

Supplementary Table S1. Diary items.

Question	Dutch	Translation	Response range	Range	Description
1	Ik voel me nu	Right now, I feel	Very unpleasant – Very pleasant	0 - 100	Momentary affect
2	Ik voel me nu	Right now, I feel	Very restless / excited – Very quit/calm	0 - 100	Momentary affect
3	Op mijn beste moment van vandaag voelde ik mij	During my best moment of the day, I felt	Very unpleasant – Very pleasant	0 - 100	Momentary affect
4	Op mijn beste moment van vandaag voelde ik mij	During my best moment of the day, I felt	Very restless / excited – Very quit/calm	0 -100	Momentary affect
5	Wanneer was dit beste moment ongeveer? Ergens in de	Around when was this best moment? Somewhere in the	<ul style="list-style-type: none"> • Morning • Afternoon • Evening 	1, 2, 3	Momentary affect
6	Op mijn slechtste moment van vandaag voelde ik mij	During my worst moment of the day, I felt	Very unpleasant – Very pleasant	0 - 100	Momentary affect
7	Op mijn slechtste moment van vandaag voelde ik mij	During my worst moment of the day, I felt	Very restless/ excited – Very quit/calm	0 -100	Momentary affect
8	Wanneer was dit slechtste moment ongeveer? Ergens in de	Around when was this worst moment? Somewhere in the	<ul style="list-style-type: none"> • Morning • Afternoon • Evening 	1, 2, 3	Momentary affect
9	Heb je afgelopen nacht goed	Did you sleep well tonight?	Not at all – Very well	0 - 100	Sleep

10	geslapen? Hoeveel uur heb je afgelopen nacht ongeveer geslapen?	About how many hours did you sleep tonight?	Hours, minutes	0 - 24	Sleep
11	Heb je vandaag overdag geslapen? (dutjes)	Did you sleep during the day today (naps)?	<ul style="list-style-type: none"> • No (skip to 13) • Yes 	0 – 1	Sleep
12	Hoe lang in totaal?	How long in total did you sleep during the day today?	Hours, minutes	0 – 12	Sleep
<i>Instruction</i>	<i>Alle items gaan vanaf nu over de afgelopen dag (denk aan hoe je je vandaag gemiddeld voelde)</i>	<i>From now on, all items involve the past day (think about how you felt on average today)</i>			
13	Ik voelde me vandaag ontspannen	I felt relaxed today	Not at all – Very much	0 – 100	Positive deactivation
14	Ik voelde me vandaag kalm	I felt calm today	Not at all – Very much	0 – 100	Positive deactivation
15	Ik voelde me vandaag tevreden	I felt satisfied today	Not at all – Very much	0 – 100	Positive deactivation
16	Ik voelde me vandaag energiek	I felt energetic today	Not at all – Very much	0 – 100	Positive activation
17	Ik voelde me vandaag enthousiast	I felt enthusiastic today	Not at all – Very much	0 – 100	Positive activation
18	Ik voelde me vandaag opgewekt	I felt cheerful today	Not at all – Very much	0 – 100	Positive activation
19	Ik voelde me vandaag lusteloos	I felt apathetic today	Not at all – Very much	0 – 100	Negative deactivation
20	Ik voelde me vandaag moe	I felt tired today	Not at all – Very much	0 – 100	Negative deactivation
21	Ik voelde me	I felt down today	Not at all – Very much	0 – 100	Negative

	vandaag somber				deactivation
22	Ik voelde me vandaag angstig	I felt anxious today	Not at all – Very much	0 – 100	Negative activation
23	Ik voelde me vandaag onrustig	I felt restless today	Not at all – Very much	0 – 100	Negative activation
24	Ik voelde me vandaag prikkelbaar	I felt irritable today	Not at all – Very much	0 – 100	Negative activation
25	Ik voelde me vandaag geïrriteerd	I felt irritated today	Not at all – Very much	0 – 100	Irritation
26	Ik voelde me vandaag spraakzaam	I felt talkative today	Not at all – Very much	0 – 100	Spontaneity
27	Ik voelde me vandaag zelfverzekerd	I felt confident today	Not at all – Very much	0 – 100	Self confidence
28	Ik voelde me vandaag leeg/vlak	I felt empty today	Not at all – Very much	0 – 100	Flat affect / Anhedonia
29	Ik voelde me vandaag ongerust	I felt worried today	Not at all – Very much	0 – 100	Worrying
30	Ik voelde me vandaag erg speciaal	I felt very special today	Not at all – Very much	0 – 100	Delusions
31	Ik voelde me vandaag wantrouwig	I felt suspicious today	Not at all – Very much	0 – 100	Delusions
32	Ik had vandaag het gevoel te kort te schieten	Today I had the feeling of falling short	Not at all – Very much	0 – 100	Worthlessness
33	Ik kon vandaag aan wat op mijn pad kwam	Today I could handle what came my way	Not at all – Very much	0 – 100	Resilience
34	Ik kon me vandaag goed concentreren	I could concentrate well today	Not at all – Very much	0 – 100	Concentration

35	Ik vond mijn leven vandaag de moeite waard	I found my life was worthwhile today	Not at all – Very much	0 – 100	Worthlessness
36	Ik had vandaag last van lichamelijke klachten	I was bothered by physical symptoms today	Not at all – Very much	0 – 100	Physical discomfort
37	Ik had vandaag de neiging iets onbeheersts te doen	Today I had the tendency to do something unrestrained/wild	Not at all – Very much	0 – 100	Disorganized thoughts
38	Mijn gedachten lieten me vandaag niet los	My thoughts wouldn't leave me alone today	Not at all – Very much	0 – 100	Disorganized thoughts
39	Mijn gedachten waren vandaag versneld	My thoughts were racing today	Not at all – Very much	0 – 100	Disorganized thoughts
40	Mijn gedachten waren vandaag moeilijk te uiten	My thoughts were difficult to express today	Not at all – Very much	0 – 100	Disorganized thoughts
41	Er is vandaag iets vreemds met mij of om mij heen gebeurd dat ik moeilijk kon verklaren	Today something strange happened to me or around me that was difficult for me to explain	Not at all – Very much	1 – 7	Strange impressions / Delusions
42	Ik hoorde vandaag stemmen die anderen niet hoorden	Today I heard voices that others couldn't hear	Not at all – Very much	1 – 7	Hallucinations
43	Ik zag vandaag dingen die anderen niet zagen	Today I saw things that others couldn't see	Not at all – Very much	1 – 7	Hallucinations
44	Ik had vandaag het	Today I had the	Not at all – Very much	0 – 100	Paranoia

45	gevoel dat anderen me niet mochten Ik had vandaag het gevoel dat anderen mijn gedachten konden lezen	feeling that others did not like me I felt that others could read my thoughts today	Not at all – Very much	0 – 100	Delusions
46	Ik voelde me vandaag onwerkelijk	I felt unreal today	Not at all – Very much	0 – 100	Delusions
47	Ik had vandaag het gevoel dat anderen controle over me uitoefenden	I felt that others could control me today	Not at all – Very much	0 – 100	Delusions
48	Ik kon vandaag plezier ervaren wanneer er leuke dingen gebeurden	I could experience pleasure when nice things happened today	Not at all – Very much	0 – 100	Flat affect /anhedonia
49	Er kwam vandaag weinig uit mijn handen	I did not get many things done today	Not at all – Very much	0 – 100	Motivation / drive
50	Ik had vandaag zin om dingen te ondernemen	I felt like undertaking something to day	Not at all – Very much	0 – 100	Motivation / drive
51	Ik deed dingen ‘op de automatische piloot’, zonder mij erg bewust te zijn van wat ik aan het doen was	I did things on automatic without being conscious of what I was doing today	Not at all – Very much	0 – 100	Mindfulness
52	Mijn eetlust was vandaag	My appetite today was	Smaller than normal – Larger than normal	0 – 100	Appetite
53	Hoe gestrest was je vandaag?	How stressed were you today?	Not at all – Very much	0 – 100	Stress

54	In welke mate zijn er vandaag positieve gebeurtenissen geweest?	To what extent did positive events happen today?	Not at all – Very much	0 – 100	Positive events
<i>Instruction</i>	<i>Denk aan de belangrijkste positieve gebeurtenis van de afgelopen dag</i>	<i>Think about the most important positive event of today</i>			
55	Hoe plezierig was deze gebeurtenis?	How pleasant was this event?	Neutral – Very pleasant	0 – 100	Positive events
56	Hoe belangrijk was deze gebeurtenis voor mij?	How important was this positive event to me?	Very unimportant – Very important	0 – 100	Positive events
57	Was deze positieve gebeurtenis gepland?	Was this positive event planned?	<ul style="list-style-type: none"> • No (skip to 59) • Yes 	0 - 1	Positive events
58	Ik keek er naar uit	I was looking forward to it	Not at all – Very much	0 – 100	Positive events
59	In welke mate zijn er vandaag negatieve gebeurtenissen geweest?	To what extent did negative events happen today?	Not at all – Very much	0 – 100	Negative events
<i>Instruction</i>	<i>Denk aan de belangrijkste negatieve gebeurtenis van de afgelopen dag</i>	<i>Think about the most important negative event of today</i>			
60	Hoe onplezierig was deze gebeurtenis?	How unpleasant was this event?	Very unpleasant - Neutral	0 – 100	Negative events
61	Hoe belangrijk was deze gebeurtenis	How important was this negative event to	Very unimportant – Very important	0 – 100	Negative events

62	voor mij? Was deze negatieve gebeurtenis gepland?	me? Was this negative event planned?	<ul style="list-style-type: none"> • No (skip to 59) • Yes 	0 - 1	Negative events
63	Ik zag er tegen op	I dreaded it	Not at all – Very much	0 – 100	Negative events
64	Welke gebeurtenis was het meest spannend of stressvol?	Which event was most exciting or stressful?	<ul style="list-style-type: none"> • The negative event • The positive event 	1 - 2	Event stressfulness
65	Hoe stressvol of spannend was deze gebeurtenis?	How stressful or exciting was this event?	Not at all – Very much	0 – 100	Event stressfulness
66	Hoe ben je met deze (stressvolle) gebeurtenis omgegaan? Ik ben hiermee omgegaan door:	How did you cope with this event? I dealt with this by	<ul style="list-style-type: none"> • Actively addressing or solving the situation • Talking to someone • Avoiding the situation • Seeking distraction (e.g. exercise, smoking, watching television) • Thinking about it a lot • Expressing my frustration • Reassuring myself or by putting things in perspective • Gently observing and accepting my feelings • None of the above 	0 – 1 for every check box	Coping
67	Hoeveel ben ik vandaag alleen geweest?	How much was I alone today?	Not for a moment – The whole day (if “Not for a moment”, skip to 69) (if “The whole day”, go to 68, and thereafter skip to 70)	1 - 7	Social context
68	Ik was liever wat meer in gezelschap	I would have preferred more company	Not at all – Very much	0 – 100	Social context

	geweest					
69	Ik vond het gezelschap van vandaag overwegend	I found today's company mostly	Very unpleasant – Very pleasant		0 – 100	Social context
70	Voelde je je vandaag gesteund?	Did you feel supported today?	Not at all – Very much		0 – 100	Social context
71	Ik had liever meer steun gevoeld	I would have liked to feel more support	Not at all – Very much		0 – 100	Social context
72	Heb je vandaag met iemand een gesprek gevoerd?	Have you had a conversation with someone today?	<ul style="list-style-type: none"> • No (skip to 78) • Yes 		0 – 1	Social context
<i>Instruction</i>	<i>Denk aan het voor jou belangrijkste gesprek van vandaag (mag ook via telefoon of mobiele berichtenapp)</i>	<i>Think about the most important conversation of today</i>				
73	Met wie was dit gesprek?	With whom was this conversation?	<ul style="list-style-type: none"> • Family (except partner) <ul style="list-style-type: none"> ○ Father ○ Mother ○ Other • Partner • Friend • Other 		1 - 7	Social context
74	Hoe kritisch was deze persoon naar jou toe?	How critical was this person towards you?	Not at all – Very much		0 – 100	Expressed emotions
75	Hoe warm was deze persoon naar jou toe?	How warm was this person towards you?	Not at all – Very much		0 – 100	Expressed emotions
76	In welke mate	To what extent did this	Not at all – Very much		0 – 100	Expressed

	bemoeide deze persoon zich teveel met jou?	person interfere too much with you			emotions
77	Ik voel me verbonden met deze persoon	I felt connected with this person	Not at all – Very much	0 – 100	Social context
78	Ik heb vandaag de volgende middelen gebruikt:	I have used the following substance today	<ul style="list-style-type: none"> • Prescribed medication • Alcohol • Hash/Cannabis • Stimulating drugs • Calming drugs • Other drugs • None of the above 		Substance use
79	Ik ben vandaag lichamelijk actief geweest	I have been physically active today	Not at all – Very much	0 – 100	Physical activity
80	Heb je vandaag goed kunnen functioneren?	Were you able to function well today?	Not at all – Very much	0 – 100	Functioning
<i>Instruction</i>	<i>Het volgende item gaat over morgen</i>	<i>The next item is about tomorrow</i>			
81	Ik heb zin in morgen	I look forward to tomorrow	Not at all – Very much	0 – 100	Interest / motivation