

**MADRES Ecological Momentary Assessment (EMA) Items**

V3.0 5/12/2016 - present

<b>Variable (Subscale)</b>	<b>Item</b>	<b>Response Options</b>
Sleep Quality	<b>1. What time did you fall asleep last night?</b> <b>2. What time did you wake up this morning?</b>	Time Input (00:00)
	<b>How many times did you wake up during the night?</b>	Select option: 0 1 2 3 4 5-8 9+
	<b>Compared to a typical night over the past month, how well did you sleep last night?</b>	Much worse than usual A little worse than usual About the same as usual A little better than usual Much better than usual
Sleep MicroPEM Compliance	<b>Where did you put the air sampling bag when you were sleeping last night?</b>	Right next to me Same room but not right next to me Somewhere else
Affective and Physical Feeling States <sup>a,b</sup>	<b>Right before the phone went off, how (HAPPY, FRUSTRATED/ANGRY, STRESSED, CALM/RELAXED, SAD/DEPRESSED, TIRED, ENERGETIC, PHYSICAL PAIN, NAUSEOUS) were you feeling?</b>	Not at all A little Quite a bit Extremely
Perceived Stress <sup>c</sup>	<b>1. How certain do you feel that you can deal with all the things that you have to do RIGHT NOW?</b> <b>2. How confident do you feel about your ability to handle all of the demands on you RIGHT NOW?</b>	Not at all A little Quite a bit Extremely
Stressful Events	<b>Since waking up this morning (Over the last 2 HOURS), has anything STRESSFUL happened to you?</b>	Yes No
Daily Stressors <sup>d</sup>	<b>Since waking up this morning (Over the last 2 HOURS) which of these things caused you stress? (Check all that apply)</b>	Work at home Work at a job Demands made by your family Tension with a coworker Tension with a spouse

		Tension with your children Something else None of these things
Eating and Physical Activity Behavior	<b>Since waking up this morning (Over the last 2 HOURS), which of these things have you done? (check all that apply)</b>	TV, VIDEOS or VIDEO GAMES EXERCISE or SPORTS Eaten CHIPS or FRIES Eaten PASTRIES, PAN DULCE or SWEETS Eaten FAST FOOD Eaten FRUITS or VEGETABLES Drank SODA or ENERGY DRINKS (not counting diet) None of these things
Time Use	<b>Since waking up this morning (Over the last 2 HOURS), which have you done? (Check all that apply)</b>	Errands/shopping Took children to lessons/classes/activities Cooking or heating food indoors Vacuuming/dusting Housework/chores Work for a job Took care of an infant/toddler Other None of these
Physical Context <sup>f</sup>	<b>Where were you just before the phone went off?</b>	Home (Indoors) Home (Outdoors) Work (Indoors) Outdoors (not at home) Car/Bus/Train Other
Social Context <sup>f</sup>	<b>Who were you with just before the phone went off? (Check all that apply)</b>	Spouse or partner Your child(ren) Other family members (for example: nephews, cousins, aunts) Friend(s) Coworkers Other types of acquaintances People you don't know I was alone
Safety <sup>g</sup>	<b>How safe do you feel where you are right now?</b>	Very unsafe Somewhat unsafe Somewhat safe

		Very safe
MicroPEM Compliance	<b>Since waking up this morning (Over the last 2 HOURS), how much time did you wear the air sampling bag?</b>	All the time Some of the time None of the time
	<b>If you did not wear the air sampling bag sometime since waking up this morning (Over the last 2 HOURS), where did you put it?</b>	Right next to me Same room but not right next to me Somewhere else I wore it all the time
	<b>If you were at home sometime over the past 2 HOURS, which of the following were true? (Check all that apply)</b>	Window(s) or door(s) were open Air conditioning was turned on Fan was turned on I was not at home at all

### References:

- <sup>a</sup>Watson D, Clark LA, Tellegen A. Development and validation of brief measures of positive and negative affect: the PANAS scales. *Journal of Personality and Social Psychology*. 1988; 54(6): 1063-70.
- <sup>b</sup>Watson D, Clark LA. Measurement and mismeasurement of mood: recurrent and emergent issues. *Journal of Personality Assessment*. 1997; 68(2): 267-96.
- <sup>c</sup>Cohen S, Kamarck T, Mermelstein R. A Global Measure of Perceived Stress. *Journal of Health and Social Behavior*. 1983;24(4):385-96.
- <sup>d</sup>Bolger N, DeLongis A, Kessler RC, Schilling EA. Effects of daily stress on negative mood. *Journal of Personality and Social Psychology*. 1989 Nov;57(5):808-18.
- <sup>e</sup>Birch LL, Fisher JO, Grimm-Thomas K, Markey CN, Sawyer R, Johnson SL. Confirmatory factor analysis of the Child Feeding Questionnaire: a measure of parental attitudes, beliefs and practices about child feeding and obesity proneness. *Appetite*. Jun 2001;36(3):201-10.
- <sup>f</sup>Liao Y, Intille S, Dunton GF. Using Ecological Momentary Assessment to understand where and with whom adults' physical and sedentary activity occur. *International Journal of Behavioral Medicine*, 2014 Mar 18. [Epub ahead of print].
- <sup>g</sup>Dunton GF, Intille S, Wolch J, Pentz M. Children's perceptions of physical activity environments captured through Ecological Momentary Assessment: A validation study. *Preventive Medicine*, 2012; 55:119-21.