

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.

very slightly or not at all	a little	moderately	quite a bit	extremely
1	2	3	4	5

- | | | |
|---------------------|---------------------|------------------------|
| 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

<i>Full variable name</i>	<i>SPSS variable name</i>	<i>Coding instructions</i>
Identification number	id	subject identification number
Sex	sex	1 = males; 2 = females
Age	age	in years
Marital	marital	1 = single; 2 = steady relationship; 3 = living with a partner; 4 = married for the first time; 5 = remarried; 6 = separated; 7 = divorced; 8 = widowed
Children	child	1 = yes; 2 = no
Highest level of education	educ	1 = primary; 2 = some secondary; 3 = completed high school; 4 = some additional training; 5 = completed undergraduate; 6 = completed postgraduate.
Major source of stress	source	1 = work; 2 = spouse or partner; 3 = relationships; 4 = children; 5 = family; 6 = health / illness; 7 = life in general
Do you smoke?	smoke	1 = yes; 2 = no
Cigarettes smoked per week	smokenum	Number of cigarettes smoked per week
Optimism Scale	op1 to op6	1=strongly disagree , 5=strongly agree
PANAS Scale	pn1 to pn20	1=very slightly, 5=extremely