

Demographic Variables

id	subject identifier	numeric subject id
age	age	age (in years)
sex	sex	- male - female
marital	marital status	- single - steady relationship - living with partner - married first time - remarried - separated - divorced - widowed
children	do you have any children currently living with you?	- no - yes
educ	highest level of education completed	- primary school - some secondary school - high school - some additional training - undergraduate degree - graduate degree
source	primary source of stress	- work - spouse/partner - friendships - children - family - health/illness - life in general - money/finances - lack of time
smoke	do you smoke?	- no - yes
smokenum	how many cigarettes do you smoke per week?	note: coded as 0 if smoke = 1 (no)

Life Orientation Test-Revised

Variables: lotr1 – lotr6 (columns 10-15 in the dataset)

The Life Orientation Test (LOT), and its successor, the LOT-R, was developed to assess individual differences in generalized optimism versus pessimism. The present study used the 6-item LOT-R. The four filler items (see Scheier et al., 1994) have already been removed.

Scheier, M. F., & Carver, C. S. (1985). Optimism, coping and health: An assessment and implications of generalized outcome expectancies. *Health Psychology*, 4(3), 219-247. <https://doi.org/10.1037/0278-6133.4.3.219>

Scheier, M. F., Carver, C. S., & Bridges, M. W. (1994). Distinguishing optimism from neuroticism (and trait anxiety, self-mastery, and self-esteem): A re-evaluation of the Life Orientation Test. *Journal of Personality and Social Psychology*, 67(6), 1063-1078. <https://doi.org/10.1037/0022-3514.67.6.1063>

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

Items are rated on a 1-5 scale (1 = strongly disagree, 2 = disagree, 3 = neutral, 4 = agree, 5 = strongly agree). **Items 2, 4, and 5 need to be reverse scored.**

Pearlin Mastery Scale

Variables: mastery1 – mastery7 (columns 16-22 in the dataset)

The Pearlin Mastery Scale is designed to measure self-concept and references the extent to which individuals perceive themselves in control of forces that significantly impact their lives.

Pearlin, L., & Schooler, C. (1978). The structure of coping. *Journal of Health and Social Behavior*, 19(1), 2-21. <https://doi.org/10.2307/2136319>

1. I have little control over the things that happen to me.
2. What happens to me in the future mostly depends on me.
3. There is really no way I can solve some of the problems I have.
4. There is little I can do to change many of the important things in my life.
5. I can do just about anything I really set my mind to do.
6. I often feel helpless in dealing with the problems of life.
7. Sometimes I feel that I'm being pushed around in life.

Items are rated on a 1-4 scale (1 = strongly disagree, 2 = disagree, 3 = agree, 4 = strongly agree). **Items 1, 3, 4, 6, and 7 need to be reverse scored.**

Positive and Negative Affect Scale

Variables: panas1 – panas20 (columns 23-42 in the dataset)

The Positive and Negative Affect Scale (PANAS) is used to measure positive and negative affective states. In the present study, subjects were asked to indicate to what extent they felt a particular feeling or emotion during the past weeks.

Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. *Journal of Personality and Social Psychology, 54*(6), 1063-1070. <https://doi.org/10.1037/0022-3514.54.6.1063>

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

Items are rated on a 1-5 scale (1 = very slightly or not at all, 2 = a little, 3 = moderately, 4 = quite a bit, 5 = extremely).

Satisfaction with Life Scale

Variables: swls1 – swls5 (columns 43-47 in the dataset)

The Satisfaction with Life Scale (SWLS) is designed to measure global cognitive judgments of satisfaction with one's life.

Diener, E., Emmons, R. A., Larson, R. J., & Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment, 49*(1), 71-75. https://doi.org/10.1207/s15327752jpa4901_13

1. In most ways my life is close to my ideal.
2. The conditions of my life are excellent.
3. I am satisfied with my life.
4. So far I have gotten the important things I want in life.
5. If I could live my life over, I would change almost nothing.

Items are rated on 1-7 scale (1 = strongly disagree, 2 = disagree, 3 = slightly disagree, 4 = neither agree nor disagree, 5 = slightly agree, 6 = agree, 7 = strongly agree).

Perceived Stress Scale

Variables: pss1 – pss10 (columns 48-57 in the dataset)

The Perceived Stress Scale (PSS) is designed to measure the degree to which situations in one's life are appraised as stressful. The present study used the 10-item version of the PSS.

Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, 24(4), 385-396. <https://doi.org/10.2307/2136404>

1. In the last month, how often have you been upset because of something that happened unexpectedly?
2. In the last month, how often have you felt that you were unable to control the important things in your life?
3. In the last month, how often have you felt nervous and "stressed"?
4. In the last month, how often have you felt confident about your ability to handle your personal problems?
5. In the last month, how often have you felt that things were going your way?
6. In the last month, how often have you found that you could not cope with all the things that you had to do?
7. In the last month, how often have you been able to control irritations in your life?
8. In the last month, how often have you felt that you were on top of things?
9. In the last month, how often have you been angered because of things that happened that were outside of your control?
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

Items are scored on a 1-5 scale (1 = never, 2 = almost never, 3 = sometimes, 4 = fairly often, 5 = very often). **Items 4, 5, 7, and 8 need to be reverse scored.**

Rosenberg Self-Esteem Scale

Variables: rses1 – rses10 (columns 58-67 in the dataset)

The Rosenberg Self-Esteem Scale (RSES) is a 10-item scale that measures global self-worth by measuring both positive and negative feelings about the self.

Rosenberg, M. (1965). *Society and the adolescent self-image*. Princeton, NJ: Princeton University Press.

1. I feel that I am a person of worth, at least on an equal plane with others.
2. I feel that I have a number of good qualities.
3. All in all, I am inclined to feel that I am a failure.
4. I am able to do things as well as most other people.
5. I feel I do not have much to be proud of.
6. I take a positive attitude toward myself.
7. On the whole, I am satisfied with myself.
8. I wish I could have more respect for myself.
9. I certainly feel useless at times.
10. At times, I think I am no good at all.

Items are scored on a 1-4 scale (1 = strongly disagree, 2 = disagree, 3 = agree, 4 = strongly agree). **Items 3, 5, 8, 9, and 10 need to be reverse scored.**