



How to make your personalised item

1. Item answer scale

- The survey instruction reads as follows: “Please rate the extent to which, today, you have: [...insert your personal item here...]”
- and the answer options are:
 - 1 Not at all
 - 2 Rarely
 - 3 Some of the time
 - 4 Often
 - 5 All the time

2. Item content

- Your goal-related item can for example focus:
 - on something you perceive as unwanted or a weakness that you want to monitor and gain better control over
 - e.g. “*ruminated (repeatedly worried or fretted)*” (ie, a higher level of rumination is generally **not** good)
 - or on a strength that you want to enhance or capitalize on
 - e.g. “*been satisfied with yourself*” (ie, a higher level of self-satisfaction is generally good)

3. Item construction advice

- Try to choose a weakness or strength that you can easily rate on a scale from “not at all” to “all the time”
- Try to stick to one weakness or strength, don’t combine multiple as this will make the assessment difficult and likely inaccurate
- Try to describe the weakness or strength in a short and simple fashion, as reading the item every day should not take much time
- Try to choose a weakness or strength that you can monitor easily, do not choose one that is hard to observe or quantify
- Try to choose a weakness or strength that can vary over the course of a day, or at least over the course of several days, so that it is interesting to monitor it
- Try to choose a weakness or strength that is relevant to you, so that it is even more interesting
- And importantly, try to make an item that will not trigger harmful emotions, e.g. don’t choose a weakness that makes you very upset, anxious, angry or jealous

