 · 8:00 - 10:00
			2 · 11:00 - 13:00
			3 · 15:00 - 17:00
			4 · 19:00 - 21:00

78	[meq_eve_exercise]	You have decided to engage in hard physical exercise. A friend suggests that you do this for one hour twice a week. The best time for him is between 22:00 - 23:00. Bearing in mind nothing else but	radio, Required
			1 · Would be in good form
			2 · Would be in reasonable form

				3	Would find it difficult
				4	Would find it very difficult

79	[meq_ideal_week]	Suppose that you can choose your own work hours. Assume that you work a five-hour day (including breaks), your job is interesting, and you are paid based on your performance. At approximately what time would you choose to begin?	radio, Required		
			1	5 hours starting between 4:00 and 8:00
			2	5 hours starting between 8:00 and 9:00
			3	5 hours starting between 9:00 and 14:00
			4	5 hours starting between 14:00 and 17:00
			5	5 hours starting between 17:00 and 4:00

80	[meq_besthour]	At approximately what time of the day do you usually feel your best?	radio, Required		
			1	5:00 - 8:00
			2	8:00 - 10:00
			3	10:00 - 17:00
			4	17:00 - 22:00
			5	22:00 - 5:00

81	[meq_perceived_chron]	One hears about "morning types" and "evening types". Which one of these types do you consider yourself to be?	radio, Required		
			1	Definitely a morning type
			2	Rather more a morning type than an evening type
			3	Rather more an evening type than a morning type
			4	Definitely an evening type

82	[morning_eveningness_questionnaire_meq_complete]	Section Header: *Form Status* Complete?	dropdown		
			0	Incomplete
			1	Unverified
			2	Complete