

Appendix A

Informed Consent Form

Thank you for expressing interest in participating in this study. Please read the information carefully. The overall goal of the study is to evaluate how well you can communicate emotions with words and rating scales. You are eligible to participate in the study if you are 18 and older and are a native English speaker.

The study should take around 15 minutes to complete. Completion of the study is financially compensated by £2 / 15 minutes (Phase 1) or £1.50 / 15 minutes (Phase 2).

Your participation in this study, and the data collected, are completely anonymous. Personal data is handled in accordance with the Data Protection Ordinance (GDPR) and the Ethics Act. The results are intended to be published in international journals and will be reported entirely anonymously. The data can not be tracked back to individual participants.

In accordance with the regulations on transparent and replicable research, the study has been pre-registered in the Open Science Framework (OSF) and the data will be made available to the research community.

Participating in the study should not cause any discomfort. In case you experience any discomfort, please seek out professional help or contact the researchers. As a participant, you have the right to cancel your participation at any time, without having to give an explanation or reason. You also have the right to change your data and or delete traceable data.

This study has been reviewed and received ethics clearance through the Etikprövningsnämnden in Sweden.

If needed, please contact the responsible researchers:

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- ☐ I confirm I have read the above information and consent to participation (1)
- ☐ I do not wish to participate in the study (0)

Appendix B

Adapted SWLS Scale for Phase 2

Instructions: **Consider the author's emotional state: Over that period of their life**, indicate **their** agreement with each item **by tapping the appropriate box**.

- 7 - Strongly agree
- 6 - Agree
- 5 - Slightly agree
- 4 - Neither agree nor disagree
- 3 - Slightly disagree
- 2 - Disagree
- 1 - Strongly disagree

Statement 1: In most ways, **their** life is close to **their** ideal.

Statement 2: The conditions of **their** life are excellent.

Statement 3: **They are** satisfied with their life.

Statement 4: So far **they** have gotten the important things **they** want in life.

Statement 5: If **they** could live **their** life over, **they** would change almost nothing.

Note. Words in bold are an adaptation from the original scales.

Appendix C

Adapted HILS Scale for Phase 2

Instructions: **Consider the author's emotional state: Over that period of their life**, indicate **their** agreement with each item **by tapping the appropriate box**.

- 7 - Strongly agree
- 6 - Agree
- 5 - Slightly agree
- 4 - Neither agree nor disagree
- 3 - Slightly disagree
- 2 - Disagree
- 1 - Strongly disagree

Statement 1: **Their** lifestyle allows **them** to be in harmony.

Statement 2: Most aspects of **their** life are in balance.

Statement 3: **They are** in harmony.

Statement 4: **They** accept the various conditions of their life.

Statement 5: **They** fit in well with their surroundings.

Note. Words in bold are an adaptation from the original scales.

Appendix D

Adapted PHQ-9 Scale for Phase 2

Instructions: **Consider the author's emotional state once again. Over that period in the author's life, how often do you think they were bothered by:**

- 4 - Nearly every day
- 3 - More than half the days
- 2 - Several days
- 1 - Not at all

Statement 1: Little interest or pleasure in doing things?

Statement 2: Feeling down, depressed, or hopeless?

Statement 3: Trouble falling or staying asleep, or sleeping too much?

Statement 4: Feeling tired or having little energy?

Statement 5: Poor appetite or overeating?

Statement 6: Feeling bad about **themselves** — or that **they** were a failure or have let **themselves** or **their** family down?

Statement 7: Trouble concentrating on things, such as reading the newspaper or watching television?

Statement 8: Moving or speaking so slowly that other people could have noticed? Or so fidgety or restless that **they** have been moving a lot more than usual?

Statement 9: Thoughts that **they** would be better off dead, or thoughts of hurting **themselves** in some way?

Note. Words in bold are an adaptation from the original scales.

Appendix E

Adapted GAD-7 Scale for Phase 2

Instructions: **Consider the author's emotional state once again. Over that period in the author's life, how often do you think they were bothered by:**

- 4 - Nearly every day
- 3 - More than half the days
- 2 - Several days
- 1 - Not at all

Statement 1: Feeling nervous, anxious, or on edge?

Statement 2: Not being able to stop or control worrying?

Statement 3: Worrying too much about different things?

Statement 4: Trouble relaxing?

Statement 5: Being so restless that it's hard to sit still?

Statement 6: Becoming easily annoyed or irritable?

Statement 7: Feeling afraid as if something awful might happen?

Note. Words in bold are an adaptation from the original scales.