

## Demographics

What is your age: \_\_\_\_\_ years

What is your gender?

- Female
- Male
- Non-binary
- Do not want to disclose

What is the highest degree or level of school you have completed?

*If currently enrolled, highest degree received.*

- Less than a high school diploma
- High school graduate or equivalent
- Trade/technical/vocational training
- Bachelor's degree
- Master's degree
- Doctorate degree
- Other, please indicate \_\_\_\_\_

What is your marital status?

- Single, never married
- Partner (not married)
- Married
- Separated/divorced
- Widow(er)

Do you have a job?

- Yes, fulltime
- Yes, parttime
- No

What is your country of origin? \_\_\_\_\_

Are you a student?

- Yes
- No
- If you are a student: Which study program do you follow?

## QUESTIONNAIRES

Emotion Crafting: **Emotion crafting scale** (ECS; van der Kaap-Deeder et al., 2021)

Measured construct: emotion crafting

Instructions:

Below are some statements about how you perceive positive feelings. Read the statements below and indicate a number between 1 ("strongly disagree") and 5 ("strongly agree") that best describes how much you in general agree with each of these statements.

1. I deliberately think about things that make me feel good. (EC\_ACT1)
2. I consciously choose to spend time with people who I feel good around. (EC\_ACT2)
3. I know well which activities make me feel good. (EC\_AW1)
4. I consciously think about people who I feel good around. (EC\_ACT3)
5. I deliberately do as many activities as possible which make me feel good. (EC\_ACT4)
6. I know well who I feel good around. (EC\_AW2)
7. When I feel good, I try to prolong the feeling for as long as possible. (EC\_ACT5)
8. I seek out situations which make me feel good. (EC\_ACT6)
9. I am aware of which people I feel good around. (EC\_AW3)
10. I deliberately make time to think about memories which make me feel good.  
(EC\_ACT7)
11. I seek out people who I feel good around. (EC\_ACT8)
12. I am aware of which activities make me feel good. (EC\_AW4)

**Perception of Parents Scale (POPS; Robbins, 1994)** → Warmth, autonomy support  
(involvement is not assessed)

Measured construct: perceived parental warmth & autonomy support

Instructions:

Please answer the following questions about your mother and your father. If you do not have any contact with one of your parents (for example, your father), but there is another adult of the same gender living with your house (for example, a stepfather) then please answer the questions about that other adult.

If you have no contact with one of your parents, and there is not another adult of that same gender with whom you live, then leave the questions about that parent blank.

(Please indicate your answer on the following scale 1(not at all true) 7 (very true)

**First, questions about your mother**

1. My mother seems to know how I feel about things.
2. My mother tries to tell me how to run my life.
3. My mother accepts me and likes me as I am.
4. My mother, whenever possible, allows me to choose what to do.
5. My mother clearly conveys her love for me.
6. My mother listens to my opinion or perspective when I've got a problem.
7. My mother makes me feel very special.
8. My mother allows me to decide things for myself.
9. My mother is often disapproving and unaccepting of me.
10. My mother insists upon my doing things her way.
11. My mother is typically happy to see me.
12. My mother is usually willing to consider things from my point of view.
13. My mother helps me to choose my own direction.
14. My mother seems to be disappointed in me a lot.
15. My mother isn't very sensitive to many of my needs.

**Now questions about your father.**

1. My father seems to know how I feel about things.
2. My father tries to tell me how to run my life.
3. My father accepts me and likes me as I am.
4. My father, whenever possible, allows me to choose what to do.
5. My father clearly conveys his love for me.
6. My father listens to my opinion or perspective when I've got a problem.
7. My father makes me feel very special.
8. My father allows me to decide things for myself.
9. My father is often disapproving and unaccepting of me.

10. My father insists upon my doing things his way.
11. My father is typically happy to see me.
12. My father is usually willing to consider things from my point of view.
13. My father helps me to choose my own direction.
14. My father seems to be disappointed in me a lot.
15. My father isn't very sensitive to many of my needs.

**Brief Resilience Scale (BRS; Smith et al., 2003; Chmitorz et al., 2013)**

Measured construct: psychological resilience

Instructions

Please indicate the extent to which you agree with each of the following statements by using the following scale: 1 = strongly disagree, 2 = disagree, 3 = neutral, 4 = agree, 5 = strongly agree.

1. I tend to bounce back quickly after hard times.
2. I have a hard time making it through stressful events. (R)
3. It does not take me long to recover from a stressful event.
4. It is hard for me to snap back when something bad happens. (R)
5. I usually come through difficult times with little trouble.
6. I tend to take a long time to get over setbacks in my life. (R)

**Flourishing Scale** (FS; Diener et al., 2009)

Measured construct: Well-Being

Instructions: Below are 8 statements with which you may agree or disagree. Using the 1–7 scale below, indicate your agreement with each item by indicating that response for each statement.

7 - Strongly agree, 6 - Agree, 5 - Slightly agree, 4 - Neither agree nor disagree, 3 - Slightly disagree, 2 - Disagree, 1 - Strongly disagree.

1. I lead a purposeful and meaningful life.
2. My social relationships are supportive and rewarding.
3. I am engaged and interested in my daily activities.
4. I actively contribute to the happiness and well-being of others.
5. I am competent and capable in the activities that are important to me.
6. I am a good person and live a good life.
7. I am optimistic about my future.
8. People respect me.

**International Physical Activity Questionnaire- short form (IPAQ; Brown et al. 2004; Hallal et al. 2004)**

Measured construct: Physical Activity Level

Instructions: We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives. The questions will ask you about the time you spent being physically active in the last 7 days. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

Are you restricted in your daily physical movement due to a physical disability, chronic or acute diseases or any injuries? no, yes

Think about all the vigorous activities that you did in the last 7 days. Vigorous physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time.

Please answer the following questions with: 0= none 1= 1 day, 2= 2 days, 3= 3 days, 4=days, 5= 5 days, 6 = 6 days, 7= days.

1. During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast bicycling?
2. How much time did you usually spend doing vigorous physical activities on one of those days?

Think about all the moderate activities that you did in the last 7 days. Moderate activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time.

3. During the last 7 days, on how many days did you do moderate physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? Do not include walking.
4. How much time did you usually spend doing moderate physical activities on one of those days?

Think about the time you spent walking in the last 7 days. This includes at work and at home, walking to travel from place to place, and any other walking that you have done solely for recreation, sport, exercise, or leisure.

5. During the last 7 days, on how many days did you walk for at least 10 minutes at a time?
6. How much time did you usually spend walking on one of those days?

The last question is about the time you spent sitting on weekdays during the last 7 days. Include time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

7. During the last 7 days, how much time did you spend sitting on a week day?

### **Friendship Qualities Scale (Bukowski et al., 1994)**

Measured Construct: Friendship Quality

Instruction: With this questionnaire, we are going to ask you to circle the choice which describes you best. These questions are about you and your friend. Please answer all of these questions about the person that you wrote in as your “*very best*” friend on the first questionnaire.

Not at all true	A little true	Somewhat true	Pretty true	Really true
1	2	3	4	5

I am completing this questionnaire about \_\_\_\_\_. (Please fill in your friend’s first name)

1. My friend and I spend all our free time together.
2. I can get into fights with my friend.
3. If I needed a little money, my friend would loan it to me.
4. If I have a problem, I can talk to my friend about it.
5. If my friend had to move away, I would miss him/her.
6. My friend thinks of fun things for us to do together.
7. My friend can bug me or annoy me even though I ask him/her not to.
8. My friend helps me when I am having trouble with something.
9. If there is something bothering me, I can tell my friend about it even if it is something I cannot tell to other people.
10. I feel happy when I am with my friend.
11. My friend and I often do things together in the afternoon and on weekends.
12. My friend and I can argue a lot.
13. My friend would help me if I needed it.
14. If I said I was sorry after I had a fight with my friend, he/she would still stay mad at me.
15. I think about my friend even when my friend is not around.
16. Sometimes my friend and I just sit around and talk about things like uni, sports, and things we like.
17. My friend and I disagree about many things.
18. If someone was bothering me, my friend would help me.
19. If my friend or I do something that bothers the other one of us, we can make up easily.
20. When I do a good job at something, my friend is happy for me.

21. My friend would stick up for me if someone was causing me trouble.
22. If my friend and I have a fight or argument, we can say "I'm sorry" and everything will be alright.
23. Sometimes my friend does things for me, or makes me feel special.

### **Revised Adult Attachment Scale (Collins, 1996)**

Measured Construct: Adult attachment style

Instructions: The following questions concern how you *generally* feel in *important close relationships in your life*. Think about your past and present relationships with people who have been especially important to you, such as family members, romantic partners, and close friends. Respond to each statement in terms of how you *generally* feel in these relationships. Please use the scale below by placing a number between 1 and 5 in the space provided to the right of each statement.

1-----	2-----	3-----	4-----5
Not at all			Very
characteristic of me			characteristic of me

1. I find it relatively easy to get close to people.
2. I find it difficult to allow myself to depend on others.
3. I often worry that other people don't really love me.
4. I find that others are reluctant to get as close as I would like.
5. I am comfortable depending on others.
6. I don't worry about people getting too close to me.
7. I find that people are never there when you need them.
8. I am somewhat uncomfortable being close to others.
9. I often worry that other people won't want to stay with me.
10. When I show my feelings for others, I'm afraid they will not feel the same about me.
11. I often wonder whether other people really care about me.
12. I am comfortable developing close relationships with others.
13. I am uncomfortable when anyone gets too emotionally close to me.
14. I know that people will be there when I need them.
15. I want to get close to people, but I worry about being hurt.
16. I find it difficult to trust others completely.
17. People often want me to be emotionally closer than I feel comfortable being.
18. I am not sure that I can always depend on people to be there when I need them.



### **Savoring Beliefs Inventory (SBI) (Bryant, 2003)**

Instructions: For each statement listed below, please circle the one number that best indicates how true the particular statement is for you. There are no right or wrong answers. Please be as honest as you can.

(All 24 items can be answered by using the 1 (Strongly disagree) – 7 (Strongly agree) likert scale for each statement.)

1. Before a good thing happens, I look forward to it in ways that give me pleasure in the present.
2. It's hard for me to hang onto a good feeling for very long.
3. I enjoy looking back on happy times from my past.
4. I don't like to look forward to good times too much before they happen.
5. I know how to make the most of a good time.
6. I don't like to look back at good times too much after they've taken place.
7. I feel a joy of anticipation when I think about upcoming good things.
8. When it comes to enjoying myself, I'm my own "worst enemy."
9. I can make myself feel good by remembering pleasant events from my past.
10. For me, anticipating what upcoming good events will be like is basically a waste of time.
11. When something good happens, I can make my enjoyment of it last longer by thinking or doing certain things.
12. When I reminisce about pleasant memories, I often start to feel sad or disappointed.
13. I can enjoy pleasant events in my mind before they actually occur.
14. I can't seem to capture the joy of happy moments.
15. I like to store memories of fun times that I go through so that I can recall them later.
16. It's hard for me to get very excited about fun times before they actually take place.
17. I feel fully able to appreciate good things that happen to me.
18. I find that thinking about good times from the past is basically a waste of time.
19. I can make myself feel good by imagining what a happy time that is about to happen will be like.
20. I don't enjoy things as much as I should.
21. It's easy for me to rekindle the joy from pleasant memories.
22. When I think about a pleasant event before it happens, I often start to feel uneasy or uncomfortable.
23. It's easy for me to enjoy myself when I want to.

24. For me, once a fun time is over and gone, it's best not to think about it.

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