Is Emotional Diversity, and The Difference Between Actual and Ideal Affect a Predictor of Satisfaction with Life and Symptoms of Depression in Sweden and Denmark?

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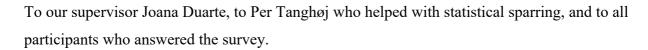
Abstract

According to traditional research in subjective well-being, the more pleasant emotions we experience, the more satisfied with life we are. But according to newer research, our physical and mental health, including satisfaction with life, also depends on the emotional diversity between the positive and negative emotions we experience, and the difference between the emotions we desire and those we actually experience. We have tested all three findings in two samples from Sweden and Denmark for the first time and assessed 30 core affects grouped on valence and arousal. Across the two Scandinavian cultures people preferred more positive emotions and less negative emotions overall. Furthermore, negative affects were the strongest predictor of symptoms of depression overall, and the second-best predictor was the difference score between actual negative affect minus ideal negative affect, for both samples. Whereas for the Danish sample, the fifth best predictor overall was the emotional diversity score for actual positive affects. When predicting satisfaction with life, actual positive and negative affect were the two strongest predictors overall, and the third best predictor was the difference score between ideal positive affect minus actual positive affect for both samples. Whereas the emotional diversity scores for actual negative affects, were the best predictor overall for the Danish sample. These findings suggest that satisfaction with life and symptoms of depression are related to people's valuation of what they feel relative to the cultural ideals they have internalized, and to their ability to differentiate between positive and negative emotions.

Keywords: Actual affect, ideal affect, emotional diversity, positive affect, negative affect, satisfaction with life, symptoms of depression

Thank you!

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Is Emotional Diversity, and The Difference Between Actual and Ideal Affect a Predictor of Satisfaction with Life and Symptoms of Depression in Sweden and Denmark?

To date, most affective research has focused on the core affects and emotions people actually feel and experience. But more recently, some researchers have started to also investigate what people want to feel, which emotions they desire, and how this differs from what they actually feel, and which effects these idealized core affects and desired emotions have on different outcomes such as physical and mental health, choice of activities, engagement in relations and well-being (Tsai et al., 2006; Tamir et al., 2017, Tsai et al., 2017).

Core Affect

Core affect have been defined by Russell & Barrett (1999) as "the most elementary consciously accessible affective feelings (and their neurophysiological counterparts) that need not be directed at anything". A few examples of this are feelings of being happy, sad, calm, relaxed, peaceful, serene, lonely, unhappy, and excited, which all are considered as core affects. On the other hand, are attitudes, temperament, sentiments, emotional dispositions, prolonged mood states, simple evaluative responses, perception of emotion in others, emotional episodes, psychiatric conditions, and perception of emotion-eliciting qualities of events, not considered as core affects.

Feelings of core affect can vary in intensity, and even when a person seems neutral, she is always in some state of core affect (Diener, Sandvik, and Pavot, 1991). And core affects can feel overwhelmingly present when they are intense but can also lie dormant in the background of consciousness when mild. Core affect is a basic component of any emotional episode (a more complex set of interrelated feelings and cognitions concerned with a specific object, person, condition, event, or thing that the emotional episode is about) and core affects, and emotional episodes often share the same emotion word. For example, the emotion word happy both describes the non-directed core affect that appears when a person wakes up feeling happy for no apparent reason, and it can describe a much more complex emotional episode, like when a person's experience of happiness is directed towards a specific person out of a strong affection. This interchangeable use of the same emotion word therefore means we cannot easily differentiate between the emotion words that describe core affect and those that describe emotional episodes.

Together the two concepts, core affect and emotional episodes, encompass a diversity of events that belong to the class of emotions. Given the large number of possible core affects

globally, only some have been categorized. Russell and Barrett (1999) have identified a cir-cumplex of 16 core affects in the USA (alert, excited, elated, happy, contented, serene, relaxed, calm, fatigued, lethargic, depressed, sad, upset, stressed, nervous and tense) that can be divided into basic levels of arousal and valence.

Tsai and Knutson (2006) have adapted this circumplex of 16 core affects and have identified a circumplex of 30 core affects in USA, Hong Kong, and China, which are used in their index for valuating core affects, the Affect Valuation Index (AVI). The AVI divides the 30 core affects into an octant of eight groups of emotional states based on basic levels of valence and arousal, ranging from low-arousal negative emotional states to high-arousal positive emotional states, as can be seen in Table 1.

Table 1

Description of affects, and groups of emotional states, in the Affect Valuation Index

Emotional states	Core affects
High-arousal positive (HAP)	Enthusiastic, excited, strong, elated, euphoric
Positive (POS)	Happy, satisfied, content
Low-arousal positive (LAP)	Calm, at rest, relaxed, peaceful, serene
Low arousal (LAR)	Quiet, still, passive, inactive, idle
Low-arousal negative (LAN)	Dull, sleepy, sluggish
Negative (NEG)	Sad, lonely, unhappy
High-arousal negative (HAN	Fearful, hostile, nervous
High arousal (HAR)	Aroused, surprised, astonished

Actual and ideal affect

Core affect can be experienced as an *actual* affect which is either low or high aroused, while also being either positive or negative oriented. But core affect can also be experienced as an *ideal* affect, which is a core affect with specific levels of arousal and valence that are idealized by the individual.

Ideal affects are desired affects that people value and ideally want to feel. And even though ideal affects are not experienced the same way as actual affects, they have been found to affect the experience and valuation of both positive and negative actual emotions, to shape

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momentary emotional experience, to shape how the individual judge and respond to others, and to have indirect and direct effects on health for the individual (Tsai, 2017).

Particularly, the difference between actual and ideal affect has been found to be important. Several studies have shown that both satisfaction with life and symptoms of depression could be significantly predicted by the difference between an individual's self-reported actual and ideal affect. Overall, have people with a smaller difference between actual and ideal affect been found to experience higher satisfaction with life and report fewer symptoms of depression (Tsai et al., 2006). Likewise, people with a smaller difference between experienced and desired emotions have been found to be happier and show less symptoms of depression. This effect was shown to be consistent across 7 transnational cultural groupings (i.e., Anglo, Latin American, Confucian, West European, Sub-Saharan African, East Central European, and South Asian), and regardless of whether people desired emotions that were pleasant or unpleasant (Tamir et al., 2017).

Research into the differences between actual and ideal affect have also shown significant cultural differences between which affects and emotions people desire and idealize, and also with which arousal and valence level people desire these affects across cultures. Tsai et al. (2006) have used the Affect-Valuation Index to investigate how people value the 30 actual and ideal core affects in the index. European-Americans have been found to value high arousal positive affect (HAP) the most (like excitement and enthusiasm), and to be less satisfied with life and report more symptoms of depression, when the difference between actual and ideal HAP became bigger. On the other hand, Beijing-Chinese have been found to value low arousal positive affects (LAP) the most (like peace and calmness), and to be less satisfied with life and report more symptoms of depression, when the difference between actual and ideal LAP became bigger. Overall, the most significant effect was found among the differences of HAP and LAP, but most of the other affect groups in the AVI also showed significant effects when predicting satisfaction with life and symptoms of depression. In the study it was also found that actual affect was primarily influenced by temperamental factors inside the individual, whereas ideal affect was primarily influenced by cultural factors outside the individual. And finally, no gender differences were found.

These results indicate that the difference between actual and ideal affect is a strong predictor of mental health, above and beyond the well- studied impact of actual affect.

Emotional differentiation, diversity, and valence

Although negative emotions often correlate with depression, positive and negative emotions alone have not been found to be a risk factor for depression (Hammen 2018). And overall, stress is a major risk factor for depression when the processing of an unpleasant experience turns into a set of negative behaviors, emotions, cognitions, and symptoms in the body (Hammen, 2018).

It is the way a person recognizes and describes the unpleasant emotions that follow an unpleasant experience that is important. Starr et al. (2020) have found that teenagers who experience stressful events and can describe their following unpleasant emotions in nuanced and precise ways, suffer less from depression later in life, when compared to their peers who could not describe unpleasant emotions as nuanced and precise as them.

The ability to differentiate between negative emotional states [negative emotion differentiation (NED)] has been associated with well-being, effective emotion regulation, resilience against excessive alcohol-use, and as a buffer against stress reactivity (Erbas et al., 2014; Lennartz et al., 2018; Lischetzke et al., 2021; Kashdan 2010). The majority of people diagnosed with depression have low NED compared to healthy individuals (Demiralp et al., 2012). Also, healthy individuals with elevated trait rumination and low NED risk suffering from Major Depressive Disorder (MDD) later in life, more than healthy individuals with trait rumination with high NED. Low NED have also been found to predict symptoms of depression and MDD later in life (Brown et al., 2021; Cohen et al., 2020; Nook et al., 2021; Starr et al., 2020; Sudit et al., 2021; Willroth et al., 2018).

Related to NED is emotional diversity, which is a relative new concept that refers to the relative abundance and variety of emotions an individual experience and was first studied by Quidbach et al. (2014) who found that emotional diversity could predict both mental and physical health the same way as NED, over and above positive and negative emotion alone. And these results remained consistent after controlling for age, gender, and main personality traits.

Finally, it is worth mentioning that next to NED and emotional diversity, positive and negative affect alone have also been found to correlate with satisfaction with life and symptoms of depression (Pavot and Diener, 2008) and predict depression later in life (Cohen et al., 2020),

The current study

The primary aim of this study is to explore how the difference between actual and ideal core affect is associated with satisfaction with life, and symptoms of depression, in Sweden and Denmark where this has not been studied yet. We use the Affect Valuation Index by Tsai et al. (2006) and hypothesize that Scandinavians are placed culturally in between European-Americans and Beijing-Chinese in relation to preferred arousal and valence levels and will therefore idealize both high arousal and low arousal positive affect. Furthermore, we expect that a greater difference between all actual and ideal affect groups in the Affect Valuation Index, will predict less satisfaction with life and more symptoms of depression, since this effect has been found in the studies by Tsai et al. (2006, 2017).

Another aim of this study has been to explore the associations between emotional diversity and satisfaction with life and symptoms of depression in Scandinavia, where it just like ideal affect, has not been studied yet. Because emotional diversity has been found to predict satisfaction with life and symptoms of depression (Quidbach et al., 2014) along with negative emotion differentiation (Brown et al., 2021; Cohen et al., 2020; Nook et al., 2021; Starr et al., 2019; Sudit et al., 2021; Willroth et al., 2020), we expect to find the same effect. And concurrent with Quidbach et al. (2014) we also expect that emotional diversity will be a stronger predictor, than positive and negative affect alone.

The final aim of this study is to explore how positive and negative core affects are associated with satisfaction with life and symptoms of depression. Since they have been found to correlate with satisfaction with life and symptoms of depression (Pavot and Diener, 2008) and predict depression later in life (Cohen et al., 2020), we expect to find the same effect in Sweden and Denmark. Concurrent with what Tsai et al. (2006, 2017) have found, we also expect that the participants in our samples would want more positive and less negative emotions than they actually have, since both American, Chinese and bicultural American Chinese have been found to want more positive and less negative core affect.

Method

Design

The study used a cross sectional design and was administered using convenience samples. **Participants**

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In this study 159 participants were recruited from Denmark and Sweden. 70 participants were Danish (55,7% female, M_{age} = 41.5, SD_{age} =10,20) and 89 participants were Swedish (53,3% female, M_{age} = 25,7; SD_{age}= 6,92). Participants in Denmark were recruited from Facebook and email lists, and participants from Sweden were recruited partly from Facebook and partly from students at universities in Malmö and Lund. The criterions for participation were to be 18 years of age or older and to be of Swedish or Danish nationality respectively for each sample.

Procedure

Participants answered a Qualtrics survey accessed through a link posted on Facebook, via e-mail lists or through scanning a QR-code. The survey was administered in Danish for the participants in Denmark and in Swedish for the participants in Sweden. The scales from the measurement instruments used in the survey, originally in English, were translated into Swedish and Danish using a translation, back-translation method to improve the validity of the question words in the survey.

Ethics

Before starting the survey, participants were informed about the purpose and aim of the study, that participation was completely voluntary and anonymous, and that their answers could not be traced to any personal information. They were also informed about their rights to withdraw at any time without reason. Contact information to the authors were also presented in case participants had questions or wished to take part of the finished result of the essay. Participants were then informed that by taking part in the survey and answering the questions they gave their consent that their data will be collected, analyzed and used in a university ex-amination paper.

Instruments

This study used three instruments to measure different emotional experiences among the participants.

The Affect Valuation Index (AVI)

The AVI (Tsai, 2006) distinguishes between actual and ideal affect and is based on earlier existing measures of actual affects and emotional states of arousal and valence (Barrett and Russell, 1999). It was developed by Jeanne Tsai and Brian Knutson at Stanford University in 2001 and uses a 5-point rating scale (1= not at all, 5= an extreme amount) where actual and ideal affect is measured.

The Satisfaction with Life Scale (SWLS)

The SWLS was the second instrument used and was developed by Diener, Emmons, Larsen, and Griffin (1985). It is designed to measure the participant's satisfaction with life. It has five items that can be rated from 1 (strongly disagree) to 7 (strongly agree), and each participant's score becomes a score for life satisfaction. The internal consistency for the scale (Cronbach's alpha α) was .86 (SD = 1.30) in the Swedish sample, and .94 (SD = 1.47) in the Danish sample. All scores were recoded from 1-7 in the survey to 0-6 in the statistical result according to recommendations of Diener (2006) so a total score between 0-30 points was calculated for each participant.

The 20 item Center for Epidemiological Studies - Depression Scale (CES-D)

The CES-D was used to measure symptoms of depression (SOD). The scale has 4 steps where the participants had to rate how often they experienced symptoms connected to depression during the past week ranging from (1 = rarely or none of the time, to 4 = most or almost all the time). The scale was originally published by Radloff (1977) and has 20 items. Scores range from 0 to 60 with higher scores indicating more depressive symptoms. The internal consistency for the scale (Cronbach's alpha α) was .91 (SD = 0.56) in the Swedish sample and .91 (SD = 0.53) for the Danish sample. All scores were recoded from 1-4 in the survey to 0-3 in the statistical result according to recommendations by the Center for Epidemiological Studies (CES-D), (2015). A total score between 0-60 points was calculated for each participant, and it was assessed which participants that scored having non to mild (0-16 points), moderate (16-23 points) or strong (24-60 points) symptoms of depression.

Self-report survey

The three instruments were used in a self-report survey that consisted of five sections plus introductory information. In the first section participants were asked about their age, gender, and nationality. The second and third sections were based on the Affect Valuation Index (AVI), and each had 30 emotion words describing core affects. The participants first had to rate how often they actually had experienced having these affects during their last week, on a scale from 1 to 5, where 1 is never, 2 is a small amount of time, 3 is half the time, 4 is most of the time, and 5 is all the time. In section three they then had to rate the exact same emotion words again but now according to how often they ideally would like to experience these affects.

Section four of the survey contained the Satisfaction with Life Scale (SWLS) (Diener, Emmons, Larsen, and Griffin, 1985) and consisted of five statements which the participants had

to rate on a seven-step scale from strongly disagree to strongly agree. The fifth and final section contained the Center for Epidemiologic Studies Scale CES-D with 20 statements where participants had to rate how often they feel or behave in the way the statements describe on a four-step scale from rarely to most of the time.

Affect groups

All actual and ideal affects were divided into the following affect groups as presented in Table 2.

Table 2

Core affects divided into affect groups

Affect groups	Core affects
High-arousal positive (HAP)	Enthusiastic, excited, strong, elated, euphoric
Positive (POS)	Happy, satisfied, content
Low-arousal positive (LAP)	Calm, at rest, relaxed, peaceful, serene
Low arousal (LAR)	Quiet, still, passive, inactive, idle
Low-arousal negative (LAN)	Dull, sleepy, sluggish
Negative (NEG)	Sad, lonely, unhappy
High-arousal negative (HAN	Fearful, hostile, nervous
High arousal (HAR)	Aroused, surprised, astonished
All positive affects (ALLPOS)	Enthusiastic, excited, strong, elated, euphoric, happy, satisfied, content, calm, at rest, relaxed, peaceful, serene
All negative affects (ALLNEG)	Dull, sleepy, sluggish, sad, lonely, unhappy, fearful, hostile, nervous

Cronbach's alpha was used to investigate the internal consistency reliability between each actual and ideal affect group and showed an α of (.51 to .86) for the affect groups in the Danish sample, and (.32 to .88) for the Swedish sample, with actual HAR affect, and ideal LAR, NEG, HAR and HAN affects, showing a lower α of (.32 to .45). The lower internal consistency within some of the affect groups indicates that the participants interpreted the words within these groups less consistent. The reason for this could partly depend on the differences between the samples, where the mean age for the Swedish sample was ($M = 25.7$, $SD = 6.92$), and the

Danish mean age was ($M = 41.5$, $SD = 10.20$), possibly causing a difference in the interpretation of some of the words. Another plausible reason could be the translations of the words from English into Swedish and Danish where the affect group NEG has a low alpha value in both samples (.51 and .34). The core affect item words within the NEG affect group are sad, lonely, and unhappy. For example, the word *lonely* translates into '*ensam*' in Swedish, but the word *alone* also translates into '*ensam*'. Being sad, unhappy, and lonely might not be something most people idealize. But the state of being alone sometimes might be more idealized and desired by some people. By also creating two more affect groups, one with all positive affects and one with all negative affects the reliability measure for those groups were improved, ($\alpha =$.70 to .88) The results are presented in Table 3.

Data Analysis

For the Danish sample, Shannon's diversity index was used to compute indices of emotional diversity for the actual ALLNEG and ALLPOS affect groups which have been shown as a valid measurement of emotional diversity by Quidbach et al. (2014). To calculate emotional diversity, we used the formula from Shannon's entropy, where the number of times an individual experiences all emotions are divided by the number of times the same individual experienced emotion number one, and then multiplied by its natural log ($p1$ x ln $p1$). This is then repeated for each emotion or affect that is assessed, and then all the ($p_i \times \ln p_i$) products are summed up and finally multiplied by -1 to get a positive number. Expressed in formula it gives, Emodiversity $= \sum_{i=1}^{s}(p_i \times \ln p_i)$. Here s equals the total numbers of experienced emotions (richness), and pi equals the proportion of s made from the ith emotions. A higher value represents a more diverse emotional experience in an individual. Someone experiencing only one type of emotion would then have an emotional diversity value of 0 where p_i would equal 1 and then be multiplied by ln pi, and that would equal 0. If all emotions investigated were evenly experienced, emotional diversity would be the highest possible. Emotional diversity measures with this index not just the number of emotions someone experiences (richness), but also the relative abundance of the different emotions experienced by an individual (evenness).

A paired samples t-test was used to determine which emotions participants preferred the most and an independent samples t-test was used to determine any gender differences.

A difference score was calculated for the difference between actual and ideal affects for each affect group. For all positive affects, the calculations were done by subtracting the mean score of actual affects from the mean score of ideal affects for each participant. For all negative

affects, the calculations were done in the opposite way by subtracting the mean score of ideal affects from the mean score of actual affects. We used opposite methods of subtraction for positive and negative affects, to account for the fact that the participants reported wanting more ideal positive emotions than they actually had, and less ideal negative emotions than they actually had.

Finally, regression models were used to assess the predictions of satisfaction with life, and symptoms of depression, by the independent variables of the calculated difference scores between actual and ideal affect for each affect group: Actual ALLNEG minus Ideal ALLNEG; Ideal ALLPOS minus Actual ALLPOS; Actual NEG minus Ideal NEG; Ideal POS minus Actual POS; Actual LAR minus Ideal LAR; Ideal HAR minus Actual HAR; Actual HAN minus Ideal HAN; Actual LAN minus Ideal LAN; Ideal LAP minus Actual LAP; and Ideal HAP minus Actual HAP.

Regression models were also used to assess the predictions of satisfaction with life, and symptoms of depression, by the independent variables of all positive affects and all negative affects: Actual ALLPOS; Actual ALLNEG.

And finally, regression models were used to assess the predictions of satisfaction with life, and symptoms of depression, by the independent variables of the calculated emotional diversity score for the following affect groups in the Danish sample: Actual ALLPOS SDI; Actual ALLNEG SDI.

Results

Descriptive Statistics

In total, 52 out of 70 participants (74,3%) in the Danish sample reported having moderate to strong symptoms of depression, and 23 out of 70 participants (32,9%) reported a satisfaction with life score below the average threshold. In the Swedish sample 52 out of 89 participants (58,4%) reported having moderate to strong symptoms of depression, and 40 out of 89 participants (44,9%) reported a satisfaction with life score below the average threshold.

Gender Differences

The independent t-test showed no significant gender differences in the Danish sample for any of the 30 individual core affects, nor for any of the affect groups. For the Swedish sample, the independent t-test showed a significant gender difference for the core actual affect

sad, $t(79) = 2.88$, $p = .01$ and on the core ideal affect *elated*, $t(79) = 2.48$, $p = .01$, which both had significantly higher values for women.

Actual and Ideal Affect as Two Distinct Constructs

To analyze the quality of the AVI, a confirmatory factor analysis was performed for all affects and affect groups. For the Danish and Swedish sample, a less than satisfactory model fit was found, respectively (CFI = .818, TLI = .784, RMSEA = .0917), $x^1(10, 296) = 470$, (model AIC = 4054), and for the Swedish sample (CFI = 0.58, TLI = 0.53, RMSEA = 0.085), (model AIC = 11540).

Internal Consistency and Correlations

Pearson's R was used to assess correlations between actual and ideal affect groups and to determine if actual and ideal affect groups were regarded as a single construct or two distinctive constructs by the participants. All correlations for each sample were found to be weak with, $r < .5$, as presented in Table 3.

Table 3

Internal Consistency Estimates and Correlations Between Actual and Ideal Affect

Affect group	Core affect	Danish (*n* = 70)			Swedish (*n* = 89)		
		Actual α	Ideal α	*r* between actual and ideal	Actual α	Ideal α	*r* between actual and ideal
High arousal positive (HAP)	Enthusiastic, excited, strong, elated, euphoric	.77	.78	.43***	.75	.67	.34***
Positive (POS)	Happy, satisfied, content	.86	.75	.37**	.79	.66	.17 ns
Low-arousal positive (LAP)	Calm, rested, relaxed, peaceful, serene	.81	.78	.35**	.83	.74	-.02 ns
Low arousal (LAR)	Quiet, still, passive, inactive, idle	.77	.75	.41***	.66	.33	.34***

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Low-arousal negative (LAN)	Dull, sleepy, sluggish	.69	.58	.37**	.65	.54	.02 ns
Negative (NEG)	Sad, lonely, unhappy	.82	.51	-.11 ns	.80	.34	.04 *
High arousal negative (HAN)	Fearful, hostile, nervous	.65	.64	.40***	.63	.32	.18 ns
High arousal (HAR)	Aroused, surprised, astonished	.66	.64	.25*	.35	.45	.44***
ALLPOS	all positive	.82	.76	.30**	.88	.83	.18 ns
ALLNEG	all negative	.79	.70	.30*	.82	.69	.16 ns

ns = $p > .05$ *$p < .05$ **$p < .01$ ***$p < .001$

Positive and Negative Affect

The paired samples t-tests showed that above all, the participants from both samples preferred more positive affect and less negative affect than they actually experienced during a week, and preferred high and low arousal positive affect above all, as presented in Table 4.

Table 4

Paired samples t-test for the preference of positive and negative affects

Group	*t*	Danish (*n* = 70)		*t*	Swedish (*n* = 89)	
		Mean diff.	*p*		Mean diff.	*p*
Actual NEG - Ideal NEG	6.84	0.624	<.001***	10.6	0.937	< .001***
Actual POS - Ideal POS	-10.14	-1.014	<.001***	-16.85	-1.629	< .001***
Actual LAR - Ideal LAR	2.53	0.182	.013*	10.00	0.719	< .001***
Actual HAN - Ideal HAN	6.12	0.476	<.001***	8.43	0.637	< .001***

Actual LAN - Ideal LAN	9.98	0.802	<.001***	15.20	1.393	< .001***
Actual LAP – Ideal LAP	-13.11	-1.177	<.001***	-20.05	-1.947	< .001***
Actual HAP – Ideal HAP	-10.73	-0.797	<.001***	-16.20	-1.225	< .001***
Actual HAR – Ideal HAR	-2.18	-0.129	.032*	-5.22	-0.307	< .001***

HAN = High arousal negative affects, HAP = High arousal positive affects, HAR = High arousal affects, LAN = Low arousal negative affects, LAP = Low arousal positive affects, LAR = Low arousal affects, POS = Positive affects, NEG = Negative affects.   *$p < .05$. **$p < .01$. ***$p < .001$.

Differences Between Actual and Ideal Affect

When comparing the predictors of symptoms of depression for the Danish sample by the adjusted R^2, actual general negative affect turned out to be the strongest predictor of symptoms of depression overall; whereas the second best predictor was the difference score between actual general negative affect minus ideal general negative affect; and the fifth best predictor overall was the emotional diversity score for actual general positive affect; while the emotional diversity score for actual general negative affect were the tenth best predictor, as presented in Table 5. For the Swedish sample, both the strongest and the second-best predictor of symptoms of depression when comparing the adjusted R^2 were also actual general negative affect; followed by actual general negative affect minus ideal general negative affect; whereas the fifth best predictor was ideal general positive affect minus actual general positive affect, as presented in Table 7.

When comparing the predictors of satisfaction in life for the Danish sample by the adjusted R^2, actual general positive affect and general negative affect were the two strongest predictors of satisfaction with life overall; whereas the third best predictor was the difference score between ideal POS minus actual POS; and the best predictor between the two emotional diversity scores were the emotional diversity score for actual general negative affect; followed by the emotional diversity score for both actual general positive affect and actual general negative affect, as presented in Table 6. For the Swedish sample the two strongest predictors for satisfaction with life when comparing adjusted R^2 were also actual general positive affect and

general negative affect; whereas the third best predictor of satisfaction with life was the difference score between ideal general positive affect minus actual general positive affect, as presented in Table 6.

Table 5

Predictors of Symptoms of Depression for the Danish sample ranked by adjusted R^2

	Danish sample ($n = 70$)				
Rank	Predictor	b	Adj. R^2	t	F
1	Actual ALLNEG	3.833	0.664***	11.719	$F(1, 68) = 137***$
2	Actual ALLNEG – Ideal ALLNEG	3.58	0.517***	8.58	$F(1, 68) = 73.6***$
3	Actual NEG - Ideal NEG	7.21	0.459***	7.72	$F(1, 68) = 59.6***$
4	Ideal POS - Actual POS	5.33	0.297***	5.49	$F(1, 68) = 30.1***$
5	Actual ALLPOS SDI	-8.02	0.287***	-5.24	$F(1, 68) = 27.4***$
6	Actual ALLPOS	-2.32	0.278***	-5.25	$F(1, 68) = 27.5***$
7	Actual LAR - Ideal LAR	6.74	0.246***	4.84	$F(1, 68) = 23.5***$
8	Actual HAN - Ideal HAN	6.22	0.242***	4.80	$F(1, 68) = 23.0***$
9	Ideal ALLPOS – Actual ALLPOS	2.09	0.241***	4.78	$F(1, 68) = 22.9***$
10	Actual ALLNEG SDI	5.04	0.219***	4.51	$F(1, 68) = 20.3***$
11	Actual LAN - Ideal LAN	5.77	0.216***	4.44	$F(1, 68) = 19.7***$
12	Ideal LAP – Actual LAP	4.40	0.157***	3.72	$F(1, 68) = 13.8***$

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Rank	Predictor	b	Adj. R^2	t	F
13	Ideal HAP – Actual HAP	4.12	0.088**	2.77	$F(1, 68) = 7.66$**
14	Ideal HAR – Actual HAR	0.07	0.005	0.57	$F(1, 68) = 0.32$

HAN = High arousal negative affects, HAP = High arousal positive affects, HAR = High arousal affects, LAN = Low arousal negative affects, LAP = Low arousal positive affects, LAR = Low arousal affects, POS = Positive affects, NEG = Negative affects, ALLPOS = POS + HAP + LAP, ALLNEG = NEG + LAN + HAN. ALLNEG SDI = Emotional diversity score for negative affects. ALLPOS SDI = Emotional diversity score for positive affects. The max score for Symptoms of Depression = 60.
*$p < .05$. **$p < .01$. ***$p < .001$.

Table 6

Predictors of Satisfaction with Life for the Danish sample ranked by adjusted R^2

		Danish sample ($n = 70$)			
Rank	Predictor	b	Adj. R^2	t	F
1	Actual ALLPOS	2.593	0.471***	7.899	$F(1, 68) = 62.4$***
2	Actual ALLNEG	-2.51	0.370***	-6.45	$F(1, 68) = 41.6$***
3	Ideal POS - Actual POS	-5.07	0.359***	-6.30	$F(1, 68) = 39.7$***
4	Ideal ALLPOS – Actual ALLPOS	-2.08	0.320***	-5.79	$F(1, 68) = 33.5$***
5	Actual ALLNEG – Ideal ALLNEG	-2.42	0.313***	-5.65	$F(1, 68) = 31.9$***
6	Actual NEG – Ideal NEG	-4.98	0.286***	-5.35	$F(1, 68) = 28.6$***
7	Ideal LAP - Actual LAP	-4.80	0.255***	-4.96	$F(1, 68) = 24.6$***
8	Actual HAN - Ideal HAN	-4.97	0.202***	-4.30	$F(1, 68) = 18.5$***
9	Actual ALLNEG SDI	-4.19	0.199***	-4.26	$F(1, 68) = 18.1$***
10	Actual ALLPOS SDI	5.909	0.195***	4.209	$F(1, 68) = 17.7$***

15

11	Ideal HAP – Actual HAP	-3.90	0.107**	-3.05	$F(1, 68) = 9.31**$
12	Actual LAR - Ideal LAR	-3.83	0.096	-2.89	$F(1, 68) = 8.36**$
13	Actual LAN - Ideal LAN	-2.90	0.064*	-2.37	$F(1, 68) = 5.64*$
14	Ideal HAR – Actual HAR	-0.792	-0.012	-0.461	$F(1, 68) = 0.212$

HAN = High arousal negative affects, HAP = High arousal positive affects, HAR = High arousal affects, LAN = Low arousal negative affects, LAP = Low arousal positive affects, LAR = Low arousal affects, POS = Positive affects, NEG = Negative affects, ALLPOS = POS + HAP + LAP, ALLNEG = NEG + LAN + HAN. ALLNEG SDI = Emotional diversity score for negative affects. ALLPOS SDI = Emotional diversity score for positive affects. Maximum score for Satisfaction with Life = 35.

$*p < .05. **p < .01. ***p < .001.$

Table 7

Predictors of Symptoms of Depression for the Swedish sample ranked by adjusted R^2

		Swedish sample ($n = 89$)			
Rank	Predictor	b	Adj. R^2	t	F
1	Actual ALLNEG	0.75	0.686***	13.90	$F(1, 87) = 193***$
2	Actual ALLNEG - Ideal ALLNEG	0.67	0.573***	10.90	$F(1, 87) = 119***$
3	Actual NEG - Ideal NEG	0.28	0.360***	7.72	$F(1, 87) = 50.4***$
4	Actual LAN - Ideal LAN	0.26	0.338***	6.78	$F(1, 87) = 45.9***$
5	Ideal ALLPOS – Actual ALLPOS	0.46	0.321***	6.49	$F(1, 87) = 42.2***$
6	Actual ALLPOS	-0.51	0.300***	-6.19	$F(1, 87) = 38.3***$
7	Ideal POS - Actual POS	0.33	0.286***	6.02	$F(1, 87) = 36.2***$
8	Ideal LAP - Actual LAP	0.18	0.176***	4.44	$F(1, 87) = 19.8***$

		b	Adj. R^2	t	F
9	Actual HAN - Ideal HAN	0.19	0.118***	3.58	$F(1, 87) = 12.8***$
10	Actual LAR - Ideal LAR	0.18	0.095**	3.21	$F(1, 87) = 10.3**$
11	Ideal HAP - Actual HAP	0.14	0.057*	2.50	$F(1, 87) = 6.2*$
12	Ideal HAR - Actual HAR	-0.07	8.95e4ns	-1.04	$F(1, 86) = 1.1ns$

HAN = High arousal negative affects, HAP = High arousal positive affects, HAR = High arousal affects, LAN = Low arousal negative affects, LAP = Low arousal positive affects, LAR = Low arousal affects, POS = Positive affects, NEG = Negative affects, ALLPOS = POS + HAP + LAP, ALLNEG = NEG + LAN + HAN.. Maximum score for Satisfaction with Life = 35.

ns = > .05. *p < .05. **p < .01. ***p < .001.

Table 8

Predictors of satisfaction with life for the Swedish sample ranked by asjusted R^2

	Swedish sample (n = 89)				
Rank Predictor		b	Adj. R^2	t	F
1	Actual ALLPOS	1.30	0.355***	7.03	$F(1, 87) = 49.4***$
2	Actual ALLNEG	-1.25	0.343***	-6.89	$F(1, 87) = 47.4***$
3	IdealALLPOS-Actual ALLPOS	-1.01	0.281***	-5.92	$F(1, 87) = 35.0***$
4	Ideal POS - Actual POS	-0.75	0.266***	-5.74	$F(1, 87) = 32.9***$
5	ActualALLNEG-ideal ALLNEG	-1.05	0.255***	-5.60	$F(1, 87) = 31.4***$
6	Actual NEG - ideal NEG)	-0.79	0.251***	-5.55	$F(1, 87) = 30.9***$
7	Ideal LAP - actual LAP	-0.70	0.239***	-5.38	$F(1, 87) = 29.0***$
8	Actual LAN - ideal LAN	-0.57	0.136***	-3.87	$F(1, 87) = 15.0***$

9	Actual HAN - ideal HAN	-0.55	0.082***	-3.00	$F(1, 87) = 9.0**$
10	Ideal HAP - actual HAP	-0.48	0.058**	-2.53	$F(1, 87) = 6.4*$
11	Actual LAR - ideal LAR	-0.37	0.027ns	-1.87	$F(1, 88) = 3.5ns$
12	Ideal HAR - actual HAR	0.18	0.006ns	0.71	$F(1, 86) = 0.5ns$

HAN = High arousal negative affects, HAP = High arousal positive affects, HAR = High arousal affects, LAN = Low arousal negative affects, LAP = Low arousal positive affects, LAR = Low arousal affects, POS = Positive affects, NEG = Negative affects, ALLPOS = POS + HAP + LAP, ALLNEG = NEG + LAN + HAN. ns = > .05. *$p < .05$. **$p < .01$. ***$p < .001$.

Discussion

Drawing on two samples from Sweden and Denmark with 159 participants in total, core affect is found to be a significant predictor of satisfaction with life and symptoms of depression, when quantified according to valence, diversity, and difference between actual and ideal affects.

Consistent with what has been found in studies of subjective well-being we found that people are more satisfied with their life and have less symptoms of depression the less they experience negative core affects and the more they experience positive core affects (Pavot and Denier, 2008; Quidbach et al., 2014).

We also found that people are more satisfied with their life and have less symptoms of depression, when they experience smaller differences between actual and ideal affect. This is also consistent with previous research (Tsai et al.,2006; Tsai et al., 2017; Tamir et al., 2017), and in line with Aristoteles (Nicomachean Ethics, 1105b25–6) who in Book 2 of Nicomachean Ethics states that what feels right also feels good. We find it likely that our research design enabled us to differentiate empirically between what feels right (a small difference between actual and ideal), and what feels good (positive feelings alone), and to test whether satisfaction with life is linked to "right" feelings, even when they are not "good" feelings.

Additionally, we find that people are also more satisfied with their life and have less symptoms of depression, when they experience more emotional diversity, regardless of these emotions being positive or negative, which also is consistent with what have been found in previous research (Quidbach et al., 2014; Tamir et al., 2017). Why could emotional diversity

be beneficial for mental health? One plausible reason is that experiencing many different emotional states provide richer information about which behavior is better at handling a given affective situation (Barrett and Gross, 2001). Another plausible reason is that emotional diversity might be an indication of emotional authenticity and self-awareness that have been linked to mental health and well-being (Schutte et al., 2007; Wood, et al., 2008).

Inconsistent with Quidbach et al. (2014), our results showed that positive emotional diversity was a weaker predictor of satisfaction with life, than negative actual affect. And also inconsistent with Quidbach et al. (2014) we found that the emotional diversity score of both actual negative and positive affect were weaker predictors of satisfaction with life, when compared to actual negative and positive affect. This is likely because we use convenience samples which are not representative of the two populations in Sweden and Denmark. And likely because the collected data for the Danish sample do violate the assumptions for normality for the variables that predict symptoms of depression, although the collected Swedish and Danish data on large did not violate any assumptions of normality for the variables that predict satisfaction with life. This is particularly apparent when we notice that 74,3% in the Danish sample and 58,4% in the Swedish sample report having moderate to strong symptoms of depression, which is a strong indication of skewness in our data. Because only about 5% are diagnosed with depression in both Sweden and Denmark (WHO, 2019).

We also know that negative affect alone has been found to show strong positive correlations with symptoms of depression and Major Depressive Disorder (MDD) for people that already suffer from MDD, but negative affect alone is not a predictor of symptoms of depression or MDD among healthy individuals without any symptoms of depression (Rottenberg, 2017; Hammen, 2018). Therefore, it is likely that the correlations we found for symptoms of depression and satisfaction with life is a measure of how people with primarily moderate to strong symptoms of depression experience and desire core affects in their life. We find it likely that future studies with a sample of people with primarily zero to mild symptoms of depression will present different correlation results, and different measures of actual and ideal affect.

Consistent with Tsai et al. (2006) we also found that people prefer more positive affect and less negative affect overall and prefer high and low arousal positive affect above all.

And finally, we did not find gender differences in affect, except for actual sadness and ideal elation, which both had significantly higher values for women in the Swedish sample. This is consistent with Tsai et al. (2006), but inconsistent with Tamir et al. (2017). Which is likely

because we study the same 30 core affects as Tsai et al., and not include more complex self-transcending, opening and conserving emotions like Tamir et al.

One big limitation when studying self-reported actual emotions is that it is the equivalent of comparing apples and pears to some degree, which makes it hard to interpret the results. Core affects, and emotion in general, have been, and are still, debated phenomenologically in the field of affect research as being either universal or socially constructed by large (Plamper, 2015; Clark-Polner et al., 2016).

In today's debate, affect researchers on the side with the universalistic view, claim that core affects are recognized across cultures because they are experienced, understood and expressed in a more or less universal way for each individual. Whereas the affect researchers on the side with the social constructionist view, argue that newer discovered neural fingerprints and newer more valid methodological results, shows, that a core affect (like being happy) may share the same emotion word across individuals, but it does not share the same neural or bodily fingerprint across individuals, and therefore must be experienced uniquely by everyone on levels of valence, arousal, and qualia (Clark-Polner et al., 2016).

If core affects are viewed as socially constructed, they are hard to compare quantitatively, like we do in this study, when we compare self-reported positive and negative core affect across individuals, because it is the equivalent to comparing apples and pears to some degree. And even if core affects are viewed as universally constructed, the emotion words for each core affect are still subjectively understood and reported as different in a self-report survey like we use, which also makes it hard to compare. Because participants can report experiencing anything from a non-directed core affect to a multi-directed complex emotional episode based on the same emotion word.

Therefore, we find that the study of emotional diversity and the difference between actual and ideal affect is a big strength of our study, partly because it has not been studied in Sweden or Denmark before, and partly because it can reduce the limitation of comparing core affects. Because emotional diversity is a measure of an existing quantity by itself, namely the *spread* of core affects in the individual, we find it to be a more reliable quantification of what goes on in the individual, than an attempted quantification of self-reported affect. The same goes for the difference between actual and ideal affect, which again is a measure of an existing quantity that is much more reliably compared.

A limitation in this study concerns the low reliability on some of the affect groups in the AVI-index. This could probably be improved in further studies by either removing or adjusting some of the items. Finally, the use of a cross-sectional design is another limitation to the study, because it is conducted at one point in time, and therefore not possible to establish cause and effect relationships, so future studies should try to replicate these findings using longitudinal and / or experimental designs where participants changes are studied over time on more than one occasion, and preferably with participants randomized to control and intervention conditions.

Conclusion

Together these findings indicate that the study of emotional diversity and difference between actual and ideal affect is a promising avenue for affect research and proved to be valid predictors of satisfaction with life and symptoms of depression in Sweden and Denmark. In this study we hypothesized that actual positive and negative affect, along with emotional diversity and the difference between actual and ideal affect would predict satisfaction with life and symptoms of depression; and that emotional diversity would be a stronger predictor of this than actual positive and negative affect alone; and that people prefer more positive and less affect in general. Our results mostly confirmed these hypotheses.

These findings indicate that ideal affect and emotional diversity are important variables in the understanding of core affects. This can have implications not only for research on affect but also for clinical practice. For example, and as suggested by Tsai et al. (2006), treatment compliance might be improved by practitioners by matching ideal affect with therapeutic regimen.

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Appendix

Link to Swedish survey:

https://lundpsychology.eu.qualtrics.com/jfe/form/SV_799C5Cm065VZqWq

Link to Danish survey:

https://lundpsychology.eu.qualtrics.com/jfe/form/SV_0oZuTqQH5HmG52m

Undersökning om känslor

Kära respondent. Vi sätter mycket stort värde på att du ägnar denna studie en liten stund av din tid.

Syftet är att se hur människor upplever vissa känslor/emotioner, kontra eftersträvar vissa (idealiska) känslor/emotioner, och hur detta hänger ihop med upplevd livskvalitet och indikatorer för depression.

Enkäten innehåller frågor i fyra olika sektioner och tar ungefär 10-15 min att besvara. Studien vänder sig till personer över 18 år.

Deltagandet i undersökningen är helt anonymt och frivilligt och går när som helst att avbryta. Inga data som samlas in kan kopplas till personuppgifter och det går inte att spåra enskilda deltagare. Du kan därför inte att få reda på dina egna resultat i undersökningen. Men om du vill ta del av det sammanställda resultatet och analysen av undersökningen eller har andra frågor vänligen kontakta Per Grundström på: per.grundstrom@gmail.com.

Studien ingår i pågående examensarbete vid institutionen för psykologi vid Lunds universitet och är planerad att publiceras våren 2022. Genom att delta i studien och svara på frågorna samtycker du till att vi samlar in och analyserar de uppgifter som du lämnar.

Varmt tack för att du deltar.

Länk till undersökningen

https://lundpsychology.eu.qualtrics.com/jfe/form/SV_799C5Cm065V
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Välj ålder

○ Önskar inte svara

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Välj kön

○ Kvinna

○ Man

○ Annat/icke binär

○ Önskar inte svara

Välj nationalitet

○ Svensk

○ Annan

○ Önskar inte svara

Observera Viktigt!

Läs nedanstående instruktioner NOGGRANT! Orden i sektion A och B
är likadana. I sektion A nedan ska du uppge de känslor du **faktiskt har**

Page

Break

A.

Listat nedan hittar du ett antal ord som beskriver känslor. En del av känslorna är väldigt lika varandra, medan andra är väldigt olika varandra. Läs varje ord och skatta sen hur ofta DU FAKTISKT HAR den känslan under en typisk (normal) vecka, genom att använda följande skala:

1 = Aldrig
2 = En liten del av tiden
3 = Halva tiden
4 = Mesta delen av tiden
5 = Alltid

Under loppet av en typisk (normal) vecka **KÄNNER JAG MIG FAKTISKT**…

Entusiastisk

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Häpen

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Nervös

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Dyster

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Tystlåten

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○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Avslappnad

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○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

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○ 2. En liten del av tiden

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○ 2. En liten del av tiden

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○ 4. Mesta delen av tiden

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○ 2. En liten del av tiden

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○ 4. Mesta delen av tiden

○ 5. Alltid

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○ 2. En liten del av tiden

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○ 4. Mesta delen av tiden

○ 5. Alltid

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○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Ensam

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Stark

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Passiv

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Nöjd

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Trög

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Inaktiv

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

- -

Ledsen

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

- -

Euforisk

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Rädd

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Lycklig

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Sysslolös

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

- -

Lugn

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

- -

Olycklig

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Upphetsad

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Fientlig

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Tillfredsställd

◯ 1. Aldrig

◯ 2. En liten del av tiden

◯ 3. Halva tiden

◯ 4. Mesta delen av tiden

◯ 5. Alltid

Utvilad

◯ 1. Aldrig

◯ 2. En liten del av tiden

◯ 3. Halva tiden

◯ 4. Mesta delen av tiden

◯ 5. Alltid

Fridfull

◯ 1. Aldrig

◯ 2. En liten del av tiden

◯ 3. Halva tiden

◯ 4. Mesta delen av tiden

◯ 5. Alltid

Rofylld

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Observera Viktigt!

I sektion B nedan ska du uppge de känslor du **IDEALISKT SKULLE VILJA HA**

Page

Break

B.

Nedan listas samma ord som ovan - Läs nu varje ord igen och skatta hur ofta **DU IDEALISKT SKULLE VILJA HA** den känslan under en typisk (normal) vecka genom att använda följande skala**:**

1 = Aldrig

2 = En liten del av tiden

3 = Halva tiden

4 = Mesta delen av tiden

5 = Alltid

Under loppet av en typisk (normal) vecka, skulle jag **IDEALISKT** vilja känna mig…

Entusiastisk

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Häpen

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Nervös

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Dyster

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Tystlåten

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Avslappnad

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Exalterad

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Förvånad

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Upprymd

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Sömnig

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Dämpad

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Ensam

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Stark

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Passiv

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Nöjd

- ○ 1. Aldrig
- ○ 2. En liten del av tiden
- ○ 3. Halva tiden
- ○ 4. Mesta delen av tiden
- ○ 5. Alltid

Trög

- ○ 1. Aldrig
- ○ 2. En liten del av tiden
- ○ 3. Halva tiden
- ○ 4. Mesta delen av tiden
- ○ 5. Alltid

Inaktiv

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Ledsen

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Euforisk

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Rädd

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Lycklig

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Sysslolös

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Lugn

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Olycklig

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Upphetsad

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Fientlig

○ 1. Aldrig

○ 2. En liten del av tiden

○ 3. Halva tiden

○ 4. Mesta delen av tiden

○ 5. Alltid

Tillfredsställd

◯ 1. Aldrig

◯ 2. En liten del av tiden

◯ 3. Halva tiden

◯ 4. Mesta delen av tiden

◯ 5. Alltid

Utvilad

◯ 1. Aldrig

◯ 2. En liten del av tiden

◯ 3. Halva tiden

◯ 4. Mesta delen av tiden

◯ 5. Alltid

Fridfull

◯ 1. Aldrig

◯ 2. En liten del av tiden

◯ 3. Halva tiden

◯ 4. Mesta delen av tiden

◯ 5. Alltid

Rofylld

◯ 1. Aldrig

◯ 2. En liten del av tiden

◯ 3. Halva tiden

◯ 4. Mesta delen av tiden

◯ 5. Alltid

C.

Nedan finns fem påståenden du kan hålla med om eller inte hålla med om. För varje påstående markerar du till vilken grad du håller med om det genom att välja alternativ på skalan 1 - 7 som bäst stämmer överens med vad du tycker. Var öppen och ärlig i dina svar.

1 - Stämmer inte alls
2 - Stämmer inte
3 - Stämmer lite
4 - Stämmer delvis
5 - Stämmer ganska bra
6 - Stämmer bra
7 - Stämmer helt

Det mesta i mitt liv är nära mitt ideal

○ 1. Stämmer inte alls

○ 2. Stämmer inte

○ 3. Stämmer lite

○ 4. Stämmer delvis

○ 5. Stämmer ganska bra

○ 6. Stämmer bra

○ 7. Stämmer helt

Förutsättningarna för mitt liv är utmärkta

○ 1. Stämmer inte alls

○ 2. Stämmer inte

○ 3. Stämmer lite

○ 4. Stämmer delvis

○ 5. Stämmer ganska bra

○ 6. Stämmer bra

○ 7. Stämmer helt

Jag är nöjd med mitt liv

○ 1. Stämmer inte alls

○ 2. Stämmer inte

○ 3. Stämmer lite

○ 4. Stämmer delvis

○ 5. Stämmer ganska bra

○ 6. Stämmer bra

○ 7. Stämmer helt

Så här långt har jag fått de saker jag anser viktiga i livet

○ 1. Stämmer inte alls

○ 2. Stämmer inte

○ 3. Stämmer lite

○ 4. Stämmer delvis

○ 5. Stämmer ganska bra

○ 6. Stämmer bra

○ 7. Stämmer helt

Om jag kunde leva om mitt liv skulle jag nästan inte ändra någonting

○ 1. Stämmer inte alls

○ 2. Stämmer inte

○ 3. Stämmer lite

○ 4. Stämmer delvis

○ 5. Stämmer ganska bra

○ 6. Stämmer bra

○ 7. Stämmer helt

D.

Nedan listas ett antal påståenden om känslor och beteenden. Välj det alternativ som du tycker bäst beskriver hur ofta du känt på det sättet under den senaste veckan

Sällan eller aldrig (mindre än 1 dag)
Ibland eller en liten del av tiden (1–2 dagar)
Emellanåt eller en måttlig del av tiden (3–4 dagar)
För det mesta eller alltid (5–7 dagar)

Under den senaste veckan...

Jag har känt mig störd av saker som vanligtvis inte stör mig

○ Sällan eller aldrig (mindre än 1 dag)

○ Ibland eller en liten del av tiden (1–2 dagar)

○ Emellanåt eller en måttlig del av tiden (3–4 dagar)

○ För det mesta eller alltid (5–7 dagar)

Jag har inte känt för att äta; jag har inte haft aptit

○ Sällan eller aldrig (mindre än 1 dag)

○ Ibland eller en liten del av tiden (1–2 dagar)

○ Emellanåt eller en måttlig del av tiden (3–4 dagar)

○ För det mesta eller alltid (5–7 dagar)

Jag har känt att jag har haft svårt att skaka av mig känslor av
nedstämdhet trots att familj och/eller vänner försökt hjälpa mig

○ Sällan eller aldrig (mindre än 1 dag)

○ Ibland eller en liten del av tiden (1–2 dagar)

○ Emellanåt eller en måttlig del av tiden (3–4 dagar)

○ För det mesta eller alltid (5–7 dagar)

Jag har känt att jag varit precis lika bra som andra människor

○ Sällan eller aldrig (mindre än 1 dag)

○ Ibland eller en liten del av tiden (1–2 dagar)

○ Emellanåt eller en måttlig del av tiden (3–4 dagar)

○ För det mesta eller alltid (5–7 dagar)

Jag har haft svårt att koncentrera mig på det jag har gjort

○ Sällan eller aldrig (mindre än 1 dag)

○ Ibland eller en liten del av tiden (1–2 dagar)

○ Emellanåt eller en måttlig del av tiden (3–4 dagar)

○ För det mesta eller alltid (5–7 dagar)

Jag har känt mig deprimerad

○ Sällan eller aldrig (mindre än 1 dag)

○ Ibland eller en liten del av tiden (1–2 dagar)

○ Emellanåt eller en måttlig del av tiden (3–4 dagar)

○ För det mesta eller alltid (5–7 dagar)

Jag har känt att allt jag gjort varit en ansträngning

○ Sällan eller aldrig (mindre än 1 dag)

○ Ibland eller en liten del av tiden (1–2 dagar)

○ Emellanåt eller en måttlig del av tiden (3–4 dagar)

○ För det mesta eller alltid (5–7 dagar)

Jag har känt mig hoppfull inför framtiden

○ Sällan eller aldrig (mindre än 1 dag)

○ Ibland eller en liten del av tiden (1–2 dagar)

○ Emellanåt eller en måttlig del av tiden (3–4 dagar)

○ För det mesta eller alltid (5–7 dagar)

Jag har tänkt att mitt liv känts misslyckat

○ Sällan eller aldrig (mindre än 1 dag)

○ Ibland eller en liten del av tiden (1–2 dagar)

○ Emellanåt eller en måttlig del av tiden (3–4 dagar)

○ För det mesta eller alltid (5–7 dagar)

Jag har känt mig rädd eller ängslig

○ Sällan eller aldrig (mindre än 1 dag)

○ Ibland eller en liten del av tiden (1–2 dagar)

○ Emellanåt eller en måttlig del av tiden (3–4 dagar)

○ För det mesta eller alltid (5–7 dagar)

Jag har sovit oroligt

○ Sällan eller aldrig (mindre än 1 dag)

○ Ibland eller en liten del av tiden (1–2 dagar)

○ Emellanåt eller en måttlig del av tiden (3–4 dagar)

○ För det mesta eller alltid (5–7 dagar)

Jag har varit glad

○ Sällan eller aldrig (mindre än 1 dag)

○ Ibland eller en liten del av tiden (1–2 dagar)

○ Emellanåt eller en måttlig del av tiden (3–4 dagar)

○ För det mesta eller alltid (5–7 dagar)

Jag har pratat mindre än vanligt

○ Sällan eller aldrig (mindre än 1 dag)

○ Ibland eller en liten del av tiden (1–2 dagar)

○ Emellanåt eller en måttlig del av tiden (3–4 dagar)

○ För det mesta eller alltid (5–7 dagar)

Jag har känt mig ensam

○ Sällan eller aldrig (mindre än 1 dag)

○ Ibland eller en liten del av tiden (1–2 dagar)

○ Emellanåt eller en måttlig del av tiden (3–4 dagar)

○ För det mesta eller alltid (5–7 dagar)

Andra människor har varit ovänliga

○ Sällan eller aldrig (mindre än 1 dag)

○ Ibland eller en liten del av tiden (1–2 dagar)

○ Emellanåt eller en måttlig del av tiden (3–4 dagar)

○ För det mesta eller alltid (5–7 dagar)

Jag har uppskattat livet

○ Sällan eller aldrig (mindre än 1 dag)

○ Ibland eller en liten del av tiden (1–2 dagar)

○ Emellanåt eller en måttlig del av tiden (3–4 dagar)

○ För det mesta eller alltid (5–7 dagar)

Jag har haft gråtattacker

○ Sällan eller aldrig (mindre än 1 dag)

○ Ibland eller en liten del av tiden (1–2 dagar)

○ Emellanåt eller en måttlig del av tiden (3–4 dagar)

○ För det mesta eller alltid (5–7 dagar)

Jag har känt mig ledsen

○ Sällan eller aldrig (mindre än 1 dag)

○ Ibland eller en liten del av tiden (1–2 dagar)

○ Emellanåt eller en måttlig del av tiden (3–4 dagar)

○ För det mesta eller alltid (5–7 dagar)

Jag har känt att andra ogillade mig

○ Sällan eller aldrig (mindre än 1 dag)

○ Ibland eller en liten del av tiden (1–2 dagar)

○ Emellanåt eller en måttlig del av tiden (3–4 dagar)

○ För det mesta eller alltid (5–7 dagar)

Jag har haft svårt att "komma i gång" med att göra saker

○ Sällan eller aldrig (mindre än 1 dag)

○ Ibland eller en liten del av tiden (1–2 dagar)

○ Emellanåt eller en måttlig del av tiden (3–4 dagar)

○ För det mesta eller alltid (5–7 dagar)

End of Block: Block 5