

Supplemental Materials

Figure S1. Completed diary page (translated from Dutch). For each new activity all questions (A to J) had to be answered.

A. Activity: (give activity code) 431 (=eating cold foot)		H. Presence of others: (encircle 1 answer) 1. Nobody 2. Yes, there was someone else present 3. Yes, I did the activity with someone else	
B. Secondary activity: (use activity code) 920 (=reading newspaper)		I. Spoken with: (encircle – multiple answers possible) 1. Nobody 2. Spouse, partner, ... 3. (Own) children with whom you live together 4. Parents with whom you live together 5. Siblings with whom you live together 6. Other members of the household 7. Non-resident family members 8. Neighbours 9. Colleagues, fellow students, ... 10. Friends, acquaintances, ... 11. People that provide a service 12. People to whom you provide a service 13. Someone unknown 14. Others :	
C. Starting time: 7h30m	E. New day: (give dd/mm/yy) 21/06/04	J. I did this activity because ... (preferably encircle only 1 answer) 1. I am required or obliged 2. To please others, or out of feelings of duty 3. Out of necessity, because it is required before doing something else, because there is no other 4. Of the pleasure I derive from doing it	
D. Ending time: 7h52m			
F. Location (encircle 1 answer): 1. At home (also student dorm or holiday home) 2. At work (not at home) 3. At someone else's place 4. Somewhere else			
G. In case of transport, by which means? (encircle – multiple answers possible) 1. By foot 2. By bike 3. By moped or scooter 4. By motorcycle 5. By car 6. By public transport (bus, tram, metro, train) 7. By other means			
Comments:			

Table S1. Varimax rotated component matrix of principal component analysis (sorted) of GHQ-12.

Item ^{a,b}	Mental distress	Mental stability
I lost much sleep over worry	0.783	-0.003
I felt constantly under constrain	0.779	0.030
I have been feeling unhappy and depressed	0.650	-0.413
I have been loosing confidence in myself	0.533	-0.469
I felt I couldn't overcome my difficulties	0.516	-0.474
I felt capable of making decisions about things	-0.135	0.709
I have been able to face up to my problems	0.145	0.706
I felt I was playing a useful part in things	-0.228	0.635
I have been able to enjoy my normal day-to-day activities	-0.473	0.470
I have been able to concentrate on what I am doing	-0.417	0.466
<i>Eigen value</i>	3.873	1.268
<i>Cronbach's Alpha</i>	0.757	0.691

Note: ^a Items were translated to Dutch. ^b Likert-scale ranging from 1 = totally disagree to 5 = totally agree.