

eTable 1. Ecological momentary assessment (EMA) items presented to participants at survey prompts

Root Question (Items)	Response Options	Contingency
How were you feeling [1]? (HAPPY, JOYFUL, MAD OR ANGRY, NERVOUS OR ANXIOUS, SAD, STRESSED)	Not at all A little Quite a bit Extremely	Signal
How certain did you feel that you can cope with all the things that you have to do [1]?		Signal
How confident did you feel about your ability to handle your personal problems [1]?		Signal
How ENERGETIC or FULL OF PEP were you feeling [1]?		Signal
How FATIGUED or TIRED were you feeling [1]?		Signal
Did you use a CONTROL or RESCUE inhaler?	Control Inhaler, Rescue Inhaler, I didn't use it	Event
(If NEITHER is Selected) Why was the INHALER pressed?	I pressed it on accident, Someone else pressed it, It was bumped or something hit it, Other	Event
(If OTHER is Selected) Why was the inhaler pressed?	Please type your answer or type "I don't know."	Branch
What were you DOING [1][2]?	Reading/ homework, Using technology, Active Play/Sports/Exercising, Eating/Drinking, Going somewhere, Sleeping, Something else	Signal/Event
(If SOMETHING ELSE) Please specify what you were DOING [1][2]:	Please type your answer.	Branch
(If Using technology) While using technology (TV, phone), were you:	Playing video games, Talking, Texting, Using the Internet, Watching shows/movies, Other	Branch
(If GOING SOMEWHERE) While going somewhere, were you:	Walking, Biking, Riding a bus, Riding the Metro/train, Riding in a car/taxi, Other (skateboarding, etc.)	Branch
WHERE were you [1][2]?	Home (Indoors), School (Indoors), Outdoors, Restaurant, Store/Mall, Someone else's house (Indoors), In a car, Other	Signal/Event

(IF OUTDOORS) Where were you OUTDOORS?	Home (front/back yard), School, Park/trail, Sidewalk, Road, Parking lot, Other	Branch
Were you [1][2]: Choose all that apply.	Alone, With your mom/dad, With your sister(s) or brother(s), With your friend(s)	Signal/Event
Has anything stressful happened to you [3][4]?	No stressful things have happened, A few stressful things have happened, Many stressful things have happened	Signal/Event
Has anyone teased you [3][4]?	Yes, and caused very much stress. Yes, and caused some stress. Yes, and caused a little stress. Yes, but not at all stressful. No.	Signal/Event
Have you argued with anyone [3][4]?		Signal/Event
Have you had a misunderstanding or disagreement with your parents [3][4]?		Signal/Event
Have you had too many things to do [3][4]?		Signal/Event
Have you experienced ____ [2][3][4] ? (COUGHING, WHEEZING, CHEST TIGHTNESS, SHORTNESS OF BREATH)	Not at all A little Quite a bit Very much so	Signal
Have you avoided strenuous activities because of your asthma [3][4]?		Signal
Have you avoided situations that could bring on an asthma attack [3][4]?		Signal
Have your worried about having an asthma attack [3][4]?		Signal

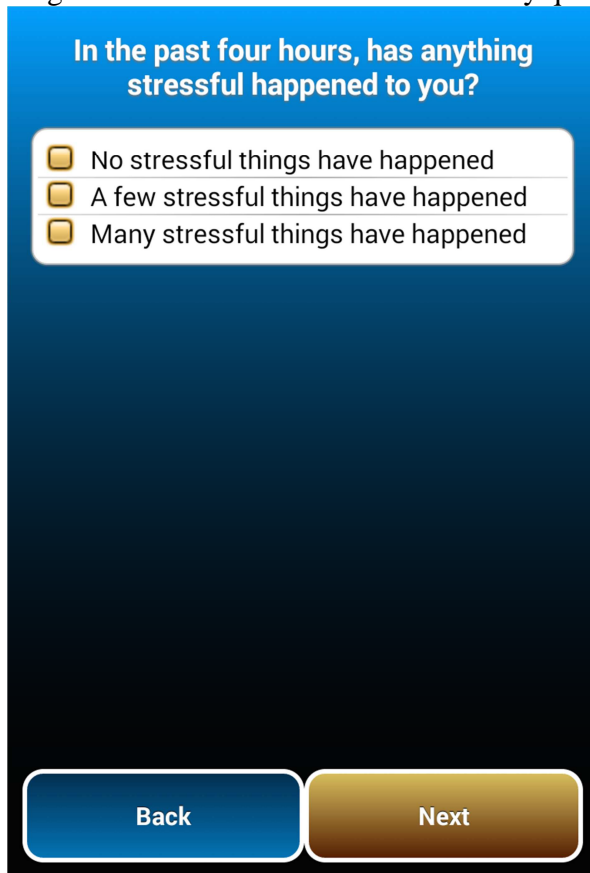
[1] Just before the phone went off

[2] Just before you used your inhaler

[3] Since the last survey you answered

[4] In the past four hours

eFigure 1. Screenshot of a standard survey question



In the past four hours, has anything stressful happened to you?

- No stressful things have happened
- A few stressful things have happened
- Many stressful things have happened

Back Next

The image shows a mobile application interface for a survey. The background is a dark blue gradient. At the top, the question "In the past four hours, has anything stressful happened to you?" is displayed in white text. Below the question, there is a white rounded rectangle containing three radio button options: "No stressful things have happened", "A few stressful things have happened", and "Many stressful things have happened". At the bottom of the screen, there are two buttons: a blue "Back" button on the left and a gold "Next" button on the right.