

## Routines and Meaning in Life Verbatim Methodology

### Study 1

#### Routinization (Reich & Zautra, 1991)

1	2	3	4	5	6	7
Strongly Disagree						Strongly Agree

#### *Factor 1: Having Daily Order and Routine*

1. I find that a well-ordered mode of life with regular hours is the one for me.
2. I generally stick to a certain schedule once I have started it.
3. I rather like the idea of having my meals at odd hours whenever the mood strikes me.
4. In whatever one does, the “tried and true” ways are always the best.
5. I do not undertake any project unless I have a pretty good idea as to how it will turn out.
6. I do pretty much the same things every day.
7. I put on and take off my clothes in the same order every day.
8. I may be “set in my ways” but for me that is the best way to live.

#### *Factor 2: Disliking Disruption*

1. I like to have everything planned for my day.
2. I rather like the idea of having my friends drop in unexpectedly.
3. I must admit that it makes me angry when other people interfere with my daily activities.
4. It bothers me when something unexpected interrupts my daily routine.
5. I dislike doing anything just on the spur of the moment.
6. I do not enjoy having to adapt myself to new and unusual situations.

#### **Mindfulness**

Below is a collection of statements about your everyday experience. Using the 1–7 scale below, please indicate how frequently or infrequently you currently have each experience. Please answer according to what *really reflects* your experience rather than what you think your experience should be.

1	2	3	4	5	6	7
Almost Always						Almost Never

1. I could be experiencing some emotion and not be conscious of it until some time later.
2. I break or spill things because of carelessness, not paying attention, or thinking of something else.
3. I find it difficult to stay focused on what’s happening in the present.

4. I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.
5. I tend not to notice feelings of physical tension or discomfort until they really grab my attention.
6. I forget a person's name almost as soon as I've been told it for the first time.
7. It seems I am "running on automatic" without much awareness of what I'm doing.
8. I rush through activities without being really attentive to them.
9. I get so focused on the goal I want to achieve that I lose touch with what I am doing right now to get there.
10. I do jobs or tasks automatically, without being aware of what I'm doing.
11. I find myself listening to someone with one ear, doing something else at the same time.
12. I drive places on "automatic pilot" and then wonder why I went there.
13. I find myself preoccupied with the future or the past.
14. I find myself doing things without paying attention.
15. I snack without being aware that I'm eating.

**Meaning in Life**

1	2	3	4	5	6	7
Absolutely Untrue	Mostly Untrue	Somewhat Untrue	Can't Say True or False	Somewhat True	Mostly True	Absolutely True

- Overall, my life experiences make sense.
- My life is purposeful.
- I feel as though I have made a difference to many people.
- I think that I will be remembered for a long time after I die.
- I understand my life's meaning.
- Overall, my life is meaningful.
- I have a sense of direction.
- In life, I have goals and aims.
- I feel like I can make a difference in the world.
- I have a strong sense of meaning in life.
- My life has no clear purpose.
- My life is significant.
- Overall, I find my life meaningful.
- I am persistent in achieving my goals.
- I feel as though my contributions will exist after I die.
- I feel like I have found a significant meaning in my life.
- I have a sense that the parts of my life fit together into a unified pattern.
- My personal existence is orderly and coherent.

## Study 2

### Prescreening Survey

For this study, you need a smartphone. You will complete brief questionnaires on your phone 5 times a day for 7 days.

Do you have a smartphone?

Yes

No

You will be asked to use your UVA computing ID (e.g., xyz4q) for identification. Do you agree to use your UVA computing ID for this study?

Yes

No

You will be asked to provide your cell phone number so that we can administer the surveys to you. Do you agree to provide your phone number, which will be kept confidential and will not be shared for any purpose?

Yes

No

You will receive surveys through text messages 5 times a day for 7 days. After receiving a message you will click on the link to the survey and complete it as soon as you safely can.

Do you agree to complete the surveys 5 times a day for 7 days as soon as you safely can?

Yes

No

If “No” for any item:

Thank you for your interest in this study. Based on your answers, you do not qualify to participate at this time.

If “Yes” to all items:

Send to Informed Consent

### Demographics Survey/Registration Instructions

What is your University of Virginia computing ID? (e.g., abc12)

What is your smartphone phone number?

Before you begin the surveys on your phone, we would like to ask for some background information about you.

How old are you?

What is your gender?

Man

Woman

\_\_\_ Other

### **Instructions**

To begin the daily surveys, you need to first register with [surveysignal.com](https://surveysignal.com). Please follow the link below and follow the instructions.

Be sure to select US Eastern Time (GMT-5) as your time zone!

Once you have completed registration, come back to this survey to complete it.

**DO NOT CLOSE THIS WINDOW!**

[survey signal link here]

Now go to the next page for more instructions.

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Have you registered with survey signal?

Yes

No (bring back to previous page)

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Thank you for registering. You will begin receiving the surveys tomorrow and for the next 6 days after that. You will receive 5 surveys each day between 9 am and 9pm.

Once you receive a link to a survey, you will have 60 minutes to complete the survey before the link expires.

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At the end of the 7 days of participation, you will receive one final message with a link to indicate that you have completed the survey. **YOU NEED TO FOLLOW THIS LINK TO RECEIVE PARTICIPANT POOL CREDIT FOR THIS STUDY!**

Do you understand that you have to complete the final survey to receive credit for this study?

Yes

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You're all set! If you have any questions throughout the course of this study, please contact [redacted].

Thank you for your participation!

### Experience Sampling Method Survey

#### Activity:

Briefly describe, in a few words, what you are doing right now.

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#### Routine:

1	2	3	4	5	6	7
Not at all						Very much so

The activity I'm doing right now is a part of a routine I have.

My current activity is one that I'd typically be doing at this time of day/this day of the week.

The activity I'm doing now is one I've done this way before and will continue to do this way in the future.

#### Meaning in Life:

Rate the following items for how you are feeling **right now**.

1	2	3	4	5	6	7
Not at all true						Extremely true

I understand my life's meaning.

My life has a clear sense of purpose.

I have discovered a satisfying life purpose.

I have a good sense of what makes my life meaningful.

My life has no clear purpose.

#### Mood:

Rate your current mood from very bad to very good.

-3	-2	-1	0	1	2	3
Very bad			Neutral			Very good