Project MOBILE Ecological Momentary Assessment (EMA) Items

Question sequences will be prompted at a random time within each of the following time intervals (10am-12pm, 12-2pm, 2-4pm, 4-6pm, 6-8pm, 8-10pm) on Fri, Sat, Sun, and Mon. Also, there will be two versions of the protocol with different options for the first prompt: Early Version (first prompt between 6:30-6:45am) and Late Version (first prompt between 7:30-7:45am).

Item numbers 1-11, and 13-16 should occur in a randomly programmed 60% of prompting sequences. Item numbers 17-19 should occur in 40% of prompting sequences. Item number 12 should occur in 100% of prompting sequences. Item numbers 17-19 should occur in 40% of prompting sequences.

**Beginning Message: “Time for a Survey”**

1) How HAPPY were you feeling just before the beep went off?

   - Not at all
   - A little
   - Moderately
   - Quite a bit
   - Extremely

2) How STRESSED were you feeling just before the beep went off?

   - Not at all
   - A little
   - Moderately
   - Quite a bit
   - Extremely

3) How CHEERFUL were you feeling just before the beep went off?

   - Not at all
   - A little
   - Moderately
   - Quite a bit
   - Extremely

4) How FRUSTRATED or ANGRY were you feeling just before the beep went off?

   - Not at all
   - A little
   - Moderately
   - Quite a bit
   - Extremely
(5) How CALM or RELAXED were you feeling just before the beep went off?
   - Not at all
   - A little
   - Moderately
   - Quite a bit
   - Extremely

6) How TENSE or ANXIOUS were you feeling just before the beep went off?
   - Not at all
   - A little
   - Moderately
   - Quite a bit
   - Extremely

(7) How ENERGETIC or FULL OF PEP were you feeling just before the beep went off?
   - Not at all
   - A little
   - Moderately
   - Quite a bit
   - Extremely

8) How SAD or DEPRESSED were you feeling just before the beep went off?
   - Not at all
   - A little
   - Moderately
   - Quite a bit
   - Extremely

(9) How FATIGUED or TIRED were you feeling just before the beep went off?
   - Not at all
   - A little
   - Moderately
   - Quite a bit
   - Extremely

(10) How much PHYSICAL PAIN were you feeling just before the beep went off?
    - None at all
    - A little
    - Somewhat
    - Quite a bit
Worst ever felt

(11) How PHYSICALLY ILL were you feeling just before the beep went off?

Not at all
A little
Moderately
Quite a bit
Extremely

(12) What were you DOING right before the beep went off? (Choose your main activity)

Reading/Computer
Watching TV/Movies
Eating/Drinking
Physical Activity/Exercising
Other

If Physical Activity/Exercise ➔ What type of PHYSICAL ACTIVITY/EXERCISE?

Running/jogging
Walking
Weightlifting/Strength training
Using cardiovascular equipment
Bicycling
Other

If Other ➔ What was this OTHER activity?

Talking on the phone
Cooking/Chores
Riding in a car
Childcare/Helping children
Something else

If Something else ➔ Can you tell us what you were doing right before the beep went off? (please type in using the key pad)

If Something else ➔ Were you?

Sitting
Standing
Walking
Jogging/Running

(13) How ENJOYABLE is this activity?
Not at all
A little
Somewhat
Quite a bit
Extremely

(14) WHERE were you just before the beep went off?

Home (Indoors)
Home (Outdoors)
Work (Indoors)
Outdoors (not at home)
Car/Van/Truck
Other

If Home (Indoors) ➔ WHERE were you AT HOME just before the beep went off?

Bedroom
Living/family room
Kitchen
Garage
Other

If Home (Outdoors) ➔ WHERE were you outside your HOME just before the beep went off?

Pool
Deck/patio/balcony
Yard
Driveway
Someplace else

If Work (Indoors) ➔ How FAR are you from your home right now?

Less than ½ mile away
½ to 1 mile away
More than 1 mile away

➔ How did you get here?

Walked
Biked
Car/Van/Truck
Bus/Subway/Train

If Outdoors (not at home) ➔ WHERE were you OUTDOORS just before the beep went off?

Park or Trail
Road
Sidewalk
Parking Lot
Other

How many TREES AND PLANTS are there in the area where you are right now?

No trees and plants
A few trees and plants
Some trees and plants
A lot of trees and plants

How much SHADE FROM THE SUN is there in the area where you are standing right now?

No shade (very sunny)
Partial shade
 Completely shady (no sun)

How much TRAFFIC is on the closest street to where you are right now?

No traffic
A little traffic
Some traffic
A lot of traffic

How SAFE do you feel where you are right now?

Very unsafe
Somewhat unsafe
Somewhat safe
Very safe

How much LITTER OR GARBAGE is on the ground where you are now?

No litter
A little litter
Some litter
A lot of litter

How FAMILIAR are you with where you are right now?

Not at all (never been here)
A little (been here a few times)
Somewhat (been here several times)
Very much (come here all the time)
How FAR are you from your home right now?

- Less than ½ mile away
- ½ to 1 mile away
- More than 1 mile away

How did you get here?

- Walked
- Biked
- Car/Van/Truck
- Bus/Subway/Train

If Other → WHERE was this OTHER place? (Next, go to 11a)

- Restaurant
- Store/mall
- Someone else’s house
- Gym/health club
- Someplace else

How FAR are you from your home right now?

- Less than ½ mile away
- ½ to 1 mile away
- More than 1 mile away

How did you get here?

- Walked
- Biked
- Car/Van/Truck
- Bus/Subway/Train

(15a) Were you ALONE just before the beep went off? (If YES, skip to 16)

- Yes
- No

(15b) Were you with your SPOUSE just before the beep went off?

- Yes
- No

(15c) Were you with your CHILD(REN) just before the beep went off?

- Yes
No

(15d) Were you with OTHER FAMILY MEMBERS (COUSINS; SIBLINGS; AUNTS; UNCLES) just before the beep went off?
   Yes
   No

(15e) Were you with FRIENDS just before the beep went off?
   Yes
   No

(15f) Were you with your COWORKERS just before the beep went off?
   Yes
   No

(15g) Were you with OTHER TYPES OF ACQUAINTANCES just before the beep went off?
   Yes
   No

(15h) Were you with PEOPLE YOU DON'T KNOW just before the beep went off?
   Yes
   No

(15i) Were they doing the same thing as you?
   Yes
   No

(16) Were you with a PET (dog) just before the beep went off?
   Yes
   No

(17a) Doing 10+ min of activity in the next few hours would REDUCE MY TIME WITH MY FAMILY/FRIENDS.
   Strongly Disagree
   Somewhat Disagree
   Neither Agree nor Disagree
   Somewhat Agree
   Strongly Agree
(17b) Doing 10+ min of activity in the next few hours would HELP ME FEEL LESS STRESSED.

   Strongly Disagree
   Somewhat Disagree
   Neither Agree nor Disagree
   Somewhat Agree
   Strongly Agree

(17c) Doing 10+ min of activity in the next few hours would MAKE ME TOO TIRED TO DO MY DAILY WORK.

   Strongly Disagree
   Somewhat Disagree
   Neither Agree nor Disagree
   Somewhat Agree
   Strongly Agree

(17d) Doing 10+ min of activity in the next few hours would HELP ME FEEL MORE ENERGETIC.

   Strongly Disagree
   Somewhat Disagree
   Neither Agree nor Disagree
   Somewhat Agree
   Strongly Agree

(18a) Can you do 10+ min. of physical activity sometime within the next few hours, EVEN IF YOU GET BUSY?

   I know I cannot
   I probably cannot
   Maybe I can
   I probably can
   I know I can

(18b) Can you do 10+ min. of physical activity sometime within the next few hours, EVEN IF YOU START TO FEEL TIRED?

   I know I cannot
   I probably cannot
   Maybe I can
   I probably can
   I know I can

(19) I INTEND to be physically active for 10+ min. sometime within the next few hours.

   Strongly Disagree
Somewhat Disagree
Neither Agree nor Disagree
Somewhat Agree
Strongly Agree

Ending message: “Thanks, you just earned $1”

References:

Items 1-9 (Positive and Negative Affect):

Item 12 (Main Activity):

Items 14-15 (Physical and Social Contexts):


Items 17-19 (Outcome Expectancies, Self-Efficacy, Intentions):