

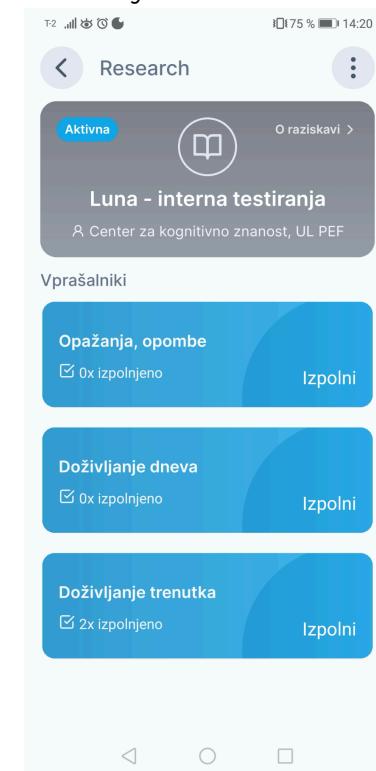
QUESTIONNAIRE FOR "THE EXPERIENTIAL LANDSCAPE OF A MENSTRUAL CYCLE"

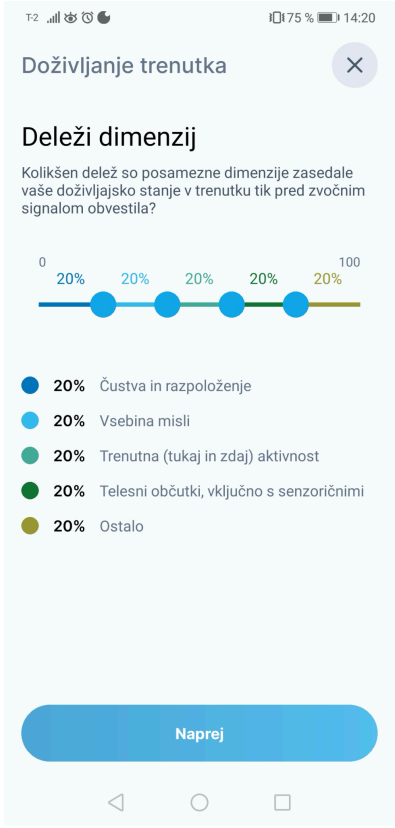
CENTER FOR COGNITIVE SCIENCE, UL PEF

In the following document, you can find both questionnaires that will be used in the research of the experiential landscape of a menstrual cycle. We will do so with the help of the Curious (about) consciousness application. There are two questionnaires – the experiential states questionnaire, which you will be prompted to complete three times a day, and the daily reflection questionnaire, which will be available at the end of the day. With each question, you can also see a snippet of how the question appears within the application (currently in Slovenian, but will be translated in the future). We are available for any additional explanations!

Questionnaire Nr. 1: Momentary Experience

The following questionnaire will be sampled with the help of the application at 3 random times throughout the day.



Proportions of dimensions of experience	What proportion did each dimension occupy in your experiential state at the moment before the prompt?	
- Emotions and mood %, - Content of thoughts %, - Current (here and now) activity %, - Bodily sensations, including sensory perceptions %, - Other %		

Affect - Adjectives	Which three (3) adjectives would best describe your feelings at the moment before the prompt? You can add adjectives that are not included in the given options ("Other" counts as one option).			
Curious	Lively	Playful	Enthusiastic	
Optimistic	Motivated	Interested	Excited	
Expectant	Carefree	Determined	Strong	
Firm	Stable	Proud	Seductive	
Aroused	Loving	Homely	Trusting	
Calm	Serene	Grateful	Patient	
Hopeful	Nostalgic	Surprised	Absorbed	
Stubborn	Lazy	Apathetic	Absent	
Bored	Melancholic	Sensitive	Vulnerable	
Hurt	Disappointed	Sad	Burdened	
Tense	Grumpy	Impatient	Unstable	
Scattered	Restless	Worried	Uncertain	
Anxious	Nervous	Irritated	Grumpy	
Frustrated	Angry	Furious	Judgmental	
Contemptuous	Disgusting	Ashamed	Guilty	
Scared	Other			

T2 75% 14:20

Doživljanje trenutka

Počutje - pridevniki

S katerimi tremi (3) pridevniki bi najbolje opisali svoje počutje v trenutku pred obvestilom? Dopišete lahko pridevnike, ki niso zajeti v ponujenih možnostih ("Drugo" se šteje kot ena možnost).

Radovedno

Radoživo

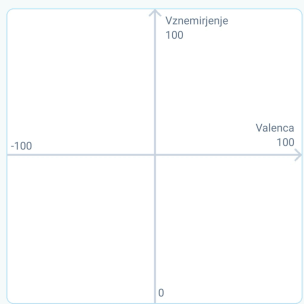
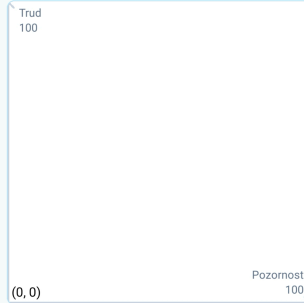
Igrivo

Entuziastično

Optimistično

Motivirano

Nazaj Naprej

Affect - arousal	How did you momentarily feel, based on valence ((-100) negative - positive (100)) and arousal level ((0) low - high (100))?	Doživljanje trenutka Valenca - vznemirjenje Kako ste se počutili v trenutku, glede na valenco ((-100) negativno - pozitivno (100)) in nivo vznemirjenosti ((0) nizko - visoko (100))? 
Attention - effort	How much attention did you have on the current activity and how much effort did you have to invest to maintain your level of attention?	Doživljanje trenutka Pozornosti - Trud Koliko pozornosti ste imeli na trenutni aktivnosti in koliko truda ste morali vlagati, da ste nivo pozornosti tam ohranjali? 

Energy level	How much energy did you feel you had at the moment?
Selecting the level of energy using a 7-point semantic differential scale.	

T2 75% 14:21

Doživljanje trenutka

Nivo energije

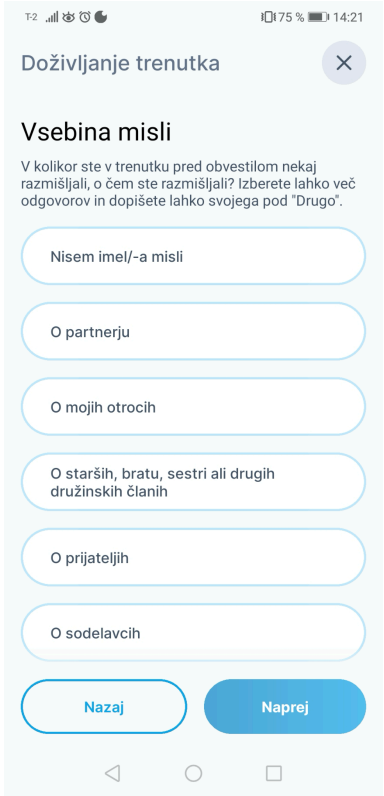
Koliko energije ste čutili, da jo imate?

Pop... Zel...

1 2 3 4 5 6 7

- 1 Popolnoma brez
- 2 Zelo malo
- 3 Malo
- 4 Srednje
- 5 Precej
- 6 Veliko
- 7 Zelo veliko

Nazaj Naprej

Content of thoughts	If you were thinking about something at the moment before the prompt, what were you thinking about? You can choose multiple answers and add your own under "Other."
- I didn't have any thoughts - Person / people - Partner - My child(ren) - Parents, sibling, or other family members - Friends - Colleagues - Other - Work or study obligations - Professional challenges - Supporting activities (organization, coordination, administration, ...) - Household chores or activities - About myself - My body - My status (economic, social, ...) - My future - My past - My mental world - Other - About my hobbies or interests - Other	

Location	Where were you located at that moment? You can add another location under "Other."
- Home - Work / university - On the road - Elsewhere (add another option)	

T-2 75% 14:21

Doživljanje trenutka

Lokacija

Kje ste se nahajali v tem trenutku? Dopišete lahko katero drugo lokacijo pod "Drugo"

☒ Doma

☒ Na poti

☒ V službi ali na fakulteti / študiju

☒ Drugo

Nazaj Naprej

Activity	What were you doing just before the prompt? You can choose multiple answers and add your own under "Other."
	- Interpersonal activities - Talking - Active listening - Physical interaction - Playing with others - Violence towards others (arguing...) - Showing affection - Other - Mental activities - Decision-making - Analysing - Planning - Problem recognizing / solving - Creative thoughts - Meditation - Other - Physical activities - Exercise / recreation - Personal hygiene - Other - Tasks - Work or study tasks - Household chores - Other

T2



175 %
14:22

Doživljanje trenutka


Aktivnost

Kaj ste počeli v trenutku pred obvestilom? Izberete lahko več odgovorov in dopišete svoje pod "Drugo"

Pogovarjanje

Telesna interakcija

Igra z drugimi

Nasilje do drugih (npr. kreganje)

Izkazovanje ljubezni

V mislih odločanje

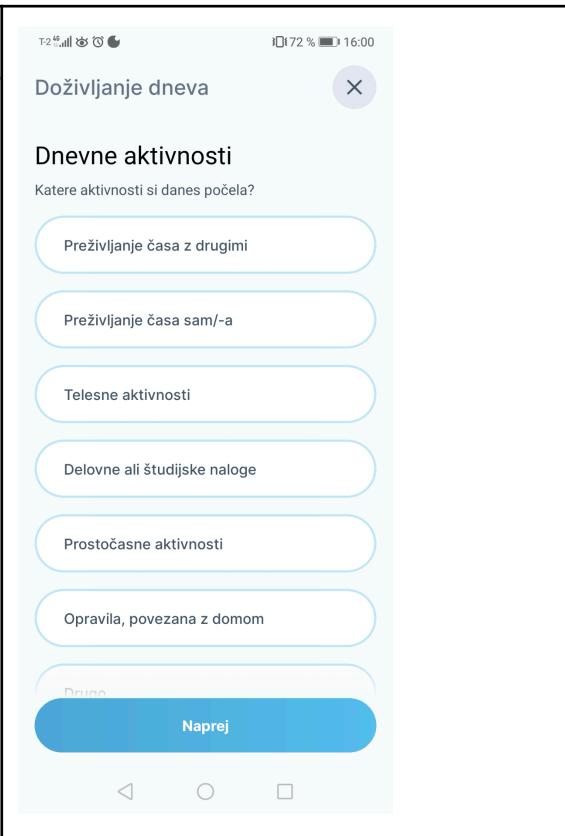
Nazaj

Naprej

- Leisure activities - Hobbies - Vacation or trip - Other - Other		
Additional notes, comments...	You can write anything else that was relevant and important at that moment.	Doživljanje trenutka × Prost zapis Zapišete lahko še karkoli, kar je bilo relevantno in pomembno v tem trenutku.
Free entry		

Questionnaire Nr. 2: Daily reflection

The following questionnaire will be sampled at the end of each day (presumably available on the app from 21:00 onwards).

Daily activities	Which activities did you do today?
- Spending time with others - Spending time alone - Physical activities - Work or study tasks - Leisure activities - Household chores - Other	 The screenshot shows a mobile app interface titled 'Doživljanje dneva'. It asks 'Dnevne aktivnosti' (Daily activities) and 'Katere aktivnosti si danes počela?' (Which activities did you do today?). The list of activities includes: 'Preživljanje časa z drugimi', 'Preživljanje časa sam/-a', 'Telesne aktivnosti', 'Delovne ali študijske naloge', 'Prostočasne aktivnosti', and 'Opravlila, povezana z domom'. At the bottom, there is a 'Naprej' (Next) button.

Enjoyment in activities	To what extent did you find today's activities to be somewhat, quite, very, or not at all enjoyable?
- Not at all % - Somewhat % - Quite % - Very % <i>*Note: what percentage of activities did you find not at all enjoyable, somewhat enjoyable, quite enjoyable, and very enjoyable.</i>	

T2 4G LTE 72% 16:00

Doživljanje dneva

Ugodje v aktivnostih

V kolikšnem deležu ti je danes malo, precej, zelo ali sploh ne ugajalo početi aktivnosti, ki si jih imela čez dan?

0 25% 25% 25% 25% 100

25% Sploh ne

25% Malo

25% Precej

25% Zelo

Nazaj

Naprej

Center za kognitivno znanost: Barbi Seme (barbi.seme@pef.uni-lj.si) in Maruša Sirk (marusa.sirk@pef.uni-lj.si)

Description of the day	With which three adjectives would you best describe today? If some adjective is missing, you can add Other ("Other" counts as one of the three options).			
Curious	Lively	Playful	Enthusiastic	
Optimistic	Motivated	Interested	Excited	
Expectant	Carefree	Determined	Strong	
Firm	Stable	Proud	Seductive	
Aroused	Loving	Homely	Trusting	
Calm	Serene	Grateful	Patient	
Hopeful	Nostalgic	Surprised	Absorbed	
Stubborn	Lazy	Apathetic	Absent	
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Scattered	Restless	Worried	Uncertain	
Anxious	Nervous	Irritated	Grumpy	
Frustrated	Angry	Furious	Judgmental	
Contemptuous	Disgusting	Ashamed	Guilty	
Scared	Other			

Doživljanje dneva

Opis dneva

S katerimi tremi (3) pridevniki bi najbolje opisala, kako si doživljala današnji dan? Če katerega ni, ga lahko vpišeš pod "Drugo" ("Drugo" se šteje za eno od treh).

Radovedno

Radoživo

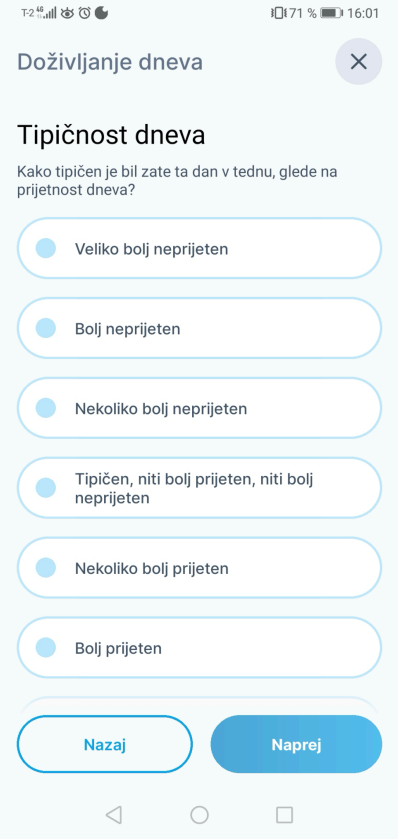
Igrivo

Entuziastično

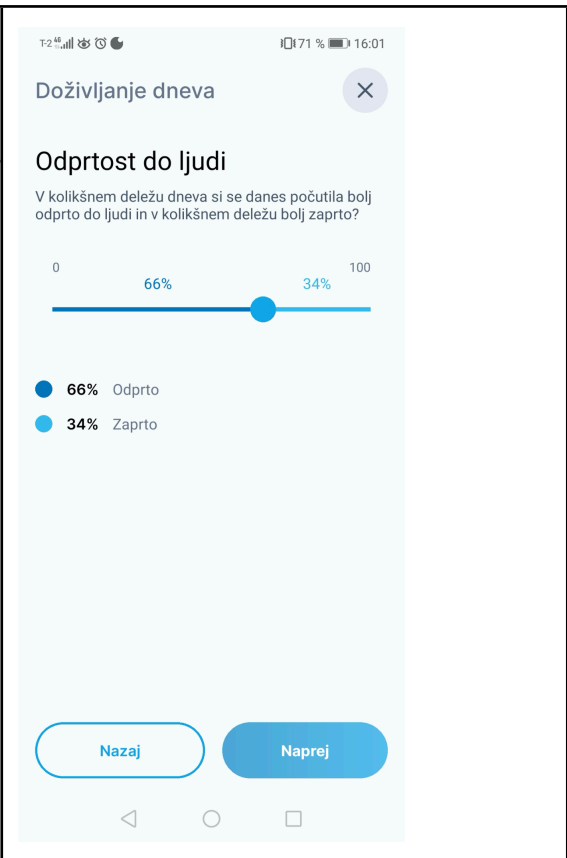
Optimistično

Motivirano

Nazaj Naprej

Typicality of the day	How typical was this day of the week for you in terms of the day's pleasantness?	
- Much more unpleasant - More unpleasant - Slightly more unpleasant - Typical, neither more pleasant nor more unpleasant - Slightly more pleasant - More pleasant - Much more pleasant		
Physical fatigue	Compared to other days, how physically tired did you feel today?	
Linear scale: much less tired - equally tired - much more tired.		

Mental fatigue	Compared to other days, how mentally tired did you feel today?	
Linear scale: much less tired - equally tired - much more tired.		
Hunger	Compared to other days, how hungry did you feel today?	
Linear scale: much less hungry - equally hungry - much more hungry.		
Desired daily activities	Which activity would you most enjoy doing today? Choose one (1) that you would prefer.	Dnevne aktivnosti Katero aktivnost bi ti danes najbolj ugajalo početi? Izberi eno (1), ki bi jo najraje. Preživljanje časa z drugimi Preživljanje časa sam/-a Telesne aktivnosti Delovne ali študijske naloge Prostočasne aktivnosti Opravlila, povezana z domom Nazaj Naprej
- Spending time with others - Spending time alone - Physical activities - Work or study tasks - Leisure activities - Household chores - No preference, anything - Other		

Openness	What percentage of the day did you feel more open and what percentage more closed towards specific categories of openness?	 Doživljanje dneva Odprtost do ljudi V kolikšnem deležu dneva si se danes počutila bolj odprto do ljudi in v kolikšnem deležu bolj zaprto? 0 66% 34% 100 66% Odperto 34% Zaprto Nazaj Naprej
Open to: - People (What percentage of the day did you feel more open to people and what percentage more closed?) - Knowledge and skills (What percentage of the day did you feel more open to new knowledge and skills and what percentage more closed?) - Different perspectives, new ideas, diversity (What percentage of the day did you feel more open to different perspectives, new ideas, diversity and what percentage more closed?) - To yourself, your body, and your inner landscape (What percentage of the day did you feel more open to yourself, your body, and inner landscape and what percentage more closed?)		

Curiosity	To what extent did you feel curious today?	Doživljanje dneva × Radovednost V kolikšni meri si se v tem dnevu počutila radovedno? ☐ Sploh ne ☐ Malo ☐ Precej ☐ Zelo
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Efficiency	To what extent did you feel effective today?	Doživljanje dneva × Učinkovitost V kolikšni meri si se v tem dnevu počutila, da si učinkovita? ☐ Sploh ne ☐ Malo ☐ Precej ☐ Zelo
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