

V9	V10	LC	QQ1	QQ2
EndDate	Finished	We invite you to participate in a research study... // The purpose of the study is to learn about the effects of the Higher Brain Living™ Program. // We are inviting you to be in this study because...	Are you over 18 years old?	Have you had your first Higher Brain Living session yet?
2/18/14 23:36	1	1	1	1
2/19/14 8:14	1	1	1	1
2/19/14 21:39	1	1	1	1
2/19/14 21:51	1	1	1	1
2/20/14 9:57	1	1	1	1
4/8/14 17:04	1	1	1	1
5/14/14 15:46	1	1	1	1
5/20/14 14:50	1	1	1	1
5/27/14 10:30	1	1	1	1
6/6/14 10:47	1	1	1	1

D

GENDER

AGE

The answers to the questions below will help us better understand the results of these surveys.

Participated Coded #

What is your gender?

What is your age?

3	1	2	43
4	1	2	54
5	1	2	44
6	1	2	38
7	1	2	57
13	1	2	24
17	1	2	42
19	1	2	64
22	1	1	53
23	1	2	60

EDUCATION

MARITAL

INCOME

ETHNICITY

What is the highest level of education you have completed?

What is your marital status?

What was your total household income before taxes in the past 12 months?

Which of the following best describes your racial / or ethnic background?

5
6
7
5
7
5
4
3
3
7

1
5
2
1
2
1
5
5
1
5

5
5
7
5
4
1
3
1
1
6

2
1
4
1
1
1
4
1
6
1

EMPLOYMENT

FS1-8_1

FS1-8_2

FS1-8_3

How many hours per week do you
USUALLY work at your job?

Below are 8 statements with which you
may agree or disagree.Using the scale
below, click the circle...I lead a purposeful
and meaningful life
 /

Below are 8 statements with which you
may agree or disagree.Using the scale
below, click the circle...My social
relationships are supportive and
rewarding
 /

Below are 8 statements with which you
may agree or disagree.Using the scale
below, click the circle...I am engaged and
interested in my daily activities
 /

1
1
3
1
3
2
1
1
2
1

2
7
6
7
4
5
4
6
6
5

3
6
5
7
3
3
2
7
5
5

2
6
5
7
3
1
2
7
5
5

FS1-8_4

Below are 8 statements with which you may agree or disagree.Using the scale below, click the circle...-I actively contribute to the happiness and well-being of others

- 4
- 7
- 7
- 3
- 2
- 6
- 6
- 6

FS1-8_5

Below are 8 statements with which you may agree or disagree.Using the scale below, click the circle...-I am competent and capable in the activities that are important to me

- 4
- 7
- 5
- 6
- 6
- 2
- 7
- 5
- 6
- 6

FS1-8_6

Below are 8 statements with which you may agree or disagree.Using the scale below, click the circle...-I am a good person and live a good life

- 4
- 7
- 6
- 7
- 7
- 3
- 7
- 6
- 7
- 7

FS1-8_7

Below are 8 statements with which you may agree or disagree.Using the scale below, click the circle...-I am optimistic about my future

- 3
- 7
- 6
- 7
- 7
- 5
- 6
- 7
- 5
- 6

FS1-8_8

PMS1-7_1

PMS1-7_2

PMS1-7_3

Below are 8 statements with which you may agree or disagree. Using the scale below, click the circle...-People respect me

How strongly do you agree or disagree that: / / (click the circle to the right of each question to ind...-There is really no way I can solve some of the problems I have.
 /

How strongly do you agree or disagree that: / / (click the circle to the right of each question to ind...-Sometimes I feel that I am being pushed around in life.
 /

How strongly do you agree or disagree that: / / (click the circle to the right of each question to ind...-I have little control over the things that happen to me.
 /

4
7
7
7
7
5
6
7
6
7

3
3
4
1
2
4
2
1
1
2

2
2
3
2
2
3
3
1
3
2

2
2
2
1
1
3
2
1
2
2

PMS1-7_4

How strongly do you agree or disagree that: / / (click the circle to the right of each question to ind...-I can do just about anything I really set my mind to.
/

2
3
2
4
4
1
3
4
3
3

PMS1-7_5

How strongly do you agree or disagree that: / / (click the circle to the right of each question to ind...-I often feel helpless in dealing with the problems of life.
/

3
1
3
1
2
4
2
1
3
2

PMS1-7_6

How strongly do you agree or disagree that: / / (click the circle to the right of each question to ind...-What happens to me in the future mostly depends on me.
/

2
3
4
4
4
3
3
4
3
4

PMS1-7_7

How strongly do you agree or disagree that: / / (click the circle to the right of each question to ind...-There is little I can do to change many of the important things in my life.

3
2
2
1
1
3
2
1
1
1

SH

SH1_1

SH2_1

SH3_1

For each of the following statements
and/or questions, please click the circle at
the point on the s...

In general I consider myself:-

Compared with most of my peers, I
consider myself:-

Some people are generally very happy.
They enjoy life regardless of what is going
on, getting the mo...

1
1
1
1
1
1
1
1
1
1
1

5
6
5
6
6
3
5
6
5
6

3
4
5
6
7
4
5
6
5
6

3
6
3
7
6
1
6
7
4
4

SH4_1

AS1-/DS1-4_1

AS1-/DS1-4_2

AS1-/DS1-4_3

In the past week, on how many days did
Some people are generally not very happy.
Although they are not depressed, they
never seem as happy...-

2
3
4
1
2
5
2
1
5
5

In the past week, on how many days did
you... / / (click the circle to the right of
each question to...-feel tense or keyed
up
 /

2
2
4
2
3
3
1
2
1

In the past week, on how many days did
you... / / (click the circle to the right of
each question to...-worry
 /

1
1
4
2
1
4
2
1
2
1

3
2
4
2
2
4
2
1
2
1

AS1-/DS1-4_4

In the past week, on how many days did you... / / (click the circle to the right of each question to...-feel nervous or shaky inside
 /

2
1
4
2
2
4
2
1
2
1

AS1-/DS1-4_5

In the past week, on how many days did you... / / (click the circle to the right of each question to...-lack enthusiasm for doing anything
 /

2
1
2
1
1
4
2
2
1
1

AS1-/DS1-4_6

In the past week, on how many days did you... / / (click the circle to the right of each question to...-feel bored or have little interest in things
 /

2
1
2
1
1
4
2
1
1
1

AS1-/DS1-4_7

In the past week, on how many days did you... / / (click the circle to the right of each question to...-feel downhearted or blue
 /

2
2
2
2
2
2
1
1
2
1

AS1-/DS1-4_8

GOALS1

GOALS2-4_1

GOALS2-4_2

In the past week, on how many days did you... / / (click the circle to the right of each question to...-feel slowed down or low in energy

I have goals that are important for me.

The four questions below are about goals that are important to you. / (click the circle to the right o...-I believe that I am able to achieve them.
 /

The four questions below are about goals that are important to you. / (click the circle to the right o...-I am actively working to achieving them.
 /

3
2
4
2
1
4
2
2
1
1

2
1
1
1
1
1
2
1
1

4
3
4
4
2
3
3
4

4
3
3
2
3
3
3

GOALS2-4_3

The four questions below are about goals that are important to you. / (click the circle to the right o...I am making significant progress toward achieving them.
 /

GOALS2-4_4

The four questions below are about goals that are important to you. / (click the circle to the right o...I am achieving them.

3	2
3	3
2	2
2	2
2	1
3	2
2	3
3	2