

ID number: <ID number>

Name: <First name> <Last name>

TEDS Social Networks Questionnaire

Coded version showing dataset variable names and value coding

Please indicate your answers with a cross

If you make a mistake, shade out and cross the appropriate box, e.g. →

Please remember to complete this questionnaire using BLACK ink only.

We would like to send you a £10 voucher of your choice to say thank you for participating. Please indicate below your preferred voucher.

iTunes

Love2Shop

Don't forget there will also be a prize draw for the chance to win a pair of iPad Minis. To be eligible for the prize draw, both you and your twin need to return your booklets to us by **Wednesday 7th August 2013**.

Do you have a Twitter account? If you haven't already given it to us, and would be happy for us to follow you, please write your username below.

Twitter Username:

Please provide us with your current email address and mobile phone number, so that we can continue to contact you:

Email Address:

Mobile Number:

For each of the following statements and/or questions, please select the point on the scale that you feel is most appropriate in describing you.

In general, I consider myself: **sns11/2**

1: A very unhappy person	2	3	4: Neutral	5	6	7: A very happy person
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7

Compared to people of my age, I consider myself: **sns21/2**

1: Much less happy	2	3	4: Neutral	5	6	7: Much more happy
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7

Some people are generally very happy and enjoy life regardless of what is going on. To what extent does this describe you? **sns31/2**

1: Not at all	2	3	4: Neutral	5	6	7: A great deal
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7

Some people are generally not very happy. Whatever is going on, they never seem as happy as they might be. To what extent does this describe you? **sns41/2**

1: Not at all	2	3	4: Neutral	5	6	7: A great deal
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7

These six questions ask about how satisfied you are. Please indicate the answer that best represents how you feel about each area.

	Very dis-satisfied	Quite dis-satisfied	Slightly dis-satisfied	Neutral	Slightly satisfied	Quite satisfied	Very satisfied
	1	2	3	4	5	6	7
How do you generally feel about your family life? snl11/2	<input type="checkbox"/>						
How happy are you with your friendships? snl21/2	<input type="checkbox"/>						
How do you feel about your school experience? snl31/2	<input type="checkbox"/>						
How do you feel about yourself? snl41/2	<input type="checkbox"/>						

	Very dis- satisfied	Quite dis- satisfied	Slightly dis- satisfied	Neutral	Slightly satisfied	Quite satisfied	Very satisfied
	1	2	3	4	5	6	7
How do you feel about where you live? sn1ss51/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How do you feel about your life, overall? sn1ss61/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

We are interested in how you feel about the following statements. Read each statement carefully and indicate which option best describes your feelings.

	Very strongly disagree	Strongly disagree	Mildly disagree	Neutral	Mildly agree	Strongly agree	Very strongly agree
	1	2	3	4	5	6	7
There is a special person who is around when I am in need snmspss011/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is a special person with whom I can share my joys and sorrows snmspss021/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My family really tries to help me snmspss031/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I get the emotional help and support I need from my family snmspss041/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a special person who is a real source of comfort to me snmspss051/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends really try to help me snmspss061/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can count on my friends when things go wrong snmspss071/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can talk about my problems with my family snmspss081/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have friends with whom I can share my joys and sorrows snmspss091/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is a special person in my life who cares about my feelings snmspss101/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Very strongly disagree	Strongly disagree	Mildly disagree	Neutral	Mildly agree	Strongly agree	Very strongly agree
	1	2	3	4	5	6	7
My family is willing to help me make decisions snmspss111/2	<input type="checkbox"/>						
I can talk about my problems with my friends snmspss121/2	<input type="checkbox"/>						

Considering all of your friends, select the point on the scale you feel is most appropriate in describing you.

How many friends do you see or hear from at least once a month? **snlsnsr11/2**

None <input type="checkbox"/> 1	One <input type="checkbox"/> 2	Two <input type="checkbox"/> 3	Three or four <input type="checkbox"/> 4	Five to eight <input type="checkbox"/> 5	Nine or more <input type="checkbox"/> 6
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How often do you see or hear from the friend with whom you have most contact? **snlsnsr21/2**

Less than monthly <input type="checkbox"/> 1	Monthly <input type="checkbox"/> 2	A few times a month <input type="checkbox"/> 3	Weekly <input type="checkbox"/> 4	A few times a week <input type="checkbox"/> 5	Daily <input type="checkbox"/> 6
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How many friends do you feel enough at ease with that you can talk about private matters? **snlsnsr31/2**

None <input type="checkbox"/> 1	One <input type="checkbox"/> 2	Two <input type="checkbox"/> 3	Three or four <input type="checkbox"/> 4	Five to eight <input type="checkbox"/> 5	Nine or more <input type="checkbox"/> 6
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How many friends do you feel close to such that you could call on them for help? **snlsnsr41/2**

None <input type="checkbox"/> 1	One <input type="checkbox"/> 2	Two <input type="checkbox"/> 3	Three or four <input type="checkbox"/> 4	Five to eight <input type="checkbox"/> 5	Nine or more <input type="checkbox"/> 6
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When one of your friends has an important decision to make, how often do they talk to you about it?
snlsnsr51/2

Never <input type="checkbox"/> 1	Seldom <input type="checkbox"/> 2	Sometimes <input type="checkbox"/> 3	Often <input type="checkbox"/> 4	Very often <input type="checkbox"/> 5	Always <input type="checkbox"/> 6
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How often is one of your friends available for you to talk to when you have an important decision to make?
snlsnsr61/2

Never <input type="checkbox"/> 1	Seldom <input type="checkbox"/> 2	Sometimes <input type="checkbox"/> 3	Often <input type="checkbox"/> 4	Very often <input type="checkbox"/> 5	Always <input type="checkbox"/> 6
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This questionnaire asks about your relationships with your close friends. Please read each statement and indicate one box that tells how true the statement is for you now.

	Almost never or never true	Not very often true	Sometimes true	Often true	Almost always or always true
	1	2	3	4	5
I like to get my friends' point of view on things I'm concerned about snippa011/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends can tell when I'm upset about something snippa021/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When we discuss things, my friends care about my point of view snippa031/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talking over my problems with friends makes me feel ashamed or foolish snippa041/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I wish I had different friends snippa051/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends understand me snippa061/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends encourage me to talk about my difficulties snippa071/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends accept me as I am snippa081/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel the need to be in touch with my friends more often snippa091/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends don't understand what I'm going through these days snippa101/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel alone or apart when I am with my friends snippa111/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends listen to what I say snippa121/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel my friends are good friends snippa131/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends are fairly easy to talk to snippa141/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I am angry about something, my friends try to be understanding snippa151/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Almost never or never true	Not very often true	Sometimes true	Often true	Almost always or always true
	1	2	3	4	5
My friends help me to understand myself better snippa161/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends care about how I am feeling snippa171/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel angry with my friends snippa181/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can count on my friends when I need to get something off my chest snippa191/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I trust my friends snippa201/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends respect my feelings snippa211/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I get upset a lot more than my friends know about snippa221/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It seems as if my friends are irritated with me for no reason snippa231/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can tell my friends about my problems and troubles snippa241/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If my friends know something is bothering me, they ask me about it snippa251/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Thinking back over the last 3 months, please answer the following questions about your use of social network sites.

Note that in the following items, "no account" responses are recoded to missing in the dataset variables (after checking and correcting inconsistencies in the data).

	Three times or more per day	Twice a day	Once a day	A couple of times a week	Once a week	Once a month	Less than once a month	No account
	1	2	3	4	5	6	7	
How often do you usually check Facebook for updates? snsn011/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often do you usually check Twitter for updates? snsn021/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Less than 30 minutes	30 minutes – 1 hour	1 – 5 hours	5 – 10 hours	10 -20 hours	20 hours or more	No account
	1	2	3	4	5	6	
On average, how much time per week do you think you spend on Facebook? snsn031/2	<input type="checkbox"/>						
On average, how much time per week do you think you spend on Twitter? snsn041/2	<input type="checkbox"/>						

How many friends do you have on Facebook? Please enter in the boxes below with one digit per box. If you don't have a Facebook account, then please put a cross for 'no account'.

snsn051/2 (integer number)

No account

	All of them	Most of them	About half of them	Less than half of them	No account
	1	2	3	4	
How many of your friends did you meet in person before becoming friends on Facebook? snsn061/2	<input type="checkbox"/>				
How many of the people you follow on Twitter did you meet in person before you started following them on Twitter? snsn071/2	<input type="checkbox"/>				
How many of the people who follow you on Twitter did you meet in person before they started following you on Twitter? snsn081/2	<input type="checkbox"/>				
What proportion of your interactions on Facebook are positive interactions? snsn091/2	<input type="checkbox"/>				
What proportion of your interactions on Facebook are negative interactions? snsn101/2	<input type="checkbox"/>				
What proportion of your interactions on Twitter are positive interactions? snsn111/2	<input type="checkbox"/>				
What proportion of your interactions on Twitter are negative interactions? snsn121/2	<input type="checkbox"/>				

	Never	Sometimes	Often
Have you been targeted by bullies posting messages, photos or videos on Facebook? snsn131/2	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3

	Always	Sometimes	Never	Not Applicable
If you have been bullied on Facebook, did you know who the bully was? snsn141/2	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

	Never	Sometimes	Often
Have you been targeted by bullies posting messages, photos or videos on Twitter? snsn151/2	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3

	Always	Sometimes	Never	Not Applicable
If you have been bullied on Twitter, did you know who the bully was? snsn161/2	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

	Always	Often	Sometimes	Seldom	Never	No account
	1	2	3	4	5	
When I need to talk to someone and there is no one around, I get support from my friends on Facebook. snsn171/2	<input type="checkbox"/>					
When I need to talk to someone and there is no one around, I get support from my followers on Twitter. snsn181/2	<input type="checkbox"/>					
When I have good news, the first people I tell are my friends on Facebook. snsn191/2	<input type="checkbox"/>					
When I have bad news, Facebook is the first place I go for support. snsn201/2	<input type="checkbox"/>					
When I have good news, the first people I tell are my followers on Twitter. snsn211/2	<input type="checkbox"/>					
When I have bad news, Twitter is the first place I go for support. snsn221/2	<input type="checkbox"/>					

Below are words and phrases that describe different feelings and emotions. Read each item and then indicate to what extent you have felt this way during the past few weeks.

		Very slightly or not at all	A little	Moderately	Quite a bit	Extremely
		1	2	3	4	5
Interested	snpanas011/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distressed	snpanas021/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Excited	snpanas031/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Upset	snpanas041/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strong	snpanas051/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Guilty	snpanas061/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scared	snpanas071/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hostile	snpanas081/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Enthusiastic	snpanas091/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Proud	snpanas101/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Irritable	snpanas111/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alert	snpanas121/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ashamed	snpanas131/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Inspired	snpanas141/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nervous	snpanas151/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Determined	snpanas161/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Attentive	snpanas171/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jittery	snpanas181/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Active	snpanas191/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Afraid	snpanas201/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

To what extent do you agree with the following statements?

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
	1	2	3	4	5	6	7
I have so much in life to be thankful for sngnat11/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I had to list everything I felt grateful for, it would be a very long list sngnat21/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I look at the world, I don't see much to be grateful for sngnat31/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am grateful to a wide variety of people sngnat41/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
As I get older I find myself more able to appreciate the people, events and situations that have been part of my life history sngnat51/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Long amounts of time can go by before I feel grateful to something or someone sngnat61/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My life interests and excites me snmlife11/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I find it satisfying to think about what I have accomplished in life snmlife21/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a philosophy of life that really gives my living significance snmlife31/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a clear idea of what my future goals and aims are snmlife41/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My life is significant snmlife51/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

For each of the following statements, please select the point on the scale that you feel is most appropriate in describing you.

	1: Not at all true	2	3	4: Some- what true	5	6	7: Very true
	1	2	3	4	5	6	7
I feel like I am free to decide for myself how to live my life snpneed011/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I really like the people I interact with snpneed021/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Often I do not feel very competent snpneed031/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel pressured in my life snpneed041/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People I know tell me I am good at what I do snpneed051/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I get along with people I come into contact with snpneed061/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I pretty much keep to myself and don't have a lot of social contacts snpneed071/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I generally feel free to express my ideas and opinions snpneed081/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I consider the people I regularly interact with to be my friends snpneed091/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have been able to learn interesting new skills recently snpneed101/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In my daily life, I frequently have to do what I am told snpneed111/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People in my life care about me snpneed121/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Most days I feel a sense of accomplishment from what I do snpneed131/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People I interact with on a daily basis tend to take my feelings into consideration snpneed141/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In my life I do not get much of a chance to show how capable I am snpneed151/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are not many people that I am close to snpneed161/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	1: Not at all true	2	3	4: Some- what true	5	6	7: Very true
	1	2	3	4	5	6	7
I feel like I can pretty much be myself in my daily situations snpneed171/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The people I interact with regularly do not seem to like me much snpneed181/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often do not feel very capable snpneed191/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is not much opportunity for me to decide for myself how to do things in my daily life snpneed201/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People are generally pretty friendly towards me snpneed211/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How true are the following statements when you think about your feelings and behaviours over the last week?

In the last week...	Rarely or none of the time (less than 1 day)	Some of the time (1-2 days)	A moderate amount of time (3-4 days)	Most or all of the time (5-7 days)
	1	2	3	4
I was bothered by things that usually don't bother me sndep011/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I did not feel like eating; my appetite was poor sndep021/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt that I could not shake off the blues even with help from my family or friends sndep031/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt I was just as good as other people sndep041/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I had trouble keeping my mind on what I was doing sndep051/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt depressed sndep061/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt like everything I did was an effort sndep071/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I was hopeful for the future sndep081/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

In the last week...	Rarely or none of the time (less than 1 day)	Some of the time (1-2 days)	A moderate amount of time (3-4 days)	Most or all of the time (5-7 days)
	1	2	3	4
I thought my life has been a failure sndep091/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt fearful sndep101/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My sleep was restless sndep111/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I was happy sndep121/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I talked less than usual sndep131/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt lonely sndep141/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People were unfriendly sndep151/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I enjoyed life sndep161/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I had crying spells sndep171/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt sad sndep181/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt that people disliked me sndep191/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I could not get "going" sndep201/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Below are words that describe personality traits. Please select where you fall on the scale from high to low.

	High	1	2	3	4	5	Low
Anxiousness: snpers011/2	(fearful, apprehensive)	<input type="checkbox"/>	(relaxed, unconcerned, cool)				
Angry Hostility: snpers021/2	(angry, bitter)	<input type="checkbox"/>	(even-tempered)				
Depressiveness: snpers031/2	(pessimistic, glum)	<input type="checkbox"/>	(optimistic)				
Self-consciousness: snpers041/2	(timid, embarrassed)	<input type="checkbox"/>	(self-assured, glib, shameless)				
Impulsivity: snpers051/2	(tempted, urgency)	<input type="checkbox"/>	(controlled, restrained)				
Vulnerability: snpers061/2	(helpless, fragile)	<input type="checkbox"/>	(clear-thinking, fearless, unflappable)				

		High	1	2	3	4	5	Low
Warmth:	snpers071/2	(cordial, affectionate, attached)	<input type="checkbox"/>	(cold, aloof, indifferent)				
Gregariousness:	snpers081/2	(sociable, outgoing)	<input type="checkbox"/>	(withdrawn, isolated)				
Assertiveness:	snpers091/2	(dominant, forceful)	<input type="checkbox"/>	(unassuming, quiet, resigned)				
Activity:	snpers101/2	(vigorous, energetic, active)	<input type="checkbox"/>	(passive, lethargic)				
Excitement-Seeking:	snpers111/2	(reckless, daring)	<input type="checkbox"/>	(cautious, monotonous, dull)				
Positive Emotions:	snpers121/2	(high-spirited)	<input type="checkbox"/>	(placid, anhedonic)				
Fantasy:	snpers131/2	(dreamer, unrealistic, imaginative)	<input type="checkbox"/>	(practical, concrete)				
Aesthetics:	snpers141/2	(curious, appreciate art)	<input type="checkbox"/>	(uninvolved, no artistic interest)				
Feelings:	snpers151/2	(self-aware)	<input type="checkbox"/>	(constricted, unaware, alexithymic)				
Actions:	snpers161/2	(unconventional, eccentric)	<input type="checkbox"/>	(routine, predictable, habitual, stubborn)				
Ideas:	snpers171/2	(strange, odd, peculiar, creative)	<input type="checkbox"/>	(pragmatic, rigid)				
Values:	snpers181/2	(permissive, broad-minded)	<input type="checkbox"/>	(traditional, inflexible, dogmatic)				
Trust:	snpers191/2	(gullible, naïve, trusting)	<input type="checkbox"/>	(skeptical, cynical, suspicious, paranoid)				
Straight-forwardness:	snpers201/2	(confiding, honest)	<input type="checkbox"/>	(cunning, manipulative, deceptive)				
Altruism:	snpers211/2	(sacrificial, giving)	<input type="checkbox"/>	(stingy, selfish, greedy, exploitative)				
Compliance:	snpers221/2	(docile, cooperative)	<input type="checkbox"/>	(oppositional, combative, aggressive)				
Modesty:	snpers231/2	(meek, self-effacing, humble)	<input type="checkbox"/>	(confident, boastful, arrogant)				
Tender-Mindedness:	snpers241/2	(soft, empathetic)	<input type="checkbox"/>	(tough, callous, ruthless)				
Competence:	snpers251/2	(perfectionist, efficient)	<input type="checkbox"/>	(lax, negligent)				

		High	1	2	3	4	5	Low
Order:	snpers261/2	(ordered, methodical, organized)	<input type="checkbox"/>	(haphazard, disorganized, sloppy)				
Dutifulness:	snpers271/2	(rigid, reliable, dependable)	<input type="checkbox"/>	(casual, undependable, unethical)				
Achievement:	snpers281/2	(workaholic, ambitious)	<input type="checkbox"/>	(aimless, desultory)				
Self-Discipline:	snpers291/2	(dogged, devoted)	<input type="checkbox"/>	(hedonistic, negligent)				
Deliberation:	snpers301/2	(cautious, ruminative, reflective)	<input type="checkbox"/>	(hasty, careless, rash)				