

Methodology File

Preliminary Study A

Financial Contingency of Self-Worth Scale (Park, Ward, & Naragon-Gainey, 2017)

INSTRUCTIONS: Please read each of the following statements closely. Use the scale provided to indicate the extent to which you agree with each statement.

Scale: 1 = *Strongly Disagree* to 7 = *Strongly Agree*

1. I feel better about myself when I am on top of my finances.
2. I feel bad about myself when I feel like I don't make enough money.
3. My opinion of myself isn't tied to how much money I make.
4. My self-esteem is influenced by how much money I make.
5. My self-esteem depends on having a lot of money.

UCLA Loneliness Scale (adapted from Russell, Peplau, & Ferguson, 1978)

INSTRUCTIONS: Please use the scale provided to respond to the following questions.

Scale: 1 = *Never*, 2 = *Rarely*, 3 = *Some of the Time*, 4 = *Often*

How often do you feel that you lack companionship?

How often do you feel left out?

How often do you feel isolated from others?

Time Allocation Measure

INSTRUCTIONS: Think about how you've spent your time over this past week. Indicate the percentage of time you've spent doing the following things:

Being alone

Working

Socializing with friends

Socializing with family members

Extraversion Items from the Ten-Item Personality Inventory (Gosling, Rentfrow, & Swann, 2003)

INSTRUCTIONS: Here are a number of personality traits that may or may not apply to you.. Please use the scale provided to indicate the extent to which you agree or disagree with that statement. You should rate the extent to which the pair of traits applies to you, even if one characteristic applies more strongly than the other.

Scale: 1=*Disagree strongly* to 7=*Agree strongly*

I see myself as:

1. Extraverted, enthusiastic.
2. Reserved, quiet.

Demographics

What is your age?

- 1 = Under 18
- 2 = 18-24
- 3 = 25 - 34
- 4 = 35-44
- 5 = 45 – 54
- 6 = 55 – 64
- 7 = 65 – 74
- 8 = 75 – 84

What is your gender? (Male / Female)

Which of the following best describes your ethnicity?

- 1 = First Nation
- 2 = African American
- 3 = Hispanic
- 4 = Caucasian
- 5 = Asian/Indian subcontinent
- 6 = East Asian
- 7 = Asian (other)
- 8 = Middle Eastern
- 9 = Multi-racial
- 10 = Other

What is your marital status? (Not Married / Married or in a Marriage-Like Relationship)

How many hours per week do you work at your current job?

- 1 = < 10
- 2 = 11-20
- 3 = 21-30
- 4 = 31-40
- 5 = > 40

How many of your children are currently still living with you?

- 1 = N/A (I have no children)
- 2 = 0
- 3 = 1
- 4 = 2
- 5 = 3
- 6 = 4
- 7 = 5
- 8 = 6+

What is your current income (before taxes)?

- 1 = Below \$15,000
- 2 = \$15,000 – \$19,999
- 3 = \$20,000 - \$29,000
- 4 = \$30,000 - \$39,000
- 5 = \$40,000 - \$49,000
- 6 = \$50,000 - \$74,999
- 7 = \$75,000 - \$99,999
- 8 = \$100,000 - \$124,999
- 9 = \$125,000 - \$149,999
- 10 = \$150,000 - \$174,999
- 11 = \$175,000 - \$199,999
- 12 = \$200,000 - \$299,000
- 13 = \$300,000 and above

Preliminary Study B

Financial Contingency of Self-Worth Scale (Park, Ward, & Naragon-Gainey, 2017)

Same as in Study A.

Time Pressure (from the Time Affluence Subscale of the Material Affluence and Time Affluence Scale; Kasser & Sheldon, 2009)

INSTRUCTIONS: Please read each of the following statements carefully. Use the scale provided to indicate how much you agree with each statement.

Scale: 1 = *Strongly Disagree* to 7 = *Strongly Agree*

1. There have not been enough minutes in the day.
2. I have felt like things have been really hectic.
3. I have been able to take life at a leisurely pace. (R)

Social Connectedness Scale (adapted from Lee & Robbins, 1995)

INSTRUCTIONS: Below are a series of statements with which you may agree or disagree. Using the scale provided, indicate your agreement with each item.

Scale: 1 = *Strongly Disagree* to 6 = *Strongly Agree*

- I feel distant from people.
- I don't feel connected to most people.
- I feel like an outsider.
- I see myself as a loner.
- I feel disconnected from the world around me.

Aspirations Scale - Financial Goals Subscale (Kasser & Ryan, 1993)

INSTRUCTIONS: This set of questions asks you about the goals you may have for the future. Please use the scale provided to indicate how important each goal is to you.

Scale: 1 = *Not at all*, 3 = *A little*, 5 = *Moderate*, 5 = *Very*, 9 = *Extremely*

1. I will have many expensive possessions.
2. I will be financially successful.
3. I will have enough money to buy everything I want.
4. I will have a job that pays well.

Materialism Scale - Short Form (Richins, 2004)

INSTRUCTIONS: Below is a series of statements. Please use the scale below to indicate the extent to which you agree or disagree with each statement.

Scale: 1-*Strongly Disagree* to 7-*Strongly Agree*

1. I admire people who own expensive homes, cars, and clothes.
2. I like a lot of luxury in my life.
3. I'd be happier if I could afford to buy more things.

Resource Orientation Measure (Whillans, Weidman, & Dunn, 2016)

INSTRUCTIONS: Our lab is interested in views of time and money. Two people, Taylor and Morgan, are described below. Are you more similar to Taylor or to Morgan? Please pick one person who you are most similar to in the space provided below, even if you aren't exactly like either Taylor or Morgan.

Taylor values **time** more than money. Taylor is willing to sacrifice money to have more time. For example, Taylor would rather work fewer hours and make less money, than work more hours and make more money.

Morgan values **money** more than time. Morgan is willing to sacrifice time to have more money. For example, Morgan would rather work more hours and make more money, than work fewer hours and have more time.

I am most similar to:

- 1=Taylor
- 2=Morgan

Economic Hardship (Conger, Rueter, & Elder, 1996)

INSTRUCTIONS: Please read the following items and respond using the scale provided.

When responding, think about your experiences over the past six months.

Scale: 1-*Strongly Disagree* to 5-*Strongly Agree*

- I have had enough money to meet my expenses. (R)
- I have had difficulty paying monthly bills.
- I have had money left over at the end of the month. (R)

Demographics

What is your age?

- 1 = Under 18

- 2 = 18-24
- 3 = 25 - 34
- 4 = 35-44
- 5 = 45 – 54
- 6 = 55 – 64
- 7 = 65 – 74
- 8 = 75 – 84

What is your gender? (Male / Female/ Non-binary)

What is your marital status? (Not Married / Married or in a Marriage-Like Relationship)

How many hours per week do you work at your current job?

- 1 = < 10
- 2 = 11-20
- 3 = 21-30
- 4 = 31-40
- 5 = > 40

How many children do you have?

- 1 = N/A (I have no children)
- 2 = 0
- 3 = 1
- 4 = 2
- 5 = 3
- 6 = 4
- 7 = 5
- 8 = 6+

What is your family's total annual household income?

- 1 = Less than \$5000
- 2 = \$5000-\$7,499
- 3 = \$7,500-\$9,999
- 4 = \$10,000-\$12,499
- 5 = \$12,500-\$14,999
- 6 = \$15,000-\$19,999
- 7 = \$20,000-\$24,999
- 8 = \$25,000-\$29,999
- 9 = \$30,000-\$34,999
- 10 = \$35,000-\$39,999
- 11 = \$40,000-\$49,999
- 12 = \$50,000-\$59,999
- 13 = \$60,000-\$74,999
- 14 = \$75,000-\$99,999
- 15 = \$100,000-\$149,999
- 16 = \$150,000-\$249,999

- 17 = \$300,000-\$499,999
 18 = \$500,000-\$1,000,000
 19 = Over \$1,000,000

Study 1

Financial Contingency of Self-Worth Scale (Park, Ward, & Naragon-Gainey, 2017)

Same as in Study A & B.

Time Pressure (Kasser & Sheldon, 2009)

Same as in Study B.

Autonomy Subscale of the Basic Needs Satisfaction Scale (Deci & Ryan, 2000)

INSTRUCTIONS: Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond:

1 (*not at all true*) to 7 (*very true*)

1. I feel like I am free to decide for myself how to live my life.
2. I feel pressured in my life. (reverse-coded)
3. I generally feel free to express my ideas and opinions.
4. In my daily life, I frequently have to do what I am told. (reverse-coded)
5. People I interact with on a daily basis tend to take my feelings into consideration.
6. I feel like I can pretty much be myself in my daily situations.
7. There is not much opportunity for me to decide for myself how to do things in my daily life. (reverse-coded)

UCLA Loneliness Scale

Same as in Study A.

Time Allocation Measures

INSTRUCTIONS: Think about how you've spent your time over this past week. Indicate the percentage of time [you've spent / you'd ideally like to spend / you feel you ought to have spent] doing the following things:

- Being alone (i.e., when you are awake, but not with other people or doing work-related tasks)
- Working by yourself
- Working with coworkers (either in person or virtually)
- Spending time with friends or family in-person (and outside of a work context)
- Using technology to connect with family and friends (e.g., via phone, Skype, texting or Facebook messaging)

Social Connectedness Scale (adapted from Lee & Robbins, 1995)

Same as in Study B.

Extraversion Items from the Ten-Item Personality Inventory (Gosling, Rentfrow, & Swann, 2003)

Same as in Study A.

Aspirations Scale - Financial Goals Subscale (Kasser & Ryan, 1993)

Same as in Study B.

Materialism Scale - Short Form (Richins, 2004)

Same as in Study B.

Resource Orientation (Whillans, Weidman, & Dunn, 2016)

Same as in Study B.

Economic Hardship (Conger, Rueter, & Elder, 1996)

Same as in Study B.

Work/Income Questions

On average, how many hours each week do you spend working (i.e., at a place of employment where your goal is to earn money for you and your family)? _____

Which of the following best represents your total household income (i.e., the combined total amount that you and the members of your household earned, before taxes and other deductions, during the past 12 months)?

- _____ Less than \$5,000
- _____ \$5,000 through \$11,999
- _____ \$12,000 through \$15,999
- _____ \$16,000 through \$24,999
- _____ \$25,000 through \$34,999
- _____ \$35,000 through \$49,999
- _____ \$50,000 through \$74,999
- _____ \$75,000 through \$99,999
- _____ \$100,000 through \$149, 999
- _____ \$150,000 and greater
- _____ Don't know
- _____ No response

Demographics

What is your gender?

- a. Male
- b. Female
- c. Other

What is your age? _____

What is your race?

- 1=White
- 2=Asian
- 3=Black
- 4=Hispanic
- 5=Other

Are you married or in a marriage-like relationship? (Y/N)

How many of your children still live at home? (N/A, 0, 1, 2, 3, 4, 5, 6+)

Study 2

Financial Contingency of Self-Worth Scale (Park, Ward, & Naragon-Gainey, 2017)

INSTRUCTIONS: Please read each of the following statements closely. Use the scale provided to indicate the extent to which you agree with each statement.

Scale: 1 = *Strongly Disagree* to 7 = *Strongly Agree*

1. I feel bad about myself when I feel like I don't make enough money.
2. My self-esteem is influenced by how much money I make.
3. My self-esteem depends on having a lot of money.

Time Pressure (Kasser & Sheldon, 2009)

INSTRUCTIONS: Please read each of the following statements carefully. Use the scale provided to indicate how much you agree with each statement.

Scale: 1 = *Strongly Disagree* to 7 = *Strongly Agree*

1. There have not been enough minutes in the day.
2. I have felt like things have been really hectic.

Time Allocation

INSTRUCTIONS: Think about how you've spent your time over this past month NOT including the time you spent asleep. Then indicate the percentage of time you've spent doing each activity over the past month:

- Spending time alone not working
- Spending time alone working
- Socializing with colleagues
- Spending time with friends (outside of a work context)
- Spending time with family (outside of a work context)
- Engaging in other activities (please list primary activities)

Autonomy Subscale of the Basic Needs Satisfaction Scale (Deci & Ryan, 2000)

Scale: 1 (*not at all true*) to 7 (*very true*)

1. I feel like I am free to decide for myself how to live my life.

2. I feel pressured in my life. (reverse-coded)

Social Connectedness (adapted from Lee & Robbins, 1995)

Scale: 1 = *Strongly Disagree* to 7= *Strongly Agree*

1. I feel distant from people.
2. I don't feel connected to most people.
3. I feel like an outsider.

Loneliness (adapted from Russell, Peplau, & Ferguson, 1978)

Scale: 1 = *Strongly Disagree* to 7= *Strongly Agree*

1. How often do you feel that you lack companionship?
2. How often do you feel left out?

Materialism Scale - Short Form (Richins, 2004)

Same as in Study B.

Economic Hardship (Conger, Rueter, & Elder, 1996)

Scale: 1 = *Strongly Disagree* to 7= *Strongly Agree*

I have had enough money to meet my expenses.

Demographics

What is your age?

What is your gender? (Male/Female/Non-binary)

What is your marital status? (Not Married / Married or in a Marriage-Like Relationship)

How many hours per week do you work at your current job?

- 1 = < 10
- 2 = 11-20
- 3 = 21-30
- 4 = 31-40
- 5 = > 40

Do you have at least two people at your workplace who regularly (1) are assigned tasks from you, (2) reports to you, and (3) is evaluated by you? (Yes/No)

What is your family's total annual household income?

- 1 = Less than \$10,000
- 2 = \$10,000-\$19,999
- 3 = \$20,000-\$29,999
- 4 = \$30,000-\$39,999
- 5 = \$40,000-\$49,999
- 6 = \$50,000-\$59,999

- 7 = \$60,000-\$69,999
- 8 = \$70,000-\$79,999
- 9 = \$80,000-\$89,999
- 10 = \$90,000-\$99,999
- 11 = \$100,000-\$149,999
- 12 = More than \$150,000

What is your race?

- 1=White
- 2=Asian
- 3=Black
- 4=Hispanic
- 5=Other

Study 3

In-Lab Survey Items

Extraversion Items from the Ten-Item Personality Inventory (Gosling, Rentfrow, & Swann, 2003)

Same as in Study A.

Aspirations Scale - Financial Goals Subscale (Kasser & Ryan, 1993)

Same as in Study B.

Materialism Scale - Short Form (Richins, 2004)

Same as in Study B.

Economic Hardship (Conger, Rueter, & Elder, 1996)

Same as in Study B.

Demographics

What is your age?

- 1 = Under 18
- 2 = 18-24
- 3 = 25 - 34
- 4 = 35-44
- 5 = 45 – 54
- 6 = 55 – 64
- 7 = 65 – 74
- 8 = 75 – 84

What is your gender? (Male / Female/ Non-binary)

How many hours per week do you work at your current job?

- 1 = < 10

- 2 = 11-20
- 3 = 21-30
- 4 = 31-40
- 5 = > 40

What is your family's total annual household income?

- 1 = Less than \$5000
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- 4 = \$10,000-\$12,499
- 5 = \$12,500-\$14,999
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- 14 = \$75,000-\$99,999
- 15 = \$100,000-\$149,999
- 16 = \$150,000-\$249,999
- 17 = \$300,000-\$499,999
- 18 = \$500,000-\$1,000,000
- 19 = Over \$1,000,000

Exploratory Measures

Goal Perceptions

INSTRUCTIONS: To what extent do you agree with the following statements regarding your goals? Scale: 1=*Strongly disagree* to 7=*Strongly agree*

1. My most important goals are related to achieving financial success.
2. My most important goals are related to achieving academic success.
3. My most important goals are having close relationships with others.
4. I believe the more time I put into my school, the more financial success I'll have.
5. I believe the more time I spend working, the more financial success I'll have.
6. I believe the more time I spend with family and friends, the more financial success I'll have.

Use of Time

INSTRUCTIONS: Please use the scale provided to respond to the following questions.

Scale: 1=*Not at all* to 7=*Very often*

1. I spend time worrying about money.
2. I spend time thinking about how stressed I am about my finances.
3. I spend time on hobbies outside of work.
4. I spend time taking care of myself (mentally, physically).

Perceptions of Productivity

INSTRUCTIONS: We are interested in knowing what activities you believe are a **productive** way to spend your time during a typical week. Activities are productive if you feel that engaging in them helps you to achieve your most important goals. Please use the scale provided to indicate the extent to which you believe each of the following activities are **productive**.

Scale: 1=*Not at all productive* to 7=*Extremely productive*

Being alone (i.e., when you are awake, but not with other people or doing work-related tasks)

Working by yourself

Working with coworkers (either in person or virtually)

Spending time with friends or family in-person (and outside of a work context)

Using technology to connect with family and friends (e.g., via phone, Skype, texting or Facebook messaging)

Daily Diary Survey Items

Financial Contingency of Self-Worth Scale (Park, Ward, & Naragon-Gainey, 2017)

INSTRUCTIONS: Please indicate how much you agreed or disagreed with each statement **TODAY**.

Scale: 1=*Strongly Disagree* to 7=*Strongly Agree*

1. Today, I felt like my self-esteem was influenced by how much money I make.
2. Today, I felt bad about myself when I felt like I didn't make enough money.
3. Today, I felt like my self-esteem depended on having a lot of money.

Autonomy (adapted from Ryan & Deci, 2000)

INSTRUCTIONS: Please indicate how much you agreed or disagreed with each statement **TODAY**.

Scale: 1=*Strongly Disagree* to 7=*Strongly Agree*

1. Today, I felt like I didn't have the opportunity to decide for myself how to do things.
2. Today, I felt generally free to express my ideas and opinions.
3. Today, I felt autonomous (i.e., like I had a sense of choice and control over my life).

Time Pressure (Kasser & Sheldon, 2009)

INSTRUCTIONS: Please indicate how much you agreed or disagreed with each statement **TODAY**.

Scale: 1=*Strongly Disagree* to 7=*Strongly Agree*

1. I was under time pressure.
2. There were not been enough minutes in the day.
3. Things were really hectic.
4. I was able to take life at a leisurely pace.

Time Allocation

INSTRUCTIONS: Take a moment to think about how you've spent your time **today**. Indicate the percentage of time you've spent doing the activities below. The total percentage should add up to 100%.

Being alone (i.e., when you are awake, but not with other people or doing work-related tasks)

Working by yourself

Working with coworkers (either in person or virtually)

Spending time with friends or family in-person (and outside of a work context)

Using technology to connect with family and friends (e.g., via phone, Skype, texting or Facebook messaging)

Social Outcomes

INSTRUCTIONS: Please use the scale provided to respond to the following items.

Scale: 1 = *Not at all*, 2 = *Not much*, 3 = *A little bit*, 4 = *Somewhat*, 5 = *A lot*, 6 = *Very much*

1. Today, I felt lonely.
2. Today, I felt disconnected from others.
3. Today, I felt isolated from others.
4. Today, I felt connected to most people. (**was not reverse-coded)
5. Today, I felt distant.
6. Today, I felt like an outsider.
7. Today, I felt as though I lacked companionship.