**Psy 202 Data Analysis Project**

**Questionnaire Info**

-------------------------------------*you will create these composite variables* ----------------------------------------

Variable Name: SWBTot

Scale: Subjective well-being. A self-report measure of how well you think your life is going. Scores represent agreement with statements. Higher values indicate more well-being.

Response Type: 1-7 (1 = Strongly disagree, 7 = Strongly agree)

Variable Name: BIG5\_N

Scale: Neuroticism. A self-report measure of negative emotionality. Scores represent agreement with statements. Higher values indicate higher neuroticism.

Response Type: 1-5 (1 = Strongly disagree, 5 = Strongly agree)

Variable Name: BIG5\_E

Scale: Extraversion. A self-report measure of outgoingness and energy. Scores represent agreement with statements. Higher values indicate higher extraversion.

Response Type: 1-5 (1 = Strongly disagree, 5 = Strongly agree)

Variable Name: BIG5\_O

Scale: Openness. A self-report measure of openness to new experiences. Scores represent agreement with statements. Higher values indicate higher openness.

Response Type: 1-5 (1 = Strongly disagree, 5 = Strongly agree)

Variable Name: BIG5\_A

Scale: Agreeableness. A self-report measure of friendliness and cooperation. Scores represent agreement with statements. Higher values indicate higher agreeableness.

Response Type: 1-5 (1 = Strongly disagree, 5 = Strongly agree)

Variable Name: BIG5\_C

Scale: Conscientiousness. A self-report measure of focus and organization. Scores represent agreement with statements. Higher values indicate higher conscientiousness.

Response Type: 1-5 (1 = Strongly disagree, 5 = Strongly agree)

Variable Name: NFCTot

Scale: Need for cognition. A self-report measure of how much a person engages in, and enjoys, thinking. Scores represent how characteristic a statement is of the participant. Higher values indicate a higher need for cognition.

Response Type: 1-5 (1 = Not at all characteristic, 5 = Extremely characteristic)

Variable Name: POSPre

Scale: Positive emotions, BEFORE doing mindfulness exercise. A self-report measure of extent of positive emotions experienced. Scores represent “amount you are feeling this now” averaged across multiple positive emotions. Higher values indicate more positive emotion.

Response Type: 1-5 (1 = None at all, 5 = A Great Deal)

Variable Name: POSPost

Scale: Positive emotions, AFTER doing mindfulness exercise. A self-report measure of extent of positive emotions experienced. Scores represent “amount you are feeling this now” averaged across multiple positive emotions. Higher values indicate more positive emotion.

Response Type: 1-5 (1 = None at all, 5 = A Great Deal)

Variable Name: NEGPre

Scale: Negative emotions, BEFORE doing mindfulness exercise. A self-report measure of extent of negative emotions experienced. Scores represent “amount you are feeling this now” averaged across multiple negative emotions. Higher values indicate more negative emotion.

Response Type: 1-5 (1 = None at all, 5 = A Great Deal)

Variable Name: NEGPost

Scale: Negative emotions, AFTER doing mindfulness exercise. A self-report measure of extent of negative emotions experienced. Scores represent “amount you are feeling this now” averaged across multiple negative emotions. Higher values indicate more negative emotion.

Response Type: 1-5 (1 = None at all, 5 = A Great Deal)

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**Subjective Well-Being (SWB) – Satisfaction with Life Scale**

Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment*, *49*, 71-75.

Reverse Code: *none*

Composite Score: *average of items*

**Big 5 Personality Inventory – BFI-2-XS**

Soto, C. J., & John, O. P. (2017). Short and extra-short forms of the Big Five Inventory-2: The BFI-2-s and BFI-2-XS. *Journal of Research in Personality*, *68,* 69-81.

*Neuroticism*

Reverse Code: 14

Composite Score: *average of* 4, 9, 14R

*Extraversion*

Reverse Code: 1

Composite Score: *average of* 1R, 6, 11

*Openness*

Reverse Code: 10

Composite Score: *average of* 5, 10R, 15

*Agreeableness*

Reverse Code: 7

Composite Score: *average of* 2, 7R, 12

*Conscientiousness*

Reverse Code: 3, 8

Composite Score: *average of* 3R, 8R, 13

**Need for Cognition** – **NFC Scale (adapted)**

Cacioppo, J. T., Petty, R. E., & Feng Kao, C. (1984). The efficient assessment of need for cognition. *Journal of Personality Assessment*, *48*(3), 306-307.

Reverse Code: 4

Composite Score: *average of all items*

**Positive and Negative Affect – PANAS-SF**

Thompson, E. R. (2007). Development and validation of an internationally reliable short-form of the positive and negative affect schedule (PANAS). *Journal of Cross-Cultural Psychology*, *38*(2), 227-242.

*Positive Affect*

Reverse Code: *none*

Composite Score: *average of*  3, 5, 7, 8, 10

*Negative Affect*

Reverse Code: *none*

Composite Score: *average of* 1, 2, 4, 6, 9