

SoulPulse Daily Survey, 3-21-16

Black numbers = original frequency. E.g., 20 = asked 20% of time

Orange numbers = changed frequency in July 2014

Green numbers = changed frequency in March 2016

System Variables

timesent_ut (*ut* = user time)

daysent_ut

hoursent_ut

timestart_ut

timefinish_ut

dailynum

1 "First daily"

2 "Second daily"

Status

1 "completed"

2 "sent"

3 "viewed"

4 "planned"

survey

1-28

completed_daily

1 = yes

0 = no

Instructions

Important: Answer the questions for the moment you received the text notification, even if you are doing the survey later.

Remember, we use traditional religious language in referring to "God." But, if this does not fit with your belief system, please substitute another word that calls to mind the divine or holy for you.

Top Group

I feel God's presence or the presence of the divine or holy

presence

100

1 "Not at all" to 10 "very much"

How am I feeling right now?

feelingnow

100

1 "Very bad" to 10 "very good"

I feel a selfless caring for others 1 "Not at all" to 10 "very much"	<i>selfless</i>	25, 100
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Spiritual and Social Psychological Factors

I am aware of God at this moment	<i>godaware</i>	100, 15
I feel love and caring for others	<i>love</i>	100, 0
I feel joyful	<i>joyful</i>	100, 0
I feel peaceful	<i>peace</i>	100, 0
I feel grateful	<i>grateful</i>	33
I feel thankful for many things in my life	<i>thanklife</i>	33, 5
I accept others even when they do things that I think are wrong	<i>accept</i>	25
I feel lonely	<i>lonely</i>	45
I feel stressed	<i>stressed</i>	33
I feel hopeful	<i>hopeful</i>	33
I feel optimistic	<i>optimistic</i>	33
1 Not at all to 10 Very much by [0.1]		

Meaning

I feel a clear sense of purpose right now	<i>purposenow</i>	25
My life feels meaningful right now	<i>meaning</i>	25
I have clear goals and aims today	<i>cleargoals</i>	25, 0
I am energetically pursuing my goals	<i>pursuegoals</i>	25, 0
What I am doing right now feels trivial and unimportant to me	<i>trivialnow</i>	25, 0

Self-Control I

(*i_scevent*)

In the last 60 minutes, have you Forced yourself to do something that you didn't really want to do?	<i>forcedself</i>	25
Used self-control to stop yourself from doing something that you wanted to do (e.g., have you resisted desire or temptation)?	<i>selfcontrol</i>	25
Exerted mental effort to make decisions? 1 Not at all to 10 Very much by [0.1]	<i>mentaleffort</i>	25

Self-Control II

(*i_scfeeling*)

In the past couple of hours, have you felt that It's hard to make up your mind about even simple things?	<i>hardmind</i>	25
Things are bothering you more than they usually would?	<i>bothered</i>	25
You have less mental and emotional energy than you normally have? 1 Not at all to 10 Very much by [0.1]	<i>lessenergy</i>	25

Self-Control III

I am having trouble staying focused and/or concentrating	<i>troublefocused</i>	40
I have strong self-discipline right now	<i>selfdiscipline</i>	40
If temptation arose, I might give in, more than usual	<i>givein</i>	40

Situation

Are you alone or with others?	<i>withothers</i>	50
Alone		
With one other person		
With two other people		
With three people or more		
If yes:		
Who are you with?		25
Spouse/partner/significant other	<i>with_partner</i>	
Children	<i>with_children</i>	
Parent	<i>with_parent</i>	
Other relatives	<i>with_relatives</i>	
Friends	<i>with_friends</i>	
Acquaintances	<i>with_acquaint</i>	
Co-workers	<i>with_coworkers</i>	
Customers/students	<i>with_customers</i>	
Boss	<i>with_boss</i>	
Stranger	<i>with_stranger</i>	
Other.		
If yes:		
Are you helping or assisting this person(s)?	<i>withhelping</i>	25, 50
Do you have tender feelings toward this person(s)?	<i>withtender</i>	25
Are you concerned about this person(s) well-being?	<i>withconcern</i>	25, 50
Do you feel loved and cared for by this person(s)?	<i>withloved</i>	25, 50
1 Not at all to 10 Very much by [0.1]		
Are you talking or interacting with anyone?	<i>talk</i>	25, 50
No		
Yes		
If yes:		
Are the people that you're talking to really listening to what you are saying?	<i>theylisten</i>	12, 50
Are you really listening to what they are saying?	<i>youlisten</i>	25, 50
1 Not at all to 10 Very much by [0.1]		
What are you doing? (Check all that apply)		75
Working (i.e., job)	<i>doing_work</i>	
On a break at work	<i>doing_workbreak</i>	
Commuting/traveling	<i>doing_travel</i>	
Housework or working around the house	<i>doing_housework</i>	
Shopping/errands	<i>doing_shopping</i>	
Preparing food	<i>doing_foodprep</i>	
Taking care of children	<i>doing_childcare</i>	

Talking/conversation	<i>doing_talking</i>
Playing	<i>doing_playing</i>
Watching television	<i>doing_tv</i>
Playing video/computer game	<i>doing_videogame</i>
Listening to music	<i>doing_music</i>
Listening to news	<i>doing_news</i>
Using computer for work	<i>doing_workcomputer</i>
Using computer for other activities	<i>doing_othercomputer</i>
Reading	<i>doing_reading</i>
Relaxing/ nothing special	<i>doing_relaxing</i>
Grooming/self-care	<i>doing_grooming</i>
Exercise	<i>doing_exercise</i>
Walking/taking a walk	<i>doing_walking</i>
Resting/sleeping	<i>doing_resting</i>
Praying/worshipping/meditating	<i>doing_praying</i>
Eating	<i>doing_eating</i>
Other.	

If working:

Are you being directly supervised?	<i>worksuper</i>	5, 100
Is the work dull and routine?	<i>workdull</i>	5, 100
Are you working under a tight deadline?	<i>worktight</i>	5, 100
Are you in a meeting?	<i>workmeeting</i>	5, 100
Are you working with a team?	<i>workteam</i>	5, 100

How long have you been working today so far?	<i>hoursworked</i>	5, 50
Less than one hour		
About 1 hour		
2 hours		
3 hours		
4 hours		
5 hours		
6 hours		
7 hours		
8 hours		
9 hours or more		

Flow

Regarding what you are doing now,

How challenging is it?	<i>challenge</i>	5
How skilled are you at it?	<i>skilled</i>	5
Are you focused on what you are doing?	<i>focused</i>	25
Are you in a hurry at the moment?	<i>hurry</i>	25
Are you currently doing more than one thing at the same time (i.e., multitasking)?	<i>multitask</i>	25
Do you feel that you have too much to do today?	<i>toomuch</i>	5

Have you checked your Facebook page in the past hour? 1 Not at all to 10 Very much by [0.1]	<i>Facebook</i>	5
When did you last check your e-mail account? 1-5 minutes ago 6-30 minutes ago 31-60 minutes ago 1-2 hours ago More than 2 hours ago	<i>Email</i>	5, 25
Mindfulness		
I am rushing through activities without being really attentive to them	<i>rushing</i>	5, 25, 30
I am doing jobs or tasks automatically, without being aware of what I'm doing	<i>automatic</i>	5, 25, 30
Are you thinking about something other than what you're currently doing? 1 Not at all to 10 Very much by [0.1]	<i>thinkother</i>	20
In the last 24 hours, have you done volunteer work for a church, charity, youth organization, school, agency, or other group? 1 Not at all to 10 Very much by [0.1]	<i>volunteerwork24</i>	5
Are you: Standing Sitting Lying down Walking Running Other.	<i>bodyposition</i>	5, 40
Are you: Indoors Outdoors Car/bus/train Other.	<i>where</i>	5
How sunny is it outside right now? 1 Very cloudy to 10 Very sunny by [0.1]	<i>sunny</i>	5
Is your current environment cluttered? 1 Not at all to 10 Very much by [0.1]	<i>cluttered</i>	5, 30
Health		
My health in general is: Poor, fair, good, very good, excellent	<i>d_generalhealth</i>	40
In the past 24 hours, how many minutes of exercise have you had?	<i>exercise24</i>	20

- None
- 10 minutes
- 15 minutes
- 20 minutes
- 30 minutes
- 45 minutes
- 1 hour
- 1.5 hours
- 2 hours
- 3 hours
- 4 hours or more

In the past 24 hours, how many drinks (e.g., can of beer, glass of wine, or drink of liquor) have you had?

drink24 20

- No drinks
- 1 drink
- 2 drinks
- 3 drinks
- 4 drinks
- 5 drinks
- 6 drinks or more

Sleep

How many hours did you sleep last night?

sleephours 50

- 4 hours or less
- 4.5 hours
- 5 hours
- 5.5 hours
- 6 hours
- 6.5 hours
- 7 hours
- 7.5 hours
- 8 hours
- 8.5 hours
- 9 hours
- 9.5 hours
- 10 hours or more

How well did you sleep last night?

sleepwell 50

Physical ailments (early separate, now a scale)

Are you feeling tired?

tired 20

Are you feeling sick or ill?

sick 20

1 Not at all to 10 Very much by [0.1]

How much physical pain do you currently feel?

painnow 20

1 No pain to 10 Worst possible pain by [0.1]

Right now, how hungry do you feel?

hunger 5

1 Not at all to 10 Very much by [0.1]

In the past 2 hours, have you consumed sweets such as soda, candy, cookies, muffins, desserts or something else?

1 None to 10 A lot by [0.1]

sweets 5, 25

What types of food have you eaten most recently? (Check all that apply)

5

Dairy, milk/yogurt/cheese

food_dairy

Meat

food_meat

Vegetables

food_veg

Fruit

food_fruit

Bread/pasta/grains

food_grain

Fats/oils

food_fats

Sweets

food_sweets

Recent conflict

In the last 24 hours, how much have people in your life

Argued with you about something?

argued24 15

Got on your nerves?

onnerves24 15

Hurt your feelings?

hurtfeel24 15

1 Not at all to 10 Very much by [0.1]

Unforgiveness

I am thinking about how someone has wronged me

thinkwronged 40

I feel resentful toward someone who has mistreated me

resentmistreat 40

Someone's wrongful actions are keeping me from enjoying life

lifewronged 40

Religious activities

Religious activities (Early separate, now a scale)

In the past 24 hours, have you:

Read the Bible or other religious text?

bible24 25

Prayed?

pray24 25

Sought guidance from God in your life?

guidance24 25

Set aside time for solitude to listen to God?

solitude24 25

Given thanks or praise to God?

praise 5

Confessed your sins to God?

confess24 20, 25

1 Not at all to 10 Very much by [0.1]

Attended a religious meeting other than weekend services (e.g., Bible study or prayer meeting)

No

meeting24 5, 25

Yes

Did you attend a religious service this past weekend?

attendservice 5

No

Yes

Larger Scales

Religious Coping Scale

15, 10, 0

I am looking for a stronger connection with God
I am seeking God's love and care
I am trying to put my plans into action together with God
I wonder whether God has abandoned me
I feel punished by God for my lack of devotion
I question God's love for me

rc_stronger
rc_love
rc_plans
rc_abandon
rc_punish
rc_nolove

Attitudes toward God Scale

4, 0, 25

To what extent are you currently:
Trusting God to protect and care for me
Feeling loved by God
Feeling supported by God
Feeling nurtured or cared for by God
Feeling angry at God
Feeling that God has let me down
Feeling abandoned by God
1 Not at all to 10 Very much by [0.1]

ag_trust
ag_loved
ag_support
ag_cared
ag_angry
ag_letdown
ag_abandon

Daily Spiritual Experiences

4, 25

I feel God's presence
I find strength and comfort in my religion or spirituality
I feel deep inner peace or harmony
I feel God's love for me directly or through others
I feel thankful for my blessings [*thankful, separate < 7/1/14*]
I am spiritually touched by the beauty of creation
I desire to be closer to God or in union with the divine
I feel guided by God in the midst of daily activities
I feel close to God [*feelclose, was separate < 7/1/14*]

1 Not at all to 10 Very much by [0.1]

(i_dses)
ds_presence
ds_strength
ds_peace
ds_love
ds_thankful
ds_beauty
ds_union
ds_guided
ds_feelclose

PANAS

(i_panas_pa)

15

I am feeling:
Nervous
Attentive
Determined
Alert
Upset
Afraid
Hostile
Ashamed
Inspired
Active

p_nervous
p_attentive
p_determined
p_alert
p_upset
p_afraid
p_hostile
p_ashamed
p_inspired
p_active

DASS Depression*(i_depression)*

20

How much do each of these apply to you right now?

I can't seem to experience any positive feelings at all

dd_nopositive

I feel that I have nothing to look forward to

dd_nolook

I feel that I am not worth much as a person

dd_notworth

I feel down-hearted and blue

dd_blue

I am unable to become enthusiastic about anything

dd_unenthus

I feel that life is meaningless

dd_nomeaning

I find it difficult to work up the initiative to do things

dd_noinit

1 Not at all to 10 Very much by [0.1]

Flourishing*(i_flourishing)*25, 30, 25

I am feeling:

Happy

fl_happy

Satisfied

fl_satisfied

That I like most parts of my personality

fl_parts

Good at managing the responsibilities of my life today

fl_managing

That I have warm and trusting relationships with others

fl_warm

Confident to think or express my own ideas and opinions

fl_confident

That I have something important to contribute to society

fl_contribute

1 Not at all to 10 Very much by [0.1]

Stressor Checklist*(i_stressors)*30, 25

Since you last took a daily survey, have any of the following happened to you?

An argument with friend, family member, or romantic partner

st_arguelove

An argument with somebody else

st_argueelse

Treated badly by a friend, family member, or romantic partner

st_badlylove

Treated badly by somebody else

st_badlyelse

Illness, injury or accident

st_injury

Job-related stressor

st_job

Financial problems

st_finance

A tragic situation with someone you know

st_tragic

1 Not at all to 10 Very much by [0.1]

DASS Anxiety*(i_anxiety)*20, 15, 0

How much do each of these apply to you right now?

I tend to overreact to situations

da_overreact

I feel that I am rather touchy

da_touchy

I feel that I am using a lot of nervous energy

da_nervous

I find it difficult to relax

da_relax

I find it hard to 'wind down'

da_wind

I feel intolerant of anything that keeps me from getting on with what I am doing

da_keepsme

I find myself getting agitated

da_agitated

1 Not at all to 10 Very much by [0.1]