

Diary Study Protocol

Thank you for agreeing to participate in this diary study about decision making! For the next 5 days (Wednesday through Sunday), we ask that you log *between 3-5 times* that you make a decision as you go about your day. You can determine for yourself which decisions you'd like to log, but we recommend focusing on ones where you spend some time deliberating what to do. You may complete your diary digitally or on paper. At the end of each day, you'll reflect on your decisions, and submit that day's diary to one of our team members via email (cornwall@stanford.edu). In this document, we'll walk through each of these requirements in more detail.

Here is some more guidance on completing the **decision logs**. Whenever you choose to record a decision throughout the day, please include the following details:

- What were you deciding?
- How much time did you take to make this decision?
- What did you ultimately decide to do, if anything?

Here is some more guidance on completing the **nightly reflections**. We ask that you consider each of the decisions that you logged on this day, and record your answers to the following questions *for each decision*:

- What factors contributed to you making this decision?
- How do you feel about the results of this decision?
- Would you make the same decision again? If not, what do you wish you had done?

Here's how to **submit your diary** via email each night:

After completing your reflection each night, please send your diary to cornwall@stanford.edu with the subject FIRSTNAME_LASTNAME_DAYOFWEEK, for example, JANE_DOE_WEDNESDAY on the first day of your study, if your name is Jane Doe. If you are completing these logs on paper, please take a clear picture of your diary and send this image.

We thank you sincerely for your time and effort as you complete this study. Have a great week!