

Online Wellbeing Centre Data Completeness Report

Main dataset: Distribution of Variables by Percentage of Missing Values

Variable Name and Label (Total Cases = 404)		Percent of Cases with Missing Values
45.6% (128 of 281 variables)	have 0% Missing Values	
7.5% (21 of 281 variables)	have 10% - 20% Missing Values	
t0.mhcsf.timeTaken	The time and date when participant completed the MHC-SF. At baseline (t0)	10.9%
t0.mhcsf.score	Participant MHC-SF Total Score at baseline (t0)	10.9%
t0.mhcsf.ewb	Participant MHC-SF Emotional Wellbeing Score at baseline (t0)	10.9%
t0.mhcsf.swb	Participant MHC-SF Social Wellbeing Score at baseline (t0)	10.9%
t0.mhcsf.pwb	Participant MHC-SF Psychological Wellbeing Score at baseline (t0)	10.9%
t0.mhcsf.items.1	Participant answer to MHC-SF Question 1: <i>During the past month how often did you feel... happy?</i> At baseline (t0)	10.9%
t0.mhcsf.items.2	Participant answer to MHC-SF Question 2: <i>During the past month how often did you feel... interested in life?</i> At baseline (t0)	10.9%
t0.mhcsf.items.3	Participant answer to MHC-SF Question 3: <i>During the past month how often did you feel... satisfied with life?</i> At baseline (t0)	10.9%
t0.mhcsf.items.4	Participant answer to MHC-SF Question 4: <i>During the past month how often did you feel... that you had something important to contribute to society?</i> At baseline (t0)	10.9%
t0.mhcsf.items.5	Participant answer to MHC-SF Question 5: <i>During the past month how often did you feel... that you belonged to a community (like a social group, or your neighborhood)?</i> At baseline (t0)	10.9%
t0.mhcsf.items.6	Participant answer to MHC-SF Question 6: <i>During the past month how often did you feel... that our society is a good place, or is becoming a better place, for all people?</i> At baseline (t0)	10.9%
t0.mhcsf.items.7	Participant answer to MHC-SF Question 7: <i>During the past month how often did you feel... that people are basically good?</i> At baseline (t0)	10.9%
t0.mhcsf.items.8	Participant answer to MHC-SF Question 8: <i>During the past month how often did you feel... that the way our society works makes sense to you?</i> At baseline (t0)	10.9%
t0.mhcsf.items.9	Participant answer to MHC-SF Question 9: <i>During the past month how often did you feel... that you liked most parts of</i>	10.9%

	<i>your personality?</i> At baseline (t0)	
t0.mhcsf.items.10	Participant answer to MHC-SF Question 10: <i>During the past month how often did you feel... good at managing the responsibilities of your daily life?</i> At baseline (t0)	10.9%
t0.mhcsf.items.11	Participant answer to MHC-SF Question 11: <i>During the past month how often did you feel... that you had warm and trusting relationships with others?</i> At baseline (t0)	10.9%
t0.mhcsf.items.12	Participant answer to MHC-SF Question 12: <i>During the past month how often did you feel... that you had experiences that challenged you to grow and become a better person?</i> At baseline (t0)	10.9%
t0.mhcsf.items.13	Participant answer to MHC-SF Question 13: <i>During the past month how often did you feel... confident to think or express your own ideas and opinions?</i> At baseline (t0)	10.9%
t0.mhcsf.items.14	Participant answer to MHC-SF Question 14: <i>During the past month how often did you feel... that your life has a sense of direction or meaning to it?</i> At baseline (t0)	10.9%
t0.mhcsf.dx3	Participant MHC-SF Three Category Diagnosis of Positive Mental Health at baseline (t0)	11.4%
t0.mhcsf.dx2	Participant MHC-SF Two Category Diagnosis of Positive Mental Health at baseline (t0)	11.4%
0.7% (2 of 281 variables)	have 20% - 40% Missing Values	
user.recruitment.channel	The recruitment channel via which participant was recruited to the study	24.0%
user.recruitment.paid	Whether participant was recruited to the study via a paid or unpaid recruitment channel	29.5%
13.9% (39 of 281 variables)	have 40% - 60% Missing Values	
t0.aqol.timeTaken	The time and date when participant completed the AQoL-4D at baseline (t0)	50.2%
t0.aqol.inliv	Participant AQoL-4D Independent Living Dimension score at baseline (t0)	50.2%
t0.aqol.relat	Participant AQoL-4D Relationships Dimension score at baseline (t0)	50.2%
t0.aqol.sense	Participant AQoL-4D Senses Dimension score at baseline (t0)	50.2%
t0.aqol.menth	Participant AQoL-4D Mental Health Dimension score at baseline (t0)	50.2%
t0.aqol.utilitySc	Participant AQoL-4D Utility score at baseline (t0)	50.2%
t0.aqol.items.1	Participant answer to Aqol-4D Question 1: <i>Do you need any help looking after yourself? (For example: dressing, bathing, eating).</i> At baseline (t0)	50.2%
t0.aqol.items.2	Participant answer to Aqol-4D Question 2: <i>When doing household tasks: (For example: cooking, cleaning the house, washing):...</i> At baseline (t0)	50.2%
t0.aqol.items.3	Participant answer to Aqol-4D Question 3: <i>Thinking about how easily you can get around your home and community:...</i> At baseline (t0)	50.2%
t0.aqol.items.4	Participant answer to Aqol-4D Question 4: <i>Because of your health, your relationships (for example: with your friends, partner or parents) generally:...</i> At baseline (t0)	50.2%

t0.aqol.items.5	Participant answer to Aqol-4D Question 5: <i>Thinking about your relationships with other people:...</i> At baseline (t0)	50.2%
t0.aqol.items.6	Participant answer to Aqol-4D Question 6: <i>Thinking about your health and your relationship with your family:...</i> At baseline (t0)	50.2%
t0.aqol.items.7	Participant answer to Aqol-4D Question 7: <i>Thinking about your vision, including when using your glasses or contact lenses if needed:...</i> At baseline (t0)	50.2%
t0.aqol.items.8	Participant answer to Aqol-4D Question 8: <i>Thinking about your hearing, including using your hearing aid if needed:...</i> At baseline (t0)	50.2%
t0.aqol.items.9	Participant answer to Aqol-4D Question 9: <i>When you communicate with others: (For example: by talking, listening, writing or signing.):...</i> At baseline (t0)	50.2%
t0.aqol.items.10	Participant answer to Aqol-4D Question 10: <i>Thinking about how you sleep:...</i> At baseline (t0)	50.2%
t0.aqol.items.11	Participant answer to Aqol-4D Question 11: <i>Thinking about how you generally feel:...</i> At baseline (t0)	50.2%
t0.aqol.items.12	Participant answer to Aqol-4D Question 12: <i>How much pain or discomfort do you experience?...</i> At baseline (t0)	50.2%
t1.mhcsf.timeTaken	The time and date when participant completed the MHC-SF. At 4-weeks (t1)	52.2%
t1.mhcsf.score	Participant MHC-SF Total Score at 4-weeks (t1)	52.2%
t1.mhcsf.ewb	Participant MHC-SF Emotional Wellbeing Score at 4-weeks (t1)	52.2%
t1.mhcsf.swb	Participant MHC-SF Social Wellbeing Score at 4-weeks (t1)	52.2%
t1.mhcsf.pwb	Participant MHC-SF Psychological Wellbeing Score at 4-weeks (t1)	52.2%
t1.mhcsf.items.1	Participant answer to MHC-SF Question 1: <i>During the past month how often did you feel... happy?</i> At 4-weeks (t1)	52.2%

t1.mhcsf.items.2	Participant answer to MHC-SF Question 2: <i>During the past month how often did you feel... interested in life?</i> At 4-weeks (t1)	52.2%
t1.mhcsf.items.3	Participant answer to MHC-SF Question 3: <i>During the past month how often did you feel... satisfied with life?</i> At 4-weeks (t1)	52.2%
t1.mhcsf.items.4	Participant answer to MHC-SF Question 4: <i>During the past month how often did you feel... that you had something important to contribute to society?</i> At 4-weeks (t1)	52.2%
t1.mhcsf.items.5	Participant answer to MHC-SF Question 5: <i>During the past month how often did you feel... that you belonged to a community (like a social group, or your neighborhood)?</i> At 4-weeks (t1)	52.2%
t1.mhcsf.items.6	Participant answer to MHC-SF Question 6: <i>During the past month how often did you feel... that our society is a good place, or is becoming a better place, for all people?</i> At 4-weeks (t1)	52.2%
t1.mhcsf.items.7	Participant answer to MHC-SF Question 7: <i>During the past month how often did you feel... that people are basically good?</i> At 4-weeks (t1)	52.2%
t1.mhcsf.items.8	Participant answer to MHC-SF Question 8: <i>During the past month how often did you feel... that the way our society works makes sense to you?</i> At 4-weeks (t1)	52.2%
t1.mhcsf.items.9	Participant answer to MHC-SF Question 9: <i>During the past month how often did you feel... that you liked most parts of your personality?</i> At 4-weeks (t1)	52.2%
t1.mhcsf.items.10	Participant answer to MHC-SF Question 10: <i>During the past month how often did you feel... good at managing the responsibilities of your daily life?</i> At 4-weeks (t1)	52.2%
t1.mhcsf.items.11	Participant answer to MHC-SF Question 11: <i>During the past month how often did you feel... that you had warm and trusting relationships with others?</i> At 4-weeks (t1)	52.2%
t1.mhcsf.items.12	Participant answer to MHC-SF Question 12: <i>During the past month how often did you feel... that you had experiences that challenged you to grow and become a better person?</i> At 4-weeks (t1)	52.2%
t1.mhcsf.items.13	Participant answer to MHC-SF Question 13: <i>During the past month how often did you feel... confident to think or express your own ideas and opinions?</i> At 4-weeks (t1)	52.2%
t1.mhcsf.items.14	Participant answer to MHC-SF Question 14: <i>During the past month how often did you feel... that your life has a sense of direction or meaning to it?</i> At 4-weeks (t1)	52.2%
t1.mhcsf.dx3	Participant MHC-SF Three Category Diagnosis of Positive Mental Health at 4-weeks (t1)	52.5%

t1.mhcsf.dx2	Participant MHC-SF Two Category Diagnosis of Positive Mental Health at 4-weeks (t1)	52.5%
13.5% (38 of 281 variables)	have 80% - 90% Missing Values	
t2.mhcsf.timeTaken	The time and date when participant completed the MHC-SF. At 3 months (t2)	82.2%
t2.mhcsf.score	Participant MHC-SF Total Score at 3 months (t2)	82.2%
t2.mhcsf.ewb	Participant MHC-SF Emotional Wellbeing Score at 3 months (t2)	82.2%
t2.mhcsf.swb	Participant MHC-SF Social Wellbeing Score at 3 months (t2)	82.2%
t2.mhcsf.pwb	Participant MHC-SF Psychological Wellbeing Score at 3 months (t2)	82.2%
t2.mhcsf.items.1	Participant answer to MHC-SF Question 1: <i>During the past month how often did you feel... happy?</i> At 3 months (t2)	82.2%
t2.mhcsf.items.2	Participant answer to MHC-SF Question 2: <i>During the past month how often did you feel... interested in life?</i> At 3 months (t2)	82.2%
t2.mhcsf.items.3	Participant answer to MHC-SF Question 3: <i>During the past month how often did you feel... satisfied with life?</i> At 3 months (t2)	82.2%
t2.mhcsf.items.4	Participant answer to MHC-SF Question 4: <i>During the past month how often did you feel... that you had something important to contribute to society?</i> At 3 months (t2)	82.2%
t2.mhcsf.items.5	Participant answer to MHC-SF Question 5: <i>During the past month how often did you feel... that you belonged to a community (like a social group, or your neighborhood)?</i> At 3 months (t2)	82.2%
t2.mhcsf.items.6	Participant answer to MHC-SF Question 6: <i>During the past month how often did you feel... that our society is a good place, or is becoming a better place, for all people?</i> At 3 months (t2)	82.2%
t2.mhcsf.items.7	Participant answer to MHC-SF Question 7: <i>During the past month how often did you feel... that people are basically good?</i> At 3 months (t2)	82.2%

t2.mhcsf.items.8	Participant answer to MHC-SF Question 8: <i>During the past month how often did you feel... that the way our society works makes sense to you?</i> At 3 months (t2)	82.2%
t2.mhcsf.items.9	Participant answer to MHC-SF Question 9: <i>During the past month how often did you feel... that you liked most parts of your personality?</i> At 3 months (t2)	82.2%
t2.mhcsf.items.10	Participant answer to MHC-SF Question 10: <i>During the past month how often did you feel... good at managing the responsibilities of your daily life?</i> At 3 months (t2)	82.2%
t2.mhcsf.items.11	Participant answer to MHC-SF Question 11: <i>During the past month how often did you feel... that you had warm and trusting relationships with others?</i> At 3 months (t2)	82.2%
t2.mhcsf.items.12	Participant answer to MHC-SF Question 12: <i>During the past month how often did you feel... that you had experiences that challenged you to grow and become a better person?</i> At 3 months (t2)	82.2%
t2.mhcsf.items.13	Participant answer to MHC-SF Question 13: <i>During the past month how often did you feel... confident to think or express your own ideas and opinions?</i> At 3 months (t2)	82.2%
t2.mhcsf.items.14	Participant answer to MHC-SF Question 14: <i>During the past month how often did you feel... that your life has a sense of direction or meaning to it?</i> At 3 months (t2)	82.2%
t2.mhcsf.dx3	Participant MHC-SF Three Category Diagnosis of Positive Mental Health at 3 months (t2)	82.4%
t2.mhcsf.dx2	Participant MHC-SF Two Category Diagnosis of Positive Mental Health at 3 months (t2)	82.4%
user.resourceUse.timeTaken	The date participant completed the Resource Use Questionnaire	87.9%
user.resourceUse.employment.student	RUQ: What was your employment status over the past 6 months: Student?	87.9%
user.resourceUse.employment.selfEmploy	RUQ: What was your employment status over the past 6 months: Paid or self-employment?	87.9%
user.resourceUse.employment.volunteer	RUQ: What was your employment status over the past 6 months: Volunteer work?	87.9%
user.resourceUse.employment.unemployed	RUQ: What was your employment status over the past 6 months: Unemployed or looking for work?	87.9%

user.resourceUse.employment.homeDuties	RUQ: What was your employment status over the past 6 months: Home duties?	87.9%
user.resourceUse.education.fulltime	RUQ: During the past 4 weeks, were you undertaking full- or part-time education?	87.9%
user.resourceUse.employment.30h	RUQ: Are you employed more than or less than 30 hours per week?	87.9%
user.resourceUse.visits.OWC	RUQ: While you were involved in the OWC study, how many times did you visit the Online Wellbeing Centre website (http://owc.youngandwellcrc.org.au)?	87.9%
user.resourceUse.appUse	RUQ: In the last 2 weeks, how often did you use apps related to health or wellbeing (e.g. fitness, sleep, mood or diet related apps)?	87.9%
user.resourceUse.mhOnline	RUQ: In the last 2 weeks, how many times did you go online looking for information or services about mental health issues?	87.9%
user.resourceUse.internet.access.mobile	RUQ: What medium do you use to access the Internet: Mobile Phone?	87.9%
user.resourceUse.internet.access.tablet	RUQ: What medium do you use to access the Internet: iPad or other tablet device?	87.9%
user.resourceUse.internet.access.computer	RUQ: What medium do you use to access the Internet: Desktop of laptop computer?	87.9%
user.resourceUse.salary.stringValue	RUQ: How much do you earn per fortnight (if you are employed)? (Free Text)	85.6%
user.resourceUse.visits.gp	RUQ: List the number of visits you have made to any of the following services/treatments in the past 4 weeks. Also tell us how long on average each visit lasted: General Practitioner. (Free text)	89.1%
user.resourceUse.visits.pharmChem	RUQ: List the number of visits you have made to any of the following services/treatments in the past 4 weeks. Also tell us how long on average each visit lasted: Pharmacist/Chemist. (Free text)	89.9%
17.4% (49 of 281 variables)	have 90% - 100% Missing Values	
user.resourceUse.internet.costs.stringValue	RUQ: How much do you pay for Internet access per month? (Free text)	90.4%

user.resourceUse.visits.counsPsych	RUQ: List the number of visits you have made to any of the following services/treatments in the past 4 weeks. Also tell us how long on average each visit lasted: Counsellor, psychologist, other medical specialist. (Free text)	90.8%
user.resourceUse.visits.eheadspace	RUQ: List the number of visits you have made to any of the following services/treatments in the past 4 weeks. Also tell us how long on average each visit lasted: A service provided by headspace (including GP, psychologist, counsellor, e-headspace). (Free text)	91.3%
user.resourceUse.visits.complementary	RUQ: List the number of visits you have made to any of the following services/treatments in the past 4 weeks. Also tell us how long on average each visit lasted: Complementary or alternative therapist. (Free text)	91.6%
user.resourceUse.visits.emer	RUQ: List the number of visits you have made to any of the following services/treatments in the past 4 weeks. Also tell us how long on average each visit lasted: Emergency or casualty services, hospital overnight or day surgery. (Free text)	91.6%
user.resourceUse.visits.socialWork	RUQ: List the number of visits you have made to any of the following services/treatments in the past 4 weeks. Also tell us how long on average each visit lasted: Social worker. (Free text)	91.8%
user.resourceUse.visits.other	RUQ: List the number of visits you have made to any of the following services/treatments in the past 4 weeks. Also tell us how long on average each visit lasted: Other services. (Free text)	92.6%
user.resourceUse.salary	RUQ: How much do you earn per fortnight (if you are employed)? (numeric representation in A\$ per fortnight)	94.1%
t1.aqol.timeTaken	The time and date when participant completed the AQoL-4D at follow-up (t1)	94.1%
t1.aqol.inliv	Participant AQoL-4D Independent Living Dimension score at follow-up (t1)	94.1%
t1.aqol.relat	Participant AQoL-4D Relationships Dimension score at follow-up (t1)	94.1%
t1.aqol.sense	Participant AQoL-4D Senses Dimension score at follow-up (t1)	94.1%
t1.aqol.menth	Participant AQoL-4D Mental Health Dimension score at follow-up (t1)	94.1%
t1.aqol.utilitySc	Participant AQoL-4D Utility score at follow-up (t1)	94.1%
t1.aqol.items.1	Participant answer to Aqol-4D Question 1: <i>Do you need any help looking after yourself? (For example: dressing, bathing, eating).</i> At follow-up (t1)	94.1%
t1.aqol.items.2	Participant answer to Aqol-4D Question 2: <i>When doing household tasks: (For example: cooking, cleaning the house, washing):...</i> At follow-up (t1)	94.1%

t1.aqol.items.3	Participant answer to Aqol-4D Question 3: <i>Thinking about how easily you can get around your home and community...</i> At follow-up (t1)	94.1%
t1.aqol.items.4	Participant answer to Aqol-4D Question 4: <i>Because of your health, your relationships (for example: with your friends, partner or parents) generally...</i> At follow-up (t1)	94.1%
t1.aqol.items.5	Participant answer to Aqol-4D Question 5: <i>Thinking about your relationships with other people:...</i> At follow-up (t1)	94.1%
t1.aqol.items.6	Participant answer to Aqol-4D Question 6: <i>Thinking about your health and your relationship with your family:...</i> At follow-up (t1)	94.1%
t1.aqol.items.7	Participant answer to Aqol-4D Question 7: <i>Thinking about your vision, including when using your glasses or contact lenses if needed:...</i> At follow-up (t1)	94.1%
t1.aqol.items.8	Participant answer to Aqol-4D Question 8: <i>Thinking about your hearing, including using your hearing aid if needed:...</i> At follow-up (t1)	94.1%
t1.aqol.items.9	Participant answer to Aqol-4D Question 9: <i>When you communicate with others: (For example: by talking, listening, writing or signing.):...</i> At follow-up (t1)	94.1%
t1.aqol.items.10	Participant answer to Aqol-4D Question 10: <i>Thinking about how you sleep:...</i> follow-up (t1)	94.1%
t1.aqol.items.11	Participant answer to Aqol-4D Question 11: <i>Thinking about how you generally feel:...</i> At baseline (t1)	94.1%
t1.aqol.items.12	Participant answer to Aqol-4D Question 12: <i>How much pain or discomfort do you experience?...</i> At follow-up (t1)	94.1%
t3.mhcsf.timeTaken	The time and date when participant completed the MHC-SF. At 6 months (t3)	95.3%
t3.mhcsf.score	Participant MHC-SF Total Score at 6 months (t3)	95.3%
t3.mhcsf.ewb	Participant MHC-SF Emotional Wellbeing Score at 6 months (t3)	95.3%
t3.mhcsf.swb	Participant MHC-SF Social Wellbeing Score at 6 months (t3)	95.3%
t3.mhcsf.pwb	Participant MHC-SF Psychological Wellbeing Score at 6 months (t3)	95.3%
t3.mhcsf.items.1	Participant answer to MHC-SF Question 1: <i>During the past month how often did you feel... happy?</i> At 6 months (t3)	95.3%
t3.mhcsf.items.2	Participant answer to MHC-SF Question 2: <i>During the past month how often did you feel... interested in life?</i> At 6 months (t3)	95.3%
t3.mhcsf.items.3	Participant answer to MHC-SF Question 3: <i>During the past month how often did you feel... satisfied with life?</i> At 6 months (t3)	95.3%
t3.mhcsf.items.4	Participant answer to MHC-SF Question 4: <i>During the past month how often did you feel... that you had something important to contribute to society?</i> At 6 months (t3)	95.3%
t3.mhcsf.items.5	Participant answer to MHC-SF Question 5: <i>During the past month how often did you feel... that you belonged to a community (like a social group, or your neighborhood)?</i> At 6 months (t3)	95.3%
t3.mhcsf.items.6	Participant answer to MHC-SF Question 6: <i>During the past month how often did you feel... that our society is a good place, or is becoming a better place, for all people?</i> At 6 months (t3)	95.3%
t3.mhcsf.items.7	Participant answer to MHC-SF Question 7: <i>During the past month how often did you feel... that people are basically</i>	95.3%

	<i>good? At 6 months (t3)</i>	
t3.mhcsf.items.8	Participant answer to MHC-SF Question 8: <i>During the past month how often did you feel... that the way our society works makes sense to you? At 6 months (t3)</i>	95.3%
t3.mhcsf.items.9	Participant answer to MHC-SF Question 9: <i>During the past month how often did you feel... that you liked most parts of your personality? At 6 months (t3)</i>	95.3%
t3.mhcsf.items.10	Participant answer to MHC-SF Question 10: <i>During the past month how often did you feel... good at managing the responsibilities of your daily life? At 6 months (t3)</i>	95.3%
t3.mhcsf.items.11	Participant answer to MHC-SF Question 11: <i>During the past month how often did you feel... that you had warm and trusting relationships with others? At 6 months (t3)</i>	95.3%
t3.mhcsf.items.12	Participant answer to MHC-SF Question 12: <i>During the past month how often did you feel... that you had experiences that challenged you to grow and become a better person? At 6 months (t3)</i>	95.3%
t3.mhcsf.items.13	Participant answer to MHC-SF Question 13: <i>During the past month how often did you feel... confident to think or express your own ideas and opinions? At 6 months (t3)</i>	95.3%
t3.mhcsf.items.14	Participant answer to MHC-SF Question 14: <i>During the past month how often did you feel... that your life has a sense of direction or meaning to it? At 6 months (t3)</i>	95.3%
t3.mhcsf.dx3	Participant MHC-SF Three Category Diagnosis of Positive Mental Health at 6 months (t3)	95.3%
t3.mhcsf.dx2	Participant MHC-SF Two Category Diagnosis of Positive Mental Health at 6 months (t3)	95.3%
user.resourceUse.mhOnlineTime.stringValue	RUQ: In the last 2 weeks, how many times did you go online looking for information or services about mental health issues? Please also specify how long you browsed for information each time. (Free text)	97.3%
user.resourceUse.internet.access.other	RUQ: What medium do you use to access the Internet?: Other (Please specify). (Free text)	99.8%

CES-D Dataset

Variable Name and Label (Total Cases = 86)		Percent of Cases with Missing Values
100.0% (23 of 23 variables)	have 0% Missing Values	

Mood, Energy, Rest, Sleep Dataset

Variable Name and Label (Total Cases = 1404)		Percent of Cases with Missing Values
50.0% (3 of 6 variables)	have 0% Missing Values	
dailyRating.mood	The 'mood' score logged by the participant during the study (surveyed weekly). Score was a momentary measure recorded using a visual analogue scale (0-100), in response to the question: 'How are you feeling today?'	29.7%
dailyRating.energy	The 'energy' score logged by the participant during the study (surveyed weekly). Score was a momentary measure recorded using a visual analogue scale (0-100), in response to the question: 'How is your energy level today?'	29.7%
dailyRating.sleepDuration	The 'sleep duration' score logged by the participant during the study (surveyed weekly). Score was a momentary measure recorded using a visual analogue scale of number of hours (data displayed as minutes) in response to the question: 'How many hours of sleep did you get last night?'	51.8%