

21-DAY DIARY STUDY CODEBOOK

LIST OF MEASURES

1. Baseline Demographics, Baseline and Daily
2. The Reinforcement Sensitivity Theory Personality Questionnaire (RST-PQ; Corr & Cooper, 2016), Baseline
3. Big Three Perfectionism Scale (Smith et al., in press), Baseline
4. Past 12 month alcohol consumption (Dawson, 2003), Baseline
5. Rutger's Alcohol Problem Index (1 year version; White & Labouvie, 1989), Baseline
6. Revised Drinking Motives Questionnaire (1 year version; Grant et al., 2007), Baseline
7. 20-item Positive and Negative Affect Scale (PANAS; Watson et al., 1988), Baseline
8. Multidimensional Perfectionism Scale Short Form (Socially Prescribed, Self Oriented and Other-Oriented Perfectionism Scales; Hewitt & Flett, 1991), Daily
9. Perfectionism Cognitions Short Form (Mackinnon et al., 2014), Daily
10. Perfectionistic self-presentation (Mackinnon et al., 2014), Daily
11. Alcohol Use Questionnaire, Daily
12. Drinking Motives Revised – Short Form (Kuntsche & Kuntsche, 2009), Daily
13. Alcohol Problems Checklist (Simons et al., 2005), Daily
14. State Social Anxiety (Mackinnon et al., 2014), Daily
15. 5-item Satisfaction with Life Scale (Diener et al., 1985), Daily
16. PANAS Subscales (Watson et al., 1988; Mackinnon et al., 2014), Daily
17. Ten Item Personality Measure (Gosling et al., 2003), Daily
18. Eating Disorder Diagnostic Scale (Binge eating subscale; Stice et al., 2000), Daily
19. Lifestyles Questionnaire, Daily
20. State Perceived Social Support (Mackinnon, 2012), Daily

Demographics	
Question	Variable Name
Day of the week that participant began their baseline questionnaire	day.week
Exact date and time that participant accessed the baseline questionnaire	accessed.base
Exact date and time that participant completed the baseline questionnaire	completed.base
Informed consent	consent
Age	age*
Sex	sex
Free answer specification if participant answered “other” to “sex”	sex.other
Ethnicity	ethnicity*
Did the participant hear about the study from seeing flyers?	heard.study.flyers
Did the participant hear about the study from seeing an ad on the subject pool website?	heard.study.sub
Did the participant hear about the study via email?	heard.study.email
Did the participant hear about the study through word of mouth?	heard.study.word
Did the participant hear about the study from seeing an ad on Kijiji?	heard.study.kijiji
Did the participant hear about the study through Facebook?	heard.study.fb
Did the participant hear about the study through Twitter?	heard.study.twit
Did the participant hear about the study through Instagram?	heard.study.insta
Did the participant hear about the study through other social media?	heard.study.othersm
Did the participant hear about the study through another method not previously mentioned?	heard.study.other
If the participant said “yes” to the last question, they have the option to specify the method through which they heard about the study	heard.study.other2
Province of Residence	province.residence
Day of the week that participant began each daily questionnaire	start.day
Date and time that participant was sent the email link to each daily questionnaire	start
Date and time that participant should have completed each daily questionnaire (24 hours after being sent the email link)	end
Exact date and time that participant accessed each daily questionnaire	accessed
Exact date and time that participant completed each daily questionnaire	completed
Day of the study on which each daily questionnaire was completed	day

Whether the participant completed the daily questionnaire on the day that they received the email link, or the day after	makeup
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* “Age” and “ethnicity” variables were removed, as it was not possible to create cell sizes of less than 5 to protect participant anonymity due to our smaller sample size. All participants were between the ages of 18 and 25 years old, and the mean age was 21.37 years with a standard deviation of 1.89. Participants were primarily Caucasian (78.3%), with 7.7% of participants identifying as Asian, 2.7% identifying as Hispanic, 2.3% identifying as African Canadian/Black, 1.1% identifying as Middle Eastern, 0.8% identifying as First Nations, and the remaining 6.5% falling under the category of “Other” (the last 0.6% of participants did not report their ethnicity).

The Reinforcement Sensitivity Theory Personality Questionnaire: Behavioural Inhibition System (Motor Planning Interruption Subscale)	
Timeframe = “Over the past several years”	
Type of Scale = 4-point (1= Not at all; 4 = Highly)	
Item	Variable Name
23. When nervous, I sometimes find my thoughts are interrupted.	rstpq.MPI1
65. My behaviour is easily interrupted.	rstpq.MPI2
74. When nervous, I find it hard to say the right words.	rstpq.MPI3
82. I take a long time to make decisions.	rstpq.MPI4
83. I often find myself lost for words.	rstpq.MPI5
Scale Total	rstpq.MPI.total

The Reinforcement Sensitivity Theory Personality Questionnaire: Behavioural Inhibition System (Worry Subscale)	
Timeframe = “Over the past several years”	
Type of Scale = 4-point (1= Not at all; 4 = Highly)	
Item	Variable Name
21. The thought of mistakes in my work worries me.	rstpq.W1
42. People are often telling me not to worry.	rstpq.W2
55. When trying to make a decision, I find myself constantly chewing it over.	rstpq.W3
56. I often worry about letting down other people.	rstpq.W4
62. I worry a lot.	rstpq.W5
Scale Total	rstpq.W.total

The Reinforcement Sensitivity Theory Personality Questionnaire: Behavioural Inhibition System (Obsessive Thoughts Subscale)	
Timeframe = “Over the past several years”	
Type of Scale = 4-point (1= Not at all; 4 = Highly)	
Item	Variable Name
2. I am often preoccupied with unpleasant thoughts.	rstpq.OT1
37. My mind is sometimes dominated by thoughts of the bad things I’ve done.	rstpq.OT2
41. I’m always weighing-up the risk of bad things happening in my life.	rstpq.OT3
66. It’s difficult to get some things out of my mind.	rstpq.OT4
75. I find myself thinking about the same thing over and over again.	rstpq.OT5
76. I often wake up with many thoughts running through my mind.	rstpq.OT6
80. My mind is dominated by recurring thoughts.	rstpq.OT7
Scale Total	rstpq.OT.total

The Reinforcement Sensitivity Theory Personality Questionnaire: Behavioural Inhibition System (Behavioural Disengagement Subscale)	
Timeframe = “Over the past several years”	
Type of Scale = 4-point (1= Not at all; 4 = Highly)	
Item	Variable Name
1. I feel sad when I suffer even minor setbacks.	rstpq.BD1
7. I sometimes feel ‘blue’ for no good reason.	rstpq.BD2
8. When feeling ‘down,’ I tend to stay away from people.	rstpq.BD3
11. I have often spent a lot of time on my own to ‘get away from it all.’	rstpq.BD4
28. I often feel depressed.	rstpq.BD5
79. I often find myself ‘going into my shell.’	rstpq.BD6
Scale Total	rstpq.BD.total
Mean of all items in the Behavioural Inhibition System (Motor Planning Interruption, Worry, Obsessive Thoughts, and Behavioural Disengagement Subscales)	rstpq.BIS.mean

The Reinforcement Sensitivity Theory Personality Questionnaire: Behavioural Approach System (Reward Interest Subscale)	
Timeframe = “Over the past several years”	
Type of Scale = 4-point (1= Not at all; 4 = Highly)	
Item	Variable Name
12. I am a very active person.	rstpq.RI1
15. I am always ‘on the go.’	rstpq.RI2
17. I regularly try new activities just to see if I enjoy them.	rstpq.RI3
18. I get carried away by new projects.	rstpq.RI4
33. I take a great deal of interest in hobbies.	rstpq.RI5
40. I’m always finding new and interesting things to do.	rstpq.RI6
44. I am very open to new experiences in life.	rstpq.RI7
Scale Total	rstpq.RI.total

The Reinforcement Sensitivity Theory Personality Questionnaire: Behavioural Approach System (Goal-Drive Persistence Subscale)	
Timeframe = “Over the past several years”	
Type of Scale = 4-point (1= Not at all; 4 = Highly)	
Item	Variable Name
5. I put in a big effort to accomplish important goals in life.	rstpq.GDP1
13. I’m motivated to be successful in my personal life.	rstpq.GDP2
25. I often overcome hurdles to achieve my ambitions.	rstpq.GDP3
39. I feel driven to succeed in my chosen career.	rstpq.GDP4
54. I am very persistent in achieving my goals.	rstpq.GDP5
71. I think it is necessary to make plans in order to get what you want in life.	rstpq.GDP6
84. I will actively put plans in place to accomplish goals in my life.	rstpq.GDP7
Scale Total	rstpq.GDP.total

The Reinforcement Sensitivity Theory Personality Questionnaire: Behavioural Approach System (Reward Reactivity Subscale)	
Timeframe = “Over the past several years”	
Type of Scale = 4-point (1= Not at all; 4 = Highly)	
Item	Variable Name
3. Sometimes even little things in life can give me great pleasure.	rstpq.RR1
4. I am especially sensitive to reward.	rstpq.RR2
9. I often experience a surge of pleasure running through my body.	rstpq.RR3
19. Good news makes me feel over-joyed.	rstpq.RR4
30. I often feel that I am on an emotional ‘high.’	rstpq.RR5
31. I love winning competitions.	rstpq.RR6
32. I get a special thrill when I am praised for something I’ve done well.	rstpq.RR7
38. I get very excited when I get what I want.	rstpq.RR8
45. I always celebrate when I accomplish something important.	rstpq.RR9
47. I find myself reacting strongly to pleasurable things in life.	rstpq.RR10
Scale Total	rstpq.RR.total

The Reinforcement Sensitivity Theory Personality Questionnaire: Behavioural Approach System (Impulsivity Subscale)	
Timeframe = “Over the past several years”	
Type of Scale = 4-point (1= Not at all; 4 = Highly)	
Item	Variable Name
29. I think I should ‘stop and think’ more instead of jumping into things too quickly.	rstpq.I1
35. I sometimes cannot stop myself talking when I know I should keep my mouth closed.	rstpq.I2
36. I often do risky things without thinking of the consequences.	rstpq.I3
48. I find myself doing things on the spur of the moment.	rstpq.I4
53. I’m always buying things on impulse.	rstpq.I5
57. I would go on a holiday at the last minute.	rstpq.I6
68. I think the best nights out are unplanned.	rstpq.I7
70. If I see something I want, I act straight away.	rstpq.I8
Scale Total	rstpq.I.total
Mean of all items in the Behavioural Approach System (Reward Interest, Goal-Drive Persistence, Reward Reactivity, and Impulsivity Subscales)	rstpq.BAS.mean

The Reinforcement Sensitivity Theory Personality Questionnaire: Defensive Fight Subscale	
Timeframe = “Over the past several years”	
Type of Scale = 4-point (1= Not at all; 4 = Highly)	
Item	Variable Name
6. I have found myself fighting back when provoked.	rstpq.DF1
14. I think retaliation is often the best form of defense.	rstpq.DF2
20. I think you have to stand up to bullies in the workplace.	rstpq.DF3
27. If I feel threatened I will fight back.	rstpq.DF4
34. I would not tolerate bullying behaviour towards me.	rstpq.DF5
43. I can be an aggressive person when I need to be.	rstpq.DF6
50. I usually react immediately if I am criticized at work.	rstpq.DF7
51. I would defend myself if I was falsely accused of something.	rstpq.DF8
Scale Total	rstpq.DF.total
Mean of all items on the Defensive Fight Subscale	rstpq.DF.mean

The Reinforcement Sensitivity Theory Personality Questionnaire: Fight-Flight-Freeze System (Flight Subscale)	
Timeframe = “Over the past several years”	
Type of Scale = 4-point (1= Not at all; 4 = Highly)	
Item	Variable Name
24. I would run quickly if fire alarms in a shopping mall started ringing.	rstpq.FL1
60. I would run fast if I knew someone was following me late at night.	rstpq.FL2
61. I would leave the park if I saw a group of dogs running around barking at people.	rstpq.FL3
Scale Total	rstpq.FL.total

The Reinforcement Sensitivity Theory Personality Questionnaire: Fight-Flight-Freeze System (Phobic Avoidance Subscale)	
Timeframe = “Over the past several years”	
Type of Scale = 4-point (1= Not at all; 4 = Highly)	
Item	Variable Name
69. There are some things that I simply cannot go near.	rstpq.PA1
77. I would not hold a snake or spider.	rstpq.PA2
Scale Total	rstpq.PA.total

The Reinforcement Sensitivity Theory Personality Questionnaire: Fight-Flight-Freeze System (Freezing Subscale)	
Timeframe = “Over the past several years”	
Type of Scale = 4-point (1= Not at all; 4 = Highly)	
Item	Variable Name
10. I would be frozen to the spot at the sight of a snake or spider.	rstpq.FZ1
52. I would instantly freeze if I opened the door to find a stranger in the house.	rstpq.FZ2
64. I would freeze if I was on a turbulent aircraft.	rstpq.FZ3
78. Looking down from a great height makes me freeze.	rstpq.FZ4
81. I am the sort of person who easily freezes-up when scared.	rstpq.FZ5
Scale Total	rstpq.FZ.total
Mean of all items on the Fight-Flight-Freeze System (Flight, Phobic Avoidance, and Freezing	rstpq.FFF.mean

Subscales)	
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The Reinforcement Sensitivity Theory Personality Questionnaire: Panic Subscale	
Timeframe = “Over the past several years”	
Type of Scale = 4-point (1= Not at all; 4 = Highly)	
Item	Variable Name
16. My heart starts to pump strongly when I am getting upset.	rstpq.P1
22. I have experienced the feeling of overwhelming dread.	rstpq.P2
26. I sometimes wake up in a state of terror.	rstpq.P3
46. I am a panicky sort of person.	rstpq.P4
58. I physically shake when I am very upset.	rstpq.P5
73. I tend to panic a lot.	rstpq.P6
Mean of all items on the Panic Subscale	rstpq.P.mean

The Reinforcement Sensitivity Theory Personality Questionnaire: Filler Items*	
Timeframe = “Over the past several years”	
Type of Scale = 4-point (1= Not at all; 4 = Highly)	
Item	Variable Name
49. Other people consider me a ‘happy go lucky’ person.	rstpq.FIL1
59. In general, I am satisfied with life.	rstpq.FIL2
63. I am an optimistic person.	rstpq.FIL3
67. Few things trouble me in life.	rstpq.FIL4
72. I have lots of friends.	rstpq.FIL5

*Filler items are not scored.

Big Three Perfectionism Scale: Self-Oriented Perfectionism Subscale

Timeframe = “Over the past several years”

Type of Scale = 4-point (1= Disagree strongly; 4 = Agree strongly)

Item	Variable Name
1. I have a strong need to be perfect.	btps.SOP1
2. I strive to be as perfect as possible.	btps.SOP2
3. I never settle for less than perfection from myself.	btps.SOP3
4. It is important to me to be perfect in everything I attempt.	btps.SOP4
5. I do things perfectly, or I don't do them at all.	btps.SOP5

Big Three Perfectionism Scale: Self-Worth Contingencies Subscale

Timeframe = “Over the past several years”

Type of Scale = 4-point (1= Disagree strongly; 4 = Agree strongly)

Item	Variable Name
6. I always need to be aiming for perfection to feel “right” about myself.	btps.SWC1
7. I could never respect myself if I stopped trying to achieve perfection.	btps.SWC2
8. My value as a person depends on being perfect.	btps.SWC3
9. Striving to be as perfect as possible makes me feel worthwhile.	btps.SWC4
10. My opinion of myself is tied to being perfect.	btps.SWC5
Mean of the Self-Oriented Perfectionism and Self-Worth Contingencies Subscales	rigid.mean

Big Three Perfectionism Scale: Concern Over Mistakes Subscale	
Timeframe = “Over the past several years”	
Type of Scale = 4-point (1= Disagree strongly; 4 = Agree strongly)	
Item	Variable Name
11. When I make a mistake, I feel like a failure.	btps.COM1
12. I am very concerned about the possibility of making a mistake.	btps.COM2
13. The idea of making a mistake frightens me.	btps.COM3
14. When I noticed that I have made a mistake, I feel ashamed.	btps.COM4
15. Making even a small mistake would upset me.	btps.COM5

Big Three Perfectionism Scale: Doubts About Actions Subscale	
Timeframe = “Over the past several years”	
Type of Scale = 4-point (1= Disagree strongly; 4 = Agree strongly)	
Item	Variable Name
16. I have doubts about everything I do.	btps.DAA1*
17. I feel uncertain about most things I do.	btps.DAA2
19. I am never sure if I am doing things the correct way.	btps.DAA3
20. I tend to doubt whether I am doing something “right.”	btps.DAA4

* An error was made where question 16, “I have doubts about most of my actions” was omitted from the survey and question 18, “I have doubts about everything I do” was inserted as question 16. Therefore, “I have doubts about everything I do” is now question 16 and btps.DAA1.

Big Three Perfectionism Scale: Self-Criticism Subscale	
Timeframe = “Over the past several years”	
Type of Scale = 4-point (1= Disagree strongly; 4 = Agree strongly)	
Item	Variable Name
21. I judge myself harshly when I don’t do something perfectly.	btps.SC1
22. When my performance falls short of perfection, I get very mad at myself.	btps.SC2
23. I feel disappointed with myself when I don’t do something perfectly.	btps.SC3
24. I have difficulty forgiving myself when my performance is not flawless.	btps.SC4

Big Three Perfectionism Scale: Socially-Prescribed Perfectionism Subscale

Timeframe = “Over the past several years”

Type of Scale = 4-point (1= Disagree strongly; 4 = Agree strongly)

Item	Variable Name
25. People expect too much from me.	btps.SPP1
26. People are disappointed in me when I don’t do something perfectly.	btps.SPP2
27. People make excessive demands of me.	btps.SPP3
28. Everyone expects me to be perfect.	btps.SPP4
Mean of Concern Over Mistakes, Doubts About Actions, Self-Criticism, and Socially Prescribed Perfectionism Subscales	self.critical.mean

Big Three Perfectionism Scale: Other-Oriented Perfectionism Subscale

Timeframe = “Over the past several years”

Type of Scale = 4-point (1= Disagree strongly; 4 = Agree strongly)

Item	Variable Name
29. I demand perfection from my family and friends.	btps.OOP1
30. Everything that other people do must be flawless.	btps.OOP2
31. I expect those close to me to be perfect.	btps.OOP3
32. People complain that I expect too much of them.	btps.OOP4
33. It is important to me that other people do things perfectly.	btps.OOP5

Big Three Perfectionism Scale: Hypercriticism Subscale

Timeframe = “Over the past several years”

Type of Scale = 4-point (1= Disagree strongly; 4 = Agree strongly)

Item	Variable Name
34. I am highly critical of other people’s imperfections.	btps.HC1
35. I get frustrated when other people make mistakes.	btps.HC2
36. I feel dissatisfied with other people, even when I know they are trying their best.	btps.HC3
37. I am quick to point out other people’s flaws.	btps.HC4

Big Three Perfectionism Scale: Entitlement Subscale	
Timeframe = “Over the past several years”	
Type of Scale = 4-point (1= Disagree strongly; 4 = Agree strongly)	
Item	Variable Name
38. I am entitled to special treatment.	btps.ENT1
39. I expect other people to bend the rules for me.	btps.ENT2
40. It bothers me when people don’t notice how perfect I am.	btps.ENT3
41. I deserve to always have things go my way.	btps.ENT4

Big Three Perfectionism Scale: Grandiosity Subscale	
Timeframe = “Over the past several years”	
Type of Scale = 4-point (1= Disagree strongly; 4 = Agree strongly)	
Item	Variable Name
42. I am the absolute best at what I do.	btps.GRAN1
43. I know that I am perfect.	btps.GRAN2
44. Other people secretly admire my perfection.	btps.GRAN3
45. Other people acknowledge my superior ability.	btps.GRAN4
Mean of Other-Oriented Perfectionism, Hypercriticism, Entitlement, and Grandiosity Subscales	narcissistic.mean

Past 12 month alcohol consumption*	
Timeframe = “Over the past 12 months”	
Type of Scale = Free answer (alc1) and drinking frequency (never to every day; alc2 – alc6)	
Item	Variable Name
1. During the last 12 months, what is the largest number of drinks you had on any single day?	alc1
2. During the last 12 months, how often did you have 12 or more drinks of any kind of alcoholic beverage in a single day – that is, any combination of cans of beer, glasses of wine, or drinks containing liquor of any kind?	alc2
3. During the last 12 months, how often did you have at least 8 but less than 12 drinks of any kind of alcoholic beverage in a single day?	alc3
4. During the last 12 months, how often did you have 5, 6, or 7 drinks of any kind of alcoholic beverage in a single day?	alc4
5. During the last 12 months, how often did you have 3 or 4 drinks of any kind of alcoholic beverage in a single day?	alc5
6. During the last 12 months, how often did you have 1 or 2 drinks of any kind of alcoholic beverage in a single day?	alc6
Mean of alc2 - alc6	alc.mean

*A technical error was made where some response options (“once a month” and “2-3 times a month”) were missing for alc2 – alc6 when the scale was administered to participants. Though these data are retained in the dataset, it is strongly recommended that researchers not use this questionnaire for hypothesis testing, as the response options were unbalanced and thus the responses are not likely to be interpretable. The “alc1” item did not have this error, and should be trustworthy.

Rutger's Alcohol Problem Index (1 year version)

Timeframe = "During the past year"

Type of Scale = 4-point (0= Never; 4 = More than 10 times)

Item	Variable Name
1. Not be able to do your homework or study for a test	rapi1
2. Got into fights, acted bad, or did mean things	rapi2
3. Missed out on other things because you spent too much money on alcohol	rapi3
4. Went to work or school high or drunk	rapi4
5. Caused shame or embarrassment to someone	rapi5
6. Neglected your responsibilities	rapi6
7. Relatives avoided you	rapi7
8. Felt that you needed more alcohol than you used to use in order to get the same effect	rapi8
9. Tried to control your drinking by trying to drink only at certain times of day or certain places	rapi9
10. Had withdrawal symptoms, that is, felt sick because you stopped or cut down on drinking	rapi10
11. Noticed a change in your personality	rapi11
12. Felt that you had a problem with school	rapi12
13. Missed a day (or part of a day) of school or work	rapi13
14. Tried to cut down on drinking	rapi14
15. Suddenly found yourself in a place that you could not remember getting to	rapi15
16. Passed out or fainted suddenly	rapi16
17. Had a fight, argument, or bad feelings with a friend	rapi17
18. Had a fight, argument, or bad feelings with a family member	rapi18
19. Kept drinking when you promised yourself not to	rapi19

20. Felt you were going crazy	rapi20
21. Had a bad time	rapi21
22. Felt physically or physiologically dependent on alcohol	rapi22
23. Was told by a friend or neighbour to stop or cut down drinking	rapi23
Scale Mean	rapi.mean

Revised Drinking Motives Questionnaire (1 year version): Social Subscale	
Timeframe = “During the past year”	
Type of Scale = 5-point (1= Almost never/never; 5 = Almost always/always)	
Item	Variable Name
1. As a way to celebrate.	rdmq.SOC1
4. Because it is what most of my friends do when we get together.	rdmq.SOC2
7. To be sociable.	rdmq.SOC3
10. Because it is customary on special occasions.	rdmq.SOC4
13. Because it makes a social gathering more enjoyable.	rdmq.SOC5
Scale Mean	rdmq.SOC.mean

Revised Drinking Motives Questionnaire (1 year version): Coping-Anxiety Subscale	
Timeframe = “During the past year”	
Type of Scale = 5-point (1= Almost never/never; 5 = Almost always/always)	
Item	Variable Name
2. To relax.	rdmq.CA1
8. Because I feel more self-confident or sure of myself.	rdmq.CA2
11. Because it helps me when I am feeling nervous.	rdmq.CA3
19. To reduce my anxiety.	rdmq.CA4
Scale Mean	rdmq.CA.mean

Revised Drinking Motives Questionnaire (1 year version): Coping-Depression Subscale	
Timeframe = “During the past year”	
Type of Scale = 5-point (1= Almost never/never; 5 = Almost always/always)	
Item	Variable Name
5. To forget my worries.	rdmq.CD1
14. To cheer me up when I’m in a bad mood.	rdmq.CD2
16. To numb my pain.	rdmq.CD3
17. Because it helps me when I am feeling depressed.	rdmq.CD4
20. To stop me from dwelling on things.	rdmq.CD5
21. To turn off negative thoughts.	rdmq.CD6
22. To help me feel more positive about things in my life.	rdmq.CD7
23. To stop me from feeling so hopeless.	rdmq.CD8
27. To forget painful memories.	rdmq.CD9
Scale Mean	rdmq.CD.mean

Revised Drinking Motives Questionnaire (1 year version): Enhancement Subscale	
Timeframe = “During the past year”	
Type of Scale = 5-point (1= Almost never/never; 5 = Almost always/always)	
Item	Variable Name
3. Because I like the feeling.	rdmq.EN1
6. Because it is exciting.	rdmq.EN2
9. To get a high.	rdmq.EN3
12. Because it’s fun.	rdmq.EN4
26. Because it makes me feel good.	rdmq.EN5
Scale Mean	rdmq.EN.mean

Revised Drinking Motives Questionnaire (1 year version): Conformity Subscale	
Timeframe = “During the past year”	
Type of Scale = 5-point (1= Almost never/never; 5 = Almost always/always)	
Item	Variable Name
15. To be liked.	rdmq.CON1
18. So that others won’t kid me about not using.	rdmq.CON2
24. Because my friends pressure me to use.	rdmq.CON3
25. To fit in with a group I like.	rdmq.CON4
28. So I won’t feel left out.	rdmq.CON5
Scale Mean	rdmq.CON.mean

20-item Positive and Negative Affect Scale: Negative Affect Subscale	
Timeframe = “Over the past several years”	
Type of Scale = 5-point (1= Very slightly or not at all; 5 = Extremely)	
Item	Variable Name
1. Afraid	panas1
2. Scared	panas2
3. Nervous	panas3
4. Jittery	panas4
5. Irritable	panas5
6. Hostile	panas6
7. Guilty	panas7
8. Ashamed	panas8
9. Upset	panas9
10. Distressed	panas10
Scale Mean	negativeaffect.mean

20-item Positive and Negative Affect Scale: Positive Affect Subscale	
Timeframe = “Over the past several years”	
Type of Scale = 5-point (1= Very slightly or not at all; 5 = Extremely)	
Item	Variable Name
11. Active	panas11
12. Alert	panas12
13. Attentive	panas13
14. Determined	panas14
15. Enthusiastic	panas15
16. Excited	panas16

17. Inspired	panas17
18. Interested	panas18
19. Proud	panas19
20. Strong	panas20
Scale Mean	positiveaffect.mean

Multidimensional Perfectionism Scale Short Form: Self-Oriented Subscale	
Timeframe = “From [date] to [date]”	
Type of Scale = 7-point (1= Strongly disagree; 5 = Strongly agree)	
Item	Variable Name
Item 6 on Hewitt & Flett’s (1991) MPS; exact item wording copyrighted	mps.SOP1
Item 14 on Hewitt & Flett’s (1991) MPS; exact item wording copyrighted	mps.SOP2
Item 15 on Hewitt & Flett’s (1991) MPS; exact item wording copyrighted	mps.SOP3
Item 20 on Hewitt & Flett’s (1991) MPS; exact item wording copyrighted	mps.SOP4
Item 32 on Hewitt & Flett’s (1991) MPS; exact item wording copyrighted	mps.SOP5
Scale Mean	mps.SOP.mean

Multidimensional Perfectionism Scale Short Form: Socially Prescribed Subscale	
Timeframe = “From [date] to [date]”	
Type of Scale = 7-point (1= Strongly disagree; 5 = Strongly agree)	
Item	Variable Name
Item 25 on Hewitt & Flett’s (1991) MPS; exact item wording copyrighted	mps.SPP1
Item 11 on Hewitt & Flett’s (1991) MPS; exact item wording copyrighted	mps.SPP2
Item 35 on Hewitt & Flett’s (1991) MPS; exact item wording copyrighted	mps.SPP3
Item 39 on Hewitt & Flett’s (1991) MPS; exact item wording copyrighted	mps.SPP4
Item 41 on Hewitt & Flett’s (1991) MPS; exact item wording copyrighted	mps.SPP5
Scale Mean	mps.SPP.mean

Multidimensional Perfectionism Scale Short Form: Other-Oriented Subscale	
Timeframe = “From [date] to [date]”	
Type of Scale = 7-point (1= Strongly disagree; 5 = Strongly agree)	
Item	Variable Name
Item 7 on Hewitt & Flett’s (1991) MPS; exact item wording copyrighted	mps.OOP1
Item 16 on Hewitt & Flett’s (1991) MPS; exact item wording copyrighted	mps.OOP2
Item 22 on Hewitt & Flett’s (1991) MPS; exact item wording copyrighted	mps.OOP3
Item 26 on Hewitt & Flett’s (1991) MPS; exact item wording copyrighted	mps.OOP4
Item 27 on Hewitt & Flett’s (1991) MPS; exact item wording copyrighted	mps.OOP5
Scale Mean	mps.OOP.mean

Perfectionism Cognitions Short Form	
Timeframe = “From [date] to [date]”	
Type of Scale = 5-point (0= Not at all; 4 = All of the time)	
Item	Variable Name
1. I expect to be perfect.	pc1
2. I should be perfect.	pc2
3. My work should be flawless.	pc3
Scale Mean	pc.mean

Perfectionistic self-presentation	
Timeframe = “From [date] to [date]”	
Type of Scale = 7-point (1 = Strongly disagree; 7 = Strongly agree)	
Item	Variable Name
1. I thought that failing at something is awful if other people know about it.	psp1
2. I thought it would be awful if I made a fool of myself in front of others.	psp2
3. I was concerned about making errors in public.	psp3
Scale Mean	psp.mean

Alcohol Use Questionnaire	
Timeframe = “From [date] to [date]”	
Type of Scale = Free answer	
Item	Variable Name
1. One drink is defined as being half an ounce of absolute alcohol (e.g., a 12-ounce can, glass, or bottle of beer or cooler, a 5-ounce glass of wine, or a drink containing 1 shot of liquor or spirits). From [date] to [date], how many alcoholic drinks did you consume?	drink

Drinking Motives Revised – Short Form: Social Motives Subscale*	
Timeframe = “From [date] to [date]”	
Type of Scale = 4-point (1= Strongly disagree; 4 = Strongly agree)	
Item	Variable Name
1. Because it helps me enjoy a party.	social1
2. Because it makes social gatherings more fun.	social2
3. Because it improves parties/celebrations.	social3
Scale Mean	social.mean

Drinking Motives Revised – Short Form: Enhancement Motives Subscale*	
Timeframe = “From [date] to [date]”	
Type of Scale = 4-point (1= Strongly disagree; 4 = Strongly agree)	
Item	Variable Name
4. Because I like the feeling.	enhancement1
5. To get a high.	enhancement2
6. Because it’s fun.	enhancement3
Scale Mean	enhancement.mean

Drinking Motives Revised – Short Form: Coping Motives Subscale*	
Timeframe = “From [date] to [date]”	
Type of Scale = 4-point (1= Strongly disagree; 4 = Strongly agree)	
Item	Variable Name
7. Because it helps me when I’m feeling depressed/nervous.	coping1
8. To cheer up when I’m in a bad mood.	coping2
9. To forget my problems.	coping3
Scale Mean	coping.mean

Drinking Motives Revised – Short Form: Conformity Motives Subscale*	
Timeframe = “From [date] to [date]”	
Type of Scale = 4-point (1= Strongly disagree; 4 = Strongly agree)	
Item	Variable Name
10. To fit in with a group that I like.	conformity1
11. To be liked.	conformity2
12. So that I won’t feel left out.	conformity3
Scale Mean	conformity.mean

*Skip logic was applied to the Drinking Motives Revised – Short Form if participants did not consume any alcoholic drinks that day. A value of -1 or a “N/A” label is used to represent this skip logic in the data set.

Alcohol Problems Checklist*	
Timeframe = “From [date] to [date]”	
Type of Scale = Check all that apply	
Item	Variable Name
1. Neglected responsibilities	apc1
2. Gotten into an argument or fight	apc2
3. Spent too much money	apc3
4. Did something impulsive you regret	apc4
5. Acted badly or did something mean	apc5
6. Felt guilty or ashamed	apc6
7. Taken foolish risks	apc7
8. Felt unhappy	apc8
9. Personality changed for the worse	apc9
10. Felt sick or vomited	apc10
11. Family/friends worried or complained	apc11
12. Friend or love relationship harmed	apc12
Scale Mean	apc.mean

*Skip logic was applied to the Alcohol Problems Checklist if participants did not consume any alcoholic drinks that day. A value of -1 or a “N/A” label is used to represent this skip logic in the data set.

State Social Anxiety

Timeframe = “From [date] to [date]”

Type of Scale = 5-point (0 = Not at all; 4 = All of the time)

Item	Variable Name
1. I worried about what other people thought of me.	ssa1
2. I was afraid other people noticed my shortcomings.	ssa2
3. I was afraid that others did not approve of me.	ssa3
4. I was worried that I would say or do the wrong things.	ssa4
5. When I was talking to someone, I was worried about what they were thinking of me.	ssa5
6. I felt uncomfortable and embarrassed when I was the center of attention.	ssa6
7. I found it hard to interact with people.	ssa7
Scale Mean	ssa.mean

5-item Satisfaction with Life Scale	
Timeframe = “From [date] to [date]”	
Type of Scale = 7-point (1 = Strongly disagree; 7 = Strongly agree)	
Item	Variable Name
1. In most ways my life was close to my ideal.	swl1
2. The conditions of my life were excellent.	swl2
3. I was satisfied with my life.	swl3
4. I thought that, so far, I have gotten the important things I want in life.	swl4
5. I thought that, if I could live my life over, I would change almost nothing.	swl5
Scale Mean	swl.mean

PANAS: Guilt Subscale	
Timeframe = “From [date] to [date]”	
Type of Scale = 5-point (1= Very slightly or not at all; 5 = Extremely)	
Item	Variable Name
1. Angry at self	guilt1
2. Disgusted with self	guilt2
3. Dissatisfied with self	guilt3
Scale Mean	guilt.mean

PANAS: Fear Subscale	
Timeframe = “From [date] to [date]”	
Type of Scale = 5-point (1= Very slightly or not at all; 5 = Extremely)	
Item	Variable Name
4. Afraid	fear1
5. Scared	fear2
6. Frightened	fear3
Scale Mean	fear.mean

PANAS: Hostility Subscale	
Timeframe = “From [date] to [date]”	
Type of Scale = 5-point (1= Very slightly or not at all; 5 = Extremely)	
Item	Variable Name
7. Hostile	host1
8. Scornful	host2
9. Angry	host3
Scale Mean	host.mean

PANAS: Positive Affect Subscale	
Timeframe = “From [date] to [date]”	
Type of Scale = 5-point (1= Very slightly or not at all; 5 = Extremely)	
Item	Variable Name
10. Inspired	posi1
11. Alert	posi2
12. Excited	posi3
13. Enthusiastic	posi4
14. Determined	posi5
Scale Mean	posi.mean

PANAS: Depressed Affect Subscale	
Timeframe = “From [date] to [date]”	
Type of Scale = 5-point (1= Very slightly or not at all; 5 = Extremely)	
Item	Variable Name
15. Sad	dep1
16. Depressed	dep2
17. Blue	dep3
Scale Mean	dep.mean

Ten Item Personality Measure: Extraversion Subscale	
Timeframe = “From [date] to [date]”	
Type of Scale = 7-point (1= Disagree strongly; 7 = Agree strongly)	
Item	Variable Name
1. Extraverted, enthusiastic	tipm.EX1
6. Reserved, quiet.	tipm.EX2*
Scale Mean	tipm.EX.mean

Ten Item Personality Measure: Agreeableness Subscale	
Timeframe = “From [date] to [date]”	
Type of Scale = 7-point (1= Disagree strongly; 7 = Agree strongly)	
Item	Variable Name
2. Critical, quarrelsome.	tipm.AG1
7. Sympathetic, warm.	tipm.AG2*
Scale Mean	tipm.AG.mean

Ten Item Personality Measure: Conscientiousness Subscale	
Timeframe = “From [date] to [date]”	
Type of Scale = 7-point (1= Disagree strongly; 7 = Agree strongly)	
Item	Variable Name
3. Dependable, self-disciplined.	tipm.CON1
8. Disorganized, careless.	tipm.CON2*
Scale Mean	tipm.CON.mean

Ten Item Personality Measure: Emotional Stability Subscale	
Timeframe = “From [date] to [date]”	
Type of Scale = 7-point (1= Disagree strongly; 7 = Agree strongly)	
Item	Variable Name
4. Anxious, easily upset.	tipm.ES1

9. Calm, emotionally stable.	tipm.ES2*
Scale Mean	tipm.ES.mean

Ten Item Personality Measure: Openness to Experiences Subscale	
Timeframe = “From [date] to [date]”	
Type of Scale = 7-point (1= Disagree strongly; 7 = Agree strongly)	
Item	Variable Name
5. Open to new experiences, complex.	tipm.OE1
10. Conventional, uncreative.	tipm.OE2*
Scale Mean	tipm.OE.mean

*These items were reverse coded prior to calculating the mean. The reverse coded questions appear twice, once as untouched raw data and again as recoded variables “.r” appended to the variable name. For example “tipm.EX2” represents the raw untouched data, and “tipm.EX2.r” is the same item after reverse-coding.

Eating Disorder Diagnostic Scale – Binge eating subscale	
Timeframe = “From [date] to [date]”	
Type of Scale = 7-point (1= Strongly disagree; 7 = Strongly agree)	
Item	Variable Name
1. There were times when I ate what other people would regard as an unusually large amount of food.	bes1
2. There were times when I felt I couldn’t stop eating or control what or how much I was eating.	bes2
3. There were times when I ate an unusually large amount of food and experienced a loss of control.	bes3
4. There were times when I ate much more rapidly than normal.	bes4
5. There were times when I ate until I felt uncomfortably full.	bes5
6. There were times when I ate large amounts of food when I didn’t feel physically hungry.	bes6
7. There were times when I ate alone because I was embarrassed by how much I was eating.	bes7
Scale Mean	bes.mean

Lifestyles Questionnaire*	
Timeframe = “From [date] to [date]”	
Type of Scale = Free answer	
Item	Variable Name
1. How many hours did you smoke cigarettes from [date] to [date]?	lq1
2. On average, from [date] to [date], how many cigarettes did you smoke typically when you were smoking?	lq2
3. How many hours did you gamble (e.g., VLT’s, slots, cards for money, bingo, etc.) excluding lottery tickets, from [date] to [date]?	lq3
4. On average, from [date] to [date], how much money did you spend on gambling typically when you were gambling?	lq4
5. How many hours did you consume beverages containing caffeine (e.g., coffee, tea, energy drinks, cola, etc.) from [date] to [date]?	lq5
6. On average, from [date] to [date], how many beverages containing caffeine did you consume typically when you were consuming caffeine?	lq6
7. How many times did you use marijuana from [date] to [date]?	lq7
8. On average, from [date] to [date], how many marijuana cigarettes (joints) did you smoke typically when you were smoking marijuana?	lq8

*Though the data are retained in the dataset, it is recommended that researchers do not use these data for analyses. Issues arose in the way this questionnaire was displayed to participants in our online survey software that appeared to confuse many participants (e.g., slider bars for numerical values rather than entering raw numbers). Many responses appeared nonsensical or irrational (e.g., smoking for 0 hours but smoking multiple cigarettes). Though the questionnaire was occasionally helpful in identifying random responders in the dataset during data cleaning, we consider data from the lifestyles questionnaire to be untrustworthy for hypothesis testing.

State Perceived Social Support	
Timeframe = “From [date] to [date]”	
Type of Scale = 4-point (1= Strongly disagree; 4 = Strongly agree)	
Item	Variable Name
1. If something went wrong, nobody would help me.	spss1*
2. I have family and friends who make me feel safe, secure and happy.	spss2
3. There is someone I trust whom I would turn to for advice if I were having problems.	spss3
4. There is no one I feel comfortable talking about problems with.	spss4*
5. There is no one I feel close to.	spss5*
6. There are people I can count on in times of trouble.	spss6
Scale Mean	spss.mean

*These items were reverse coded prior to calculating the mean. The reverse coded questions appear twice, once as untouched raw data and again as recoded variables “.r” appended to the variable name. For example “spss1” represents the raw untouched data, and “spss1.r” is the same item after reverse-coding.