



- Flinders University HVC –

## **‘Online Wellbeing Centre’ Randomised Controlled Trial, 2015**

### **Codebook**

#### **Main dataset**

<b>user.id</b>	<b>Unique participant ID number assigned by goAct system on registration</b>
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Width: 4  
Decimal: 0  
Variable Type: string  
Variable Measure: nominal  
Based upon 404 valid cases out of 404 total cases.

<b>user.postcode</b>	<b>Participant postcode</b>
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Width: 4  
Decimal: 0  
Variable Type: numeric  
Variable Measure: scale  
Based upon 386 valid cases out of 404 total cases.

<b>user.age</b>	<b>Participant age (YEARS)</b>
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Width: 2  
Decimal: 0

Variable Type: numeric  
Variable Measure: scale  
Based upon 386 valid cases out of 404 total cases.

- Mean: 24.49
- Median: 23.00
- Mode: 24.00
- Standard Deviation: 8.288

**user.timeCreated** The date and time when participant registered their goAct account and received a unique user id (YEAR-MONTH-DAY:HOURL:MINUTE:SECOND)

Width: 23  
Decimal: 0  
Variable Type: string  
Variable Measure: nominal  
Based upon 404 valid cases out of 404 total cases.

**user.lastLogin** The date and time when participant most recently logged in to their goAct account (YEAR-MONTH-DAY:HOURL:MINUTE:SECOND)

Width: 19  
Decimal: 0  
Variable Type: string  
Variable Measure: nominal  
Based upon 380 valid cases out of 404 total cases.

**user.interventionGroup** The study group (either Control or Intervention), which participant was randomly assigned to, upon completing registration in the goAct system.

Width: 1  
Decimal: 0

Variable Type: numeric  
Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	YAWT Control Group	195	48.3%
1	YAWT Intervention Group	191	47.3%
.(M)	-	18	4.5%

Based upon 386 valid cases out of 404 total cases.

#### **user.gender      Participant gender**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	male	88	21.8%
1	female	297	73.5%
.(M)	-	19	4.7%

Based upon 386 valid cases out of 404 total cases.

#### **user.resourceUse.timeTaken      The date participant completed the Resource Use Questionnaire**

Width: 10  
Decimal: 0  
Variable Type: string  
Variable Measure: nominal

Based upon 49 valid cases out of 404 total cases.

<b>user.resourceUse.salary.stringValue</b>	<b>RUQ: How much do you earn per fortnight (if you are employed)? (Free Text)</b>
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Width: 134  
 Decimal: 0  
 Variable Type: string  
 Variable Measure: nominal

Based upon 28 valid cases out of 404 total cases.

<b>user.resourceUse.salary</b>	<b>RUQ: How much do you earn per fortnight (if you are employed)? (numeric representation in A\$ per fortnight)</b>
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Width: 8  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: scale

Based upon 24 valid cases out of 404 total cases.

- Mean: 1207.00
- Median: 1200.00
- Mode: 800.00
- Standard Deviation: 853.54

<b>user.resourceUse.visits.gp</b>	<b>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)</b>
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Width: 23  
 Decimal: 0  
 Variable Type: string  
 Variable Measure: nominal

Based upon 44 valid cases out of 404 total cases.

**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 or psychiatrist, other medical specialist. (Free Text)**

Width: 44  
Decimal: 0  
Variable Type: string  
Variable Measure: nominal

Based upon 37 valid cases out of 404 total cases.

**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)**

Width: 27  
Decimal: 0  
Variable Type: string  
Variable Measure: nominal

Based upon 41 valid cases out of 404 total cases.

**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)**

Width: 9  
Decimal: 0  
Variable Type: string  
Variable Measure: nominal

Based upon 34 valid cases out of 404 total cases.

**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)**

Width: 28

Decimal: 0

Variable Type: string

Variable Measure: nominal

Based upon 34 valid cases out of 404 total cases.

**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)**

Width: 17

Decimal: 0

Variable Type: string

Variable Measure: nominal

Based upon 35 valid cases out of 404 total cases.

**user.resourceUse.visits.socWork**

**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)**

Width: 3

Decimal: 0

Variable Type: string

Variable Measure: nominal

Based upon 33 valid cases out of 404 total cases.

**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)**

Width: 59  
Decimal: 0  
Variable Type: string  
Variable Measure: nominal

Based upon 30 valid cases out of 404 total cases.

**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)**

Width: 101  
Decimal: 0  
Variable Type: string  
Variable Measure: nominal

Based upon 11 valid cases out of 404 total cases.

**user.resourceUse.internet.access.other**

**RUQ: What medium do you use to access the Internet?: Other (Please specify). (Free Text)**

Width: 20  
Decimal: 0  
Variable Type: string  
Variable Measure: nominal

Based upon 1 valid case out of 404 total cases.

**user.resourceUse.internet.costs.stringValue**

**RUQ: How much do you pay for Internet access per month? (Free Text)**

Width: 57

Decimal: 0  
Variable Type: string  
Variable Measure: nominal

Based upon 39 valid cases out of 404 total cases.

<b>user.resourceUse.employment.student</b>	<b>RUQ: What was your employment status over the past 6 months: Student?</b>
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Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	NO	22	5.4%
1	YES	27	6.7%
.(M)	-	355	87.9%

Based upon 49 valid cases out of 404 total cases.

<b>user.resourceUse.employment.selfEmploy</b>	<b>RUQ: What was your employment status over the past 6 months: Paid or self-employment?</b>
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Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	NO	21	5.2%
1	YES	28	6.9%
.(M)	-	355	87.9%



Based upon 49 valid case out of 404 total cases.

**user.resourceUse.employment.volunteer**

**RUQ: What was your employment status over the past 6 months: Volunteer work?**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	NO	39	9.7%
1	YES	28	2.5%
.(M)	-	355	87.9%

Based upon 49 valid cases out of 404 total cases.

**user.resourceUse.employment.unemployed**

**RUQ: What was your employment status over the past 6 months: Unemployed or looking for work?**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	NO	40	9.9%
1	YES	9	2.9%
.(M)	-	355	87.9%

Based upon 49 valid cases out of 404 total cases.

**user.resourceUse.employment.unemployed**

**RUQ: What was your employment status over the past 6 months: Home duties?**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	NO	46	11.4%
1	YES	3	0.7%
.(M)	-	355	87.9%

Based upon 49 valid cases out of 404 total cases.

**user.resourceUse.education.fulltime**

**RUQ: During the past 4 weeks, were you undertaking full- or part-time education?**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	Part-time (less than 30 hours per week)	11	2.7%
1	Full-time (more than 30 hours per week)	19	4.7%
2	Neither	19	4.7%
.(M)	-	355	87.9%

Based upon 49 valid cases out of 404 total cases.

**user.resourceUse.employent.30h**

**RUQ: Are you employed more than or less than 30 hours per week?**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	Part-time (less than 30 hours per week)	15	3.7%
1	Full-time (more than 30 hours per week)	13	3.2%
2	Unemployed	21	5.2%
.(M)	-	355	87.9%

Based upon 49 valid cases out of 404 total cases.

**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>)?**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	3 or more times per week	2	0.5%
1	1-2 times per week	7	1.7%
2	Less than once per week	22	5.4%
3	I don't recall visiting the website	18	4.5%
.(M)	-	355	87.9%

Based upon 49 valid cases out of 404 total cases.

**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)?**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	More than once per day	7	1.7%
1	Once per day	5	1.2%
2	3-4 times per week	4	1.0%
3	1-2 times per week	10	2.5%
4	Less than once per week	8	2.0%
5	I don't use health or wellbeing apps	15	3.7%
.(M)	-	355	87.9%

Based upon 49 valid cases out of 404 total cases.

**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?**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
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0	More than once per day	0	0.0%
1	Once per day	1	0.2%
2	3-4 times per week	3	0.7%
3	1-2 times per week	10	2.5%
4	Less than once per week	7	1.7%
5	I didn't look for this information online in the last 2 weeks	28	6.9%
.(M)	-	355	87.9%

Based upon 49 valid cases out of 404 total cases.

**user.resourceUse.internet.access.mobile**

**RUQ: What medium do you use to access the Internet: Mobile Phone?**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	NO	5	1.2%
1	YES	44	10.9%
.(M)	-	355	87.9%

Based upon 49 valid cases out of 404 total cases.

**user.resourceUse.internet.access.tablet**

**RUQ: What medium do you use to access the Internet: iPad or other tablet device?**

Width: 1  
 Decimal: 0  
 Variable Type: numeric

Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	NO	35	8.7%
1	YES	14	3.5%
.(M)	-	355	87.9%

Based upon 49 valid cases out of 404 total cases.

**user.resourceUse.internet.access.computer**      **RUQ: What medium do you use to access the Internet: Desktop or laptop computer?**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	NO	5	1.2%
1	YES	44	10.9%
.(M)	-	355	87.9%

Based upon 49 valid cases out of 404 total cases.

**priorAppUse.**      **Select the apps you currently use or have used in the past 3 months**

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

<i>App name</i>	Unweighted frequency (%)	
	<i>not previously used app = 0</i>	<i>previously used app = 1</i>
1GiantMind	404 (100.0%)	0 (0.0%)
101RevolutionaryWaystoBeHealthy	404 (100.0%)	0 (0.0%)
365HappyDays	400 (99.0%)	4 (1.0%)
8GlassesADay	401 (99.3%)	3 (0.7%)
Argus	401 (99.3%)	3 (0.7%)
Balanced	403 (99.8%)	1 (0.2%)
BeatPanic	403 (99.8%)	1 (0.2%)
BehavioralExperimentsCBT	403 (99.8%)	1 (0.2%)
BodywiseHealthand FitnessTracker	399 (98.8%)	5 (1.2%)
Breathe2Relax	401 (99.3%)	3 (0.7%)
BupaFitness	396 (98.0%)	8 (2.0%)
CalmMeditationandRelaxation	401 (99.3%)	3 (0.7%)
Couchto5k	386 (95.5%)	18 (4.5%)
Dormio	404 (100.0%)	0 (0.0%)
CBTMood	402 (99.5%)	2 (0.5%)
Everest	403 (99.8%)	1 (0.2%)
GoalSetter	401 (99.3%)	3 (0.7%)
GoodHabitMaker	404 (100.0%)	0 (0.0%)
GratitudeJournalLifechangingApp	404 (100.0%)	0 (0.0%)
HealthTap	402 (99.5%)	2 (0.5%)
InstantHeartRate	398 (98.5%)	6 (1.5%)
Juice	400 (99.0%)	4 (1.0%)
KindnessMeditation	401 (99.3%)	3 (0.7%)
LearnpanicCBT	404 (100.0%)	0 (0.0%)
MindfulnessMeditation	393 (97.3%)	11 (2.7%)
Moodkit	401 (99.3%)	3 (0.7%)
MyCalmBeat	403 (99.8%)	1 (0.2%)
Myquitbuddy	401 (99.3%)	3 (0.7%)
Nikerunning	375 (92.8%)	29 (7.2%)
Optimism	402 (99.5%)	2 (0.5%)

Panicattackaidlite	404 (100.0%)	0 (0.0%)
PayItForward	403 (99.8%)	1 (0.2%)
Proof	404 (100.0%)	0 (0.0%)
RelaxwithAndrewJohnsonLite	404 (100.0%)	0 (0.0%)
RelaxationTechniquesCalmyourmind	404 (100.0%)	0 (0.0%)
Riseupovercomeyoureatingdisorder	401 (99.3%)	3 (0.7%)
SelfHelpforAnxietyManagement	401 (99.3%)	3 (0.7%)
SmilingMind	361 (89.4%)	43 (10.6%)
SmokeFree	404 (100.0%)	0 (0.0%)
Spire	404 (100.0%)	0 (0.0%)
Stoppanicandanxiety	404 (100.0%)	0 (0.0%)
SuperBetter	402 (99.5%)	2 (0.5%)
TalkingAnxiety	402 (99.5%)	2 (0.5%)
Thesorter	398 (98.5%)	6 (1.5%)
WalkWatchLite	404 (100.0%)	0 (0.0%)
WebMD	348 (86.1%)	56 (13.9%)

Based upon 404 valid cases out of 404 total cases.

<b>aqol.timeTaken</b>	<b>The time and date when participant completed the AQoL-4D at baseline (t0) and follow up (t1) (YEAR-MONTH-DAY:HOURL:MINUTE:SECOND)</b>
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Width: 23

Decimal: 0

Variable Type: string

Variable Measure: nominal

Based upon 201 valid cases out of 404 total cases (t0).

Based upon 24 valid cases out of 404 total cases (t1).

<b>aqol.inliv</b>	<b>Participant AQoL-4D Independent Living Dimension score at baseline (t0) and follow-up (t1)</b>
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Width: 8

Decimal: 2



Variable Type: numeric  
Variable Measure: scale

Based upon 201 valid cases out of 404 total cases (t0).

Based upon 24 valid cases out of 404 total cases (t1).

	Mean	Median	Mode	Standard Deviation
t0	0.94	1.00	1.00	0.107
t1	0.95	1.00	1.00	0.079

<b>aqol.relat</b>	<b>Participant AQoL-4D Relationships Dimension score at baseline (t0) and follow-up (t1)</b>
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Width: 8  
Decimal: 2  
Variable Type: numeric  
Variable Measure: scale

Based upon 201 valid cases out of 404 total cases (t0).

Based upon 24 valid cases out of 404 total cases (t1).

	Mean	Median	Mode	Standard Deviation
t0	0.79	0.82	0.94	0.194
t1	0.80	0.82	0.69	0.130

<b>aqol.sense</b>	<b>Participant AQoL-4D Senses Dimension score at baseline (t0) and follow-up (t1)</b>
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Width: 8  
Decimal: 2  
Variable Type: numeric  
Variable Measure: scale

Based upon 201 valid cases out of 404 total cases (t0).

Based upon 24 valid cases out of 404 total cases (t1).

	Mean	Median	Mode	Standard Deviation
t0	0.93	1.00	1.00	0.108
t1	0.95	0.94	1.00	0.060

<b>aqol.menth</b>	<b>Participant AQoL-4D Mental Health Dimension score at baseline (t0) and follow-up (t1)</b>
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Width: 8  
Decimal: 2  
Variable Type: numeric  
Variable Measure: scale

Based upon 201 valid cases out of 404 total cases (t0).

Based upon 24 valid cases out of 404 total cases (t1).

	Mean	Median	Mode	Standard Deviation
t0	0.85	0.91	0.95	0.152
t1	0.88	0.93	0.93	0.097

<b>aqol.utilitySc</b>	<b>Participant AQoL-4D Utility score at baseline (t0) and follow-up (t1)</b>
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Width: 8  
Decimal: 2  
Variable Type: numeric  
Variable Measure: scale

Based upon 201 valid cases out of 404 total cases (t0).

Based upon 24 valid cases out of 404 total cases (t1).

	Mean	Median	Mode	Standard
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				Deviation
t0	0.64	0.69	1.00	0.241
t1	0.67	0.70	0.38	0.174

**aqol.items.1**      **Participant answer to Aqol-4D Question 1: *Do you need any help looking after yourself? (For example: dressing, bathing, eating).* At baseline (t0) and follow-up (t1)**

Width: 1  
 Decimal: 2  
 Variable Type: numeric  
 Variable Measure: nominal

Value	Label	t0		t1	
		Unweighted frequency	%	Unweighted frequency	%
1	I need no help at all	181	44.8%	24	5.9%
2	Occasionally I need some help with personal care tasks	18	4.5%	0	0.0%
3	I need help with the more difficult personal care tasks	2	0.5%	0	0.0%
4	I need daily help with most or all personal care tasks	0	0.0%	0	0.0%
. (M)	-	203	50.2%	380	94.1%

Based upon 201 valid cases out of 404 total cases (t0)

Based upon 24 valid cases out of 404 total cases (t1).

**aqol.items.2**      **Participant answer to Aqol-4D Question 2: *When doing household tasks: (For example: cooking, cleaning the house, washing):...* At baseline (t0) and follow-up (t1)**

Width: 1  
 Decimal: 2  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>t0</i>		<i>t1</i>	
		<i>Unweighted frequency</i>	<i>%</i>	<i>Unweighted frequency</i>	<i>%</i>
1	I need no help at all	150	37.1%	16	4.0%
2	Occasionally I need some help with household care tasks	41	10.1%	8	2.0%
3	I need help with the more difficult household care tasks	9	2.2%	0	0.0%
4	I need daily help with most or all household care tasks	1	0.2%	0	0.0%
. (M)	-	203	50.2%	380	94.1%

Based upon 201 valid cases out of 404 total cases (t0)

Based upon 24 valid cases out of 404 total cases (t1).

**aqol.items.3**

**Participant answer to Aqol-4D Question 3: *Thinking about how easily you can get around your home and community:..* At baseline (t0) and follow-up (t1)**

Width: 1  
 Decimal: 2  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>t0</i>		<i>t1</i>	
		<i>Unweighted frequency</i>	<i>%</i>	<i>Unweighted frequency</i>	<i>%</i>
1	I get around my home and community by myself without any difficulty	191	47.3%	23	5.7%
2	I find it difficult to get around my home and community by myself	7	1.7%	1	0.2%

3	I cannot get around the community by myself, but I can get around my home with some difficulty	3	0.7%	0	0.0%
4	I cannot get around either the community or my home by myself	0	0.0%	0	0.0%
. (M)	-	203	50.2%	380	94.1%

Based upon 201 valid cases out of 404 total cases (t0)

Based upon 24 valid cases out of 404 total cases (t1)

<b>aqol.items.4</b>	<b>Participant answer to Aqol-4D Question 4: <i>Because of your health, your relationships (for example: with your friends, partner or parents) generally:.. At baseline (t0) and follow-up (t1)</i></b>
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Width: 1  
Decimal: 2  
Variable Type: numeric  
Variable Measure: nominal

Value	Label	t0		t1	
		Unweighted frequency	%	Unweighted frequency	%
1	Are very close and warm	87	21.5%	7	1.7%
2	Are sometimes close and warm	100	24.8%	15	3.7%
3	Are seldom close and warm	11	2.7%	2	0.5%
4	I have no close and warm relationships	3	0.7%	0	0.0%
. (M)	-	203	50.2%	380	94.1%

Based upon 201 valid cases out of 404 total cases (t0)

Based upon 24 valid cases out of 404 total cases (t1).

<b>aqol.items.5</b>	<b>Participant answer to Aqol-4D Question 5: <i>Thinking about your relationship with other people:...</i> At baseline (t0) and follow-up (t1)</b>
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Width: 1  
 Decimal: 2  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>t0</i>		<i>t1</i>	
		<i>Unweighted frequency</i>	<i>%</i>	<i>Unweighted frequency</i>	<i>%</i>
1	I have plenty of friends, and am never lonely	39	9.7%	5	1.2%
2	Although I have some friends, I am occasionally lonely	97	24.0%	10	2.5%
3	I have some friends, but am often lonely for company	54	13.4%	9	2.2%
4	I am socially isolated and feel lonely	11	2.7%	0	0.0%
. (M)	-	203	50.2%	380	94.1%

Based upon 201 valid cases out of 404 total cases (t0)

Based upon 24 valid cases out of 404 total cases (t1).

<b>aqol.items.6</b>	<b>Participant answer to Aqol-4D Question 6: <i>Thinking about your health and your relationship with your family:...</i> At baseline (t0) and follow-up (t1)</b>
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Width: 1  
 Decimal: 2  
 Variable Type: numeric  
 Variable Measure: nominal

		<i>t0</i>	<i>t1</i>
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<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>	<i>Unweighted frequency</i>	<i>%</i>
1	My role in the family is unaffected by my health	146	36.1%	14	3.5%
2	There are some parts of my family role I cannot carry out	41	10.1%	9	2.2%
3	There are many parts of my family role I cannot carry out	11	2.7%	1	0.2%
4	I cannot carry out any part of my family role	3	0.7%	0	0.0%
. (M)	-	203	50.2%	380	94.1%

Based upon 201 valid cases out of 404 total cases (t0)

Based upon 24 valid cases out of 404 total cases (t1).

**aqol.items.7**      **Participant answer to Aqol-4D Question 7: *Thinking about your vision, including when using your glasses or contact lenses if needed:...* At baseline (t0) and follow-up (t1)**

Width: 1  
Decimal: 2  
Variable Type: numeric  
Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>t0</i>		<i>t1</i>	
		<i>Unweighted frequency</i>	<i>%</i>	<i>Unweighted frequency</i>	<i>%</i>
1	I see normally	141	34.9%	15	3.7%
2	I have some difficulty focusing on things, or I do not see them sharply. For example: small print, a newspaper or seeing objects in the distance	55	13.6%	8	2.0%

3	I have a lot of difficulty seeing things. My vision is blurred. For example: I can see just enough to get by with	5	1.2%	1	0.2%
4	I can only see general shapes, or am blind: I need a guide to move around	0	0.0%	0	0.0%
. (M)	-	203	50.2%	380	94.1%

Based upon 201 valid cases out of 404 total cases (t0)

Based upon 24 valid cases out of 404 total cases (t1).

**aqol.items.8**      **Participant answer to Aqol-4D Question 8: *Thinking about your hearing, including using your hearing aid if needed:...* At baseline (t0) and follow-up (t1)**

Width: 1  
Decimal: 2  
Variable Type: numeric  
Variable Measure: nominal

Value	Label	t0		t1	
		Unweighted frequency	%	Unweighted frequency	%
1	I hear normally	171	42.3%	20	5.0%
2	I have some difficulty hearing or I do not hear clearly. For example: I ask people to speak up, or turn up the TV or radio volume.	25	6.2%	4	1.0%
3	I have difficulty hearing things clearly. For example: Often I do not understand what is said. I	4	1.0%	0	0.0%



	usually do not take part in conversations because I cannot hear what is said.				
4	I hear very little indeed. For example: I cannot fully understand loud voices speaking directly to me.	1	0.2%	0	0.0%
. (M)	-	203	50.2%	380	94.1%

Based upon 201 valid cases out of 404 total cases (t0)

Based upon 24 valid cases out of 404 total cases (t1).

#### aqol.items.9

**Participant answer to Aqol-4D Question 9: *When you communicate with others: (For example: by talking, listening, writing or signing.):... At baseline (t0) and follow-up (t1)***

Width: 1  
 Decimal: 2  
 Variable Type: numeric  
 Variable Measure: nominal

Value	Label	t0		t1	
		Unweighted frequency	%	Unweighted frequency	%
1	I have no trouble speaking to them or understanding what they are saying	155	38.4%	22	5.4%
2	I have some difficulty being understood by people who do not know me. I have no trouble understanding what others are saying to me.	38	9.4%	2	0.5%
3	I am only	5	1.2%	0	0.0%

	understood by people who know me well. I have great trouble understanding what others are saying to me.				
4	I cannot adequately communicate with others.	3	0.7%	0	0.0%
. (M)	-	203	50.2%	380	94.1%

Based upon 201 valid cases out of 404 total cases (t0)

Based upon 24 valid cases out of 404 total cases (t1).

<b>aqol.items.10</b>	<b>Participant answer to Aqol-4D Question 10: <i>Thinking about how you sleep:...</i> At baseline (t0) and follow-up (t1)</b>
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Width: 1  
Decimal: 2  
Variable Type: numeric  
Variable Measure: nominal

Value	Label	t0		t1	
		Unweighted frequency	%	Unweighted frequency	%
1	I am able to sleep without difficulty most of the time.	57	14.1%	7	1.7%
2	My sleep is interrupted some of the time, but I am usually able to go back to sleep without difficulty.	88	21.8%	12	3.0%
3	My sleep is interrupted most nights, but I am usually able to go back to sleep without difficulty.	39	9.7%	4	1.0%
4	I sleep in short bursts only. I am awake most of the	17	4.2%	1	0.2%

	night.				
. (M)	-	203	50.2%	380	94.1%

Based upon 201 valid cases out of 404 total cases (t0)

Based upon 24 valid cases out of 404 total cases (t1).

<b>aqol.items.11</b>	<b>Participant answer to Aqol-4D Question 11: <i>Thinking about how you generally feel:...</i> At baseline (t0) and follow-up (t1)</b>
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Width: 1  
 Decimal: 2  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>t0</i>		<i>t1</i>	
		<i>Unweighted frequency</i>	<i>%</i>	<i>Unweighted frequency</i>	<i>%</i>
1	I do not feel anxious, worried or depressed	25	6.2%	3	0.7%
2	I am slightly anxious, worried or depressed	91	22.5%	12	3.0%
3	I feel moderately anxious, worried or depressed	64	15.8%	8	2.0%
4	I am extremely anxious, worried or depressed	21	5.2%	1	0.2%
. (M)	-	203	50.2%	380	94.1%

Based upon 201 valid cases out of 404 total cases (t0)

Based upon 24 valid cases out of 404 total cases (t1).

<b>aqol.items.12</b>	<b>Participant answer to Aqol-4D Question 12: <i>How much pain or discomfort do you experience?...</i> At baseline (t0) and follow-up (t1)</b>
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Width: 1  
 Decimal: 2

Variable Type: numeric  
Variable Measure: nominal

Value	Label	t0		t1	
		Unweighted frequency	%	Unweighted frequency	%
1	None at all	123	30.4%	16	4.0%
2	I have moderate pain	70	17.3%	7	1.7%
3	I suffer from severe pain	6	1.5%	1	0.2%
4	I suffer unbearable pain	2	0.5%	0	0.0%
. (M)	-	203	50.2%	380	94.1%

Based upon 201 valid cases out of 404 total cases (t0)

Based upon 24 valid cases out of 404 total cases (t1).

**mhcsf.timeTaken**      **The time and date when participant completed the MHC-SF. At baseline (t0), 4-weeks (t1), 3 months (t2), and 6 months (t3). (YEAR-MONTH-DAY:HOUR:MINUTE:SECOND)**

Width: 23  
Decimal: 0  
Variable Type: string  
Variable Measure: nominal

Based upon 360 valid cases out of 404 total cases (t0).

Based upon 193 valid cases out of 404 total cases (t1).

Based upon 72 valid cases out of 404 total cases (t2).

Based upon 19 valid cases out of 404 total cases (t3).

**mhcsf.score**      **Participant MHC-SF Total Score at baseline (t0), 4-weeks (t1), 3 months (t2), and 6 months (t3).**

Width: 8

Decimal: 2  
Variable Type: numeric  
Variable Measure: scale

Based upon 360 valid cases out of 404 total cases (t0).

Based upon 193 valid cases out of 404 total cases (t1).

Based upon 72 valid cases out of 404 total cases (t2).

Based upon 19 valid cases out of 404 total cases (t3).

	Mean	Median	Mode	Standard Deviation
t0	2.76	2.86	3.00	1.09
t1	2.87	3.00	4.00	1.15
t2	2.95	2.96	2.86	1.10
t3	2.94	2.93	1.29	1.00

**mhcsf.ewb** Participant MHC-SF Emotional Wellbeing Score at baseline (t0), 4-weeks (t1), 3 months (t2), and 6 months (t3).

Width: 8  
Decimal: 2  
Variable Type: numeric  
Variable Measure: scale

Based upon 360 valid cases out of 404 total cases (t0).

Based upon 193 valid cases out of 404 total cases (t1).

Based upon 72 valid cases out of 404 total cases (t2).

Based upon 19 valid cases out of 404 total cases (t3).

	Mean	Median	Mode	Standard Deviation
t0	3.23	3.33	3.33	1.11
t1	3.23	3.33	4.00	1.14
t2	3.28	3.17	3.00	1.11

t3	3.19	3.00	2.67	1.13
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<b>mhcsf.swb</b>	<b>Participant MHC-SF Social Wellbeing Score at baseline (t0), 4-weeks (t1), 3 months (t2), and 6 months (t3).</b>
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Width: 8  
 Decimal: 2  
 Variable Type: numeric  
 Variable Measure: scale

Based upon 360 valid cases out of 404 total cases (t0).

Based upon 193 valid cases out of 404 total cases (t1).

Based upon 72 valid cases out of 404 total cases (t2).

Based upon 19 valid cases out of 404 total cases (t3).

	Mean	Median	Mode	Standard Deviation
t0	2.41	2.40	2.40	1.25
t1	2.58	2.80	3.00	1.26
t2	2.69	2.80	2.80	1.23
t3	2.66	2.60	2.60	1.11

<b>mhcsf.pwb</b>	<b>Participant MHC-SF Psychological Wellbeing Score at baseline (t0), 4-weeks (t1), 3 months (t2), and 6 months (t3).</b>
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Width: 8  
 Decimal: 2  
 Variable Type: numeric  
 Variable Measure: scale

Based upon 360 valid cases out of 404 total cases (t0).

Based upon 193 valid cases out of 404 total cases (t1).

Based upon 72 valid cases out of 404 total cases (t2).

Based upon 19 valid cases out of 404 total cases (t3).

	Mean	Median	Mode	Standard Deviation
t0	2.81	3.00	3.17	1.19
t1	2.93	3.00	3.00	1.23
t2	3.01	3.17	3.50	1.18
t3	3.04	3.00	4.17	1.12

**mhcsf.dx3**      **Participant MHC-SF Three Category Diagnosis of Positive Mental Health at baseline (t0), 4-weeks (t1), 3 months (t2), and 6 months (t3).**

Width: 8  
 Decimal: 2  
 Variable Type: numeric  
 Variable Measure: nominal

Value	Label	t0		t1		t2		t3	
		Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%
0.00	Languishing	61	15.1%	28	6.9%	9	2.2%	3	0.7%
1.00	Moderate	197	48.8%	103	25.5%	41	10.1%	12	3.0%
2.00	Flourishing	100	24.8%	61	15.1%	21	5.2%	4	1.0%
. (M)	-	46	11.4%	212	52.5%	333	82.4%	385	95.3%

Based upon 358 valid cases out of 404 total cases (t0).

Based upon 192 valid cases out of 404 total cases (t1).

Based upon 71 valid cases out of 404 total cases (t2).

Based upon 19 valid cases out of 404 total cases (t3).

**mhcsf.dx2**      **Participant MHC-SF Two Category Diagnosis of Positive Mental Health at baseline (t0), 4-weeks (t1), 3 months (t2), and 6 months (t3).**

Width: 8  
 Decimal: 2

Variable Type: numeric

Variable Measure: nominal

Value	Label	t0		t1		t2		t3	
		Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%
0.00	Not Flourishing	258	63.9%	131	32.4%	50	12.4%	15	3.7%
1.00	Flourishing	100	24.8%	61	15.1%	21	5.2%	4	1.0%
. (M)	-	46	11.4%	212	52.5%	333	82.4%	385	95.3%

Based upon 358 valid cases out of 404 total cases (t0).

Based upon 192 valid cases out of 404 total cases (t1).

Based upon 71 valid cases out of 404 total cases (t2).

Based upon 19 valid cases out of 404 total cases (t3).

**mhcfsf.items.1** Participant answer to MHC-SF Question 1: *During the past month how often did you feel... happy?* At baseline (t0), 4-weeks (t1), 3 months (t2), and 6 months (t3).

Width: 1

Decimal: 0

Variable Type: numeric

Variable Measure: nominal

Value	Label	t0		t1		t2		t3	
		Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%
0	NEVER	3	0.7%	3	0.7%	0	0.0%	0	0.0%
1	ONCE OR TWICE	18	4.5%	12	3.0%	5	1.2%	1	0.2%
2	ABOUT ONCE A WEEK	40	9.9%	23	5.7%	4	1.0%	2	0.5%
3	2 OR 3 TIMES A	117	29.0%	61	15.1%	28	6.9%	6	1.5%



	WEEK								
4	ALMOST EVERY DAY	142	35.1%	68	16.8%	23	5.7%	8	2.0%
5	EVERY DAY	40	9.9%	26	6.4%	12	3.0%	2	0.5%
. (M)	-	44	10.9%	211	52.2%	332	82.2%	385	95.3%

Based upon 360 valid cases out of 404 total cases (t0).

Based upon 193 valid cases out of 404 total cases (t1).

Based upon 72 valid cases out of 404 total cases (t2).

Based upon 19 valid cases out of 404 total cases (t3).

**mhcsf.items.2**

**Participant answer to MHC-SF Question 2: *During the past month how often did you feel... interested in life?* At baseline (t0), 4-weeks (t1), 3 months (t2), and 6 months (t3).**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Value	Label	t0		t1		t2		t3	
		Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%
0	NEVER	3	0.7%	2	0.5%	1	0.2%	0	0.0%
1	ONCE OR TWICE	18	4.5%	15	3.7%	3	0.7%	1	0.2%
2	ABOUT ONCE A WEEK	40	9.9%	19	4.7%	11	2.7%	3	0.7%
3	2 OR 3 TIMES A WEEK	117	29.0%	50	12.4%	21	5.2%	6	1.5%
4	ALMOST EVERY DAY	142	35.1%	68	16.8%	22	5.4%	6	1.5%
5	EVERY DAY	40	9.9%	39	9.7%	14	3.5%	3	0.7%
. (M)	-	44	10.9%	211	52.2%	332	82.2%	385	95.3%

Based upon 360 valid cases out of 404 total cases (t0).

Based upon 193 valid cases out of 404 total cases (t1).

Based upon 72 valid cases out of 404 total cases (t2).

Based upon 19 valid cases out of 404 total cases (t3).

<b>mhcfsf.items.3</b>	<b>Participant answer to MHC-SF Question 3: <i>During the past month how often did you feel... satisfied with life?</i> At baseline (t0), 4-weeks (t1), 3 months (t2), and 6 months (t3).</b>
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Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Value	Label	t0		t1		t2		t3	
		Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%
0	NEVER	24	5.9%	15	3.7%	4	1.0%	0	0.0%
1	ONCE OR TWICE	50	12.4%	22	5.4%	9	2.2%	4	1.0%
2	ABOUT ONCE A WEEK	53	13.1%	26	6.4%	8	2.0%	5	1.2%
3	2 OR 3 TIMES A WEEK	96	23.8%	52	12.9%	27	6.7%	4	1.0%
4	ALMOST EVERY DAY	106	26.2%	61	15.1%	12	3.0%	3	0.7%
5	EVERY DAY	31	7.7%	17	4.2%	12	3.0%	3	0.7%
. (M)	-	44	10.9%	211	52.2%	332	82.2%	385	95.3%

Based upon 360 valid cases out of 404 total cases (t0).

Based upon 193 valid cases out of 404 total cases (t1).

Based upon 72 valid cases out of 404 total cases (t2).

Based upon 19 valid cases out of 404 total cases (t3).

<b>mhcfsf.items.4</b>	<b>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), 4-weeks (t1), 3 months (t2), and 6 months (t3).</b>
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Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Value	Label	t0		t1		t2		t3	
		Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%
0	NEVER	54	13.4%	27	6.7%	10	2.5%	1	0.2%
1	ONCE OR TWICE	61	15.1%	28	6.9%	10	2.5%	5	1.2%
2	ABOUT ONCE A WEEK	51	12.6%	32	7.9%	11	2.7%	5	1.2%
3	2 OR 3 TIMES A WEEK	95	23.5%	39	9.7%	18	4.5%	5	1.2%
4	ALMOST EVERY DAY	71	17.6%	49	12.1%	16	4.0%	1	0.2%
5	EVERY DAY	28	6.9%	18	4.5%	7	1.7%	2	0.5%
. (M)	-	44	10.9%	211	52.2%	332	82.2%	385	95.3%

Based upon 360 valid cases out of 404 total cases (t0).

Based upon 193 valid cases out of 404 total cases (t1).

Based upon 72 valid cases out of 404 total cases (t2).

Based upon 19 valid cases out of 404 total cases (t3).

**mhcfsf.items.5**      **Participant answer to MHC-SF Question 5: *During the past month how often did you feel... that you belonged to a community (like a social group, or your neighborhood)?* At baseline (t0), 4-weeks (t1), 3 months (t2), and 6 months (t3).**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

		t0	t1	t2	t3
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<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>	<i>Unweighted frequency</i>	<i>%</i>	<i>Unweighted frequency</i>	<i>%</i>	<i>Unweighted frequency</i>	<i>%</i>
0	NEVER	49	12.1%	21	5.2%	4	1.0%	1	0.2%
1	ONCE OR TWICE	74	18.3%	32	7.9%	11	2.7%	5	1.2%
2	ABOUT ONCE A WEEK	71	17.6%	32	7.9%	15	3.7%	2	0.5%
3	2 OR 3 TIMES A WEEK	61	15.1%	46	11.4%	17	4.2%	5	1.2%
4	ALMOST EVERY DAY	57	14.1%	42	10.4%	17	4.2%	5	1.2%
5	EVERY DAY	48	11.9%	20	5.0%	8	2.0%	1	0.2%
. (M)	-	44	10.9%	211	52.2%	332	82.2%	385	95.3%

Based upon 360 valid cases out of 404 total cases (t0).

Based upon 193 valid cases out of 404 total cases (t1).

Based upon 72 valid cases out of 404 total cases (t2).

Based upon 19 valid cases out of 404 total cases (t3).

**mhcsf.items.6**

**Participant answer to MHC-SF Question 6: *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? At baseline (t0), 4 weeks (t1), 3 months (t2), and 6 months (t3).***

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>t0</i>		<i>t1</i>		<i>t2</i>		<i>t3</i>	
		<i>Unweighted frequency</i>	<i>%</i>	<i>Unweighted frequency</i>	<i>%</i>	<i>Unweighted frequency</i>	<i>%</i>	<i>Unweighted frequency</i>	<i>%</i>
0	NEVER	55	13.6%	33	8.2%	10	2.5%	1	0.2%
1	ONCE OR TWICE	87	21.5%	32	7.9%	14	3.5%	5	1.2%
2	ABOUT ONCE A WEEK	57	14.1%	26	6.4%	12	3.0%	3	0.7%

3	2 OR 3 TIMES A WEEK	79	19.6%	50	12.4%	15	3.7%	4	1.0%
4	ALMOST EVERY DAY	67	16.6%	44	10.9%	14	3.5%	5	1.2%
5	EVERY DAY	15	3.7%	8	2.0%	7	1.7%	1	0.2%
. (M)	-	44	10.9%	211	52.2%	332	82.2%	385	95.3%

Based upon 360 valid cases out of 404 total cases (t0).

Based upon 193 valid cases out of 404 total cases (t1).

Based upon 72 valid cases out of 404 total cases (t2).

Based upon 19 valid cases out of 404 total cases (t3).

**mhcsf.items.7**

**Participant answer to MHC-SF Question 7: *During the past month how often did you feel... that people are basically good?* At baseline (t0), 4 weeks (t1), 3 months (t2), and 6 months (t3).**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Value	Label	t0		t1		t2		t3	
		Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%
0	NEVER	28	6.9%	11	2.7%	1	0.2%	1	0.2%
1	ONCE OR TWICE	66	16.3%	25	6.2%	11	2.7%	0	0.0%
2	ABOUT ONCE A WEEK	51	12.6%	31	7.7%	10	2.5%	4	1.0%
3	2 OR 3 TIMES A WEEK	75	18.6%	43	10.6%	17	4.2%	5	1.2%
4	ALMOST EVERY DAY	102	25.2%	60	14.9%	18	4.5%	5	1.2%
5	EVERY DAY	38	9.4%	23	5.7%	15	3.7%	4	1.0%
. (M)	-	44	10.9%	211	52.2%	332	82.2%	385	95.3%

Based upon 360 valid cases out of 404 total cases (t0).

Based upon 193 valid cases out of 404 total cases (t1).

Based upon 72 valid cases out of 404 total cases (t2).

Based upon 19 valid cases out of 404 total cases (t3).

**mhcsf.items.8**

**Participant answer to MHC-SF Question 8: *During the past month how often did you feel... that the way our society works makes sense to you?* At baseline (t0), 4 weeks (t1), 3 months (t2), and 6 months (t3).**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Value	Label	t0		t1		t2		t3	
		Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%
0	NEVER	59	14.6%	26	6.4%	8	2.0%	1	0.2%
1	ONCE OR TWICE	75	18.6%	34	8.4%	11	2.7%	3	0.7%
2	ABOUT ONCE A WEEK	54	13.4%	35	8.7%	15	3.7%	5	1.2%
3	2 OR 3 TIMES A WEEK	71	17.6%	40	9.9%	18	4.5%	5	1.2%
4	ALMOST EVERY DAY	80	19.8%	45	11.1%	14	3.5%	4	1.0%
5	EVERY DAY	21	5.2%	13	3.2%	6	1.5%	1	0.2%
. (M)	-	44	10.9%	211	52.2%	332	82.2%	385	95.3%

Based upon 360 valid cases out of 404 total cases (t0).

Based upon 193 valid cases out of 404 total cases (t1).

Based upon 72 valid cases out of 404 total cases (t2).

Based upon 19 valid cases out of 404 total cases (t3).

**mhcsf.items.9**

**Participant answer to MHC-SF Question 9: *During the past month how often did you feel... that you liked most parts of your personality?* At baseline (t0), 4 weeks (t1), 3 months (t2), and 6 months (t3).**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Value	Label	t0		t1		t2		t3	
		Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%
0	NEVER	59	14.6%	26	6.4%	8	2.0%	1	0.2%
1	ONCE OR TWICE	75	18.6%	34	8.4%	11	2.7%	3	0.7%
2	ABOUT ONCE A WEEK	54	13.4%	35	8.7%	15	3.7%	5	1.2%
3	2 OR 3 TIMES A WEEK	71	17.6%	40	9.9%	18	4.5%	5	1.2%
4	ALMOST EVERY DAY	80	19.8%	45	11.1%	14	3.5%	4	1.0%
5	EVERY DAY	21	5.2%	13	3.2%	6	1.5%	1	0.2%
. (M)	-	44	10.9%	211	52.2%	332	82.2%	385	95.3%

Based upon 360 valid cases out of 404 total cases (t0).

Based upon 193 valid cases out of 404 total cases (t1).

Based upon 72 valid cases out of 404 total cases (t2).

Based upon 19 valid cases out of 404 total cases (t3).

**mhcsf.items.10**

**Participant answer to MHC-SF Question 10: *During the past month how often did you feel... good at managing the responsibilities of your daily life?* At baseline (t0), 4 weeks (t1), 3 months (t2), and 6 months (t3).**

Width: 1  
 Decimal: 0  
 Variable Type: numeric

Variable Measure: nominal

Value	Label	t0		t1		t2		t3	
		Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%
0	NEVER	32	7.9%	14	3.5%	4	1.0%	0	0.0%
1	ONCE OR TWICE	44	10.9%	22	5.4%	11	2.7%	2	0.5%
2	ABOUT ONCE A WEEK	62	15.3%	30	7.4%	12	3.0%	5	1.2%
3	2 OR 3 TIMES A WEEK	92	22.8%	57	14.1%	18	4.5%	6	1.5%
4	ALMOST EVERY DAY	95	23.5%	50	12.4%	19	4.7%	4	1.0%
5	EVERY DAY	35	8.7%	20	5.0%	8	2.0%	2	0.5%
. (M)	-	44	10.9%	211	52.2%	332	82.2%	385	95.3%

Based upon 360 valid cases out of 404 total cases (t0).

Based upon 193 valid cases out of 404 total cases (t1).

Based upon 72 valid cases out of 404 total cases (t2).

Based upon 19 valid cases out of 404 total cases (t3).

**mhcfs.items.11** Participant answer to MHC-SF Question 11: *During the past month how often did you feel... that you had warm and trusting relationships with others?* At baseline (t0), 4 weeks (t1), 3 months (t2), and 6 months (t3).

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Value	Label	t0		t1		t2		t3	
		Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%
0	NEVER	21	5.2%	7	1.7%	2	0.5%	0	0.0%



1	ONCE OR TWICE	59	14.6%	27	6.7%	8	2.0%	2	0.5%
2	ABOUT ONCE A WEEK	43	10.6%	18	4.5%	10	2.5%	2	0.5%
3	2 OR 3 TIMES A WEEK	87	21.5%	52	12.9%	17	4.2%	4	1.0%
4	ALMOST EVERY DAY	81	20.0%	46	11.4%	18	4.5%	6	1.5%
5	EVERY DAY	69	17.1%	43	10.6%	17	4.2%	5	1.2%
. (M)	-	44	10.9%	211	52.2%	332	82.2%	385	95.3%

Based upon 360 valid cases out of 404 total cases (t0).

Based upon 193 valid cases out of 404 total cases (t1).

Based upon 72 valid cases out of 404 total cases (t2).

Based upon 19 valid cases out of 404 total cases (t3).

**mhcfsf.items.12**

**Participant answer to MHC-SF Question 12: *During the past month how often did you feel... that you had experiences that challenged you to grow and become a better person?* At baseline (t0), 4 weeks (t1), 3 months (t2), and 6 months (t3).**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Value	Label	t0		t1		t2		t3	
		Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%
0	NEVER	18	4.5%	12	3.0%	4	1.0%	0	0.0%
1	ONCE OR TWICE	72	17.8%	26	6.4%	8	2.0%	2	0.5%
2	ABOUT ONCE A WEEK	52	12.9%	34	8.4%	10	2.5%	2	0.5%
3	2 OR 3 TIMES A WEEK	88	21.8%	47	11.6%	16	4.0%	7	1.7%
4	ALMOST EVERY DAY	83	20.5%	47	11.6%	18	4.5%	4	1.0%

5	EVERY DAY	47	11.6%	27	6.7%	16	4.0%	4	1.0%
. (M)	-	44	10.9%	211	52.2%	332	82.2%	385	95.3%

Based upon 360 valid cases out of 404 total cases (t0).

Based upon 193 valid cases out of 404 total cases (t1).

Based upon 72 valid cases out of 404 total cases (t2).

Based upon 19 valid cases out of 404 total cases (t3).

#### mhcsf.items.13

**Participant answer to MHC-SF Question 13: *During the past month how often did you feel... confident to think or express your own ideas and opinions?* At baseline (t0), 4 weeks (t1), 3 months (t2), and 6 months (t3).**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Value	Label	t0		t1		t2		t3	
		Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%
0	NEVER	30	7.4%	17	4.2%	6	1.5%	0	0.0%
1	ONCE OR TWICE	57	14.1%	22	5.4%	5	1.2%	3	0.7%
2	ABOUT ONCE A WEEK	48	11.9%	31	7.7%	10	2.5%	4	1.0%
3	2 OR 3 TIMES A WEEK	73	18.1%	44	10.9%	21	5.2%	3	0.7%
4	ALMOST EVERY DAY	98	24.3%	50	12.4%	20	5.0%	4	1.0%
5	EVERY DAY	54	13.4%	29	7.2%	10	2.5%	5	1.2%
. (M)	-	44	10.9%	211	52.2%	332	82.2%	385	95.3%

Based upon 360 valid cases out of 404 total cases (t0).

Based upon 193 valid cases out of 404 total cases (t1).

Based upon 72 valid cases out of 404 total cases (t2).

Based upon 19 valid cases out of 404 total cases (t3).

**mhcsf.items.14**

**Participant answer to MHC-SF Question 14: *During the past month how often did you feel... that your life has a sense of direction or meaning to it?* At baseline (t0), 4 weeks (t1), 3 months (t2), and 6 months (t3).**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Value	Label	t0		t1		t2		t3	
		Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%	Unweighted frequency	%
0	NEVER	50	12.4%	24	5.9%	5	1.2%	1	0.2%
1	ONCE OR TWICE	50	12.4%	23	5.7%	13	3.2%	7	1.7%
2	ABOUT ONCE A WEEK	47	11.6%	29	7.2%	10	2.5%	1	0.2%
3	2 OR 3 TIMES A WEEK	82	20.3%	43	10.6%	18	4.5%	5	1.2%
4	ALMOST EVERY DAY	72	17.8%	46	11.4%	14	3.5%	4	1.0%
5	EVERY DAY	59	14.6%	28	6.9%	12	3.0%	1	0.2%
. (M)	-	44	10.9%	211	52.2%	332	82.2%	385	95.3%

Based upon 360 valid cases out of 404 total cases (t0).

Based upon 193 valid cases out of 404 total cases (t1).

Based upon 72 valid cases out of 404 total cases (t2).

Based upon 19 valid cases out of 404 total cases (t3).

**toolbox.AppUse**

**Participant's 'interest' in using app listed on The Toolbox website. (i.e. whether or not a participant clicked through to the specific app download page while using The Toolbox website).**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

<i>App name</i>	Unweighted frequency (%)	
	<i>Did not download app = .</i>	<i>Downloaded app = 1</i>
1GiantMind	397 (98.3%)	7 (1.7%)
101RevolutionaryWaystoBeHealthy	400 (99.0%)	4 (1.0%)
365HappyDays	404 (100%)	0 (0.0%)
8GlassesADay	402 (99.5%)	2 (0.5%)
Argus	403 (99.8%)	1 (0.2%)
Balanced	403 (99.8%)	1 (0.2%)
BeatPanic	404 (100%)	0 (0.0%)
BehavioralExperimentsCBT	402 (99.5%)	2 (0.5%)
BodywiseHealthand FitnessTracker	404 (100%)	0 (0.0%)
Breathe2Relax	403 (99.8%)	1 (0.2%)
BupaFitness	403 (99.8%)	1 (0.2%)
CalmMeditationandRelaxation	401 (99.3%)	3 (0.7%)
Couchto5k	403 (99.8%)	1 (0.2%)
Dormio	401 (99.3%)	3 (0.7%)
CBTMood	404 (100%)	0 (0.0%)
Everest	404 (100%)	0 (0.0%)
GoalSetter	402 (99.5%)	2 (0.5%)
GoodHabitMaker	404 (100%)	0 (0.0%)
GratitudeJournalLifechangingApp	403 (99.8%)	1 (0.2%)
HealthTap	402 (99.5%)	2 (0.5%)
InstantHeartRate	403 (99.8%)	1 (0.2%)
Juice	397 (98.3%)	7 (1.7%)
KindnessMeditation	403 (99.8%)	1 (0.2%)
LearnpanicCBT	404 (100%)	0 (0.0%)
MindfulnessMeditation	404 (100%)	0 (0.0%)

Moodkit	403 (99.8%)	1 (0.2%)
MyCalmBeat	400 (99.0%)	4 (1.0%)
Myquitbuddy	404 (100%)	0 (0.0%)
Nikerunning	403 (99.8%)	1 (0.2%)
Optimism	403 (99.8%)	1 (0.2%)
Panicattackaidlite	403 (99.8%)	1 (0.2%)
PayItForward	404 (100%)	0 (0.0%)
Proof	398 (98.5%)	6 (1.5%)
RelaxwithAndrewJohnsonLite	404 (100%)	0 (0.0%)
RelaxationTechniquesCalmyourmind	404 (100%)	0 (0.0%)
Riseupovercomeyoureatingdisorder	404 (100%)	0 (0.0%)
SelfHelpforAnxietyManagement	399 (98.8%)	5 (1.2%)
SmilingMind	399 (98.8%)	5 (1.2%)
SmokeFree	404 (100%)	0 (0.0%)
Spire	404 (100%)	0 (0.0%)
Stoppanicandanxiety	403 (99.8%)	1 (0.2%)
SuperBetter	400 (99.0%)	4 (1.0%)
TalkingAnxiety	404 (100%)	0 (0.0%)
Thesorter	398 (98.5%)	6 (1.5%)
WalkWatchLite	404 (100%)	0 (0.0%)
WebMD	404 (100%)	0 (0.0%)

Based upon 404 valid cases out of 404 total cases.

**toolbox.goals.individual**

**Participant's 'interest' in a goal on The Toolbox website, in response to the question: What goals do you want to achieve? (i.e. whether or not a participant selected the specific goal while using the Toolbox website).**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Goal</i>	<i>Unweighted frequency (%)</i>	
	<i>Did not selected goal = .</i>	<i>Selected goal = 1</i>
Be healthier	397 (93.8%)	25 (6.2%)
Boost fitness	386 (95.5%)	18 (4.5%)
Increase energy	404 (100.0%)	0 (0.0%)
Quit smoking	404 (100.0%)	0 (0.0%)
Sleep better	404 (100.0%)	0 (0.0%)
Achieve balance	397 (98.3%)	7 (1.7%)
Achieve goals	398 (98.5%)	6 (1.5%)
Better habits	395 (97.8%)	9 (2.2%)
Embrace challenges	399 (98.9%)	5 (1.2%)
Enhance concentration	396 (98.0%)	8 (2.0%)
Learn skills	403 (99.8%)	1 (0.2%)
Manage money	397 (98.3%)	7 (1.7%)
Be kinder	399 (98.9%)	5 (1.2%)
Help others	402 (99.5%)	2 (0.5%)
Improve relationships	404 (100.0%)	0 (0.0%)
Enjoy life	391 (96.8%)	13 (3.2%)
Improve general wellbeing	393 (97.3%)	11 (2.7%)
Increase happiness	397 (98.3%)	7 (1.7%)
Manage anger	402 (99.5%)	2 (0.5%)
Manage stress	388 (96.0%)	16 (4.0%)
Overcome fears	396 (98.0%)	8 (2.0%)
Relax	396 (98.0%)	8 (2.0%)
Stay positive	389 (96.3%)	15 (3.7%)
Be resilient	396 (98.0%)	8 (2.0%)
Control panic attacks	400 (99.0%)	4 (1.0%)
Manage anxiety	389 (96.3%)	15 (3.7%)
Manage depression	395 (97.8%)	9 (2.2%)
Manage eating disorders	400 (99.0%)	4 (1.0%)

Based upon 404 valid cases out of 404 total cases.

<b>toolbox.goals.category</b>	<b>Participant's 'interest' in a broad level wellbeing category on The Toolbox website, in response to the question: What goals do you want to achieve? (i.e. whether or not a participant selected a goal related to a specific category while using the Toolbox website).</b>
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Width: 2  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Category	Unweighted frequency (%)	
	Did not select goal in category = 0	Selected goal in category = 1
Being Independent	371 (91.8%)	33 (8.2%)
DealingToughTimes	373 (92.3%)	31 (7.7%)
HealthFitness	368 (91.1%)	36 (8.9%)
RelationshipsHelpingOthers	397 (98.3%)	7 (1.7%)
ThoughtsEmotions	355 (87.9%)	49 (12.1%)

Based upon 404 valid cases out of 404 total cases.

<b>user.recruitment.paid</b>	<b>Whether participant was recruited to the study via a paid or unpaid recruitment channel</b>
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Width: 2  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Value	Label	Unweighted frequency	%
0	unpaid	190	47.0%
1	paid	95	23.5%
.(M)	-	119	29.5%

Based upon 285 valid cases out of 404 total cases.

<b>user.recruitment.channel</b>	<b>The recruitment channel via which participant was recruited to the study</b>
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Width: 2  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
0	Emails - circular	17	4.2%
1	Emails - personal	22	5.4%
2	Face-to-face in community	22	5.4%
3	Facebook ads	39	9.7%
4	Google ads	2	0.5%
5	Recruitment agency	56	13.9%
6	Twitter ads	6	1.5%
7	Twitter posts	23	5.7%
9	University Student Portal	43	10.6%
10	Websites	46	11.4%
11	YouTube ads	2	0.5%
.(M)	-	97	24.0%

Based upon 307 valid cases out of 404 total cases.

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### **CES-D Separate Dataset**

<b>user.id</b>	<b>Unique participant ID number assigned by goAct system on registration. Multiple entries per unique user are displayed in this dataset</b>
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Width: 12



Decimal: 0  
Variable Type: string  
Variable Measure: nominal  
Based upon 86 valid cases out of 86 total cases.

<b>cesd.timeTaken</b>	<b>The time and date when participant completed the CES-D. (YEAR-MONTH-DAY:HOUR:MINUTE:SECOND)</b>
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Width: 69  
Decimal: 0  
Variable Type: string  
Variable Measure: nominal

Based upon 86 valid cases out of 86 total cases.

<b>cesd.score</b>	<b>Participant CES-D Total Score.</b>
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Width: 8  
Decimal: 0  
Variable Type: string  
Variable Measure: scale

- Mean: 30.13
- Median: 31.00
- Mode: 28.00
- Standard Deviation: 6.972

Based upon 86 valid cases out of 86 total cases.

<b>cesd.items.1</b>	<b>Participant answer to CES-D Question 1: <i>During the past week... I was bothered by things that usually don't bother me.</i></b>
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Width: 1  
Decimal: 0

Variable Type: numeric

Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>Percentage</i>
0	Rarely or none of the time (less than 1 day)	11	12.8%
1	Some or a little of the time (1-2 days)	24	27.9%
2	Occasionally or a moderate amount of time (3-4 days)	35	40.7%
3	Most or all of the time (5-7 days)	16	18.6%

Based upon 86 valid cases out of 86 total cases.

<b>cesd.items.2</b>	<b>Participant answer to CES-D Question 2: <i>During the past week... I did not feel like eating; my appetite was poor.</i></b>
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Width: 1

Decimal: 0

Variable Type: numeric

Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>Percentage</i>
0	Rarely or none of the time (less than 1 day)	21	24.4%
1	Some or a little of the time (1-2 days)	28	32.6%
2	Occasionally or a moderate amount of time (3-4 days)	17	19.8%
3	Most or all of the time (5-7 days)	20	23.3%

Based upon 86 valid cases out of 86 total cases.

**cesd.items.3****Participant answer to CES-D Question 3: *During the past week... I felt that I could not shake off the blues even with help from my family.***

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>Percentage</i>
0	Rarely or none of the time (less than 1 day)	8	9.3%
1	Some or a little of the time (1-2 days)	27	31.4%
2	Occasionally or a moderate amount of time (3-4 days)	28	32.6%
3	Most or all of the time (5-7 days)	23	26.7%

Based upon 86 valid cases out of 86 total cases.

**cesd.items.4****Participant answer to CES-D Question 4: *During the past week... I felt that I was just as good as other people.***

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>Percentage</i>
0	Rarely or none of the time (less than 1 day)	32	37.2%
1	Some or a little of the time (1-2 days)	34	39.5%
2	Occasionally or a moderate amount	14	16.3%

	of time (3-4 days)		
3	Most or all of the time (5-7 days)	6	7.0%

Based upon 86 valid cases out of 86 total cases.

<b>cesd.items.5</b>	<b>Participant answer to CES-D Question 5: <i>During the past week... I had trouble keeping my mind on what I was doing.</i></b>
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Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>Percentage</i>
0	Rarely or none of the time (less than 1 day)	2	2.3%
1	Some or a little of the time (1-2 days)	27	31.4%
2	Occasionally or a moderate amount of time (3-4 days)	35	40.7%
3	Most or all of the time (5-7 days)	22	25.6%

Based upon 86 valid cases out of 86 total cases.

<b>cesd.items.6</b>	<b>Participant answer to CES-D Question 6: <i>During the past week... I felt depressed.</i></b>
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Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>Percentage</i>
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0	Rarely or none of the time (less than 1 day)	6	7.0%
1	Some or a little of the time (1-2 days)	23	26.7%
2	Occasionally or a moderate amount of time (3-4 days)	33	38.4%
3	Most or all of the time (5-7 days)	24	27.9%

Based upon 86 valid cases out of 86 total cases.

**cesd.items.7**      **Participant answer to CES-D Question 7: *During the past week... I felt that everything I did was an effort.***

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>Percentage</i>
0	Rarely or none of the time (less than 1 day)	5	5.8%
1	Some or a little of the time (1-2 days)	17	19.8%
2	Occasionally or a moderate amount of time (3-4 days)	36	41.9%
3	Most or all of the time (5-7 days)	28	32.6%

Based upon 86 valid cases out of 86 total cases.

**cesd.items.8**      **Participant answer to CES-D Question 8: *During the past week... I felt hopeful about the future.***

Width: 1  
 Decimal: 0

Variable Type: numeric  
Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>Percentage</i>
0	Rarely or none of the time (less than 1 day)	25	29.1%
1	Some or a little of the time (1-2 days)	36	41.9%
2	Occasionally or a moderate amount of time (3-4 days)	17	19.8%
3	Most or all of the time (5-7 days)	8	9.3%

Based upon 86 valid cases out of 86 total cases.

**cesd.items.9**      **Participant answer to CES-D Question 9: *I thought my life had been a failure.***

Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>Percentage</i>
0	Rarely or none of the time (less than 1 day)	22	25.6%
1	Some or a little of the time (1-2 days)	28	32.6%
2	Occasionally or a moderate amount of time (3-4 days)	25	29.1%
3	Most or all of the time (5-7 days)	11	12.8%

Based upon 86 valid cases out of 86 total cases.

**cesd.items.10****Participant answer to CES-D Question 10: *During the past week... I felt fearful.***

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>Percentage</i>
0	Rarely or none of the time (less than 1 day)	26	30.2%
1	Some or a little of the time (1-2 days)	19	22.1%
2	Occasionally or a moderate amount of time (3-4 days)	25	29.1%
3	Most or all of the time (5-7 days)	16	18.6%

Based upon 86 valid cases out of 86 total cases.

**cesd.items.11****Participant answer to CES-D Question 11: *During the past week... My sleep was restless.***

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>Percentage</i>
0	Rarely or none of the time (less than 1 day)	9	10.5%
1	Some or a little of the time (1-2 days)	20	23.3%
2	Occasionally or a moderate amount of time (3-4 days)	26	30.2%

3	Most or all of the time (5-7 days)	31	36.0%
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Based upon 86 valid cases out of 86 total cases.

<b>cesd.items.12</b>	<b>Participant answer to CES-D Question 12: <i>During the past week... I was happy.</i></b>
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Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>Percentage</i>
0	Rarely or none of the time (less than 1 day)	21	24.4%
1	Some or a little of the time (1-2 days)	39	45.3%
2	Occasionally or a moderate amount of time (3-4 days)	20	23.3%
3	Most or all of the time (5-7 days)	6	7.0%

Based upon 86 valid cases out of 86 total cases.

<b>cesd.items.13</b>	<b>Participant answer to CES-D Question 13: <i>During the past week... I talked less than usual.</i></b>
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Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>Percentage</i>
0	Rarely or none of the time (less than	10	11.6%



	1 day)		
1	Some or a little of the time (1-2 days)	31	36.0%
2	Occasionally or a moderate amount of time (3-4 days)	31	36.0%
3	Most or all of the time (5-7 days)	14	16.3%

Based upon 86 valid cases out of 86 total cases.

<b>cesd.items.14</b>	<b>Participant answer to CES-D Question 14: <i>During the past week... I felt lonely.</i></b>
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Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>Percentage</i>
0	Rarely or none of the time (less than 1 day)	7	8.1%
1	Some or a little of the time (1-2 days)	19	22.1%
2	Occasionally or a moderate amount of time (3-4 days)	31	36.0%
3	Most or all of the time (5-7 days)	29	33.7%

Based upon 86 valid cases out of 86 total cases.

<b>cesd.items.15</b>	<b>Participant answer to CES-D Question 15: <i>During the past week... People were unfriendly.</i></b>
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Width: 1  
 Decimal: 0  
 Variable Type: numeric

Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>Percentage</i>
0	Rarely or none of the time (less than 1 day)	37	43.0%
1	Some or a little of the time (1-2 days)	31	36.0%
2	Occasionally or a moderate amount of time (3-4 days)	13	15.1%
3	Most or all of the time (5-7 days)	5	5.8%

Based upon 86 valid cases out of 86 total cases.

<b>cesd.items.16</b>	<b>Participant answer to CES-D Question 16: <i>During the past week... I enjoyed life.</i></b>
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Width: 1  
Decimal: 0  
Variable Type: numeric  
Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>Percentage</i>
0	Rarely or none of the time (less than 1 day)	27	31.4%
1	Some or a little of the time (1-2 days)	30	34.9%
2	Occasionally or a moderate amount of time (3-4 days)	22	25.6%
3	Most or all of the time (5-7 days)	7	8.1%

Based upon 86 valid cases out of 86 total cases.

**cesd.items.17****Participant answer to CES-D Question 17: *During the past week... I had crying spells.***

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>Percentage</i>
0	Rarely or none of the time (less than 1 day)	40	46.5%
1	Some or a little of the time (1-2 days)	20	23.3%
2	Occasionally or a moderate amount of time (3-4 days)	14	16.3%
3	Most or all of the time (5-7 days)	12	14.0%

Based upon 86 valid cases out of 86 total cases.

**cesd.items.18****Participant answer to CES-D Question 18: *During the past week... I felt sad.***

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>Percentage</i>
0	Rarely or none of the time (less than 1 day)	7	8.1%
1	Some or a little of the time (1-2 days)	16	18.6%
2	Occasionally or a moderate amount of time (3-4 days)	42	48.8%

3	Most or all of the time (5-7 days)	21	24.4%
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Based upon 86 valid cases out of 86 total cases.

<b>cesd.items.19</b>	<b>Participant answer to CES-D Question 19: <i>During the past week... I felt that people disliked me.</i></b>
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Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>Percentage</i>
0	Rarely or none of the time (less than 1 day)	9	10.5%
1	Some or a little of the time (1-2 days)	31	36.0%
2	Occasionally or a moderate amount of time (3-4 days)	30	34.9%
3	Most or all of the time (5-7 days)	16	18.6%

Based upon 86 valid cases out of 86 total cases.

<b>cesd.items.20</b>	<b>Participant answer to CES-D Question 20: <i>During the past week... I could not "get going".</i></b>
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Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>Percentage</i>
0	Rarely or none of the time (less than	5	5.8%

	1 day)		
1	Some or a little of the time (1-2 days)	27	31.4%
2	Occasionally or a moderate amount of time (3-4 days)	31	36.0%
3	Most or all of the time (5-7 days)	23	26.7%

Based upon 86 valid cases out of 86 total cases.

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### **Energy, Mood, Sleep Separate Dataset**

<b>user.id</b>	<b>Unique participant ID number assigned by goAct system on registration. Multiple entries per unique user are displayed in this dataset.</b>
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Width: 4  
 Decimal: 0  
 Variable Type: string  
 Variable Measure: nominal

Based upon 1404 valid cases out of 1404 total cases.

<b>dailyRating.timeCompleted</b>	<b>Time and date participant completed the mood, energy, rest or sleep duration assessment. (YEAR-MONTH-DAY:HOURL:MINUTE:SECOND)</b>
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Width: 19  
 Decimal: 0  
 Variable Type: string  
 Variable Measure: nominal

Based upon 1404 valid cases out of 1404 total cases.

<b>dailyRating.mood</b>	<b>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?'</b>
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Width: 3  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 987 valid cases out of 1404 total cases.

- Mean: 54.03
- Median: 60.00
- Mode: 70.00
- Standard Deviation: 21.246

<b>dailyRating.energy</b>	<b>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?'</b>
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Width: 3  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: nominal

Based upon 987 valid cases out of 1404 total cases.

- Mean: 48.90
- Median: 50.00
- Mode: 50.00
- Standard Deviation: 18.648

<b>dailyRating.rest</b>	<b>The 'rest' score logged by the participant during the study (surveyed weekly). Score was a momentary measure recorded using a visual analogue scale (0-</b>
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**100), in response to the question: 'How well did you sleep last night?'**

Width: 3  
Decimal: 0  
Variable Type: numeric  
Variable Measure: scale

Based upon 1404 valid cases out of 1404 total cases.

- Mean: 51.44
- Median: 50.00
- Mode: 50.00
- Standard Deviation: 20.793

**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?'**

Width: 3  
Decimal: 0  
Variable Type: numeric  
Variable Measure: scale

Based upon 677 valid cases out of 1404 total cases.

- Mean: 452.04
- Median: 450.00
- Mode: 420.00
- Standard Deviation: 114.119