

## Handbook for the Use of Data from the Diary Study at Humboldt Universität zu Berlin

The Handbook is designed to enable third parties to use data derived from a German diary study conducted by Prof. Dr. Jaap Denissen. The diary study is a public domain content. The use of the data does not require permission or a previous request on Prof. Denissen. The only precondition for the use of the data is the co-authorship of Prof. Dr. Jaap Denissen and Dipl. Psych. Anja Kühnel.

### *Goal and Background*

The present study is the world largest diary study. It was designed to investigate daily fluctuations in well-being and evaluate the impact of contact to and conflicts with family members, friends and partner on well-being in terms of self esteem and emotions. Additionally, variables like important life domains, goals and self perception were assessed in a certain period of the study as were variables like the weather or the amount of sleep.

### *Procedure*

The diary study was conducted between July 2005 and April 2008. While the study was conducted 3106 valid subjects participated. Participants were acquired online through links on websites dedicated to psychological research, postings on online forums, and popular media outlets. The study consists of three parts – background questionnaire, diary questionnaire and follow-up questionnaire.

<b>Part of the Study</b>	<b>Data File</b>
Background Questionnaire	tbuch_items.sav tbuch_scales.sav
Diary Questionnaire	tbuch_days_items.sav tbuch_days_scales.sav
Follow-up Questionnaire	tbuch_items.sav tbuch_scales.sav

**Tabelle 1: Mapping of the Parts of the Study and the Data Files.**

The first part (background questionnaire) contains demographic data and initial questionnaires. The second part (diary questionnaire) is a daily questionnaire the participants had to fill out before going to bed or as early as possible the next day. The third part (follow-up questionnaire) was conducted after the diary study ended. In this test the participants again answered the questionnaires from the background questionnaire along with feedback questions.

### *Background Questionnaire*

The first part of the study was designed a) to acquire demographic data from the participants like age, sex, education, etc. b) as a pre-test of medical, personality and self esteem questionnaires, and c) as a predefinition of the idiosyncratic variables which should be used in the daily questionnaires. The pre-test (b) consisted of different questionnaires. At first the subjects had to fill out a medical questionnaire followed by the Five Individual Reaction Norms Inventory - FIRNI (Denissen & Penke, in press), Big Five Inventory – BFI (John & Srivastava, 1999), and the Rosenberg Self Esteem Scale (Rosenberg, 1965). The FIRNI and BFI are personality questionnaires which assessed the participants values on the big five personality factors. In the last part (c) the participants identified the family member and friend they recently had most contact with, named their partner if they had one, and answered questions about the relation to these persons.

Some data were not collected through the whole period the study lasted. These data concerned life domains, goals, and certain self concept dimensions like civility or tolerance. The participants had to identify life domains and describe the importance of these domains for their self concept, for other persons or their well-being, etc. In the section concerning goals they had to name goals wanted to achieve and their strategies to do so along with the relevance of these goals, the motivational aspect to achieve the goals and the possible difficulties. Finally, they had to judge different self concept dimensions according to the amount with which the dimensions are present in themselves, the relevance of the dimensions for their self-perception and for others.

The questions of the tests constituting the pre-test can be seen in Tables 1.1 to 1.11.

### *Diary Questionnaire*

The participants had to do 25 daily entries within 30 days. Therefore, they had - in-between the 30 days period - five times the possibility not to fill out the diary. They were asked to fill out the daily questionnaire before going to bed (between 8p.m. and 4 a.m.) or as early as possible the next day (until 12 a.m.).

The daily questionnaire consisted of questions concerning the amount of written, phone and face-to-face contact the participants had with their identified family member, friend and partner and with other friends and family members. For the identified family member, friend and partner they had also to answer questions about the feelings they had in the contact and which topics of conflicts may have arisen (answers via check box). Afterwards they filled out a randomised order of an emotional questionnaire, a reduced self esteem questionnaire and answered questions about the activities of the day (time doing sport,

amount of sleep, rating of routine of the day, etc.). For a certain period of the study the participants also had to answer questions concerning success and difficulties of the defined life domains (11.07.2005 – 10.01.2006) and goals along with the strategies to achieve the goals (11.07.2005 – 14.01.2008) and what kind of impression they made on others on certain self concept dimensions (29.12.2005 – 14.01.2008).

The items of the diary study and their exact formulation can be seen in Table 2.

#### *Follow-up Questionnaire*

The post-test contained the personality questionnaires from the pre-test (FIRNI, BFI) and the evaluation of the goals the participants had to name at the pre-test along with control variables like the amount of interference the study produced with the daily life. According to the fact, that the personality questionnaires (FIRNI, BFI) are the same as in the pre-test, their items are not reported again. The remaining items constituting the post-test can be seen in Tables 3.1 and 3.2.

#### *Data files – tbuch\_items.sav*

The data file is derived through a syntax from the data collected online. The program generated additional variables as can be seen from Table 4.1. The raw data had to undergo data cleaning in order to work with the data files. In the course of the data cleaning some of the participants had to be excluded from both data files (tbuch and tbuch\_days). These were subjects who participated twice, did not answer the questionnaires seriously but just clicked through the forms, began filling out the diary questionnaire in less than 30 days before the project ended and thus were unable to finish the study in time, or explicitly asked to be removed from the study. Along with this general criteria to remove subjects, some participants had to be removed due to special problems. These cases are documented in Table 4.2. After data cleaning the descriptive statistics for the items of the pre- and post-test were calculated and can be seen in Tables 4.3 to 4.17.

#### *Data files – tbuch\_days\_items.sav*

The diary entries had to undergo data cleaning as well. Removed participants and changes in the raw data are recorded in Table 5.1. After the data cleaning was completed descriptive statistics were calculated (Tables 5.2 to 5.10).

#### *Data files – tbuch\_scales.sav*

After data cleaning of the items from tbuch\_items.sav scales were built from the items and tbuch\_scales.sav was created. Which items contributed to which scale is recorded in Table 6.1. The statistics for the resulting scales along with their reliabilities and the retest-reliabilities between pre- and post-test can be seen from Tables 6.2 to 6.4. The norms of the

scales of the used personality questionnaires, Big Five Inventory – BFI and Five Individual Reaction Norms Inventory – FIRNI, are reported in the Tables 6.5 to 6.7.

*Data files – tbuch\_days\_scales.sav*

Scales were built from the items of the diary study as well. Which items contributed to which scale is recorded in Table 7.1. Descriptive statistics and reliabilities for each scale can be seen in Tables 7.2 and 7.3.

**Table 1.1: Demographic Data collected in the Background Questionnaire.****demographic data**

<b>Item</b>	<b>Item-Label</b>	<b>Formulation (german)</b>	<b>Formulation (english)</b>	<b>Itemscale (german)</b>	<b>Itemscale (english)</b>
vp_fem ale	Participant gender.	Geben Sie ihr Geschlecht an.	What is your gender?	weiblich/männlich	female/male
vp_birth	Participant birth year.	Geben Sie ihr Geburtsjahr an.	What is the year of your birth?	Jahr	year
vp_edu c	Participant education.	Geben Sie ihren höchsten Abschluss an.	What is your highest graduation?	Kein Abschluss, Volksschule, Hauptschule, Realschule, Fachabitur, Laufendes Studium, Abgeschlossenes Studium, Laufende Promotion, Abgeschlossene Promotion	no education, Volksschule, Hauptschule, Realschule, Fachabitur, ongoing studies, post-graduate, ongoing promotion, postdoctoral
vp_zip	Participant ZIP code (first 2 digits).	Geben Sie die ersten beiden Zahlen der Postleitzahl ihres Wohnortes an.	Name the first two digits of the ZIP code of your hometown.		
tbuch_p w	Participants password of diary study.	Geben Sie ein Passwort ein.	Name a password.		
email	Participants email adress.	Geben Sie Ihre E-mail-Adresse ein.	Name your e-mail address.		
www1_ h	Time spent online (hours)	Wieviel Zeit verbringen Sie online. (Stunden)	How much time do you spent online? (hours)	Stunden	hours
www1_ m	Time spent online (minutes)	Wieviel Zeit verbringen Sie online. (Minuten)	How much time do you spent online? (minutes)	Minuten	minutes

**Table 1.2: Items of the medical questionnaire in the Background Questionnaire.**

### medical questionnaire

Item	Item-Label	Formulation (german)	Formulation (english)	Itemscale (german)	Itemscale (english)
med_01	medical - sedative	Nehmen Sie zur Zeit verschreibungspflichtige Antidepressiva, Beruhigungs- oder Schlafmittel?.	Do you presently take prescription sedatives like antidepressants, tranquilizer, sleeping pills?	ja/nein	yes/no
med_02	medical - psychoactive	Nehmen Sie zur Zeit sonstige verschreibungspflichtige, psychoaktive Medikamente (z.B. Neuroleptika, Ritalin, L-Dopa)?.	Do you presently take prescription psychoactive drugs (ritalin, l-dopa)?	ja/nein	yes/no
med_03	medical - hard drugs	Nehmen Sie zur Zeit "harte Drogen"?.	Do you presently take hard drugs?	ja/nein	yes/no
med_04	medical - therapy	Sind Sie zur Zeit in psychotherapeutischer oder psychiatrischer Betreuung?.	Are you presently in psychotherapeutic or psychiatric attendance?	ja/nein	yes/no
med_05	medical - pregnant	Sind sie derzeit schwanger oder haben Sie in den letzten 12 Monaten ein Kind geboren?.	Are you pregnant or gave birth to a baby in the last 12 months?	ja/nein	yes/no
med_06	medical - hormonal contraceptives	Benutzen Sie hormonelle Verhütungsmittel (z.B. die Pille, Minipille, Injektionen, Hormonstäbchen, -pflaster oder -zäpfchen), hormonelle Medikamente oder Hormonersatztherapie?.	Do you use hormonal contraceptives, hormonal drugs or hormone replacement therapy?	ja/nein	yes/no
med_07	medical - stop menstruation	Haben Ihre Regelblutungen auf Grund von Wechseljahren oder irgend einer anderen Ursache, mit Ausnahme einer Schwangerschaft oder Stillzeit, aufgehört?.	Did your menstruation stopped due to menopause or other reasons except pregnancy or lactation?	ja/nein	yes/no
med_08	medical - regular menstruation	Hatten Sie in den letzten drei Monaten einen regelmäßigen Menstruationszyklus?.	Was your menstrual cycle regular in the last three months?	ja/nein	yes/no

med_09	medical - days after last menstruation	Vor wie vielen Tagen war der erste Tag Ihrer Blutung von Ihrer letzten Menstruationsperiode?.	How many days ago did you had your menstruation?	Anzahl Tage	number of days
med_10	medical - days of menstrual cycle	Wie viele Tage dauert Ihr Zyklus (vom Beginn einer Blutung bis zum Beginn der darauffolgenden Blutung) normalerweise?	How many days takes your menstrual cycle?	Anzahl Tage	number of days

**Table 1.3: Items of the FIRNI in the Background Questionnaire.**

**personality questionnaire - FIRNI**

Item	Item-Label	Formulation (german)	Formulation (english)	Itemscale (german)	Itemscale (english)
firni_e6_01	firni_e1_energy	Der Umgang mit anderen Leuten gibt mir im Allgemeinen viel Energie	Interacting with people generally gives me a lot of energy	gar nicht - völlig	not at all - completely
firni_e6_02	firni_e2_be alone	Ich fühle mich am wohlsten, wenn ich alleine bin	I feel best when I am alone	gar nicht - völlig	not at all - completely
firni_e6_03	firni_e3_many people	Ich treffe gerne viele Leute und habe Spaß mit ihnen	I like to meet a lot of people and have fun with them	gar nicht - völlig	not at all - completely
firni_e6_04	firni_e4_background	Wenn ich mit vielen Menschen zusammen bin, halte ich mich lieber im Hintergrund	When I am together with a lot of people I prefer to stay in the background	gar nicht - völlig	not at all - completely
firni_e6_05	firni_e5_talking	Mich mit anderen Personen zu unterhalten motiviert mich und bringt mein Bestes zum Vorschein	Talking with other people motivates me and brings out the best in me	gar nicht - völlig	not at all - completely
firni_e6_06	firni_e6_do alone	Ich ziehe es gewöhnlich vor, Dinge alleine zu tun	I usually prefer to do things alone	gar nicht - völlig	not at all - completely
firni_e6_07	firni_e7_new people	Ich habe immer Spaß daran, neue Menschen kennen zu lernen	I always find it fun to meet new people	gar nicht - völlig	not at all - completely
firni_e6_08	firni_e8_exhausting	Das Zusammensein mit anderen Menschen ist häufig anstrengend für mich	Being with other people is often exhausting for me	gar nicht - völlig	not at all - completely
firni_e6_09	firni_e9_people around	Es geht mir am besten, wenn ich viele Menschen um mich herum habe	I feel best when I have a lot of people around me	gar nicht - völlig	not at all - completely

firni_e6_10	firni_e10_enthusiastic	Ich kann mich nicht so schnell für andere Menschen begeistern	I do not quickly get enthusiastic about other people	gar nicht - völlig	not at all - completely
firni_n6_01	firni_n1_seldom fear	Ich habe selten Angst, dass andere Menschen mich nicht mögen	I seldom fear that other people may not like me	gar nicht - völlig	not at all - completely
firni_n6_02	firni_n2_talk badly	Wenn ich mich mit Freunden treffe, habe ich manchmal das Gefühl, dass sie hinterher schlecht über mich reden	When I meet with friends I sometimes have the feeling that they talk badly about me afterwards	gar nicht - völlig	not at all - completely
firni_n6_03	firni_n3_deserve acceptance	Ich zweifle nie daran, dass ich es verdiene, von anderen akzeptiert zu werden	I never doubt that I deserve to be accepted by others	gar nicht - völlig	not at all - completely
firni_n6_04	firni_n4_stability relationship	Ich zweifle oft an der Beständigkeit meiner Beziehungen	I often have doubts about the stability of my social relationships	gar nicht - völlig	not at all - completely
firni_n6_05	firni_n5_not call	Ich mache mir nie Sorgen, ob meine persönlichen Fähigkeiten für eine Aufnahme in die Gruppen, die mich interessieren, ausreichen.	Even when friends or relatives do not call me for a long time, I do not assume it is my fault	gar nicht - völlig	not at all - completely
firni_n6_06	firni_n6_question relationship	Wenn sich eine Person länger nicht bei mir meldet, fange ich schnell an, die Beziehung zu ihr in Frage zu stellen	When I do not hear from a person for a long time I quickly start to question my relationship with him/her	gar nicht - völlig	not at all - completely
firni_n6_07	firni_n7_behaves strangely	Wenn eine mir wichtige Person sich irgendwie komisch verhält, habe ich selten die Vermutung, dass dies etwas mit mir zu tun haben könnte	If a person who is important to me somehow behaves strangely, I seldom presume that this is related to me	gar nicht - völlig	not at all - completely
firni_n6_08	firni_n8_do not like me	Wenn andere Menschen durchblicken lassen, dass sie etwas an mir nicht mögen, kann meine Stimmung recht schnell ins negative umschlagen	If other people signal that they do not like something about me, my mood can quickly become clouded	gar nicht - völlig	not at all - completely
firni_n6_09	firni_n9_enough attention	Wenn Personen in meinem engen Bekanntenkreis negativ auf mich reagieren, zweifle ich nicht automatisch an der Qualität meiner Beziehung zu ihnen.	When friends or relatives do not give me enough attention, I seldom have the feeling that they do not like me anymore	gar nicht - völlig	not at all - completely
firni_n6_10	firni_n10_rejection	Wenn ich von anderen Personen Signale der Ablehnung empfangen, bin ich sofort beunruhigt und mache mir Gedanken über den möglichen Grund	When I pick up signs of rejection by other people, I am immediately alarmed and speculate about the possible cause	gar nicht - völlig	not at all - completely



firmi_o6_01	firmi_o1_solve problems	Ich genieße es, über neue Lösungen für Probleme nachzudenken	I enjoy thinking of new ways to solve problems	gar nicht - völlig	not at all - completely
firmi_o6_02	firmi_o2_thinking fun	Denken ist für mich nicht mit Spaß verbunden	For me, thinking is not connected with fun	gar nicht - völlig	not at all - completely
firmi_o6_03	firmi_o3_future	Ich denke gerne darüber nach, wie die Gesellschaft in Zukunft aussehen könnte	I like to think about how society could look like in the future	gar nicht - völlig	not at all - completely
firmi_o6_04	firmi_o4_do not think	Ich mag es nicht, über komplexe Themen nachzudenken, wenn es dafür keine klare Notwendigkeit gibt.	I don't like to think about things when there is no clear need to do so	gar nicht - völlig	not at all - completely
firmi_o6_05	firmi_o5_complex issues	Ich liebe es, über komplexe Themen wie den Sinn des Lebens oder die Weltpolitik nachzudenken	I love to think about complex issues such as the purpose of life or world affairs	gar nicht - völlig	not at all - completely
firmi_o6_06	firmi_o6_thought experiments	Ich mag es nicht, Gedankenspiele anzustellen	I don't like to engage in thought experiments	gar nicht - völlig	not at all - completely
firmi_o6_07	firmi_o7_mental activity	Ich mag es sehr, mich geistig zu betätigen	I really like to engage in mental activity	gar nicht - völlig	not at all - completely
firmi_o6_08	firmi_o8_daily things	Ich beschäftige mich lieber mit alltäglichen Dingen, als über theoretische Themen nachzudenken	I'd rather occupy myself with daily things than think about theoretical problems	gar nicht - völlig	not at all - completely
firmi_o6_09	firmi_o9_intellectually challenged	Es geht mir am besten, wenn ich geistig gefordert werde	I feel best when I am intellectually challenged	gar nicht - völlig	not at all - completely
firmi_o6_10	firmi_o10_unconventional ideas	Ich mag es nicht, über unkonventionelle Ideen nachzudenken	I don't like to think about unconventional ideas	gar nicht - völlig	not at all - completely
firmi_c6_01	firmi_c1_easily distracted	Wenn ich an etwas arbeite, bin ich leicht abzulenken	When I am working on something, I am distracted easily	gar nicht - völlig	not at all - completely
firmi_c6_02	firmi_c2_achieve plan	Wenn ich einen Plan habe, dann tue ich alles, um ihn zu verwirklichen	When I have a plan I do everything to achieve it	gar nicht - völlig	not at all - completely
firmi_c6_03	firmi_c3_give up	Wenn ich bei der Ausführung eines Plans auf Schwierigkeiten stoße, neige ich dazu, schnell aufzugeben	When I encounter difficulties in implementing a plan I tend to give up quickly	gar nicht - völlig	not at all - completely
firmi_c6_04	firmi_c4_long time	Ich hätte keine Probleme damit, hart für etwas zu arbeiten, was erst nach relativ langer Zeit Früchte tragen wird	I would not have a problem working hard for something that only pays off after a relatively long time	gar nicht - völlig	not at all - completely
firmi_c6_05	firmi_c5_end plans	Ich setze meine Pläne oft nicht zu Ende durch	I often do not implement my plans to the end	gar nicht - völlig	not at all - completely

firni_c6_06	firni_c6_short-term needs	Wenn ich einen Plan verfolge, lasse ich mich nicht leicht durch kurzfristige Bedürfnisse ablenken	when I am acting on a plan I do not easily let myself be distracted by short-term needs	gar nicht - völlig	not at all - completely
firni_c6_07	firni_c7_without trying	Ich habe mir oft ein Ziel gesetzt, ohne wirklich versucht zu haben, es zu erreichen	I have often set myself a goal without really trying to reach it	gar nicht - völlig	not at all - completely
firni_c6_08	firni_c8_persistently	Wenn ich mir ein Ziel gesetzt habe, verfolge ich es sehr hartnäckig	When I have set myself a goal I pursue it very persistently	gar nicht - völlig	not at all - completely
firni_c6_09	firni_c9_momentary concerns	Es ist sehr schwierig für mich, einen Plan zu verfolgen, wenn dies erfordert, dass ich momentane Bedürfnisse ignoriere	It is very difficult for me to follow a plan if it requires setting aside my momentary concerns	gar nicht - völlig	not at all - completely
firni_c6_10	firni_c10_stick to plans	Wenn ich mir ein Vorhaben in den Kopf gesetzt habe, dann bleibe ich dran, egal wie lange es dauert	When I have gotten a plan into my head, I stick to it, no matter how long it takes	gar nicht - völlig	not at all - completely
firni_a6_01	firni_a1_share-competete	Ich würde lieber teilen als mit anderen darum zu wetteifern, etwas ganz für mich zu bekommen	I would rather share something than to compete with other people for having it all myself	gar nicht - völlig	not at all - completely
firni_a6_02	firni_a2_well-being	Mein eigenes Wohlbefinden ist mir wichtiger als die Probleme anderer Personen	My own well-being is more important to me than the problems of other people	gar nicht - völlig	not at all - completely
firni_a6_03	firni_a3_own interests	Ich verzichte lieber darauf, meine Interessen durchzusetzen, wenn sie mit den Gefühlen anderer Leute im Konflikt stehen	I'd rather put aside my own interests when they conflict with the feelings of other people	gar nicht - völlig	not at all - completely
firni_a6_04	firni_a4_disadvantages	Ich helfe anderen Menschen ungern, wenn mir daraus Nachteile entstehen	I am reluctant to help other people if that leads to disadvantages for me	gar nicht - völlig	not at all - completely
firni_a6_05	firni_a5_generous	Ich bin gerne großzügig, ohne dafür eine Gegenleistung zu erwarten	I like to be generous without expecting a service in return	gar nicht - völlig	not at all - completely
firni_a6_06	firni_a6_maximum	Ich scheue mich nicht vor Konflikten, um meine Ansprüche gegenüber Anderen durchzusetzen.	In conflicts of interest with others, I always try to take out the maximum for myself	gar nicht - völlig	not at all - completely
firni_a6_07	firni_a7_get more	Wenn ich etwas mit anderen teile, finde ich es nicht schlimm, wenn andere mehr bekommen als ich selbst	When I share something with others I don't mind if others get more than I	gar nicht - völlig	not at all - completely

firni_a6_08	firni_a8_favor	Ich tue einer Person ungern einen Gefallen, wenn ich weiß, dass ich später nichts von ihr zurückbekomme	I don't like to do someone a favor when I know he or she will not give me something back in the future	gar nicht - völlig	not at all - completely
firni_a6_09	firni_a9_problems	Ich würde anderen Personen auch dann helfen, wenn ich gerade selbst viele Probleme habe	I would also help other people when I am having serious problems of my own	gar nicht - völlig	not at all - completely
firni_a6_10	firni_a10_expense of others	Ich hätte keine Probleme damit, meine Interessen auf Kosten anderer Personen durchzusetzen	I would not have a problem asserting my own interests at the expense of other people	gar nicht - völlig	not at all - completely

Table 1.4: Items of the BFI in the Background Questionnaire.

### personality questionnaire - big five

Item	Item-Label	Formulation (german)	Formulation (english)	Itemscale (german)	Itemscale (english)
bfi_01	bfi_outgoing, sociable	Ich sehe mich selbst als jemanden der aus sich herausgeht, gesellig ist.	I see myself as someone who is outgoing, sociable	gar nicht - völlig	not at all - completely
bfi_02	bfi_considerate	Ich sehe mich selbst als jemanden der rücksichtsvoll und einfühlsam zu anderen ist.	I see myself as someone who is considerate and kind to almost everyone	gar nicht - völlig	not at all - completely
bfi_03	bfi_values artistic experiences	Ich sehe mich selbst als jemanden der künstlerische und ästhetische Eindrücke schätzt.	I see myself as someone who values artistic, aesthetic experiences	gar nicht - völlig	not at all - completely
bfi_04	bfi_thorough	Ich sehe mich selbst als jemanden der Aufgaben gründlich erledigt.	I see myself as someone who does a thorough job	gar nicht - völlig	not at all - completely
bfi_05	bfi_worries	Ich sehe mich selbst als jemanden der sich viele Sorgen macht.	I see myself as someone who worries a lot	gar nicht - völlig	not at all - completely
bfi_06	bfi_inventive	Ich sehe mich selbst als jemanden der erfinderisch und einfallsreich ist.	I see myself as someone who is inventive	gar nicht - völlig	not at all - completely

bfi_07	bfi_quiet	Ich sehe mich selbst als jemanden der eher still und wortkarg ist.	I see myself as someone who tends to be quiet	gar nicht - völlig	not at all - completely
bfi_08	bfi_rude	Ich sehe mich selbst als jemanden der schroff und abweisend zu anderen sein kann.	I see myself as someone who is sometimes rude to others	gar nicht - völlig	not at all - completely
bfi_09	bfi_lazy	Ich sehe mich selbst als jemanden der bequem ist und zur Faulheit neigt.	I see myself as someone who tends to be lazy	gar nicht - völlig	not at all - completely
bfi_10	bfi_relaxed	Ich sehe mich selbst als jemanden der entspannt ist, sich durch Stress nicht aus der Ruhe bringen lässt.	I see myself as someone who is relaxed, handles stress well	gar nicht - völlig	not at all - completely
bfi_11	bfi_energy	Ich sehe mich selbst als jemanden der voller Energie und Tatendrang ist.	I see myself as someone who is full of energy	gar nicht - völlig	not at all - completely
bfi_12	bfi_routine	Ich sehe mich selbst als jemanden der routinemäßige und einfache Aufgaben bevorzugt.	I see myself as someone who prefers work that is routine	gar nicht - völlig	not at all - completely
bfi_13	bfi_assertive	Ich sehe mich selbst als jemanden der durchsetzungsfähig und energisch ist.	I see myself as someone who has an assertive personality	gar nicht - völlig	not at all - completely
bfi_14	bfi_forgiving	Ich sehe mich selbst als jemanden der nicht nachtragend ist, anderen leicht vergibt.	I see myself as someone who has a forgiving nature	gar nicht - völlig	not at all - completely
bfi_15	bfi_artistic interests	Ich sehe mich selbst als jemanden der nur wenige künstlerische Interessen hat.	I see myself as someone who has few artistic interests	gar nicht - völlig	not at all - completely
bfi_16	bfi_reliable	Ich sehe mich selbst als jemanden der zuverlässig ist und gewissenhaft.	I see myself as someone who is a reliable worker	gar nicht - völlig	not at all - completely
bfi_17	bfi_others faults	Ich sehe mich selbst als jemanden der dazu neigt andere zu kritisieren.	I see myself as someone who tends to find fault with others	gar nicht - völlig	not at all - completely

bfi_18	bfi_nervous	Ich sehe mich selbst als jemanden der leicht nervös und unsicher wird.	I see myself as someone who gets nervous easily	gar nicht - völlig	not at all - completely
bfi_19	bfi_active imagination	Ich sehe mich selbst als jemanden der eine lebhaftere Vorstellungskraft hat, fantasievoll ist.	I see myself as someone who has an active imagination	gar nicht - völlig	not at all - completely
bfi_20	bfi_reserved	Ich sehe mich selbst als jemanden der eher zurückhaltend und reserviert ist.	I see myself as someone who is reserved	gar nicht - völlig	not at all - completely
bfi_21	bfi_quarrels	Ich sehe mich selbst als jemanden der häufig in Streitereien verwickelt ist.	I see myself as someone who starts quarrels with others	gar nicht - völlig	not at all - completely
bfi_22	bfi_distracted	Ich sehe mich selbst als jemanden der leicht ablenkbar ist, nicht bei der Sache bleibt.	I see myself as someone who is easily distracted	gar nicht - völlig	not at all - completely
bfi_23	bfi_sophisticated in art	Ich sehe mich selbst als jemanden der sich ziemlich in Musik, Kunst und Literatur auskennt.	I see myself as someone who is sophisticated in art, music, or literature	gar nicht - völlig	not at all - completely
bfi_24	bfi_calm	Ich sehe mich selbst als jemanden der ruhig bleibt, selbst in angespannten Situationen ausgeglichen ist.	I see myself as someone who remains calm in tense situations	gar nicht - völlig	not at all - completely
bfi_25	bfi_play with ideas	Ich sehe mich selbst als jemanden der gerne Überlegungen anstellt, mit Ideen spielt.	I see myself as someone who likes to reflect, play with ideas	gar nicht - völlig	not at all - completely
bfi_26	bfi_enthusiasm	Ich sehe mich selbst als jemanden der begeisterungsfähig ist, andere mitreißen kann.	I see myself as someone who generates a lot of enthusiasm	gar nicht - völlig	not at all - completely
bfi_27	bfi_trusting	Ich sehe mich selbst als jemanden der anderen Vertrauen schenkt.	I see myself as someone who is generally trusting	gar nicht - völlig	not at all - completely
bfi_28	bfi_perseveres	Ich sehe mich selbst als jemanden der nicht aufgibt, ehe die Aufgabe erledigt ist.	I see myself as someone who perseveres until the task is finished	gar nicht - völlig	not at all - completely

bfi_29	bfi_depressed	Ich sehe mich selbst als jemanden der deprimiert, niedergeschlagen ist.	I see myself as someone who is depressed, blue	gar nicht - völlig	not at all - completely
bfi_30	bfi_ingenious	Ich sehe mich selbst als jemanden der tief Sinnig ist, gern über Sachen nachdenkt.	I see myself as someone who is ingenious, a deep thinker	gar nicht - völlig	not at all - completely
bfi_31	bfi_follows plans	Ich sehe mich selbst als jemanden der Pläne macht und diese auch durchführt.	I see myself as someone who makes plans and follows through with them	gar nicht - völlig	not at all - completely
bfi_32	bfi_shy	Ich sehe mich selbst als jemanden der manchmal schüchtern und gehemmt ist.	I see myself as someone who is sometimes shy, inhibited	gar nicht - völlig	not at all - completely
bfi_33	bfi_cold	Ich sehe mich selbst als jemanden der sich kalt und distanziert verhalten kann.	I see myself as someone who can be cold and aloof	gar nicht - völlig	not at all - completely
bfi_34	bfi_careless	Ich sehe mich selbst als jemanden der etwas achtlos sein kann.	I see myself as someone who can be somewhat careless	gar nicht - völlig	not at all - completely
bfi_35	bfi_emotionally stable	Ich sehe mich selbst als jemanden der nicht leicht aus der Fassung zu bringen ist.	I see myself as someone who is emotionally stable, not easily upset	gar nicht - völlig	not at all - completely
bfi_36	bfi_curious	Ich sehe mich selbst als jemanden der vielseitig interessiert ist.	I see myself as someone who is curious about many different things	gar nicht - völlig	not at all - completely
bfi_37	bfi_talkative	Ich sehe mich selbst als jemanden der gesprächig ist, sich gerne unterhält.	I see myself as someone who is talkative	gar nicht - völlig	not at all - completely
bfi_38	bfi_helpful	Ich sehe mich selbst als jemanden der hilfsbereit und selbstlos gegenüber anderen ist.	I see myself as someone who is helpful and unselfish with others	gar nicht - völlig	not at all - completely
bfi_39	bfi_efficiently	Ich sehe mich selbst als jemanden der tüchtig ist und flott arbeitet.	I see myself as someone who does things efficiently	gar nicht - völlig	not at all - completely

bfi_40	bfi_tense	Ich sehe mich selbst als jemanden der leicht angespannt reagiert.	I see myself as someone who can be tense	gar nicht - völlig	not at all - completely
bfi_41	bfi_original	Ich sehe mich selbst als jemanden der originell ist, neue Ideen entwickelt.	I see myself as someone who is original, comes up with new ideas	gar nicht - völlig	not at all - completely
bfi_42	bfi_disorganized	Ich sehe mich selbst als jemanden der dazu neigt, unordentlich zu sein.	I see myself as someone who tends to be disorganized	gar nicht - völlig	not at all - completely

**Table 1.5: Items of the Rosenberg Self-Esteem Questionnaire in the Background Questionnaire.**

### self esteem questionnaire

Item	Item-Label	Formulation (german)	Formulation (english)	Itemscale (german)	Itemscale (english)
rse_01	Rosenberg Self Esteem (On the whole, I am satisfied with myself).	Alles in allem gesehen, bin ich mit mir selber zufrieden.	On the whole, I am satisfied with myself.	gar nicht - völlig	not at all - completely
rse_02	Rosenberg Self Esteem (At times I think I am no good at all).	Gelegentlich glaube ich, daß ich zu nichts gut bin.	At times I think I am no good at all.	gar nicht - völlig	not at all - completely
rse_03	Rosenberg Self Esteem (I feel that I have a number of good qualities).	Ich glaube, daß ich eine Menge Stärken habe.	I feel that I have a number of good qualities.	gar nicht - völlig	not at all - completely
rse_04	Rosenberg Self Esteem (I am able to do things as well as most other people).	Ich bin fähig, Dinge genau so gut zu tun wie die meisten anderen Leute.	I am able to do things as well as most other people.	gar nicht - völlig	not at all - completely

rse_05	Rosenberg Self Esteem (I feel I do not have much to be proud of).	Ich glaube, daß ich nicht viel habe, auf das ich stolz sein kann.	I feel I do not have much to be proud of.	gar nicht - völlig	not at all - completely
rse_06	Rosenberg Self Esteem (I certainly feel useless at times).	Hin und wieder komme ich mir nutzlos vor.	I certainly feel useless at times.	gar nicht - völlig	not at all - completely
rse_07	Rosenberg Self Esteem (I feel that I'm a person of worth, at least on an equal plane with others).	Ich glaube, daß ich zumindest eine ebenso wertvolle Person bin wie andere auch.	I feel that I'm a person of worth, at least on an equal plane with others.	gar nicht - völlig	not at all - completely
rse_08	Rosenberg Self Esteem (I wish I could have more respect for myself).	Ich wünschte, ich könnte mehr Achtung vor mir selber haben.	I wish I could have more respect for myself.	gar nicht - völlig	not at all - completely
rse_09	Rosenberg Self Esteem (All in all, I am inclined to feel that I am a failure).	Alles in allem gesehen, fühle ich mich eher als Versager.	All in all, I am inclined to feel that I am a failure.	gar nicht - völlig	not at all - completely
rse_10	Rosenberg Self Esteem (I take a positive attitude toward myself).	Ich bin überzeugt, daß mir wichtige Dinge, die ich in Angriff nehme, auch gut gelingen.	I take a positive attitude toward myself.	gar nicht - völlig	not at all - completely

Table 1.6: Items in the Background Questionnaire concerning the Partner.

**partner**

Item	Item-Label	Formulation (german)	Formulation (english)	Itemscale (german)	Itemscale (english)
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bez_sta t	Relationship status.	Sind sie zur Zeit in einer festen Beziehung?	Are you presently in a partnership?	Stabile Partnerschaft, verlobt, verheiratet, Single, Witwe/r, geschieden	steady relation, engaged, married, single, widow, divorced
children	Number of children.	Wieviele Kinder haben Sie?	How many children do you have?	Anzahl	Number
par_na me	Name of partner.	Wie heißt Ihr Partner?	What is your partners name?		
par_fe m	Partner gender (female).	Geben Sie das Geschlecht Ihres Partners an.	Name the gender of your partner.	weiblich/männlich	female/male
par_ag e	Partner age.	Geben Sie das Alter Ihres Partners an.	Name the age of your partner.		
par_fre q	Partner contact frequency.	Wie häufig haben Sie Kontakt zu ihrem Partner?	How often do you have contact to your partner?	täglich, mehrmals in der Woche, einmal in der Woche, mehrmals im Monat, einmal im Monat oder weniger	everyday, repeatedly in a week, once a week, repeatedly in a month, once a month or less
par_exc h	Partner communication quality.	In wiefern können Sie sich mit dieser Person über Themen, die Ihnen viel bedeuten, austauschen (z.B. Sport, Hobbies, Politik, Kultur, Wissenschaft)?	To what extent can you communicate with this person about themes that mean something to you (for example sports, hobbies, politics, culture, science)?	sehr gut - überhaupt nicht	very good - not at all
par_acp t	Partner felt acceptance.	In wiefern fühlen Sie sich von dieser Person akzeptiert?	To what extent do you feel accepted by this person?	vollkommen akzeptiert - überhaupt nicht akzeptiert	completely accepted - completely unaccepted
par_sup r	Partner emotional support.	In wiefern können Sie sich an diese Person wenden, wenn Sie emotionale Probleme haben?	To what extent can you rely on this person when you have problems?	bei fast jedem Problem - nie	with nearly every problem - never
par_ust d	Partner felt understanding.	In wiefern fühlen Sie sich von dieser Person verstanden?	To what extent do you feel understood by this person?	sehr verstanden - sehr unverstanden	very understood - very misunderstood
par_clo s	Partner closeness.	Wie nah fühlen Sie sich dieser Person?	How near do you feel to this person?	sehr nah - sehr fern	very near - very far

par_xxfi	Partner conflicts about financial issues (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit ihrem Partner über finanzielle oder materielle Ressourcen?	How often do conflicts, inharmoniousness or arguments arise with your partner in a month about financial resources?	0 Mal - 10+ Mal	0 times - 10+ times
par_xxc o	Partner conflicts about communication style (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit ihrem Partner aufgrund von Verständnisproblemen?	How often do conflicts, inharmoniousness or arguments arise with your partner in a month due to communication problems?	0 Mal - 10+ Mal	0 times - 10+ times
par_xxa c	Partner conflicts about planning joint activities (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit ihrem Partner über die Planung von gemeinsamen Aktivitäten?	How often do conflicts, inharmoniousness or arguments arise with your partner in a month about the planning of shared activities?	0 Mal - 10+ Mal	0 times - 10+ times
par_xxli	Partner conflicts about life planning (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit ihrem Partner über ihre langfristige Lebensplanung undgestaltung?	How often do conflicts, inharmoniousness or arguments arise with your partner in a month about longterm life plans and life shaping?	0 Mal - 10+ Mal	0 times - 10+ times
par_xxe m	Partner conflicts about lack of emotional support (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit ihrem Partner über mangelnde Unterstützung oder Hilfe?	How often do conflicts, inharmoniousness or arguments arise with your partner in a month about lack of support or help?	0 Mal - 10+ Mal	0 times - 10+ times
par_xxo p	Partner conflicts about different opinions (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit ihrem Partner über unterschiedliche Auffassungen oder Werte?	How often do conflicts, inharmoniousness or arguments arise with your partner in a month about differing opinions or values?	0 Mal - 10+ Mal	0 times - 10+ times
par_xx3 p	Partner conflicts about 3rd persons (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit ihrem Partner über andere Personen (ohne Eifersucht)?	How often do conflicts, inharmoniousness or arguments arise with your partner in a month about third persons (except jealousy)?	0 Mal - 10+ Mal	0 times - 10+ times
par_xxr e	Partner conflicts about miscellaneous issues (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit ihrem Partner über Sonstiges?	How often do conflicts, inharmoniousness or arguments arise with your partner in a month about miscellaneous issues?	0 Mal - 10+ Mal	0 times - 10+ times

par_xxj e	Partner conflicts about jealousy (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit ihrem Partner über Eifersucht?	How often do conflicts, inharmoniousness or arguments arise with your partner in a month about jealousy?	0 Mal - 10+ Mal	0 times - 10+ times
par_xxc h	Partner conflicts about raising of children (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit ihrem Partner über die Erziehung der Kinder?	How often do conflicts, inharmoniousness or arguments arise with your partner in a month about parenting?	0 Mal - 10+ Mal	0 times - 10+ times

**Table 1.7: Items in the Background Questionnaire concerning the Family Member.**

**family member**

Item	Item-Label	Formulation (german)	Formulation (english)	Itemscale (german)	Itemscale (english)
fai_name	Name of most frequently met family member (identified family member).	Wie heißt das Familienmitglied mit dem sie in der letzten Zeit den meisten Kontakt hatten?	What is the name of the family member you recently had the most frequent contact with?		
fai_grp	kind of family member.	Was für eine Art Familienmitglied ist dieses Familienmitglied?	What kind of family member is this family member?	Mutter, Vater, Bruder/Schwester, Sohn/Tochter, Opa/Oma, Onkel/Tante, Cousin/Cousine, Neffe/Nichte, Enkel	mother, father, brother/sister, son/daughter, grandpa/grandma, uncle/aunt, cousin, nephew/niece, grandchild
fai_fem	identified family member - gender (female).	Geben Sie das Geschlecht dieses Familienmitgliedes an.	Name the gender of this family member.	weiblich/männlich	female/male
fai_age	identified family member - age.	Geben Sie das Alter dieses Familienmitgliedes an.	Name the age of this family member.		

fai_freq	identified family member - contact frequency.	Wie häufig haben Sie Kontakt zu diesem Familienmitglied?	How often do you have contact to this family member?	täglich, mehrmals in der Woche, einmal in der Woche, mehrmals im Monat, einmal im Monat oder weniger	everyday, repeatedly in a week, once a week, repeatedly in a month, once a month or less
fai_exch	identified family member - communication quality.	In wiefern können Sie sich mit dieser Person über Themen, die Ihnen viel bedeuten, austauschen (z.B. Sport, Hobbies, Politik, Kultur, Wissenschaft)?	To what extent can you communicate with this person about themes that mean something to you (for example sports, hobbies, politics, culture, science)?	sehr gut - überhaupt nicht	very good - not at all
fai_acpt	identified family member - felt acceptance.	In wiefern fühlen Sie sich von dieser Person akzeptiert?	To what extent do you feel accepted by this person?	vollkommen akzeptiert - überhaupt nicht akzeptiert	completely accepted - completely unaccepted
fai_supr	identified family member - emotional support.	In wiefern können Sie sich an diese Person wenden, wenn Sie emotionale Probleme haben?	To what extent can you rely on this person when you have problems?	bei fast jedem Problem - nie	with nearly every problem - never
fai_ustd	identified family member - felt understanding.	In wiefern fühlen Sie sich von dieser Person verstanden?	To what extent do you feel understood by this person?	sehr verstanden - sehr unverstanden	very understood - very misunderstood
fai_clos	identified family member - closeness.	Wie nah fühlen Sie sich dieser Person?	How near do you feel to this person?	sehr nah - sehr fern	very near - very far
fai_xxfi	identified family member - conflicts about financial issues (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit diesem Familienmitglied über finanzielle oder materielle Ressourcen?	How often do conflicts, inharmoniousness or arguments with this family member arise in a month about financial resources?	0 Mal - 10+ Mal	0 times - 10+ times
fai_xxc	identified family member - conflicts about communication style (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit diesem Familienmitglied aufgrund von Verständnisproblemen?	How often do conflicts, inharmoniousness or arguments arise with this family member in a month due to communication problems?	0 Mal - 10+ Mal	0 times - 10+ times

fai_xxa c	identified family member - conflicts about planning joint activities (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit diesem Familienmitglied über die Planung von gemeinsamen Aktivitäten?	How often do conflicts, inharmoniousness or arguments arise with this family member in a month about the planning of shared activities?	0 Mal - 10+ Mal	0 times - 10+ times
fai_xxli	identified family member - conflicts about life planning (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit diesem Familienmitglied über ihre langfristige Lebensplanung und -gestaltung?	How often do conflicts, inharmoniousness or arguments arise with this family member in a month about longterm life plans and life shaping?	0 Mal - 10+ Mal	0 times - 10+ times
fai_xxem	identified family member - conflicts about lack of emotional support (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit diesem Familienmitglied über mangelnde Unterstützung oder Hilfe?	How often do conflicts, inharmoniousness or arguments arise with this family member in a month about lack of support or help?	0 Mal - 10+ Mal	0 times - 10+ times
fai_xxop	identified family member - conflicts about different opinions (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit diesem Familienmitglied über unterschiedliche Auffassungen oder Werte?	How often do conflicts, inharmoniousness or arguments arise with this family member in a month about differing opinions or values?	0 Mal - 10+ Mal	0 times - 10+ times
fai_xx3p	identified family member - conflicts about 3rd persons (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit diesem Familienmitglied über andere Personen?	How often do conflicts, inharmoniousness or arguments arise with this family member in a month about third persons?	0 Mal - 10+ Mal	0 times - 10+ times
fai_xxre	identified family member - conflicts about miscellaneous issues (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit diesem Familienmitglied über Sonstiges?	How often do conflicts, inharmoniousness or arguments arise with this family member in a month about miscellaneous issues?	0 Mal - 10+ Mal	0 times - 10+ times

**Table 1.8: Items in the Background Questionnaire concerning the Friend.**

**friend**

Item	Item-Label	Formulation (german)	Formulation (english)	Itemscale (german)	Itemscale (english)
fri_name	Name of most frequently met friend (identified friend).	Wie heißt der Freund/die Freundin mit dem/der Sie in letzter Zeit am häufigsten Kontakt hatten?	What is the name of the friend you recently had the most frequent contact with?		
fri_fem	identified friend - gender (female).	Geben Sie das Geschlecht dieses Freundes an.	Name the gender of this friend.	weiblich/männlich	female/male
fri_age	identified friend - age.	Geben Sie das Alter dieses Freundes an.	Name the age of this friend.		
fri_freq	identified friend - contact frequency.	Wie häufig haben Sie Kontakt zu diesem Freund?	How often do you have contact to this friend?	täglich, mehrmals in der Woche, einmal in der Woche, mehrmals im Monat, einmal im Monat oder weniger	everyday, repeatedly in a week, once a week, repeatedly in a month, once a month or less
fri_exch	identified friend - communication quality.	In wiefern können Sie sich mit dieser Person über Themen, die Ihnen viel bedeuten, austauschen (z.B. Sport, Hobbies, Politik, Kultur, Wissenschaft)?	To what extent can you communicate with this person about themes that mean something to you (for example sports, hobbies, politics, culture, science)?	sehr gut - überhaupt nicht	very good - not at all
fri_acpt	identified friend - felt acceptance.	In wiefern fühlen Sie sich von dieser Person akzeptiert?	To what extent do you feel accepted by this person?	vollkommen akzeptiert - überhaupt nicht akzeptiert	completely accepted - completely unaccepted

fri_supr	identified friend - emotional support.	In wiefern können Sie sich an diese Person wenden, wenn Sie emotionale Probleme haben?	To what extent can you rely on this person when you have problems?	bei fast jedem Problem - nie	with nearly every problem - never
fri_ustd	identified friend - felt understanding.	In wiefern fühlen Sie sich von dieser Person verstanden?	To what extent do you feel understood by this person?	sehr verstanden - sehr unverstanden	very understood - very misunderstood
fri_clos	identified friend - closeness.	Wie nah fühlen Sie sich dieser Person?	How near do you feel to this person?	sehr nah - sehr fern	very near - very far
fri_xxfi	identified friend - conflicts about financial issues (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit diesem Freund über finanzielle oder materielle Ressourcen?	How often do conflicts, inharmoniousness or arguments with this friend arise in a month about financial resources?	0 Mal - 10+ Mal	0 times - 10+ times
fri_xxco	identified friend - conflicts about communication style (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit diesem Freund aufgrund von Verständnisproblemen?	How often do conflicts, inharmoniousness or arguments arise with this friend in a month due to communication problems?	0 Mal - 10+ Mal	0 times - 10+ times
fri_xxac	identified friend - conflicts about planning joint activities (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit diesem Freund über die Planung von gemeinsamen Aktivitäten?	How often do conflicts, inharmoniousness or arguments arise with this friend in a month about the planning of shared activities?	0 Mal - 10+ Mal	0 times - 10+ times
fri_xxli	identified friend - conflicts about life planning (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit diesem Freund über ihre langfristige Lebensplanung undgestaltung?	How often do conflicts, inharmoniousness or arguments arise with this friend in a month about longterm life plans and life shaping?	0 Mal - 10+ Mal	0 times - 10+ times

fri_xxe m	identified friend - conflicts about lack of emotional support (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit diesem Freund über mangelnde Unterstützung oder Hilfe?	How often do conflicts, inharmoniousness or arguments arise with this friend in a month about lack of support or help?	0 Mal - 10+ Mal	0 times - 10+ times
fri_xxop	identified friend - conflicts about different opinions (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit diesem Freund über unterschiedliche Auffassungen oder Werte?	How often do conflicts, inharmoniousness or arguments arise with this friend in a month about differing opinions or values?	0 Mal - 10+ Mal	0 times - 10+ times
fri_xx3p	identified friend - conflicts about 3rd persons (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit diesem Freund über andere Personen?	How often do conflicts, inharmoniousness or arguments arise with this friend in a month about third persons?	0 Mal - 10+ Mal	0 times - 10+ times
fri_xxre	identified friend - conflicts about miscellaneous issues (frequency/month).	Wie oft haben Sie im Monat Konflikte, Reibungen oder Streit mit diesem Freund über Sonstiges?	How often do conflicts, inharmoniousness or arguments arise with this friend in a month about miscellaneous issues?	0 Mal - 10+ Mal	0 times - 10+ times

**Table 1.9: Items in the Background Questionnaire concerning Goals.**

**goals**

Item	Item-Label	Formulation (german)	Formulation (english)	Itemscale (german)	Itemscale (english)
go1_name	1st goal description.	Bitte tragen Sie eine Beschreibung eines ersten Ziels ein.	Please insert a description of a first goal.		



go1_s1	1st goal, 1st strategy description	Bitte tragen Sie eine erste Strategie zum ersten Ziel ein.	Please insert a first strategie for the first goal.		
go1_s2	1st goal, 2nd strategy description	Bitte tragen Sie eine zweite Strategie zum ersten Ziel ein.	Please insert a second strategie for the first goal.		
go1_s3	1st goal, 3rd strategy description	Bitte tragen Sie eine dritte Strategie zum ersten Ziel ein.	Please insert a third strategie for the first goal.		
go1_imp	1st goal importance.	Wie wichtig ist Ihnen das Erreichen dieses Ziels?	How important is the achievement of the first goal for you?	extrem unwichtig - extrem wichtig	extreme unimportant - extreme important
go1_dif	1st goal difficulty.	Wie schwierig schätzen Sie das Erreichen dieses Ziels ein?	How difficult do you think the achievement of the first goal will be?	extrem einfach - extrem schwierig	extreme simple - extreme difficult
go1_ext	1st goal extrinsic motivation.	Ich verfolge dieses Ziel, weil eine andere Person dies verlangt oder die Situation dies erfordert.	I strive for the goal because another person or the situation demands it.	gar nicht - völlig	not at all - completely
go1_ide	1st goal identification motivation.	Ich verfolge dieses Ziel, weil ich persönlich von dessen Wichtigkeit überzeugt bin.	I strive for the goal because I am convinced of its importance.	gar nicht - völlig	not at all - completely
go1_itr	1st goal introjected motivation.	Ich verfolge dieses Ziel, weil ich mich sonst schuldig oder ängstlich fühle oder schäme.	I strive for the goal because I otherwise would feel guilty, afraid or ashamed.	gar nicht - völlig	not at all - completely
go1_int	1st goal intrinsic motivation.	Ich verfolge dieses Ziel, weil es mir Spaß und Freude bereitet.	I strive for the goal because it gives me pleasure and fun.	gar nicht - völlig	not at all - completely
go1_apr	1st goal approach focus.	Ich verfolge dieses Ziel, um etwas Erwünschtes zu erreichen.	I strive for the goal to achieve something desired.	gar nicht - völlig	not at all - completely
go1_avo	1st goal avoidance focus.	Ich verfolge dieses Ziel, um etwas Unerwünschtes zu vermeiden.	I strive for the goal to avoid something undesired.	gar nicht - völlig	not at all - completely
go2_name	2nd goal description.	Bitte tragen Sie eine Beschreibung eines ersten Ziels ein.	Please insert a description of a second goal.		
go2_s1	2nd goal, 1st strategy description	Bitte tragen Sie eine erste Strategie zum ersten Ziel ein.	Please insert a first strategie for the second goal.		
go2_s2	2nd goal, 2nd strategy description	Bitte tragen Sie eine zweite Strategie zum ersten Ziel ein.	Please insert a second strategie for the second goal.		

go2_s3	2nd goal, 3rd strategy description	Bitte tragen Sie eine dritte Strategie zum ersten Ziel ein.	Please insert a third strategie for the second goal.		
go2_imp	2nd goal importance.	Wie wichtig ist Ihnen das Erreichen dieses Ziels?	How important is the achievement of the second goal for you?	extrem unwichtig - extrem wichtig	extreme unimportant - extreme important
go2_dif	2nd goal difficulty.	Wie schwierig schätzen Sie das Erreichen dieses Ziels ein?	How difficult do you think the achievement of the second goal will be?	extrem einfach - extrem schwierig	extreme simple - extreme difficult
go2_ext	2nd goal extrinsic motivation.	Ich verfolge dieses Ziel, weil eine andere Person dies verlangt oder die Situation dies erfordert.	I strive for the goal because another person or the situation demands it.	gar nicht - völlig	not at all - completely
go2_ide	2nd goal identification motivation.	Ich verfolge dieses Ziel, weil ich persönlich von dessen Wichtigkeit überzeugt bin.	I strive for the goal because I am convinced of its importance.	gar nicht - völlig	not at all - completely
go2_itr	2nd goal introjected motivation.	Ich verfolge dieses Ziel, weil ich mich sonst schuldig oder ängstlich fühle oder schäme.	I strive for the goal because I otherwise would feel guilty, afraid or ashamed.	gar nicht - völlig	not at all - completely
go2_int	2nd goal intrinsic motivation.	Ich verfolge dieses Ziel, weil es mir Spaß und Freude bereitet.	I strive for the goal because it gives me pleasure and fun.	gar nicht - völlig	not at all - completely
go2_apr	2nd goal approach focus.	Ich verfolge dieses Ziel, um etwas Erwünschtes zu erreichen.	I strive for the goal to achieve something desired.	gar nicht - völlig	not at all - completely
go2_avo	2nd goal avoidance focus.	Ich verfolge dieses Ziel, um etwas Unerwünschtes zu vermeiden.	I strive for the goal to avoid something undesired.	gar nicht - völlig	not at all - completely

Table 1.10: Items in the Background Questionnaire concerning Life Domains.

## life domains

Item	Item-Label	Formulation (german)	Formulation (english)	Itemscale (german)	Itemscale (english)
lb1_name	1st life domain description.	Bitte benennen Sie einen ersten Bereich, von dem Ihr Selbstwertgefühl besonders abhängig ist.	Please name a first life domain, your self esteems especially depends on.		

lb1_per	1st life domain performance.	Bitte vergleichen Sie Ihre Leistungen im ersten Bereich mit den Leistungen Ihrer Altersgenossen.	Please compare your performance in the first life domain with the performance of contemporaries.	0 - 100%	0 - 100%
lb1_soc	1st life domain importance in terms of societal norms.	Bitte schätzen Sie ein, wie wichtig der erste Bereich für ein produktives und gesellschaftlich akzeptiertes Leben ist.	Please rate how important the first life domain is for a productive and socially accepted life.	extrem unwichtig - extrem wichtig	extreme unimportant - extreme important
lb1_ego	1st life domain importance for self-concept.	Bitte schätzen Sie ein, wie zentral der erste Bereich für Ihr Selbstbild ist.	Please rate how vital the first life domain is for your self-concept.	extrem wenig zentral - extrem zentral	extreme little vital - extreme vital
lb1_oth	1st life domain importance for other people	Bitte schätzen Sie ein, wie wichtig der erste Bereich für Ihr Wohlbefinden ist.	Please rate how important the first life domain is for your well-being.	extrem unwichtig - extrem wichtig	extreme unimportant - extreme important
lb1_wel	1st life domain importance for own well-being.	Bitte schätzen Sie ein, für wie wichtig Personen aus Ihrem Umfeld den ersten Bereich halten.	Please rate how important the first life domain is for persons of your environment.	extrem unwichtig - extrem wichtig	extreme unimportant - extreme important
lb1_fut	1st life domain importance for future life planning.	Bitte schätzen Sie ein, welche Auswirkungen Erfolg/Misserfolg im ersten Bereich für Ihre Lebensplanung hätte.	Please rate which impact success/failure in the first life domain would have for your life planning.	sehr kurzfristige Auswirkungen - sehr langfristige Auswirkungen	very short effects - very long effects
lb2_name	2nd life domain description.	Bitte benennen Sie einen zweiten Bereich, von dem Ihr Selbstwertgefühl besonders abhängig ist.	Please name a second life domain, your self esteems especially depends on.		
lb2_per	2nd life domain performance.	Bitte vergleichen Sie Ihre Leistungen im zweiten Bereich mit den Leistungen Ihrer Altersgenossen.	Please compare your performance in the second life domain with the performance of contemporaries.	0 - 100%	0 - 100%
lb2_soc	2nd life domain importance in terms of societal norms.	Bitte schätzen Sie ein, wie wichtig der zweite Bereich für ein produktives und gesellschaftlich akzeptiertes Leben ist.	Please rate how important the second life domain is for a productive and socially accepted life.	extrem unwichtig - extrem wichtig	extreme unimportant - extreme important
lb2_ego	2nd life domain importance for self-concept.	Bitte schätzen Sie ein, wie zentral der zweite Bereich für Ihr Selbstbild ist.	Please rate how central the second life domain is for your self-concept.	extrem wenig zentral - extrem zentral	extreme little vital - extreme vital
lb2_oth	2nd life domain importance for other people	Bitte schätzen Sie ein, wie wichtig der zweite Bereich für Ihr Wohlbefinden ist.	Please rate how important the second life domain is for your well-being.	extrem unwichtig - extrem wichtig	extreme unimportant - extreme important

lb2_wel	2nd life domain importance for own well-being.	Bitte schätzen Sie ein, für wie wichtig Personen aus Ihrem Umfeld den zweiten Bereich halten.	Please rate how important the second life domain is for persons of your environment.	extrem unwichtig - extrem wichtig	extreme unimportant - extreme important
lb2_fut	2nd life domain importance for future life planning.	Bitte schätzen Sie ein, welche Auswirkungen Erfolg/Misserfolg im zweiten Bereich für Ihre Lebensplanung hätte.	Please rate which impact success/failure in the second life domain would have for your life planning.	sehr kurzfristige Auswirkungen - sehr langfristige Auswirkungen	very short effects - very long effects
lb3_name	3rd life domain description.	Das Selbstwertgefühl der Versuchsperson vor Ihnen ist besonders abhängig von ihren Leistungen im ersten Bereich als/in/im "name"	The self-esteem of the participant previous to you depends on the performance in the first life domain "name"		
lb3_fake	3rd life domain fake suspicion.	Ich glaube, dass diese Angaben nicht ernst gemeint sind.	I do not think these information are serious.	ja/nein	yes/no
lb3_gen	3rd life domain generality of description.	Bitte schätzen Sie ein, wie allgemein die weitere Person ihren ersten Bereich formuliert hat.	Please rate how general the other participant formulated the first life domain.	extrem spezifisch - extrem allgemein	extreme specific - extreme general
lb3_ust	3rd life domain understandability of description.	Bitte schätzen Sie ein, wie verständlich die weitere Person ihren ersten Bereich formuliert hat.	Please rate how comprehensible the other participant formulated the first life domain.	extrem unverständlich - extrem verständlich	extreme uncomprehensible - extreme comprehensible
lb3_per	3rd life domain performance.	Bitte vergleichen Sie Ihre Leistungen im ersten Bereich der weiteren Person mit den Leistungen Ihrer Altersgenossen.	Please compare your performance in the first life domain of the other participant with the performance of contemporaries.	0 - 100%	0 - 100%
lb3_soc	3rd life domain importance in terms of societal norms.	Bitte schätzen Sie ein, wie wichtig der erste Bereich der weiteren Person für ein produktives und gesellschaftlich akzeptiertes Leben ist.	Please rate how important the first life domain of the other participant is for a productive and socially accepted life.	extrem unwichtig - extrem wichtig	extreme unimportant - extreme important
lb3_ego	3rd life domain importance for self-concept.	Bitte schätzen Sie ein, wie zentral der erste Bereich der weiteren Person für Ihr Selbstbild ist.	Please rate how central the first life domain of the other participant is for your self-concept.	extrem wenig zentral - extrem zentral	extreme little vital - extreme vital
lb3_oth	3rd life domain importance for other people	Bitte schätzen Sie ein, wie wichtig der erste Bereich der weiteren Person für Ihr Wohlbefinden ist.	Please rate how important the first life domain of the other participant is for your well-being.	extrem unwichtig - extrem wichtig	extreme unimportant - extreme important

lb3_wel	3rd life domain importance for own well-being.	Bitte schätzen Sie ein, für wie wichtig Personen aus Ihrem Umfeld den ersten Bereich der weiteren Person halten.	Please rate how important the first life domain of the other participant is for persons of your environment.	extrem unwichtig - extrem wichtig	extreme unimportant - extreme important
lb3_fut	3rd life domain importance for future life planning.	Bitte schätzen Sie ein, welche Auswirkungen Erfolg/Misserfolg im ersten Bereich der weiteren Person für Ihre Lebensplanung hätte.	Please rate which impact success/failure in the first life domain of the other participant would have for your life planning.	sehr kurzfristige Auswirkungen - sehr langfristige Auswirkungen	very short effects - very long effects
lb4_name	4th life domain description.	Das Selbstwertgefühl der Versuchsperson vor Ihnen ist besonders abhängig von ihren Leistungen im zweiten Bereich als/in/im "name"	The self-esteem of the participant previous to you depends on the performance in the second life domain "name"		
lb4_fake	4th life domain fake suspicion.	Ich glaube, dass diese Angaben nicht ernst gemeint sind.	I do not think these information are serious.	ja/nein	yes/no
lb4_gen	4th life domain generality of description.	Bitte schätzen Sie ein, wie allgemein die weitere Person ihren zweiten Bereich formuliert hat.	Please rate how general the other participant formulated the second life domain.	extrem spezifisch - extrem allgemein	extreme specific - extreme general
lb4_ust	4th life domain understandability of description.	Bitte schätzen Sie ein, wie verständlich die weitere Person ihren zweiten Bereich formuliert hat.	Please rate how comprehensible the other participant formulated the second life domain.	extrem unverständlich - extrem verständlich	extreme uncomprehensible - extreme comprehensible
lb4_per	4th life domain performance.	Bitte vergleichen Sie Ihre Leistungen im zweiten Bereich der weiteren Person mit den Leistungen Ihrer Altersgenossen.	Please compare your performance in the second life domain of the other participant with the performance of contemporaries.	0 - 100%	0 - 100%
lb4_soc	4th life domain importance in terms of societal norms.	Bitte schätzen Sie ein, wie wichtig der zweite Bereich der weiteren Person für ein produktives und gesellschaftlich akzeptiertes Leben ist.	Please rate how important the second life domain of the other participant is for a productive and socially accepted life.	extrem unwichtig - extrem wichtig	extreme unimportant - extreme important
lb4_ego	4th life domain importance for self-concept.	Bitte schätzen Sie ein, wie zentral der zweite Bereich der weiteren Person für Ihr Selbstbild ist.	Please rate how central the second life domain of the other participant is for your self-concept.	extrem wenig zentral - extrem zentral	extreme little vital - extreme vital
lb4_oth	4th life domain importance for other people	Bitte schätzen Sie ein, wie wichtig der zweite Bereich der weiteren Person für Ihr Wohlbefinden ist.	Please rate how important the second life domain of the other participant is for your well-being.	extrem unwichtig - extrem wichtig	extreme unimportant - extreme important

lb4_wel	4th life domain importance for own well-being.	Bitte schätzen Sie ein, für wie wichtig Personen aus Ihrem Umfeld den zweiten Bereich der weiteren Person halten.	Please rate how important the second life domain of the other participant is for persons of your environment.	extrem unwichtig - extrem wichtig	extreme unimportant - extreme important
lb4_fut	4th life domain importance for future life planning.	Bitte schätzen Sie ein, welche Auswirkungen Erfolg/Misserfolg im zweiten Bereich der weiteren Person für Ihre Lebensplanung hätte.	Please rate which impact success/failure in the second life domain of the other participant would have for your life planning.	sehr kurzfristige Auswirkungen - sehr langfristige Auswirkungen	very short effects - very long effects

**Table 1.11: Items in the Background Questionnaire concerning Self Concept Dimensions.**

### self concept dimensions

Item	Item-Label	Formulation (german)	Formulation (english)	Itemscale (german)	Itemscale (english)
com_per	competence - rating of professional competence.	Für wie fachlich kompetent halten Sie sich?	How professionally competent do you consider yourself?	gar nicht - extrem	not at all - extreme
com_sel	competence - relevance for self perception.	Wie zentral ist fachliche Kompetenz für Ihr persönliches Selbstbild?	How vital is professional competence for your self-concept?	gar nicht - extrem	not at all - extreme
com_oth	competence - relevance for others.	Wie wichtig ist fachliche Kompetenz für Personen in Ihrem Umfeld?	How important is professional competence for persons in your environment?	gar nicht - extrem	not at all - extreme
civ_per	civility - rating of personal civility.	Für wie höflich halten Sie sich?	How civil do you consider yourself?	gar nicht - extrem	not at all - extreme
civ_sel	civility - relevance for self perception.	Wie zentral ist Höflichkeit für Ihr persönliches Selbstbild?	How vital is civility for your self-concept?	gar nicht - extrem	not at all - extreme

civ_oth	civility - relevance for others.	Wie wichtig ist Höflichkeit für Personen in Ihrem Umfeld?	How important is civility for persons in your environment?	gar nicht - extrem	not at all - extreme
eth_per	ethicality - rating of personal ethicality.	Für wie vertrauenswürdig halten Sie sich?	How reliable do you consider yourself?	gar nicht - extrem	not at all - extreme
eth_sel	ethicality - relevance for self perception.	Wie zentral ist Vertrauenswürdigkeit für Ihr persönliches Selbstbild?	How vital is reliability for your self-concept?	gar nicht - extrem	not at all - extreme
eth_oth	ethicality - relevance for others.	Wie wichtig ist Vertrauenswürdigkeit für Personen in Ihrem Umfeld?	How important is reliability for persons in your environment?	gar nicht - extrem	not at all - extreme
art_per	artistic talent - rating of personal artistic talent.	Für wie künstlerisch begabt halten Sie sich?	How artisticly talented do you consider yourself?	gar nicht - extrem	not at all - extreme
art_sel	artistic talent - relevance for self perception.	Wie zentral ist künstlerische Begabung für Ihr persönliches Selbstbild?	How vital is artistic talent for your self-concept?	gar nicht - extrem	not at all - extreme
art_oth	artistic talent - relevance for others.	Wie wichtig ist künstlerische Begabung für Personen in Ihrem Umfeld?	How important is artistic talence for persons in your environment?	gar nicht - extrem	not at all - extreme
sym_per	being sympathic - rating of personal being sympathic.	Für wie nett und sympathisch halten Sie sich?	How likeable do you consider yourself?	gar nicht - extrem	not at all - extreme
sym_sel	being sympathic - relevance for self perception.	Wie zentral ist nett und sympathisch sein für Ihr persönliches Selbstbild?	How vital is likeability for your self-concept?	gar nicht - extrem	not at all - extreme
sym_oth	being sympathic - relevance for others.	Wie wichtig ist nett und sympathisch sein für Personen in Ihrem Umfeld?	How important is likeability for persons in your environment?	gar nicht - extrem	not at all - extreme

org_per	orderliness - rating of personal orderliness.	Für wie ordentlich halten Sie sich?	How orderly do you consider yourself?	gar nicht - extrem	not at all - extreme
org_sel	orderliness - relevance for self perception.	Wie zentral ist Ordnung für Ihr persönliches Selbstbild?	How vital is orderliness for your self-concept?	gar nicht - extrem	not at all - extreme
org_oth	orderliness - relevance for others.	Wie wichtig ist Ordnung für Personen in Ihrem Umfeld?	How important is orderliness for persons in your environment?	gar nicht - extrem	not at all - extreme
phy_per	physical attractiveness - rating of personal physical attractiveness.	Für wie körperlich attraktiv halten Sie sich?	How physical attractive do you consider yourself?	gar nicht - extrem	not at all - extreme
phy_sel	physical attractiveness - relevance for self perception.	Wie zentral ist körperliche Attraktivität für Ihr persönliches Selbstbild?	How vital is physical attractiveness for your self-concept?	gar nicht - extrem	not at all - extreme
phy_oth	physical attractiveness - relevance for others.	Wie wichtig ist körperliche Attraktivität für Personen in Ihrem Umfeld?	How important is physical attractiveness for persons in your environment?	gar nicht - extrem	not at all - extreme
tol_per	tolerance - rating of personal tolerance.	Für wie tolerant halten Sie sich?	How tolerant do you consider yourself?	gar nicht - extrem	not at all - extreme
tol_sel	tolerance - relevance for self perception.	Wie zentral ist Toleranz für Ihr persönliches Selbstbild?	How vital is tolerance for your self-concept?	gar nicht - extrem	not at all - extreme
tol_oth	tolerance - relevance for others.	Wie wichtig ist Toleranz für Personen in Ihrem Umfeld?	How important is tolerance for persons in your environment?	gar nicht - extrem	not at all - extreme



**Table 2: Items of the Diary Questionnaire.**

Item	Item-Label	Formulation (german)	Formulation (english)	Itemscale (german)	Itemscale (english)
emo_1	emotion "gelassen" (at ease)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: gelassen	Please rate how you generally felt today: at ease.	gar nicht - extrem	not at all - extreme
emo_2	emotion "ruhig" (calm)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: ruhig	Please rate how you generally felt today: calm	gar nicht - extrem	not at all - extreme
emo_3	emotion "entspannt" (relaxed)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: entspannt	Please rate how you generally felt today: relaxed	gar nicht - extrem	not at all - extreme
emo_4	emotion "dösig" (drowsy)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: dösig	Please rate how you generally felt today: drowsy	gar nicht - extrem	not at all - extreme
emo_5	emotion "träge" (sluggish)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: träge	Please rate how you generally felt today: sluggish	gar nicht - extrem	not at all - extreme
emo_6	emotion "müde" (tired)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: müde	Please rate how you generally felt today: tired	gar nicht - extrem	not at all - extreme
emo_7	emotion "zufrieden" (content)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: zufrieden	Please rate how you generally felt today: content	gar nicht - extrem	not at all - extreme

emo_8	emotion "erfreut" (pleased)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: erfreut	Please rate how you generally felt today: pleased	gar nicht - extrem	not at all - extreme
emo_9	emotion "glücklich" (happy)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: glücklich	Please rate how you generally felt today: happy	gar nicht - extrem	not at all - extreme
emo_10	emotion "hellwach" (alert)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: hellwach	Please rate how you generally felt today: alert	gar nicht - extrem	not at all - extreme
emo_11	emotion "erregt" (aroused)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: erregt	Please rate how you generally felt today: aroused	gar nicht - extrem	not at all - extreme
emo_12	emotion "hyperaktiv" (hyperactivated)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: hyperaktiv	Please rate how you generally felt today: hyperactivated	gar nicht - extrem	not at all - extreme
emo_13	emotion "elend" (miserable)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: elend	Please rate how you generally felt today: miserable	gar nicht - extrem	not at all - extreme
emo_14	emotion "sorgenvoll" (troubled)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: sorgenvoll	Please rate how you generally felt today: troubled	gar nicht - extrem	not at all - extreme
emo_15	emotion "unglücklich" (unhappy)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: unglücklich	Please rate how you generally felt today: unhappy	gar nicht - extrem	not at all - extreme
emo_16	emotion "schläfrig" (sleepy)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: schläfrig	Please rate how you generally felt today: sleepy	gar nicht - extrem	not at all - extreme

emo_17	emotion "gleichmütig" (quiet)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben:gleichmütig	Please rate how you generally felt today: quiet	gar nicht - extrem	not at all - extreme
emo_18	emotion "unbewegt" (still)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben:unbewegt	Please rate how you generally felt today: still	gar nicht - extrem	not at all - extreme
emo_19	emotion "ängstlich" (afraid)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: ängstlich	Please rate how you generally felt today: afraid	gar nicht - extrem	not at all - extreme
emo_20	emotion "beschämt" (ashamed)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: beschämt	Please rate how you generally felt today: ashamed	gar nicht - extrem	not at all - extreme
emo_21	emotion "bedrückt" (distressed)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: bedrückt	Please rate how you generally felt today: distressed	gar nicht - extrem	not at all - extreme
emo_22	emotion "schuldig" (guilty)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: schuldig	Please rate how you generally felt today: guilty	gar nicht - extrem	not at all - extreme
emo_23	emotion "feindselig" (hostile)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: feindselig	Please rate how you generally felt today: hostile	gar nicht - extrem	not at all - extreme
emo_24	emotion "reizbar" (irritable)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: reizbar	Please rate how you generally felt today: irritable	gar nicht - extrem	not at all - extreme
emo_25	emotion "unruhig" (jittery)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: unruhig	Please rate how you generally felt today: jittery	gar nicht - extrem	not at all - extreme

emo_26	emotion "nervös" (nervous)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: nervös	Please rate how you generally felt today: nervous	gar nicht - extrem	not at all - extreme
emo_27	emotion "verängstigt" (scared)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: verängstigt	Please rate how you generally felt today: scared	gar nicht - extrem	not at all - extreme
emo_28	emotion "verärgert" (upset)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: verärgert	Please rate how you generally felt today: upset	gar nicht - extrem	not at all - extreme
emo_29	emotion "aktiv" (active)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: aktiv	Please rate how you generally felt today: active	gar nicht - extrem	not at all - extreme
emo_30	emotion "allein" (alone)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: allein	Please rate how you generally felt today: alone	gar nicht - extrem	not at all - extreme
emo_31	emotion "aufmerksam" (attentive)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: aufmerksam	Please rate how you generally felt today: attentive	gar nicht - extrem	not at all - extreme
emo_32	emotion "entschlossen" (determined)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: entschlossen	Please rate how you generally felt today: determined	gar nicht - extrem	not at all - extreme
emo_33	emotion "begeistert" (enthusiastic)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: begeistert	Please rate how you generally felt today: enthusiastic	gar nicht - extrem	not at all - extreme
emo_34	emotion "erwartungsvoll" (excited)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: erwartungsvoll	Please rate how you generally felt today: excited	gar nicht - extrem	not at all - extreme

emo_35	emotion "angeregt" (inspired)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: angeregt	Please rate how you generally felt today: inspired	gar nicht - extrem	not at all - extreme
emo_36	emotion "interessiert" (interested)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: interessiert	Please rate how you generally felt today: interested	gar nicht - extrem	not at all - extreme
emo_37	emotion "stolz" (proud)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: stolz	Please rate how you generally felt today: proud	gar nicht - extrem	not at all - extreme
emo_38	emotion "stark" (strong)	Bitte schätzen Sie ein, wie Sie sich heute im Allgemeinen gefühlt haben: stark	Please rate how you generally felt today: strong	gar nicht - extrem	not at all - extreme
rsse_01	rosenberg self-esteem scale item 9	Heute hielt ich mich für einen Versager.	Today, I am inclined to feel that I am a failure.	gar nicht - völlig	not at all - absolute
rsse_02	rosenberg self-esteem scale item 10	Heute hatte ich eine positive Einstellung zu mir selbst.	Today, I took a positive attitude toward myself.	gar nicht - völlig	not at all - absolute
rsse_03	rosenberg self-esteem scale item 1	Heute war ich mit mir selbst zufrieden.	On the whole, I was satisfied with myself today.	gar nicht - völlig	not at all - absolute
rsse_04	rosenberg self-esteem scale item 2	Heute fühlte ich mich richtig nutzlos.	I certainly felt useless today.	gar nicht - völlig	not at all - absolute
fai_kwr	identified family member - number of written contacts	Wie oft hatten Sie heute mit diesem Familienmitglied schriftlichen Kontakt?	How many written contacts did you have to this family member today?	Anzahl	Number

fai_kfo	identified family member - number of contacts by telephone	Wie oft hatten Sie heute mit diesem Familienmitglied telefonischen Kontakt?	How many contacts by telephone did you have to this family member today?	Anzahl	Number
fai_kff	identified family member - number of personal contacts	Wie oft hatten Sie heute mit diesem Familienmitglied persönlichen Kontakt?	How many personal contacts did you have to this family member today?	Anzahl	Number
fai_twr	identified family member - time (in hours) of written contacts	Wie lang hatten Sie heute mit diesem Familienmitglied schriftlichen Kontakt?	How long were the written contacts with this family member altogether today?	Stunden und Minuten	Hours and Minutes
fai_tfo	identified family member - time (in hours) of contacts by telephone	Wie lang hatten Sie heute mit diesem Familienmitglied telefonischen Kontakt?	How long were the contacts by telephone with this family member altogether today?	Stunden und Minuten	Hours and Minutes
fai_tff	identified family member - time (in hours) of personal contacts	Wie lang hatten Sie heute mit diesem Familienmitglied persönlichen Kontakt?	How long were the personal contacts with this family member altogether today?	Stunden und Minuten	Hours and Minutes
fai_clo	identified family member_closeness of contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu diesem Familienmitglied: distanziert - nah	Please evaluate the contact to this family member: distant - close	-2 / +2	-2 / +2
fai_pow	identified family member_power in contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu diesem Familienmitglied: unterlegen - überlegen	Please evaluate the contact to this family member: inferior - superior	-2 / +2	-2 / +2
fai_res	identified family member_being respected in contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu diesem Familienmitglied: nicht respektiert - respektiert	Please evaluate the contact to this family member: not respected - respected	-2 / +2	-2 / +2
fai_saf	identified family member_safeness in contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu diesem Familienmitglied: unsicher - sicher	Please evaluate the contact to this family member: unsecure - secure	-2 / +2	-2 / +2

fai_lik	identified family member_feeling liked in contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu diesem Familienmitglied: nicht gemocht - gemocht	Please evaluate the contact to this family member: not liked - liked	-2 / +2	-2 / +2
fai_int	identified family member_interest in contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu diesem Familienmitglied: gelangweilt - interessiert	Please evaluate the contact to this family member: bored - interested	-2 / +2	-2 / +2
fai_imp	identified family member_importance of contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu diesem Familienmitglied: unwichtig - wichtig	Please evaluate the contact to this family member: unimportant - important	-2 / +2	-2 / +2
fai_con	identified family member_contentedness with contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu diesem Familienmitglied: unzufrieden - zufrieden	Please evaluate the contact to this family member: discontent - content	-2 / +2	-2 / +2
fai_agi	identified family member_calmness in contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu diesem Familienmitglied: aufgereggt - ruhig	Please evaluate the contact to this family member: agitated - calm	-2 / +2	-2 / +2
fai_xfi	identified family member_presence of conflicts about finanziell resources	Über welche Themen gab es Konflikte, Reibungen oder Streit? Finanzielle oder materielle Ressourcen	About which themes did conflicts, inharmoniousness or arguments arise? Financial resources	ja / nein	yes / no
fai_xco	identified family member_presence of conflicts because of communication problems	Über welche Themen gab es Konflikte, Reibungen oder Streit? Verständnisprobleme	About which themes did conflicts, inharmoniousness or arguments arise? Communication problems	ja / nein	yes / no
fai_xac	identified family member_presence of conflicts about activities	Über welche Themen gab es Konflikte, Reibungen oder Streit? Planung von gemeinsamen Aktivitäten	About which themes did conflicts, inharmoniousness or arguments arise? Planning shared activities	ja / nein	yes / no
fai_xli	identified family member_presence of conflicts about life plans	Über welche Themen gab es Konflikte, Reibungen oder Streit? Langfristige Lebensplanung und -gestaltung	About which themes did conflicts, inharmoniousness or arguments arise? longterm life plans and life shaping	ja / nein	yes / no

fai_xem	identified family member_presence of conflicts about encouragement	Über welche Themen gab es Konflikte, Reibungen oder Streit? Mangelnde Unterstützung oder Hilfe	About which themes did conflicts, inharmoniousness or arguments arise? Lack of support or help	ja / nein	yes / no
fai_xop	identified family member_presence of conflicts about opinions	Über welche Themen gab es Konflikte, Reibungen oder Streit? Unterschiedliche Auffassungen oder Werte	About which themes did conflicts, inharmoniousness or arguments arise? Different opinions or values	ja / nein	yes / no
fai_x3p	identified family member_presence of conflicts about third persons	Über welche Themen gab es Konflikte, Reibungen oder Streit? Andere Personen	About which themes did conflicts, inharmoniousness or arguments arise? Third persons	ja / nein	yes / no
fai_xre	identified family member_presence of conflicts about other topics	Über welche Themen gab es Konflikte, Reibungen oder Streit? Sonstige	About which themes did conflicts, inharmoniousness or arguments arise? Other topics	ja / nein	yes / no
far_kwr	other family member - number of written contacts	Wie oft hatten Sie heute mit anderen Familienmitgliedern schriftlichen Kontakt?	How many written contacts did you have to other family members today?	Anzahl	Number
far_kfo	other family member - number of contacts by telephone	Wie oft hatten Sie heute mit anderen Familienmitgliedern telefonischen Kontakt?	How many contacts by telephone did you have to other family members today?	Anzahl	Number
far_kff	other family member - number of personal contacts	Wie oft hatten Sie heute mit anderen Familienmitgliedern persönlichen Kontakt?	How many personal contacts did you have to other familys member today?	Anzahl	Number
far_twr	other family member - time (in hours) of written contacts	Wie lang hatten Sie heute mit anderen Familienmitgliedern schriftlichen Kontakt?	How long were the written contacts with other familys members altogether today?	Stunden und Minuten	Hours and Minutes
far_tfo	other family member - time (in hours) of contacts by telephone	Wie lang hatten Sie heute mit anderen Familienmitgliedern telefonischen Kontakt?	How long were the contacts by telephone with other family members altogether today?	Stunden und Minuten	Hours and Minutes



far_tff	other family member - time (in hours) of personal contacts	Wie lang hatten Sie heute mit anderen Familienmitgliedern persönlichen Kontakt?	How long were the personal contacts with other family members altogether today?	Stunden und Minuten	Hours and Minutes
fri_kwr	identified friend - number of written contacts	Wie oft hatten Sie heute mit diesem Freund schriftlichen Kontakt?	How many written contacts did you have to this friend today?	Anzahl	Number
fri_kfo	identified friend - number of contacts by telephone	Wie oft hatten Sie heute mit diesem Freund telefonischen Kontakt?	How many contacts by telephone did you have to this friend today?	Anzahl	Number
fri_kff	identified friend - number of personal contacts	Wie oft hatten Sie heute mit diesem Familienmitglied persönlichen Kontakt?	How many personal contacts did you have to this friend today?	Anzahl	Number
fri_twr	identified friend - time (in hours) of written contacts	Wie lang hatten Sie heute mit diesem Freund schriftlichen Kontakt?	How long were the written contacts with this friend altogether today?	Stunden und Minuten	Hours and Minutes
fri_tfo	identified friend - time (in hours) of contacts by telephone	Wie lang hatten Sie heute mit diesem Freund telefonischen Kontakt?	How long were the contacts by telephone with this friend altogether today?	Stunden und Minuten	Hours and Minutes
fri_tff	identified friend - time (in hours) of personal contacts	Wie lang hatten Sie heute mit diesem Freund persönlichen Kontakt?	How long were the personal contacts with this friend altogether today?	Stunden und Minuten	Hours and Minutes
fri_clo	identified friend_closeness of contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu diesem Freund: distanziert - nah	Please evaluate the contact to this friend: distant - close	-2 / +2	-2 / +2
fri_pow	identified friend_power in contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu diesem Freund: unterlegen - überlegen	Please evaluate the contact to this friend: inferior - superior	-2 / +2	-2 / +2

fri_res	identified friend_being respected in contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu diesem Freund: nicht respektiert - respektiert	Please evaluate the contact to this friend: not respected - respected	-2 / +2	-2 / +2
fri_saf	identified friend_safeness in contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu diesem Freund: unsicher - sicher	Please evaluate the contact to this friend: unsecure - secure	-2 / +2	-2 / +2
fri_lik	identified friend_feeling liked in contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu diesem Freund: nicht gemocht - gemocht	Please evaluate the contact to this friend: not liked - liked	-2 / +2	-2 / +2
fri_int	identified friend_interest in contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu diesem Freund: gelangweilt - interessiert	Please evaluate the contact to this friend: bored - interested	-2 / +2	-2 / +2
fri_imp	identified friend_importance of contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu diesem Freund: unwichtig - wichtig	Please evaluate the contact to this friend: unimportant - important	-2 / +2	-2 / +2
fri_con	identified friend_contentedness with contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu diesem Freund: unzufrieden - zufrieden	Please evaluate the contact to this friend: discontent - content	-2 / +2	-2 / +2
fri_agi	identified friend_calmness in contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu diesem Freund: aufgeregt - ruhig	Please evaluate the contact to this friend: agitated - calm	-2 / +2	-2 / +2
fri_xfi	identified friend_presence of conflicts about finanziell resources	Über welche Themen gab es Konflikte, Reibungen oder Streit? Finanzielle oder materielle Ressourcen	About which themes did conflicts, inharmoniousness or arguments arise? Financial resources	ja / nein	yes / no
fri_xco	identified friend_presence of conflicts because of communication problems	Über welche Themen gab es Konflikte, Reibungen oder Streit? Verständnisprobleme	About which themes did conflicts, inharmoniousness or arguments arise? Communication problems	ja / nein	yes / no

fri_xac	identified friend_presence of conflicts about activities	Über welche Themen gab es Konflikte, Reibungen oder Streit? Planung von gemeinsamen Aktivitäten	About which themes did conflicts, inharmoniousness or arguments arise? Planning shared activities	ja / nein	yes / no
fri_xli	identified friend_presence of conflicts about life plans	Über welche Themen gab es Konflikte, Reibungen oder Streit? Langfristige Lebensplanung und -gestaltung	About which themes did conflicts, inharmoniousness or arguments arise? longterm life plans and life shaping	ja / nein	yes / no
fri_xem	identified friend_presence of conflicts about encouragement	Über welche Themen gab es Konflikte, Reibungen oder Streit? Mangelnde Unterstützung oder Hilfe	About which themes did conflicts, inharmoniousness or arguments arise? Lack of support or help	ja / nein	yes / no
fri_xop	identified friend_presence of conflicts about opinions	Über welche Themen gab es Konflikte, Reibungen oder Streit? Unterschiedliche Auffassungen oder Werte	About which themes did conflicts, inharmoniousness or arguments arise? Different opinions or values	ja / nein	yes / no
fri_x3p	identified friend_presence of conflicts about third persons	Über welche Themen gab es Konflikte, Reibungen oder Streit? Andere Personen	About which themes did conflicts, inharmoniousness or arguments arise? Third persons	ja / nein	yes / no
fri_xre	identified friend_presence of conflicts about other topics	Über welche Themen gab es Konflikte, Reibungen oder Streit? Sonstige	About which themes did conflicts, inharmoniousness or arguments arise? Other topics	ja / nein	yes / no
frr_kwr	other friends - number of written contacts	Wie oft hatten Sie heute mit anderen Freunden schriftlichen Kontakt?	How many written contacts did you have to other friends today?	Anzahl	Number
frr_kfo	other friends - number of contacts by telephone	Wie oft hatten Sie heute mit anderen Freunden telefonischen Kontakt?	How many contacts by telephone did you have to other friends today?	Anzahl	Number
frr_kff	other friends - number of personal contacts	Wie oft hatten Sie heute mit anderen Freunden persönlichen Kontakt?	How many personal contacts did you have to other friends today?	Anzahl	Number

frr_twr	other friends - time (in hours) of written contacts	Wie lang hatten Sie heute mit anderen Freunden schriftlichen Kontakt?	How long were the written contacts with other friends altogether today?	Stunden und Minuten	Hours and Minutes
frr_tfo	other friends - time (in hours) of contacts by telephone	Wie lang hatten Sie heute mit anderen Freunden telefonischen Kontakt?	How long were the contacts by telephone with other friends altogether today?	Stunden und Minuten	Hours and Minutes
frr_tff	other friends - time (in hours) of personal contacts	Wie lang hatten Sie heute mit anderen Freunden persönlichen Kontakt?	How long were the personal contacts with other friends altogether today?	Stunden und Minuten	Hours and Minutes
par_kwr	partner - number of written contacts	Wie oft hatten Sie heute mit ihrem Partner schriftlichen Kontakt?	How many written contacts did you have to your partner today?	Anzahl	Number
par_kfo	partner - number of contacts by telephone	Wie oft hatten Sie heute mit ihrem Partner telefonischen Kontakt?	How many contacts by telephone did you have to your partner today?	Anzahl	Number
par_kff	partner - number of personal contacts	Wie oft hatten Sie heute mit ihrem Partner persönlichen Kontakt?	How many personal contacts did you have to your partner today?	Anzahl	Number
par_twr	partner - time (in hours) of written contacts	Wie lang hatten Sie heute mit ihrem Partner schriftlichen Kontakt?	How long were the written contacts with your partner altogether today?	Stunden und Minuten	Hours and Minutes
par_tfo	partner - time (in hours) of contacts by telephone	Wie lang hatten Sie heute mit ihrem Partner telefonischen Kontakt?	How long were the contacts by telephone with your partner altogether today?	Stunden und Minuten	Hours and Minutes
par_tff	partner - time (in hours) of personal contacts	Wie lang hatten Sie heute mit ihrem Partner persönlichen Kontakt?	How long were the personal contacts with your partner altogether today?	Stunden und Minuten	Hours and Minutes

par_clo	partner_closeness of contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu ihrem Partner: distanziert - nah	Please evaluate the contact to your partner: distant - close	-2 / +2	-2 / +2
par_pow	partner_power in contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu ihrem Partner: unterlegen - überlegen	Please evaluate the contact to your partner: inferior - superior	-2 / +2	-2 / +2
par_res	partner_being respected in contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu ihrem Partner: nicht respektiert - respektiert	Please evaluate the contact to your partner: not respected - respected	-2 / +2	-2 / +2
par_saf	partner_safeness in contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu ihrem Partner: unsicher - sicher	Please evaluate the contact to your partner: unsecure - secure	-2 / +2	-2 / +2
par_lik	partner_feeling liked in contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu ihrem Partner: nicht gemocht - gemocht	Please evaluate the contact to your partner: not liked - liked	-2 / +2	-2 / +2
par_int	partner_interest in contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu ihrem Partner: gelangweilt - interessiert	Please evaluate the contact to your partner: bored - interested	-2 / +2	-2 / +2
par_imp	partner_importance of contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu ihrem Partner: unwichtig - wichtig	Please evaluate the contact to your partner: unimportant - important	-2 / +2	-2 / +2
par_con	partner_contentedness with contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu ihrem Partner: unzufrieden - zufrieden	Please evaluate the contact to your partner: discontent - content	-2 / +2	-2 / +2
par_agi	partner_calmness in contact	Bewerten Sie bitte den Kontakt (falls zutreffend) zu ihrem Partner: aufgeregt - ruhig	Please evaluate the contact to your partner: agitated - calm	-2 / +2	-2 / +2

par_xfi	partner_presence of conflicts about finanziell resources	Über welche Themen gab es Konflikte, Reibungen oder Streit? Finanzielle oder materielle Ressourcen	About which themes did conflicts, inharmoniousness or arguments arise? Financial resources	ja / nein	yes / no
par_xco	partner_presence of conflicts because of communication problems	Über welche Themen gab es Konflikte, Reibungen oder Streit? Verständnisprobleme	About which themes did conflicts, inharmoniousness or arguments arise? Communication problems	ja / nein	yes / no
par_xac	partner_presence of conflicts about activities	Über welche Themen gab es Konflikte, Reibungen oder Streit? Planung von gemeinsamen Aktivitäten	About which themes did conflicts, inharmoniousness or arguments arise? Planning shared activities	ja / nein	yes / no
par_xli	partner_presence of conflicts about life plans	Über welche Themen gab es Konflikte, Reibungen oder Streit? Langfristige Lebensplanung und -gestaltung	About which themes did conflicts, inharmoniousness or arguments arise? longterm life plans and life shaping	ja / nein	yes / no
par_xem	partner_presence of conflicts about encouragement	Über welche Themen gab es Konflikte, Reibungen oder Streit? Mangelnde Unterstützung oder Hilfe	About which themes did conflicts, inharmoniousness or arguments arise? Lack of support or help	ja / nein	yes / no
par_xop	partner_presence of conflicts about opinions	Über welche Themen gab es Konflikte, Reibungen oder Streit? Unterschiedliche Auffassungen oder Werte	About which themes did conflicts, inharmoniousness or arguments arise? Different opinions or values	ja / nein	yes / no
par_x3p	partner_presence of conflicts about third persons (except jealousy)	Über welche Themen gab es Konflikte, Reibungen oder Streit? Andere Personen (außer Eifersucht)	About which themes did conflicts, inharmoniousness or arguments arise? Third persons (except jealousy)	ja / nein	yes / no
par_xre	partner_presence of conflicts about other topics	Über welche Themen gab es Konflikte, Reibungen oder Streit? Sonstige	About which themes did conflicts, inharmoniousness or arguments arise? Other topics	ja / nein	yes / no
par_xje	partner_presence of conflicts about jealousy	Über welche Themen gab es Konflikte, Reibungen oder Streit? Eifersucht	About which themes did conflicts, inharmoniousness or arguments arise? Jealousy	ja / nein	yes / no

par_xch	partner_presence of conflicts about children	Über welche Themen gab es Konflikte, Reibungen oder Streit? Erziehung der Kinder	About which themes did conflicts, inharmoniousness or arguments arise? About children	ja / nein	yes / no
ssq_ka	number of contacts with acquaintances of the same sex	Mit wievielen Bekanntschaften des gleichen Geschlechtes haben Sie sich heute unterhalten?	With how many acquaintances of the same sex did you speak today?	Anzahl	Number
osq_ka	number of contacts with acquaintances of the opposite sex	Mit wievielen Bekanntschaften des anderen Geschlechtes haben Sie sich heute unterhalten?	With how many acquaintances of the opposite sex did you speak today?	Anzahl	Number
day_tem	temperature of the entry day	Wie warm (in Grad) war es heute (schätzungsweise)?	How warm (in degrees) was it today (approximately)?	Grad Celcius	Degree (Celcius)
day_sky	weather conditions of the entry day	Wie war die heutige Wetterlage?	How were the weather conditions today?	sonnig / leicht bewölkt / stark bewölkt / Regen/Schnee/Hag	sunny / lightly clouded / heavy clouded / rain/snow/hail
yes_bed	hours of sleep in the night before entry	Wie viele Stunden haben Sie letzte Nacht geschlafen?	How many hours did you sleep last night?	Stunden	Hours
day_uph	time of getting up (hours)	Um wie viel Uhr sind Sie heute aufgestanden? (Stunden)	When did you get up today? (hours)	Stunden	Hours
day_upm	time of getting up (minutes)	Um wie viel Uhr sind Sie heute aufgestanden? (Minuten)	When did you get up today? (minutes)	Minuten	Minutes
day_let	leisure time (in hours)	Wie viel Freizeit (Stunden) hatten Sie heute?	How many hours of leisure time did you have today?	Stunden	Hours

day_ilt	intellectual leisure time (in hours)	Wie viel Zeit haben Sie heute in <u>Ihrer Freizeit</u> mit geistigen Aktivitäten* verbracht?	How many time did you spent with intellectual activities within your leisure time?	Stunden und Minuten	Hours and Minutes
day_ipt	intellectual professional time (in hours)	Wie viel Zeit haben Sie heute in <u>beruflich/im Studium</u> mit geistigen Aktivitäten verbracht?	How many time did you spent with intellectual activities within your job/studies?	Stunden und Minuten	Hours and Minutes
day_spt	time (in hours) of doing sport	Wie viel Zeit haben Sie sich heute Sport getrieben?	How many time did you spent today with doing sport?	Stunden und Minuten	Hours and Minutes
day_ait	time (in hours) spent outdoors	Wie viel Zeit haben Sie sich im Freien aufgehalten?	How many time did you spent outdoors today?	Stunden und Minuten	Hours and Minutes
day_mer	having menstruation	Hatten Sie heute (falls zutreffend) Ihre Menstruation?	Did you have your menstruation today?	ja / nein	yes / no
day_rou	rating of routine of entry day	Wie gewöhnlich war Ihr Tagesablauf?	How accustomed was your daily routine?	extrem gewöhnlich - extrem ungewöhnlich	extreme common - extreme uncommon
day_exc	rating of excitement of entry day	Wie erlebnisreich war der Tag?	How eventful was your day?	extrem erlebnisreich - extrem erlebnisarm	extreme eventful - extreme uneventful
lb1_suc	life domain 1 success	Wie erfolgreich waren Sie im ersten Lebensbereich?	How successful have you been in the first life domain?	extrem erfolgreich - extrem wenig erfolgreich	extreme successful - extreme unsuccessful
lb1_dif	life domain 1 difficulties	Wie schwierig waren die Anforderungen, denen Sie sich im ersten Lebensbereich stellen mussten?	How difficult were the requirements you had to face in the first life domain?	extrem schwierig - extrem einfach, es gab keine Anforderungen	extreme difficult - extreme simple, no requirements



lb2_suc	life domain 2 success	Wie erfolgreich waren Sie im zweiten Lebensbereich?	How successful have you been in the second life domain?	extrem erfolgreich - extrem wenig erfolgreich	extreme successful - extreme unsuccessful
lb2_dif	life domain 2 difficulties	Wie schwierig waren die Anforderungen, denen Sie sich im zweiten Lebensbereich stellen mussten?	How difficult were the requirements you had to face in the second life domain?	extrem schwierig - extrem einfach, es gab keine Anforderungen	extreme difficult - extreme simple, no requirements
go1_dbt	degree of doubt concerning goal 1	Wie sehr haben Sie heute am Sinn Ihres ersten Ziels gezweifelt?	How much were you in doubt about the sense of your first goal?	überhaupt nicht - sehr	not a bit - very
go1_s1t	time (in hours) spent with strategy 1 to achieve goal 1	Wie viel Zeit haben Sie heute mit der ersten Strategie Ihres ersten Ziels verbracht?	How much time did you spent with the first strategy to achieve your first goal?	Stunden und Minuten	Hours and Minutes
go1_s2t	time (in hours) spent with strategy 2 to achieve goal 1	Wie viel Zeit haben Sie heute mit der zweiten Strategie Ihres ersten Ziels verbracht?	How much time did you spent with the second strategy to achieve your first goal?	Stunden und Minuten	Hours and Minutes
go1_s3t	time (in hours) spent with strategy 3 to achieve goal 1	Wie viel Zeit haben Sie heute mit der dritten Strategie Ihres ersten Ziels verbracht?	How much time did you spent with the third strategy to achieve your first goal?	Stunden und Minuten	Hours and Minutes
go2_dbt	degree of doubt concerning goal 2	Wie sehr haben Sie heute am Sinn Ihres zweiten Ziels gezweifelt?	How much were you in doubt about the sense of your second goal?	überhaupt nicht - sehr	not a bit - very
go2_s1t	time (in hours) spent with strategy 1 to achieve goal 2	Wie viel Zeit haben Sie heute mit der ersten Strategie Ihres zweiten Ziels verbracht?	How much time did you spent with the first strategy to achieve your second goal?	Stunden und Minuten	Hours and Minutes
go2_s2t	time (in hours) spent with strategy 2 to achieve goal 2	Wie viel Zeit haben Sie heute mit der zweiten Strategie Ihres zweiten Ziels verbracht?	How much time did you spent with the second strategy to achieve your second goal?	Stunden und Minuten	Hours and Minutes

go2_s3t	time (in hours) spent with strategy 3 to achieve goal 2	Wie viel Zeit haben Sie heute mit der dritten Strategie Ihres zweiten Ziels verbracht?	How much time did you spent with the third strategy to achieve your second goal?	Stunden und Minuten	Hours and Minutes
com_dim	rating of impression on competence dimension	Was für einen Eindruck haben Sie Ihrer Meinung nach auf Personen in Ihrer Umgebung gemacht? Eine fachlich kompetenten Eindruck	What impression did you leave on persons in your environment today? A competent impression	gar nicht - extrem	not at all - extreme
civ_dim	rating of impression on civility dimension	Was für einen Eindruck haben Sie Ihrer Meinung nach auf Personen in Ihrer Umgebung gemacht? Einen höflichen Eindruck	What impression did you leave on persons in your environment today? A civil impression	gar nicht - extrem	not at all - extreme
eth_dim	rating of impression on ethic dimension	Was für einen Eindruck haben Sie Ihrer Meinung nach auf Personen in Ihrer Umgebung gemacht? Einen vertrauenswürdigen Eindruck	What impression did you leave on persons in your environment today? A reliable impression	gar nicht - extrem	not at all - extreme
art_dim	rating of impression on artistic dimension	Was für einen Eindruck haben Sie Ihrer Meinung nach auf Personen in Ihrer Umgebung gemacht? Einen künstlerisch begabten Eindruck	What impression did you leave on persons in your environment today? A artistic impression	gar nicht - extrem	not at all - extreme
sym_dim	rating of impression on sympathetic dimension	Was für einen Eindruck haben Sie Ihrer Meinung nach auf Personen in Ihrer Umgebung gemacht? Einen netten und sympathischen Eindruck	What impression did you leave on persons in your environment today? A sympathetic impression	gar nicht - extrem	not at all - extreme
org_dim	rating of impression on orderliness dimension	Was für einen Eindruck haben Sie Ihrer Meinung nach auf Personen in Ihrer Umgebung gemacht? Einen ordentlichen Eindruck	What impression did you leave on persons in your environment today? A orderly impression	gar nicht - extrem	not at all - extreme
phy_dim	rating of impression on physical attractiveness dimension	Was für einen Eindruck haben Sie Ihrer Meinung nach auf Personen in Ihrer Umgebung gemacht? Einen körperlich attraktiven Eindruck	What impression did you leave on persons in your environment today? A physical attractiv impression	gar nicht - extrem	not at all - extreme
tol_dim	rating of impression on tolerance dimension	Was für einen Eindruck haben Sie Ihrer Meinung nach auf Personen in Ihrer Umgebung gemacht? Einen toleranten Eindruck	What impression did you leave on persons in your environment today? A tolerant impression	gar nicht - extrem	not at all - extreme

Table 3.1: Items in the Follow-up Questionnaire concerning the goals from the Background Questionnaire.

## follow-up questionnaire (goals)

Item	Item-Label	Formulation (german)	Formulation (english)	Itemscale (german)	Itemscale (english)
go1_ac h	1st goal achievement at retest.	Bitte schätzen Sie ein, wie viel Prozent Sie von Ihrer ersten Zielvorgabe erreicht haben.	Please evaluate by what percentage you reached your first goal.	0 - 100%	0 - 100%
go1_ob s	1st goal difficulty of attainment at retest.	Bitte schätzen Sie die Schwierigkeit Ihres ersten Ziels ein.	Please evaluate the difficulties of the first goal.	extrem schwierig - extrem einfach	extreme difficult - extreme simple
go1_sat	1st goal satisfaction with own effort at retest.	Bitte tragen Sie ein, wie zufrieden Sie mit Ihrem Einsatz beim Erreichen Ihres ersten Ziels sind.	Please rate how satisfied you are with the effort you dedicated the achievement of the first goal.	extrem zufrieden - extrem unzufrieden	extreme satisfied - extreme unsatisfied
go1_se n	1st goal doubts about purpose at retest.	Bitte tragen Sie ein, wie sinnvoll Ihnen Ihr erstes Ziel erscheint.	Please rate how meaningful you think your first goal is.	extrem sinnvoll - extrem wenig sinnvoll	extreme meaningful - extreme meaningless
go1_s1 us	usefulness of strategie 1 for 1st goal.	Bitte schätzen Sie die Nützlichkeit der ersten Strategie beim Erreichen Ihres ersten Ziels ein.	Please rate how useful the first strategy was to achieve the first goal.	extrem nützlich - extrem wenig nützlich	extreme useful - extreme unuseful
go1_s2 us	usefulness of strategie 2 for 1st goal.	Bitte schätzen Sie die Nützlichkeit der zweiten Strategie beim Erreichen Ihres ersten Ziels ein.	Please rate how useful the second strategy was to achieve the first goal.	extrem nützlich - extrem wenig nützlich	extreme useful - extreme unuseful
go1_s3 us	usefulness of strategie 3 for 1st goal.	Bitte schätzen Sie die Nützlichkeit der dritten Strategie beim Erreichen Ihres ersten Ziels ein.	Please rate how useful the third strategy was to achieve the first goal.	extrem nützlich - extrem wenig nützlich	extreme useful - extreme unuseful
go2_ac h	2nd goal achievement at retest.	Bitte schätzen Sie ein, wie viel Prozent Sie von Ihrer zweiten Zielvorgabe erreicht haben.	Please evaluate by what percentage you reached your second goal.	0 - 100%	0 - 100%
go2_ob s	2nd goal difficulty of attainment at retest.	Bitte schätzen Sie die Schwierigkeit Ihres zweiten Ziels ein.	Please evaluate the difficulties of the second goal.	extrem schwierig - extrem einfach	extreme difficult - extreme simple
go2_sat	2nd goal satisfaction with own effort at retest.	Bitte tragen Sie ein, wie zufrieden Sie mit Ihrem Einsatz beim Erreichen Ihres zweiten Ziels sind.	Please rate how satisfied you are with the effort you dedicated the achievement of the second goal.	extrem zufrieden - extrem unzufrieden	extreme satisfied - extreme unsatisfied

go2_se n	2nd goal doubts about purpose at retest.	Bitte tragen Sie ein, wie sinnvoll Ihnen Ihr zweites Ziel erscheint.	Please rate how meaningful you think your second goal is.	extrem sinnvoll - extrem wenig sinnvoll	extreme meaningful - extreme meaningless
go2_s1 us	usefulness of strategie 1 for 2nd goal.	Bitte schätzen Sie die Nützlichkeit der ersten Strategie beim Erreichen Ihres zweiten Ziels ein.	Please rate how useful the first strategy was to achieve the second goal.	extrem nützlich - extrem wenig nützlich	extreme useful - extreme unuseful
go2_s2 us	usefulness of strategie 2 for 2nd goal.	Bitte schätzen Sie die Nützlichkeit der zweiten Strategie beim Erreichen Ihres zweiten Ziels ein.	Please rate how useful the second strategy was to achieve the second goal.	extrem nützlich - extrem wenig nützlich	extreme useful - extreme unuseful
go2_s3 us	usefulness of strategie 3 for 2nd goal.	Bitte schätzen Sie die Nützlichkeit der dritten Strategie beim Erreichen Ihres zweiten Ziels ein.	Please rate how useful the third strategy was to achieve the second goal.	extrem nützlich - extrem wenig nützlich	extreme useful - extreme unuseful

**Table 3.2: Control Items in the Follow-up Questionnaire.**

**follow-up questionnaire**

Item	Item-Label	Formulation (german)	Formulation (english)	Itemscale (german)	Itemscale (english)
hinder	Interference with daily life by study participation.	In wiefern mussten Sie durch die Teilnahme an dieser Studie von Ihren Alltagsroutinen abweichen?	To what extent did you have to depart from your daily routine?	sehr - überhaupt nicht	very - not a bit
precise	Precision filling out the daily questionnaires.	Wie genau haben Sie Ihr Tagebuch im Durchschnitt ausgefüllt?	How precise did you fill out the diary on average?	extrem genau - extrem ungenau	extreme accurate - extreme inaccurate
www_h	Hours online during study.	Wieviel Stunden waren Sie während der Studiendauer durchschnittlich am Tag online (Stunden)?	How long have you been online during a day on average while participating in the study (hours)?	Stunden	hours
www_m	Minutes online during study.	Wieviel Minuten waren Sie während der Studiendauer durchschnittlich am Tag online (Minuten)?	How long have you been online during a day on average while participating in the study (minutes)?	Minuten	minutes
rel_stab	Still together with partner.	Sind Sie noch mit Ihrem Partner zusammen?	Are you still with your partner?	ja/nein	yes/no

**Table 4.1: Variables generated by the Program.****variables generated by program**

<b>Item</b>	<b>Item-Label</b>	<b>Item</b>	<b>Item-Label</b>
vp_nr	Number of Participants.	lastday_nr	Day number of last daily report.
vp_id	Participant ID.	day1_ur	Day after unix code of first daily report.
auto_id	Automatic ID.	lastday_ur	Day after unix code of last daily report.
day1_nr	Day number of first daily report.	last_k	number of dairy entries.
day1	Day of the month of first daily report.	mis_left	misssing entries left.
month1	Month of the year of first daily report.	killed	Participation cancelled.
year1	Year of first daily report.	suicide	Participation cancelled by participant.
credit	Number of credit days.	shortcut	Participant took Big Five test at different time points.

**Table 4.2: Protocol of changes or removals in tbuch.**

<i>Removed Participants from tbuch</i>			
<b>Vp_id</b>	<b>Reason for removal</b>		
gegu02vi	Diary entry Nr. 3 is missing		
<i>Period variables were assessed in tbuch</i>			
<b>Variables</b>	<b>Labels</b>	<b>Start</b>	<b>End</b>
personality dimensions	com_dim to tol_dim	11.07.2005	14.01.2008
goals	go1_dbt to go2_s3t	11.07.2005	14.01.2008
life domain	lb1_name to lb4_fut	11.07.2005	17.12.2005

**Table 4.3: Descriptive Statistics for the Items concerning the Demographic Data.**

demographic data		Descriptive Statistics									Standard Error			Significance of Skewness		
Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
vp_female	Participant gender.	3106	0,838	1	0,136	0,368	0	1	-1,839	1,384	0,007	0,044	0,088	0,0439304	1,8833	0
vp_birth	Participant birth year.	3106	1978,201	1981	101,670	10,083	1936	1995	-1,093	0,908	0,181	0,044	0,088	0,0439304	1,1366	0
vp_educ	Participant education.	3105	5,260	5	2,591	1,610	1	9	-0,536	0,765	0,029	0,044	0,088	0,0439375	0,58	0
www1_h	Time spent online (hours)	2753	2,722	2	6,892	2,625	0	11	1,497	1,867	0,050	0,047	0,093	0,0466591	-1,45	1
www1_m	Time spent online (minutes)	2753	11,042	0	221,188	14,872	0	50	0,859	-0,774	0,283	0,047	0,093	0,0466591	-0,812	1
online_pret	Time spent online	2753	2,906	2	6,645	2,578	0	11,83	1,544	2,009	0,049	0,047	0,093	0,0466591	-1,497	1

**Table 4.4: Descriptive Statistics for the Medical Questionnaire-Items.**

medical questionnaire		Descriptive Statistics									Standard Error			Significance of Skewness		
Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
med_01	medical - sedative	3106	0,061	0	0,057	0,240	0	1	3,664	11,433	0,004	0,044	0,088	0,0439304	-3,62	1
med_02	medical - psychoactive	3098	0,017	0	0,017	0,128	0	1	7,527	54,684	0,002	0,044	0,088	0,043987	-7,483	1

med_03	medical - hard drugs	3090	0,009	0	0,009	0,095	0	1	10,367	105,539	0,002	0,044	0,088	0,0440439	-10,32	1
med_04	medical - therapy	3100	0,135	0	0,116	0,341	0	1	2,143	2,596	0,006	0,044	0,088	0,0439729	-2,099	1
med_05	medical - pregnant	2596	0,017	0	0,017	0,131	0	1	7,401	52,810	0,003	0,048	0,096	0,0480477	-7,353	1
med_06	medical - hormonal contraceptives	2598	0,447	0	0,247	0,497	0	1	0,214	-1,956	0,010	0,048	0,096	0,0480292	-0,166	1
med_07	medical - stop menstruation	2596	0,101	0	0,091	0,302	0	1	2,644	4,995	0,006	0,048	0,096	0,0480477	-2,596	1
med_08	medical - regular menstruation	2565	0,741	1	0,192	0,438	0	1	-1,102	-0,787	0,009	0,048	0,097	0,0483368	1,15	0
med_09	medical - days after last menstruation	2584	14,254	13	107,357	10,361	0	40	0,537	-0,373	0,204	0,048	0,096	0,048159	-0,489	1
med_10	medical - days of menstrual cycle	2605	25,469	28	78,895	8,882	0	40	-1,969	3,521	0,174	0,048	0,096	0,0479647	2,017	0

Table 4.5: Descriptive Statistics for the FIRNI-Items.

personality questionnaire - FIRNI		Descriptive Statistics									Standard Error			Significance of Skewness		
Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
firni_e6_01	firni_e1_energy	2866	3,646	4	0,767	0,876	1	5	-0,359	0,081	0,016	0,046	0,091	0,045731	0,405	0
firni_e6_02	firni_e2_be alone	2866	2,752	3	0,877	0,936	1	5	0,052	-0,133	0,017	0,046	0,091	0,045731	-0,006	1
firni_e6_03	firni_e3_many people	2866	3,466	4	1,232	1,110	1	5	-0,310	-0,674	0,021	0,046	0,091	0,045731	0,3558	0
firni_e6_04	firni_e4_background	2866	3,071	3	1,147	1,071	1	5	0,068	-0,618	0,020	0,046	0,091	0,045731	-0,022	1



firmi_e6_05	firmi_e5_talking	2866	3,578	4	0,797	0,893	1	5	-0,398	0,018	0,017	0,046	0,091	0,045731	0,4438	0
firmi_e6_06	firmi_e6_do alone	2866	3,114	3	1,050	1,024	1	5	-0,063	-0,440	0,019	0,046	0,091	0,045731	0,1089	0
firmi_e6_07	firmi_e7_new people	2866	3,694	4	1,068	1,034	1	5	-0,442	-0,450	0,019	0,046	0,091	0,045731	0,4874	0
firmi_e6_08	firmi_e8_exhausting	2866	2,728	3	1,169	1,081	1	5	0,289	-0,512	0,020	0,046	0,091	0,045731	-0,243	1
firmi_e6_09	firmi_e9_people around	2866	2,841	3	1,106	1,052	1	5	0,049	-0,398	0,020	0,046	0,091	0,045731	-0,003	1
firmi_e6_10	firmi_e10_enthusiastic	2866	2,481	2	1,195	1,093	1	5	0,408	-0,545	0,020	0,046	0,091	0,045731	-0,363	1
firmi_n6_01	firmi_n1_seldom fear	2866	2,925	3	1,297	1,139	1	5	0,024	-0,877	0,021	0,046	0,091	0,045731	0,0213	0
firmi_n6_02	firmi_n2_talk badly	2866	1,922	2	0,944	0,972	1	5	1,005	0,523	0,018	0,046	0,091	0,045731	-0,96	1
firmi_n6_03	firmi_n3_deserve acceptance	2866	3,364	4	1,391	1,179	1	5	-0,331	-0,843	0,022	0,046	0,091	0,045731	0,3766	0
firmi_n6_04	firmi_n4_stability relationship	2866	2,873	3	1,459	1,208	1	5	0,110	-0,970	0,023	0,046	0,091	0,045731	-0,065	1
firmi_n6_05	firmi_n5_not call	2866	3,201	3	1,352	1,163	1	5	-0,241	-0,818	0,022	0,046	0,091	0,045731	0,2865	0
firmi_n6_06	firmi_n6_question relationship	2866	2,701	3	1,418	1,191	1	5	0,324	-0,838	0,022	0,046	0,091	0,045731	-0,278	1
firmi_n6_07	firmi_n7_behaves strangely	2866	2,646	3	1,157	1,076	1	5	0,254	-0,673	0,020	0,046	0,091	0,045731	-0,208	1
firmi_n6_08	firmi_n8_do not like me	2866	3,499	4	1,202	1,096	1	5	-0,311	-0,736	0,020	0,046	0,091	0,045731	0,3562	0
firmi_n6_09	firmi_n9_enough attention	2866	2,952	3	1,243	1,115	1	5	0,025	-0,917	0,021	0,046	0,091	0,045731	0,0212	0
firmi_n6_10	firmi_n10_rejection	2866	3,535	4	1,353	1,163	1	5	-0,381	-0,817	0,022	0,046	0,091	0,045731	0,4267	0
firmi_o6_01	firmi_o1_solve problems	2866	3,608	4	0,972	0,986	1	5	-0,379	-0,312	0,018	0,046	0,091	0,045731	0,4248	0
firmi_o6_02	firmi_o2_thinking fun	2866	2,136	2	1,316	1,147	1	5	0,808	-0,221	0,021	0,046	0,091	0,045731	-0,763	1

firmi_o6_03	firmi_o3_future	2866	3,286	3	1,370	1,171	1	5	-0,234	-0,879	0,022	0,046	0,091	0,045731	0,2797	0
firmi_o6_04	firmi_o4_do not think	2866	2,255	2	1,192	1,092	1	5	0,652	-0,319	0,020	0,046	0,091	0,045731	-0,607	1
firmi_o6_05	firmi_o5_complex issues	2865	3,801	4	1,365	1,169	1	5	-0,740	-0,367	0,022	0,046	0,091	0,0457389	0,7858	0
firmi_o6_06	firmi_o6_thought experiments	2866	1,939	2	0,916	0,957	1	5	0,916	0,395	0,018	0,046	0,091	0,045731	-0,87	1
firmi_o6_07	firmi_o7_mental activity	2866	4,087	4	0,681	0,825	1	5	-0,622	0,049	0,015	0,046	0,091	0,045731	0,6678	0
firmi_o6_08	firmi_o8_daily things	2866	2,652	3	0,903	0,951	1	5	0,175	-0,283	0,018	0,046	0,091	0,045731	-0,129	1
firmi_o6_09	firmi_o9_intellectually challenged	2866	3,776	4	0,786	0,886	1	5	-0,425	-0,045	0,017	0,046	0,091	0,045731	0,471	0
firmi_o6_10	firmi_o10_unconventional ideas	2866	2,012	2	0,901	0,949	1	5	0,609	-0,238	0,018	0,046	0,091	0,045731	-0,563	1
firmi_c6_01	firmi_c1_easily distracted	2866	2,923	3	1,045	1,022	1	5	0,164	-0,630	0,019	0,046	0,091	0,045731	-0,118	1
firmi_c6_02	firmi_c2_achieve plan	2866	3,598	4	0,799	0,894	1	5	-0,331	-0,245	0,017	0,046	0,091	0,045731	0,3772	0
firmi_c6_03	firmi_c3_give up	2866	2,635	3	1,100	1,049	1	5	0,239	-0,677	0,020	0,046	0,091	0,045731	-0,193	1
firmi_c6_04	firmi_c4_long time	2866	3,431	4	1,237	1,112	1	5	-0,304	-0,762	0,021	0,046	0,091	0,045731	0,3492	0
firmi_c6_05	firmi_c5_end plans	2866	2,831	3	1,144	1,070	1	5	0,217	-0,633	0,020	0,046	0,091	0,045731	-0,172	1
firmi_c6_06	firmi_c6_short-term needs	2866	2,994	3	0,997	0,998	1	5	0,032	-0,603	0,019	0,046	0,091	0,045731	0,0135	0
firmi_c6_07	firmi_c7_without trying	2866	2,785	3	1,393	1,180	1	5	0,262	-0,860	0,022	0,046	0,091	0,045731	-0,216	1
firmi_c6_08	firmi_c8_persistently	2866	3,299	3	1,008	1,004	1	5	-0,193	-0,513	0,019	0,046	0,091	0,045731	0,2391	0
firmi_c6_09	firmi_c9_momentary concerns	2866	2,980	3	1,029	1,014	1	5	-0,063	-0,611	0,019	0,046	0,091	0,045731	0,1091	0
firmi_c6_10	firmi_c10_stick to plans	2866	3,238	3	0,983	0,991	1	5	-0,144	-0,463	0,019	0,046	0,091	0,045731	0,1894	0

firni_a6_01	firni_a1_share-competete	2866	3,671	4	0,945	0,972	1	5	-0,472	-0,268	0,018	0,046	0,091	0,045731	0,5176	0
firni_a6_02	firni_a2_well-being	2866	2,509	2	0,925	0,962	1	5	0,296	-0,328	0,018	0,046	0,091	0,045731	-0,25	1
firni_a6_03	firni_a3_own interests	2866	3,315	3	0,838	0,916	1	5	-0,220	-0,261	0,017	0,046	0,091	0,045731	0,2656	0
firni_a6_04	firni_a4_disadvantege s	2866	2,469	2	0,991	0,996	1	5	0,327	-0,448	0,019	0,046	0,091	0,045731	-0,281	1
firni_a6_05	firni_a5_generous	2866	3,710	4	0,789	0,888	1	5	-0,412	-0,168	0,017	0,046	0,091	0,045731	0,458	0
firni_a6_06	firni_a6_maximum	2866	2,637	3	1,031	1,015	1	5	0,318	-0,411	0,019	0,046	0,091	0,045731	-0,273	1
firni_a6_07	firni_a7_get more	2866	3,449	4	0,996	0,998	1	5	-0,336	-0,324	0,019	0,046	0,091	0,045731	0,3814	0
firni_a6_08	firni_a8_favor	2866	2,228	2	1,038	1,019	1	5	0,613	-0,220	0,019	0,046	0,091	0,045731	-0,567	1
firni_a6_09	firni_a9_problems	2866	3,922	4	0,782	0,884	1	5	-0,606	0,007	0,017	0,046	0,091	0,045731	0,6516	0
firni_a6_10	firni_a10_expense of others	2866	2,153	2	1,004	1,002	1	5	0,695	0,001	0,019	0,046	0,091	0,045731	-0,65	1

Table 4.6: Descriptive Statistics for the BFI-Items.

personality questionnaire - big five		Descriptive Statistics									Standard Error			Significance of Skewness		
Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
bfi_01	bfi_outgoing, sociable	2789	3,269	3	1,309	1,144	1	5	-0,237	-0,727	0,022	0,046	0,093	0,0463573	0,2833	0

bfi_02	bfi_considerate	2789	4,079	4	0,589	0,767	1	5	-0,768	0,896	0,015	0,046	0,093	0,0463573	0,8145	0
bfi_03	bfi_values artistic experiences	2789	3,946	4	1,008	1,004	1	5	-0,783	-0,084	0,019	0,046	0,093	0,0463573	0,8293	0
bfi_04	bfi_thorough	2789	3,738	4	0,848	0,921	1	5	-0,442	-0,273	0,017	0,046	0,093	0,0463573	0,4886	0
bfi_05	bfi_worries	2789	3,784	4	1,154	1,074	1	5	-0,533	-0,607	0,020	0,046	0,093	0,0463573	0,5793	0
bfi_06	bfi_inventive	2789	3,740	4	0,840	0,917	1	5	-0,456	-0,187	0,017	0,046	0,093	0,0463573	0,5027	0
bfi_07	bfi_quiet	2789	2,464	2	1,298	1,139	1	5	0,424	-0,594	0,022	0,046	0,093	0,0463573	-0,378	1
bfi_08	bfi_rude	2789	2,681	3	1,287	1,134	1	5	0,298	-0,707	0,021	0,046	0,093	0,0463573	-0,251	1
bfi_09	bfi_lazy	2789	3,028	3	1,298	1,139	1	5	-0,002	-0,728	0,022	0,046	0,093	0,0463573	0,0487	0
bfi_10	bfi_relaxed	2789	2,706	3	1,172	1,083	1	5	0,170	-0,692	0,020	0,046	0,093	0,0463573	-0,123	1
bfi_11	bfi_energy	2789	3,320	3	0,891	0,944	1	5	-0,139	-0,257	0,018	0,046	0,093	0,0463573	0,1852	0
bfi_12	bfi_routine	2789	2,481	2	1,021	1,010	1	5	0,316	-0,430	0,019	0,046	0,093	0,0463573	-0,27	1
bfi_13	bfi_assertive	2789	3,214	3	1,070	1,034	1	5	-0,151	-0,573	0,020	0,046	0,093	0,0463573	0,1974	0
bfi_14	bfi_forgiving	2789	3,393	4	1,223	1,106	1	5	-0,354	-0,606	0,021	0,046	0,093	0,0463573	0,4006	0
bfi_15	bfi_artistic interests	2789	2,119	2	1,328	1,152	1	5	0,802	-0,347	0,022	0,046	0,093	0,0463573	-0,756	1
bfi_16	bfi_reliable	2789	4,039	4	0,696	0,834	1	5	-0,711	0,287	0,016	0,046	0,093	0,0463573	0,7575	0
bfi_17	bfi_others faults	2789	3,060	3	0,947	0,973	1	5	0,015	-0,543	0,018	0,046	0,093	0,0463573	0,0314	0
bfi_18	bfi_nervous	2789	3,112	3	1,319	1,149	1	5	0,003	-0,885	0,022	0,046	0,093	0,0463573	0,0433	0
bfi_19	bfi_active imagination	2789	4,063	4	0,884	0,940	1	5	-0,842	0,093	0,018	0,046	0,093	0,0463573	0,8884	0

bfi_20	bfi_reserved	2789	2,745	3	1,300	1,140	1	5	0,227	-0,734	0,022	0,046	0,093	0,0463573	-0,181	1
bfi_21	bfi_quarrels	2789	2,007	2	0,841	0,917	1	5	0,860	0,571	0,017	0,046	0,093	0,0463573	-0,814	1
bfi_22	bfi_distracted	2789	2,739	3	1,089	1,044	1	5	0,268	-0,544	0,020	0,046	0,093	0,0463573	-0,221	1
bfi_23	bfi_sophisticated in art	2789	3,271	3	1,114	1,055	1	5	-0,138	-0,568	0,020	0,046	0,093	0,0463573	0,184	0
bfi_24	bfi_calm	2789	2,937	3	1,035	1,018	1	5	-0,025	-0,572	0,019	0,046	0,093	0,0463573	0,0711	0
bfi_25	bfi_play with ideas	2789	3,957	4	0,778	0,882	1	5	-0,662	0,037	0,017	0,046	0,093	0,0463573	0,7084	0
bfi_26	bfi_enthusiasm	2789	3,635	4	0,990	0,995	1	5	-0,457	-0,301	0,019	0,046	0,093	0,0463573	0,5038	0
bfi_27	bfi_trusting	2789	3,701	4	0,987	0,994	1	5	-0,633	-0,108	0,019	0,046	0,093	0,0463573	0,6797	0
bfi_28	bfi_perseveres	2789	3,333	3	0,846	0,920	1	5	-0,207	-0,275	0,017	0,046	0,093	0,0463573	0,2529	0
bfi_29	bfi_depressed	2789	2,796	3	1,258	1,121	1	5	0,196	-0,672	0,021	0,046	0,093	0,0463573	-0,15	1
bfi_30	bfi_ingenious	2789	4,123	4	0,747	0,864	1	5	-0,867	0,437	0,016	0,046	0,093	0,0463573	0,9132	0
bfi_31	bfi_follows plans	2789	3,437	3	0,727	0,853	1	5	-0,215	-0,145	0,016	0,046	0,093	0,0463573	0,261	0
bfi_32	bfi_shy	2789	3,216	3	1,312	1,145	1	5	-0,117	-0,870	0,022	0,046	0,093	0,0463573	0,1632	0
bfi_33	bfi_cold	2789	3,032	3	1,376	1,173	1	5	-0,007	-0,942	0,022	0,046	0,093	0,0463573	0,0529	0
bfi_34	bfi_careless	2789	2,638	3	1,015	1,008	1	5	0,307	-0,488	0,019	0,046	0,093	0,0463573	-0,26	1
bfi_35	bfi_emotionally stable	2789	2,982	3	1,005	1,003	1	5	-0,015	-0,584	0,019	0,046	0,093	0,0463573	0,0617	0
bfi_36	bfi_curious	2789	4,179	4	0,687	0,829	1	5	-0,937	0,723	0,016	0,046	0,093	0,0463573	0,9836	0
bfi_37	bfi_talkative	2789	3,871	4	0,949	0,974	1	5	-0,612	-0,116	0,018	0,046	0,093	0,0463573	0,6586	0

bfi_38	bfi_helpful	2789	3,732	4	0,665	0,816	1	5	-0,298	-0,087	0,015	0,046	0,093	0,0463573	0,3446	0
bfi_39	bfi_efficiently	2789	3,651	4	0,808	0,899	1	5	-0,409	-0,163	0,017	0,046	0,093	0,0463573	0,4549	0
bfi_40	bfi_tense	2789	3,029	3	0,867	0,931	1	5	0,121	-0,564	0,018	0,046	0,093	0,0463573	-0,075	1
bfi_41	bfi_original	2789	3,580	4	0,904	0,951	1	5	-0,278	-0,483	0,018	0,046	0,093	0,0463573	0,3244	0
bfi_42	bfi_disorganized	2789	3,188	3	1,588	1,260	1	5	-0,152	-1,006	0,024	0,046	0,093	0,0463573	0,1988	0

Table 4.7: Descriptive Statistics for the Self-Esteem-Questionnaire-Items.

self esteem questionnaire		Descriptive Statistics									Standard Error			Significance of Skewness		
Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
rse_01	Rosenberg Self Esteem (On the whole, I am satisfied with myself).	2888	3,218	3	1,055	1,027	1	5	-0,431	-0,452	0,019	0,046	0,091	0,0455566	0,4766	0
rse_02	Rosenberg Self Esteem (At times I think I am no good at all).	2888	2,700	3	1,594	1,263	1	5	0,241	-1,021	0,023	0,046	0,091	0,0455566	-0,196	1
rse_03	Rosenberg Self Esteem (I feel that I have a number of good qualities).	2888	4,036	4	0,641	0,801	1	5	-0,791	0,832	0,015	0,046	0,091	0,0455566	0,8361	0

rse_04	Rosenberg Self Esteem (I am able to do things as well as most other people).	2888	3,792	4	0,871	0,934	1	5	-0,565	0,003	0,017	0,046	0,091	0,0455566	0,6106	0
rse_05	Rosenberg Self Esteem (I feel I do not have much to be proud of).	2888	2,267	2	1,299	1,140	1	5	0,648	-0,482	0,021	0,046	0,091	0,0455566	-0,602	1
rse_06	Rosenberg Self Esteem (I certainly feel useless at times).	2888	2,779	3	1,741	1,319	1	5	0,194	-1,137	0,025	0,046	0,091	0,0455566	-0,149	1
rse_07	Rosenberg Self Esteem (I feel that I'm a person of worth, at least on an equal plane with others).	2888	4,071	4	1,115	1,056	1	5	-1,027	0,271	0,020	0,046	0,091	0,0455566	1,0725	0
rse_08	Rosenberg Self Esteem (I wish I could have more respect for myself).	2888	2,986	3	1,940	1,393	1	5	0,004	-1,300	0,026	0,046	0,091	0,0455566	0,0416	0
rse_09	Rosenberg Self Esteem (All in all, I am inclined to feel that I am a failure).	2888	2,209	2	1,536	1,239	1	5	0,682	-0,691	0,023	0,046	0,091	0,0455566	-0,637	1
rse_10	Rosenberg Self Esteem (I take a positive attitude toward myself).	2887	3,362	3	1,251	1,119	1	5	-0,360	-0,589	0,021	0,046	0,091	0,0455645	0,4055	0

**Table 4.8: Descriptive Statistics for the Questions concerning the Partner.**

partner	Descriptive Statistics									Standard Error	Significance of Skewness
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Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
bez_stat	Relationship status.	2805	2,695	3	2,280	1,510	1	6	0,074	-1,313	0,029	0,046	0,092	0,046225	-0,028	1
children	Number of children.	2805	0,342	0	0,664	0,815	0	6	2,687	7,418	0,015	0,046	0,092	0,046225	-2,641	1
par_fem	Partner gender (female).	1516	0,136	0	0,117	0,343	0	1	2,127	2,529	0,009	0,063	0,126	0,0628488	-2,064	1
par_age	Partner age.	1501	32,162	30	115,730	10,758	14	78	0,938	0,707	0,278	0,063	0,126	0,0631614	-0,875	1
par_freq	Partner contact frequency.	1505	4,549	5	0,680	0,825	1	5	-2,311	5,687	0,021	0,063	0,126	0,0630776	2,3745	0
par_exc h	Partner communication quality.	1505	4,209	4	0,909	0,953	1	5	-1,170	0,683	0,025	0,063	0,126	0,0630776	1,2333	0
par_acpt	Partner felt acceptance.	1505	4,491	5	0,617	0,786	1	5	-1,783	3,240	0,020	0,063	0,126	0,0630776	1,8463	0
par_sup r	Partner emotional support.	1505	4,220	5	0,999	0,999	1	5	-1,159	0,536	0,026	0,063	0,126	0,0630776	1,2224	0
par_ust d	Partner felt understanding.	1505	3,979	4	0,940	0,969	1	5	-0,896	0,285	0,025	0,063	0,126	0,0630776	0,959	0
par_clo s	Partner closeness.	1505	4,444	5	0,663	0,814	1	5	-1,679	2,880	0,021	0,063	0,126	0,0630776	1,7417	0
par_xxfi	Partner conflicts about financial issues (frequency/month).	1516	1,093	0	4,292	2,072	0	11	2,962	9,690	0,053	0,063	0,126	0,0628488	-2,899	1
par_xxc o	Partner conflicts about communication style (frequency/month).	1516	3,565	2	10,521	3,244	0	11	1,078	0,133	0,083	0,063	0,126	0,0628488	-1,015	1



par_xxa c	Partner conflicts about planning joint activities (frequency/month).	1516	1,902	1	6,260	2,502	0	11	1,923	3,673	0,064	0,063	0,126	0,0628488	-1,86	1
par_xxli	Partner conflicts about life planning (frequency/month).	1516	0,956	0	3,751	1,937	0	11	3,103	10,797	0,050	0,063	0,126	0,0628488	-3,04	1
par_xxe m	Partner conflicts about lack of emotional support (frequency/month).	1516	1,644	1	6,273	2,505	0	11	2,130	4,388	0,064	0,063	0,126	0,0628488	-2,068	1
par_xxop	Partner conflicts about different opinions (frequency/month).	1516	1,971	1	7,236	2,690	0	11	1,904	3,270	0,069	0,063	0,126	0,0628488	-1,841	1
par_xx3 p	Partner conflicts about 3rd persons (frequency/month).	1516	0,938	0	3,518	1,876	0	11	2,969	10,313	0,048	0,063	0,126	0,0628488	-2,906	1
par_xxr e	Partner conflicts about miscellaneous issues (frequency/month).	1516	1,198	0	5,154	2,270	0	11	2,721	7,699	0,058	0,063	0,126	0,0628488	-2,658	1
par_xxj e	Partner conflicts about jealousy (frequency/month).	1516	1,197	0	5,179	2,276	0	11	2,737	7,662	0,058	0,063	0,126	0,0628488	-2,674	1
par_xxc h	Partner conflicts about raising of children (frequency/month).	388	2,631	1	10,238	3,200	0	11	1,401	0,993	0,162	0,124	0,247	0,123876	-1,277	1

**Table 4.9: Descriptive Statistics for the Questions concerning the Family Member.**

family member	Descriptive Statistics									Standard Error	Significance of Skewness
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Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
fai_grp	kind of family member.	2752	2,002	1	1,814	1,347	1	9	1,400	2,072	0,026	0,047	0,093	0,0466675	-1,353	1
fai_fem	identified family member - gender (female).	2752	0,801	1	0,160	0,400	0	1	-1,505	0,265	0,008	0,047	0,093	0,0466675	1,5515	0
fai_age	identified family member - age.	2761	44,801	48	300,126	17,324	0	96	-0,357	-0,456	0,330	0,047	0,093	0,0465915	0,4033	0
fai_freq	identified family member - contact frequency.	2752	3,876	4	1,290	1,136	1	5	-0,866	-0,089	0,022	0,047	0,093	0,0466675	0,9122	0
fai_exc h	identified family member - communication quality.	2752	3,734	4	1,269	1,126	1	5	-0,525	-0,619	0,021	0,047	0,093	0,0466675	0,5713	0
fai_acpt	identified family member - felt acceptance.	2752	4,394	5	0,731	0,855	1	5	-1,480	1,933	0,016	0,047	0,093	0,0466675	1,5262	0
fai_supr	identified family member - emotional support.	2752	3,521	4	1,599	1,264	1	5	-0,352	-1,022	0,024	0,047	0,093	0,0466675	0,3983	0

fai_ustd	identified family member - felt understanding.	2752	3,706	4	1,113	1,055	1	5	-0,534	-0,327	0,020	0,047	0,093	0,0466675	0,5808	0
fai_clos	identified family member - closeness.	2752	4,184	4	0,919	0,959	1	5	-1,099	0,710	0,018	0,047	0,093	0,0466675	1,1457	0
fai_xxfi	identified family member - conflicts about financial issues (frequency/month).	2752	0,898	0	3,781	1,944	0	11	3,282	11,908	0,037	0,047	0,093	0,0466675	-3,235	1
fai_xxco	identified family member - conflicts about communication style (frequency/month).	2752	1,946	1	7,281	2,698	0	11	1,969	3,485	0,051	0,047	0,093	0,0466675	-1,922	1
fai_xxac	identified family member - conflicts about planning joint activities (frequency/month).	2752	0,781	0	2,810	1,676	0	11	3,512	15,015	0,032	0,047	0,093	0,0466675	-3,466	1
fai_xxli	identified family member - conflicts about life planning (frequency/month).	2752	0,723	0	2,793	1,671	0	11	3,714	16,402	0,032	0,047	0,093	0,0466675	-3,667	1
fai_xxem	identified family member - conflicts about lack of emotional support (frequency/month).	2752	0,848	0	3,751	1,937	0	11	3,396	12,714	0,037	0,047	0,093	0,0466675	-3,349	1

fai_xxop	identified family member - conflicts about different opinions (frequency/month).	2752	1,804	1	6,451	2,540	0	11	2,074	4,194	0,048	0,047	0,093	0,0466675	-2,027	1
fai_xx3p	identified family member - conflicts about 3rd persons (frequency/month).	2752	1,155	0	4,366	2,089	0	11	2,751	8,450	0,040	0,047	0,093	0,0466675	-2,705	1
fai_xxre	identified family member - conflicts about miscellaneous issues (frequency/month).	2752	1,019	0	4,045	2,011	0	11	2,954	9,891	0,038	0,047	0,093	0,0466675	-2,907	1

**Table 4.10: Descriptive Statistics for the Questions concerning the Friend.**

friend		Descriptive Statistics									Standard Error			Significance of Skewness		
Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
fri_fem	identified friend - gender (female).	2752	0,743	1	0,191	0,437	0	1	-1,111	-0,766	0,008	0,047	0,093	0,0466675	1,1579	0
fri_age	identified friend - age.	2755	28,790	26	116,477	10,792	12	85	1,180	1,369	0,206	0,047	0,093	0,0466421	-1,133	1
fri_freq	identified friend - contact frequency.	2752	3,591	4	1,271	1,127	1	5	-0,729	-0,246	0,021	0,047	0,093	0,0466675	0,7754	0

fri_exch	identified friend - communication quality.	2752	4,433	5	0,640	0,800	1	5	-1,466	2,021	0,015	0,047	0,093	0,0466675	1,513	0
fri_acpt	identified friend - felt acceptance.	2752	4,582	5	0,401	0,633	1	5	-1,612	3,351	0,012	0,047	0,093	0,0466675	1,6589	0
fri_supr	identified friend - emotional support.	2752	4,234	5	0,982	0,991	1	5	-1,200	0,695	0,019	0,047	0,093	0,0466675	1,2467	0
fri_ustd	identified friend - felt understanding.	2752	4,281	4	0,645	0,803	1	5	-1,019	0,878	0,015	0,047	0,093	0,0466675	1,0652	0
fri_clos	identified friend - closeness.	2752	4,045	4	0,679	0,824	1	5	-0,662	0,370	0,016	0,047	0,093	0,0466675	0,7087	0
fri_xxfi	identified friend - conflicts about financial issues (frequency/month).	2752	0,203	0	0,703	0,839	0	11	6,827	62,537	0,016	0,047	0,093	0,0466675	-6,78	1
fri_xxco	identified friend - conflicts about communication style (frequency/month).	2752	0,981	0	3,207	1,791	0	11	3,160	12,188	0,034	0,047	0,093	0,0466675	-3,113	1
fri_xxac	identified friend - conflicts about planning joint activities (frequency/month).	2752	0,824	0	2,558	1,599	0	11	3,360	14,461	0,030	0,047	0,093	0,0466675	-3,313	1
fri_xxli	identified friend - conflicts about life planning (frequency/month).	2752	0,318	0	1,265	1,125	0	11	5,830	42,264	0,021	0,047	0,093	0,0466675	-5,783	1
fri_xxe m	identified friend - conflicts about lack of emotional support (frequency/month).	2752	0,394	0	1,353	1,163	0	11	5,164	34,801	0,022	0,047	0,093	0,0466675	-5,117	1
fri_xxop	identified friend - conflicts about different opinions (frequency/month).	2752	1,045	0	3,242	1,801	0	11	3,021	11,331	0,034	0,047	0,093	0,0466675	-2,974	1

fri_xx3p	identified friend - conflicts about 3rd persons (frequency/month).	2752	0,730	0	2,676	1,636	0	11	3,830	17,776	0,031	0,047	0,093	0,0466675	-3,783	1
fri_xxre	identified friend - conflicts about miscellaneous issues (frequency/month).	2752	0,501	0	1,913	1,383	0	11	4,581	25,873	0,026	0,047	0,093	0,0466675	-4,535	1

**Table 4.11: Descriptive Statistics for the Questions concerning Goals.**

goals		Descriptive Statistics									Standard Error			Significance of Skewness		
Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
go1_imp	1st goal importance.	2447	4,517	5	0,386	0,622	1	5	-1,204	1,944	0,013	0,049	0,099	0,0494872	1,2536	0
go1_dif	1st goal difficulty.	2448	3,621	4	0,813	0,901	1	5	-0,229	-0,436	0,018	0,049	0,099	0,0494771	0,2781	0
go1_ext	1st goal extrinsic motivation.	2448	2,663	2	2,424	1,557	1	5	0,305	-1,445	0,031	0,049	0,099	0,0494771	-0,256	1
go1_ide	1st goal identification motivation.	2449	4,489	5	0,707	0,841	1	5	-1,876	3,527	0,017	0,049	0,099	0,049467	1,9251	0
go1_itr	1st goal introjected motivation.	2449	2,334	2	1,930	1,389	1	5	0,607	-0,982	0,028	0,049	0,099	0,049467	-0,558	1
go1_int	1st goal intrinsic motivation.	2449	2,986	3	1,837	1,355	1	5	-0,001	-1,162	0,027	0,049	0,099	0,049467	0,0509	0

go1_apr	1st goal approach focus.	2449	4,404	5	0,915	0,956	1	5	-1,901	3,429	0,019	0,049	0,099	0,049467	1,9508	0
go1_avo	1st goal avoidance focus.	2449	3,183	3	2,297	1,516	1	5	-0,222	-1,405	0,031	0,049	0,099	0,049467	0,2715	0
go2_imp	2nd goal importance.	2442	4,364	4	0,510	0,714	1	5	-1,108	1,657	0,014	0,050	0,099	0,0495377	1,1577	0
go2_dif	2nd goal difficulty.	2447	3,576	4	0,925	0,962	1	5	-0,171	-0,633	0,019	0,049	0,099	0,0494872	0,2209	0
go2_ext	2nd goal extrinsic motivation.	2448	2,636	2	2,333	1,527	1	5	0,313	-1,405	0,031	0,049	0,099	0,0494771	-0,263	1
go2_ide	2nd goal identification motivation.	2448	4,434	5	0,720	0,848	1	5	-1,666	2,708	0,017	0,049	0,099	0,0494771	1,7157	0
go2_itr	2nd goal introjected motivation.	2449	2,234	2	1,823	1,350	1	5	0,735	-0,759	0,027	0,049	0,099	0,049467	-0,685	1
go2_int	2nd goal intrinsic motivation.	2449	3,175	3	1,953	1,398	1	5	-0,169	-1,213	0,028	0,049	0,099	0,049467	0,2181	0
go2_apr	2nd goal approach focus.	2449	4,424	5	0,893	0,945	1	5	-1,958	3,658	0,019	0,049	0,099	0,049467	2,0078	0
go2_avo	2nd goal avoidance focus.	2449	3,205	3	2,246	1,499	1	5	-0,258	-1,361	0,030	0,049	0,099	0,049467	0,3077	0

**Table 4.12: Descriptive Statistics for the Questions concerning Life Domains.**

life domains		Descriptive Statistics					Standard Error					Significance of Skewness				
Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n

lb1_per	1st life domain performance.	407	5,000	5	7,187	2,681	0	10	-0,079	-1,153	0,133	0,121	0,241	0,1209717	0,2004	0
lb1_soc	1st life domain importance in terms of societal norms.	406	3,924	4	0,974	0,987	1	5	-0,945	0,576	0,049	0,121	0,242	0,1211195	1,0664	0
lb1_ego	1st life domain importance for self-concept.	407	4,184	4	0,535	0,731	1	5	-0,681	0,556	0,036	0,121	0,241	0,1209717	0,8018	0
lb1_oth	1st life domain importance for other people	406	3,579	4	0,832	0,912	1	5	-0,461	-0,140	0,045	0,121	0,242	0,1211195	0,5817	0
lb1_wel	1st life domain importance for own well-being.	406	4,436	5	0,400	0,632	2	5	-0,789	0,176	0,031	0,121	0,242	0,1211195	0,91	0
lb1_fut	1st life domain importance for future life planning.	406	3,914	4	1,156	1,075	1	5	-0,978	0,388	0,053	0,121	0,242	0,1211195	1,0994	0
lb2_per	2nd life domain performance.	405	4,726	5	7,076	2,660	0	10	-0,034	-1,029	0,132	0,121	0,242	0,1212678	0,1549	0
lb2_soc	2nd life domain importance in terms of societal norms.	406	3,882	4	1,072	1,036	1	5	-0,821	0,015	0,051	0,121	0,242	0,1211195	0,9418	0
lb2_ego	2nd life domain importance for self-concept.	406	4,140	4	0,659	0,812	1	5	-0,846	0,701	0,040	0,121	0,242	0,1211195	0,9675	0
lb2_oth	2nd life domain importance for other people	406	3,552	4	1,028	1,014	1	5	-0,427	-0,448	0,050	0,121	0,242	0,1211195	0,5482	0
lb2_wel	2nd life domain importance for own well-being.	406	4,372	4,5	0,540	0,735	2	5	-1,087	0,965	0,036	0,121	0,242	0,1211195	1,2085	0
lb2_fut	2nd life domain importance for future life planning.	406	3,660	4	1,385	1,177	1	5	-0,548	-0,609	0,058	0,121	0,242	0,1211195	0,6688	0
lb3_fake	3rd life domain fake suspicion.	405	0,057	0	0,054	0,232	0	1	3,844	12,842	0,012	0,121	0,242	0,1212678	-3,723	1



lb3_gen	3rd life domain generality of description.	405	3,467	4	1,264	1,124	1	5	-0,331	-0,964	0,056	0,121	0,242	0,1212678	0,4525	0
lb3_ust	3rd life domain understandability of description.	406	4,057	4	0,878	0,937	1	5	-0,963	0,651	0,047	0,121	0,242	0,1211195	1,0844	0
lb3_per	3rd life domain performance.	406	4,239	4	8,217	2,867	0	10	0,093	-1,046	0,142	0,121	0,242	0,1211195	0,0278	0
lb3_soc	3rd life domain importance in terms of societal norms.	406	3,727	4	0,979	0,990	1	5	-0,812	0,352	0,049	0,121	0,242	0,1211195	0,9336	0
lb3_ego	3rd life domain importance for self- concept.	406	3,419	4	1,518	1,232	1	5	-0,584	-0,626	0,061	0,121	0,242	0,1211195	0,705	0
lb3_oth	3rd life domain importance for other people	406	3,409	4	1,131	1,064	1	5	-0,552	-0,224	0,053	0,121	0,242	0,1211195	0,6732	0
lb3_wel	3rd life domain importance for own well-being.	406	3,567	4	1,555	1,247	1	5	-0,724	-0,464	0,062	0,121	0,242	0,1211195	0,8455	0
lb3_fut	3rd life domain importance for future life planning.	406	3,468	4	1,879	1,371	1	5	-0,580	-0,870	0,068	0,121	0,242	0,1211195	0,7011	0
lb4_fake	4th life domain fake suspicion.	405	0,074	0	0,069	0,262	0	1	3,265	8,702	0,013	0,121	0,242	0,1212678	-3,144	1
lb4_gen	4th life domain generality of description.	405	3,373	4	1,556	1,247	1	5	-0,281	-1,118	0,062	0,121	0,242	0,1212678	0,4021	0
lb4_ust	4th life domain understandability of description.	406	3,938	4	1,095	1,046	1	5	-1,007	0,582	0,052	0,121	0,242	0,1211195	1,1281	0
lb4_per	4th life domain performance.	406	4,108	4	7,791	2,791	0	10	0,110	-0,996	0,139	0,121	0,242	0,1211195	0,0107	0
lb4_soc	4th life domain importance in terms of societal norms.	405	3,600	4	1,295	1,138	1	5	-0,588	-0,437	0,057	0,121	0,242	0,1212678	0,7091	0

lb4_ego	4th life domain importance for self-concept.	406	3,562	4	1,600	1,265	1	5	-0,654	-0,602	0,063	0,121	0,242	0,1211195	0,7753	0
lb4_oth	4th life domain importance for other people	406	3,365	3	1,180	1,086	1	5	-0,438	-0,314	0,054	0,121	0,242	0,1211195	0,5593	0
lb4_wel	4th life domain importance for own well-being.	406	3,813	4	1,560	1,249	1	5	-0,925	-0,113	0,062	0,121	0,242	0,1211195	1,0464	0
lb4_fut	4th life domain importance for future life planning.	406	3,409	4	1,704	1,305	1	5	-0,422	-0,878	0,065	0,121	0,242	0,1211195	0,5431	0

**Table 4.13: Descriptive Statistics for the Questions concerning Self Concept Dimensions.**

self concept dimensions		Descriptive Statistics									Standard Error			Significance of Skewness		
Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
com_per	competence - rating of professional competence.	1998	4,992	5	1,100	1,049	1	7	-0,894	1,305	0,023	0,055	0,109	0,0547586	0,9491	0
com_sel	competence - relevance for self perception.	2001	5,257	5	1,383	1,176	1	7	-0,693	0,577	0,026	0,055	0,109	0,0547176	0,7476	0
com_oth	competence - relevance for others.	2002	4,843	5	1,584	1,258	1	7	-0,346	0,037	0,028	0,055	0,109	0,0547039	0,4004	0
civ_per	civility - rating of personal civility.	2002	5,605	6	0,999	0,999	1	7	-1,153	2,341	0,022	0,055	0,109	0,0547039	1,2078	0
civ_sel	civility - relevance for self perception.	2002	5,369	6	1,408	1,187	1	7	-0,934	1,106	0,027	0,055	0,109	0,0547039	0,9888	0

civ_oth	civility - relevance for others.	2002	5,189	5	1,158	1,076	1	7	-0,562	0,533	0,024	0,055	0,109	0,0547039	0,6169	0
eth_per	ethicality - rating of personal ethicality.	2002	6,036	6	1,033	1,016	1	7	-1,610	3,857	0,023	0,055	0,109	0,0547039	1,6643	0
eth_sel	ethicality - relevance for self perception.	2002	6,151	6	1,004	1,002	1	7	-1,709	4,260	0,022	0,055	0,109	0,0547039	1,7632	0
eth_oth	ethicality - relevance for others.	2002	5,908	6	0,987	0,994	1	7	-1,156	2,195	0,022	0,055	0,109	0,0547039	1,2106	0
art_per	artistic talent - rating of personal artistic talent.	2002	4,436	5	2,751	1,659	1	7	-0,492	-0,672	0,037	0,055	0,109	0,0547039	0,5463	0
art_sel	artistic talent - relevance for self perception.	2002	4,481	5	2,968	1,723	1	7	-0,381	-0,660	0,039	0,055	0,109	0,0547039	0,4357	0
art_oth	artistic talent - relevance for others.	2002	3,484	4	2,165	1,471	1	7	0,011	-0,470	0,033	0,055	0,109	0,0547039	0,044	0
sym_per	being sympathetic - rating of personal being sympathetic.	2002	5,470	6	1,157	1,076	1	7	-1,051	1,741	0,024	0,055	0,109	0,0547039	1,1061	0
sym_sel	being sympathetic - relevance for self perception.	2002	5,800	6	1,147	1,071	1	7	-1,164	2,036	0,024	0,055	0,109	0,0547039	1,2186	0
sym_oth	being sympathetic - relevance for others.	2002	5,647	6	0,929	0,964	1	7	-0,777	1,067	0,022	0,055	0,109	0,0547039	0,8316	0
org_per	orderliness - rating of personal orderliness.	2002	4,083	4	2,736	1,654	1	7	-0,047	-0,977	0,037	0,055	0,109	0,0547039	0,1021	0
org_sel	orderliness - relevance for self perception.	2002	4,615	5	2,342	1,530	1	7	-0,425	-0,456	0,034	0,055	0,109	0,0547039	0,4794	0
org_oth	orderliness - relevance for others.	2002	4,603	5	1,709	1,307	1	7	-0,344	-0,081	0,029	0,055	0,109	0,0547039	0,3983	0
phy_per	physical attractiveness - rating of personal physical attractiveness.	2002	4,332	5	2,203	1,484	1	7	-0,595	-0,437	0,033	0,055	0,109	0,0547039	0,65	0

phy_sel	physical attractiveness - relevance for self perception.	2002	5,566	6	1,532	1,238	1	7	-1,228	1,839	0,028	0,055	0,109	0,0547039	1,2831	0
phy_oth	physical attractiveness - relevance for others.	2002	4,695	5	1,572	1,254	1	7	-0,434	0,228	0,028	0,055	0,109	0,0547039	0,4885	0
tol_per	tolerance - rating of personal tolerance.	2002	5,415	6	1,393	1,180	1	7	-0,965	1,024	0,026	0,055	0,109	0,0547039	1,0201	0
tol_sel	tolerance - relevance for self perception.	2002	5,577	6	1,290	1,136	1	7	-0,909	1,137	0,025	0,055	0,109	0,0547039	0,9639	0
tol_oth	tolerance - relevance for others.	2002	5,119	5	1,177	1,085	1	7	-0,444	0,359	0,024	0,055	0,109	0,0547039	0,4986	0

**Table 4.14: Descriptive Statistics for the Questions in the Follow-up Questionnaire concerning Goals.**

goals (follow-up questionnaire)		Descriptive Statistics									Standard Error			Significance of Skewness		
Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
go1_ach	1st goal achievement at retest.	777	4,230	4	9,306	3,051	0	10	0,336	-0,969	0,109	0,088	0,175	0,0877058	-0,248	1
go1_obs	1st goal difficulty of attainment at retest.	777	3,577	4	0,884	0,940	1	5	-0,222	-0,357	0,034	0,088	0,175	0,0877058	0,3101	0
go1_sat	1st goal satisfaction with own effort at retest.	777	2,985	3	1,306	1,143	1	5	-0,016	-0,936	0,041	0,088	0,175	0,0877058	0,1042	0

go1_se n	1st goal doubts about purpose at retest.	777	4,427	5	0,737	0,859	1	5	-1,678	2,670	0,031	0,088	0,175	0,0877058	1,7653	0
go1_s1 us	usefulness of strategie 1 for 1st goal.	778	4,050	4	1,196	1,093	1	5	-1,082	0,328	0,039	0,088	0,175	0,0876496	1,1701	0
go1_s2 us	usefulness of strategie 2 for 1st goal.	778	3,847	4	1,381	1,175	1	5	-0,884	-0,124	0,042	0,088	0,175	0,0876496	0,972	0
go1_s3 us	usefulness of strategie 3 for 1st goal.	778	3,686	4	1,533	1,238	1	5	-0,745	-0,399	0,044	0,088	0,175	0,0876496	0,8331	0
go2_ac h	2nd goal achievement at retest.	778	4,190	4	9,791	3,129	0	10	0,296	-1,095	0,112	0,088	0,175	0,0876496	-0,208	1
go2_ob s	2nd goal difficulty of attainment at retest.	777	3,632	4	1,063	1,031	1	5	-0,279	-0,757	0,037	0,088	0,175	0,0877058	0,3666	0
go2_sat	2nd goal satisfaction with own effort at retest.	778	2,999	3	1,450	1,204	1	5	-0,042	-0,971	0,043	0,088	0,175	0,0876496	0,1295	0
go2_se n	2nd goal doubts about purpose at retest.	778	4,418	5	0,779	0,883	1	5	-1,776	3,163	0,032	0,088	0,175	0,0876496	1,8636	0
go2_s1 us	usefulness of strategie 1 for 2nd goal.	777	3,974	4	1,285	1,134	1	5	-0,981	0,076	0,041	0,088	0,175	0,0877058	1,0691	0
go2_s2 us	usefulness of strategie 2 for 2nd goal.	778	3,852	4	1,375	1,172	1	5	-0,864	-0,165	0,042	0,088	0,175	0,0876496	0,9515	0
go2_s3 us	usefulness of strategie 3 for 2nd goal.	778	3,712	4	1,472	1,213	1	5	-0,753	-0,332	0,043	0,088	0,175	0,0876496	0,8405	0

Table 4.15: Descriptive Statistics for the FIRNI-Items in the Follow-up Questionnaire.

personality questionnaire - FIRNI (follow-up questionnaire)		Descriptive Statistics									Standard Error			Significance of Skewness		
Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
firni_er_01	firni_e1_energy	855	3,688	4	0,889	0,943	1	5	-0,559	0,244	0,032	0,084	0,167	0,0836242	0,6423	0
firni_er_02	firni_e2_be alone	855	2,725	3	0,872	0,934	1	5	0,018	0,045	0,032	0,084	0,167	0,0836242	0,0655	0
firni_er_03	firni_e3_many people	855	3,375	3	1,342	1,159	1	5	-0,268	-0,719	0,040	0,084	0,167	0,0836242	0,3519	0
firni_er_04	firni_e4_background	855	3,119	3	1,220	1,105	1	5	-0,054	-0,635	0,038	0,084	0,167	0,0836242	0,1379	0
firni_er_05	firni_e5_talking	855	3,658	4	0,904	0,951	1	5	-0,525	0,067	0,033	0,084	0,167	0,0836242	0,6087	0
firni_er_06	firni_e6_do alone	855	3,106	3	1,067	1,033	1	5	-0,182	-0,418	0,035	0,084	0,167	0,0836242	0,2657	0
firni_er_07	firni_e7_new people	855	3,611	4	1,109	1,053	1	5	-0,371	-0,489	0,036	0,084	0,167	0,0836242	0,455	0
firni_er_08	firni_e8_exhausting	855	2,812	3	1,216	1,103	1	5	0,183	-0,593	0,038	0,084	0,167	0,0836242	-0,1	1
firni_er_09	firni_e9_people around	855	2,792	3	1,198	1,094	1	5	0,086	-0,498	0,037	0,084	0,167	0,0836242	-0,003	1
firni_er_10	firni_e10_enthusiastic	855	2,567	3	1,262	1,123	1	5	0,259	-0,720	0,038	0,084	0,167	0,0836242	-0,175	1
firni_nr_01	firni_n1_seldom fear	855	2,931	3	1,427	1,195	1	5	0,047	-0,985	0,041	0,084	0,167	0,0836242	0,0371	0

firmi_nr_02	firmi_n2_talk badly	855	1,869	2	0,959	0,979	1	5	1,029	0,378	0,033	0,084	0,167	0,0836242	-0,945	1
firmi_nr_03	firmi_n3_deserve acceptance	855	3,331	4	1,465	1,210	1	5	-0,366	-0,818	0,041	0,084	0,167	0,0836242	0,4493	0
firmi_nr_04	firmi_n4_stability relationship	855	2,691	3	1,502	1,225	1	5	0,269	-0,895	0,042	0,084	0,167	0,0836242	-0,185	1
firmi_nr_05	firmi_n5_not call	855	3,291	4	1,448	1,203	1	5	-0,352	-0,838	0,041	0,084	0,167	0,0836242	0,4356	0
firmi_nr_06	firmi_n6_question relationship	855	2,620	2	1,468	1,212	1	5	0,344	-0,897	0,041	0,084	0,167	0,0836242	-0,26	1
firmi_nr_07	firmi_n7_behaves strangely	855	2,675	3	1,220	1,104	1	5	0,188	-0,748	0,038	0,084	0,167	0,0836242	-0,104	1
firmi_nr_08	firmi_n8_do not like me	855	3,522	4	1,208	1,099	1	5	-0,419	-0,526	0,038	0,084	0,167	0,0836242	0,5022	0
firmi_nr_09	firmi_n9_enough attention	855	2,974	3	1,285	1,134	1	5	-0,027	-0,947	0,039	0,084	0,167	0,0836242	0,1104	0
firmi_nr_10	firmi_n10_rejection	855	3,512	4	1,400	1,183	1	5	-0,435	-0,733	0,040	0,084	0,167	0,0836242	0,519	0
firmi_or_01	firmi_o1_solve problems	855	3,763	4	0,870	0,933	1	5	-0,467	-0,032	0,032	0,084	0,167	0,0836242	0,5502	0
firmi_or_02	firmi_o2_thinking fun	855	2,201	2	1,648	1,284	1	5	0,769	-0,574	0,044	0,084	0,167	0,0836242	-0,685	1
firmi_or_03	firmi_o3_future	855	3,342	3	1,333	1,155	1	5	-0,281	-0,751	0,039	0,084	0,167	0,0836242	0,3645	0
firmi_or_04	firmi_o4_do not think	855	2,149	2	1,225	1,107	1	5	0,753	-0,237	0,038	0,084	0,167	0,0836242	-0,67	1
firmi_or_05	firmi_o5_complex issues	855	3,799	4	1,311	1,145	1	5	-0,830	-0,044	0,039	0,084	0,167	0,0836242	0,9138	0
firmi_or_06	firmi_o6_thought experiments	855	1,792	2	0,814	0,902	1	5	1,036	0,596	0,031	0,084	0,167	0,0836242	-0,952	1
firmi_or_07	firmi_o7_mental activity	855	4,097	4	0,739	0,860	1	5	-0,709	0,144	0,029	0,084	0,167	0,0836242	0,7925	0
firmi_or_08	firmi_o8_daily things	855	2,575	3	0,938	0,968	1	5	0,213	-0,285	0,033	0,084	0,167	0,0836242	-0,129	1
firmi_or_09	firmi_o9_intellectually challenged	855	3,794	4	0,766	0,875	1	5	-0,492	0,183	0,030	0,084	0,167	0,0836242	0,5757	0

firni_or_10	firni_o10_unconventional ideas	855	1,984	2	0,911	0,954	1	5	0,730	-0,013	0,033	0,084	0,167	0,0836242	-0,646	1
firni_cr_01	firni_c1_easily distracted	855	2,786	3	1,030	1,015	1	5	0,162	-0,456	0,035	0,084	0,167	0,0836242	-0,078	1
firni_cr_02	firni_c2_achieve plan	855	3,485	3	0,761	0,872	1	5	-0,178	-0,156	0,030	0,084	0,167	0,0836242	0,2617	0
firni_cr_03	firni_c3_give up	855	2,581	2	1,108	1,053	1	5	0,349	-0,501	0,036	0,084	0,167	0,0836242	-0,266	1
firni_cr_04	firni_c4_long time	855	3,477	4	1,163	1,078	1	5	-0,429	-0,446	0,037	0,084	0,167	0,0836242	0,513	0
firni_cr_05	firni_c5_end plans	855	2,729	3	1,067	1,033	1	5	0,235	-0,447	0,035	0,084	0,167	0,0836242	-0,151	1
firni_cr_06	firni_c6_short-term needs	855	3,027	3	0,977	0,988	1	5	-0,054	-0,525	0,034	0,084	0,167	0,0836242	0,1375	0
firni_cr_07	firni_c7_without trying	855	2,691	2	1,361	1,167	1	5	0,362	-0,750	0,040	0,084	0,167	0,0836242	-0,279	1
firni_cr_08	firni_c8_persistently	855	3,297	3	0,898	0,947	1	5	-0,234	-0,208	0,032	0,084	0,167	0,0836242	0,3177	0
firni_cr_09	firni_c9_momentary concerns	855	2,927	3	1,074	1,037	1	5	-0,038	-0,601	0,035	0,084	0,167	0,0836242	0,1216	0
firni_cr_10	firni_c10_stick to plans	855	3,280	3	0,970	0,985	1	5	-0,221	-0,278	0,034	0,084	0,167	0,0836242	0,3051	0
firni_ar_01	firni_a1_share-competes	855	3,725	4	0,984	0,992	1	5	-0,553	-0,101	0,034	0,084	0,167	0,0836242	0,637	0
firni_ar_02	firni_a2_well-being	855	2,475	2	0,889	0,943	1	5	0,228	-0,337	0,032	0,084	0,167	0,0836242	-0,144	1
firni_ar_03	firni_a3_own interests	855	3,318	3	0,868	0,932	1	5	-0,306	-0,173	0,032	0,084	0,167	0,0836242	0,39	0
firni_ar_04	firni_a4_disadvantages	855	2,382	2	1,016	1,008	1	5	0,334	-0,509	0,034	0,084	0,167	0,0836242	-0,25	1
firni_ar_05	firni_a5_generous	855	3,643	4	0,796	0,892	1	5	-0,407	0,113	0,031	0,084	0,167	0,0836242	0,4902	0
firni_ar_06	firni_a6_maximum	855	2,451	2	1,021	1,010	1	5	0,358	-0,403	0,035	0,084	0,167	0,0836242	-0,274	1
firni_ar_07	firni_a7_get more	855	3,284	3	1,058	1,029	1	5	-0,286	-0,355	0,035	0,084	0,167	0,0836242	0,3696	0



firni_ar_08	firni_a8_favor	855	2,246	2	1,015	1,007	1	5	0,699	0,141	0,034	0,084	0,167	0,0836242	-0,616	1
firni_ar_09	firni_a9_problems	855	3,873	4	0,762	0,873	1	5	-0,543	0,057	0,030	0,084	0,167	0,0836242	0,627	0
firni_ar_10	firni_a10_expense of others	855	2,000	2	0,897	0,947	1	5	0,812	0,293	0,032	0,084	0,167	0,0836242	-0,729	1

Table 4.16: Descriptive Statistics for the BFI-Items in the Follow-up Questionnaire.

personality questionnaire - BFI (follow-up questionnaire)		Descriptive Statistics									Standard Error			Significance of Skewness		
Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
bfir_01	bfi_outgoing, sociable	835	3,234	3	1,342	1,159	1	5	-0,204	-0,784	0,040	0,085	0,169	0,0846162	0,2886	0
bfir_02	bfi_considerate	835	4,122	4	0,573	0,757	1	5	-0,673	0,487	0,026	0,085	0,169	0,0846162	0,7574	0
bfir_03	bfi_values artistic experiences	835	3,901	4	1,022	1,011	1	5	-0,804	0,075	0,035	0,085	0,169	0,0846162	0,8889	0
bfir_04	bfi_thorough	835	3,926	4	0,721	0,849	1	5	-0,576	0,182	0,029	0,085	0,169	0,0846162	0,6611	0
bfir_05	bfi_worries	835	3,758	4	1,200	1,096	1	5	-0,639	-0,380	0,038	0,085	0,169	0,0846162	0,724	0
bfir_06	bfi_inventive	835	3,643	4	0,882	0,939	1	5	-0,418	-0,145	0,033	0,085	0,169	0,0846162	0,5031	0
bfir_07	bfi_quiet	835	2,485	2	1,293	1,137	1	5	0,373	-0,639	0,039	0,085	0,169	0,0846162	-0,288	1
bfir_08	bfi_rude	835	2,675	3	1,265	1,125	1	5	0,268	-0,700	0,039	0,085	0,169	0,0846162	-0,183	1

bfir_09	bfi_lazy	835	2,903	3	1,349	1,162	1	5	0,029	-0,819	0,040	0,085	0,169	0,0846162	0,0561	0
bfir_10	bfi_relaxed	835	2,752	3	1,155	1,075	1	5	0,140	-0,692	0,037	0,085	0,169	0,0846162	-0,055	1
bfir_11	bfi_energy	835	3,380	3	0,816	0,903	1	5	-0,127	-0,202	0,031	0,085	0,169	0,0846162	0,2116	0
bfir_12	bfi_routine	835	2,487	2	0,979	0,990	1	5	0,288	-0,321	0,034	0,085	0,169	0,0846162	-0,203	1
bfir_13	bfi_assertive	835	3,178	3	1,101	1,049	1	5	-0,112	-0,639	0,036	0,085	0,169	0,0846162	0,1963	0
bfir_14	bfi_forgiving	835	3,277	3	1,212	1,101	1	5	-0,256	-0,589	0,038	0,085	0,169	0,0846162	0,3402	0
bfir_15	bfi_artistic interests	835	2,169	2	1,471	1,213	1	5	0,773	-0,480	0,042	0,085	0,169	0,0846162	-0,688	1
bfir_16	bfi_reliable	835	4,205	4	0,573	0,757	1	5	-0,759	0,488	0,026	0,085	0,169	0,0846162	0,8432	0
bfir_17	bfi_others faults	835	3,024	3	0,930	0,964	1	5	0,073	-0,446	0,033	0,085	0,169	0,0846162	0,0119	0
bfir_18	bfi_nervous	835	3,044	3	1,354	1,164	1	5	-0,004	-0,915	0,040	0,085	0,169	0,0846162	0,0886	0
bfir_19	bfi_active imagination	835	3,937	4	1,009	1,005	1	5	-0,705	-0,319	0,035	0,085	0,169	0,0846162	0,7895	0
bfir_20	bfi_reserved	835	2,751	3	1,317	1,148	1	5	0,154	-0,808	0,040	0,085	0,169	0,0846162	-0,069	1
bfir_21	bfi_quarrels	835	1,859	2	0,757	0,870	1	5	0,836	0,182	0,030	0,085	0,169	0,0846162	-0,751	1
bfir_22	bfi_distracted	835	2,628	3	0,997	0,998	1	5	0,269	-0,347	0,035	0,085	0,169	0,0846162	-0,185	1
bfir_23	bfi_sophisticated in art	835	3,187	3	1,157	1,076	1	5	-0,174	-0,541	0,037	0,085	0,169	0,0846162	0,2587	0
bfir_24	bfi_calm	835	2,949	3	1,030	1,015	1	5	-0,097	-0,412	0,035	0,085	0,169	0,0846162	0,1815	0
bfir_25	bfi_play with ideas	835	3,935	4	0,850	0,922	1	5	-0,673	-0,051	0,032	0,085	0,169	0,0846162	0,7574	0
bfir_26	bfi_enthusiasm	835	3,569	4	1,061	1,030	1	5	-0,403	-0,457	0,036	0,085	0,169	0,0846162	0,4879	0

bfir_27	bfi_trusting	835	3,758	4	0,968	0,984	1	5	-0,796	0,326	0,034	0,085	0,169	0,0846162	0,8805	0
bfir_28	bfi_perseveres	835	3,422	3	0,839	0,916	1	5	-0,143	-0,269	0,032	0,085	0,169	0,0846162	0,2275	0
bfir_29	bfi_depressed	835	2,772	3	1,337	1,156	1	5	0,130	-0,747	0,040	0,085	0,169	0,0846162	-0,045	1
bfir_30	bfi_ingenious	835	4,096	4	0,751	0,867	1	5	-0,818	0,358	0,030	0,085	0,169	0,0846162	0,9023	0
bfir_31	bfi_follows plans	835	3,504	4	0,730	0,854	1	5	-0,163	-0,187	0,030	0,085	0,169	0,0846162	0,248	0
bfir_32	bfi_shy	835	3,229	3	1,392	1,180	1	5	-0,170	-0,832	0,041	0,085	0,169	0,0846162	0,2543	0
bfir_33	bfi_cold	835	2,901	3	1,356	1,164	1	5	0,144	-0,862	0,040	0,085	0,169	0,0846162	-0,059	1
bfir_34	bfi_careless	835	2,540	2	0,994	0,997	1	5	0,344	-0,410	0,035	0,085	0,169	0,0846162	-0,259	1
bfir_35	bfi_emotionally stable	835	2,895	3	1,051	1,025	1	5	0,072	-0,621	0,035	0,085	0,169	0,0846162	0,0131	0
bfir_36	bfi_curious	835	4,153	4	0,672	0,820	1	5	-0,866	0,584	0,028	0,085	0,169	0,0846162	0,9503	0
bfir_37	bfi_talkative	835	3,813	4	1,001	1,001	1	5	-0,562	-0,217	0,035	0,085	0,169	0,0846162	0,647	0
bfir_38	bfi_helpful	835	3,734	4	0,653	0,808	1	5	-0,313	0,028	0,028	0,085	0,169	0,0846162	0,3978	0
bfir_39	bfi_efficiently	835	3,763	4	0,754	0,868	1	5	-0,347	-0,197	0,030	0,085	0,169	0,0846162	0,4321	0
bfir_40	bfi_tense	835	3,046	3	0,964	0,982	1	5	0,031	-0,487	0,034	0,085	0,169	0,0846162	0,054	0
bfir_41	bfi_original	835	3,481	4	0,981	0,991	1	5	-0,212	-0,600	0,034	0,085	0,169	0,0846162	0,2964	0
bfir_42	bfi_disorganized	835	3,008	3	1,673	1,293	1	5	0,004	-1,083	0,045	0,085	0,169	0,0846162	0,0802	0

**Table 4.17: Descriptive Statistics for the Control Items in the Follow-up Questionnaire.**

Follow-up Questionnaire		Descriptive Statistics									Standard Error			Significance of Skewness		
Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
hinder	Interference with daily life by study participation.	855	1,807	2	0,474	0,689	1	5	0,746	1,273	0,024	0,084	0,167	0,0836242	-0,662	1
precise	Precision filling out the daily questionnaires.	855	5,592	6	0,530	0,728	1	7	-1,097	4,288	0,025	0,084	0,167	0,0836242	1,1811	0
rel_stab	Still together with partner.	474	0,964	1	0,035	0,186	0	1	-5,008	23,176	0,009	0,112	0,224	0,1121544	5,12	0
online_diaryt	Minutes online during study.	854	3,018	2	7,228	2,688	0	11,83	1,487	1,804	0,092	0,084	0,167	0,083673	-1,403	1

**Table 5.1: Protocol of changes or removals in tbuch-days.**

<i>Removed Participants from tbuch_days</i>			
<b>Vp_id</b>	<b>Reason for removal</b>		
xxxxxxx	Test from Professor Denissen		
saro13da	Declared year of birth: 2005 therefore age: 1		
roma10mÜ	Declared year of birth: 2004 therefore age: 2		
<i>Change in the raw data of tbuch_days</i>			
<b>Vp_id</b>	<b>Reason for change</b>		
inhe05es	Diary entry Nr. 10 under vp_id: Înhe05es		
Înhe05es	Change into inhe05es in raw data		
<i>Period variables were assessed in tbuch_days</i>			
<b>Variables</b>	<b>Labels</b>	<b>Start</b>	<b>End</b>
personality dimensions	com_dim to tol_dim	29.12.2005	14.01.2008
goals	go1_dbt to go2_s3t	11.07.2005	14.01.2008
life domain	lb1_suc to lb2_dif	11.07.2005	10.01.2006

**Table 5.2 Descriptive Statistics of the Items of the Emotion Questionnaire.**

Emotions		Descriptive Statistics									Standard Error			Significance of Skewness		
Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
emo_1	emotion "gelassen" (at ease)	28090	2,947	3	1,077	1,038	1	5	-0,128	-0,542	0,006	0,015	0,029	0,014614	0,143	0
emo_2	emotion "ruhig" (calm)	28089	2,941	3	0,986	0,993	1	5	-0,121	-0,390	0,006	0,015	0,029	0,014615	0,136	0
emo_3	emotion "entspannt" (relaxed)	28090	2,893	3	1,102	1,050	1	5	-0,049	-0,601	0,006	0,015	0,029	0,014614	0,063	0
emo_4	emotion "dösig" (drowsy)	28090	2,059	2	1,304	1,142	1	5	0,795	-0,410	0,007	0,015	0,029	0,014614	-0,780	1
emo_5	emotion "träge" (sluggish)	28089	2,193	2	1,380	1,175	1	5	0,648	-0,631	0,007	0,015	0,029	0,014615	-0,633	1

emo _6	emotion "müde" (tired)	28089	2,500	2	1,469	1,212	1	5	0,372	-0,870	0,007	0,015	0,029	0,014615	-0,357	1
emo _7	emotion "zufrieden" (content)	28088	3,089	3	1,134	1,065	1	5	-0,175	-0,579	0,006	0,015	0,029	0,014615	0,189	0
emo _8	emotion "erfreut" (pleased)	28089	3,034	3	1,127	1,062	1	5	-0,169	-0,575	0,006	0,015	0,029	0,014615	0,184	0
emo _9	emotion "glücklich" (happy)	28090	2,970	3	1,147	1,071	1	5	-0,088	-0,612	0,006	0,015	0,029	0,014614	0,103	0
emo _10	emotion "hellwach" (alert)	28090	2,653	3	1,120	1,059	1	5	0,091	-0,639	0,006	0,015	0,029	0,014614	-0,076	1
emo _11	emotion "erregt" (aroused)	28090	2,181	2	1,304	1,142	1	5	0,621	-0,596	0,007	0,015	0,029	0,014614	-0,606	1
emo _12	emotion "hyperaktiv" (hyperactivated)	28090	1,563	1	0,826	0,909	1	5	1,638	2,069	0,005	0,015	0,029	0,014614	-1,624	1

emo _13	emotion "elend" (miserable)	28089	1,747	1	1,263	1,124	1	5	1,390	0,844	0,007	0,015	0,029	0,014615	-1,375	1
emo _14	emotion "sorgenvoll" (troubled)	28088	2,258	2	1,510	1,229	1	5	0,605	-0,763	0,007	0,015	0,029	0,014615	-0,591	1
emo _15	emotion "unglücklich" (unhappy)	28089	2,035	2	1,426	1,194	1	5	0,896	-0,308	0,007	0,015	0,029	0,014615	-0,882	1
emo _16	emotion "schläfrig" (sleepy)	28088	2,235	2	1,408	1,187	1	5	0,621	-0,649	0,007	0,015	0,029	0,014615	-0,607	1
emo _17	emotion "gleichmütig" (quiet)	28089	2,374	2	1,201	1,096	1	5	0,314	-0,734	0,007	0,015	0,029	0,014615	-0,300	1
emo _18	emotion "unbewegt" (still)	28089	2,030	2	1,254	1,120	1	5	0,798	-0,350	0,007	0,015	0,029	0,014615	-0,783	1
emo _19	emotion "ängstlich" (afraid)	28090	1,686	1	1,032	1,016	1	5	1,422	1,120	0,006	0,015	0,029	0,014614	-1,408	1



emo _20	emotion "beschämt" (ashamed)	28088	1,497	1	0,801	0,895	1	5	1,868	2,819	0,005	0,015	0,029	0,014615	-1,853	1
emo _21	emotion "bedrückt" (distressed)	28089	2,230	2	1,566	1,251	1	5	0,642	-0,781	0,007	0,015	0,029	0,014615	-0,627	1
emo _22	emotion "schuldig" (guilty)	28090	1,552	1	0,914	0,956	1	5	1,746	2,212	0,006	0,015	0,029	0,014614	-1,731	1
emo _23	emotion "feindselig" (hostile)	28090	1,553	1	0,863	0,929	1	5	1,686	2,058	0,006	0,015	0,029	0,014614	-1,672	1
emo _24	emotion "reizbar" (irritable)	28090	1,957	2	1,268	1,126	1	5	0,952	-0,128	0,007	0,015	0,029	0,014614	-0,938	1
emo _25	emotion "unruhig" (jittery)	28090	2,163	2	1,318	1,148	1	5	0,647	-0,605	0,007	0,015	0,029	0,014614	-0,633	1
emo _26	emotion "nervös" (nervous)	28088	2,009	2	1,284	1,133	1	5	0,869	-0,271	0,007	0,015	0,029	0,014615	-0,854	1

emo _27	emotion "verängstigt" (scared)	28089	1,521	1	0,823	0,907	1	5	1,808	2,616	0,005	0,015	0,029	0,014615	-1,793	1
emo _28	emotion "verärgert" (upset)	28089	1,995	2	1,376	1,173	1	5	0,943	-0,201	0,007	0,015	0,029	0,014615	-0,928	1
emo _29	emotion "aktiv" (active)	28089	3,051	3	1,145	1,070	1	5	-0,182	-0,582	0,006	0,015	0,029	0,014615	0,197	0
emo _30	emotion "allein" (alone)	28087	2,117	2	1,589	1,260	1	5	0,819	-0,524	0,008	0,015	0,029	0,014615	-0,804	1
emo _31	emotion "aufmerksam" (attentive)	28089	3,195	3	0,925	0,962	1	5	-0,311	-0,184	0,006	0,015	0,029	0,014615	0,326	0
emo _32	emotion "entschlossen" (determined)	28090	2,899	3	1,156	1,075	1	5	-0,084	-0,628	0,006	0,015	0,029	0,014614	0,099	0
emo _33	emotion "begeistert" (enthusiastic)	28089	2,693	3	1,202	1,096	1	5	0,105	-0,697	0,007	0,015	0,029	0,014615	-0,090	1

emo _34	emotion "erwartungvoll" (excited)	28087	2,810	3	1,336	1,156	1	5	-0,027	-0,863	0,007	0,015	0,029	0,014615	0,041	0
emo _35	emotion "angeregt" (inspired)	28089	2,663	3	1,194	1,093	1	5	0,024	-0,823	0,007	0,015	0,029	0,014615	-0,010	1
emo _36	emotion "interessiert" (interested)	28089	3,248	3	0,960	0,980	1	5	-0,347	-0,205	0,006	0,015	0,029	0,014615	0,362	0
emo _37	emotion "stolz" (proud)	28090	2,509	3	1,330	1,153	1	5	0,230	-0,873	0,007	0,015	0,029	0,014614	-0,216	1
emo _38	emotion "stark" (strong)	28090	2,763	3	1,148	1,071	1	5	-0,014	-0,659	0,006	0,015	0,029	0,014614	0,029	0

**Table 5.3: Descriptive Statistics of the Items of the reduced Rosenberg Self-Esteem Questionnaire.**

Self-Esteem	Descriptive Statistics										Standard Error	Significance of Skewness
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Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
fai_kwr	identified family member - number of written contacts	17455	0,232	0	0,505	0,710	0	11	6,059	60,278	0,005	0,019	0,037	0,018539	-6,040	1
fai_kfo	identified family member - number of contacts by telephone	17455	0,637	0	0,714	0,845	0	11	1,786	5,708	0,006	0,019	0,037	0,018539	-1,767	1
fai_kff	identified family member - number of personal contacts	17455	1,443	1	5,026	2,242	0	11	2,989	9,563	0,017	0,019	0,037	0,018539	-2,970	1
fai_twr	identified family member - time (in hours) of written contacts	17469	0,038	0	0,077	0,278	0	17	30,469	1356,771	0,002	0,019	0,037	0,018531	-30,451	1
fai_tfo	identified family member - time (in hours) of contacts by telephone	17487	0,176	0	0,318	0,564	0	17	16,230	381,212	0,004	0,019	0,037	0,018522	-16,212	1
fai_tff	identified family member - time (in hours) of personal contacts	17516	2,663	1	14,983	3,871	0	17,833	2,016	4,011	0,029	0,019	0,037	0,018506	-1,998	1

fai_c lo	identified family member_closeness of contact	17431	3,836	4	0,963	0,982	1	5	-0,611	-0,097	0,007	0,019	0,037	0,018551	0,630	0
fai_p ow	identified family member_power in contact	17432	3,078	3	0,245	0,495	1	5	0,819	6,391	0,004	0,019	0,037	0,018551	-0,801	1
fai_r es	identified family member_being respected in contact	17431	4,028	4	0,854	0,924	1	5	-0,765	0,217	0,007	0,019	0,037	0,018551	0,784	0
fai_s af	identified family member_safeness in contact	17432	4,028	4	0,890	0,943	1	5	-0,693	-0,119	0,007	0,019	0,037	0,018551	0,712	0
fai_li k	identified family member_feeling liked in contact	17432	4,231	4	0,767	0,876	1	5	-1,024	0,706	0,007	0,019	0,037	0,018551	1,042	0
fai_i nt	identified family member_interest in contact	17432	3,933	4	0,908	0,953	1	5	-0,552	-0,301	0,007	0,019	0,037	0,018551	0,570	0
fai_i mp	identified family member_importance of contact	17432	3,899	4	0,965	0,982	1	5	-0,532	-0,343	0,007	0,019	0,037	0,018551	0,551	0

fai_c on	identified family member_contentedness with contact	17432	3,860	4	1,050	1,025	1	5	-0,627	-0,186	0,008	0,019	0,037	0,018551	0,646	0
fai_a gi	identified family member_calmness in contact	17432	3,779	4	0,977	0,988	1	5	-0,356	-0,479	0,007	0,019	0,037	0,018551	0,375	0
fai_x fi	identified family member_presence of conflicts about finanziell resources	17455	0,030	0	0,030	0,172	0	1	5,463	27,850	0,001	0,019	0,037	0,018539	-5,445	1
fai_x co	identified family member_presence of conflicts because of communication problems	17455	0,075	0	0,070	0,264	0	1	3,215	8,338	0,002	0,019	0,037	0,018539	-3,197	1
fai_x ac	identified family member_presence of conflicts about activities	17455	0,040	0	0,038	0,195	0	1	4,715	20,235	0,001	0,019	0,037	0,018539	-4,697	1
fai_x li	identified family member_presence of conflicts about life plans	17455	0,029	0	0,028	0,169	0	1	5,585	29,197	0,001	0,019	0,037	0,018539	-5,567	1
fai_x em	identified family member_presence of conflicts about encouragement	17455	0,039	0	0,038	0,195	0	1	4,731	20,381	0,001	0,019	0,037	0,018539	-4,712	1

fai_xop	identified family member_presence of conflicts about opinions	17455	0,075	0	0,069	0,263	0	1	3,235	8,469	0,002	0,019	0,037	0,018539	-3,217	1
fai_x3p	identified family member_presence of conflicts about third persons	17455	0,052	0	0,049	0,222	0	1	4,040	14,325	0,002	0,019	0,037	0,018539	-4,022	1
fai_xre	identified family member_presence of conflicts about other topics	17455	0,075	0	0,070	0,264	0	1	3,221	8,378	0,002	0,019	0,037	0,018539	-3,203	1
far_kwr	other family member - number of written contacts	28086	0,130	0	0,199	0,446	0	11	6,399	82,205	0,003	0,015	0,029	0,014615	-6,384	1
far_kfo	other family member - number of contacts by telephone	28086	0,366	0	0,478	0,691	0	10	2,465	9,821	0,004	0,015	0,029	0,014615	-2,451	1
far_kff	other family member - number of personal contacts	28086	0,864	0	2,124	1,457	0	14	2,845	12,369	0,009	0,015	0,029	0,014615	-2,830	1
far_twr	other family member - time (in hours) of written contacts	28086	0,028	0	0,040	0,200	0	10	26,619	1062,584	0,001	0,015	0,029	0,014615	-26,605	1



far_tfo	other family member - time (in hours) of contacts by telephone	28085	0,092	0	0,134	0,366	0	17	19,814	652,270	0,002	0,015	0,029	0,014616	-19,799	1
far_tff	other family member - time (in hours) of personal contacts	28086	1,589	0	10,508	3,242	0	17,833	2,833	8,625	0,019	0,015	0,029	0,014615	-2,819	1

**Table 5.5: Descriptive Statistics of the Questions concerning Friends.**

Friends		Descriptive Statistics									Standard Error			Significance of Skewness		
Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
fri_kwr	identified friend - number of written contacts	14680	0,941	0	2,576	1,605	0	11	3,751	18,482	0,013	0,020	0,040	0,020215	-3,731	1
fri_kfo	identified friend - number of contacts by telephone	14680	0,648	0	0,762	0,873	0	11	2,012	7,705	0,007	0,020	0,040	0,020215	-1,991	1

fri_kf f	identified friend - number of personal contacts	14680	0,631	0	1,208	1,099	0	11	5,094	40,406	0,009	0,020	0,040	0,020215	-5,073	1
fri_t wr	identified friend - time (in hours) of written contacts	14697	0,210	0	0,396	0,629	0	15	8,891	135,305	0,005	0,020	0,040	0,020203	-8,870	1
fri_tf o	identified friend - time (in hours) of contacts by telephone	14696	0,232	0	0,428	0,655	0	17	12,553	250,270	0,005	0,020	0,040	0,020204	-12,533	1
fri_tff	identified friend - time (in hours) of personal contacts	14736	1,629	0	7,746	2,783	0	17,833	2,443	7,544	0,023	0,020	0,040	0,020176	-2,423	1
fri_cl o	identified friend_closeness of contact	14665	3,760	4	1,009	1,004	1	5	-0,588	-0,093	0,008	0,020	0,040	0,020225	0,608	0
fri_p ow	identified friend_power in contact	14665	3,065	3	0,271	0,521	1	5	0,580	5,956	0,004	0,020	0,040	0,020225	-0,560	1
fri_re s	identified friend_being respected in contact	14665	4,049	4	0,800	0,894	1	5	-0,701	0,153	0,007	0,020	0,040	0,020225	0,721	0

fri_saf	identified friend_safeness in contact	14665	3,924	4	0,971	0,985	1	5	-0,627	-0,209	0,008	0,020	0,040	0,020225	0,647	0
fri_like	identified friend_feeling liked in contact	14665	4,185	4	0,773	0,879	1	5	-0,914	0,480	0,007	0,020	0,040	0,020225	0,934	0
fri_int	identified friend_interest in contact	14665	3,955	4	0,886	0,941	1	5	-0,567	-0,242	0,008	0,020	0,040	0,020225	0,587	0
fri_imp	identified friend_importance of contact	14664	3,869	4	0,961	0,980	1	5	-0,515	-0,301	0,008	0,020	0,040	0,020226	0,535	0
fri_con	identified friend_contentedness with contact	14665	3,814	4	1,061	1,030	1	5	-0,590	-0,186	0,009	0,020	0,040	0,020225	0,610	0
fri_agi	identified friend_calmness in contact	14665	3,725	4	0,957	0,978	1	5	-0,243	-0,516	0,008	0,020	0,040	0,020225	0,263	0
fri_xfi	identified friend_presence of conflicts about finanziell resources	14680	0,010	0	0,010	0,101	0	1	9,675	91,621	0,001	0,020	0,040	0,020215	-9,655	1

fri_x co	identified friend_presence of conflicts because of communication problems	14680	0,050	0	0,047	0,217	0	1	4,143	15,167	0,002	0,020	0,040	0,020215	-4,123	1
fri_x ac	identified friend_presence of conflicts about activities	14681	0,050	0	0,048	0,218	0	1	4,130	15,060	0,002	0,020	0,040	0,020214	-4,110	1
fri_xl i	identified friend_presence of conflicts about life plans	14680	0,022	0	0,021	0,146	0	1	6,572	41,200	0,001	0,020	0,040	0,020215	-6,552	1
fri_x em	identified friend_presence of conflicts about encouragement	14680	0,021	0	0,021	0,144	0	1	6,639	42,088	0,001	0,020	0,040	0,020215	-6,619	1
fri_x op	identified friend_presence of conflicts about opinions	14680	0,056	0	0,053	0,229	0	1	3,877	13,032	0,002	0,020	0,040	0,020215	-3,857	1
fri_x 3p	identified friend_presence of conflicts about third persons	14680	0,048	0	0,046	0,214	0	1	4,232	15,908	0,002	0,020	0,040	0,020215	-4,211	1
fri_xr e	identified friend_presence of conflicts about other topics	14680	0,047	0	0,045	0,212	0	1	4,278	16,300	0,002	0,020	0,040	0,020215	-4,257	1

frr_k wr	other friends - number of written contacts	28086	0,920	0	2,157	1,469	0	11	2,768	11,452	0,009	0,015	0,029	0,014615	-2,753	1
frr_kf o	other friends - number of contacts by telephone	28086	0,491	0	0,731	0,855	0	11	2,636	11,979	0,005	0,015	0,029	0,014615	-2,621	1
frr_kf f	other friends - number of personal contacts	28086	1,187	0	4,581	2,140	0	11	2,759	8,438	0,013	0,015	0,029	0,014615	-2,744	1
frr_t wr	other friends - time (in hours) of written contacts	28086	0,300	0	0,800	0,894	0	17,833	7,649	91,559	0,005	0,015	0,029	0,014615	-7,634	1
frr_tf o	other friends - time (in hours) of contacts by telephone	28086	0,179	0	0,268	0,518	0	17,833	10,185	222,558	0,003	0,015	0,029	0,014615	-10,170	1
frr_tf f	other friends - time (in hours) of personal contacts	28086	1,600	0	7,518	2,742	0	17,833	2,422	7,515	0,016	0,015	0,029	0,014615	-2,408	1

**Table 5.6: Descriptive Statistics of the Questions concerning Partner.**

Partner		Descriptive Statistics									Standard Error			Significance of Skewness		
Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
par_kwr	partner - number of written contacts	14689	1,946	0	138,394	11,764	0	110	8,969	79,413	0,097	0,020	0,040	0,020209	-8,949	1
par_kfo	partner - number of contacts by telephone	14689	0,839	0	1,236	1,112	0	11	1,945	6,505	0,009	0,020	0,040	0,020209	-1,925	1
par_kff	partner - number of personal contacts	14689	1,684	1	5,419	2,328	0	11	3,118	9,667	0,019	0,020	0,040	0,020209	-3,098	1
par_twr	partner - time (in hours) of written contacts	14691	0,165	0	0,429	0,655	0	17,833	10,664	181,947	0,005	0,020	0,040	0,020207	-10,644	1
par_tfo	partner - time (in hours) of contacts by telephone	14695	0,208	0	0,350	0,592	0	17	10,548	193,743	0,005	0,020	0,040	0,020204	-10,528	1

par_t ff	partner - time (in hours) of personal contacts	14744	6,369	5	36,399	6,033	0	17,833	0,692	-0,888	0,050	0,020	0,040	0,020171	-0,672	1
par_clo	partner_closeness of contact	14674	3,893	4	1,176	1,084	1	5	-0,878	0,120	0,009	0,020	0,040	0,020219	0,899	0
par_pow	partner_power in contact	14674	3,040	3	0,300	0,548	1	5	0,373	5,270	0,005	0,020	0,040	0,020219	-0,352	1
par_res	partner_being respected in contact	14674	4,056	4	0,965	0,982	1	5	-0,933	0,376	0,008	0,020	0,040	0,020219	0,953	0
par_saf	partner_safeness in contact	14674	4,042	4	1,064	1,032	1	5	-0,915	0,129	0,009	0,020	0,040	0,020219	0,936	0
par_lik	partner_feeling liked in contact	14674	4,280	5	0,866	0,931	1	5	-1,319	1,382	0,008	0,020	0,040	0,020219	1,340	0
par_int	partner_interest in contact	14674	3,952	4	0,952	0,976	1	5	-0,658	-0,151	0,008	0,020	0,040	0,020219	0,679	0

par_imp	partner_importance of contact	14674	4,037	4	0,987	0,993	1	5	-0,817	0,047	0,008	0,020	0,040	0,020219	0,838	0
par_con	partner_contentedness with contact	14674	3,825	4	1,354	1,164	1	5	-0,764	-0,308	0,010	0,020	0,040	0,020219	0,784	0
par_agi	partner_calmness in contact	14672	3,793	4	1,080	1,039	1	5	-0,506	-0,370	0,009	0,020	0,040	0,020220	0,526	0
par_xfi	partner_presence of conflicts about finanziell resources	24037	0,020	0	0,020	0,141	0	1	6,788	44,085	0,001	0,016	0,032	0,015798	-6,773	1
par_xco	partner_presence of conflicts because of communication problems	24037	0,083	0	0,076	0,276	0	1	3,015	7,093	0,002	0,016	0,032	0,015798	-3,000	1
par_xac	partner_presence of conflicts about activities	24037	0,050	0	0,047	0,217	0	1	4,154	15,255	0,001	0,016	0,032	0,015798	-4,138	1
par_xli	partner_presence of conflicts about life plans	24037	0,031	0	0,030	0,174	0	1	5,405	27,216	0,001	0,016	0,032	0,015798	-5,389	1



par_xem	partner_presence of conflicts about encouragement	24037	0,040	0	0,039	0,197	0	1	4,666	19,776	0,001	0,016	0,032	0,015798	-4,650	1
par_xop	partner_presence of conflicts about opinions	24037	0,061	0	0,057	0,239	0	1	3,675	11,509	0,002	0,016	0,032	0,015798	-3,659	1
par_x3p	partner_presence of conflicts about third persons (except jealousy)	24037	0,020	0	0,020	0,140	0	1	6,840	44,796	0,001	0,016	0,032	0,015798	-6,825	1
par_xre	partner_presence of conflicts about other topics	24037	0,056	0	0,053	0,230	0	1	3,851	12,828	0,001	0,016	0,032	0,015798	-3,835	1
par_xje	partner_presence of conflicts about jealousy	24037	0,019	0	0,019	0,138	0	1	6,956	46,391	0,001	0,016	0,032	0,015798	-6,940	1
par_xch	partner_presence of conflicts about children	partner_presence of conflicts about children is constant and was not accessed.														
ssq_kta	number of contacts with acquaintances of the same sex	28086	1,955	1	4,641	2,154	0	11	1,039	0,200	0,013	0,015	0,029	0,014615	-1,025	1
osq_kta	number of contacts with acquaintances of the opposite sex	28086	1,532	1	3,685	1,920	0	11	1,397	1,353	0,011	0,015	0,029	0,014615	-1,382	1

**Table 5.7: Descriptive Statistics.**

		Descriptive Statistics									Standard Error			Significance of Skewness		
Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
day_tem	temperature of the entry day	28067	14,520	15	74,803	8,649	-10	40	-0,115	-0,457	0,052	0,015	0,029	0,014620	0,130	0
day_sky	weather conditions of the entry day	28082	2,802	3	1,147	1,071	0	4	-0,437	-1,034	0,006	0,015	0,029	0,014616	0,452	0
yes_bed	hours of sleep in the night before entry	28082	7,348	7	3,017	1,737	0	15	-0,112	1,541	0,010	0,015	0,029	0,014616	0,127	0
day_uph	time of getting up (hours)	28081	7,953	8	4,600	2,145	0	24	0,803	2,638	0,013	0,015	0,029	0,014617	-0,789	1
day_upm	time of getting up (minutes)	28081	17,728	15	301,585	17,366	0	59	0,407	-1,179	0,104	0,015	0,029	0,014617	-0,392	1

day_let	leisure time (in hours)	28082	7,087	7	12,473	3,532	0	12	-0,175	-1,339	0,021	0,015	0,029	0,014616	0,189	0
day_ilt	intellectual leisure time (in hours)	28082	1,598	1	3,289	1,814	0	11,833	2,090	6,228	0,011	0,015	0,029	0,014616	-2,075	1
day_ipr	intellectual professional time (in hours)	28082	2,482	1	9,213	3,035	0	11,833	1,045	-0,001	0,018	0,015	0,029	0,014616	-1,030	1
day_spt	time (in hours) of doing sport	28082	0,422	0	0,643	0,802	0	11	3,610	22,997	0,005	0,015	0,029	0,014616	-3,595	1
day_ait	time (in hours) spent outdoors	2372	1,148	0,833	1,876	1,370	0	11	2,461	7,904	0,028	0,050	0,100	0,050262	-2,410	1
day_men	having menstruation	22126	0,174	0	0,143	0,379	0	1	1,724	0,974	0,003	0,016	0,033	0,016466	-1,708	1
day_rou	rating of routine of entry day	28082	3,213	3	1,182	1,087	1	5	-0,203	-0,853	0,006	0,015	0,029	0,014616	0,217	0
day_exc	rating of excitement of entry day	27678	2,939	3	1,131	1,064	1	5	-0,018	-0,762	0,006	0,015	0,030	0,014723	0,033	0

Table 5.8: Descriptive Statistics of the Items concerning Life Domains.

Life Domains		Descriptive Statistics									Standard Error			Significance of Skewness		
Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
lb1_suc	life domain 1 success	3731	2,943	3	1,409	1,187	1	5	-0,300	-0,893	0,019	0,040	0,080	0,040086	0,340	0
lb1_dif	life domain 1 difficulties	3731	2,018	2	2,746	1,657	0	5	0,021	-1,366	0,027	0,040	0,080	0,040086	0,019	0
lb2_suc	life domain 2 success	3731	3,085	3	1,443	1,201	1	5	-0,401	-0,800	0,020	0,040	0,080	0,040086	0,441	0
lb2_dif	life domain 2 difficulties	3731	2,007	2	2,434	1,560	0	5	0,047	-1,171	0,026	0,040	0,080	0,040086	-0,007	1

Table 5.9: Descriptive Statistics of the Items concerning Goals.

Goals		Descriptive Statistics									Standard Error			Significance of Skewness		
Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
go1_dbt	degree of doubt concerning goal 1	25668	1,927	1	1,448	1,204	1	5	1,134	0,192	0,008	0,015	0,031	0,015288	-1,119	1
go1_s1t	time (in hours) spent with strategy 1 to achieve goal 1	25668	0,881	0	2,486	1,577	0	6,833	2,237	4,261	0,010	0,015	0,031	0,015288	-2,221	1
go1_s2t	time (in hours) spent with strategy 2 to achieve goal 1	25668	0,740	0	2,111	1,453	0	6,833	2,617	6,379	0,009	0,015	0,031	0,015288	-2,601	1
go1_s3t	time (in hours) spent with strategy 3 to achieve goal 1	25668	0,809	0	2,491	1,578	0	6,833	2,405	4,940	0,010	0,015	0,031	0,015288	-2,390	1
go2_dbt	degree of doubt concerning goal 2	25662	1,940	1	1,452	1,205	1	5	1,103	0,123	0,008	0,015	0,031	0,015290	-1,088	1

go2_s1t	time (in hours) spent with strategy 1 to achieve goal 2	25667	0,797	0	2,325	1,525	0	6,833	2,452	5,366	0,010	0,015	0,031	0,015288	-2,437	1
go2_s2t	time (in hours) spent with strategy 2 to achieve goal 2	25667	0,736	0	2,187	1,479	0	6,833	2,606	6,210	0,009	0,015	0,031	0,015288	-2,591	1
go2_s3t	time (in hours) spent with strategy 3 to achieve goal 2	25667	0,744	0	2,280	1,510	0	6,833	2,564	5,860	0,009	0,015	0,031	0,015288	-2,549	1

**Table 5.10: Descriptive Statistics of the Items concerning Personality Dimensions.**

Personality Dimensions		Descriptive Statistics									Standard Error			Significance of Skewness		
Item	Item-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
com_dim	rating of impression on competence dimension	21874	4,598	5	1,711	1,308	1	7	-0,566	0,650	0,009	0,017	0,033	0,016561	0,582	0

civ_dim	rating of impression on civility dimension	21851	5,052	5	1,264	1,124	1	7	-0,544	0,672	0,008	0,017	0,033	0,016570	0,561	0
eth_dim	rating of impression on ethic dimension	21804	5,185	5	1,297	1,139	1	7	-0,579	0,691	0,008	0,017	0,033	0,016587	0,596	0
art_dim	rating of impression on artistic dimension	21815	3,648	4	2,465	1,570	1	7	-0,188	-0,504	0,011	0,017	0,033	0,016583	0,205	0
sym_dim	rating of impression on sympathetic dimension	21836	5,270	5	1,298	1,139	1	7	-0,756	0,910	0,008	0,017	0,033	0,016575	0,772	0
org_dim	rating of impression on orderliness dimension	21804	4,637	5	1,601	1,265	1	7	-0,361	0,185	0,009	0,017	0,033	0,016587	0,377	0
phy_dim	rating of impression on physical attractiveness dimension	21820	4,391	4	2,190	1,480	1	7	-0,433	-0,185	0,010	0,017	0,033	0,016581	0,450	0
tol_dim	rating of impression on tolerance dimension	21800	4,701	5	1,389	1,179	1	7	-0,237	0,539	0,008	0,017	0,033	0,016589	0,254	0

**Table 6.1: Scales built from tbuch\_items.**

Scale	Scale-Label	Contributing items	
rse	Rosenberg self-esteem scale	rse_01	On the whole, I am satisfied with myself.
		rse_02 (reversed)	At times I think I am no good at all.
		rse_03	I feel that I have a number of good qualities.
		rse_04	I am able to do things as well as most other people.
		rse_05 (reversed)	I feel I do not have much to be proud of.
		rse_06 (reversed)	I certainly feel useless at times.
		rse_07	I feel that I'm a person of worth, at least on an equal plane with others.
		rse_08 (reversed)	I wish I could have more respect for myself.
		rse_09 (reversed)	All in all, I am inclined to feel that I am a failure.
		rse_10	I take a positive attitude toward myself.
bfi_e1	BFI extraversion	bfi_01	bfi_outgoing, sociable
		bfi_07 (reversed)	bfi_quiet
		bfi_11	bfi_energy
		bfi_13	bfi_assertive
		bfi_20 (reversed)	bfi_reserved
		bfi_26	bfi_enthusiasm
		bfi_32 (reversed)	bfi_shy
		bfi_37	bfi_talkative
bfi_n1	BFI neuroticism	bfi_05	bfi_worries
		bfi_10 (reversed)	bfi_relaxed
		bfi_18	bfi_nervous
		bfi_24 (reversed)	bfi_calm
		bfi_29	bfi_depressed
		bfi_35 (reversed)	bfi_emotionally stable
		bfi_40	bfi_tense
bfi_o1	BFI openness	bfi_03	bfi_values artistic experiences



		bfi_06	bfi_inventive
		bfi_12 (reversed)	bfi_routine
		bfi_15 (reversed)	bfi_artistic interests
		bfi_19	bfi_active imagination
		bfi_23	bfi_sophisticated in art
		bfi_25	bfi_play with ideas
		bfi_30	bfi_ingenious
		bfi_36	bfi_curious
		bfi_41	bfi_original
bfi_c1	BFI conscientiousness	bfi_04	bfi_thorough
		bfi_09 (reversed)	bfi_lazy
		bfi_16	bfi_reliable
		bfi_22 (reversed)	bfi_distracted
		bfi_28	bfi_perseveres
		bfi_31	bfi_follows plans
		bfi_34 (reversed)	bfi_careless
		bfi_38	bfi_helpful
bfi_a1	BFI agreeableness	bfi_02	bfi_considerate
		bfi_08 (reversed)	bfi_rude
		bfi_14	bfi_forgiving
		bfi_17 (reversed)	bfi_others faults
		bfi_21 (reversed)	bfi_quarrels
		bfi_27	bfi_trusting
		bfi_33 (reversed)	bfi_cold
		bfi_38	bfi_helpful
bfi_e1	BFI retest extraversion	bfi_01	bfi_outgoing, sociable
		bfi_07 (reversed)	bfi_quiet
		bfi_11	bfi_energy

		bfir_13	bfi_assertive
		bfir_20 (reversed)	bfi_reserved
		bfir_26	bfi_enthusiasm
		bfir_32 (reversed)	bfi_shy
		bfir_37	bfi_talkative
bfir_n1	BFI retest neuroticism	bfir_05	bfi_worries
		bfir_10 (reversed)	bfi_relaxed
		bfir_18	bfi_nervous
		bfir_24 (reversed)	bfi_calm
		bfir_29	bfi_depressed
		bfir_35 (reversed)	bfi_emotionally stable
		bfir_40	bfi_tense
bfir_o1	BFI retest openness	bfir_03	bfi_values artistic experiences
		bfir_06	bfi_inventive
		bfir_12 (reversed)	bfi_routine
		bfir_15 (reversed)	bfi_artistic interests
		bfir_19	bfi_active imagination
		bfir_23	bfi_sophisticated in art
		bfir_25	bfi_play with ideas
		bfir_30	bfi_ingenious
		bfir_36	bfi_curious
		bfir_41	bfi_original
bfir_c1	BFI retest conscientiousness	bfir_04	bfi_thorough
		bfir_09 (reversed)	bfi_lazy
		bfir_16	bfi_reliable
		bfir_22 (reversed)	bfi_distracted
		bfir_28	bfi_perseveres
		bfir_31	bfi_follows plans

		bfir_34 (reversed)	bfi_careless
		bfir_38	bfi_helpful
bfir_a1	BFI retest agreeableness	bfir_02	bfi_considerate
		bfir_08 (reversed)	bfi_rude
		bfir_14	bfi_forgiving
		bfir_17 (reversed)	bfi_others faults
		bfir_21 (reversed)	bfi_quarrels
		bfir_27	bfi_trusting
		bfir_33 (reversed)	bfi_cold
		bfir_38	bfi_helpful
		firi_e1	FIRNI extraversion
firi_e6_02	firi_e2_be alone		
firi_e6_03	firi_e3_many people		
firi_e6_04	firi_e4_background		
firi_e6_05	firi_e5_talking		
firi_e6_06	firi_e6_do alone		
firi_e6_07	firi_e7_new people		
firi_e6_08	firi_e8_exhausting		
firi_e6_09	firi_e9_people around		
firi_e6_10	firi_e10_enthusiastic		
firi_n1	FIRNI neuroticism		
		firi_n6_02	firi_n2_talk badly
		firi_n6_03	firi_n3_deserve acceptance
		firi_n6_04	firi_n4_stability relationship
		firi_n6_05	firi_n5_not call
		firi_n6_06	firi_n6_question relationship
		firi_n6_07	firi_n7_behaves strangely
		firi_n6_08	firi_n8_do not like me

		firni_n6_09	firni_n9_enough attention
		firni_n6_10	firni_n10_rejection
firni_o1	FIRNI openness	firni_o6_01	firni_o1_solve problems
		firni_o6_02	firni_o2_thinking fun
		firni_o6_03	firni_o3_future
		firni_o6_04	firni_o4_do not think
		firni_o6_05	firni_o5_complex issues
		firni_o6_06	firni_o6_thought experiments
		firni_o6_07	firni_o7_mental activity
		firni_o6_08	firni_o8_daily things
		firni_o6_09	firni_o9_intellectually challenged
		firni_o6_10	firni_o10_unconventional ideas
firni_c1	FIRNI conscientiousness	firni_c6_01	firni_c1_easily distracted
		firni_c6_02	firni_c2_achieve plan
		firni_c6_03	firni_c3_give up
		firni_c6_04	firni_c4_long time
		firni_c6_05	firni_c5_end plans
		firni_c6_06	firni_c6_short-term needs
		firni_c6_07	firni_c7_without trying
		firni_c6_08	firni_c8_persistently
		firni_c6_09	firni_c9_momentary concerns
		firni_c6_10	firni_c10_stick to plans
firni_a1	FIRNI agreeableness	firni_a6_01	firni_a1_share-competes
		firni_a6_02	firni_a2_well-being
		firni_a6_03	firni_a3_own interests
		firni_a6_04	firni_a4_disadvantages
		firni_a6_05	firni_a5_generous
		firni_a6_06	firni_a6_maximum

		firni_a6_07	firni_a7_get more
		firni_a6_08	firni_a8_favor
		firni_a6_09	firni_a9_problems
		firni_a6_10	firni_a10_expense of others
firni_er1	FIRNI retest extraversion	firni_er_01	firni_e1_energy
		firni_er_02	firni_e2_be alone
		firni_er_03	firni_e3_many people
		firni_er_04	firni_e4_background
		firni_er_05	firni_e5_talking
		firni_er_06	firni_e6_do alone
		firni_er_07	firni_e7_new people
		firni_er_08	firni_e8_exhausting
		firni_er_09	firni_e9_people around
		firni_er_10	firni_e10_enthusiastic
firni_nr1	FIRNI retest neuroticism	firni_nr_01	firni_n1_seldom fear
		firni_nr_02	firni_n2_talk badly
		firni_nr_03	firni_n3_deserve acceptance
		firni_nr_04	firni_n4_stability relationship
		firni_nr_05	firni_n5_not call
		firni_nr_06	firni_n6_question relationship
		firni_nr_07	firni_n7_behaves strangely
		firni_nr_08	firni_n8_do not like me
		firni_nr_09	firni_n9_enough attention
		firni_nr_10	firni_n10_rejection
firni_or1	FIRNI retest openness	firni_or_01	firni_o1_solve problems
		firni_or_02	firni_o2_thinking fun
		firni_or_03	firni_o3_future
		firni_or_04	firni_o4_do not think

		firni_or_05	firni_o5_complex issues
		firni_or_06	firni_o6_thought experiments
		firni_or_07	firni_o7_mental activity
		firni_or_08	firni_o8_daily things
		firni_or_09	firni_o9_intellectually challenged
		firni_or_10	firni_o10_unconventional ideas
firni_cr1	FIRNI retest conscientiousness	firni_cr_01	firni_c1_easily distracted
		firni_cr_02	firni_c2_achieve plan
		firni_cr_03	firni_c3_give up
		firni_cr_04	firni_c4_long time
		firni_cr_05	firni_c5_end plans
		firni_cr_06	firni_c6_short-term needs
		firni_cr_07	firni_c7_without trying
		firni_cr_08	firni_c8_persistently
		firni_cr_09	firni_c9_momentary concerns
		firni_cr_10	firni_c10_stick to plans
firni_ar1	FIRNI retest agreeableness	firni_ar_01	firni_a1_share-competete
		firni_ar_02	firni_a2_well-being
		firni_ar_03	firni_a3_own interests
		firni_ar_04	firni_a4_disadvanteges
		firni_ar_05	firni_a5_generous
		firni_ar_06	firni_a6_maximum
		firni_ar_07	firni_a7_get more
		firni_ar_08	firni_a8_favor
		firni_ar_09	firni_a9_problems
		firni_ar_10	firni_a10_expense of others
fai_qual	Quality of relationship with family member (aggregated across 5 items)	fai_exch	identified family member - communication quality.
		fai_acpt	identified family member - felt acceptance.

		fai_supr	identified family member - emotional support.
		fai_ustd	identified family member - felt understanding.
		fai_clos	identified family member - closeness.
fai_con	Conflict with family member (aggregated across 8 sources)	fai_xxfi	identified family member - conflicts about financial issues (frequency/month).
		fai_xxco	identified family member - conflicts about communication style (frequency/month).
		fai_xxac	identified family member - conflicts about planning joint activities (frequency/month).
		fai_xxli	identified family member - conflicts about life planning (frequency/month).
		fai_xxem	identified family member - conflicts about lack of emotional support (frequency/month).
		fai_xxop	identified family member - conflicts about different opinions (frequency/month).
		fai_xx3p	identified family member - conflicts about 3rd persons (frequency/month).
		fai_xxre	identified family member - conflicts about miscellaneous issues (frequency/month).
fri_qual	Quality of relationship with friend (aggregated across 5 items)	fri_exch	identified friend - communication quality.
		fri_acpt	identified friend - felt acceptance.
		fri_supr	identified friend - emotional support.
		fri_ustd	identified friend - felt understanding.
		fri_clos	identified friend - closeness.
fri_con	Conflict with friend (aggregated across 8 sources)	fri_xxfi	identified friend - conflicts about financial issues (frequency/month).
		fri_xxco	identified friend - conflicts about communication style (frequency/month).
		fri_xxac	identified friend - conflicts about planning joint activities (frequency/month).
		fri_xxli	identified friend - conflicts about life planning (frequency/month).
		fri_xxem	identified friend - conflicts about lack of emotional support (frequency/month).
		fri_xxop	identified friend - conflicts about different opinions (frequency/month).
		fri_xx3p	identified friend - conflicts about 3rd persons (frequency/month).
		fri_xxre	identified friend - conflicts about miscellaneous issues (frequency/month).
par_qual	Quality of relationship with partner (aggregated across 5 items)	par_exch	Partner communication quality.
		par_acpt	Partner felt acceptance.
		par_supr	Partner emotional support.
		par_ustd	Partner felt understanding.

		par_clos	Partner closeness.
par_con8	Conflict with partner (aggregated across 8 sources - without jealousy and children)	par_xxfi	Partner conflicts about financial issues (frequency/month).
		par_xxco	Partner conflicts about communication style (frequency/month).
		par_xxac	Partner conflicts about planning joint activities (frequency/month).
		par_xxli	Partner conflicts about life planning (frequency/month).
		par_xxem	Partner conflicts about lack of emotional support (frequency/month).
		par_xxop	Partner conflicts about different opinions (frequency/month).
		par_xx3p	Partner conflicts about 3rd persons (frequency/month).
		par_xxre	Partner conflicts about miscellaneous issues (frequency/month).
par_con9	Conflict with partner (aggregated across 9 sources - with jealousy, without children)	par_xxfi	Partner conflicts about financial issues (frequency/month).
		par_xxco	Partner conflicts about communication style (frequency/month).
		par_xxac	Partner conflicts about planning joint activities (frequency/month).
		par_xxli	Partner conflicts about life planning (frequency/month).
		par_xxem	Partner conflicts about lack of emotional support (frequency/month).
		par_xxop	Partner conflicts about different opinions (frequency/month).
		par_xx3p	Partner conflicts about 3rd persons (frequency/month).
		par_xxre	Partner conflicts about miscellaneous issues (frequency/month).
		par_xxje	Partner conflicts about jealousy (frequency/month).



Table 6.2: Descriptive Statistics of the Scales built from tbuch-items.

		Descriptive Statistics									Standard Error			Significance of Skewness		
Scale	Scale-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
rse	Rosenberg self-esteem scale	2888	3,554	3,700	0,774	0,880	1,000	5,000	-0,471	-0,567	0,016	0,046	0,091	0,045557	0,516	0
bfi_e1	BFI extraversion	2789	3,360	3,375	0,662	0,814	1,000	5,000	-0,282	-0,511	0,015	0,046	0,093	0,046357	0,328	0
bfi_n1	BFI neuroticism	2789	3,157	3,143	0,572	0,756	1,000	5,000	-0,077	-0,490	0,014	0,046	0,093	0,046357	0,124	0
bfi_o1	BFI openness	2789	3,826	3,900	0,373	0,610	1,600	5,000	-0,451	-0,030	0,012	0,046	0,093	0,046357	0,498	0
bfi_c1	BFI conscientiousness	2789	3,401	3,444	0,437	0,661	1,111	5,000	-0,262	-0,154	0,013	0,046	0,093	0,046357	0,308	0
bfi_a1	BFI agreeableness	2789	3,516	3,500	0,346	0,589	1,125	5,000	-0,327	0,124	0,011	0,046	0,093	0,046357	0,373	0

bfi_e1_z	BFI extraversion normed z-score	2789	-0,218	-0,195	1,616	1,271	-3,906	2,344	-0,282	-0,511	0,024	0,046	0,093	0,046357	0,328	0
bfi_n1_z	BFI neuroticism normed z-score	2789	0,927	0,903	1,643	1,282	-2,729	4,051	-0,077	-0,490	0,024	0,046	0,093	0,046357	0,124	0
bfi_o1_z	BFI openness normed z-score	2789	0,603	0,741	1,278	1,130	-3,519	2,778	-0,451	-0,030	0,021	0,046	0,093	0,046357	0,498	0
bfi_c1_z	BFI conscientiousness normed z-score	2789	-0,739	-0,651	1,750	1,323	-5,318	2,460	-0,262	-0,154	0,025	0,046	0,093	0,046357	0,308	0
bfi_a1_z	BFI agreeableness normed z-score	2789	-0,335	-0,367	1,443	1,201	-5,214	2,694	-0,327	0,124	0,023	0,046	0,093	0,046357	0,373	0
bfir_e1	BFI retest extraversion	835	3,339	3,375	0,685	0,828	1,000	5,000	-0,180	-0,680	0,029	0,085	0,169	0,084616	0,264	0
bfir_n1	BFI retest neuroticism	835	3,146	3,143	0,589	0,767	1,000	5,000	-0,106	-0,383	0,027	0,085	0,169	0,084616	0,190	0
bfir_o1	BFI retest openness	835	3,768	3,800	0,398	0,630	1,500	5,000	-0,476	0,145	0,022	0,085	0,169	0,084616	0,561	0

bfir_c 1	BFI retest conscientiousness	835	3,527	3,556	0,396	0,630	1,444	5,000	-0,142	-0,315	0,022	0,085	0,169	0,084616	0,227	0
bfir_a 1	BFI retest agreeableness	835	3,554	3,625	0,327	0,572	1,500	4,875	-0,165	-0,213	0,020	0,085	0,169	0,084616	0,250	0
bfir_e 1_z	BFI retest extraversion normed z-score	835	-0,252	-0,195	1,672	1,293	-3,906	2,344	-0,180	-0,680	0,045	0,085	0,169	0,084616	0,264	0
bfir_n 1_z	BFI retest neuroticism normed z-score	835	0,909	0,903	1,691	1,300	-2,729	4,051	-0,106	-0,383	0,045	0,085	0,169	0,084616	0,190	0
bfir_o 1_z	BFI retest openness normed z-score	835	0,496	0,556	1,363	1,168	-3,704	2,778	-0,476	0,145	0,040	0,085	0,169	0,084616	0,561	0
bfir_c 1_z	BFI retest conscientiousness normed z-score	835	-0,487	-0,429	1,586	1,259	-4,651	2,460	-0,142	-0,315	0,044	0,085	0,169	0,084616	0,227	0
bfir_a 1_z	BFI retest agreeableness normed z-score	835	-0,237	-0,092	1,363	1,167	-4,429	2,459	-0,165	-0,213	0,040	0,085	0,169	0,084616	0,250	0
firni_e 1	FIRNI extraversion	2866	3,308	3,400	0,511	0,715	1,000	5,000	-0,363	-0,121	0,013	0,046	0,091	0,045731	0,408	0

firni_n 1	FIRNI neuroticism	2866	2,944	2,900	0,496	0,704	1,000	5,000	0,198	-0,183	0,013	0,046	0,091	0,045731	-0,152	1
firni_o 1	FIRNI openness	2866	3,756	3,800	0,380	0,616	1,500	5,000	-0,296	-0,212	0,012	0,046	0,091	0,045731	0,341	0
firni_c 1	FIRNI conscientiousness	2866	3,240	3,300	0,532	0,729	1,000	5,000	-0,161	-0,354	0,014	0,046	0,091	0,045731	0,207	0
firni_a 1	FIRNI agreeableness	2866	3,607	3,600	0,332	0,576	1,000	5,000	-0,406	0,441	0,011	0,046	0,091	0,045731	0,452	0
firni_e 1_z	FIRNI extraversion normed z-score	2866	-0,002	0,114	0,818	0,905	-2,924	2,139	-0,363	-0,121	0,017	0,046	0,091	0,045731	0,408	0
firni_n 1_z	FIRNI neuroticism normed z-score	2866	0,106	0,043	1,012	1,006	-2,671	3,043	0,198	-0,183	0,019	0,046	0,091	0,045731	-0,152	1
firni_o 1_z	FIRNI openness normed z-score	2866	0,112	0,176	0,821	0,906	-3,206	1,941	-0,296	-0,212	0,017	0,046	0,091	0,045731	0,341	0
firni_c 1_z	FIRNI conscientiousness normed z-score	2866	-0,042	0,043	1,086	1,042	-3,243	2,471	-0,161	-0,354	0,019	0,046	0,091	0,045731	0,207	0

firni_a 1_z	FIRNI agreeableness normed z-score	2866	0,118	0,108	0,785	0,886	-3,892	2,262	-0,406	0,441	0,017	0,046	0,091	0,045731	0,452	0
firni_e r1	FIRNI retest extraversion	855	3,279	3,300	0,573	0,757	1,000	5,000	-0,328	-0,089	0,026	0,084	0,167	0,083624	0,412	0
firni_n r1	FIRNI retest neuroticism	855	2,901	2,900	0,599	0,774	1,000	5,000	0,259	-0,294	0,026	0,084	0,167	0,083624	-0,175	1
firni_o r1	FIRNI retest openness	855	3,809	3,800	0,413	0,643	1,500	5,000	-0,448	0,047	0,022	0,084	0,167	0,083624	0,532	0
firni_c r1	FIRNI retest conscientiousness	855	3,285	3,300	0,542	0,736	1,000	5,000	-0,212	-0,341	0,025	0,084	0,167	0,083624	0,295	0
firni_a r1	FIRNI retest agreeableness	855	3,629	3,600	0,346	0,588	1,100	5,000	-0,407	0,740	0,020	0,084	0,167	0,083624	0,491	0
firni_e r1_z	FIRNI retest extraversion normed z- score	855	-0,039	-0,013	0,918	0,958	-2,924	2,139	-0,328	-0,089	0,033	0,084	0,167	0,083624	0,412	0
firni_n r1_z	FIRNI retest neuroticism normed z- score	855	0,045	0,043	1,222	1,105	-2,671	3,043	0,259	-0,294	0,038	0,084	0,167	0,083624	-0,175	1

firni_or1_z	FIRNI retest openness normed z-score	855	0,190	0,176	0,894	0,945	-3,206	1,941	-0,448	0,047	0,032	0,084	0,167	0,083624	0,532	0
firni_cr1_z	FIRNI retest conscientiousness normed z-score	855	0,022	0,043	1,106	1,052	-3,243	2,471	-0,212	-0,341	0,036	0,084	0,167	0,083624	0,295	0
firni_ar1_z	FIRNI retest agreeableness normed z-score	855	0,152	0,108	0,819	0,905	-3,738	2,262	-0,407	0,740	0,031	0,084	0,167	0,083624	0,491	0
fai_freq	identified family member - contact frequency	2768	3,870	4,000	1,303	1,141	1,000	5,000	-0,866	-0,099	0,022	0,047	0,093	0,046533	0,912	0
fai_qual	Quality of relationship with family member (aggregated across 5 items)	2768	3,903	4,000	0,730	0,855	1,000	5,000	-0,825	0,330	0,016	0,047	0,093	0,046533	0,871	0
fai_con	Conflict with family member (aggregated across 8 sources)	2768	1,146	0,625	2,013	1,419	0,000	11,000	2,571	9,058	0,027	0,047	0,093	0,046533	-2,525	1
fri_freq	identified friend - contact frequency	2768	3,589	4,000	1,277	1,130	1,000	5,000	-0,728	-0,254	0,021	0,047	0,093	0,046533	0,774	0
fri_qual	Quality of relationship with friend (aggregated across 5 items)	2768	4,315	4,400	0,404	0,636	1,000	5,000	-1,276	2,221	0,012	0,047	0,093	0,046533	1,322	0

fri_con	Conflict with friend (aggregated across 8 sources)	2768	0,627	0,250	1,039	1,019	0,000	11,000	3,803	20,924	0,019	0,047	0,093	0,046533	-3,757	1
par_freq	Partner contact frequency	1505	4,549	5,000	0,680	0,825	1,000	5,000	-2,311	5,687	0,021	0,063	0,126	0,063078	2,375	0
par_qual	Quality of relationship with partner (aggregated across 5 items)	1505	4,269	4,400	0,523	0,723	1,000	5,000	-1,342	1,675	0,019	0,063	0,126	0,063078	1,405	0
par_con8	Conflict with partner (aggregated across 8 sources - without jealousy and children )	1505	1,670	1,125	2,423	1,557	0,000	10,875	1,709	3,283	0,040	0,063	0,126	0,063078	-1,646	1
par_con9	Conflict with partner (aggregated across 9 sources - with jealousy, without children )	1505	1,619	1,111	2,251	1,500	0,000	10,889	1,728	3,449	0,039	0,063	0,126	0,063078	-1,665	1

**Table 6.3: Reliabilities of Scales built from tbuch\_items.**

Scale	Reliability	Scale	Reliability	Scale	Reliability
Quality of relationship with partner (aggregated across 5 items)	0,855	Quality of relationship with family member (aggregated across 5 items)	0,860	Quality of relationship with friend (aggregated across 5 items)	0,834
Conflict with partner (aggregated across 8 sources - without jealousy and children )	0,795	Conflict with family member (aggregated across 8 sources)	0,830	Conflict with friend (aggregated across 8 sources)	0,847
Conflict with partner (aggregated across 9 sources - with jealousy, without children )	0,802	Rosenberg self-esteem scale	0,924		

**Table 6.4: Reliabilities and Retest-Reliabilities of the personality factors.**

Big Five Factor	Reliability				Retest Reliability	
	BFI	BFI retest	FIRNI	FIRNI retest	BFI	FIRNI
Extraversion	0,897	0,900	0,885	0,896	0,931	0,905
Neuroticism	0,842	0,839	0,824	0,863	0,864	0,851
Openness	0,833	0,838	0,807	0,827	0,880	0,844
Conscientiousness	0,842	0,823	0,887	0,898	0,878	0,866
Agreeableness	0,735	0,722	0,798	0,812	0,835	0,822



**Table 6.5: Means and Standard Deviations of the original BFI from a sample of 132,515 American or Canadian participants.**

Big Five Inventory - BFI			American/Canadian Norms
Big Five Factor	Mean	SD	Srivastava, S., John, O. P., Gosling, S. D., & Potter, J. (2003). Development of personality in early and middle adulthood: Set like plaster or persistent change? <i>Journal of Personality and Social Psychology</i> , 84, 1041-1053.
Extraversion	3,18	1,90	
Neuroticism	3,04	1,88	
Openness	3,98	1,66	
Conscientiousness	3,55	1,73	
Agreeableness	3,66	1,72	

**Table 6.6: Means and Standard Deviations of the German BFI from a sample of 480 German-speaking participants.**

Big Five Inventory - BFI			German Norms
Big Five Factor	Mean	SD	Lang, F.R., Lüdtkke, O. & Asendorpf, J.B. (2001). Testgüte und psychometrische Äquivalenz der deutschen Version des Big Five Inventory (BFI) bei jungen, mittelalten und alten Erwachsenen. <i>Diagnostica</i> , 47, 111-121.
Extraversion	3,50	0,64	
Neuroticism	2,61	0,59	
Openness	3,50	0,54	
Conscientiousness	3,77	0,50	
Agreeableness	3,67	0,49	

**Table 6.7: Means and Standard Deviations of the German FIRNI from a sample of 5759 German-speaking participants.**

Five Individual Reaction Norms Inventory - FIRNI			German Norms
Big Five Factor	Mean	SD	<a href="http://www.psychologie.hu-berlin.de/prof/ent/entw_pers/downloadentwper/firni/firni_norms">http://www.psychologie.hu-berlin.de/prof/ent/entw_pers/downloadentwper/firni/firni_norms</a>
Extraversion	3,31	0,79	
Neuroticism	2,87	0,70	
Openness	3,68	0,68	
Conscientiousness	3,27	0,70	
Agreeableness	3,53	0,65	

**Table 7.1: Scales built from `tbuch_days_items`.**

Scale	Scale-Label	Contributing items	
emo_plde	pleasant/deactivated - mean of emotions 1 to 3	emo_1	emotion "gelassen" (at ease)
		emo_2	emotion "ruhig" (calm)
		emo_3	emotion "entspannt" (relaxed)
emo_upde	unpleasant/deactivated - mean of emotions 4 to 6	emo_4	emotion "dösig" (drowsy)
		emo_5	emotion "träge" (sluggish)
		emo_6	emotion "müde" (tired)
emo_pl	pleasant - mean of emotions 7 to 8	emo_7	emotion "zufrieden" (content)
		emo_8	emotion "erfreut" (pleased)
emo_ac	activated - mean of emotions 10 to 12	emo_10	emotion "hellwach" (alert)
		emo_11	emotion "erregt" (aroused)
		emo_12	emotion "hyperaktiv" (hyperactivated)
emo_up	unpleasant - mean of emotions 13 to 15	emo_13	emotion "elend" (miserable)
		emo_14	emotion "sorgenvoll" (troubled)
		emo_15	emotion "unglücklich" (unhappy)
emo_de	deactivated - mean of emotions 16 to 18	emo_16	emotion "schläfrig" (sleepy)
		emo_17	emotion "gleichmütig" (quiet)
		emo_18	emotion "unbewegt" (still)
panas_p	positive affect - mean of emotions 10, 29 and 31 to 38	emo_10	emotion "hellwach" (alert)
		emo_29	emotion "aktiv" (active)
		emo_31	emotion "aufmerksam" (attentive)
		emo_32	emotion "entschlossen" (determined)
		emo_33	emotion "begeistert" (enthusiastic)
		emo_34	emotion "erwartungsvoll" (excited)
		emo_35	emotion "angeregt" (inspired)
		emo_36	emotion "interessiert" (interested)
emo_37	emotion "stolz" (proud)		

		emo_38	emotion "stark" (strong)
panas_n	negative affect - mean of emotions 19 to 28	emo_19	emotion "ängstlich" (afraid)
		emo_20	emotion "beschämt" (ashamed)
		emo_21	emotion "bedrückt" (distressed)
		emo_22	emotion "schuldig" (guilty)
		emo_23	emotion "feindselig" (hostile)
		emo_24	emotion "reizbar" (irritable)
		emo_25	emotion "unruhig" (jittery)
		emo_26	emotion "nervös" (nervous)
		emo_27	emotion "verängstigt" (scared)
		emo_28	emotion "verärgert" (upset)
		es_plac	emotion scale pleasant/activated - mean of emo_pl, emo_ac, panas_p
emo_8	emotion "erfreut" (pleased)		
emo_10	emotion "hellwach" (alert)		
emo_11	emotion "erregt" (aroused)		
emo_12	emotion "hyperaktiv" (hyperactivated)		
emo_29	emotion "aktiv" (active)		
emo_31	emotion "aufmerksam" (attentive)		
emo_32	emotion "entschlossen" (determined)		
emo_33	emotion "begeistert" (enthusiastic)		
emo_34	emotion "erwartungsvoll" (excited)		
emo_35	emotion "angeregt" (inspired)		
emo_36	emotion "interessiert" (interested)		
emo_37	emotion "stolz" (proud)		
emo_38	emotion "stark" (strong)		
es_upac	emotion scale unpleasant/activated - mean of emo_plder, emo_up, panas_n	emo_1 (reversed)	emotion "gelassen" (at ease)
		emo_2 (reversed)	emotion "ruhig" (calm)
		emo_3 (reversed)	emotion "entspannt" (relaxed)

		emo_13	emotion "elend" (miserable)
		emo_14	emotion "sorgenvoll" (troubled)
		emo_15	emotion "unglücklich" (unhappy)
		emo_19	emotion "ängstlich" (afraid)
		emo_20	emotion "beschämt" (ashamed)
		emo_21	emotion "bedrückt" (distressed)
		emo_22	emotion "schuldig" (guilty)
		emo_23	emotion "feindselig" (hostile)
		emo_24	emotion "reizbar" (irritable)
		emo_25	emotion "unruhig" (jittery)
		emo_26	emotion "nervös" (nervous)
		emo_27	emotion "verängstigt" (scared)
		emo_28	emotion "verärgert" (upset)
es_upde	emotion scale unpleasant/deactivated - mean of emo_upde, emo_de	emo_4	emotion "dösig" (drowsy)
		emo_5	emotion "träge" (sluggish)
		emo_6	emotion "müde" (tired)
		emo_16	emotion "schläfrig" (sleepy)
		emo_17	emotion "gleichmütig" (quiet)
		emo_18	emotion "unbewegt" (still)
rsse	mean of self-esteem ratings	rsse_01 (reversed)	Today, I am inclined to feel that I am a failure.
		rsse_02	Today, I took a positive attitude toward myself.
		rsse_03	On the whole, I was satisfied with myself today.
		rsse_04 (reversed)	I certainly felt useless today.
day_unu	unusualness of entry day	day_rou (reversed)	rating of routine of entry day
		day_exc	rating of excitement of entry day
go1_t	overall time spent with strategies to achieve goal 1	go1_s1t	time (in hours) spent with strategy 1 to achieve goal 1
		go1_s2t	time (in hours) spent with strategy 2 to achieve goal 1
		go1_s3t	time (in hours) spent with strategy 3 to achieve goal 1

go2_t	overall time spent with strategies to achieve goal 2	go2_s1t	time (in hours) spent with strategy 1 to achieve goal 2
		go2_s2t	time (in hours) spent with strategy 2 to achieve goal 2
		go2_s3t	time (in hours) spent with strategy 3 to achieve goal 2
fai_qua	mean of factors contributing to interaction quality with identified family member	fai_clo	identified family member_closeness of contact
		fai_res	identified family member_being respected in contact
		fai_saf	identified family member_safeness in contact
		fai_lik	identified family member_feeling liked in contact
		fai_int	identified family member_interest in contact
		fai_imp	identified family member_importance of contact
		fai_con	identified family member_contentedness with contact
		fai_agi	identified family member_calmness in contact
fri_qua	mean of factors contributing to interaction quality with identified friend	fri_clo	identified friend_closeness of contact
		fri_res	identified friend_being respected in contact
		fri_saf	identified friend_safeness in contact
		fri_lik	identified friend_feeling liked in contact
		fri_int	identified friend_interest in contact
		fri_imp	identified friend_importance of contact
		fri_con	identified friend_contentedness with contact
		fri_agi	identified friend_calmness in contact
par_qua	mean of factors contributing to interaction quality with partner	par_clo	partner_closeness of contact
		par_res	partner_being respected in contact
		par_saf	partner_safeness in contact
		par_lik	partner_feeling liked in contact
		par_int	partner_interest in contact
		par_imp	partner_importance of contact
		par_con	partner_contentedness with contact
		par_agi	partner_calmness in contact
fai_x8	overall conflicts with identified family member	fai_xfi	identified family member_presence of conflicts about finanziell resources

		fai_xco	identified family member_presence of conflicts because of communication problems
		fai_xac	identified family member_presence of conflicts about activities
		fai_xli	identified family member_presence of conflicts about life plans
		fai_xem	identified family member_presence of conflicts about encouragement
		fai_xop	identified family member_presence of conflicts about opinions
		fai_x3p	identified family member_presence of conflicts about third persons
		fai_xre	identified family member_presence of conflicts about other topics
fri_x8	overall conflicts with identified friend	fri_xfi	identified friend_presence of conflicts about finanziell resources
		fri_xco	identified friend_presence of conflicts because of communication problems
		fri_xac	identified friend_presence of conflicts about activities
		fri_xli	identified friend_presence of conflicts about life plans
		fri_xem	identified friend_presence of conflicts about encouragement
		fri_xop	identified friend_presence of conflicts about opinions
		fri_x3p	identified friend_presence of conflicts about third persons
		fri_xre	identified friend_presence of conflicts about other topics
par_x8	overall conflicts with partner except jealousy and children	par_xfi	partner_presence of conflicts about finanziell resources
		par_xco	partner_presence of conflicts because of communication problems
		par_xac	partner_presence of conflicts about activities
		par_xli	partner_presence of conflicts about life plans
		par_xem	partner_presence of conflicts about encouragement
		par_xop	partner_presence of conflicts about opinions
		par_x3p	partner_presence of conflicts about third persons (except jealousy)
		par_xre	partner_presence of conflicts about other topics
par_x9	overall conflicts with partner except children but including jealousy	par_xfi	partner_presence of conflicts about finanziell resources
		par_xco	partner_presence of conflicts because of communication problems
		par_xac	partner_presence of conflicts about activities
		par_xli	partner_presence of conflicts about life plans
		par_xem	partner_presence of conflicts about encouragement

		par_xop	partner_presence of conflicts about opinions
		par_x3p	partner_presence of conflicts about third persons (except jealousy)
		par_xre	partner_presence of conflicts about other topics
		par_xje	partner_presence of conflicts about jealousy
all_qua	quality of contact with identified persons	fai_clo	identified family member_closeness of contact
		fai_res	identified family member_being respected in contact
		fai_saf	identified family member_safeness in contact
		fai_lik	identified family member_feeling liked in contact
		fai_int	identified family member_interest in contact
		fai_imp	identified family member_importance of contact
		fai_con	identified family member_contentedness with contact
		fai_agi	identified family member_calmness in contact
		fri_clo	identified friend_closeness of contact
		fri_res	identified friend_being respected in contact
		fri_saf	identified friend_safeness in contact
		fri_lik	identified friend_feeling liked in contact
		fri_int	identified friend_interest in contact
		fri_imp	identified friend_importance of contact
		fri_con	identified friend_contentedness with contact
		fri_agi	identified friend_calmness in contact
		par_clo	partner_closeness of contact
		par_res	partner_being respected in contact
		par_saf	partner_safeness in contact
		par_lik	partner_feeling liked in contact
		par_int	partner_interest in contact
		par_imp	partner_importance of contact
		par_con	partner_contentedness with contact
		par_agi	partner_calmness in contact



all_pow	power in contact with identified persons	fai_pow	identified family member_power in contact
		fri_pow	identified friend_power in contact
		par_pow	partner_power in contact
all_x8	conflicts aggregated across 8 sources (without children and jealousy) with identified persons	fai_xfi	identified family member_presence of conflicts about finanziell resources
		fai_xco	identified family member_presence of conflicts because of communication problems
		fai_xac	identified family member_presence of conflicts about activities
		fai_xli	identified family member_presence of conflicts about life plans
		fai_xem	identified family member_presence of conflicts about encouragement
		fai_xop	identified family member_presence of conflicts about opinions
		fai_x3p	identified family member_presence of conflicts about third persons
		fai_xre	identified family member_presence of conflicts about other topics
		fri_xfi	identified friend_presence of conflicts about finanziell resources
		fri_xco	identified friend_presence of conflicts because of communication problems
		fri_xac	identified friend_presence of conflicts about activities
		fri_xli	identified friend_presence of conflicts about life plans
		fri_xem	identified friend_presence of conflicts about encouragement
		fri_xop	identified friend_presence of conflicts about opinions
		fri_x3p	identified friend_presence of conflicts about third persons
		fri_xre	identified friend_presence of conflicts about other topics
		par_xfi	partner_presence of conflicts about finanziell resources
		par_xco	partner_presence of conflicts because of communication problems
		par_xac	partner_presence of conflicts about activities
		par_xli	partner_presence of conflicts about life plans
		par_xem	partner_presence of conflicts about encouragement
		par_xop	partner_presence of conflicts about opinions
		par_x3p	partner_presence of conflicts about third persons (except jealousy)
		par_xre	partner_presence of conflicts about other topics
all_x9	conflicts aggregated across 9 sources (without children) with	fai_xfi	identified family member_presence of conflicts about finanziell resources

identified persons

fai_xco	identified family member_presence of conflicts because of communication problems
fai_xac	identified family member_presence of conflicts about activities
fai_xli	identified family member_presence of conflicts about life plans
fai_xem	identified family member_presence of conflicts about encouragement
fai_xop	identified family member_presence of conflicts about opinions
fai_x3p	identified family member_presence of conflicts about third persons
fai_xre	identified family member_presence of conflicts about other topics
fri_xfi	identified friend_presence of conflicts about finanziell resources
fri_xco	identified friend_presence of conflicts because of communication problems
fri_xac	identified friend_presence of conflicts about activities
fri_xli	identified friend_presence of conflicts about life plans
fri_xem	identified friend_presence of conflicts about encouragement
fri_xop	identified friend_presence of conflicts about opinions
fri_x3p	identified friend_presence of conflicts about third persons
fri_xre	identified friend_presence of conflicts about other topics
par_xfi	partner_presence of conflicts about finanziell resources
par_xco	partner_presence of conflicts because of communication problems
par_xac	partner_presence of conflicts about activities
par_xli	partner_presence of conflicts about life plans
par_xem	partner_presence of conflicts about encouragement
par_xop	partner_presence of conflicts about opinions
par_x3p	partner_presence of conflicts about third persons (except jealousy)
par_xre	partner_presence of conflicts about other topics
par_xje	partner_presence of conflicts about jealousy

Table 7.2: Descriptive Statistics for the Scales built from `tbuch_days_items`.

		Descriptive Statistics									Standard Error			Significance of Skewness		
Scale	Scale-Label	Cases	M	Median	Variance	SD	Min	Max	Skewness	Kurtosis	Mean	Skewness	Kurtosis	Maximum Random Value (MRV)	MRV - Skewness	Sign. y/n
emo_plde	pleasant/deactivated - mean of emotions 1 to 3	28085	2,927	3,000	0,728	0,853	1,000	5,000	-0,086	-0,253	0,005	0,015	0,029	0,014616	0,100	0
emo_upde	unpleasant/deactivated - mean of emotions 4 to 6	28085	2,251	2,000	1,055	1,027	1,000	5,000	0,607	-0,451	0,006	0,015	0,029	0,014616	-0,592	1
emo_pl	pleasant - mean of emotions 7 to 8	28085	3,031	3,000	0,909	0,954	1,000	5,000	-0,121	-0,536	0,006	0,015	0,029	0,014616	0,135	0
emo_ac	activated - mean of emotions 10 to 12	28085	2,132	2,000	0,537	0,733	1,000	5,000	0,607	0,248	0,004	0,015	0,029	0,014616	-0,592	1
emo_up	unpleasant - mean of emotions 13 to 15	28085	2,013	1,667	1,049	1,024	1,000	5,000	0,966	0,081	0,006	0,015	0,029	0,014616	-0,952	1

emo_de	deactivated - mean of emotions 16 to 18	28085	2,213	2,000	0,710	0,843	1,000	5,000	0,479	-0,311	0,005	0,015	0,029	0,014616	-0,464	1
panas_p	positive affect - mean of emotions 10, 29 and 31 to 38	28085	2,848	2,900	0,611	0,782	1,000	5,000	-0,076	-0,340	0,005	0,015	0,029	0,014616	0,091	0
panas_n	negative affect - mean of emotions 19 to 28	28085	1,816	1,600	0,559	0,747	1,000	5,000	1,000	0,401	0,004	0,015	0,029	0,014616	-0,986	1
es_plac	emotion scale pleasant/activated - mean of emo_pl, emo_ac, panas_p	28085	2,670	2,667	0,496	0,704	1,000	5,000	0,047	-0,222	0,004	0,015	0,029	0,014616	-0,033	1
es_upac	emotion scale unpleasant/activated - mean of emo_plder, emo_up, panas_n	28085	2,301	2,156	0,538	0,733	1,000	4,967	0,725	0,042	0,004	0,015	0,029	0,014616	-0,710	1
es_upde	emotion scale unpleasant/deactivated - mean of emo_upde, emo_de	28085	2,232	2,167	0,760	0,872	1,000	5,000	0,570	-0,365	0,005	0,015	0,029	0,014616	-0,555	1
rsse	mean of self-esteem ratings	28085	3,886	4,000	0,771	0,878	1,000	5,000	-0,972	0,595	0,005	0,015	0,029	0,014616	0,987	0

day_u nu	unusualness of entry day	28027	2,863	3,000	0,845	0,919	1,000	5,000	0,118	-0,448	0,005	0,015	0,029	0,014631	-0,104	1
go1_t	overall time spent with strategies to achieve goal 1	25663	2,434	1,000	12,114	3,480	0,000	20,500	2,140	5,036	0,022	0,015	0,031	0,015290	-2,125	1
go2_t	overall time spent with strategies to achieve goal 2	25662	2,281	0,833	11,919	3,452	0,000	20,500	2,310	5,957	0,022	0,015	0,031	0,015290	-2,295	1
fai_qu a	mean of factors contributing to interaction quality with identified family member	17431	3,949	4,000	0,623	0,789	1,000	5,000	-0,488	-0,300	0,006	0,019	0,037	0,018551	0,507	0
fri_qu a	mean of factors contributing to interaction quality with identified friend	14665	3,910	4,000	0,611	0,782	1,000	5,000	-0,470	-0,245	0,006	0,020	0,040	0,020225	0,490	0
par_q ua	mean of factors contributing to interaction quality with partner	14674	3,985	4,125	0,732	0,856	1,000	5,000	-0,751	-0,084	0,007	0,020	0,040	0,020219	0,771	0
fai_x8	overall conflicts with identified family member	17454	0,416	0,000	0,817	0,904	0,000	8,000	2,891	10,103	0,007	0,019	0,037	0,018539	-2,873	1

fri_x8	overall conflicts with identified friend	14680	0,304	0,000	0,669	0,818	0,000	8,000	3,848	19,000	0,007	0,020	0,040	0,020215	-3,827	1
par_x8	overall conflicts with partner except jealousy and children	14689	0,592	0,000	1,192	1,092	0,000	8,000	2,480	7,329	0,009	0,020	0,040	0,020209	-2,460	1
par_x9	overall conflicts with partner except children but including jealousy	14689	0,624	0,000	1,309	1,144	0,000	9,000	2,541	7,961	0,009	0,020	0,040	0,020209	-2,521	1
all_qua	quality of contact with identified persons	25986	3,939	4,000	0,497	0,705	1,000	5,000	-0,437	-0,147	0,004	0,015	0,030	0,015194	0,452	0
all_pow	power in contact with identified persons	25986	3,058	3,000	0,194	0,441	1,000	5,000	0,598	6,576	0,003	0,015	0,030	0,015194	-0,583	1
all_x8	conflicts aggregated across 8 sources (without children and jealousy) with identified persons	26017	0,452	0,000	0,689	0,830	0,000	8,000	2,965	12,498	0,005	0,015	0,030	0,015185	-2,949	1
all_x9	conflicts aggregated across 9 sources (without children) with identified persons	26017	0,461	0,000	0,715	0,845	0,000	9,000	2,996	12,919	0,005	0,015	0,030	0,015185	-2,981	1

**Table 7.3: Reliabilities of Scales built from tbuch\_days\_items.**

Scale	Scale-Label	Reliability	Scale	Scale-Label	Reliability
emo_plde	pleasent/deactivated - mean of emotions 1 to 3	0,747	go1_t	overall time spent with strategies to achieve goal 1	0,585
emo_upde	unpleasent/deactivated - mean of emotions 4 to 6	0,83	go2_t	overall time spent with strategies to achieve goal 2	0,625
emo_pl	pleasent - mean of emotions 7 to 8	0,876	fai_qua	mean of factors contributing to interaction quality with identified family member	0,922
emo_ac	activated - mean of emotions 10 to 12	0,471	fri_qua	mean of factors contributing to interaction quality with identified friend	0,921
emo_up	unpleasent - mean of emotions 13 to 15	0,821	par_qua	mean of factors contributing to interaction quality with partner	0,936
emo_de	deactivated - mean of emotions 16 to 18	0,598	fai_x8	overall conflicts with identified family member	0,594

panas_n	positive affect - mean of emotions 10, 29 and 31 to 38	0,889	fri_x8	overall conflicts with identified friend	0,659
panas_p	negative affect - mean of emotions 19 to 28	0,892	par_x8	overall conflicts with partner except jealousy and children	0,657
es_plac	emotion scale pleasant/activated - mean of emo_pl, emo_ac, panas_p	0,79	par_x9	overall conflicts with partner except children but including jealousy	0,664
es_upac	emotion scale unpleasant/activated - mean of emo_plder, emo_up, panas_n	0,78	all_qua	quality of contact with identified persons	0,484
es_upde	emotion scale unpleasant/deactivated - mean of emo_upde, emo_de	0,851	all_pow	power in contact with identified persons	0,273
rsse	mean of self-esteem ratings	0,875	all_x8	conflicts aggregated across 8 sources (without children and jealousy) with identified persons	0,385
day_unu	unusualness of entry day	0,604	all_x9	conflicts aggregated across 9 sources (without children) with identified persons	0,381



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**Appendix***Use of Scales in Literature*

The scales built from `tbuch_items` and `tbuch_days_items` were used in other studies as well. An assortment of articles in which research using the scales is described as well as articles concerning the validity and reliability of web studies and articles concerning the norms of scales.

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