

**HBL Codebook**  
**David Seagull**

**EMAIL**

(Required text input)

Email (required)

We must have a valid email so we can contact you for the second and third surveys and correlate your answers. It will be kept confidential and deleted at the end of the data collection period.

**FNAME, PHONE**

Telephone # (Text Input)      8 NA  
First Name (Text Input)      8 NA

If you would like, please provide your first name and a telephone number so we may contact you to remind you about the second and third surveys, or if there is a problem contacting you by email.

(This information will be kept confidential and deleted at the end of the data collection period.)

First Name (optional) \_\_\_\_\_  
Phone Number (optional) \_\_\_\_\_

**GENDER** What is your gender? (Nominal)

1 – Male                              8 NA  
2 - Female

**AGE** What is your age? (Ratio)

(Text input)                              8 NA

**EDUCATION** What is the highest level of education you have completed? (Ordinal)

1 – Less than High School graduation/GED      8 NA  
2 – High School graduate/GED  
3 – Some College, no degree  
4 – Associates degree  
5 – Bachelors degree  
6 – Ph. D.  
7 – Graduate or professional degree

**MARITAL** What is your marital status? (Nominal)

- 1 – Single (never married) 8 NA
- 2 – Married
- 3 – Separated
- 4 – Widowed
- 5 – Divorced

**INCOME** What was your total household income before taxes in the past 12 months? (Ordinal)

- 1 – Less than \$25,000 8 NA
- 2 – \$25,000 to \$34,999
- 3 – \$35,000 to \$49,999
- 4 – \$50,000 to \$74,999
- 5 – \$75,000 to \$99,999
- 6 – \$100,000 to \$149,999
- 7 – \$150,000 or more

**ETHNICITY** What is your ethnicity? (Nominal)

- 1 – White 8 NA
- 2 – African American
- 3 – Asian
- 4 – Hispanic
- 5 – Pacific Islander
- 6 – Other

**EMPLOYMENT** How many hours per week do you USUALLY work at your job? (Ordinal)

- 1 – 35 hours a week or more 8 NA
- 2 – Less than 35 hours a week
- 3 – I am not currently working

All of the rest of the questions are of Ordinal level of measurement except where otherwise noted.

## Flourishing Scale

### FS1-8

Below are 8 statements with which you may agree or disagree.

Using the scale to the right of each question, click the circle that best indicates your agreement with each item.

- |                              |      |
|------------------------------|------|
| 1 Strongly disagree          | 8 NA |
| 2 Disagree                   |      |
| 3 Slightly disagree          |      |
| 4 Neither agree nor disagree |      |
| 5 Slightly agree             |      |
| 6 Agree                      |      |
| 7 Strongly agree             |      |

**FS1** - I lead a purposeful and meaningful life

**FS2** - My social relationships are supportive and rewarding

**FS3** - I am engaged and interested in my daily activities

**FS4** - I actively contribute to the happiness and well-being of others

**FS5** - I am competent and capable in the activities that are important to me

**FS6** - I am a good person and live a good life

**FS7** - I am optimistic about my future

**FS8** - People respect me

## Pearlin Mastery Scale

### PMS1-7

- |                     |      |
|---------------------|------|
| 4 strongly agree    | 8 NA |
| 3 agree             |      |
| 2 disagree          |      |
| 1 strongly disagree |      |

How strongly do you agree or disagree that:

(click the circle to the right of each question to indicate your answer)

**PMS1** - No way I can solve some of the problems I have.

**PMS2** - Sometimes I feel that I am being pushed around in life.

**PMS3** - I have little control over the things that happen to me.

**PMS4** - I can do just about anything I really set my mind to.

**PMS5** - I often feel helpless in dealing with the problems of life.

**PMS6** - What happens to me in the future mostly depends on me.

**PMS7** - There is little I can do to change many of the important things in my life.

### **Subjective Happiness Scale (SH)**

For each of the following statements and/or questions, please click the circle at the point on the scale that you feel is most appropriate in describing you.

**SH1** In general, I consider myself:

- |                           |      |
|---------------------------|------|
| 1 not a very happy person | 8 NA |
| 2                         |      |
| 3                         |      |
| 4                         |      |
| 5                         |      |
| 6                         |      |
| 7 a very happy person     |      |

**SH2** Compared with most of my peers, I consider myself:

- |              |      |
|--------------|------|
| 1 less happy | 8 NA |
| 2            |      |
| 3            |      |
| 4            |      |
| 5            |      |
| 6            |      |
| 7 more happy |      |

**SH3** Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

- |                |      |
|----------------|------|
| 1 not a all    | 8 NA |
| 2              |      |
| 3              |      |
| 4              |      |
| 5              |      |
| 6              |      |
| 7 a great deal |      |

**SH4** Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

- |                |      |
|----------------|------|
| 1 not a all    | 8 NA |
| 2              |      |
| 3              |      |
| 4              |      |
| 5              |      |
| 6              |      |
| 7 a great deal |      |

## **Anxiety Index**

### **AI1-4**

In the past week, on how many days did you...

(click the circle to the right of each question to indicate your response)

- |                  |      |
|------------------|------|
| 1 No days        | 8 NA |
| 2 1 or 2 days    |      |
| 3 3 or 4 days    |      |
| 4 5 or more days |      |

**AI1** - feel tense or keyed up

**AI2** - feel afraid or fearful

**AI3** - worry

**AI4** - feel nervous or shaky inside

## **Depression Index**

### **DI1-4**

(click the circle to the right of each question to indicate your response)

- |                  |      |
|------------------|------|
| 1 No days        | 8 NA |
| 2 1 or 2 days    |      |
| 3 3 or 4 days    |      |
| 4 5 or more days |      |

**DI1** - lack enthusiasm for doing anything

**DI2** - feel bored or have little interest in things

**DI3** - feel downhearted or blue

**DI4** - feel slowed down or low in energy

## Goals Index

### GI1-4

**GI1** I have goals that are important to me. (Nominal)

1 Yes  
2 No

8 NA

If answer to GI1 is yes, then GI2-5 are displayed.

4 strongly agree  
3 agree  
2 disagree  
1 strongly disagree

8 NA

The four questions below are about goals that are important to you.

(click the circle to the right of each question that best indicates your response)

**GI2** - I believe that I am able to achieve them.

**GI3** - I am actively working on achieving them.

**GI4** - I am making significant progress toward achieving them.

**GI5** – I am achieving them.

### Flourishing Scale Composite

Responses from 8 questions with scale from 1-7 added together. Lower values indicate less flourishing, higher values indicate more flourishing with a range of values from 8 – 56.

### Pearling Mastery Scale Composite

Responses from 7 questions with 4 point scale added together. (Questions 1, 2, 3, 5, and 7 reverse coded.) Lower values indicate less mastery, higher values indicate more mastery with a range of values from 7 – 28.

### Subjective Happiness Scale Composite

Responses from 4 questions with a 7-point scale added together. (Question 4 reverse coded.) Values ranged from 4 - 28. Lower values indicate less happiness, higher values indicate more happiness.

### Anxiety Scale Composite

Responses from 4 questions with a 4-point scale added together. Range of values from 4 – 16. Lower values indicate less anxiety, higher values indicate more anxiety.

### Depression Scale Composite

Responses from 4 questions with a 4-point scale added together. Range of values from 4 – 16. Lower values indicate less depression, higher values indicate more depression.

**Goals Scale Composite**

Responses from 4 questions GI2 – GI5 on 4-point scale are added together. Range of values from 4 – 16. Lower values indicate lower goal accomplishment and higher values indicate higher goal accomplishment.