

## **Supplemental Material**

### **Study 1 questionnaires**

All questionnaires used in study 1 were in Hebrew. We present here the full questionnaires translated to English.

#### **Introductory Questionnaire**

Please enter your ID (this will be used as your subject number in the next questionnaires):

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Please enter your gender

- ☐ Male
- ☐ Female

Please enter your age:

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Please enter your mother tongue language:

- ☐ Hebrew
- ☐ Arabic
- ☐ English
- ☐ Russian
- ☐ Other: \_\_\_\_\_

Please enter your email, so that we can send you an invitation to download the application for participating in the experiment.

Your email will be used only for associating between the questionnaire data and your reports via the application.

Your email will be deleted from the final data.

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For technical purposes of matching the application to your phone, please enter the type of your mobile phone:

- ☐ iPhone
- ☐ A mobile phone with an Android OS
- ☐ Other

### **End of Day Questionnaire**

Good evening,

Following is a summary questionnaire on daily emotions.

In this questionnaire, please refer to the way you felt **during the day**

Please enter you subject number:

\_\_\_\_\_

This questionnaire contains descriptions of different emotions

Please indicate **to what extent** you felt the following emotions **today**:

	1 – a very small extent or non at all	2 – a small extent	3 - a medium extent	4 - a large extent	5 - a very large extent
upset	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
enthusiastic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
proud	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
nervous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
distressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

This questionnaire contains descriptions of different emotions  
Please indicate **how frequently** you felt the following emotions **today**:

	1 –very infrequently or not at all	2 – infrequently	3 - a medium frequency	4 - frequently	5 - very frequently
upset	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
enthusiastic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
proud	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
nervous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
distressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### **End of Week Questionnaire**

Good evening,

Following is a summary questionnaire on weekly emotions.

In this questionnaire, please refer to the way you felt **during the week**

Please enter you subject number:

\_\_\_\_\_

This questionnaire contains descriptions of different emotions

Please indicate **to what extent** you felt the following emotions **this week**:

	1 – a very small extent or not at all	2 – a small extent	3 - a medium extent	4 - a large extent	5 - a very large extent
upset	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
enthusiastic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
proud	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
nervous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
distressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

This questionnaire contains descriptions of different emotions  
Please indicate **how frequently** you felt the following emotions **this week**:

	1 –very infrequently or not at all	2 – infrequently	3 – a medium frequency	4 - frequently	5 - very frequently
upset	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
enthusias tic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
proud	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
nervous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
distresse d	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### **Momentary Survey**

To what extent do you feel at this moment - upset?

1 – a very small extent or not at all

☐☐☐☐

5 – a very large extent

☐

To what extent do you feel at this moment - enthusiastic?

1 – a very small extent or not at all

☐☐☐☐

5 – a very large extent

☐

To what extent do you feel at this moment - proud?

1 – a very small extent or not at all

☐☐☐☐

5 – a very large extent

☐

To what extent do you feel at this moment - nervous?

1 – a very small extent or not at all

☐☐☐☐

5 – a very large extent

☐

To what extent do you feel at this moment - distressed?

1 – a very small extent or not at all

☐☐☐☐

5 – a very large extent

☐

To what extent do you feel at this moment - active?

1 – a very small extent or not at all

☐☐☐☐

5 – a very large extent

☐

**Table S1: Descriptive statistics and correlations of daily and weekly affects (Study 1)**

	Mean	STD	1	2	3	4	5	6	7
1 End day positive	2.425	0.844							
2 Peak day positive	2.944	0.794	0.729***						
3 Daily average positive	2.377	0.639	0.773***	0.888***					
4 Weekly positive	2.523	0.795	0.696***	0.747***	0.825***				
5 End day negative	2.104	0.912	-0.215**	-0.046	-0.023	-0.071			
6 Peak day negative	2.933	0.901	-0.048	0.079	0.039	-0.013	0.655***		
7 Daily average negative	2.219	0.699	-0.078	-0.003	-0.018	-0.070	0.773***	0.883***	
8 Weekly negative	2.594	0.958	-0.143	-0.002	-0.061	-0.144	0.669***	0.779***	0.820***

Note: \*\*\* p<.0001; \*\* p<.01; n=162

**Table S2a: Descriptive statistics and correlations of intensity variables (Study 1)**

	Mean	STD	1	2	3	4	5	6	7
1 End day positive intensity	2.451	0.867							
2 Peak day positive intensity	3.019	0.837	0.722***						
3 Daily average positive intensity	2.405	0.671	0.765***	0.884***					
4 Weekly positive intensity	2.514	0.840	0.691***	0.742***	0.814***				
5 End day negative intensity	2.134	0.945	-0.168*	-0.015	0.001	-0.054			
6 Peak day negative intensity	2.986	0.925	0.008	0.123	0.083	0.034	0.661***		
7 Daily average negative intensity	2.250	0.715	-0.040	0.026	0.014	-0.054	0.773***	0.864***	
8 Weekly negative intensity	2.605	1.002	-0.112	0.039	-0.039	-0.104	0.649***	0.735***	0.780***

Note: \*\*\* p<.0001; \* p<.05; n=162

**Table S2b: Descriptive statistics and correlations of frequency variables (Study1)**

	Mean	STD	1	2	3	4	5	6	7
1 End day positive frequency	2.399	0.860							
2 Peak day positive frequency	2.944	0.812	0.716***						
3 Daily average positive frequency	2.348	0.625	0.757***	0.891***					
4 Weekly positive frequency	2.531	0.795	0.647***	0.708***	0.784***				
5 End day negative frequency	2.074	0.923	-0.223**	-0.045	-0.040	-0.071			
6 Peak day negative frequency	2.928	0.934	-0.086	0.082	0.021	-0.063	0.628***		
7 Daily average negative frequency	2.189	0.700	-0.093	0.014	-0.022	-0.069	0.749***	0.883***	
8 Weekly negative frequency	2.582	0.966	-0.162*	0.008	-0.067	-0.162*	0.630***	0.764***	0.805***

Note: \*\*\* p<.0001; \*\* p<.01; \* p<.05; n=162



**Table S3a: Peak end models of positive and negative retrospective intensity evaluations (Study 1)**

	Positive intensity			Negative intensity		
	b	sderr	$\beta$	b	sderr	$\beta$
<b>Daily average</b>	0.786***	0.132	0.628	0.669***	0.160	0.478
<b>End day</b>	0.152*	0.069	0.157	0.126	0.081	0.119
<b>Peak day</b>	0.074	0.099	0.074	0.263*	0.104	0.243
<b>R<sup>2</sup></b>		0.675			0.629	

Note: \*\*\* p<.0001; \*p<.05; n=162

**Table S3b: Peak end models of positive and negative retrospective frequency evaluations (Study 1)**

	Positive frequency			Negative frequency		
	b	sderr	$\beta$	b	sderr	$\beta$
<b>Daily average</b>	0.855***	0.148	0.672	0.717***	0.161	0.520
<b>End day</b>	0.115 <sup>†</sup>	0.070	0.124	0.086	0.073	0.082
<b>Peak day</b>	0.020	0.107	0.020	0.262*	0.103	0.253
<b>R<sup>2</sup></b>		0.622			0.663	

Note: \*\*\* p<.0001; \*p<.05; <sup>†</sup>p=.1; n=162

**Table S4: Peak-end daily to weekly models of positive and negative affect with no control for the daily average affect (Study 1)**

	Positive affect			Negative affect		
	b	sderr	$\beta$	b	sderr	$\beta$
<b>End day</b>	0.304***	0.069	0.323	0.292***	0.065	0.278
<b>Peak day</b>	0.512***	0.073	0.511	0.634***	0.066	0.596
<b>R<sup>2</sup></b>	0.606			0.651		

Note: \*\*\* p<.0001; n=162

**Table S5: Descriptive statistics and inter-correlations (Study 2)**

	n	Mean	STD	1	2	3	4	5	6	7
1. End day positive frequency	1814	2.74	0.81							
2. Peak day positive frequency	1989	3.13	0.68	0.84						
3. Daily average positive frequency	1989	2.74	0.72	0.90	0.93					
4. Weekly positive frequency	1813	2.77	0.70	0.86	0.84	0.91				
5. End day negative frequency	1813	0.15	0.28	-0.46	-0.34	-0.40	-0.39			
6. Peak day negative frequency	1989	0.44	0.45	-0.45	-0.39	-0.50	-0.48	0.66		
7. Daily average negative frequency	1989	0.19	0.26	-0.49	-0.46	-0.52	-0.52	0.76	0.89	
8. Weekly negative frequency	1812	0.36	0.39	-0.49	-0.46	-0.54	-0.54	0.61	0.77	0.81

**Table S6: Peak-end daily to weekly models of positive and negative weekly frequency with no control for the daily average affect (Study 2)**

	Positive affect			Negative affect		
	b	sderr	$\beta$	b	sderr	$\beta$
<b>End day</b>	0.521***	0.017	0.448	0.178***	0.027	0.248
<b>Peak day</b>	0.406***	0.020	0.421	0.654***	0.017	0.581
<b>R<sup>2</sup></b>		.791			.612	

Note: \*\*\* p<.0001; n=1812