Copy of the questionnaire used in survey.sav

On the pages that follow, I have included a portion of the actual questionnaire used to collect the data included in the survey.sav file. The first page includes the demographic questions, followed by the Life Orientation Test (6 items) and the Positive and Negative Affect Scale (20 items).

Sample questionnaire:

1. Sex:  □ male  (please tick whichever applies)
□ female

2. Age:  __________ (in years)

3. What is your marital status? (please tick whichever applies)
□ 1. single
□ 2. in a steady relationship
□ 3. living with partner
□ 4. married for first time
□ 5. remarried
□ 6. separated
□ 7. divorced
□ 8. widowed

4. Do you have any children currently living at home with you? (please tick)
□ yes
□ no

5. What is the highest level of education that you have completed? (please tick the highest level you have completed)
□ 1. primary school
□ 2. some secondary school
□ 3. completed high school
□ 4. some additional training (apprenticeship, TAFE courses etc.)
□ 5. undergraduate university
□ 6. postgraduate university

6. What are the major sources of stress in your life?
______________________________________________________________

7. Do you smoke? (please tick)
□ yes
□ no

   If yes, how many cigarettes do you smoke per week? ____________
Please read through the following statements and decide how much you either agree or disagree with each. Using the scale provided write the number that best indicates how you feel on the line next to each statement.

**strongly disagree** 1 2 3 4 5 **strongly agree**

1. _____ In uncertain times I usually expect the best.
2. _____ If something can go wrong for me it will.
3. _____ I’m always optimistic about my future.
4. _____ I hardly ever expect things to go my way.
5. _____ Overall I expect more good things to happen to me than bad.
6. _____ I rarely count on good things happening to me.

**Source:** Scheier, Carver & Bridges, 1994.

This scale consists of a number of words that describe different feelings and emotions. For each item indicate to what extent you have felt this way during the past few weeks. Write a number from 1 to 5 on the line next to each item.

<table>
<thead>
<tr>
<th>very slightly or not at all</th>
<th>a little</th>
<th>moderately</th>
<th>quite a bit</th>
<th>extremely</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

1. _____ interested          8. _____ distressed       15. _____ excited
2. _____ upset               9. _____ strong            16. _____ guilty
3. _____ scared              10. _____ hostile          17. _____ enthusiastic
4. _____ proud               11. _____ irritable       18. _____ alert
5. _____ ashamed             12. _____ inspired         19. _____ nervous
6. _____ determined          13. _____ attentive        20. _____ jittery
7. _____ active              14. _____ afraid           

**Source:** Watson, Clark & Tellegen, 1988.
# Codebook for survey.sav

<table>
<thead>
<tr>
<th>Full variable name</th>
<th>SPSS variable name</th>
<th>Coding instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identification number</td>
<td>id</td>
<td>subject identification number</td>
</tr>
<tr>
<td>Sex</td>
<td>sex</td>
<td>1 = males; 2 = females</td>
</tr>
<tr>
<td>Age</td>
<td>age</td>
<td>in years</td>
</tr>
<tr>
<td>Marital</td>
<td>marital</td>
<td>1 = single; 2 = steady relationship; 3 = living with a partner; 4 = married for the first time; 5 = remarried; 6 = separated; 7 = divorced; 8 = widowed</td>
</tr>
<tr>
<td>Children</td>
<td>child</td>
<td>1 = yes; 2 = no</td>
</tr>
<tr>
<td>Highest level of education</td>
<td>educ</td>
<td>1 = primary; 2 = some secondary; 3 = completed high school; 4 = some additional training; 5 = completed undergraduate; 6 = completed postgraduate.</td>
</tr>
<tr>
<td>Major source of stress</td>
<td>source</td>
<td>1 = work; 2 = spouse or partner; 3 = relationships; 4 = children; 5 = family; 6 = health / illness; 7 = life in general</td>
</tr>
<tr>
<td>Do you smoke?</td>
<td>smoke</td>
<td>1 = yes; 2 = no</td>
</tr>
<tr>
<td>Cigarettes smoked per week</td>
<td>smokenum</td>
<td>Number of cigarettes smoked per week</td>
</tr>
<tr>
<td>Optimism Scale</td>
<td>op1 to op6</td>
<td>1=strongly disagree , 5=strongly agree</td>
</tr>
<tr>
<td>Mastery Scale</td>
<td>mast1 to mast7</td>
<td>1=strongly disagree , 4=strongly agree</td>
</tr>
<tr>
<td>PANAS Scale</td>
<td>pn1 to pn20</td>
<td>1=very slightly, 5=extremely</td>
</tr>
<tr>
<td>Life Satisfaction Scale</td>
<td>lifsat1 to lifsat5</td>
<td>1=strongly disagree , 7=strongly agree</td>
</tr>
<tr>
<td>Perceived Stress Scale</td>
<td>pss1 to pss10</td>
<td>1=never, 5=very often</td>
</tr>
<tr>
<td>Self esteem Scale</td>
<td>sest1 to sest10</td>
<td>1=strongly disagree , 4=strongly agree</td>
</tr>
<tr>
<td>Marlowe-Crowne Social Desirability Scale</td>
<td>m1 to m10</td>
<td>1=true, 2=false</td>
</tr>
<tr>
<td>Perceived Control of Internal States Scale (PCOISS)</td>
<td>pc1 to pc18</td>
<td>1=strongly disagree, 5=strongly agree</td>
</tr>
</tbody>
</table>
### Total scale scores included in survey.sav

<table>
<thead>
<tr>
<th>Full variable name</th>
<th>SPSS Variable name</th>
<th>Coding instructions</th>
</tr>
</thead>
</table>
| Total Optimism     | Toptim             | reverse items op2, op4, op6  
add all scores op1 to op6  
range 6 to 30 |
| Total Mastery      | Tmast              | reverse items mast1, mast3, mast4, mast6, mast7  
add all items mast1 to mast7  
range 7 to 28 |
| Total Positive affect | Tposaff           | add items pn1, pn4, pn6, pn7, pn9, pn12, pn13, pn15, pn17, pn18  
range 10 to 50 |
| Total Negative affect | Tnegaff            | add items pn2, pn3, pn5, pn8, pn10, pn11, pn14, pn16, pn19, pn20  
range 10 to 50 |
| Total Life Satisfaction | Tlifesat          | add all items lifsat1 to lifsat5  
range 5 to 35 |
| Total Perceived Stress | Tpstress           | reverse items pss4, pss5, pss7, pss8  
add all items pss1 to pss10  
range 10 to 50 |
| Total Self-esteem  | Tsifest            | reverse items sest3, sest5, sest7, sest9, sest10  
add all items sest1 to sest10  
range 10 to 40 |
| Total Social desirability | Tmarlow           | reverse items m6 to m10  
(recode true=1, false=0)  
add all items m1 to m10  
range 0 to 10 |
| Total Perceived Control of Internal States | Tpcoiss         | reverse items pc1, pc2, pc7, pc11, pc15, pc16  
add all items pc1 to pc18  
range 18 to 90 |
| New Education categories | educ2             | recoded the categories primary, some secondary  
into one group because of small numbers in each  
group.  
1=primary/some secondary, 2=completed secondary, 3=some additional training, 4=completed undergraduate university, 5=completed postgraduate university. |
| Age group 3 categories | Agegp3           | 1=18-29yrs, 2=30-44yrs, 3=45+yrs |
| Age group 5 categories | Agegp5           | 1=18-24yrs, 2=25-32yrs, 3=33-40yrs, 4=41-49, 5=50+yrs. |