**The Mind Is Its Own Place:**

**The Difficulties and Benefits of Thinking for Pleasure**

**Variable Manual for SPSS File**

|  |  |  |
| --- | --- | --- |
| **variable name** | **Description** | **Labels** |
| id | unique id number for each participant |  |
| thoughts | thoughts participants listed about what they thought about during activity periods |  |
| study | Study number, in rough order of when they were done | {1.00, Study 1: Cheryl F11}... |
| date.of.session | date experimental session run |  |
| gender.mf | Gender | 1 = male  2 = female |
| gender | gender, three categories | 1 = male  2 = female  3 = other |
| Gender­\_TEXT | Participants’ description of gender if checked “other” |  |
| race |  | 1 = white  2 = African American  3 = Hispanic  4 = Asian  5 = Native American  6 = Pacific Islander  7 = other |
| Race\_text | Participants' description of their race if they checked "other" |  |
| country | What country were you born in? | 1 = United States  2 = Other (please specify) |
| country\_text | What country were you born in?-TEXT |  |
| years | In years, how long have you been living in the United States? (If born outside the United States) |  |
| age |  |  |
| education | highest level of education completed |  |
| home\_income | family household income |  |
| parent\_ed | highest level of ed completed by one or both parents |  |
| subjective\_wealth | 1. Some people in the United States are well-off; others are not. People who are rich are considered... |  |
| LifeHistory | life history of family wealth, 6 items | hi = wealthy |
| Year.in.College | year in college |  |
| PsychExp | How many psychology experiments have you participated in at UVa? |  |
| problems | problems with participants, e.g., they were in a similar study previously | 0 = keep  1 = throw out |
| duplicate | did study twice? | 0 = no  1 = yes, this is 2nd time |
| conditions | different conditions run across all studies | 0 = enjoy thoughts, strict criterion  1 = enjoy thoughts plus additions  2 = enjoy thoughts with prompts about what to think about  3 = think with no instructions  4 = plan  5 = doing something external  6 = instructed to experience, not think |
| mTurk.study | Participants from mTurk? | 0 = no, 1 = yes |
| lab | study done in lab or not | 0 = lab, 1 = not in lab |
| study.location | where study conducted | 1 = lab, 2 = not lab, not mTurk, 3 = mTurk |
| Study1.participant.number.Cheryl.F11 to pid.study20 | participant numbers in various studies |  |
| study1.condition.cheryl.fall2011 | conditions from cheryl fall 2011 study | 1.00 standard condition  2.00 prompted fantasy version1  3.00 prompted fantasy version2  4.00 prompted fantasy version3 |
| study2.condition.cheryl.spring12 | conditions of Study 2 | 1.00 standard condition  2.00 prompted fantasy version1  3.00 prompted fantasy version4  4.00 prompted fantasy version5 |
| study3.condition.cheryl.s12 | conditions of Study 3 | 1.00 standard condition  3.00 prompted fantasy version4  4.00 prompted fantasy version5 |
| study4.condition.adi.spring12 | conditions of adi's study (Study 4) | 1.00 standard condition, no fidget  2.00 standard condition, fidget  3.00 prompted fantasy, version4, no fidget  4.00 prompted fantasy, version4,fidget |
| study5.condition.david.study1.fall12 | david's 12 min study fall 2012 (Study 5) | .00 standard condition  1.00 prompted fantasy, version6 |
| study6.condition.david.study2.fall12 | conditions in David's study 2, fall 2012 (Study 6) | .00 standard condition  1.00 prompted fantasy, version6 |
| study7.condition.nicole.study2.fall2012 | conditions of Nicole's DMP (Study 7) | 1.00 standard condition no task  2.00 standard condtion task  3.00 prompted fantasy version6 no task  4.00 prompted fantasy version6 task |
| study8.condition.nicole.study3.S12 | Conditions of Nicole follow-up (Study 8) | 1.00 standard condition  3.00 entertain externally |
| study9.condition.community.sample | task or no task | .00 no task  1.00 task |
| study11.condition | study 11 thought shuffle lab spring 2014 3 conditions | 1 = control 2 = fixed 3 = random |
| study12.condition | three conditions | (1 = control, old 2 = control, new 3 = fixed) |
| study13.condition | study 13 Erin mTurk Though Shuffl 7/28/15 | (1 = control, 2 = fixed 30 sec) |
| Study14.condition | Take Cards with them or Not? | (0 = leave cards, 1 = take cards) |
| study15.condition | fixed or random order | (1 = control, 2 = fixed, 3 = random) |
| Study16.condition | Three conditions: Cont, Ent-No Cards, Ent-Cards | (1 = no instructions, 2 = entertain-don't take cards, 3 = entertain-take cards) |
| Study17.Cond.Treadmill | Treadmill or Chair condition | (0 = chair, 1 = treadmill) x study41.Cond.Instructions (0 = none, 1 = entertain) |
| study18.condition.instructions | Instructed to Entertain or No Instructions | {.00, control: No instructions} 1 Entertain |
| study19.amber.condition | three conditions of amber's DMP and study 2 | (1 = control, 2 = entertain, 3 = plan) |
| study20.condition | three conditions | 1 = original Amber 2 = two parts 3 = three parts |
| Study21.condition | condition 0 = thinking 1 = doing | (0 = think, 1 = doing) |
| Study22.condition.summer.2012 | Eyes Open vs. Closed | (1 = eyes open, 2 = eyes closed) |
| Study23.1.condition.erin.study1.fall2012 | Group Daydreaming | 1 = entertain, shared; 2 = entertain, unshared; 3 = fantasy (jetpack),shared; 4 = fantasy (jetpack) unshared |
| Study23.2.condition.erin.study2.fall2012 | Group Daydreaming II | 1 = entertain, shared; 2 = entertain, unshared; 3 = fantasy (jetpack),shared; 4 = fantasy (jetpack) unshared) |
| Study23.3.Condition\_distraction | Group Daydreaming x Distraction | (0 = no distraction 1 = distraction) x Condition\_fantasy.study44 (0 = standard entertain, 1 = fantasy jetpack) |
| study24.fidget.condition | have object to fidget with? | 0 = no, 1 = yes |
| Study25.duration.condition | Duration of Thinking Period, 3 vs. 6 min | ( -1 = 3min, 1 = 6min) study12.screensaver.condition (0 = no screensaver, 1 = screensaver). |
| study26.1.condition | first noise study ct vs task reminder | (-1 = control, 1 = screen saverr) |
| study26.2.condition | second noise study ct vs task reminder | (-1 = control, 1 = screen saverr) |
| study26.3.condition | third noise study ct vs task reminder | (-1 = control, 1 = task reminder) |
| study27.1.condition | Minimal Groups | (0 = standard entertain, 1 = plan party) x study16.similarity.condition (0 = same birth month, 1 = different birth month) |
| study27.2.condition | Minimal Groups II | (0 = standard entertain, 1 = plan party) x study17.similarity.condition (0 = same painting pref, 1 = different painting pref) |
| study27.3.condition | Minimal Groups III | (0 = standard entertain, 1 = plan party) x study18.similarity.condition (0 = same painting pref, 1 = different painting pref) |
| study28.nicole.screensaver.followup.conditionr | Screensaver Study | (1 = entertain no screen saver; 2 = entertain-screen saver; 3 = entertain reminder on screen" |
| study29.think.condition | study 21, nancy: think or experience instructions | (-1 = think, 1 = experience) x study21.relax.condition (-1 = no relax, 1 = relax) |
| study30.1.condition | Nick 1st card study 2 conditions | (-1 = easy sorting, 1 = hard sorting) |
| study30.2.condition | Nick 2nd card study 3 connditions | (0 = shadered 1 = onepile 2 = no cards) |
| Study31.condition | Stroop | (1 = 3 min Stroop after, 2 = 3 min Stroop before, 3 = 12 min) |
| study32.1.condition | proofreading study33.condition | (1 = postmodern text, 2 = postive text, 3 = jokes) |
| study32.2.condition | proofreading study34.condition | (1 = proofreading, 2 = grammar, 3 = rating) |
| study32.3.condition | Proofreading Study IV | (1 = rate humor, 2 = proofread, 3 = count nouns) |
| study33.alternate.cond | Implied Alternative | (1 = Neg Altern Task, 2 = Control, 3 = Pos Altern Task) x study36.order.dvs.all (1 = Task Quest first, 2 = think quest first) |
| study34.1.condition | 5 conditions: list 2 thoughts, list 12 thoughts, thinking is hard, thinking is easy, control | (1 "easy-number" 2 "easy-expect" 3 "hard-number" 4 "hard-expect" 5 "control".) |
| study34.2.number.condition | How many thought topics asked to list? | (1 = 2, 2 = 8, 3 = 12, 4 = 14, 5 = 20) x study38.instruct.cond (1 = "enjoy your thoughts" 2 = "enjoy your daydreams") |
| study35.cond3 | Meaning of Life Study | 1 = control 2 = video game 3 = entertain |
| study36.cond3 | Intervention Study | 1 = normal activities 2 = planning 3 = enjoy thoughts |
| mean3 | mean of enjoyable, entertaining, boring reversed | 9-point scale, 1 = not at all; 9 = extremely |
| enjoyable | rating of how enjoyable thinking period was | 1 = not at all enjoyable  5 = somewhat enjoyable  9 = extremely enjoyable |
| entertain | Rating of how entertaining thinking period was | 1 = not at all entertaining  5 = somewhat entertaining  9 = extremely entertaining |
| boring | Rating of how boring thinking period was | 1 = not at all boring  5 = somewhat boring  9 = extremely boring |
| Zpleasant | Zscore: goal to think about things that were pleasant or entertaining? |  |
| Zconcentrat | Zscore: how hard to concentrate on what you chose to think about? |  |
| Zmeaningful | Zscore: How personally meaningful was your experience during the Thinking Period? |  |
| mindwander | what extent find your mind wander (during thinking period) | 1 = not at all  5 = somewhat  9 = very much |
| concentrat | how hard to concentrate on what you chose to think about (during thinking period) | 1 = not at all  5 = somewhat  9 = very much |
| trans1 | During the Thinking Period, I could easily picture the events that I was thinking of. | 1 = not at all  7 = very much |
| trans2 | During the Thinking Period, activity going on in the room around me was on my mind. | 1 = not at all  7 = very much |
| trans5 | After the Thinking Period ended, I found it easy to put it out of my mind. | 1 = not at all  7 = very much |
| trans7 | The Thinking Period affected me emotionally. | 1 = not at all  7 = very much |
| trans10 | The events I thought of during the Thinking Period are relevant to my everyday life. | 1 = not at all  7 = very much |
| trans12 | I had a vivid mental image when I was thinking. | 1 = not at all  7 = very much |
| speed | reported speed of thoughts | 1 = very slow  5 = moderate  9 = very fast |
| surprised | How surprised by thoughts that came into your head? | 1 = not at all surprised  5 = somewhat  9 = extremely surprised |
| flow | To what extent were you letting your thoughts flow in whatever direction they happened to go? | 1 = not at all  5 = somewhat  9 = very much |
| control.thoughts | deliberating trying to control the direction your thoughts went? | 1 = not at all  5 = somewhat  9 = very much |
| plans | goal to make plans for what you would do later on? | 1 = not at all  5 = somewhat  9 = very much |
| pleasant | goal to think about things that were pleasant or entertaining? | 1 = not at all  5 = somewhat  9 = very much |
| fidget | how frequently fidget or make small movements (tapping feet or fingers, manipulating an object in your hand, etc.)? | 1 = not at all  5 = somewhat  9 = very much |
| eyesclosed | Did you close your eyes during thinking period? | 1 = not at all  9 = the entire time |
| meditation.experience | Experience with Meditation | 1 = I have never meditated  2 = I have tried meditation once or twice  3 = I have tried meditation several times but don’t do it regularly  4 = I meditate regularly, around once a month  5 = I meditate regularly, around once a week  6 = I meditate regularly, several times a week |
|  |  |  |
| prayer.experience | experience with prayer | 1 = I have never prayed  2 = I have tried prayer once or twice  3 = I have tried prayer several times but don’t do it regularly  4 = I pray regularly, around once a month  5 = I pray regularly, around once a week  6 = I pray regularly, several times a week |
| prayer | engage in prayer during thinking period? | 1 = not at all  5 = somewhat  9 = very much |
| meditation | engage in meditation during thinking period? | 1 = not at all  5 = somewhat  9 = very much |
| fall.asleep | fall asleep? | 1 = yes  2 = no |
| chair | remain in chair? | 1 = yes  2 = no |
| timespentseconds | Estimate of length of thinking period in seconds |  |
| timespentminutes | Estimate of length of thinking period in minutes |  |
| thinking.period.length | length of thinking period in minutes |  |
| estimated.by.actual.time | timespentminutes divided by actual thinking.period.length |  |
| happy | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| interested | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| distressed | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| excited | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| joyful | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| bored | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| enthusiastic | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| irritable | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| stressed | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| alert | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| nervous | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| attentive | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| jittery | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| cheerful | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| upset | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| strong | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| guilty | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| scared | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| hostile | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| proud | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| ashamed | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| inspired | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| determined | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| active | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| afraid | Initial PANAS rating (before thinking period) | 1 = very slightly or not at all  5 = extremely |
| posaff.factor1 | mean.5(happy,interested,excited,joyful,enthusiastic,cheerful). |  |
| negaff.factor2 | mean.4(distressed,irritable,stressed,nervous,jittery). |  |
| alert.factor3 | mean.3(bored.reversed,alert,attentive). |  |
| alert.factor2 | mean(alert,attentive) |  |
| posaff.brief.factor1 | mean.2(happy,attentive,cheerful). |  |
| negaff.brief.factor2 | mean.2(bored,irritable,stressed). |  |
| sleep.night.before | How many hours sleep get previous night? | 1 = 0, 2 = 1, 3 = 2, 4 = 3, 5 = 4, 6 = 5, 7 = 6, 8 = 7, 9 = 8, 10 = 9, 11 = 10 or more. |
| sleeptime | how long slept if fell asleep |  |
| thoughts | Please describe, in your own words, what you thought about during the Thinking Period. |  |
| WC.2015 to OtherP.2015 | LIWC 2015 variables |  |
| other.pronouns.2015 | 2015 LIWC Coding: sum of you, shehe, they |  |
| family.friend.2015 | 2015 LIWC Coding: sum of family, friend |  |
| posemo.minus.negemo.2015 | 2015 LIWC Coding: posemo - negemo |  |
| art.prep.2015 | 2015 LIWC Coding: article + prep |  |
| function5.2015 | 2015 LIWC Coding: pronoun + auxverb + conj + adverb + negate |  |
| pennebaker.formula.2015 | 2015 LIWC Coding: art.prep - function5 |  |
| past.minus.present.2015 |  |  |
| future.minus.present.2015 |  |  |
| future.minus.past.2015 |  |  |
| we.minus.work.2015 |  |  |
| wc.new.2015 |  |  |
| focuspast.minus.focuspresent.2015 | 2015 LIWC Coding: LIWC codings focuspast - focuspresent |  |
| focusfuture.minus.focuspresent.2015 | 2015 LIWC Coding: LIWC codings focusfuture - focuspresent |  |
| focusfuture.minus.focuspast.2015 | 2015 LIWC Coding: LIWC codings focusfuture - focuspast |  |
| clout.computed.2015 | 2015 LIWC Coding: we+you+social-i-swear-negate-differ |  |
| we.you.social.2015 | 2015 LIWC Coding: we+you+social |  |
| we.you.social.minus.i.2015 | 2015 LIWC Coding: we+you+social-i |  |
| we.you.social.minus.i.negate.differ.2015 | 2015 LIWC Coding: we+you+social-i--negate.differ |  |
| we.you.family.friend.2015 | 2015 LIWC Coding: we+you+family+friend |  |
| cloutcomputed.drives.home.sexual.minus.anger.2015 | 2015 LIWC Coding: clout.computed+drives+home+sexual-anger |  |
| we.minus.work.2015 | 2015 LIWC Coding: we.2015 - work.2015 |  |
| alone | when I was growing up, I spent a lot of time by myself |  |
| privacy | I grew up in a family where there was little privacy |  |
| aloneNow | I like spending extended periods of time by myself |  |
| others | sometimes I need time alone without other people around |  |
| bored.nothing | if I have nothing to do for more than a few minutes I get bored |  |
| Zextraverted | extraverted, standardized within each study |  |
| Zagreeable | agreeable, standardized within each study |  |
| Zdependable | dependable, standardized within each study |  |
| Zemotionallystable | emotionally stable, standardized within each study |  |
| Zopentoexp | open to experience, standardized within each study |  |
| nfc.mean | need for cognition, mean of indiv items |  |
| Znfc.mean | Nfc standardized |  |
| white.bear.inv | Score on Wegner White Bear Suppression Inventory, Study 8 only |  |
| white.bear.suppression | suppression subscale of white bear inventory, based on Schmidt et al. (2009) |  |
| white.bear.intrusion | intrusion subscale of white bear inventory, based on Schmidt et al. (2009) |  |
| Rumination\_sum | Rumination |  |
| Rumination\_mean | mean of Ruminative Responses Scale Treynor, Gonzalez, and Nolen-Hoeksema (2003) Cognitive Therapy and Research, 27, 247-259 |  |
| mindfulness.toronto | toronto mindfulenss scale pretest fall 2013 hi = mindful |  |
| private.self.cs | Private Self-Cs score |  |
| BP.internal.stimulation | Study 8: Vodanovich Boredom Proneness Internal Stimulation hi = easy to entertain |  |
| BP.external.stimulation | Vodanovich Boredom Proness External Stimulation hi = bored easily |  |
| SWB.mean | Subjectve well-being (mean of 5 items) |  |
| acrophobia\_total | acrophobia scale, high = anxious |  |
| ASI\_mean | Anxiety Sensitivity Index high = anxious Rodriguez et al. (2004) Behavior Research Therapy, 42, 2004. Factor structure and stability of the Anxiety Sensitivity Index in a longitudinal study of anxiety disorder patients  Version of Taylor, S., et al. (2007). Robust dimensions of anxiety sensitivity: Development and initial validation of the Anxiety Sensitivity Index-3. Psychological Assessment, 19, 176-188. DOI: 10.1037/1040-3590.19.2.176 |  |
| ASI\_Total | Anxiety Sensitivity Index high = anxious |  |
| ASI\_physical | Anxiety Sensitivity Index physical concerns factor high = anxious |  |
| ASI\_mental | Anxiety Sensitivity Index mental incapacitation factor high = anxious |  |
| ASI\_social | Anxiety Sensitivity Index social concerns factor high = anxious |  |
| FoNES\_total | Study 8 only: Fear of Negative Evaluation hi = fearful |  |
| PIR\_total | Study 8 only: Padua Inventory Revised hi = OCD |  |
| promotion | pretest promotion score, Higgins Reg Focus Quest hi = promotion |  |
| prevention | pretest prevention, Higgins Reg Focus Quest hi = prevention |  |
| regulatory focus | promotion - prevention |  |
| SIAS\_Tot | Social Interation Anxiety Scale  Mattick, R., and C. Clarke. 1998. Development and Validation of Measure of Social Phobia Scrutiny Fear  and Social Interaction Anxiety. *Behavior Research and Therapy* 36:455–70. | hi = anxious |
| Meditate.pretest | Pretest: Do you meditate at least one hour per week? | 0 = no, 1 = yes |
| SDO\_Tot | Social Dominance Orientation . Pratto et al. (1994), JPSP, 67, 741-763. Social Dominance Orientation: A Personality Variable Predicting Social and Political Attitudes | hi = belief in social dominance |
| BS1\_tot | Need to Belong Scale BS101 Leary, M. R., Kelly, K. M., Cottrell, C. A., & Schreindorfer, L. S. (2013). Individual differences in the need to belong: Mapping the nomological network. Journal of Personality Assessment. | Hi = need to belong |
| ucla.loneliness.scale | UCLA Loneliness Scale. 8 items | Hi = lonely |
| Mentalsilence.fam | How familiar are you with the notion of complete mental silence? Single item | 5-point scale, high = familiar |
| Mentalsilence01 | Are you registered or do you plan to register for Religious Studies course RELB 2165? |  |
| GDS\_1\_artistic | 1. artistic goals |  |
| GDS\_2\_interpersonal | 2. Interpersonal (friends/family/romance) goals |  |
| GDS\_3\_moral\_spriritual | 3. Moral/spiritual goals |  |
| GDS\_4\_intellectual\_academic | 4. Intellectual/academic goals |  |
| GDS\_5\_professional | 5. Professional goals |  |
| GDS\_6\_athletic | 6. Athletic goals |  |
| GDS\_7\_saving\_financial | 7. Saving/financial goals |  |
| GDS\_8\_diet\_nutrition | 8. Diet/nutrition goals |  |
| GDS\_9\_exercise\_fitness | 9. Exercise/fitness goals |  |
| Musical.instrument.ever | Have you ever played a musical instrument (including / voice), taken music lessons, or played/su... |  |
| MIS02 | If yes, how many years? |  |
| MIS03 | If yes, primary instrument? [choose 1]instrument (including / voice)? |  |
| muscial.instrument.now | Do you currently play a musical instrument (including / voice)? |  |
| selfcon\_independent | Singelis self-construal scale, 3 items | hi = independent |
| selfcon\_interdependent | Singelis self-construal scale, 4 items | hi = interdependent |
| SEA1 | 1. How liberal or conservative are you on social political issues? |  |
| SEA2 | 2. How liberal or conservative are you on economic political issues? |  |
| SEA3 | 3. About what percentage of people in your community do you think share your important moral and pol... |  |
| SEA4 | 4. I feel a sense of belonging at UVA. |  |
| SEA5 | 5. I am satisfied with my life. |  |
| SEA6 | 6. How would you describe your health in general? |  |
| SEA7 | 7. In pounds, how much do you weigh? |  |
| ASMR\_total | Autonomous Sensory Meridian Response (ASMR) (Jessica Cruz, S14 Pretest) |  |
| ASMR\_auditory |  |  |
| ASMR\_visual |  |  |
| ASMR\_tactile |  |  |
| STEM\_Course | Are you taking any courses in Science, Technology, Engineering, or Mathematics (STEM) this semester?... |  |
| SBE\_Course | Are you taking any courses in Social and Behavioral Sciences, or Economics (SBE) this semester? SBE... |  |
| FearS01 | Fear of Worms |  |
| FearS02 | Fear of Bats |  |
| FearS03 | Fear of Flying Insects |  |
| FearS04 | Fear of Cats |  |
| FearS05 | Fear of Birds |  |
| FearS06 | Fear of Spiders |  |
| FearS07 | Fear of Rabbits |  |
| FearS08 | Fear of Dogs |  |
| FearS09 | Fear of Mice |  |
| FearS10 | Fear of Worms |  |
| fears.animals.mean | mean of fears to 10 animals, fears01 to fears10 |  |
| ASQ11 | Have you or a family member ever been diagnosed with autism, autism / spectrum disorder, Asperger's syndrome, or pervasive developmental / disorder not other specified (PDD-NOS)? |  |
| ASQ\_total | Autism Spectrum Questionnaire - # of criteria for ASD met |  |
| PANAS01.pretest | distressed, assessed at dept pretest |  |
| PANAS02.pretest | upset, assessed at dept pretest |  |
| PANAS03.pretest | guilty, assessed at dept pretest |  |
| PANAS04.pretest | scared, assessed at dept pretest |  |
| PANAS05.pretest | hostile, assessed at dept pretest |  |
| PANAS06.pretest | irritable, assessed at dept pretest |  |
| PANAS07.pretest | ashamed, assessed at dept pretest |  |
| PANAS08.pretest | nervous, assessed at dept pretest |  |
| PANAS09.pretest | jittery, assessed at dept pretest |  |
| PANAS10.pretest | afraid, assessed at dept pretest |  |
| PANAS\_negative.pretest | Sum of 10 negative PANAS pretest items |  |
| GoalCom01 | Compared to the average UVa student, how much do you care about each of the following: 1. Doing well in class and getting good grades |  |
| GoalCom02 | 2. Avoiding junk food and maintaining a healthy diet |  |
| GoalCom03 | 3. Engaging in exercise and fitness activities |  |
| GoalCom04 | 4. Developing and improving my writing abilities |  |
| GoalCom05 | 5. Completing puzzles and brain-teasers |  |
| GoalCom06 | 6. Following and rooting for UVa sports teams |  |
| GoalCom07 | 7. Working on and improving my resume |  |
| GoalCom08 | 8. Making my academic record strong so I can apply to Batten, McIntire, or other competitive undergraduate programs |  |
| GoalCom09 | 9. Preparing for a common standardized test (GRE, LSAT, MCAT, or Other) |  |
| DASS\_Depression | DASS\_Depression—7 items | hi = depressed |
| DASS\_Anxiety | DASS\_Anxiety—7 items | hi = anxious |
| EMS | External Motivation to Respond Without Prejudice (Plant & Devine, 1998) |  |
| IMS | Internal Motivation to Respond Without Prejudice (Plant & Devine, 1998) |  |
| MBI\_highlevelconstrual | Modified Behavioral Identification Form - High Level Construal (Vallacher & Wegner) |  |
| MBI\_lowlevelconstrual | Modified Behavioral Identification Form - Low Level Construal (Vallacher & Wegner) |  |
| TraitCompetitiveness | Trait Competitiveness |  |
| ECR\_Anxiety | Experience in Close Relationships – Anxiety  Lafontaine , European Journal of Psychological Assessment, Selecting the Best Items for a Short-Form Experiences in Close Relationships | Hi = HIGH anxiety |
| ECR\_Avoidance | Experience in Close Relationships – Avoidance  Lafontaine , European Journal of Psychological Assessment, Selecting the Best Items for a Short-Form Experiences in Close Relationships | Hi = HIGH avoidance |
| STAI\_trait | State Trait Anxiety Inventory - State | hi = anxious |
| PANAS\_negative.pretest | PANAS - Negative Affect Sum | hi = neg affect |
| Polychronicity | Polychronicity | hi = like multiple activities |
| PFA | Performance Failure Appraisal, Conroy (2002) |  |
| Perfectionism\_CM | Penn State Worry : Perfectionism - Concern over Mistakes |  |
| Perfectionism\_PS | Penn State Worry : Perfectionism - Personal Standards |  |
| Perfectionism\_D | Penn State Worry : Perfectionism - Doubt about Actions |  |
| Perfectionism | Penn State Worry : Perfectionism |  |
| PennStateWorry | Penn State Worry  Meyer TJ, Miller ML, Metzger RL, Borkovec TD (1990). Development and validation of the Penn State Worry Questionnaire. Beh Research and Therapy,28, 487-495. |  |
| MAAS\_tot | "Mindfulness Attention Awareness Scale | 1 = almost always  2 = very frequently  3 = somewhat frequently  4 = somewhat infrequently  5 = very infrequently  6 = almost never |
| BII\_harmony | Bicultural identity Integration Scale: Harmony vs. Conflict. Huynh & Benet-Martinez (2011) |  |
| BII\_blendedness | Bicultural identity Integration Scale: Blendedness vs. Compartmentalization Huynh & Benet-Martinez (2011) |  |
| AAPPS\_USA | American Identity |  |
| AAPPS\_Asia | Asian Identity |  |
| AAPPS21.2 | “Please specify your Asian ethnicity” |  |
| BiIDS01.2 | Please indicate your heritage or ethnic culture |  |
| Asian.background | Do you consider yourself to be from an Asian cultural background? |  |
| Asian.cultural.values | "If you are Asian, how would you rate your cultural orientation / (values, beliefs and behaviors)?" |  |
| Asian.bicultural | "If you are Asian, how much do you agree with the following / statement: I am a bicultural who..." |  |
| AAPPS44 | Please specify your ethnic background (regardless of whether or not / you are Asian) in detail: |  |
| zsocialmedia.combined | Zscore: different social media measures combined into one |  |
| zsmartphone.combined, | Zscore: different smart phone measures combined into one |  |
| social.media.use | Pretest number of social media Ps said they use |  |
| social.media.frequency.sum | sum of frequency ratings (1-8 scale) of different media Ps said they use (pretest) |  |
| social.media.frequency.mean | mean of frequency ratings (1-8 scale) of different media Ps said they use (pretest) | 1: Less than once a month  2: Once a month  3: 2-3 times a month  4: Once a week  5: 2-3 times a week  6: Once a day  7: 2-3 times every day  8: Many times every day |
| social.media.emotionally.expressive.mean | mean rating of .likelihood of using each platform for emotional expression (pretest) | 1: Not at all likely  2: Only a little likely  3: Somewhat likely  4: Very likely  5: Extremely likely |
| VIV\_tot | Vividness of Visual Imagery Questionnaire (Marks, 1973) | LOW = vivid |
| maximization\_total | Schwartz maximization scale, hi = maximizer |  |
| maximization\_high\_standards | Schwartz maximization scale items high standards subscale |  |
| maximization\_decision\_difficulty | Schwartz maximization scale items 5,6 |  |
| MINI\_SPIN\_clinicalSAD | MINI\_SPIN Social Anxiety Disorder Erin Maresh Spring 2015 pretest |  |
| MINI\_SPIN | MINI\_SPIN Social Anxiety Disorder Erin Maresh Spring 2015 pretest |  |
| Awe | Dispositional Positive Emotions Scale-Awe subscale: Shiota, M. N., Keltner, D., & John O. P. (2006). Positive emotion dispositions differentially associated with Big Five personality and attachment style. Journal of Positive Psychology, 1, 61-71. | Hi = awe |
| ebt.positive.items | mean likelihood that positive outcomes will occur, ebt teachman scale | 1 = very unlikely  7 = very likely |
| ebt.negative.items | mean likelihood that negative outcomes will occur, ebt teachman scale | 1 = very unlikely  7 = very likely |
| ebt.neutral.items | mean likelihood that neutral outcomes will occur, ebt teachman scale | 1 = very unlikely  7 = very likely |
| bemsexroleinv.masc | bem sex role inv, mean of male items |  |
| stigma.consciousness | stigma consciousness, pinel, 1999 |  |
| diagnosed | Have you ever been diagnosed with ADHD? |  |
| wmStorage | self report items of working memory, storage domain |  |
| wmAttention | self report items of working memory, attention domain |  |
| wmExecutive | mean(WM.Storage.Domain,WM.Attention.Domain,WM.Exectutive.Domain) |  |
| wmmean | mean(WMStorage,WMAttention,WMExectutive) |  |
| IRI\_Sum | Interpersonal Reactivity Index from pretest sum of 11 items |  |
| reflection\_Sum | Reflection Scale from pretest sum of 12 items |  |
| reappraisal | from Emotion Regulation Questionnaire (ERQ) Gross & John hi = reappraises |  |
| suppression | from Emotion Regulation Questionnaire (ERQ) Gross & John hi = supresses |  |
| IPI.Positive.daydreaming | singer et al. positive constructive daydreaming scale hi = constructive |  |
| ipi.poor.attention | singer et al. poor attentional control subscale hi = poor control |  |
| cope.positive.reinterpretation | Carver, Scheier, & Weintraub (1989) subscale |  |
| cope.suppression.competing | Carver, Scheier, & Weintraub (1989) subscale |  |
| cope.mental.disengagement | Carver, Scheier, & Weintraub (1989) subscale |  |
| mindfulness | Brown, K.W. & Ryan, R.M. (2003) LOW = mindful. |  |
| adhdmean | Adult ADHD Self-Report Scale (ASRS-v1.1) Symptom Checklist mean of 6 items from WHO Composite International Diagnostic Interview |  |
| MDQ01 | 1. Do you find it hard to get out of bed due to excessive amounts of daydreaming? | 1 = never  4 = all the time |
| MDQ02 | 2. Do you feel that you could waste hours doing nothing but daydreaming? | 1 = never  4 = all the time |
| MDQ03 | 3. Do you have a repetitive movement that you perform while daydreaming? | 1 = never  4 = all the time |
| MDQ04 | 4. Do you typically listen to music while daydreaming? | 1 = never  4 = all the time |
| MDQ05 | 5. Have you ever felt that daydreaming is a problem for you, e.g., that it interferes with gettin... | 1 = never  4 = all the time |
| MDQ\_Tot | Maladaptive Daydreaming Questionnaire. Based on: http://www.quibblo.com/quiz/fnDuZNO/Do-you-have-Maladaptive-Daydreaming | hi = daydreaming is problematic |
| SPS\_tot | Social Phobia Scale |  |
| ASI\_tot | Anxiety Sensitivity Index |  |
| SNQ\_tot | Social Network Questionnaire |  |
| Space\_tot | UVA Spaces Questionnaire |  |
| clock | Studies 8, 11: Did you time the Free Time Period using a clock or watch? | 1 = yes  2 = no |
| thinkalone | were you alone during the thinking period? | 1 = alone  2 = someone there part of the time  3 = someone there entire time |
| cheating\_1.study18.21 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Talked to someone on my cell phone or land line | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| cheating\_2.study18.21 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Used my cell phone to do something else (e.g., play a game) | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| cheating\_3.study18.21 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Chatted with someone using an Instant Messenger program or Facebook | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| cheating\_4.study18.21 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Opened other windows on my computer, such as Facebook | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| cheating\_5.study18.21 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Checked my e-mail | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| cheating\_6.study18.21 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Played a videogame | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| cheating\_7.study18.21 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Read a book or magazine for fun | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| cheating\_8.study18.21 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Worked on a puzzle (e.g., a crossword or sudoku puzzle) | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| cheating\_9.study18.21 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Watched television or a movie | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| cheating\_10.study18.21 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Listened to music or the radio | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| cheating\_11.study18.21 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Did work | 1 “0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| cheating\_12.study18.21 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Wrote things or doodled on paper | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| cheating\_13.study18.21 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Talked with someone | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| cheating\_14.study18.21 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Texted someone | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| cheating\_1.study12 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Talked to someone on my cell phone or land line | 1 "0 minutes (no time)"  2 "~1 minute"  3 "~2 minutes"  4 "for the whole 3 minutes" |
| cheating\_2.study12 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Used my cell phone to do something else (e.g., play a game) | 1 "0 minutes (no time)"  2 "~1 minute"  3 "~2 minutes"  4 "for the whole 3 minutes" |
| cheating\_3.study12 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Chatted with someone using an Instant Messenger program or Facebook | 1 "0 minutes (no time)"  2 "~1 minute"  3 "~2 minutes"  4 "for the whole 3 minutes" |
| cheating\_4.study12 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Opened other windows on my computer, such as Facebook | 1 "0 minutes (no time)"  2 "~1 minute"  3 "~2 minutes"  4 "for the whole 3 minutes" |
| cheating\_5.study12 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Checked my e-mail | 1 "0 minutes (no time)"  2 "~1 minute"  3 "~2 minutes"  4 "for the whole 3 minutes" |
| cheating\_6.study12 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Played a videogame | 1 "0 minutes (no time)"  2 "~1 minute"  3 "~2 minutes"  4 "for the whole 3 minutes" |
| cheating\_7.study12 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Read a book or magazine for fun | 1 "0 minutes (no time)"  2 "~1 minute"  3 "~2 minutes"  4 "for the whole 3 minutes" |
| cheating\_8.study12 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Worked on a puzzle (e.g., a crossword or sudoku puzzle) | 1 "0 minutes (no time)"  2 "~1 minute"  3 "~2 minutes"  4 "for the whole 3 minutes" |
| cheating\_9.study12 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Watched television or a movie | 1 "0 minutes (no time)"  2 "~1 minute"  3 "~2 minutes"  4 "for the whole 3 minutes" |
| cheating\_10.study12 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Listened to music or the radio | 1 "0 minutes (no time)"  2 "~1 minute"  3 "~2 minutes"  4 "for the whole 3 minutes" |
| cheating\_11.study12 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Did work | 1 "0 minutes (no time)"  2 "~1 minute"  3 "~2 minutes"  4 "for the whole 3 minutes" |
| cheating\_12.study12 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Wrote things or doodled on paper | 1 "0 minutes (no time)"  2 "~1 minute"  3 "~2 minutes"  4 "for the whole 3 minutes" |
| cheating\_13.study12 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Talked with someone | 1 "0 minutes (no time)"  2 "~1 minute"  3 "~2 minutes"  4 "for the whole 3 minutes" |
| cheating\_14.study12 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Texted someone | 1 "0 minutes (no time)"  2 "~1 minute"  3 "~2 minutes"  4 "for the whole 3 minutes" |
| cheating\_1.study13 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Talked to someone on my cell phone or land line | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "2-3 minutes"  4 "for the whole 4 minutes" |
| cheating\_2.study13 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Used my cell phone to do something else (e.g., play a game) | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "2-3 minutes"  4 "for the whole 4 minutes" |
| cheating\_3.study13 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Chatted with someone using an Instant Messenger program or Facebook | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "2-3 minutes"  4 "for the whole 4 minutes" |
| cheating\_4.study13 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Opened other windows on my computer, such as Facebook | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "2-3 minutes"  4 "for the whole 4 minutes" |
| cheating\_5.study13 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Checked my e-mail | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "2-3 minutes"  4 "for the whole 4 minutes" |
| cheating\_6.study13 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Played a videogame | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "2-3 minutes"  4 "for the whole 4 minutes" |
| cheating\_7.study13 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Read a book or magazine for fun | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "2-3 minutes"  4 "for the whole 4 minutes" |
| cheating\_8.study13 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Worked on a puzzle (e.g., a crossword or sudoku puzzle) | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "2-3 minutes"  4 "for the whole 4 minutes" |
| cheating\_9.study13 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Watched television or a movie | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "2-3 minutes"  4 "for the whole 4 minutes" |
| cheating\_10.study13 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Listened to music or the radio | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "2-3 minutes"  4 "for the whole 4 minutes" |
| cheating\_11.study13 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Did work | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "2-3 minutes"  4 "for the whole 4 minutes" |
| cheating\_12.study13 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Wrote things or doodled on paper | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "2-3 minutes"  4 "for the whole 4 minutes" |
| cheating\_13.study13 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Talked with someone | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "2-3 minutes"  4 "for the whole 4 minutes" |
| cheating\_14.study13 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Texted someone | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "2-3 minutes"  4 "for the whole 4 minutes" |
| cheating\_1.study31.33.34.1.3 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Talked to someone on my cell phone or land line | 1.00 Not at all  2.00 About a quarter of the time  3.00 About half the time  4.00 For the whole time |
| cheating\_2.study31.33.34.1.3 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Used my cell phone to do something else (e.g., play a game) | 1.00 Not at all  2.00 About a quarter of the time  3.00 About half the time  4.00 For the whole time |
| cheating\_3.study31.33.34.1.3 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Chatted with someone using an Instant Messenger program or Facebook | 1.00 Not at all  2.00 About a quarter of the time  3.00 About half the time  4.00 For the whole time |
| cheating\_4.study31.33.34.1.3 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Opened other windows on my computer, such as Facebook | 1.00 Not at all  2.00 About a quarter of the time  3.00 About half the time  4.00 For the whole time |
| cheating\_5.study31.33.34.1.3 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Checked my e-mail | 1.00 Not at all  2.00 About a quarter of the time  3.00 About half the time  4.00 For the whole time |
| cheating\_6.study31.33.34.1.3 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Played a videogame | 1.00 Not at all  2.00 About a quarter of the time  3.00 About half the time  4.00 For the whole time |
| cheating\_7.study31.33.34.1.3 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Read a book or magazine for fun | 1.00 Not at all  2.00 About a quarter of the time  3.00 About half the time  4.00 For the whole time |
| cheating\_8.study31.33.34.1.3 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Worked on a puzzle (e.g., a crossword or sudoku puzzle) | 1.00 Not at all  2.00 About a quarter of the time  3.00 About half the time  4.00 For the whole time |
| cheating\_9.study31.33.34.1.3 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Watched television or a movie | 1.00 Not at all  2.00 About a quarter of the time  3.00 About half the time  4.00 For the whole time |
| cheating\_10.study31.33.34.1.3 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Listened to music or the radio | 1.00 Not at all  2.00 About a quarter of the time  3.00 About half the time  4.00 For the whole time |
| cheating\_11.study31.33.34.1.3 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Did work | 1.00 Not at all  2.00 About a quarter of the time  3.00 About half the time  4.00 For the whole time |
| cheating\_12.study31.33.34.1.3 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Wrote things or doodled on paper | 1.00 Not at all  2.00 About a quarter of the time  3.00 About half the time  4.00 For the whole time |
| cheating\_13.study31.33.34.1.3 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Talked with someone | 1.00 Not at all  2.00 About a quarter of the time  3.00 About half the time  4.00 For the whole time |
| cheating\_14.study31.33.34.1.3 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Texted someone | 1.00 Not at all  2.00 About a quarter of the time  3.00 About half the time  4.00 For the whole time |
| Cheating\_1.study14.16 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Fell asleep | 1 "0 minutes (no time)"  2 "0-2 minutes"  3 "2-4 minutes"  4 "4-6 minutes"  5 "The entire 6 minutes" |
| Cheating\_5.study14.16 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Something else I wasn't supposed to do | 1 "0 minutes (no time)"  2 "0-2 minutes"  3 "2-4 minutes"  4 "4-6 minutes"  5 "The entire 6 minutes" |
| Cheating\_5\_TEXT.study14.16 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Something else I wasn't supposed to do-TEXT |  |
| Cheating\_6.study14.16 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Got on the computer | 1 "0 minutes (no time)"  2 "0-2 minutes"  3 "2-4 minutes"  4 "4-6 minutes"  5 "The entire 6 minutes" |
| Cheating\_12.study14.16 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Wrote things or doodled on paper | 1 "0 minutes (no time)"  2 "0-2 minutes"  3 "2-4 minutes"  4 "4-6 minutes"  5 "The entire 6 minutes" |
| Cheating\_14.study14.16 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Got out of my chair | 1 "0 minutes (no time)"  2 "0-2 minutes"  3 "2-4 minutes"  4 "4-6 minutes"  5 "The entire 6 minutes" |
| Cheating\_18.study14.16 | During the Thinking Period, how much time did you spend (if any) doing each of the following?-Time the Thinking Period with a clock or watch | 1 "0 minutes (no time)"  2 "0-2 minutes"  3 "2-4 minutes"  4 "4-6 minutes"  5 "The entire 6 minutes" |
| talk.on.phone.study8 | During the Free Time Period, how much time did you spend (if any) doing each of the following?-Talked to someone on my cell phone or land line | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| use.cell.phone.study8 | During the Free Time Period, how much time did you spend (if any) doing each of the following?-Used my cell phone to do something else (e.g., play a game) | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| instant.message.study8 | During the Free Time Period, how much time did you spend (if any) doing each of the following?-Chatted with someone using an Instant Messenger program or Facebook | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| open.other.windows.study8 | During the Free Time Period, how much time did you spend (if any) doing each of the following?-Opened other windows on my computer, such as Facebook | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| checked.email.study8 | During the Free Time Period, how much time did you spend (if any) doing each of the following?-Checked my e-mail | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| play.videogame.study8 | During the Free Time Period, how much time did you spend (if any) doing each of the following?-Played a videogame | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| read.something.study8 | During the Free Time Period, how much time did you spend (if any) doing each of the following?-Read a book or magazine for fun | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| work.on.puzzle.study8 | During the Free Time Period, how much time did you spend (if any) doing each of the following?-Worked on a puzzle (e.g., a crossword or sudoku puzzle) | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| watched.tv.study8 | During the Free Time Period, how much time did you spend (if any) doing each of the following?-Watched television or a movie | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| listen.to.music.study8 | During the Free Time Period, how much time did you spend (if any) doing each of the following?-Listened to music or the radio | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| did.schoolwork.study8 | During the Free Time Period, how much time did you spend (if any) doing each of the following?-Did schoolwork | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| wrote.things.study8 | During the Free Time Period, how much time did you spend (if any) doing each of the following?-Wrote things or doodled on paper | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| talked.with.someone.study8 | During the Free Time Period, how much time did you spend (if any) doing each of the following?-Talked with someone | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| texted.with.someone.study8 | During the Free Time Period, how much time did you spend (if any) doing each of the following?-Texted someone | 1 "0 minutes (no time)"  2 "1-2 minutes"  3 "3-4 minutes"  4 "5-6 minutes"  5 "7-8 minutes"  6 "9-10 minutes"  7 "11-12 minutes". |
| Rankings\_1 | Please rank the following from most fun/enjoyable (1) to leaset fun/enjoyable (10).-Going to bed |  |
| Rankings\_2 | Please rank the following from most fun/enjoyable (1) to leaset fun/enjoyable (10).-Reading a book |  |
| Rankings\_3 | Please rank the following from most fun/enjoyable (1) to leaset fun/enjoyable (10).-Playing with a favorite pet |  |
| Rankings\_4 | Please rank the following from most fun/enjoyable (1) to leaset fun/enjoyable (10).-Brushing your teeth |  |
| Rankings\_5 | Please rank the following from most fun/enjoyable (1) to leaset fun/enjoyable (10).-Drawing |  |
| Rankings\_6 | Please rank the following from most fun/enjoyable (1) to leaset fun/enjoyable (10).-Getting sick |  |
| Rankings\_7 | Please rank the following from most fun/enjoyable (1) to leaset fun/enjoyable (10).-Breaking a favorite item |  |
| Rankings\_8 | Please rank the following from most fun/enjoyable (1) to leaset fun/enjoyable (10).-The Thinking Period (That you just experienced) |  |
| Rankings\_9 | Please rank the following from most fun/enjoyable (1) to leaset fun/enjoyable (10).-Scraping your knee |  |
| Rankings\_10 | Please rank the following from most fun/enjoyable (1) to leaset fun/enjoyable (10).-Eating your favorite dessert |  |
| Rank\_adult\_1 | Please rank the following from most fun/enjoyable (1) to least fun/enjoyable (10).-Exercising |  |
| Rank\_adult\_2 | Please rank the following from most fun/enjoyable (1) to least fun/enjoyable (10).-Watching a movie |  |
| Rank\_adult\_3 | Please rank the following from most fun/enjoyable (1) to least fun/enjoyable (10).-Taking a nap |  |
| Rank\_adult\_4 | Please rank the following from most fun/enjoyable (1) to least fun/enjoyable (10).-Doing laundry |  |
| Rank\_adult\_5 | Please rank the following from most fun/enjoyable (1) to least fun/enjoyable (10).-Surfing the internet |  |
| Rank\_adult\_6 | Please rank the following from most fun/enjoyable (1) to least fun/enjoyable (10).-Cleaning your room |  |
| Rank\_adult\_7 | Please rank the following from most fun/enjoyable (1) to least fun/enjoyable (10).-Losing something important |  |
| Rank\_adult\_8 | Please rank the following from most fun/enjoyable (1) to least fun/enjoyable (10).-The Thinking Period (That you just experienced) |  |
| Rank\_adult\_9 | Please rank the following from most fun/enjoyable (1) to least fun/enjoyable (10).-Studying |  |
| Rank\_adult\_10 | Please rank the following from most fun/enjoyable (1) to least fun/enjoyable (10).-Spending time with friends |  |
| psychClass | What psychology courses have you taken at UVa, if any? |  |
| timeCheck | How many minutes were you told that you would be alone in the room for the Free Time Period? |  |
| manipcheck | Remember what condition they were in? | Correct answer depends on study and what condition they were actually in |
| uva.student.study9 | Are you currently a University of Virginia student? | 1 = No  2 = Yes, undergrad  3 = Yes, graduate student |
| english.native.language.study9 | Is English your native language? | 1 = Yes, 2 = No |
| other | Please write any thoughts or comments you have about the study. |  |
| comments | Do you have any other thoughts or comments? |  |
| market.or.wesley.study9 | Study 9, Recruited at City Market or Wesley Church | 0 = market, 1 = Wesley Church |
| prequest1 | How happy are you right now?  (Studies 2, 3, 4, 11 only) | 1 = not at all happy  2 = somewhat happy  3 = extremely happy |
| prequest2 | Sometimes people feel relaxed and laid back, whereas other times they feel busy and stressed. How do you feel right now?  (Studies 2, 3,  4, 11 only) | 1 = very relaxed  9 = very stressed |
| CUTopic1 | Please write a few sentences about the first topic you might think about, Studies 11 & 13 |  |
| CUTopic2 | Please write a few sentences about a second topic you might think about, Studies 11 & 13 |  |
| CUTopic3 | Please write a few sentences about a third topic you might think about, Studies 11 & 13 |  |
| CSTopic1 | Please write a few sentences about the first topic you might think about, Studies 11 & 13 |  |
| CSTopic2 | Please write a few sentences about a second topic you might think about, Studies 11 & 13 |  |
| CSTopic3 | Please write a few sentences about a third topic you might think about,, Studies 11 & 13 |  |
| major | What is your major? |  |
| language | What is your primary language (i.e., the one you speak most of the time)? | 1 = English  2 = Spanish  3 = French  4 = German  5 = Dutch  6 = Japanese  7 = Hebrew  8 = Swedish  9 = Other |
| impression | First, what were your general impressions of the study? |  |
| purpose | In your own words, please describe what you thought the purpose of the study was. |  |
| LocationLatitude | LocationLatitude |  |
| LocationLongitude | LocationLongitude |  |
| LocationAccuracy | LocationAccuracy |  |
| Q\_TotalDuration |  |  |
| score1 | Reported score on video game, Studies 19, 20 |  |
| score2 | 2nd reported score on video game, Studies 19, 20 |  |
| score3 | 3rd reported score on video game, Studies 19, 20 |  |
| F.Top.T1\_1\_TEXT to study20.amber.cond2r.180 | Assorted variables from Study 20 |  |
| Topic1 to Topic8 | thought topics listed in Westgate, Wilson, & Gilbert “topic listing” studies, Studies 11-15 |  |
| ontopics.corrected | How much Ps said they thought about the topics, Studies 11-15 |  |
| likeorder to howmany | Assorted variables from Study Studies 11-15 |  |
| shockrate to shock.no.new | assorted variables from Study 10, shock study |  |
| interest | How interesting was the thinking period? |  |
| manip.time | manip question about time correct? | 0 = incorrect, 1 = correct |
| other.activities.alone.yes.no | do other.activities or was not alone, | 0 = no, 1 = yes |
| other.activities.alone.chair.yes.no | do other.activities or was not alone or didn't stay in chair, | 0 = no, 1 = yes |
| dropped.before.cond | Dropped out before assigned to condition? | 0 = no, 1 = yes |
| topic.time.total | seconds spent listing topics on two pages |  |
| talked.phone to forbidden.activity.yes.no | Reports of other activities during thinking period |  |
| TotalTime | Total time spent on thinking period, |  |
| manip.order.ck to Exclusion\_LessThan300 | various measures |  |
| tpCheck to source28 | various measures |  |
| Totaltime | Total time spent on thinking period, |  |
| Enterwhole to BorTask | various measures |  |