

## Appendix 3. Momentary and contextual questions

### Momentary questions

1. I feel...
  - a. Great
  - b. Good
  - c. Ok
  - d. Not good
  - e. Not good at all
2. How rested do I feel?
  - a. Very rested
  - b. Somewhat rested
  - c. Neither rested nor tired
  - d. Somewhat tired
  - e. Very tired
3. How worried do I feel?
  - a. Very worried
  - b. Quite worried
  - c. Somewhat worried
  - d. A little worried
  - e. Not at all worried
4. Am I enjoying myself?
  - a. A lot
  - b. Quite a lot
  - c. Somewhat
  - d. Not much
  - e. Not at all
5. How energetic do I feel?
  - a. Very energetic
  - b. Fairly energetic
  - c. Moderately energetic
  - d. Not very energetic
  - e. Not at all energetic

### Contextual questions

1. Right now, I am...
  - a. At home
  - b. At work
  - c. At the shops
  - d. Outside
  - e. At a Café or Restaurant
  - f. In Transport
  - g. At a Friend's or Family
  - h. In a Clinic
  - i. Other
2. Right now, I am...
  - a. Relaxing

- b. Working
- c. Shopping
- d. Looking After Others
- e. Eating or Drinking
- f. Travelling
- g. Exercising
- h. Waiting
- i. None