Packet 4
Overall, how did you feel yesterday?

Please rate each feeling on the scale given. A 0 means that you did not experience that feeling at all. A 6 means that the feeling was an important part of your experience yesterday. Please circle the number between 0 and 6 that best describes how you felt.

<table>
<thead>
<tr>
<th>Feeling</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Impatient</td>
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<tr>
<td>Competent / confident</td>
<td></td>
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<tr>
<td>Tense / stressed</td>
<td></td>
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</tr>
<tr>
<td>Happy</td>
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<tr>
<td>Depressed / blue</td>
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<td></td>
<td></td>
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<tr>
<td>Interested / focused</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Affectionate / friendly</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Calm / relaxed</td>
<td></td>
<td></td>
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<tr>
<td>Irritated / angry</td>
<td></td>
<td></td>
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<tr>
<td>Tired</td>
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</tbody>
</table>
Now we’d like to know how typical yesterday was for that day of the week (i.e., for a Monday, for a Tuesday, etc.). Compared to what that day of the week is usually like, yesterday was (please circle one)

<table>
<thead>
<tr>
<th>Much Worse</th>
<th>Somewhat Worse</th>
<th>Pretty Typical</th>
<th>Somewhat Better</th>
<th>Much Better</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

Was there a moment yesterday that was unusually wonderful or thrilling? (check one)

__No  __Yes

If Yes:

About what time was it? __________

What made it so great? ________________________________

Was there a moment yesterday that was unusually awful or difficult? (check one)

__No  __Yes

If Yes:

About what time was it? __________

What made it so bad? ________________________________
Now we’d like to know something about any vacations you’ve had in the last year in which you spent five days or more away from home. Business trips do not count. If you had a combined business-vacation trip, the vacation portion should be five days or more.

During the last twelve months how many vacation trips did you take in which you spent five days or more away from home? (circle one)

<table>
<thead>
<tr>
<th>No trips of 5 days or more</th>
<th>1 trip</th>
<th>2 trips</th>
<th>3 or more trips</th>
</tr>
</thead>
</table>

For each vacation trip of 5 days or more please indicate the number of days it lasted, next to the month in which it began -- even if it continued on to the next month. (If two or more vacations started in the same month, separate the days by commas.)

May 2004............. _________ days
June.................. _________ days
July.................. _________ days
August................. _________ days
September............ _________ days
October.............. _________ days
November............. _________ days
December............. _________ days
January 2005........ _________ days
February............. _________ days
March.................. _________ days
April.................. _________ days
May.................. _________ days
Did you have a vacation of 5 days or more during last July/August?

__ No  __ Yes

(If No, please skip to the next page)

Please take a minute to think about the longest traveling vacation you took last July/August.

Who was with you? (check all that apply)

__ spouse/significant other  
__ your children
__ friends
__ relatives
__ I went on my own

Please think about a typical day of the longest traveling vacation you took in July/August, from the time you got up until you went to sleep.

Next, we will ask you a few questions about this typical day.

Now please rate each feeling on the scale below. A 0 means that you did not experience that feeling at all during a typical day of that vacation. A 6 means that the feeling was an important part of your experience that day. Please circle the number between 0 and 6 that best describes your experience.

<table>
<thead>
<tr>
<th>Feeling</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Tired</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Tense/stressed</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>
Longest Traveling Vacation (not in July/August)

Did you have a vacation of 5 days or more in the last year during months other than July/August?

__ No   __ Yes

(If No, please skip to the next page)

Please take a minute to think about the longest traveling vacation you had in the last year in a month other than July/August.

In which month was the first day of this vacation? (circle one)

Jan  Feb  Mar  Apr  May  Jun  Sep  Oct  Nov  Dec

Who was with you? (check all that apply)

__ spouse/significant other
__ your children
__ friends
__ relatives
__ I went on my own

Next, we will ask you a few questions about a typical day of that vacation, from the time you got up until you went to sleep.

Now please rate each feeling on the scale below. A 0 means that you did not experience that feeling at all during a typical day of this vacation. A 6 means that the feeling was an important part of your experience that day. Please circle the number between 0 and 6 that best describes your experience.

<table>
<thead>
<tr>
<th>Feeling</th>
<th>Not at all</th>
<th>Very much</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy</td>
<td>0  1  2  3</td>
<td>4  5  6</td>
</tr>
<tr>
<td>Tired</td>
<td>0  1  2  3</td>
<td>4  5  6</td>
</tr>
<tr>
<td>Tense/stressed</td>
<td>0  1  2  3</td>
<td>4  5  6</td>
</tr>
</tbody>
</table>
Please take a minute to think about a typical day of the time you spent at home during last July/August, from the time you got up until you went to sleep.

If you have children, were they typically at home during this time?

__ No   __ Yes

Now please rate each feeling on the scale below. A 0 means that you did not experience that feeling at all during a typical day you spent at home in July/August. A 6 means that the feeling was an important part of your experience that day. Please circle the number between 0 and 6 that best describes your experience.

<table>
<thead>
<tr>
<th>Feeling</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tired</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tense/stressed</td>
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</tbody>
</table>

Next, we will ask about your experiences of the last few months.
Long Weekends, Short Vacations

Please take a minute to think about the last long weekend or short vacation you had.

When did it take place? _________________________

Who was with you? (check all that apply)

__ spouse/significant other
__ your children
__ friends
__ relatives
__ I spent it on my own

Was it a typical long weekend or short vacation?

__ No  __ Yes

If this was not a typical experience, please think about a typical day of a long weekend or short vacation, from the time you get up until you go to sleep.

Now please rate each feeling on the scale below. A 0 means that you do not experience that feeling at all during a typical day of a long weekend or short vacation. A 6 means that the feeling is an important part of your experience of such a day. Please circle the number between 0 and 6 that best describes your experience.

Not at all  Very much

Happy…………………………… 0  1  2  3  4  5  6
Tired…………………………… 0  1  2  3  4  5  6
Tense/stressed………………… 0  1  2  3  4  5  6
A Working Weekday (Monday/Friday)

How many days of the week do you usually work? ___ days

How many hours do you work in a typical week? ___ hours

How long does it usually take you to get to work (one way)? ___ minutes

Please take a minute to think about a typical day on which you work, from the time you get up until you go to sleep.

Now please rate each feeling on the scale below. A 0 means that you do not experience that feeling at all during a typical weekday. A 6 means that the feeling is an important part of your experience that day. Please circle the number between 0 and 6 that best describes your experience.

<table>
<thead>
<tr>
<th>Feeling</th>
<th>Not at all</th>
<th>Very much</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy</td>
<td>0 1 2 3 4 5 6</td>
<td></td>
</tr>
<tr>
<td>Tired</td>
<td>0 1 2 3 4 5 6</td>
<td></td>
</tr>
<tr>
<td>Tense/stressed</td>
<td>0 1 2 3 4 5 6</td>
<td></td>
</tr>
</tbody>
</table>
Please take a minute to think about a typical weekday on which you do not work, from the time you get up until you go to sleep.

Now please rate each feeling on the scale below. A 0 means that you do not experience that feeling at all during a typical non-working weekday. A 6 means that the feeling is an important part of your experience that day. Please circle the number between 0 and 6 that best describes your experience.

<table>
<thead>
<tr>
<th>Feeling</th>
<th>Not at all</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Tired</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Tense/stressed</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>
Please take a minute to think about last Sunday.

Was this a typical Sunday?

__ No  __ Yes

If this was not typical, please think about a typical Sunday, from the time you get up until you go to sleep.

*Now please rate each feeling on the scale below. A 0 means that you do not experience that feeling at all during a typical Sunday. A 6 means that the feeling is an important part of your experience of such a day. Please circle the number between 0 and 6 that best describes your experience.*

<table>
<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Tired</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Tense/stressed</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>
Please take a minute to think about last Saturday.

Was this a typical Saturday?

___ No   ___ Yes

If this was not typical, please think about a **typical Saturday**, from the time you get up until you go to sleep.

*Now please rate each feeling on the scale below. A 0 means that you do not experience that feeling at all during a typical Saturday. A 6 means that the feeling is an important part of your experience that day. Please circle the number between 0 and 6 that best describes your experience.*

<table>
<thead>
<tr>
<th>Feeling</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Tired</td>
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<tr>
<td>Tense/stressed</td>
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</tr>
</tbody>
</table>
What is your employment status? (check all that apply)

___ I am a student

___ I am retired and receiving a pension

___ I am currently looking for more work

___ I looked for work earlier, but I have given up hope of finding a job

___ I am self-employed and normally work for income ___ hours per week

___ I do not currently work regularly for income

If you do not currently work for income, you have completed Packet 4. Please return it to the envelope and open Packet 5

➡️ If you work for income, please complete the next pages
Some Questions about Your Work

___ I have a regular job on which I normally work…………………___ hours per week

___ I have one or more part-time jobs, on which I normally work……___ hours per week
   (total for all jobs)

___ I sometimes work on weekends and legal holidays

   (If yes, how often?) ____% of weekend days and legal holidays

___ I do some or all of my work at home

   (If yes, share of working hours spent at home) ... ____% of work done at home

___ I regularly do volunteer or charity work for about…………………___ hours per week

How many paid vacation days do you have each year? _______ days per year

How many other paid days of leave from work in addition to vacation days (e.g., personal days, sick days, paid holidays, etc) do you have each year? _______ days per year

How many unpaid days of leave from work (e.g., unpaid family leave etc) are you allowed to take? _______ days per year

How many planned days off did you take from work in the last two months (i.e., you scheduled these ahead of time)? _______ days

How many unplanned days off did you take from work in the last two months (e.g., for sickness, unexpected family emergency)? _______ days
Missed Working Days

Please think of the last occasion in which you were forced to miss a working day because of some unanticipated event.

When did this occur? (approximate date) ______________

What was the reason for your missing work? (check all that apply)

__ sickness
__ sickness of a family member
__ unavailability of child care or school
__ other family emergency
__ other

How many days did you miss? ______ days

Were the days you missed with or without pay?

__ without pay      __ with pay      __ partly paid

Did your absence from work cause you difficulties when you returned?  __ No  __ Yes

Now please rate each feeling on the scale below. A 0 means that you did not experience that feeling at all during the last day that you missed work unexpectedly. A 6 means that the feeling was an important part of your experience that day. Please circle the number between 0 and 6 that best describes your experience.

<table>
<thead>
<tr>
<th>Feeling</th>
<th>Not at all</th>
<th>Very much</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy</td>
<td>0  1  2  3 4 5 6</td>
<td></td>
</tr>
<tr>
<td>Tired</td>
<td>0  1  2  3 4 5 6</td>
<td></td>
</tr>
<tr>
<td>Tense/stressed</td>
<td>0  1  2  3 4 5 6</td>
<td></td>
</tr>
</tbody>
</table>
Thank You.

You have completed Packet 4.

Please return it to the envelope and open Packet 5.