

1  
2  
3 *Online Supplementary Material for article entitled “Well-being Correlates of Perceived*  
4 *Positivity Resonance: Evidence from Trait and Episode-Level Assessments”*  
5  
6

7 **Supplemental Appendix A**  
8

9 **Complete Set of Positivity Resonance Items**

10 In Study 1, from the original 12 theory-based items that characterize a persons' general  
11 perceived positivity resonance during interpersonal interactions, we selected the eight items that  
12 closely matched the seven items that emerged from the multilevel factor analyses conducted on  
13 data from Study 2 and Study 3. Table A1 shows the complete items in the trait perceived  
14 positivity resonance scale used in Study 1 and the associated descriptive statistics.  
15

16 In Study 2, using the original 13 items<sup>1</sup> in the perceived positivity resonance scale, we  
17 conducted a multilevel exploratory factor analysis (MEFA; see main manuscript for details).  
18 Analyses were conducted using Mplus (Version 8; Muthén & Muthén, 2017) and all available  
19 data. Descriptive statistics, as well as intraclass correlations (ICCs), for all 13 items appear in  
20 Table A2. The ICCs confirmed the non-independent nature of the data, with all suggesting that a  
21 moderate ( $\geq 0.37$ ) proportion of the variance in each item was attributable to between-person  
22 differences. One to two factors were extracted for both the within- and between-persons levels  
23 using the MLF estimator (to address a *saddlepoint* issue; see Asparouhov & Muthén, 2012). A  
24 geomin rotation (oblique) was specified. All models converged, though some negative residual  
25 variances were observed (e.g., Item 5 at the between-person level in the 2-within, 2-between  
26 factors model).  
27

28 The three largest eigenvalues at the within-person level were 8.24, 1.01, and 0.73, while  
29 the three largest eigenvalues at the between-person level were 10.85, 1.03, and 0.38. In both  
30 cases, a scree plot analysis (Cattell, 1966) suggested that only one factor should be retained at  
31 each level. A variety of other fit indices are displayed in Table A3, while the obtained factor  
32 loadings can be found in Table A4.  
33

34 Because our aim in conducting this factor analysis was less to determine the *optimal*  
35 structure of the underlying dimensions and more to simply explore its structure as one means of  
36 identifying a smaller set of items that best capture the positivity resonance phenomenon, we  
37 refrain from providing an interpretation of these findings geared toward concluding which model  
38 offers the best solution.  
39  
40  
41  
42  
43  
44  
45  
46  
47  
48  
49  
50  
51

---

52 <sup>1</sup> Prior to Study 2, the scale underwent refinement as we changed it from a trait-level assessment to an episode-level  
53 assessment. That is, items were refined to better represent positivity resonance as it may be experienced on a  
54 momentary basis. As a result, the initial version of the episode-level perceived positivity resonance scale included  
55 13 items, whereas the initial version of the trait-level perceived positivity resonance scale included 12 items.  
56  
57  
58  
59  
60

Table A1

*Complete Items in the Trait Perceived Positivity Resonance Scale Used in Study 1 and Descriptive Statistics*

Positivity Resonance Items	<i>N</i>	Mean	SD
1...you focus in a meaningful way on interactions with other people?	175	78.62	17.44
2...you are able to attune to other peoples' words and experiences?	174	78.78	15.94
3...you experience a "flow of conversation" with other people?	174	75.87	20.30
4...the interactions reflect a smooth coordination of effort between you and people?	174	72.42	21.52
5...you feel a lack of respect from other people? (reverse-scored)	175	67.75	25.46
6...you feel energized?	175	69.95	21.42
7...you and other people share a mutual understanding of one another?	175	69.05	20.15
8...you and other people are mutually responsive to one another's needs?	175	67.96	21.16
9...you feel a sense of mutual trust with other people?	175	73.63	18.99
10...other people value your input?	175	74.67	18.87
11...you and other people mutually focus on the "best side" of one another?	174	68.32	23.54
12...you feel "in sync" with other people?	173	23.14	22.70

*Note.* For each item, the question stem was, "How much would you say (from 0-100% of the time) that..." Shaded rows indicate the eight items ultimately retained for analysis.  $N_{\text{participants}} = 175$ , using all available data.

Table A2

*Complete Items in the Episode-Level Positivity Resonance Scale Used in Study 2 and Descriptive Statistics*

Positivity Resonance Items	<i>N</i>	Mean	SD	ICC
1. ...did you experience a mutual sense of warmth and concern toward the other(s)?	449	62.90	31.72	0.43
2. ...were you able to focus on the other(s) in respectful and meaningful ways?	450	70.85	29.13	0.56
3. ...were you able to attune to and connect with the other(s)' experiences?	447	66.47	30.45	0.46
4. ...did thoughts and feelings flow with ease between you and the other(s)?	445	68.62	29.09	0.47
5. ...did you feel energized and uplifted by the company of the other(s)?	447	60.08	33.57	0.40
6. ...did your interactions reflect a smooth coordination of effort between you and the other(s)?	447	68.09	29.72	0.43
7. ...did you feel a lack of respect from the other(s)? (reverse-scored)	439	78.81	31.46	0.52
8. ...did you and the other(s) share a mutual understanding of one another?	446	67.62	28.82	0.37
9. ...were you and the other(s) mutually responsive to one another's needs?	446	68.21	29.18	0.45
10. ...did you feel a sense of mutual trust with the other(s)?	445	67.80	30.23	0.44
11. ...did the other(s) value your input?	445	69.18	30.95	0.44
12. ...did you and the other(s) mutually focus on the "best side" of one another?	443	63.89	31.61	0.50
13. ...did you feel in "in sync" with the other(s)?	446	68.16	30.53	0.42

*Note.* For each item, the question stem was, "For what proportion of time during this episode (from 0 to 100 percent)..." Shaded rows indicate the seven items ultimately retained for analysis.  $N_{\text{participants}} = 117$ ,  $N_{\text{observations}} = 450$ , using all available data. ICC = intraclass correlation.

Table A3

*Fit Indices from the Multilevel Exploratory Factor Analyses*

Model	Within	Between	$\chi^2$	<i>df</i>	<i>p</i>	RMSEA	CFI	AIC	BIC
A	1	1	565.41	130	< .001	0.086	0.922	49,545	49,812
B	2	1	329.55	118	< .001	0.063	0.962	49,333	49,649
C	1	2	486.45	118	< .001	0.083	0.934	49,490	49,806
D	2	2	263.27	106	< .001	0.057	0.972	49,291	49,656

*Note.*  $\chi^2$ , *df*, and *p* = Likelihood ratio test of perfect fit; RMSEA = root mean square error of approximation; CFI = confirmatory fit index; AIC = Akaike's information criterion; BIC = Bayesian information criterion.

Table A4

*Rotated Factor Loadings Across Four Models*

Models	A	B		C		D	
Items	F1	F1	F2	F1	F2	F1	F2
<b>Within-person</b>							
1	0.73*	0.73*	0.11	0.75*	--	0.70*	0.14
2	0.77*	0.61*	0.23	0.76*	--	0.63*	0.21
3	0.75*	0.88*	-0.01	0.75*	--	0.89*	-0.01
4	0.82*	0.46*	0.42	0.81*	--	0.45	0.42
5	0.75*	0.46	0.36	0.77*	--	0.42	0.40
6	0.86*	0.30	0.59*	0.85*	--	0.29	0.60*
7	0.33*	-0.17	0.48*	0.32*	--	-0.15	0.46
8	0.84*	0.29	0.58*	0.83*	--	0.32	0.56
9	0.85*	0.08	0.78*	0.84*	--	0.10	0.76*
10	0.89*	0.03	0.86*	0.88*	--	0.04	0.86*
11	0.80*	-0.17	0.94*	0.78*	--	-0.14	0.92*
12	0.87*	-0.06	0.94*	0.86*	--	-0.06	0.94*
13	0.86*	0.02	0.85*	0.85*	--	0.01	0.86*
<b>Between-person</b>							
1	0.98*	0.97*	--	0.90*	0.29	0.84	0.26
2	0.96*	0.96*	--	0.94*	0.10	0.98*	-0.05
3	0.99*	0.99*	--	0.95*	0.17	0.96*	0.07
4	0.96*	0.96*	--	0.94*	0.10	0.94*	0.04
5	0.86*	0.86*	--	0.73	0.50	0.55	0.70
6	0.95*	0.95*	--	0.92*	0.13	0.89*	0.15
7	-0.14	-0.08	--	-0.02	-0.26	0.001	-0.23

8	1.00*	1.00*	--	1.02*	-0.11	1.02*	-0.06
9	0.96*	0.97*	--	0.98*	-0.09	0.99*	-0.05
10	0.96*	0.97*	--	0.99*	-0.10	0.97*	-0.01
11	0.93*	0.96*	--	1.01*	-0.30	1.04*	-0.21
12	0.90*	0.91*	--	0.91*	0.01	0.86*	0.13
13	0.96*	0.97*	--	0.97*	-0.04	0.94*	0.07
<i>r<sub>within</sub></i> (F1, F2)	--	0.76*		--		0.75*	
<i>r<sub>between</sub></i> (F1, F2)	--	--		0.19		0.39	

*Note.* Shaded rows indicate the seven items ultimately retained for analysis. Small negative residual variances were obtained for Item 8 in the 1-within, 1-between factor model at the between-person level; and for Item 5 in the 2-within, 2-between factor model at the between-person level. \*  $p < .05$ .

Supplemental Appendix B

Replication of Analyses Using the Original 12-item Trait Perceived Positivity Resonance Measure (Study 1)

Table B1

Descriptive Statistics and Pearson Correlations between Trait Perceived Positivity Resonance (12-item Version) and Well-being Measures in Study 1

Variable	Study 1 M (SD) N	1	2	3	4	5
1. Perceived Positivity Resonance	65.43 (11.99) N = 175	--				
2. Habitual Positive Emotions	2.23 (0.85) N = 153	.38*** <i>p</i> < .001	--			
3. Flourishing Mental Health	3.53 (.91) N = 174	.44*** <i>p</i> < .001	.63*** <i>p</i> < .001	--		
4. Depressive Symptoms	1.56 (0.46) N = 175	-.35*** <i>p</i> < .001	-.57*** <i>p</i> < .001	-.66** <i>p</i> < .001	--	
5. Illness Symptoms	.76 (.77) N = 175	-.16*** <i>p</i> = .030	-.17* <i>p</i> = .035	-.19** <i>p</i> = .014	.37*** <i>p</i> < .001	--

Note. \* *p* < .05, \*\* *p* < .01, \*\*\* *p* < .001. In Study 1, of the 175 total participants, 1 participant did not complete the measure of flourishing, and 22 participants did not report daily positive emotions during the 7-day assessment.

Table B2

*Standardized and Unstandardized Coefficients for Regression of Well-being Measures on Trait Perceived Positivity Resonance (12-item Version) and Positive Emotions in Study 1*

	Flourishing Mental Health					Depressive Symptoms					Illness Symptoms				
	<i>B</i>	<i>SE<sub>B</sub></i>	LB	UB	$\beta$	<i>B</i>	<i>SE<sub>B</sub></i>	LB	UB	$\beta$	<i>B</i>	<i>SE<sub>B</sub></i>	LB	UB	$\beta$
<b>Model 1</b>															
Positivity Resonance	.032	.006	.021	.044	.43***	-.012	.003	-.018	-.007	-.32***	-.002	.001	-.004	.000	-.17*
<b>Model 2</b>															
Positivity Resonance	.017	.005	.007	.027	.23*	-.005	.003	-.011	.000	-.14 <sup>†</sup>	-.002	.001	-.004	.001	-.13
Positive Emotions	.599	.072	.457	.741	.55***	-.283	.040	-.363	-.203	-.51***	-.020	.017	-.053	.013	-.10



1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12  
13  
14  
15  
16  
17  
18  
19  
20  
21  
22  
23  
24  
25  
26  
27  
28  
29  
30  
31  
32  
33  
34  
35  
36  
37  
38  
39  
40  
41  
42  
43  
44  
45  
46  
47

---

*Note.* Positivity Resonance = Trait Perceived Positivity Resonance. This table reports the results of models that include Experimental Condition as a covariate but not the associated interaction terms to avoid possible multicollinearity. Preliminary models allowed condition to interact with predictors, but no main effect for or interaction with condition were statistically significant. In Study 1, of the 175 total participants, 1 participant did not complete the measure of flourishing mental health, and 22 participants did not report daily positive emotions during the 7 days assessment. Therefore, the final sample for this set of analyses was  $N = 152$ . LB/UB = lower/upper bound 95% confidence interval for  $B$ . \*\*\*  $p < .001$ , \*\*  $p < .01$ , \*  $p < .05$ , †  $p < .10$

For Peer Review

**Supplemental Appendix C**  
**Replication of Analyses Using the Original 13-item Episode-Level Perceived Positivity Resonance Measure (Study 2)**

Table C1

*Descriptive Statistics and Correlations between Perceived Positivity Resonance (13-item Version) and Other Measures of Emotion in Study 2*

Emotion Variable (Person-Level)	M (SD)	N	1	2	3	4	5
1. Perceived Positivity Resonance	67.01 (21.40)	117	--				
2. Social Pleasant Emotions	3.47 (0.81)	117	0.60*** <i>p</i> < .001	--			
3. Non-Social Pleasant Emotions	3.21 (1.13)	97	0.24* <i>p</i> = .020	0.56*** <i>p</i> < .001	--		
4. Social Unpleasant Emotions	1.91 (0.82)	117	-0.51*** <i>p</i> < .001	-0.62*** <i>p</i> < .001	-0.35** <i>p</i> < .001	--	
5. Non-Social Unpleasant Emotions	1.95 (1.00)	97	-0.31** <i>p</i> = .003	-0.34*** <i>p</i> < .001	-0.56*** <i>p</i> < .001	0.52*** <i>p</i> < .001	--

*Note.* Of the 120 total participants, three did not report any social episodes and thus, did not have scores for perceived positivity resonance and social pleasant or unpleasant emotions. Twenty-three participants did not report having any non-social episodes and thus did not have scores for non-social pleasant or unpleasant emotions. \*\*\* *p* < .001, \*\* *p* < .01, \**p* < .05.

Table C2

Associations between Perceived Positivity Resonance (13-item Version) and Time Spent Interacting Face-to-Face, by Tele/Video Media, and by Computer-Mediated Communication (Within- and Between-person Effects) in Study 2

	Estimated within-person effect				Estimated between-person effect (i.e., person means)			
	B (SE)	95% CI	Test statistic (t)	Variance explained	B (SE)	95% CI	Test statistic (t)	Variance explained
<b>Model 1:</b>								
Interacting (any type)	0.21 (0.04)	[0.29, 0.13]	5.22, <i>p</i> < .001	7.20%	0.32 (0.09)	[0.51, 0.13]	3.35, <i>p</i> = .001	8.79%
<b>Model 2:</b>								
Face-to-face	0.14 (0.03)	[0.09, 0.20]	5.25, <i>p</i> < .001	7.17%	0.13 (0.06)	[0.02, 0.24]	2.30, <i>p</i> = .023	3.18%
<b>Model 2:</b>								
Tele/video media	0.00 (0.03)	[-0.07, 0.06]	0.15, <i>p</i> = .880	0.00%	0.04 (0.08)	[-0.12, 0.19]	0.46, <i>p</i> = .645	0.00%
<b>Model 3:</b>								
Computer-mediated	-0.06 (0.03)	[-0.13, 0.00]	-1.90, <i>p</i> = .058	0.46%	-0.08 (0.08)	[-0.24, 0.07]	-1.06, <i>p</i> = .293	0.04%

Note. Of the 120 total participants, three did not have any social episodes. Thus, the samples (person-level and episode-level) for this set of analyses are *N*<sub>participants</sub> = 117, *N*<sub>social-episodes</sub> = 449.

Table C3

*Standardized and Unstandardized Coefficients for Regression of Well-being Measures on Perceived Positivity Resonance (13-item Version), Positive Emotions, Duration of Social Interaction, and Frequency of Social Interaction in Study 2*

	Flourishing Mental Health					Loneliness					Illness Symptoms				
	<i>B</i>	<i>SE<sub>B</sub></i>	LB	UB	$\beta$	<i>B</i>	<i>SE<sub>B</sub></i>	LB	UB	$\beta$	<i>B</i>	<i>SE<sub>B</sub></i>	LB	UB	$\beta$
<b>Model 1</b>															
Perceived Positivity Resonance	.015	.003	.009	.020	.49***	-.012	.003	-.019	-.006	-.35***	-.005	.002	-.009	-.001	-.25*
<b>Model 2</b>															
Perceived Positivity Resonance	.010	.003	.004	.015	.32**	-.008	.004	-.016	-.001	-.24*	-.005	.002	-.010	-.001	-.27*
Pleasant Emotions	.250	.077	.097	.403	.32**	-.190	.100	-.388	.008	-.21 <sup>†</sup>	.023	.058	-.093	.139	.05
<b>Model 3</b>															
Perceived Positivity Resonance	.014	.003	.009	.020	.48***	-.012	.003	-.019	-.006	-.36***	-.005	.002	-.008	-.001	-.24*
Dur. Social Interaction	.156	.190	-.220	.532	.07	.162	.238	-.310	.634	.07	-.114	.137	-.385	.157	-.08
<b>Model 4</b>															
Perceived Positivity Resonance	.015	.003	.009	.020	.49***	-.012	.003	-.019	-.006	-.35***	-.005	.002	-.009	-.001	-.25*
Freq. Social Interaction	.031	.023	-.015	.077	.12	-.036	.029	-.094	.022	-.12	-.007	.017	-.040	.027	-.04

*Note.* Dur. Social Interaction = Duration of social interaction adjusted for total minutes reported in the day; Freq. Social Interaction = Quantity of episodes involving social interaction across the reported day. Of the 120 total participants, 16 did not complete the well-being measures due to time constraints, and three did not have any social episodes and thus, did not have a perceived positivity resonance score. Therefore, the final sample for this set of analyses was  $N = 101$ . LB/UB = lower/upper bound 95% confidence interval for *B*. \*\*\*  $p < .001$ , \*\*  $p < .01$ , \*  $p < .05$ .

Supplemental Appendix D

Table D

Regression of Well-being Measures on Positivity Resonance, Positive Emotions, Duration of Social Interaction (Controlling for Number of Episodes), and Frequency of Social Interaction (Controlling for Number of Episodes) in Studies 2 and 3

		Flourishing Mental Health					Loneliness					Illness Symptoms				
		<i>B</i>	<i>SE<sub>B</sub></i>	LB	UB	$\beta$	<i>B</i>	<i>SE<sub>B</sub></i>	LB	UB	$\beta$	<i>B</i>	<i>SE<sub>B</sub></i>	LB	UB	$\beta$
<b>Model 1</b>																
Study 2:	Positivity Resonance	.012	.003	.007	.017	.43***	-.010	.003	-.016	-.003	-.30**	-.004	.002	-.007	.000	-.22*
	Dur. Social Interaction	.175	.197	-.215	.565	.08	.128	.244	-.356	.612	.05	-.115	.139	-.390	.160	-.08
	Number of Episodes	.008	.018	-.028	.044	.04	-.022	.022	-.066	.022	-.10	.003	.013	-.022	.028	.02
Study 3:	Positivity Resonance	.015	.003	.009	.022	.34***	-.010	.002	-.014	-.006	-.35***	-.003	.002	-.006	.001	-.13
	Dur. Social Interaction	.442	.257	-.066	.949	.13 <sup>†</sup>	-.385	.165	-.712	-.059	-.17*	-.111	.135	-.378	.156	-.07
	Number of Episodes	-.001	.011	-.024	.021	-.01	-.006	.007	-.021	.008	-.06	.007	.006	-.005	.019	.09
<b>Model 2</b>																
Study 2:	Positivity Resonance	.012	.002	.007	.017	.44***	-.009	.003	-.016	-.003	-.30**	-.004	.002	-.007	.000	-.22*
	Freq. Social Episodes	.046	.030	-.014	.107	.18	-.032	.038	-.107	.043	-.10	-.017	.022	-.060	.025	-.10
	Number of Episodes	-.014	.023	-.059	.030	-.07	-.008	.028	-.064	.048	-.04	.012	.016	-.020	.044	.09
Study 3:	Positivity Resonance	.015	.003	.009	.021	.34***	-.010	.002	-.014	-.006	-.34***	-.003	.002	-.006	.000	-.15 <sup>†</sup>
	Freq. Social Episodes	.049	.021	.008	.091	.27*	-.041	.014	-.067	-.014	-.33**	.003	.011	-.018	.025	.04
	Number of Episodes	-.033	.017	-.067	.002	-.21 <sup>†</sup>	.019	.011	-.003	.042	.19*	.005	.009	-.014	.023	.06

Note. Positivity Resonance = Perceived Positivity Resonance; Dur. Social Interaction = Duration of social interaction adjusted for total minutes reported in the day; Freq. Social Interaction = Quantity of episodes involving social interaction across the reported day. In Study 2, of the 120 total participants, 16 did not complete the well-being measures due to time constraints, and three did not have any social episodes and thus, did not have a positivity resonance score. Therefore, the final sample for this set of analyses was N = 101. In Study 3, we controlled for experimental condition across all models. Of the 172 total participants, 4 did not complete the well-being measures. Therefore, the final sample for this set of analyses was N = 168. LB/UB = lower/upper bound 95% confidence interval for B. \*\*\*p < .001, \*\*p < .01, \*p < .05, †p < .10.

**Supplemental Appendix E**

Table E1  
*Regression of Well-being Measures on Trait Perceived Positivity Resonance and Habitual Positive Emotions in Study 1 (including tests of the potential moderating effect of condition)*

	Flourishing Mental Health					Depression					Illness Symptoms				
	<i>B</i>	<i>SE<sub>B</sub></i>	LB	UB	$\beta$	<i>B</i>	<i>SE<sub>B</sub></i>	LB	UB	<i>B</i>	<i>B</i>	<i>SE<sub>B</sub></i>	LB	UB	$\beta$
<b>Model 1</b>															
Study 1: Positivity Resonance	.025	.007	.011	.040	.41**	-.011	.004	-.019	-.003	-.33**	-.001	.001	-.004	.002	-.09
Condition	-.108	.137	-.378	.162	-.06	.039	.073	-.105	.183	.04	.010	.026	-.041	.062	.03
Condition*Pos. Res.	.002	.010	-.017	.021	.02	.000	.005	-.010	.010	.01	-.002	.002	-.005	.002	-.12
<b>Model 2</b>															
Study 1: Positivity Resonance	.012	.006	-.001	.024	.19 <sup>†</sup>	-.005	.004	-.012	.003	-.15	-.001	.001	-.004	.002	-.08
Positive Emotions	.693	.095	.505	.881	.64***	-.296	.054	-.402	-.190	-.53***	.008	.026	-.044	.060	.02
Condition	-.029	.112	-.251	.193	-.02	.002	.064	-.124	.128	.00	-.001	.002	-.005	.002	-.10
Condition*Pos. Res.	.006	.008	-.010	.023	.08	-.001	.005	-.010	.009	-.02	-.010	.022	-.053	.034	-.05
Condition*Pos. Emo.	-.204	.143	-.486	.078	-.13	.034	.081	-.126	.193	.04	-.020	.033	-.086	.046	-.07

*Note.* In Study 1, of the 175 total participants, 1 participant did not complete the measure of flourishing mental health, and 22 participants did not report daily positive emotions during the 7-day assessment. Therefore, the final sample for this set of analyses was  $N = 152$ . LB/UB = lower/upper bound 95% confidence interval for  $B$ . \*\*\*  $p < .001$ , \*\*  $p < .01$ , \*  $p < .05$ , <sup>†</sup>  $p < .10$ .

Table E2

Regression of Well-being Measures on Perceived Positivity Resonance, Positive Emotions, Duration of Social Interaction, and Frequency of Social Interaction in Studies 2 and 3 (including tests of the potential moderating effect of condition)

		Flourishing Mental Health					Loneliness					Illness Symptoms				
		<i>B</i>	<i>SE<sub>B</sub></i>	LB	UB	$\beta$	<i>B</i>	<i>SE<sub>B</sub></i>	LB	UB	<i>B</i>	<i>B</i>	<i>SE<sub>B</sub></i>	LB	UB	$\beta$
<b>Model 1</b>																
Study 2:	Positivity Resonance	.012	.003	.007	.017	.43***	-.009	.003	-.016	-.003	-.29**	-.004	.002	-.008	-.001	-.23*
	Condition	.097	.119	-.140	.333	.07	-.082	.148	-.376	.212	-.05	.075	.084	-.091	.241	.09
	Condition*Pos. Res.	.001	.005	-.009	.011	.02	-.003	.006	-.016	.009	-.05	.001	.004	-.006	.008	.02
Study 3:	Positivity Resonance	.025	.007	.012	.039	.58***	-.013	.004	-.022	-.005	-.46**	-.003	.004	-.010	.004	-.13
	Condition 2 (Dummy)	1.06	.602	-.122	2.257	.70†	.025	.393	-.750	.800	.03	.096	.315	-.527	.718	.13
	Condition 3 (Dummy)	1.16	.657	-.137	2.458	.65†	-.354	.428	-1.19	.492	-.30	-.151	.344	-.830	.528	-.17
	Condition 2*Pos. Res.	-.011	.008	-.027	.005	-.54	.001	.005	-.009	.012	.08	-.001	.004	-.009	.008	-.09
	Condition 3*Pos. Res.	-.014	.009	-.031	.004	-.55	.006	.006	-.005	.018	.39	.001	.005	-.008	.010	.08
<b>Model 2</b>																
Study 2:	Positivity Resonance	.006	.003	.000	.012	.22*	-.004	.004	-.012	.003	-.14	-.004	.002	-.009	.000	-.23†
	Pleasant Emotions	.302	.084	.136	.468	.39***	-.257	.108	-.471	-.043	-.28*	.011	.063	-.113	.136	.02
	Condition	.088	.113	-.136	.312	.07	-.075	.145	-.363	.214	-.05	.075	.085	-.093	.243	.09
	Condition*Pos. Res.	.006	.006	-.005	.017	.11	-.008	.007	-.022	.007	-.12	.000	.004	-.008	.009	.01
	Condition*Pls. Emo.	-.120	.163	-.443	.203	-.08	.137	.210	-.280	.553	.07	.037	.122	-.205	.279	.04
Study 3:	Positivity Resonance	.012	.008	-.005	.028	.26	-.007	.005	-.018	.004	-.24	-.001	.004	-.010	.008	-.04
	Pleasant Emotions	.544	.196	.158	.931	.43**	-.254	.130	-.510	.002	-.31†	-.074	.105	-.282	.133	-.12
	Condition 2 (Dummy)	1.12	.620	-.097	2.351	.74†	-.223	.411	-1.03	.588	-.22	.147	.333	-.511	.804	.20
	Condition 3 (Dummy)	1.09	.706	-.296	2.491	.61	-.414	.468	-1.33	.509	-.35	-.315	.379	-1.06	.433	-.36
	Condition 2*Pos. Res.	-.001	.010	-.020	.019	-.03	-.007	.007	-.020	.005	-.56	-.001	.005	-.012	.009	-.13
	Condition 3*Pos. Res.	-.004	.011	-.025	.017	-.14	.001	.007	-.013	.015	.04	-.003	.006	-.014	.009	-.21

Condition 2*Pls. Emo.	-.351	.251	-.847	.144	-.57	.368	.166	.040	.696	.92*	-.008	.135	-.274	.258	-.03
Condition 3*Pls. Emo.	-.281	.295	-.863	.302	-.37	.202	.196	-.184	.589	.41	.176	.158	-.137	.489	.48

**Model 3**

Study 2:	Positivity Resonance	.011	.003	.006	.016	.42***	-.010	.003	-.016	-.003	-.30**	-.004	.002	-.008	-.001	-.23*
	Dur. Social Interaction	.266	.213	-.156	.688	.12	.104	.267	-.426	.634	.04	-.088	.149	-.384	.208	-.06
	Condition	.147	.130	-.110	.405	.11	-.061	.163	-.385	.263	-.04	.040	.091	-.141	.221	.05
	Condition*Pos. Res.	.002	.005	-.008	.012	.04	-.003	.006	-.016	.010	-.04	.001	.004	-.006	.008	.03
	Condition*Dur. Soc.	-.361	.431	-1.22	.494	-.08	-.109	.541	-1.18	.966	-.02	-.465	.302	-1.07	.135	-.15

Study 3:	Positivity Resonance	.023	.007	.009	.037	.52**	-.008	.005	-.017	.001	-.29†	.000	.004	-.007	.007	-.01
	Dur. Social Interaction	.570	.563	-.541	1.68	.16	-1.09	.359	-1.80	-.381	-.48**	-.598	.294	-1.17	-.017	-.35*
	Condition 2 (Dummy)	.937	.638	-.323	2.19	.62	-.193	.408	-.998	.613	-.19	-.053	.335	-.715	.609	-.07
	Condition 3 (Dummy)	1.34	.695	-.032	2.71	.75†	-.514	.444	-1.39	.363	-.44	-.327	.363	-1.04	.391	-.37
	Condition 2*Pos. Res.	-.009	.008	-.026	.008	-.45	-.004	.005	-.014	.007	-.27	-.004	.004	-.012	.005	-.36
	Condition 3*Pos. Res.	-.011	.009	-.029	.008	-.43	.002	.006	-.009	.014	.15	-.002	.005	-.012	.008	-.16
	Condition 2*Dur. Soc.	.044	.666	-1.27	1.35	.02	.952	.426	.112	1.79	.59*	.587	.351	-1.05	1.280	.48†
Condition 3*Dur. Soc.	-.663	.752	-2.14	.823	-.23	.761	.481	-.189	1.71	.41	.659	.393	-.117	1.436	.47†	

**Model 4**

Study 2:	Positivity Resonance	.011	.002	.006	.016	.41***	-.009	.003	-.015	-.003	-.29**	-.004	.002	-.007	.000	-.22*
	Freq. Social Interaction	.058	.025	.008	.108	.22*	-.050	.032	-.114	.013	-.16	-.011	.018	-.048	.025	-.07
	Condition	.130	.116	-.101	.361	.10	-.108	.149	-.403	.187	-.07	.068	.085	-.100	.237	.08
	Condition*Pos. Res.	.002	.005	-.008	.012	.04	-.004	.006	-.017	.008	-.06	.001	.004	-.007	.008	.02
	Condition*Freq. Soc.	-.115	.048	-.211	-.019	-.23*	.042	.062	-.081	.164	.07	.030	.035	-.040	.100	.09

Study 3:	Positivity Resonance	.026	.007	.013	.039	.58***	-.013	.004	-.021	-.004	-.45**	-.003	.003	-.009	.004	-.12
	Freq. Social Interaction	-.013	.026	-.064	.038	-.07	-.031	.017	-.064	.002	-.25†	-.015	.013	-.041	.012	-.16
	Condition 2 (Dummy)	.741	.635	-.513	1.995	.49	-1.06	.413	-.922	.710	-.11	-.082	.333	-.740	.577	-.11



1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12  
13  
14  
15  
16  
17  
18  
19  
20  
21  
22  
23  
24  
25  
26  
27  
28  
29  
30  
31  
32  
33  
34  
35  
36  
37  
38  
39  
40  
41  
42  
43  
44  
45  
46  
47

Condition 3 (Dummy)	1.05	.710	-.352	2.451	.58	-.514	.462	-1.42	.398	-.44	-.437	.372	-1.17	.298	-.50
Condition 2*Pos. Res.	-.014	.008	-.030	.002	-.67†	.002	.005	-.009	.012	.13	-.002	.004	-.010	.007	-.18
Condition 3*Pos. Res.	-.014	.009	-.031	.004	-.56	.006	.006	-.005	.018	.38	.000	.005	-.009	.009	.01
Condition 2*Freq. Soc.	.064	.033	-.001	.128	.40†	.006	.021	-.036	.048	.06	.029	.017	-.005	.063	.37†
Condition 3*Freq. Soc.	.014	.037	-.059	.087	.08	.020	.024	-.027	.068	.18	.037	.019	-.001	.075	.44†

*Note.* Positivity Resonance = Perceived Positivity Resonance; Dur. Social Interaction = Duration of social interaction adjusted for total minutes reported in the day; Freq. Social Interaction = Quantity of episodes involving social interaction across the reported day. In Study 2, of the 120 total participants, 16 did not complete the well-being measures due to time constraints, and three did not have any social episodes and thus, did not have a perceived positivity resonance score. Therefore, the final sample for this set of analyses was  $N = 101$ . In Study 3, we controlled for experimental condition across all models. Of the 172 total participants, 4 did not complete the well-being measures. Therefore, the final sample for this set of analyses was  $N = 168$ . LB/UB = lower/upper bound 95% confidence interval for  $B$ . \*\*\* $p < .001$ , \*\* $p < .01$ , \* $p < .05$ , † $p < .10$

In Study 3, Condition was dummy-coded, with the Daily Positive Social Experiences Condition as the reference condition. Condition variables were dummy-coded as follows:

	Daily Positive Social Experiences Condition	Daily Positive Solitary Experiences Condition	Daily Tasks Condition
Condition 2 (Dummy)	0	0	1
Condition 3 (Dummy)	0	1	0

Table E3

*Associations between Perceived Positivity Resonance and Time Spent Interacting Face-to-Face, by Tele/Video Media, and by Computer Mediated Communication (Within- and Between-person Effects) in Study 2 (highlighted) and Study 3 (including tests of the potential moderating effect of condition)*

		Estimated within-person effect				Estimated between-person effect (i.e., person means)			
		<i>B</i> (SE)	95% CI	Test statistic ( <i>t</i> )	Variance explained	<i>B</i> (SE)	95% CI	Test statistic ( <i>t</i> )	Variance explained
<b>Model 1:</b>									
Study 2	Interacting (any)	0.23 (0.06)	[0.11, 0.35]	3.90, <i>p</i> < .001	7.75%	0.30 (0.15)	[-0.00, 0.60]	1.96, <i>p</i> = .032	5.27%
	Condition	--	--	--		-1.28 (4.14)	[-9.49, 6.93]	-0.31, <i>p</i> = .758	
	Interact. * Condit.	0.03 (0.09)	[-0.14, 0.21]	0.38, <i>p</i> = .705		0.04 (0.21)	[-0.45, 0.38]	0.17, <i>p</i> = .863	
Study 3	Interacting (any)	0.23 (0.04)	[0.15, 0.32]	5.60, <i>p</i> < .001	5.42%	0.44 (0.17)	[0.11, 0.78]	2.63, <i>p</i> = .009	1.94%
	Condition 2 (Dummy)	--	--	--		1.84 (3.06)	[-4.22, 7.89]	0.60, <i>p</i> = .550	
	Condition 3 (Dummy)	--	--	--		2.73 (3.60)	[-4.37, 9.84]	0.76, <i>p</i> = .448	
	Interacting * Condit 2	-0.06 (0.05)	[-0.17, 0.05]	-1.14, <i>p</i> = .255		-0.28 (0.20)	[-0.67, 0.11]	-1.41, <i>p</i> = .162	
	Interacting * Condit 3	-0.05 (0.06)	[-0.17, 0.06]	-0.92, <i>p</i> = .361		-0.43 (0.24)	[-0.90, 0.04]	-1.80, <i>p</i> = .074	
<b>Model 2:</b>									
Study 2	Face-to-face (F2F)	0.16 (0.03)	[0.09, 0.23]	4.64, <i>p</i> < .001	7.60%	0.28 (0.10)	[0.08, 0.47]	2.81, <i>p</i> = .006	5.17%
	Condition	--	--	--		4.80 (5.14)	[-5.39, 15.0]	0.93, <i>p</i> = .353	
	F2F * Condit.	0.01 (0.07)	[-0.12, 0.15]	0.22, <i>p</i> = .827		-0.20 (0.15)	[-0.49, 0.09]	-1.36, <i>p</i> = .175	
Study 3	Face-to-face	0.24 (0.03)	[0.18, 0.30]	8.23, <i>p</i> < .001	13.37%	0.33 (0.12)	[0.09, 0.56]	2.82, <i>p</i> = .005	1.71%
	Condition 2 (Dummy)	--	--	--		-1.63 (3.04)	[-7.64, 4.38]	0.54, <i>p</i> = .593	
	Condition 3 (Dummy)	--	--	--		-2.73 (3.57)	[-9.78, 4.32]	-0.76, <i>p</i> = .446	
	F2F * Condit. 2	-0.07 (0.04)	[-0.14, 0.00]	-1.90, <i>p</i> = .058		-0.13 (0.14)	[-0.41, 0.16]	-0.87, <i>p</i> = .385	
	F2F * Condit. 3	-0.01 (0.04)	[-0.09, 0.08]	-0.14, <i>p</i> = .892		-0.18 (0.19)	[-0.55, 0.18]	-0.99, <i>p</i> = .322	
<b>Model 3:</b>									
Study 2	Tele/video media	-0.07 (0.05)	[-0.17, 0.04]	-1.25, <i>p</i> = .211	0.00%	-0.13 (0.18)	[-0.48, 0.22]	-0.71, <i>p</i> = .477	0.00%
	Condition	--	--	--		-2.11 (4.79)	[-11.59, 7.37]	-0.44, <i>p</i> = .660	
	Tele/video * Condit.	0.11 (0.07)	[-0.02, 0.24]	1.64, <i>p</i> = .102		0.26 (0.21)	[-0.16, 0.67]	1.24, <i>p</i> = .219	
Study 3	Tele/video media	-0.00 (0.06)	[-0.12, 0.12]	-0.03, <i>p</i> = .976	0.88%	-0.28 (0.18)	[-0.63, 0.07]	-1.58, <i>p</i> = .117	0.00%

Condition 2 (Dummy)	--	--	--	-3.08 (3.17)	[-9.34, 3.18]	-0.97, <i>p</i> = .333
Condition 3 (Dummy)	--	--	--	-3.86 (3.68)	[-11.12, 3.41]	-1.05, <i>p</i> = .296
Tele/vid. * Condit. 2	-0.15 (0.08)	[-0.30, 0.01]	-1.87, <i>p</i> = .061	0.19 (0.35)	[-0.51, 0.88]	0.54, <i>p</i> = .592
Tele/vid. * Condit. 3	-0.15 (0.09)	[-0.33, 0.02]	-1.70, <i>p</i> = .090	0.13 (0.31)	[-0.49, 0.74]	0.40, <i>p</i> = .688

**Model 4:**

Study 2	Computer-med.	-0.10 (0.05)	[-0.19, 0.00]	-1.95, <i>p</i> = .052	0.28%	-0.40 (0.19)	[-0.79, -0.02]	-2.08, <i>p</i> = .040	3.04%
	Condition	--	--	--		1.59 (4.57)	[-7.47, 10.64]	0.35, <i>p</i> = .729	
	Comp-med. * Condit.	0.03 (0.07)	[-0.11, 0.18]	0.44, <i>p</i> = .664		0.39 (0.22)	[-0.05, 0.83]	1.77, <i>p</i> = .080	
Study 3	Computer-med.	-0.33 (0.05)	[-0.43, -0.23]	-6.63, <i>p</i> < .001	7.36%	-0.08 (0.27)	[-0.44, 0.61]	0.32, <i>p</i> = .753	0.00%
	Condition 2 (Dummy)	--	--	--		-2.47 (3.22)	[-8.83, 3.90]	-0.77, <i>p</i> = .445	
	Condition 3 (Dummy)	--	--	--		-4.17 (3.76)	[-11.61, 3.27]	-1.11, <i>p</i> = .270	
	Comp-med. * Cond. 2	0.18 (0.06)	[0.07, 0.31]	3.05, <i>p</i> = .002		-0.25 (0.30)	[-0.84, 0.33]	-0.85, <i>p</i> = .394	
	Comp-med. * Cond. 3	-0.01 (0.07)	[-0.15, 0.14]	-0.12, <i>p</i> = .904		-0.29 (0.36)	[-1.00, 0.41]	-0.81, <i>p</i> = .418	

*Note.* In Study 2, of the 120 total participants, three did not have any social episodes. Thus, the samples (person-level and episode-level) for this set of analyses are:  $N_{\text{participants}} = 117$ ,  $N_{\text{social-episodes}} = 449$ . In Study 3, of the 172 total participants, one did not have any social episodes. Of the 1,443 episodes that contained a social interaction, 39 episodes contained missing data on one or more variables. Thus, the samples (person-level and episode-level) for this set of analyses are:  $N_{\text{participants}} = 171$ ,  $N_{\text{social-episodes}} = 1,404$ .

In Study 3, Condition was dummy-coded, with the Daily Positive Social Experiences Condition as the reference condition. Condition variables were dummy-coded as follows:

	Daily Positive Social Experiences Condition	Daily Positive Solitary Experiences Condition	Daily Tasks Condition
Condition 2 (Dummy)	0	0	1
Condition 3 (Dummy)	0	1	0

1  
2  
3  
4 **Appendix F**  
5 Complete set of DRM instructions  
6

7  
8 We would like to learn what you did and how you felt during the (work) day yesterday. Not all  
9 (work) days are the same – some are better, some are worse and others are pretty typical. Here  
10 we are only asking you about the (work) day yesterday.  
11

12 Because many people find it difficult to remember what exactly they did and experienced, we  
13 will do this in two steps:  
14

- 15 1. We'd like you to reconstruct what your day was like, as if you were writing in your diary.  
16 Where were you? What did you do and experience? How did you feel? Answering the  
17 questions on the next page will help you to reconstruct your day.  
18

19 *This diary is only for you, to help you remember and describe what happened during the*  
20 *(work) day yesterday. Your notes are strictly personal and confidential. Nobody will*  
21 *read what you write about your day.*  
22

- 23  
24 2. After you have finished reconstructing your day in your diary, we will ask you specific  
25 questions about this time. In answering these questions, we'd like you to consult your  
26 diary and the notes you made to remind you of what you did and how you felt.  
27  
28  
29  
30  
31  
32  
33  
34  
35  
36  
37  
38  
39  
40  
41  
42  
43  
44  
45  
46  
47  
48  
49  
50  
51  
52  
53  
54  
55  
56  
57  
58  
59  
60

1  
2  
3 Now, please describe your (work) day in the spaces below. Think of your (work) day as a  
4 continuous series of scenes or episodes in a film. Give each episode a brief name that will help  
5 you remember it (for example, "attended a meeting" or "at lunch with B," where B is a person or  
6 a group of people).  
7

8  
9 There is room to list 24 episodes (30 episodes in Study 3) for each part of your (work) day,  
10 although it is not necessary to use all of the spaces - use the breakdown of your (work) day that  
11 makes the most sense to you and best captures what you did and how you felt. Try to remember  
12 each episode in detail, and write a few words that will remind you of exactly what was going on.  
13 Also, try to remember how you felt and what your mood was like. Note that though it is  
14 important for you to name each episode, the notes section is more for your reference for later  
15 use, and you should just jot down anything you think might help to jog your memory for that  
16 episode.  
17  
18

19 **Episode 1**

20 Episode name:

21 Notes to yourself: *What did you feel? Were you with anyone?*

22 What time did it start?

23 How many minutes did it last?  
24  
25

26 **Episode 2**

27 Episode name:

28 Notes to yourself: *What did you feel? Were you with anyone?*

29 What time did it start?

30 How many minutes did it last?  
31  
32  
33  
34  
35

36 **Episode N (Up to 24 episodes in Study 2, up to 30 episodes in Study 3)**

37 Episode name:

38 Notes to yourself: *What did you feel? Were you with anyone?*

39 What time did it start?

40 How many minutes did it last?  
41  
42  
43  
44  
45  
46  
47  
48  
49  
50  
51  
52  
53  
54  
55  
56  
57  
58  
59  
60

Now, we would like to learn in more detail about how you felt during those episodes. For each episode, there are several questions about what happened and how you felt. Please answer the questions for every episode you recorded, beginning with the first episode in your (work) day. To make it easier to keep track, we will carry forward your responses so you can see what you wrote for each episode while you're answering questions about that particular episode. It is very important that we get to hear about all of the episodes you experienced during the (work) day yesterday, so please be sure to answer the questions for each episode you recorded.

### For each episode

We'd like to know if you were interacting with anyone during this episode. An interaction is defined as any encounter (including by phone, text messaging, e-mail, social media, etc.) of a few minutes or longer with another person(s) in which the participants attended to one another and adjusted their behavior in response to one another.

During this episode, were you interacting with anyone for more than a few minutes (including by phone, text messaging, e-mail, social media etc)?

yes  no

*If "no", the survey skipped the questions about social interactions...*

### For each episode with an interaction

Think about what you were doing during this episode.

**For what proportion of the time during this episode (from 0 to 100 percent) were you...**

(Note: These should add up to 100%)

... interacting with other people face-to-face?

... interacting with other people by phone or video-media (e.g., Skype, teleconference, etc.)?

...interacting with other people via mediated communications (like e-mails, voice mails, text, etc.)?

... not interacting with anyone?

---

For what proportion of time during this episode (from 0 to 100 percent)...

...did you experience a mutual sense of warmth and concern toward the other(s)?

...were you able to attune to and connect with the other(s)' experiences?

...did thoughts and feelings flow with ease between you and the other(s)?

...did you feel energized and uplifted by the company of the other(s)?

...were you and the other(s) mutually responsive to one another's needs?

...did you feel a sense of mutual trust with the other(s)?

...did you feel in "in synch" with the other(s)?

1  
2  
3  
4  
5

<b>For each episode</b>
-------------------------

6 Now think about how you felt **during this episode**. Think about whether or not you felt any  
7 pleasant or unpleasant emotions.  
8

9 Pleasant emotions include: amused, awe, grateful, hopeful, inspired, interested, joyful, love,  
10 proud, serene.  
11

12 Unpleasant emotions include: angry, ashamed, contemptuous, disgust, embarrassed, guilty, hate,  
13 sad, scared, stressed.  
14  
15

16 Then, using the scale below, **indicate the greatest amount that you experienced each of these**  
17 **emotions during this episode.**  
18

19  
20 Not at all    A little bit    Moderately    Quite a bit    Extremely  
21            1            2            3            4            5  
22

23 ...pleasant emotions? \_\_\_\_

24 ...unpleasant emotions? \_\_\_\_  
25  
26  
27  
28  
29  
30  
31  
32  
33  
34  
35  
36  
37  
38  
39  
40  
41  
42  
43  
44  
45  
46  
47  
48  
49  
50  
51  
52  
53  
54  
55  
56  
57  
58  
59  
60

## References for Appendix

Asparouhov, T., & Muthén, B. O. (2012, March 29). Saddle points. Retrieved from <https://www.statmodel.com/download/SaddlePoints2.pdf>

Cattell, R. B. (1966). The scree test for the number of factors. *Multivariate Behavioral Research*, *1*, 245-276.

Muthén, L. K., & Muthén, B. O. (1998-2017). *Mplus user's guide* (8th ed.). Los Angeles, CA: Muthén & Muthén.

For Peer Review



1  
2  
3 **Stimulus Material for article entitled “Episode-Level Positivity Resonance**  
4 **Predicts Wellbeing and Changes in Wellbeing”**  
5

6 Major, Le Nguyen, Lundberg & Fredrickson PSPB  
7  
8  
9

10 **Summary of Stimuli:**  
11

12 Trait Perceived Positivity Resonance (See manuscript, Study 1)

13 Habitual Positive Emotions: Modified Differential Emotion Scale (mDES; Fredrickson, 2013)

14 Flourishing Mental Health: Mental Health Continuum – Short Form (Keyes, 2009)

15 Depressive Symptoms: Center for Epidemiological Studies - Depression (CESD; Radloff, 1977)

16 Illness symptoms: (Elliot & Sheldon, 1998)

17 Day Reconstruction Method (DRM; Kahneman, Krueger, Schkade, Schwarz, & Stone, 2004)

18 Loneliness: UCLA Loneliness Scale (Russell, 1996)  
19  
20  
21  
22

23 **Note: Complete citations available in accompanying manuscript.**  
24  
25  
26  
27  
28  
29  
30  
31  
32  
33  
34  
35  
36  
37  
38  
39  
40  
41  
42  
43  
44  
45  
46  
47  
48  
49  
50  
51  
52  
53  
54  
55  
56  
57  
58  
59  
60

## Trait Perceived Positivity Resonance (See Study 1 & OSM)

Thinking of all your experiences and encounters with other people -- the people you interact with regularly on a daily basis, including family, friends, neighbors, work colleagues, customers, etc. (do not just focus on one person individually but how you feel collectively to other people, in general),-- how much would you say (from 0-100% of the time) that...

- 1...you focus in a meaningful way on interactions with other people? [ITEM NOT USED]
- 2...you are able to attune to other peoples' words and experiences?
- 3...you experience a "flow of conversation" with other people?
- 4...the interactions reflect a smooth coordination of effort between you and people? [ITEM NOT USED]
- 5...you feel a lack of respect from other people? [Reverse-Scored; ITEM NOT USED]
- 6...you feel energized?
- 7...you and other people share a mutual understanding of one another?
- 8...you and other people are mutually responsive to one another's needs?
- 9...you feel a sense of mutual trust with other people?
- 10...other people value your input? [ITEM NOT USED]
- 11...you and other people mutually focus on the "best side" of one another?
- 12...you feel "in sync" with other people?

## Modified Differential Emotion Scale (mDES; Fredrickson, 2013)

Please think back to how you felt during the past twenty-four hours. If it's been less than 24 hours since you last logged in, please do not report the activities you have already reported yesterday. Using the 0-4 scale below, indicate the greatest amount that you've experienced each of the following feelings.

0	1	2	3	4
Not at all	A little bit	Moderately	Quite a bit	Extremely

1. Amused, Fun-loving, Silly
2. Angry, Irritated, Annoyed
3. Ashamed, Humiliated, Disgraced
4. Awe, Wonder, Amazement
5. Contemptuous, Scornful, Disdainful
6. Disgust, Distaste, Revulsion
7. Embarrassed, Self-conscious, Blushing
8. Grateful, Appreciative, Thankful
9. Guilty, repentant, or blameworthy
10. Hate, Distrust, Suspicion
11. Hopeful, Optimistic, Encouraged
12. Inspired, Uplifted, Elevated
13. Interested, Alert, Curious
14. Glad, Happy, Joyful
15. Love, Closeness, Trust
16. Proud, Confident, Self-assured
17. Sad, Downhearted, Unhappy
18. Scared, Fearful, Afraid
19. Serene, Content, Peaceful
20. Stressed, Nervous, Overwhelmed

**NOTE: Habitual Positive Emotions assessed as the average of the following 10 items over 7 consecutive days: Items 1, 4, 8, 11, 12, 13, 14, 15, 16, and 19.**

1  
2  
3  
4  
5  
6  
7

## Flourishing: Mental Health Continuum – Short Form (Keyes, 2009)

- 8 0 = Rarely or none of the time (less than 1 day)  
9 1 = Some or a little of the time (1 – 2 days)  
10 2 = Occasionally or a moderate amount of time (3 – 4 days)  
11 3 = Most or all of the time (5 – 7 days)  
12  
13

14 In the past week...

- 15  
16 \_\_\_\_\_ 1 - How often did you feel happy?  
17  
18 \_\_\_\_\_ 2 - How often did you feel interested in life?  
19  
20 \_\_\_\_\_ 3 - How often did you feel satisfied?  
21  
22 \_\_\_\_\_ 4 - How often did you feel that you had something to contribute to society?  
23  
24 \_\_\_\_\_ 5 - How often did you feel that you belonged to a community/social group?  
25  
26 \_\_\_\_\_ 6 - How often did you feel that our society is becoming a better place for people?  
27  
28 \_\_\_\_\_ 7 - How often did you feel that people are basically good?  
29  
30 \_\_\_\_\_ 8 - How often did you feel that the way our society works makes sense to you?  
31  
32 \_\_\_\_\_ 9 - How often did you feel that you liked most parts of your personality?  
33  
34 \_\_\_\_\_ 10 - How often did you feel good at managing the responsibilities of your daily life?  
35  
36 \_\_\_\_\_ 11 - How often did you feel that you had warm and trusting relationships with others?  
37  
38 \_\_\_\_\_ 12 - How often did you feel that you have experiences that challenge you to grow and  
39  
40 become a better person?  
41  
42 \_\_\_\_\_ 13 - How often did you feel confident to think or express your own ideas and opinions?  
43  
44 \_\_\_\_\_ 14 - How often did you feel that your life has a sense of direction or meaning to it?  
45  
46  
47  
48  
49  
50  
51  
52  
53  
54  
55  
56  
57  
58  
59  
60

**Center for Epidemiological Studies - Depression**  
(CESD; Radloff, 1977)

Everyone sometimes feels a little down. In the past week, how often have you experienced each of the following? Use the following scale to indicate your response.

1 Hardly	2 Some of the time	3 Often	4 Most of the time
-------------	-----------------------	------------	-----------------------

1. I was bothered by things that usually don't bother me.
2. I didn't feel like eating; I had a poor appetite.
3. I felt that I could not shake off the blues even with help from my family or friends.
4. I had trouble keeping my mind on what I was doing.
5. I felt depressed.
6. I felt like everything I did was an effort.
7. I thought that my life until now had been a failure.
8. I felt afraid.
9. I couldn't sleep well.
10. I was happy.
11. I talked less than usual.
12. I felt lonely.
13. People were unfriendly.
14. I enjoyed life.
15. I had crying spells.
16. I felt that people disliked me.
17. I couldn't get going.
18. I felt that I was just as good as other people.
19. I felt hopeful about the future.
20. I felt sad.

## Illness Symptoms (Elliot & Sheldon, 1998)

How much you have experienced each of the following during the past month or so?

1                    2                    3                    4                    5                    6                    7  
not at all                    somewhat                    very frequently

1. \_\_\_ headaches
2. \_\_\_ coughing/sore throat
3. \_\_\_ shortness of breath
4. \_\_\_ stiff/sore muscles
5. \_\_\_ chest/heart pain
6. \_\_\_ faintness/dizziness
7. \_\_\_ acne/pimples
8. \_\_\_ stomach ache/pain
9. \_\_\_ feeling weak in parts of your body
10. \_\_\_ numbness or tingling in parts of your body
11. \_\_\_ nausea/upset stomach
12. \_\_\_ runny/congested nose
13. \_\_\_ hot or cold spells

## Day Reconstruction Method

(based on Kahneman, Krueger, Schkade, Schwarz, & Stone, 2004)  
(Includes Episode-level Assessment of Perceived Positivity Resonance)

We would like to learn what you did and how you felt yesterday from the time you woke up until you went to bed. Not all days are the same – some are better, some are worse and others are pretty typical. Here we are only asking you about yesterday.

Because many people find it difficult to remember what exactly they did and experienced, we will do this in two steps:

1. We'd like you to reconstruct what your day was like, as if you were writing in your diary. Where were you? What did you do and experience? Were you with anyone? How did you feel? Answering the questions on the next page will help you to reconstruct your day.

*This diary is only for you, to help you remember and describe what happened during the work day yesterday. Your notes are strictly personal and confidential. Nobody will read what you write about your day.*

2. After you have finished reconstructing your day in your diary, we will ask you specific questions about this time. In answering these questions, we'll ask you to consult your diary and the notes you made to remind you of what you did and how you felt.

On the following pages, please describe your day starting from the time you woke up until the time you went to bed. Think of your day as a continuous series of scenes or episodes in a film and try to remember each episode in detail.

We would like you to provide the following details:

1. Give each episode a brief name that will help remind you exactly what was going on (for example, "attended a meeting" or "at lunch with B," where B is a person or a group of people).
2. Use the notes section to remember how you felt and who (if anyone) you were with during each episode.
3. Indicate the approximate times at which each episode began.
4. Indicate how long each episode lasted (generally, the episodes people identify last between 15 minutes and 2 hours)

Indications of the end of an episode might be:

- Going from a different location
- Ending one activity and starting another
- Or a change in the people you are interacting with

For this task, there is one section for the morning, one section for the afternoon, and one section for the evening. There is room to list 10 episodes for each part of the day, although it is not necessary to use all of the spaces - use the breakdown of your day that makes the most sense to you and best captures what you did, how you felt, and who you were with.

Note that though it is important for you to name each episode, the notes section is more for your reference for later use, and you should just jot down anything you think might help to jog your memory for that episode.

**Participants recorded their episodes as follows**

**Episode 1**

Episode name: \_\_\_\_\_  
 Notes to yourself: *What did you feel? Were you with anyone?* \_\_\_\_\_  
 What time did it start? \_\_\_\_\_  
 How many minutes did it last? \_\_\_\_\_

**Episode 2**

Episode name: \_\_\_\_\_  
 Notes to yourself: *What did you feel? Were you with anyone?* \_\_\_\_\_  
 What time did it start? \_\_\_\_\_  
 How many minutes did it last? \_\_\_\_\_

32 .  
 33 .  
 34 .  
 35 .  
 36 .  
 37 .  
 38 .  
 39 .  
 40 .  
 41 .  
 42 .  
 43 .  
 44 .  
 45 .  
 46 .  
 47 .  
 48 .

**Episode 24 (or Episode 30 in Study 2)**

Episode name: \_\_\_\_\_  
 Notes to yourself: *What did you feel? Were you with anyone?* \_\_\_\_\_  
 What time did it start? \_\_\_\_\_  
 How many minutes did it last? \_\_\_\_\_



Now, we would like to learn in more detail about how you felt during those episodes. For each episode you listed, there are several questions about what happened and how you felt.

On the next pages, you will answer questions about every episode you recorded, beginning with the first episode starting from the time you woke up. To make it easier to keep track, we will carry forward your episode descriptions so you can see what you wrote for each episode while you're answering questions about that particular episode.

It is very important that we get to hear about all of the episodes you experienced yesterday, so please be sure to answer the questions for each episode you recorded.

### For each episode

We'd like to know if you were **interacting** with anyone during this episode. An interaction is defined as any encounter (including by phone, text messaging, e-mail, social media, etc.) of a few minutes or longer with another person(s) in which the participants attended to one another and adjusted their behavior in response to one another.

During this episode, **were you interacting with anyone** for more than a few minutes (including by phone, text messaging, e-mail, social media etc)?  yes  no

*If "no", then skip the interaction questions in the next step...*

### For each episode with an interaction

Think about what you were doing during this episode.

**For what proportion of the time during this episode (from 0 to 100 percent) were you...**  
(Note: These should add up to 100%)

- ... interacting with other people face-to-face?
- ... interacting with other people by phone or video-media (e.g., Skype, teleconference, etc.)?
- ... interacting with other people via mediated communications (like e-mails, voice mails, text, etc.)?
- ... not interacting with anyone?

- 
- For what proportion of time during this episode (from 0 to 100 percent)...
- ...did you experience a mutual sense of warmth and concern toward the other(s)?
  - ...were you able to attune to and connect with the other(s)' experiences?
  - ...did thoughts and feelings flow with ease between you and the other(s)?
  - ...did you feel energized and uplifted by the company of the other(s)?
  - ...were you and the other(s) mutually responsive to one another's needs?
  - ...did you feel a sense of mutual trust with the other(s)?
  - ...did you feel in "in synch" with the other(s)?

## For each episode

Now think about how you felt **during this episode**. Think about whether or not you felt any pleasant or unpleasant emotions.

Pleasant emotions include: amused, awe, grateful, hopeful, inspired, interested, joyful, love, proud, serene.

Unpleasant emotions include: angry, ashamed, contemptuous, disgust, embarrassed, guilty, hate, sad, scared, stressed.

Then, using the scale below, **indicate the greatest amount that you experienced each of these emotions during this episode.**

Not at all	A little bit	Moderately	Quite a bit	Extremely
1	2	3	4	5

...pleasant emotions? \_\_\_\_

...unpleasant emotions? \_\_\_\_

## UCLA Loneliness Scale (Russell, 1996)

Please respond to the questions using the following scale:

- 1 = Never
- 2 = Rarely
- 3 = Sometimes
- 4 = Often
- 5 = Always

1. How often do you feel that you are "in tune" with the people around you?
2. How often do you feel that you lack companionship?
3. How often do you feel that there is no one you can turn to?
4. How often do you feel alone?
5. How often do you feel part of a group of friends?
6. How often do you feel that you have a lot in common with the people around you?
7. How often do you feel that you are no longer close to anyone?
8. How often do you feel that your interests and ideas are not shared by those around you?
9. How often do you feel outgoing and friendly?
10. How often do you feel close to people?
11. How often do you feel left out?
12. How often do you feel that your relationships with others are not meaningful?
13. How often do you feel that no one really knows you well?
14. How often do you feel isolated from others?
15. How often do you feel you can find companionship when you want it?
16. How often do you feel that there are people who really understand you?
17. How often do you feel shy?
18. How often do you feel that people are around you but not with you?
19. How often do you feel that there are people you can talk to?
20. How often do you feel that there are people you can turn to?