Emotion Recognition and Well-Being: Codebook

Datasets

data_diary21_AGG

Baseline data and aggregated daily data. One row per participant (wide format). Used for descriptive analyses, linear regression, and curvilinear regression.

data_diary21_MLM

Daily diary entry data. One row per participant and diary entry (long format). Baseline and aggregated daily data added to each row. Used for multilevel regression.

General Guide to Data Structure and Variable Naming

Variables (columns) in both datasets are ordered in the following sections:

1. ID and demographic variables
2. Baseline tests and questionnaires
3. Daily diary measures
    a. Only aggregated scores in **data_diary21_AGG**
    b. Aggregated and daily scores in **data_diary21_MLM**

All tests and questionnaires are represented by a mean score per participant (and daily diary entry), followed by all items included in the mean score. Single item scores were previously reverse scored where necessary.

The following **prefixes** and **suffixes** are used in multiple variable names:

Prefixes:

*   **day_**: Daily diary measure concerning the last 24 hours.
*   **event_**: Daily diary measure concerning the reported emotional event in the last 24 hours.

Suffixes:

*   **_mean:** Mean score across all items of a test / questionnaire per participant (and diary entry).
*   **_int**: Intensity (score) of daily emotions.
*   **_var:** Variability score across daily measures per participant (standard deviation).
*   **_instab:** Instability score from one day to the next (squared difference), aggregated (**_agg**) across all days per participant.
*   **_agg**: Aggregated daily dairy measure (mean across all diary entries per participant).

Specific Variables & Scores

Please see the manuscript for complete measure description and references.

Variable Name (Core)	Description / Note	Score
id	Random number created after partial dropout. After full dropout only 437 participants remain in the dataset. Some IDs (e.g., 144) are therefore not included in the final dataset.	1-444
day_count	chronological number of diary entries	1-14
gender	-	0 (male) 1 (female)
age	-	age in years
occupation	-	1 (psychology student) 2 (other)
education	-	1 (compulsory school) 2 (apprenticeship) 3 (high school diploma / comparable degree) 4 (university degree) 5 (doctorate)
relationship	romantic relationships	0 (no active relationship) 1 (active relationship)
entry_count_agg	total number of diary entries completed (all participants with less than 7 entries were dropped)	7-14
gert_experience	Experience with the Geneva Emotion Recognition Test (GERT)	0 (never completed GERT or GERT-S) 1 (completed GERT or GERT-S once or twice in the past)
gert	Geneva Emotion Recognition Test, short version (GERT-S; Schlegel & Scherer, 2016) **_mean**	 ranges from 0 (no items correct) to 1 (all 42 items correct)
	single item (e.g. **gert_a01amu124_score**) named with video actor number (a01), emotion (original french coding; amu = amusement) and video id number (124)	0 (incorrect emotion choice) 1 (correct emotion choice)

cerq	Cognitive Emotion Regulation Questionnaire, short version (CERQ-S; (CERQ-S; Garnefski & Kraaij, 2006) **_ada** use of adaptive emotion regulation strategies **_malada** use of maladaptive emotion regulation strategies	ranges from 1 ((almost) always) to 5 ((almost) never)
bfi	Big-Five Inventory 2 (BFI-2; Soto & John, 2017) **_e** extraversion **_a** agreeableness **_n** neuroticism	ranges from 1 (low trait) to 5 (high trait)
swls	Satisfaction with Life Scale (SWLS; Diener et al., 1985)	ranges from 1 (low satisfaction) to 7 (high satisfaction)
wemwbs	Warwick-Edinburgh Mental Well-Being Scale (WEMWBS; Tennant et al., 2007)	ranges from 1 (low well-being) to 5 (high well-being)
ryff	positive relations with others subscale in Ryff's scales of psychological well-being (Ryff, 1989)	ranges from 1 (low quality / few positive relationships) to 7 (high quality / many positive relationships)
ras	Relationship Assessment Scale (RAS; Hendrick, 1988) relationship satisfaction	ranges from 1 (low satisfaction) to 7 (high satisfaction)
wellbeing	Short Warwick-Edinburgh Mental Well-Being Scale (SWEMWBS; Tennant et al., 2007) measured daily	ranges from 1 (low well-being) to 5 (high well-being)
interaction_quality	social interaction quality measured daily	ranges from 1 (low quality) to 7 (high quality)

aff_pos	intensity of positive affect (in the last 24 hours) includes questions for multiple emotion words: **aff_joy** (joy / happiness) **aff_pleasure** (pleasure / amusement) **aff_pride** **aff_relax** (relaxation) **aff_love** (affection / love)	ranges from 0 (not felt at all / not selected) 1 (very weak) to 7 (very strong)
aff_neg	intensity of negative affect (in the last 24 hours) includes questions for multiple emotion words: **aff_shame** (shame / guilt) **aff_hopeless** **aff_fear** (anxiety / fear) **aff_anger** (irritation / anger) **aff_boredom** **aff_disappoint** (disappointment / frustration) **aff_sadness**	ranges from 0 (not felt at all / not selected) 1 (very weak) to 7 (very strong)
appraisal	appraisals of the reported emotional event **_valence** **_relevance** **_impact** (impact to mood) **_coping** (coping ability)	ranges from 1 (low valence / relevance / impact / coping) to 100 (high valence / relevance / impact / coping)