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Scales
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MIDUS Project 2:

National Study of Daily Experiences

Wave 2: Scales Documentation

For file: M2_P2_Daily Data_7-14-09.sav

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# National Study of Daily Experiences

**Wave 2: Scales Documentation**

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INTRODUCTION

This document is intended as a basic reference for scales in the second wave of NSDE dataset. The document provides comprehensive information regarding scale construction and usage of the scales.

For each scale, items used to construct the scale, coding, and methods of scale construction are described. Information regarding psychometric properties, source articles, published studies that use the scales and other important notes are included.

For each scale included in this document, the variable name used for that scale is presented in brackets with uppercase letters. Cronbach’s alpha reliability coefficient is reported for most scales. Alpha reliability coefficients are based on the NSDE random digit dailed respondents (RDD) (N=1,141).

“Sources” refer to articles, or other published studies that originally discussed the scale. The document will be revised and updated as more information is gathered, and researchers continue to work with the NSDE II data. If there are suggestions or comments regarding the NSDE 2 scales, please contact David M. Almeida (dalmeida@psu.edu). Moreover, if additional scales are constructed using these data, please contact us so the work can be shared.
NUMBER OF STRESSORS

[B2DN_STR]: Number of Stressors

**Items:** 7 items - (B2DF1, B2DF2, B2DF3, B2DF4, B2DF5, B2DF6, B2DF7)

a. **B2DF1:** “Did you have an argument or disagreement with anyone since (this time/we spoke) yesterday?”
b. **B2DF2:** “Since (this time/we spoke) yesterday, did anything happen that you could have argued about but you decided to let pass in order to avoid a disagreement?”
c. **B2DF3:** “Since (this time/we spoke) yesterday, did anything happen at work or school (other than what you already mentioned) that most people would consider stressful?”
d. **B2DF4:** “Since (this time/we spoke) yesterday, did anything happen at home (other than what you already mentioned) that most people would consider stressful?”
e. **B2DF5:** “Many people experience discrimination on the basis of such things as race, sex, or age. Did anything like this happen to you since (this time/we spoke) yesterday?”
f. **B2DF6:** “Since (this time/we spoke) yesterday, did anything happen to a close friend or relative (other than what you’ve already mentioned) that turned out to be stressful for you?”
g. **B2DF7:** “Did anything else happen to you since (this time/we spoke) yesterday that people would consider stressful?”

**Item(s) Coding:** 1 Yes; 2 No; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable.

**B2DN_STR Coding:** 8 Refused/Missing.

**Scaling:** B2DN_STR was constructed by summing the items. First, items were recoded so that response value “0” represents NO stressors instead of the original response value of “2”. Items were coded so that higher scores reflect higher number of stressors.

**SPSS Syntax:**

Execute.


**Source(s):**

NUMBER OF STRESSORS (continues)

Studies using the scales:


ANY STRESSOR

[B2DA_STR]: Any Stressor

**Items:** 7 items - (B2DF1, B2DF2, B2DF3, B2DF4, B2DF5, B2DF6, B2DF7)

a. **B2DF1:** “Did you have an argument or disagreement with anyone since (this time/we spoke) yesterday?”
b. **B2DF2:** “Since (this time/we spoke) yesterday, did anything happen that you could have argued about but you decided to let pass in order to avoid a disagreement?”
c. **B2DF3:** “Since (this time/we spoke) yesterday, did anything happen at work or school (other than what you already mentioned) that most people would consider stressful?”
d. **B2DF4:** “Since (this time/we spoke) yesterday, did anything happen at home (other than what you already mentioned) that most people would consider stressful?”
e. **B2DF5:** “Many people experience discrimination on the basis of such things as race, sex, or age. Did anything like this happen to you since (this time/we spoke) yesterday?”
f. **B2DF6:** “Since (this time/we spoke) yesterday, did anything happen to a close friend or relative (other than what you’ve already mentioned) that turned out to be stressful for you?”
g. **B2DF7:** “Did anything else happen to you since (this time/we spoke) yesterday that people would consider stressful?”

**Item(s) Coding:** 1 Yes; 2 No; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable.

**B2DA_STR Coding:** 1 At Least One Stressor; 2 No Stressors; 8 Refused/Missing.

**Scaling:** B2DA_STR was calculated from the variable B2DN_STR (Number of Stressors, see page 4).

**SPSS Syntax:**

Recode B2DN_STR (0=2) (1 thru 7=1) (else=copy) into B2DA_STR.
Execute.

**Source(s):**

ANY STRESSOR (continues)

Studies using the scales:


STRESSOR SEVERITY

[B2DSSEVS]: Stressor Severity Sum

[B2DSSEVA]: Stressor Severity Average


*(How STRESSFUL was this for you -- very, somewhat, not very, or not at all?)*

The 7 items are stem questions to the following...

- **a. B2DF1C:** “Did you have an argument or disagreement with anyone since (this time/we spoke) yesterday?” (B2DF1)
- **b. B2DF2C:** “Since (this time/we spoke) yesterday, did anything happen that you could have argued about but you decided to let pass in order to avoid a disagreement?” (B2DF2)
- **c. B2DF3B:** “Since (this time/we spoke) yesterday, did anything happen at work or school (other than what you already mentioned) that most people would consider stressful?” (B2DF3)
- **d. B2DF4B:** “Since (this time/we spoke) yesterday, did anything happen at home (other than what you already mentioned) that most people would consider stressful?” (B2DF4)
- **e. B2DF5C:** “Many people experience discrimination on the basis of such things as race, sex, or age. Did anything like this happen to you since (this time/we spoke) yesterday?” (B2DF5)
- **f. B2DF6C:** “Since (this time/we spoke) yesterday, did anything happen to a close friend or relative (other than what you’ve already mentioned) that turned out to be stressful for you?” (B2DF6)
- **g. B2DF7B:** “Did anything else happen to you since (this time/we spoke) yesterday that people would consider stressful?” (B2DF7)

**Item(s) Coding:** 0 Not At All; 1 Not Very; 2 Somewhat; 3 Very; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable.

**B2DSSEVS Coding:** 98 Refused/Missing.

**B2DSSEVA Coding:** 0 Not At All; 1 Not Very; 2 Somewhat; Very; 8 Refused/Missing.

**Scaling:** B2DSSEVS was calculated by summing the items. B2DSSEVA was constructed by averaging the items. Items were coded so that higher scores reflect higher levels stressor severity.
STRESSOR SEVERITY (continues)

SPSS Syntax:

Compute
B2DF7B).
Execute.

Compute
B2DF7B).
Execute.

Source(s):

events: An interview-based approach for measuring daily stressors. Assessment, 9,
41-55.

Studies using the scales:

adulthood? In O.G. Brim, C. D. Ryff & R. C. Kessler (Eds.), How healthy are
we? A national study of well-being at midlife (pp 425-451). Chicago: The
University of Chicago Press.

account for socioeconomic health disparities? Journals of Gerontology: 
Psychological Sciences and Social Sciences, 60, 34-39.

stressors: More evidence for greater variation in later life. Psychology and Aging,
22, 331-340.

on daily negative affect. Journal of Personality, 72, 355-378.

Taylor, J. L. (2009). Psychological and biological markers of daily lives of
midlife parents of children with disabilities. Journal of Health and Social
STRESSOR NEGATIVE AFFECT

[B2DSNEGS]: Stressor Negative Affect Sum

[B2DSNEGA]: Stressor Negative Affect Average


How ANGRY Were You Feeling?
A. B2DF1WC1, B2DF2WC1, B2DF3WB1, B2DF4WB1, B2DF5WC1, B2DF6WC1, B2DF7WB1

How NERVOUS or ANXIOUS Were You Feeling?

How SAD Were You Feeling?

How SHAMEFUL Were You Feeling?

**Scaling:** B2DSNegS was constructed by calculating the sum across each set of items. B2DSNegA was calculated by averaging the items. Items were coded so that higher scores reflect higher stressor negative affect.

**Item(s) Coding:** 0 Not At All; 1 Not Very; 2 Somewhat; 3 Very; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable.

**B2DSNEGS Coding:** 98 Refused/Missing.

**B2DSNEGA Coding:** 0 Not At All; 1 Not Very; 2 Somewhat; 3 Very; 8 Refused/Missing.

**SPSS Syntax:**
Execute.

**Source(s):**


**Studies using the scales:**

*New to NSDE 2.*

STRESSOR APPRAISAL

[B2DSAprA thru B2DSAprG]: Stressor Appraisal Average


**B2DSAPRA** -- Risk Disrupting Your Daily Routine

**B2DSAPRB** -- Risk Your Financial Situation

**B2DSAPRC** -- Risk Feel About Yourself

**B2DSAPRD** -- Risk Other People Feel About You

**B2DSAPRE** -- Risk Your Physical Health Or Safety

**B2DSAPRF** -- Risk Health Of Someone You Care

**B2DSAPRG** -- Risk Your Plans For The Future

**Scaling:** B2DSAPRA thru B2DSAPRG were constructed by calculating the average of the items. Items were coded so that higher scores reflect higher stressor appraisal.

**Item(s) Coding:** 0 None At All; 1 A Little; 2 Some; 3 A Lot; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable.

**B2DSAPRA thru B2DSAPRG Coding:** 0 None At All; 1 A Little; 2 Some; 3 A Lot; 8 Refused/Missing
STRESSOR APPRAISAL (continues)

SPSS Syntax:

**B2DSAPRA** -- Risk Disrupting Your Daily Routine.  
Execute.

**B2DSAPRB** -- Risk Your Financial Situation  
Execute.

**B2DSAPRC** -- Risk Feel About Yourself  
Execute.

**B2DSAPRD** -- Risk Other People Feel About You  
Execute.

**B2DSAPRE** -- Risk Your Physical Health Or Safety  
Execute.

**B2DSAPRF** -- Risk Health Of Someone You Care  
Execute.

**B2DSAPRG** -- Risk Your Plans For The Future  
Execute.

Source(s):

STRESSOR APPRAISAL (continues)

Studies using the scales:


STRESSOR CONTROL

[B2DSCOTS]: Stressor Control Sum

[B2DSCOTA]: Stressor Control Average

Items: 7 items - (B2DF1WC5, B2DF2WC5, B2DF3WB5, B2DF4WB5, B2DF5WC5, B2DF6WC5, B2DF7WB5)

(How much CONTROL did you have over the situation -- a lot, some, a little, or none at all?)

The 7 items are stem questions to the following…

a. B2DF1WC5: “Did you have an argument or disagreement with anyone since (this time/we spoke) yesterday?” (B2DF1)

h. B2DF2WC5: “Since (this time/we spoke) yesterday, did anything happen that you could have argued about but you decided to let pass in order to avoid a disagreement?” (B2DF2)

i. B2DF3WB5: “Since (this time/we spoke) yesterday, did anything happen at work or school (other than what you already mentioned) that most people would consider stressful?” (B2DF3)

j. B2DF4WB5: “Since (this time/we spoke) yesterday, did anything happen at home (other than what you already mentioned) that most people would consider stressful?” (B2DF4)

k. B2DF5WC5: “Many people experience discrimination on the basis of such things as race, sex, or age. Did anything like this happen to you since (this time/we spoke) yesterday?” (B2DF5)

l. B2DF6WC5: “Since (this time/we spoke) yesterday, did anything happen to a close friend or relative (other than what you’ve already mentioned) that turned out to be stressful for you?” (B2DF6)

m. B2DF7WB5: “Did anything else happen to you since (this time/we spoke) yesterday that people would consider stressful?” (B2DF7)

Scaling: B2DSCotS was constructed by calculating the sum across each set of items. B2DSCotA was calculated by averaging the items. Items were coded so that higher scores reflect higher stressor control.

Item(s) Coding: 0 None At All; 1 A Little; 2 Some; 3 A Lot; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable

B2DSCOTS: 98 Refused/Missing.

B2DSCOTA: 0 None At All; 1 A Little; 2 Some; 3 A Lot; 8 Refused/Missing.
STRESSOR CONTROL (continues)

SPSS Syntax:

Compute
Execute.

Compute
Execute.

Source(s):


Studies using the scales:

*New to NSDE 2.

NUMBER OF PHYSICAL SYMPTOMS

[B2DN_SYM]: Number of Physical Symptoms


- **B2DB1A**: “Headache”  
- **B2DB1B**: “Backache”  
- **B2DB1C**: “Muscle Soreness”  
- **B2DB1D**: “Fatigue”  
- **B2DB1E**: “Joint Pain”  
- **B2DB1F**: “Muscle Weakness”  
- **B2DB1G**: “Cough”  
- **B2DB1H**: “Sore Throat”  
- **B2DB1I**: “Fever”  
- **B2DB1J**: “Chills”  
- **B2DB1K**: “Other Cold Or Flu Symptoms”  
- **B2DB1L**: “Nausea”  
- **B2DB1LA**: “Allergies”  
- **B2DB1M**: “Diarrhea”  
- **B2DB1N**: “Constipation”  
- **B2DB1O**: “Poor Appetite”  
- **B2DB1P**: “Other Stomach Problems”  
- **B2DB1Q**: “Chest Pain”  
- **B2DB1R**: “Dizziness”  
- **B2DB1S**: “Shortness of Breath”  
- **B2DB1T**: “Menstrual Related Symptoms”  
- **B2DB1U**: “Hot Flashes or Flushes”  
- **B2DB1V**: “Any Other Physical Symptoms”  
- **B2DB1W**: “Skin Related Symptoms”  
- **B2DB1X**: “Eye Related Symptoms”  
- **B2DB1Y**: “Ear Related Symptoms”  
- **B2DB1Z**: “Teeth Related Symptom”  
- **B2DB1LEG**: “Leg or Foot Related Symptom”  

**Item(s) Coding**: 1 Yes; 2 No; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable.

**B2DN_SYM Coding**: 98 Refused/Missing.

**Scaling**: B2DN_SYM was constructed by calculating the sum of the items. First, items were recoded so that response value “0” represents NO symptoms instead of the response value of “2”. Items were coded so that higher scores reflect higher number of symptoms.
NUMBER OF PHYSICAL SYMPTOMS (continues)

**SPSS Syntax:**

Execute.

Execute.

**Source(s):**


**Studies using the scales:**


ANY PHYSICAL SYMPTOM

[B2DA_SYM]: Any Physical Symptom


- **B2DB1A:** “Headache”
- **B2DB1B:** “Backache”
- **B2DB1C:** “Muscle Soreness”
- **B2DB1D:** “Fatigue”
- **B2DB1E:** “Joint Pain”
- **B2DB1F:** “Muscle Weakness”
- **B2DB1G:** “Cough”
- **B2DB1H:** “Sore Throat”
- **B2DB1I:** “Fever”
- **B2DB1J:** “Chills”
- **B2DB1K:** “Other Cold Or Flu Symptoms”
- **B2DB1L:** “Nausea”
- **B2DB1LA:** “Allergies”
- **B2DB1M:** “Diarrhea”
- **B2DB1N:** “Constipation”
- **B2DB1O:** “Poor Appetite”
- **B2DB1P:** “Other Stomach Problems”
- **B2DB1Q:** “Chest Pain”
- **B2DB1R:** “Dizziness”
- **B2DB1S:** “Shortness of Breath”
- **B2DB1T:** “Menstrual Related Symptoms”
- **B2DB1U:** “Hot Flashes or Flushes”
- **B2DB1V:** “Any Other Physical Symptoms”
- **B2DB1W:** “Skin Related Symptoms”
- **B2DB1X:** “Eye Related Symptoms”
- **B2DB1Y:** “Ear Related Symptoms”
- **B2DB1Z:** “Teeth Related Symptoms”
- **B2DB1LEG:** “Leg or Foot Related Symptom”

**Item(s) Coding:** 1 Yes; 2 No; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable.

**B2DA_SYM Coding:** 1 At Least One Physical Symptom; 2 None; 8 Refused/Missing.

**Scaling:** B2DA_SYM was calculated from the variable B2DN_SYM (Number of Symptoms, see page 17).
ANY PHYSICAL SYMPTOM (continues)

SPSS Syntax:

Rcode B2DN_SYM (0=2) (1 thru 28=1) (else=copy) into B2DA_SYM.
Execute.

Source(s):


Studies using the scales:


PHYSICAL SYMPTOM SEVERITY

B2DSYMAV: Physical Symptom Severity Average


For every symptom experienced, respondents are asked to rate the severity of the symptom B2DB1A2 thru B2DB1LE2.

B2DB1A2: “Headache Severity”
B2DB1B2: “Backache Severity”
B2DB1C2: “Muscle Soreness Severity”
B2DB1D2: “Fatigue Severity”
B2DB1E2: “Joint Pain Severity”
B2DB1F2: “Muscle Weakness Severity”
B2DB1G2: “Cough Severity”
B2DB1H2: “Sore Throat Severity”
B2DB1I2: “Fever Severity”
B2DB1J2: “Chills Severity”
B2DB1K2: “Other Cold Or Flu Symptoms Severity”
B2DB1L2: “Nausea Severity”
B2DB1LA2: “Allergies Severity”
B2DB1M2: “Diarrhea Severity”
B2DB1N2: “Constipation Severity”
B2DB1O2: “Poor Appetite Severity”
B2DB1P2: “Other Stomach Problems Severity”
B2DB1Q2: “Chest Pain Severity”
B2DB1R2: “Dizziness Severity”
B2DB1S2: “Shortness of Breath Severity”
B2DB1T2: “Menstrual Related Symptoms Severity”
B2DB1U2: “Hot Flashes or Flushes Severity”
B2DB1V2: “Any Other Physical Symptoms Severity”
B2DB1W2: “Skin Related Symptoms Severity”
B2DB1X2: “Eye Related Symptoms Severity”
B2DB1Y2: “Ear Related Symptoms Severity”
B2DB1Z2: “Teeth Related Symptom Severity”
B2DB1LE2: “Leg or Foot Related Symptom Severity”

Item(s) Coding: 1 thru 10; 1 Very Mild; 10 Very Severe; 97 Do Not Know; 98 Refused/Missing; 99 Inapplicable.

Scaling: B2DSYMAV was calculated by averaging the items. Items were coded so that higher scores reflect higher severity of symptoms.

SPSS Syntax:

Execute.

Source(s):


Studies using the scales:


**NUMBER OF POSITIVE EVENTS**

**B2DN_POS**: Number of Positive Events

**Items**: 5 items - (B2DF8, B2DF9, B2DF10, B2DF11, B2DF12)

a. B2DF8: “Did you have an interaction with someone that most people would consider particularly positive (for example, sharing a good laugh with someone, or having a good conversation) since (this time/we spoke) yesterday?”

b. B2DF9: “Since (this time/we spoke) yesterday, did you have an experience at (work/volunteer position) that most people would consider particularly positive?”

c. B2DF10: “Since (this time/we spoke) yesterday, did you have an experience at home that most people would consider particularly positive?”

d. B2DF11: “Since (this time/we spoke) yesterday, did anything happen to a close friend or relative (other than what you've already mentioned) that turned out to be particularly positive for you?”

e. B2DF12: “Did anything else happen to you since (this time/we spoke) yesterday that most people would consider particularly positive?”

**Item(s) Coding**: 1 Yes; 2 No; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable.

**B2DN_POS Coding**: 8 Refused/Missing.

**Scaling**: B2DN_POS was constructed by calculating the sum of the items. First, items were recoded so that response value “0” represents NO positive events instead of the response value of “2”. Items were coded so that higher scores reflect higher number of positive events.

**SPSS Syntax**:

Execute.

Execute.

**Source(s)**:


**Studies using the scales**:

*New to NSDE 2.*
ANY POSITIVE EVENT

**B2DA_POS: Any Positive Event**

**Items:** 5 items - (B2DF8, B2DF9, B2DF10, B2DF11, B2DF12)

- **B2DF8:** “Did you have an interaction with someone that most people would consider particularly positive (for example, sharing a good laugh with someone, or having a good conversation) since (this time/we spoke) yesterday?”
- **B2DF9:** “Since (this time/we spoke) yesterday, did you have an experience at (work/volunteer position) that most people would consider particularly positive?”
- **B2DF10:** “Since (this time/we spoke) yesterday, did you have an experience at home that most people would consider particularly positive?”
- **B2DF11:** “Since (this time/we spoke) yesterday, did anything happen to a close friend or relative (other than what you've already mentioned) that turned out to be particularly positive for you?”
- **B2DF12:** “Did anything else happen to you since (this time/we spoke) yesterday that most people would consider particularly positive?”

**Item(s) Coding:** 1 Yes; 2 No; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable.

**B2DA_POS Coding:** 1 At Least One Positive Event; 2 No Positive Events; 8 Refused/Missing.

**Scaling:** B2DA_POS was calculated from the variable B2DN_POS (Number of Positive Events, see page 23).

**SPSS Syntax:**

Recode B2DN_POS (0=2) (1 thru 5=1) (else=8) into B2DA_POS.

Execute.

**Source(s):**

ANY POSITIVE EVENT (continues)

Studies using the scales:

*New to NSDE 2.

POSITIVE AFFECT

**B2DPOSAV**: Positive Affect Average


(How much of the time today did you feel……..)
- B2DC7*: “in good spirits?”
- B2DC8*: “cheerful?”
- B2DC9*: “extremely happy?”
- B2DC10*: “calm and peaceful?”
- B2DC11*: “satisfied?”
- B2DC12*: “full of life?”
- B2DC21: “close to others?”
- B2DC22: “like you belong?”
- B2DC23: “enthusiastic?”
- B2DC24: “attentive?”
- B2DC25: “proud?”
- B2DC26: “active?”
- B2DC27: “confident?”

*Asterisks denote original MIDUS Positive Affect items.

**Item(s) Coding**: 0 None of The Time; 1 A Little of The Time; 2 Some of The Time; 3 Most of The Time; 4 All of The Time; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable.

**B2DPOSAV Coding**: 0 None of The Time; 1 A Little of The Time; 2 Some of The Time; 3 Most of The Time; 4 All of The Time; 8 Refused/Missing.

**Scaling**: B2DPOSAV was constructed by averaging the items. Items were coded so that higher scores reflect higher positive affect.

**SPSS Syntax**:


Execute.

**Psychometrics**: (based on the NSDE RDD sample of 1,141 participants)

Positive Affect:
13 - item alpha = .96
POSITIVE AFFECT (continues)

Source(s):


Studies using the scales:

NEGATIVE AFFECT

B2DNEGAV: Negative Affect Average


(How much of the time today did you feel........)

B2DC1*: “restless or fidgety?”
B2DC2*: “nervous?”
B2DC3*: “worthless?”
B2DC4*: “so sad nothing cheer you up?”
B2DC5*: “everything was an effort?”
B2DC6*: “hopeless?”
B2DC13: “lonely?”
B2DC14: “afraid?”
B2DC15: “jittery?”
B2DC16: “irritable?”
B2DC17: “ashamed?”
B2DC18: “upset?”
B2DC19: “angry?”
B2DC20: “frustrated?”

*Asterisks denote original MIDUS items.

Item(s) Coding: 0 None of The Time; 1 A Little of The Time; 2 Some of The Time; 3 Most of The Time; 4 All of The Time; 7 Do Not Know; 8 Refused/Missing; 9 Inapplicable.

B2DNEGAV Coding: 0 None of The Time; 1 A Little of The Time; 2 Some of The Time; 3 Most of The Time; 4 All of The Time; 8 Refused/Missing.

Scaling: B2DNegAv was calculated by averaging the items. Items were coded so that higher scores reflect higher negative affect.

Psychometrics: (based on the NSDE RDD sample of 1,141 participants)

Negative Affect:
14-item alpha = .89

SPSS Syntax:

Execute.
NEGATIVE AFFECT (continues)

Source(s):


Studies using the scales:


