

# 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 the 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](mailto:jrudmann@ivc.edu) or Kari Tucker at [ktucker@ivc.edu](mailto: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.

Note: If you have a private email address (e.g., Gmail, or another) please use that instead of your college assigned email address. Reason: A few college-assigned emails are bouncing back. Thank you.

**\*Required**

1. Email address \*

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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? \*

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5. Community college you attend? \*

Mark only one oval.

- ☐ Irvine Valley
- ☐ Cerritos College
- ☐ College of DuPage
- ☐ College of Western Idaho
- ☐ Saddleback College
- ☐ Lonestar College - North Harris
- ☐ Palomar College
- ☐ West Virginia Community College
- ☐ Paradise Valley
- ☐ Orange Coast College
- ☐ Lorain County Community College
- ☐ Collin College
- ☐ South Texas College
- ☐ Bakersfield College
- ☐ A college not listed here
- ☐ San Diego Mesa College
- ☐ Alvin Community College (TX)
- ☐ Test

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

Mark only one oval.

[illegible]

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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Excited	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Inspired	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alert	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Distressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Upset	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hostile	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Irritable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Select Symbols

13. Pick one of the number sets below. \*

*Mark only one oval.*

- ☐ Click here if the last digit of your phone number is 7, 8, or 9  
*Skip to section 6 (An Activity for You)*
- ☐ Click here if the last digit of your phone number is 4, 5, or 6  
*Skip to section 9 (An Activity for You)*
- ☐ Click here if the last digit of your phone number is 0, 1, 2, or 3  
*Skip to section 8 (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 - NOTE: Please do not click on the Back or Next button below until you finish this 8-minute activity. If you do, your data will not be useful. Thank you.

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?

<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? \*

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

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

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*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 - NOTE: Please do not click on the Back or Next button below until you finish this 8-minute activity. If you do, your data will not be useful. Thank you.



Now, think about a **place** or **location** in your life, a place or location you have been to, that caused you frustration. What is that frustrating place or location?

Take your time in thinking of a place or location that causes or has caused frustration for you. This will be referred to as "L" for the follow-up questions.

Ready?

Begin thinking. When you have thought up of a place or location you find frustrating, please write it down.



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

*Skip to question 14*

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.

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

- <http://youtube.com/watch?v=npZLIS1RUM8>

(Is) To  
What  
Extent Do  
You  
Agree?

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

Mark only one oval.

[illegible]

18. The conditions of my life are excellent. \*

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly Agree

19. I am satisfied with life. \*

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	extremely true of me

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

Mark only one oval.

[illegible]

(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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly Agree

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

Mark only one oval.

[illegible]

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

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly Agree

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

32. I certainly feel useless at times. \*

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly Agree

36. I take a positive attitude toward myself. \*

Mark only one oval.

	1	2	3	4	5	6	7	
Strongly Disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	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.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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.

[illegible]

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

Mark only one oval.

[illegible]

### (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.

[illegible]

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

Mark only one oval.

[illegible]



48. I see beauty all around me. \*

Mark only one oval.

[illegible]

49. I feel wonder almost every day. \*

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

(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.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly Agree

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

(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.

[illegible]

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

Mark only one oval.

[illegible]

65. I am someone who tends to be disorganized \*

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

67. I am someone who has few artistic interests \*

Mark only one oval.

[illegible]

68. I am someone who has an assertive personality \*

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

70. I am someone who tends to be lazy \*

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

75. I am someone who is dependable, steady \*

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

78. I am someone who tends to be quiet \*

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

81. I am someone who can be tense \*

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

84. I am someone who starts arguments with others \*

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

89. I am someone who has a forgiving nature \*

Mark only one oval.

[illegible]

90. I am someone who can be somewhat careless \*

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

92. I am someone who has little creativity \*

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

96. I am someone who worries a lot \*

Mark only one oval.

[illegible]

97. I am someone who values art and beauty \*

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

101. I am someone who often feels sad \*

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

103. I am someone who is full of energy \*

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

107. I am someone who has difficulty imagining things \*

Mark only one oval.

[illegible]

108. I am someone who is talkative \*

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

	1	2	3	4	5	6	7	
Disagree strongly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Agree strongly

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

Mark only one oval.

[illegible]

120. I am someone who sometimes behaves irresponsibly \*

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

(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.

[illegible]

124. DISTRESSED \*

Mark only one oval.

[illegible]

125. EXCITED \*

Mark only one oval.

[illegible]

126. UPSET \*

Mark only one oval.

[illegible]

127. STRONG \*

Mark only one oval.

[illegible]

128. GUILTY \*

Mark only one oval.

[illegible]

129. SCARED \*

Mark only one oval.

[illegible]

130. HOSTILE \*

Mark only one oval.

[illegible]

131. ENTHUSIASTIC \*

Mark only one oval.

[illegible]

132. PROUD \*

Mark only one oval.

[illegible]

133. IRRITABLE \*

Mark only one oval.

[illegible]

134. ALERT \*

Mark only one oval.

[illegible]

135. ASHAMED \*

Mark only one oval.

[illegible]

136. INSPIRED \*

Mark only one oval.

[illegible]

137. NERVOUS \*

Mark only one oval.

[illegible]

138. DETERMINED \*

Mark only one oval.

[illegible]

139. ATTENTIVE \*

Mark only one oval.

[illegible]

140. JITTERY \*

Mark only one oval.

[illegible]

141. ACTIVE \*

Mark only one oval.

[illegible]

142. AFRAID \*

Mark only one oval.

[illegible]

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

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

147. I enjoy my friends a lot. \*

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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

Mark only one oval.

[illegible]

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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	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](mailto:ktucker@ivc.edu)

Prof. Jerry Rudmann, Ph.D.  
[jrudman@ivc.edu](mailto:jrudman@ivc.edu)

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## 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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