

## Situations Questionnaire

Social situations tend to be more pleasant, on average, compared to non-social situations. The items here were developed to assess social situations (vs. non social situations) controlling for this typical pleasantness confound, i.e., by balancing items across these dimensions.

In the original report (see below) we found that positive moods increased desire for social situations, both pleasant and unpleasant, i.e., with the confound eliminated.

If using these items, please use the citation below. More information on the development of these items is also available in that paper.

**Whelan, D. C., & Zelenski, J. M. (2012). Experimental evidence that positive moods cause sociability. *Social Psychological and Personality Science*, 3(4), 430-437.**

**Situation Items Balanced on Level of Pleasantness between Social and Non-Social Situations.**

|                        | <b>Social Situations</b>                                                         | <b>Non-Social Situations</b>                     |
|------------------------|----------------------------------------------------------------------------------|--------------------------------------------------|
| <b>High Pleasant</b>   | Play a team sport (such as soccer, baseball, volleyball, etc).                   | Look out at the stars on a clear summer evening. |
|                        | Start a road trip with two of your closest friends.                              | Watch your favorite TV show by yourself.         |
|                        | Go to a BBQ.                                                                     | Take a long shower after a good workout.         |
|                        | Ride in a car with a bunch of friends listening to music.                        | Sleep in and relax after a busy week.            |
|                        | Go out for coffee with an old friend.                                            | Relax in a hot tub listening to the water.       |
| <b>Medium Pleasant</b> | Go at a museum with a small group of friends.                                    | Take photos of nature (flowers, plants, etc).    |
|                        | Participate in a University clubs (martial arts, canoeing, intramurals, etc).    | Curl up with a good book.                        |
|                        | Go to a small local fair with family.                                            | By yourself browsing in a bookstore.             |
|                        | Go to the market in the summer with a friend to get fresh fruits and vegetables. | Go for a walk by yourself.                       |
| <b>Low Pleasant</b>    | Participate in a group discussion in class.                                      | Do laundry by yourself.                          |
|                        | Work with classmates on a group project.                                         | Go to the beach to suntan by yourself.           |
|                        | Attend a “networking” event for your department.                                 | In the library, reading for an upcoming class.   |
|                        | Attend a wine and cheese event.                                                  | Make lunch in a quiet kitchen, alone.            |
|                        | Talk with 3 strangers while stuck in an elevator together.                       | Play solitaire.                                  |

### Situations Questionnaire as Used in Study 2 and Study 3

Please list how much you think you *want* to **DO** the following **right now**, at this moment.

| Very slightly<br>or not at all |     |                                                                                  | Moderately |   |   | Extremely<br>or a lot |
|--------------------------------|-----|----------------------------------------------------------------------------------|------------|---|---|-----------------------|
| 1                              | 2   | 3                                                                                | 4          | 5 | 6 | 7                     |
| _____                          | 1.  | Play a team sport (such as soccer, baseball, volleyball, etc).                   |            |   |   |                       |
| _____                          | 2.  | Do laundry by yourself.                                                          |            |   |   |                       |
| _____                          | 3.  | Take photos of nature (flowers, plants, etc).                                    |            |   |   |                       |
| _____                          | 4.  | Participate in a group discussion in class.                                      |            |   |   |                       |
| _____                          | 5.  | Work with classmates on a group project.                                         |            |   |   |                       |
| _____                          | 6.  | Curl up with a good book.                                                        |            |   |   |                       |
| _____                          | 7.  | Go at a museum with a small group of friends                                     |            |   |   |                       |
| _____                          | 8.  | Look out at the stars on a clear summer evening.                                 |            |   |   |                       |
| _____                          | 9.  | Participate in a University clubs (martial arts, canoeing, intramurals, etc).    |            |   |   |                       |
| _____                          | 10. | Start a road trip with two of your closest friends.                              |            |   |   |                       |
| _____                          | 11. | Go to a BBQ.                                                                     |            |   |   |                       |
| _____                          | 12. | Watch your favourite TV show by yourself.                                        |            |   |   |                       |
| _____                          | 13. | Go to the beach to suntan by yourself.                                           |            |   |   |                       |
| _____                          | 14. | Take a long shower after a good workout.                                         |            |   |   |                       |
| _____                          | 15. | Go to a small local fair with family.                                            |            |   |   |                       |
| _____                          | 16. | Sleep in and relax after a busy week.                                            |            |   |   |                       |
| _____                          | 17. | Attend a “networking” event for your department.                                 |            |   |   |                       |
| _____                          | 18. | In the library, reading for an upcoming class.                                   |            |   |   |                       |
| _____                          | 19. | Make lunch in a quiet kitchen, alone.                                            |            |   |   |                       |
| _____                          | 20. | Ride in a car with a bunch of friends listening to music.                        |            |   |   |                       |
| _____                          | 21. | By yourself browsing in a bookstore.                                             |            |   |   |                       |
| _____                          | 22. | Relax in a hot tub listening to the water.                                       |            |   |   |                       |
| _____                          | 23. | Go out for coffee with an old friend.                                            |            |   |   |                       |
| _____                          | 24. | Go for a walk by yourself.                                                       |            |   |   |                       |
| _____                          | 25. | Attend a wine and cheese event.                                                  |            |   |   |                       |
| _____                          | 26. | Play solitaire.                                                                  |            |   |   |                       |
| _____                          | 27. | Go to the market in the summer with a friend to get fresh fruits and vegetables. |            |   |   |                       |
| _____                          | 28. | Talk with 3 strangers while stuck in an elevator together.                       |            |   |   |                       |