**Appendix C: Example of Survey Instruments for gathering *Short-Term* context data**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Why were *you engaged in*:Studying last week | Corresponds… | | | | | | |
| Notatal **l** | Moderately | | | | | Completely |
| 1. Because I thought that the activity was interesting | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because I was doing it for my own good | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because I was supposed to do it | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. There may have been good reasons to do this activity, but personally I don’t see any | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because I thought that this activity was pleasant | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because I thought that this activity was good for me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because it was something that I had to do | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. I did this activity but I am not sure if it was worth it | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because this activity was fun | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. By personal decision | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because I didn’t have any choice | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. I don’t know; I don’t see what this activity brought me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because I felt good when doing this activity | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because I believe that this activity was important for me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because I feel that I had to do it | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. I did this activity, but I am not sure it was a good thing to pursue it | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

**Figure C1**: SIMS survey instrument questionnaire.

SIMS

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| *Why did you put effort into*:Studying last week | Corresponds… | | | | | | |
| Notatal **l** | Moderately | | | | | Completely |
| 1. I don’t know why, it seemed like a waste of time | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because other people wanted me to (e.g. family, friends, etc.) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because this is the type of work I chose to do to attain a certain lifestyle | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because I had fun doing the work | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. I don’t know why I studied, it’s pointless work | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because other people say I should (e.g. family, friends, etc.) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because I chose this type of work to attain my career goals | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because I enjoyed studying | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. I don’t know why, I perceived studying as a chore | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because other people expect it of me (e.g. family, friends, etc.) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because it is the type of work I have chosen to attain certain important objectives | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because what I studied was interesting | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

**Figure C2**: MCMS survey instrument questionnaire.

MCMS

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| *Why were you*:Studying last week | Corresponds… | | | | | | |
| Notatal **l** | Moderately | | | | | Completely |
| 1. Because with only my prior degree I would not find a high paying job later on. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because I experience pleasure and satisfaction while learning new things. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because I think that studying will help me better prepare for the career I have chosen. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Honestly I don’t know; I really feel that I was wasting my time with studying. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. In order to obtain a more prestigious job later on. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. For the pleasure I experience when I discover new things never seen before. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because eventually it will enable me to enter the job market in the medical field. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. I once had good reasons to study; however, now I wonder whether I should continue. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because I want to have “the good life” later on. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. For the pleasure I experience in broadening my knowledge about subjects which appeal to me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because studying will help me make a better choice regarding my career orientation | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. I can’t see why I studied and frankly, I couldn’t care less. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. In order to have a better salary later on. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because studying allowed me to continue to learn about many things that interest me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Because I believe that studying will improve my competence as a worker. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. I don’t know; I can’t understand what I was doing studying. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

**Figure C3**: AMS survey instrument questionnaire.

AMS

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| *With regards to*:Studying last week | Agree | | | | | | |
| Notatal **l** | Moderately | | | | | Completely |
| 1. I felt emotionally drained by the work | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. I felt used up at the end of the day | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. I felt tired when I woke up in the morning and I knew I had to study | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Studying was really a strain for me | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. I felt burned out from studying | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

**Figure C4**: MBI-SSEE survey instrument questionnaire.

MBI-SSEE