

## PERSONALITY QUESTIONNAIRE

### 1. Introduction

This section contains information about the Personality Questionnaire. This questionnaire includes measures of dispositional optimism, conscientiousness, trait activity (pace of life), and goal adjustment

### 2. Administration of the Personality Questionnaire

The Personality Questionnaire should be given to participants at the end of their clinic visit. They should be instructed to take the questionnaire home with them and complete the questionnaire when they have time. They should be told to return their questionnaire with the activity diary and armband.

For those participants who are excluded from wearing or refuse to wear the activity monitor, they should be asked to complete the questionnaire at home and mail it back to the clinic. Sites should give these participants an addressed envelope to use to return the questionnaire.

It is acceptable for participants to complete the questionnaire before leaving the clinic (and not take the questionnaire home with them to complete). If sites make this option available, please provide a private, distraction free place for the participant to complete the questionnaire. It is also acceptable to provide the Personality Questionnaire along with the SAQ, or to complete it via a telephone interview.

Please record if the participant completed the Personality Questionnaire on the Enrollment Form for Visit 4. If the participant completed the questionnaire, please note the date the questionnaire was returned.

### 3. Personality Questions

The Personality Questionnaire is a 38 item questionnaire. Participants should answer all questions to the best of their ability.

#### *Optimism: Life Orientation Test - Revised (LOT-R)*

The first 10 questions ask the participant to indicate the extent to which they agree with several statements. Participants are asked to be as honest as they can and that they should not let a response to one item influence their response to another question. The participant is reminded that there are no right or wrong answers.

References for this scale are:

Scheier, M. F., & Carver, C. S. (1987). Dispositional optimism and physical well-being: the influence of generalized outcome expectancies on health. *J Pers*, 55(2), 169-210.

Scheier, M. F., Carver, C. S., & Bridges, M. W. (1994). Distinguishing optimism from neuroticism (and trait anxiety, self-mastery, and self-esteem): a reevaluation of the Life Orientation Test. *J Pers Soc Psychol*, 67(6), 1063-1078.

#### *Goal Adjustment Scale*

The second set of 10 questions ask the participant to indicate the extent to which they agree with several statements if they had to stop pursuing an important goal in their life.

The reference for this scale is:

Wrosch, C., Scheier, M. F., Miller, G. E., Schulz, R., & Carver, C. S. (2003). Adaptive self-regulation of unattainable goals: goal disengagement, goal reengagement, and subjective well-being. *Pers Soc Psychol Bull*, 29(12), 1494-1508. doi: 10.1177/0146167203256921

#### *Conscientiousness and Trait Activity Scales from the International Personality Item Pool Scale*

The last 18 questions ask the participant to indicate how accurately a set of statements describe themselves. These questions are about how a participant is NOW, and not as they may wish to see themselves in the future. Participants should describe themselves as they honestly as they can in relation to other people of the same sex and same age.

The reference for this scale is:

Goldberg, L. R. . (1999). A broad-bandwidth, public domain, personality inventory measuring the lower-level facets of several five-factor models. In I. D. Mervielde, F. De Fruyt, & F. Ostendorf (Ed.), *Personality Psychology in Europe, Vol. 7* (pp. 7-28). Tilburg, The Netherlands: Tilburg University Press.

## **4. Review of Questionnaires**

Clinic staff should review all completed questionnaires for completeness. Staff should check that all questions have been answered. If any questions have been missed by the participant (i.e. left blank) or more than one response has been marked for a question, sites should follow-up with the participant via telephone to complete the missing questions or to clarify the inconsistencies.

If after one attempt, the site is not able to obtain missing data or clarify inconsistencies, the site is encouraged to continue to follow-up until the participant is contacted to complete the questionnaire. However, additional follow-up attempts beyond the first attempt are not required.

## **5. Submitting Data to the MrOS Data System**

After the Personality Questionnaire has been reviewed for completeness and any necessary follow-up is complete, sites should submit all pages of the Personality Questionnaire to the

MrOS Data System. Sites should check the Data Inventory to ensure that the questionnaire has been received and should address any edits.

Please note that if the participant does not answer any questions on a certain page, the missing bubble in the 'Office Use Only' box should be marked. This will ensure that missing edits are not generated for all questions on that particular page.

Please note that there is a text field on the last page of the Personality Questionnaire that will allow sites to enter site-specific language or instructions as a reminder to the participants about how to return the completed questionnaire to the clinic. Sites are not required to add such language, but may find this helpful.