

**Opening Prompt**

Q1.1. Please answer the following questions for the past 24 hours (since your last diary entry).

Q1.2. Is this diary entry for today? Or a previous day?

- ☐ Today
- ☐ A Previous Day

Q1.3. What day are you entering for?

Q1.4. Over the past 24 hours, approximately how much time have you spent with your spouse (do not count time spent sleeping)?

Hours

Affect/Mood

Q2.1. Over the past 24 hours, to what extent did you feel:

	Not at All	A Little	Moderately	A Lot	Extremely
a. Calm	☐	☐	☐	☐	☐
b. Happy	☐	☐	☐	☐	☐
c. Frustrated	☐	☐	☐	☐	☐
d. Worried	☐	☐	☐	☐	☐
e. Tired	☐	☐	☐	☐	☐
f. Sad	☐	☐	☐	☐	☐
g. Irritable	☐	☐	☐	☐	☐
h. Angry	☐	☐	☐	☐	☐
i. Upset	☐	☐	☐	☐	☐

Q2.2. **Overall**, how did you feel emotionally over the past 24 hours?

Excellent Very Good Good Fair Poor

☐ ☐ ☐ ☐ ☐

Physical Health Symptoms

Q3.1. *Over the past 24 hours*, how much of the day did you feel...

	None of the day	A little of the day	Some of the day	Most of the day	All day
a. Headache, backache, or muscle soreness?	☐	☐	☐	☐	☐
b. Cough, sore throat, fever, chills, or other cold and flu symptoms?	☐	☐	☐	☐	☐
c. Nausea, diarrhea, poor appetite, or other stomach problems?	☐	☐	☐	☐	☐
d. Chest pain or dizziness?	☐	☐	☐	☐	☐
e. Fatigued?	☐	☐	☐	☐	☐
f. Other physical symptoms or discomforts? Please describe.	☐	☐	☐	☐	☐

Q3.2. **Overall**, how did you feel physically over *the past 24 hours*?

Excellent Very Good Good Fair Poor

☐ ☐ ☐ ☐ ☐

Interpersonal Support/Strain

Q51. *Since this time yesterday*, how much did social **interactions with anyone other than your spouse** make you feel irritated, hurt or annoyed?

Not at All A Little Moderately A Great Deal Extremely

☐ ☐ ☐ ☐ ☐

Q4.3. Who was this interaction with? (check all that apply)

Parent or parent-in-law Child Friend Someone at Work Other

☐ ☐ ☐ ☐ ☐

Q47. *Since this time yesterday*, how much did **interactions with people other than your spouse** bring you pleasure or made you feel good?

Not at All A Little Moderately A Lot Extremely

☐ ☐ ☐ ☐ ☐

Q4.8. With whom did you have this pleasurable interaction? (check all that apply)

Parent or parent-in-law
☐

Child
☐

Friend
☐

Someone at work
☐

Other
☐

Daily Stressors

Q5.1. Over the past 24 hours, indicate which of the following you experienced and how stressful each experience was for you:

	Did this occur today?		If this occurred today, how stressful was it for you?				
	Yes	No	Not at All	A Little	Moderately	A Lot	Extremely
a. I had an argument with my spouse.	☐	☐	☐	☐	☐	☐	☐
b. Something happened with my spouse that I could have argued about but I decided to let it pass.	☐	☐	☐	☐	☐	☐	☐
c. I had an argument or disagreement with someone other than my spouse	☐	☐	☐	☐	☐	☐	☐
d. Interactions with my spouse made me feel irritated, hurt, or annoyed.	☐	☐	☐	☐	☐	☐	☐
e. Something else happened to me (other than items selected above) that most people would consider stressful.	☐	☐	☐	☐	☐	☐	☐

Q5.2. Please check off any of the following problems/events that you have experienced over the past 24 hours:

	Did this occur today?		For those problems that did occur, how stressful was this for you?				
	Yes	No	Not at All	A Little	Moderately	A Lot	Extremely
Housework and home demands	☐	☐	☐	☐	☐	☐	☐
Work demands	☐	☐	☐	☐	☐	☐	☐
Financial concerns	☐	☐	☐	☐	☐	☐	☐
Health problem, please specify what the problem was: 	☐	☐	☐	☐	☐	☐	☐
Your spouse had some problem or difficulty. Please specify what the problem was: 	☐	☐	☐	☐	☐	☐	☐

Q5.3. Overall, how trying or stressful was your day?

Not at All

☐

A Little

☐

Moderately

☐

A Lot

☐

Extremely

☐

Q5.4.

If you would like to add more details about stress you experienced today, please do so here:

Emotion Work

Q6.1. *Over the past 24 hours*, how often did you do each of the following with your spouse?

	Not at All	A Little	Some	Quite a Bit	A Great Deal
a. Share your personal thoughts and feelings.	☐	☐	☐	☐	☐
b. Praise your spouse.	☐	☐	☐	☐	☐
c. Sense that your spouse is bothered about something.	☐	☐	☐	☐	☐
d. Suggest solutions to your spouse's problems.	☐	☐	☐	☐	☐
e. Keep your thoughts or feelings to yourself.	☐	☐	☐	☐	☐

Empathic Responding

Q7.1. Over the past 24 hours, how often have you...

	Not at All	A Little	Some	Quite a Bit	A Great Deal
a. Tried to help your spouse by doing something for them.	☐	☐	☐	☐	☐
b. Tried to help your spouse by listening to them.	☐	☐	☐	☐	☐
c. Tried to comfort your spouse by telling them about your positive feelings for them.	☐	☐	☐	☐	☐
d. Tried to see things from your spouse's perspective.	☐	☐	☐	☐	☐
e. Tried to help your spouse by giving them personal space.	☐	☐	☐	☐	☐
f. Tried to understand how your spouse feels.	☐	☐	☐	☐	☐

Intimacy

Q8.1. Over the past 24 hours, how much did you feel closeness and intimacy with your spouse?

Not at All	A Little	Some	Quite a Bit	A Great Deal
☐	☐	☐	☐	☐

Interactions with Spouse

Q9.2. Over the past 24 hours, how much did your spouse...

	Not at All	A Little	Some	Quite a Bit	A Great Deal
a. Let you down	☐	☐	☐	☐	☐
b. Criticize you	☐	☐	☐	☐	☐
d. Act inconsiderate towards you	☐	☐	☐	☐	☐
e. Make you feel loved and cared for	☐	☐	☐	☐	☐
f. Seem bothered or upset with you	☐	☐	☐	☐	☐
g. Make demands on you	☐	☐	☐	☐	☐
h. Do something nice for you without being asked	☐	☐	☐	☐	☐
i. Bring you pleasure or make you feel good	☐	☐	☐	☐	☐

Q9.3. If you would like to add more details about any of these experiences, please do so here:

Q9.4. Over the past 24 hours, how much did you...

	Not at All	A Little	Some	Quite a Bit	A Great Deal
a. Criticize your spouse	☐	☐	☐	☐	☐
b. Try to make your spouse feel loved and cared for	☐	☐	☐	☐	☐
c. Feel bothered or upset with your spouse	☐	☐	☐	☐	☐
d. Make demands on your spouse	☐	☐	☐	☐	☐
e. Do something nice for your spouse without being asked	☐	☐	☐	☐	☐
f. Try to improve your spouse's mood	☐	☐	☐	☐	☐
g. Want your spouse to listen to you more than they did	☐	☐	☐	☐	☐

Q9.5. If you would like to add more details about any of these experiences, please do so here:

Personal Control

Q10.1. Over the past 24 hours, to what extent did you feel:

	Not at All	A Little	Moderately	A Lot	Extremely
a. That you were unable to control important things in your life	☐	☐	☐	☐	☐
b. Confident about your ability to handle problems	☐	☐	☐	☐	☐
c. That things were going your way	☐	☐	☐	☐	☐
d. That difficulties were piling up so high that you could not overcome them	☐	☐	☐	☐	☐

Social Control & Health Behaviors

Q11.1. How many hours did you sleep last night?

Hours

Q11.2. How would you rate your overall sleep quality last night?

Excellent
☐

Very Good
☐

Good
☐

Fair
☐

Poor
☐

Q11.3. Thinking over the past 24 hours, how true are the following statements for you?

	Not at All	A Little	Moderately	A Lot	Extremely
I ate more than I should have today.	☐	☐	☐	☐	☐
I made unhealthy food choices today.	☐	☐	☐	☐	☐
I ate healthy foods today.	☐	☐	☐	☐	☐

Q11.4. *Over the past 24 hours*, how many alcoholic drinks did you consume (a glass of wine, a 12 ounce beer, or a shot of liquor each equal 1 drink)?

Q11.5. *Over the past 24 hours*, how many cigarettes, cigars, and/or bowls of tobacco did you smoke?

Q11.6. *Over the past 24 hours*, for how many minutes did you engage in **moderate** physical activity or exercise (for example, taking a walk or using a vacuum cleaner)?

Q11.7. *Over the past 24 hours*, for how many minutes did you engage in **vigorous** physical activity or exercise (for example, running or lifting heavy objects) long enough to raise your heart rate and work up a sweat?

Q11.8. These questions are about **how you and your spouse may have influenced each other's health habits today** (for example, how much you ate, drank, or exercised). How much did each of the following occur today:

	Not at All	A Little	Some	Quite a Bit	A Great Deal
My spouse influenced my health habits in an unhealthy way (for example, to eat or drink more, exercise less).	☐	☐	☐	☐	☐
My spouse influenced my health habits in a positive way.	☐	☐	☐	☐	☐
I tried to have a positive influence on my spouse's health habits.	☐	☐	☐	☐	☐
I was concerned about my spouse's health habits.	☐	☐	☐	☐	☐
I participated in healthy habits (such as exercise, dieting) with my spouse.	☐	☐	☐	☐	☐

Q11.9. Please describe the main ways that you and your spouse influenced each other's health habits today.

Final Question

Q12.1. Over the past 24 hours, did anything else happen that you would like to tell us about?