**Ecological Momentary Assessment of Stressful Events**

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| **Type of Item** | **Item(s)** | **Response** |
| Stressor Exposure | Did anything stressful occur since the last survey? A stressful event is any event, even a minor one, which negatively affected you. | Yes/No |
| *If yes, then these questions are asked…* |
| Stressor Type | How would you describe this stressful event? If more than one event happened, please pick the most significant event:Argument/conflict/disagreement, financial event, home-related event, work-related event, health event or accident, event that happened to others, traffic or transportation event, other? | Forced selection of one stressor type |
| Stressor Timing | When did this event happen? | 0-5 minutes ago, 5-10 minutes ago, 10-30 minutes ago, 30-60 minutes ago, 60+ minutes ago |
| Stressor Intensity | How unpleasant was this event since it happened? | 0 (*not at all unpleasant*) to 100 (*extremely unpleasant*) |