Psi Beta Study QUESTIONNAIRE

INFORMED CONSENT - Thank you for your participation in this study! The purpose of this study is to investigate the relationships among cognitive style, affect, and personal dispositions. For this study, you will be completing an online questionnaire that should take approximately 33 minutes to complete. You will spend 25 minutes completing some scales, and another 8 minutes engaging in a "thinking & reflection" activity.

RISKS - There are no risks to you as a participant in this study. You will be asked to reflect on several characteristics that are true of you, so there are no wrong answers.

VOLUNTARY - Your participation is voluntary.

RIGHT TO WITHDRAW WITHOUT PENALTY – During the study, you have the right to withdraw at any time without penalty.

- If, however, one of your instructors has agreed to allocate extra credit for your participation, withdrawing from the study may result in loss of that extra credit.
- We have advised participating professors to limit the amount of extra credit to no more than 1% of the grade on an exam to avoid unfairly penalizing any student who chooses not to participate or who withdraws before completing the study.

POSSIBLE EXTRA-CREDIT - The amount of extra credit – if any – will be determined by your professor who will allocate the extra credit on a report confirming that you have completed the study. Your professor will not have access to the responses you provide in this study, only to a list having names of participants.

BENEFITS TO PARTICIPATION -

- POSSIBLE Extra Credit – (see above)
- EXPERIENCE - The experience of participating in an actual psychological study
- SUMMARY REPORT – So that you can receive a summary of your scores, you will be asked to provide an email address so we can send your summary. The email address you provide will be used ONLY for sending you a summary report. As soon as the summary report is sent, your email address will be deleted.

ANONYMITY –

- Your responses will REMAIN ANONYMOUS throughout the study—that is, your name will not be linked to your responses in any way.
- If an instructor has agreed to provide extra credit for your participation, a separate questionnaire that is not connected to the study questionnaire will be used to record your name. Data from the second questionnaire will be used to notify your professor of your participation.

If you have any questions about this study, please contact the principal investigators (Jerry Rudmann at jrudmann@ivc.edu or Kari Tucker at ktucker@ivc.edu) if you have further questions about any aspect of this study. Also, please contact the Director of Research, Planning, and Accreditation (Loris Fagioli) at 949-451-5513 if you have questions about this research and your

rights as a research participant.

INFORMED CONSENT - By clicking "YES, I give my consent," you acknowledge that you have read the informed consent page and give your consent to have your responses included in the study. Please know that if you click "NO, I do not give my consent," you will be taken to the end of the questionnaire where you can leave.

WHY WE NEED YOUR EMAIL ADDRESS – Directly below we ask that you enter an email address. As soon as you finish participating, the email will be used to send you a PDF having your scores on several psychological scales included in our research questionnaire. Please use a personal email address (e.g., Gmail). Please be assured that your email address will then be deleted from the data file. Your email address will remain private until we delete it from our records.

PLEASE BE THOUGHTFUL - So that your scores are meaningful and informative to you, please sure to respond thoughtfully and honestly. Thank you again for your participation! Without your help, this study would not be possible.
*Required

1. Email address *

_____

Consent

2. If you acknowledge that you have read the informed consent page, understand your right to withdraw, and give your consent to have your responses included in the final survey, click "YES, I give my consent." *

Mark only one oval.

- ( ) YES, I give my consent
  Skip to section 3 (In this study, you will be asked to reflect on what is true of you regarding the way you think, feel, and about things that you do or do not do. YOUR NAME IS NOT LINKED TO YOUR RESPONSES IN ANY WAY. WE DO NOT ASK YOU YOUR NAME OR OTHER IDENTIFYING INFORMATION IN THIS STUDY. So, we ask that you do not spend too much time on any one question, and to answer as honestly as possible throughout the questionnaire. Also, there are no wrong answers, so try to relax. Thank you! Please press NEXT)
- ( ) NO, I do not give my consent *Skip to section 21 (Thank you for your time!)*

In this study, you will be asked to reflect on what is true of you regarding the way you think, feel, and about things that you do or do not do. YOUR NAME IS NOT LINKED TO YOUR RESPONSES IN ANY WAY. WE DO NOT ASK YOU YOUR NAME OR OTHER IDENTIFYING INFORMATION IN THIS STUDY. So, we ask that you do not spend too much time on any one question, and to answer as honestly as possible throughout the questionnaire. Also, there are no wrong answers, so try to relax. Thank you!
Please press NEXT

Preliminary Questions

3. Your assigned sex? *

Mark only one oval.

- Female
- Male
- Other
- Would rather not say

4. What is your age? *

_____

5. Community college you attend? *

Mark only one oval.

- Irvine Valley

6. To what extent do you feel happy RIGHT NOW?

Mark only one oval.

	1	2	3	4	5	6	7	
Not at all happy								Extremely happy

7. To what extent do you feel fortunate RIGHT NOW?

Mark only one oval.

	1	2	3	4	5	6	7	
Not at all fortunate								Extremely fortunate

8. How would you characterize your level of appreciation RIGHT NOW?

Mark only one oval.

	1	2	3	4	5	6	7	
No appreciation at all								A great deal of appreciation

9. To what extent do you feel grateful RIGHT NOW?

Mark only one oval.

	1	2	3	4	5	6	7	
Not grateful at all								Extremely grateful

10. To what extent is the following statement true of you? "I have a sense of being connected to everything."

Mark only one oval.

	1	2	3	4	5	6	7	
Not at all true of me								Extremely true of me

11. To what extent are you satisfied with your life?

Mark only one oval.

	1	2	3	4	5	6	7	
Not at all satisfied								Extremely satisfied

12. Please indicate the extent that you feel this way RIGHT NOW:

Mark only one oval per row.

	1 Not at all this way	2	3	4	5	6	7 Very much this way
Interested							
Excited							
Inspired							
Alert							
Distressed							
Upset							
Hostile							
Irritable							

Select Symbols

13. Pick one of the sets of symbols below.

Mark only one oval.

- ( ) %% *Skip to section 8 (An Activity for You)*
- ( ) @@ *Skip to section 9 (An Activity for You)*
- ( ) && *Skip to section 6 (An Activity for You)*

Skip to question 17

An Activity for You

The following 8-minute video requires that you think about a particular area of your life. Before you click on the video, be sure the audio level adjusted. If you are in a public place, you may want to use earphones or a headset. After that, just click on the video and continue on as instructed.

Video-paced Thinking Activity

[redacted]

What is it about "S" that is so important or valuable to you? Think about the following:

- What is the most positive aspect of "S" to you?
- What do you like best about "S"?
- Do most people think about "S" as positively as you?
- Why is "S" so meaningful in your life?

[redacted] http://youtube.com/watch?v=hrgRgM9InCc

Skip to question 14

Thinking Activity Follow-up

14. In a word or two, what was the OBJECT you thought about? *

_____

_____

_____

_____

_____

15. In a word or two, what was the LOCATION or PLACE you thought about? *

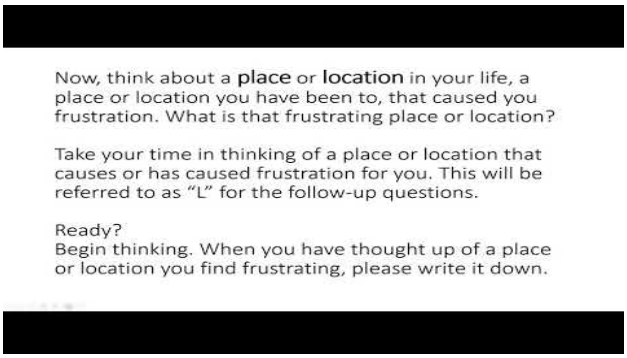
16. In a word or two, what was the EVENT you thought about? *

Skip to question 17

An Activity for You

The following 8-minute video requires that you think about a particular area of your life. Before you click on the video, be sure the audio level adjusted. If you are in a public place, you may want to use earphones or a headset. After that, just click on the video and continue on as instructed.

Video-paced Thinking Activity



http://youtube.com/watch?v=59dY-INMiW0

Skip to question 14

An Activity for You

The following 8-minute video requires that you think about a particular area of your life. Before you click on the video, be sure the audio level adjusted. If you are in a public place, you may want to use earphones or a headset. After that, just click on the video and continue on as instructed.

Video-paced Thinking Activity

[redacted]

What is it about "S" that makes it neutral to you? Think about the following:

- What is the main thing about "S" that makes it neutral?
- What three words describe why "S" is neutral for you?
- Do most people think about "S" as being neutral?
- Why is "S" neutral in your life?

[redacted] http://youtube.com/watch?v=npZLlS1RUM8

Skip to question 14

(Is) To What Extent Do You Agree?

Below are statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by clicking the appropriate number. Please be open and honest in your response.

1 = Strongly Disagree
2 = Disagree
3 = Slightly Disagree
4 = Neither Agree or Disagree
5 = Slightly Agree
6 = Agree
7 = Strongly Agree

17. In most ways my life is close to my ideal. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

18. The conditions of my life are excellent. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

19. I am satisfied with life. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

20. So far I have gotten the important things I want in life. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

21. If I could live my life over, I would change almost nothing. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

(ap) To What Extent Is This True of You?

Please mark the number that BEST represents how true the following statements are of you.

22. 1. I am a person who tends to appreciate things. *

Mark only one oval.

	1	2	3	4	5	6	7	
not at all true of me	◯	◯	◯	◯	◯	◯	◯	extremely true of me

23. 2. I tend to be thankful for even the smallest things. *

Mark only one oval.

	1	2	3	4	5	6	7	
not at all true of me	◯	◯	◯	◯	◯	◯	◯	extremely true of me

24. 3. People often notice how often I appreciate things. *

Mark only one oval.

	1	2	3	4	5	6	7	
not at all true of me	◯	◯	◯	◯	◯	◯	◯	extremely true of me

25. 4. In general, I tend to feel very fortunate. *

Mark only one oval.

	1	2	3	4	5	6	7	
not at all true of me	◯	◯	◯	◯	◯	◯	◯	extremely true of me

26. 5. Compared to others, I probably tend to appreciate things more. *

Mark only one oval.

	1	2	3	4	5	6	7	
not at all true of me	◯	◯	◯	◯	◯	◯	◯	extremely true of me

(se) To What Extent Do You Agree With These Statements?

27. On the whole, I am satisfied with myself. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

28. At times, I think I am no good at all. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

29. I feel that I have a number of good qualities. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

30. I am able to do things as well as most other people. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

31. I feel I do not have much to be proud of. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

32. I certainly feel useless at times. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

33. I feel that I'm a person of worth, at least on an equal plane with others. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

34. I wish I could have more respect for myself. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

35. All in all, I am inclined to feel that I am a failure. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

36. I take a positive attitude toward myself. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

(gr6) To What Extent Do You Agree?

Use the scale below as a guide to indicate the degree to which you agree or disagree with each of the following statements.

1 = strongly disagree
2 = disagree
3 = slightly disagree
4 = neutral
5 = slightly agree
6 = agree
7 = strongly agree

37. I have so much in life to be thankful for. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

38. If I had to list everything that I felt grateful for, it would be a very long list. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

39. When I look at the world, I don't see much to be grateful for. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

40. I am grateful to a wide variety of people. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

41. As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

42. Long amounts of time can go by before I feel grateful to something or someone. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree								Strongly Agree

(h) What is True of You?

For each of the following statements, please indicate how true it is for you, using the following scales:

43. In general, I consider myself: *

Mark only one oval.

	1	2	3	4	5	6	7	
NOT a very happy person								A VERY happy person

44. Compared with most of my peers, I consider myself: *

Mark only one oval.

	1	2	3	4	5	6	7	
LESS happy								MORE happy

45. 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: *

Mark only one oval.

	1	2	3	4	5	6	7	
Not at all								A great deal

46. 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: *

Mark only one oval.

	1	2	3	4	5	6	7	
Not at all	◯	◯	◯	◯	◯	◯	◯	A great deal

(dpes-aw) To What Extent Do You Agree With These Statements?

In reading the following statements, to what extent are each true of YOU?

47. I often feel awe. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

48. I see beauty all around me. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

49. I feel wonder almost every day. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

50. I often look for patterns in the objects around me. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

51. I have many opportunities to see the beauty of nature *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

52. I seek out experiences that challenge my understanding of the world. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

(aw_con_vas) To What Extent Do You Agree With Each Statement?

53. In general, I have the sense of being connected to everything. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

54. In general, I feel a sense of communion with all living things. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree								Strongly Agree

55. In general, I experience a sense of oneness with all things. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree								Strongly Agree

56. In general, I feel closely connected to humanity. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree								Strongly Agree

57. In general, I have a sense of complete connectedness. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree								Strongly Agree

58. In general, I feel that I am in the presence of something grand. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

59. In general, I often experience something greater than myself. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

60. In general, I feel I'm in the presence of greatness. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

61. In general, I perceive something that is much larger than me. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	◯	◯	◯	◯	◯	◯	◯	Strongly Agree

62. In general, I perceive the vastness of life. *

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree								Strongly Agree

(bf-2) How Much Do You Agree With These Statements?

Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who likes to spend time with others? Please click the number that indicates the extent to which you agree or disagree with that statement.

63. I am someone who is outgoing, sociable *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly								Agree strongly

64. I am someone who is compassionate, has a soft heart *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly								Agree strongly

65. I am someone who tends to be disorganized *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly								Agree strongly

66. I am someone who is relaxed, handles stress well *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

67. I am someone who has few artistic interests *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

68. I am someone who has an assertive personality *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

69. I am someone who is respectful, treats others with respect *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

70. I am someone who tends to be lazy *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

71. I am someone who stays optimistic after experiencing a setback *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

72. I am someone who is curious about many different things *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

73. I am someone who rarely feels excited or eager *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

74. I am someone who tends to find fault with others *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

75. I am someone who is dependable, steady *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

76. I am someone who is moody, has up and down mood swings *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

77. I am someone who is inventive, finds clever ways to do things *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

78. I am someone who tends to be quiet *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

79. I am someone who feels little sympathy for others *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

80. I am someone who is systematic, likes to keep things in order *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

81. I am someone who can be tense *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

82. I am someone who is fascinated by art, music, or literature *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

83. I am someone who is dominant, acts as a leader *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

84. I am someone who starts arguments with others *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

85. I am someone who has difficulty getting started on tasks *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

86. I am someone who feels secure, comfortable with self *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

87. I am someone who avoids intellectual, philosophical discussions *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

88. I am someone who is less active than other people *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

89. I am someone who has a forgiving nature *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

90. I am someone who can be somewhat careless *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

91. I am someone who is emotionally stable, not easily upset *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

92. I am someone who has little creativity *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

93. I am someone who is sometimes shy, introverted *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

94. I am someone who is helpful and unselfish with others *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

95. I am someone who keeps things neat and tidy *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

96. I am someone who worries a lot *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

97. I am someone who values art and beauty *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

98. I am someone who finds it hard to influence people *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

99. I am someone who is sometimes rude to others *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

100. I am someone who is efficient, gets things done *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

101. I am someone who often feels sad *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

102. I am someone who is complex, a deep thinker *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

103. I am someone who is full of energy *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

104. I am someone who is suspicious of others' intentions *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

105. I am someone who is reliable, can always be counted on *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

106. I am someone who keeps their emotions under control *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

107. I am someone who has difficulty imagining things *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

108. I am someone who is talkative *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

109. I am someone who can be cold and uncaring *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

110. I am someone who leaves a mess, doesn't clean up *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

111. I am someone who rarely feels anxious or afraid *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

112. I am someone who thinks poetry and plays are boring *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

113. I am someone who prefers to have others take charge *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

114. I am someone who is polite, courteous to others *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

115. I am someone who is persistent, works until the task is finished *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

116. I am someone who tends to feel depressed, blue *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

117. I am someone who has little interest in abstract ideas *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

118. I am someone who shows a lot of enthusiasm *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

119. I am someone who assumes the best about people *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

120. I am someone who sometimes behaves irresponsibly *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

121. I am someone who is temperamental, gets emotional easily *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

122. I am someone who is original, comes up with new ideas. *

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	◯	◯	◯	◯	◯	◯	◯	Agree strongly

(pana) To What Extent Do you Feel This Way - In General?

DIRECTIONS: Please read each item and then mark the appropriate answer in the space
next to that word. Indicate the extent that you feel this way in general. Use the following
scale to record your answers.

123. INTERESTED *

Mark only one oval.

	1	2	3	4	5	6	7	
NOT AT ALL	◯	◯	◯	◯	◯	◯	◯	EXTREMELY

124. DISTRESSED *

Mark only one oval.

	1	2	3	4	5	6	7	
NOT AT ALL	◯	◯	◯	◯	◯	◯	◯	EXTREMELY

125. EXCITED *

Mark only one oval.

	1	2	3	4	5	6	7	
NOT AT ALL	◯	◯	◯	◯	◯	◯	◯	EXTREMELY

126. UPSET *

Mark only one oval.

	1	2	3	4	5	6	7	
NOT AT ALL	◯	◯	◯	◯	◯	◯	◯	EXTREMELY

127. STRONG *

Mark only one oval.

	1	2	3	4	5	6	7	
NOT AT ALL	◯	◯	◯	◯	◯	◯	◯	EXTREMELY

128. GUILTY *

Mark only one oval.

	1	2	3	4	5	6	7	
NOT AT ALL	◯	◯	◯	◯	◯	◯	◯	EXTREMELY

129. SCARED *

Mark only one oval.

	1	2	3	4	5	6	7	
NOT AT ALL	◯	◯	◯	◯	◯	◯	◯	EXTREMELY

130. HOSTILE *

Mark only one oval.

	1	2	3	4	5	6	7	
NOT AT ALL	◯	◯	◯	◯	◯	◯	◯	EXTREMELY

131. ENTHUSIASTIC *

Mark only one oval.

	1	2	3	4	5	6	7	
NOT AT ALL	◯	◯	◯	◯	◯	◯	◯	EXTREMELY

132. PROUD *

Mark only one oval.

	1	2	3	4	5	6	7	
NOT AT ALL	◯	◯	◯	◯	◯	◯	◯	EXTREMELY

133. IRRITABLE *

Mark only one oval.

	1	2	3	4	5	6	7	
NOT AT ALL	◯	◯	◯	◯	◯	◯	◯	EXTREMELY

134. ALERT *

Mark only one oval.

	1	2	3	4	5	6	7	
NOT AT ALL	◯	◯	◯	◯	◯	◯	◯	EXTREMELY

135. ASHAMED *

Mark only one oval.

	1	2	3	4	5	6	7	
NOT AT ALL	◯	◯	◯	◯	◯	◯	◯	EXTREMELY

136. INSPIRED *

Mark only one oval.

	1	2	3	4	5	6	7	
NOT AT ALL	◯	◯	◯	◯	◯	◯	◯	EXTREMELY

137. NERVOUS *

Mark only one oval.

	1	2	3	4	5	6	7	
NOT AT ALL	◯	◯	◯	◯	◯	◯	◯	EXTREMELY

138. DETERMINED *

Mark only one oval.

	1	2	3	4	5	6	7	
NOT AT ALL	◯	◯	◯	◯	◯	◯	◯	EXTREMELY

139. ATTENTIVE *

Mark only one oval.

	1	2	3	4	5	6	7	
NOT AT ALL	◯	◯	◯	◯	◯	◯	◯	EXTREMELY

140. JITTERY *

Mark only one oval.

	1	2	3	4	5	6	7	
NOT AT ALL	◯	◯	◯	◯	◯	◯	◯	EXTREMELY

141. ACTIVE *

Mark only one oval.

	1	2	3	4	5	6	7	
NOT AT ALL	◯	◯	◯	◯	◯	◯	◯	EXTREMELY

142. AFRAID *

Mark only one oval.

	1	2	3	4	5	6	7	
NOT AT ALL								EXTREMELY

(op) To What Extent Do You Agree With Each Statement?

143. In uncertain times, I usually expect the best. *

Mark only one oval.

	1	2	3	4	5	6	7	
I DISAGREE a lot								I AGREE a lot

144. It's easy for me to relax. *

Mark only one oval.

	1	2	3	4	5	6	7	
I DISAGREE a lot								I AGREE a lot

145. If something can go wrong for me, it will. *

Mark only one oval.

	1	2	3	4	5	6	7	
I DISAGREE a lot								I AGREE a lot

146. I'm always optimistic about my future. *

Mark only one oval.

	1	2	3	4	5	6	7	
I DISAGREE a lot								I AGREE a lot

147. I enjoy my friends a lot. *

Mark only one oval.

	1	2	3	4	5	6	7	
I DISAGREE a lot								I AGREE a lot

148. It's important for me to keep busy. *

Mark only one oval.

	1	2	3	4	5	6	7	
I DISAGREE a lot								I AGREE a lot

149. I hardly ever expect things to go my way. *

Mark only one oval.

	1	2	3	4	5	6	7	
I DISAGREE a lot								I AGREE a lot

150. I don't get upset too easily. *

Mark only one oval.

	1	2	3	4	5	6	7	
I DISAGREE a lot								I AGREE a lot

151. I rarely count on good things happening to me. *

Mark only one oval.

	1	2	3	4	5	6	7	
I DISAGREE a lot								I AGREE a lot

152. Overall, I expect more good things to happen to me than bad. *

Mark only one oval.

	1	2	3	4	5	6	7	
I DISAGREE a lot								I AGREE a lot

Closing

153. To what extent do you feel happy RIGHT NOW?

Mark only one oval.

	1	2	3	4	5	6	7	
Not at all happy								Extremely happy

154. To what extent do you feel fortunate RIGHT NOW?

Mark only one oval.

	1	2	3	4	5	6	7	
Not at all fortunate	◯	◯	◯	◯	◯	◯	◯	Extremely fortunate

155. How would you characterize your level of appreciation RIGHT NOW?

Mark only one oval.

	1	2	3	4	5	6	7	
No appreciation at all	◯	◯	◯	◯	◯	◯	◯	A great deal of appreciation

156. To what extent do you feel grateful RIGHT NOW?

Mark only one oval.

	1	2	3	4	5	6	7	
Not grateful at all	◯	◯	◯	◯	◯	◯	◯	Extremely grateful

157. To what extent is the following statement true of you? "I have a sense of being connected to everything."

Mark only one oval.

	1	2	3	4	5	6	7	
Not at all true of me	◯	◯	◯	◯	◯	◯	◯	Extremely true of me

158. To what extent are you satisfied with your life?

Mark only one oval.

	1	2	3	4	5	6	7	
Not at all satisfied	◯	◯	◯	◯	◯	◯	◯	Extremely satisfied

Skip to section 21 (Thank you for your time!)

Thank you for your time!

Debriefing

PLEASE READ THE FOLLOWING DEBRIEFING STATEMENT, AND THEN CONTINUE TO THE NEXT PAGE TO RECEIVE INSTRUCTIONS ON GIVING YOU CREDIT FOR COMPLETING THIS QUESTIONNAIRE

First, we would like to thank you once more for participating in our study!

This study is interested in the examination of appreciation and gratitude and their relationships with other psychological variables such as positive affect, life satisfaction, spirituality, and other markers of well-being. Some might think that appreciation and gratitude are the same, but we conceptualize these as different constructs. A person could have appreciation without gratitude. For example, a person who marvels at the artistry of a beautiful painting in a museum may have appreciation but not necessarily gratitude. Or, watching someone help a stranger may bring about appreciation for the kind act, but not necessarily gratitude. We believe that both appreciation and gratitude will be positively related to happiness, life satisfaction, spirituality, positive affect and well being in general, and negatively related to dysphoria and negative affect, because these relationships have been found in previous research, but if the results show a different pattern of correlations for appreciation and gratitude with these other psychological variables, then this might begin to highlight the differences between them.

If you would like to learn more or want to receive a report of this research, you may contact the following researchers:

Prof. Kari Tucker-McCorkill, Ph.D.
ktucker@ivc.edu

Prof. Jerry Rudmann, Ph.D.
jrudman@ivc.edu.

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WAIT! PLEASE READ THE INSTRUCTIONS FOR RECEIVING CREDIT

PLEASE CONTINUE TO THE NEXT PAGE WHERE YOU WILL BE GIVEN A LINK TO A PARTICIPATION FORM. (SO THAT WE CAN GIVE YOU PROPER CREDIT FOR YOUR PARTICIPATION). Please know that if you do not complete that form, you cannot be given credit because we have not asked for any identifying information. CLICK NEXT.

Credit Allocation

Before you click SUBMIT, please copy and paste the link below. This will take you to complete a participation form that will ask you to give your name, student ID, and course in which you will receive your credit for participating in this study. Please know that this is the only way to give you credit and that this information cannot be traced to your responses in any way. If you do not go to the new survey, then you CANNOT receive credit (because we have not asked for identifying information in any place in the original questionnaire). Again, thank you for participating!

After you have copied and pasted the link below, click SUBMIT. Have a great day!

https://forms.gle/fu9wtDeCkxUkJuiP6

159. Submission ID (skip this field) *

⚠ DO NOT EDIT this field or your time will not be recorded.

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