**Dataset: Time preference and emotion regulation**

The study “EmotionsTime.csv” investigated if emotion regulation strategies can increase patience and are related to loss aversion in 56 English speakers. Participants first filled out a demographic questionnaire, a question on risk seeking, and questionnaires on emotion regulation strategies, and affect. Next, loss aversion was measured as the difference between willingness to pay and willingness-to-accept (the order was counterbalanced). Finally, half of the participants received an instruction about how to deal with frustrating situations (CondEmoReg), whereas the other half did not. Participants then completed a delay discounting task to measure patience. Coding of the scales is explained in the description of the variables, reverse-coded items are indicated with (*REVERSED*).

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| Variable name | Description |
| ID | Participant number |
| CondEmoReg | EmoReg = Participants read about strategies to deal with frustrating emotions, particularly related to time preference  Control = No strategy instruction |
| WTA\_WTP\_Order | 1 = WTA first, that is, participants first completed the willingness-to-accept measure (WTA), next the willingness-to-pay measure (WTP)  2 = WTP first, that is, participants first completed the willingness-to-pay measure (WTP), next the willingness-to-accept measure (WTA) |
| Gender | What is your gender?  1 = Male  2 = Female |
| Age | How old are you? |
| Education | What is your highest level of education?   1. = High school 2. = College 3. = Undergraduate degree 4. = Master's degree 5. = PhD |
| Ethnicity | Which of the following best describes your ethnic background?  1 = White  2 = Black/ Black British  3 = Asian or Asian British |
| RiskSeeking | Are you a person who is fully prepared to take risk or do you try to avoid taking risk? The question was answered on an 8-point scale from 0 to 7  0 = “not at all willing to take risk”  7 = “very willing to take risk” |
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|  | **Emotion regulation (ER)**  The emotion regulation questionnaire measures to what degree people apply two types of emotional regulation strategies: cognitive reappraisal (CogReapp) statements measure to what degree individuals use strategies to control their emotional experience. Expressive suppression (ExSup) statements measure to what degree individuals use strategies to control their emotional expression.  Participants rated for each statement how much they agreed with it on the following scale from  1 = Strongly disagree  2 = Disagree  3 = Somewhat disagree  4 = Neither agree nor disagree  5 = Somewhat agree  6 = Agree  7 = Strongly agree |
| ER\_CogReapp\_1 | When I want to feel more positive emotion (such as joy or amusement), I change what I'm thinking about. |
| ER\_ExSup\_1 | I keep my emotions to myself. |
| ER\_CogReapp\_2 | When I want to feel less negative emotion (such as sadness or anger), I change what I’m thinking about. |
| ER\_ExSup\_2 | When I am feeling positive emotions, I am careful not to express them. |
| ER\_CogReapp\_3 | When I’m faced with a stressful situation, I make myself think about it in a way that helps me stay calm. |
| ER\_ExSup\_3 | I control my emotions by not expressing them. |
| ER\_CogReapp\_4 | When I want to feel more positive emotion, I change the way I’m thinking about the situation. |
| ER\_CogReapp\_5 | I control my emotions by changing the way I think about the situation I’m in. |
| ER\_ExSup\_4 | When I am feeling negative emotions, I make sure not to express them. |
| ER\_CogReapp\_6 | When I want to feel less negative emotion, I change the way I’m thinking about the situation. |

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|  | **Positive and Negative Affect Scale** (**PANAS-Short)**  The following items measure positive versus negative affect using a short version of the PANAS, on a scale from 1 to 7. |
| PANAS\_1 | In general, I consider myself  not a very happy person (1), a very happy person (7) |
| PANAS\_2 | Compared with most of my peers, I consider myself less happy (1), more happy (7) |
| PANAS\_3 | Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything.  To what extent does this characterization describe you?  1= not at all, 7 = a great deal |
| PANAS\_4 | Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?  1= not at all, 7= a great deal (*REVERSED*). |
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|  | **Willingness to Accept (WTA) / Willingness to Pay (WTP)**  At the end of the questionnaire, participants had the opportunity to participate in a £25 Amazon raffle. In the WTA/WTP tasks, they were asked at which minimum prize they were willing to sell or to buy a ticket for entry in this raffle (hypothetical).  They marked their answers in a table stating different minimum prizes from £0 – £5 in steps of £0.50. |
| WTA\_XX | Imagine that you could sell your lottery entry back to the study organisers if you did not want to enter.  Are you willing to sell your ticket if the prize is £XX ? (XX indicates the amount)  1 = Yes  2 = No |
| WTP\_XX | Imagine that you did not have an entry but could buy a ticket.  Are you willing to buy your ticket if the prize is £XX ? (XX indicates the amount)  1 = Yes  2 = No |

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|  | **Delay discounting (Falk et al. 2018)**  The delay discounting questionnaire assesses patience by asking each participant in 5 questions if they would prefer £100 now or £XXX in 12 months’ time. The questionnaire uses an adaptive method to assess patience. The first question asks if they would prefer to £100 now or £154 in 12 months’ time. If the participant prefers the £100 now, the participant will receive the identical question again but with a higher delayed reward, here £185 (see Figure 1). If the participant prefers the £100 now, the participant will receive the identical question again but with a lower delayed reward, here £125. The task terminates after 5 questions and provides a patience score for each participant (PatienceScore). |
| PatienceScore | A score of 1 indicates a very low patience, that is the participant is only willing to wait 12 months for a very high delayed reward of £215. A score of 32 indicates a very high patience, that is the participant is willing to wait 12 months for a small delayed reward of £103. |
| TimePref\_100\_XX | Participants responses to each single question in the time preference task. XX in the variable description codes the amount for the delayed reward  1 = preference for the delayed reward  2 = preference for the immediate reward  FOR COMPLETENESS => => single item responses are not necessary to solve assessment |

Diagram

Description automatically generated

Figure 1: Adaptive staircase procedure used in the delay discounting task (Falk, et al. 2018). Participants are repeatedly asked if they would prefer £100 now (A) or £XXX in 12 months’ time (B). If they decide for A, the next question includes a higher delayed reward. If they decide for B, the next question includes a lower delayed reward. After 5 questions, a patience score can be determined for each participant.