

Emotion Experience Questionnaire

In this part of study, we are interested in people's emotional experience. Please read the instructions carefully and answer the questions by circling one number from the 6-point rating scales below.

1. Please remember the last time when you *thought about your appearances*.

Approximately how many days ago was the last time this episode happened? _____ Days ago

How much did you experience each of the emotions during this episode?

	Not at all	Slightly	Somewhat	Moderately	Strongly	Very strongly
Ashamed	1	2	3	4	5	6
Feelings of closeness to others	1	2	3	4	5	6
Elated	1	2	3	4	5	6
Self-esteem	1	2	3	4	5	6
Frustration	1	2	3	4	5	6
Happy	1	2	3	4	5	6
Calm	1	2	3	4	5	6
Proud	1	2	3	4	5	6
Guilty	1	2	3	4	5	6
Angry	1	2	3	4	5	6
Friendly feelings	1	2	3	4	5	6
Unhappy	1	2	3	4	5	6

2. Please remember the last time when you *had positive interaction with friends*.

Approximately how many days ago was the last time this episode happened? _____ Days ago

How much did you experience each of the emotions during this episode?

	Not at all	Slightly	Somewhat	Moderately	Strongly	Very strongly
Ashamed	1	2	3	4	5	6
Feelings of closeness to others	1	2	3	4	5	6
Elated	1	2	3	4	5	6
Self-esteem	1	2	3	4	5	6
Frustration	1	2	3	4	5	6
Happy	1	2	3	4	5	6
Calm	1	2	3	4	5	6
Proud	1	2	3	4	5	6
Guilty	1	2	3	4	5	6
Angry	1	2	3	4	5	6
Friendly feelings	1	2	3	4	5	6
Unhappy	1	2	3	4	5	6

3. Please remember the last time when you *read a novel or book*.

Approximately how many days ago was the last time this episode happened?

 Days ago

How much did you experience each of the emotions during this episode?

	Not at all	Slightly	Somewhat	Moderately	Strongly	Very strongly
Ashamed	1	2	3	4	5	6
Feelings of closeness to others	1	2	3	4	5	6
Elated	1	2	3	4	5	6
Self-esteem	1	2	3	4	5	6
Frustration	1	2	3	4	5	6
Happy	1	2	3	4	5	6
Calm	1	2	3	4	5	6
Proud	1	2	3	4	5	6
Guilty	1	2	3	4	5	6
Angry	1	2	3	4	5	6
Friendly feelings	1	2	3	4	5	6
Unhappy	1	2	3	4	5	6

4. Please remember the last time when you *watched TV or listened to music*.

Approximately how many days ago was the last time this episode happened?

 Days ago

How much did you experience each of the emotions during this episode?

	Not at all	Slightly	Somewhat	Moderately	Strongly	Very strongly
Ashamed	1	2	3	4	5	6
Feelings of closeness to others	1	2	3	4	5	6
Elated	1	2	3	4	5	6
Self-esteem	1	2	3	4	5	6
Frustration	1	2	3	4	5	6
Happy	1	2	3	4	5	6
Calm	1	2	3	4	5	6
Proud	1	2	3	4	5	6
Guilty	1	2	3	4	5	6
Angry	1	2	3	4	5	6
Friendly feelings	1	2	3	4	5	6
Unhappy	1	2	3	4	5	6

5. Please remember the last time when you *had good interaction with a family member*.

Approximately how many days ago was the last time this episode happened?

 Days ago

How much did you experience each of the emotions during this episode?

	Not at all	Slightly	Somewhat	Moderately	Strongly	Very strongly
Ashamed	1	2	3	4	5	6
Feelings of closeness to others	1	2	3	4	5	6
Elated	1	2	3	4	5	6
Self-esteem	1	2	3	4	5	6
Frustration	1	2	3	4	5	6
Happy	1	2	3	4	5	6
Calm	1	2	3	4	5	6
Proud	1	2	3	4	5	6
Guilty	1	2	3	4	5	6
Angry	1	2	3	4	5	6
Friendly feelings	1	2	3	4	5	6
Unhappy	1	2	3	4	5	6

6. Please remember the last time when you *got ill or injured*.

Approximately how many days ago was the last time this episode happened?

 Days ago

How much did you experience each of the emotions during this episode?

	Not at all	Slightly	Somewhat	Moderately	Strongly	Very strongly
Ashamed	1	2	3	4	5	6
Feelings of closeness to others	1	2	3	4	5	6
Elated	1	2	3	4	5	6
Self-esteem	1	2	3	4	5	6
Frustration	1	2	3	4	5	6
Happy	1	2	3	4	5	6
Calm	1	2	3	4	5	6
Proud	1	2	3	4	5	6
Guilty	1	2	3	4	5	6
Angry	1	2	3	4	5	6
Friendly feelings	1	2	3	4	5	6
Unhappy	1	2	3	4	5	6

7. Please remember the last time when you *were caught in a traffic jam*.

Approximately how many days ago was the last time this episode happened?

 Days ago

How much did you experience each of the emotions during this episode?

	Not at all	Slightly	Somewhat	Moderately	Strongly	Very strongly
Ashamed	1	2	3	4	5	6
Feelings of closeness to others	1	2	3	4	5	6
Elated	1	2	3	4	5	6
Self-esteem	1	2	3	4	5	6
Frustration	1	2	3	4	5	6
Happy	1	2	3	4	5	6
Calm	1	2	3	4	5	6
Proud	1	2	3	4	5	6
Guilty	1	2	3	4	5	6
Angry	1	2	3	4	5	6
Friendly feelings	1	2	3	4	5	6
Unhappy	1	2	3	4	5	6

8. Please remember the last time when you *were overloaded with work*.

Approximately how many days ago was the last time this episode happened?

 Days ago

How much did you experience each of the emotions during this episode?

	Not at all	Slightly	Somewhat	Moderately	Strongly	Very strongly
Ashamed	1	2	3	4	5	6
Feelings of closeness to others	1	2	3	4	5	6
Elated	1	2	3	4	5	6
Self-esteem	1	2	3	4	5	6
Frustration	1	2	3	4	5	6
Happy	1	2	3	4	5	6
Calm	1	2	3	4	5	6
Proud	1	2	3	4	5	6
Guilty	1	2	3	4	5	6
Angry	1	2	3	4	5	6
Friendly feelings	1	2	3	4	5	6
Unhappy	1	2	3	4	5	6

9. Please remember the last time when *something good happened to a family member of yours*.

Approximately how many days ago was the last time this episode happened? _____ Days ago

How much did you experience each of the emotions during this episode?

	Not at all	Slightly	Somewhat	Moderately	Strongly	Very strongly
Ashamed	1	2	3	4	5	6
Feelings of closeness to others	1	2	3	4	5	6
Elated	1	2	3	4	5	6
Self-esteem	1	2	3	4	5	6
Frustration	1	2	3	4	5	6
Happy	1	2	3	4	5	6
Calm	1	2	3	4	5	6
Proud	1	2	3	4	5	6
Guilty	1	2	3	4	5	6
Angry	1	2	3	4	5	6
Friendly feelings	1	2	3	4	5	6
Unhappy	1	2	3	4	5	6

10. Please remember the last time when you *had a problem with a family member*.

Approximately how many days ago was the last time this episode happened? _____ Days ago

How much did you experience each of the emotions during this episode?

	Not at all	Slightly	Somewhat	Moderately	Strongly	Very strongly
Ashamed	1	2	3	4	5	6
Feelings of closeness to others	1	2	3	4	5	6
Elated	1	2	3	4	5	6
Self-esteem	1	2	3	4	5	6
Frustration	1	2	3	4	5	6
Happy	1	2	3	4	5	6
Calm	1	2	3	4	5	6
Proud	1	2	3	4	5	6
Guilty	1	2	3	4	5	6
Angry	1	2	3	4	5	6
Friendly feelings	1	2	3	4	5	6
Unhappy	1	2	3	4	5	6