

Dataset: Reminiscence Survey

The data was collected in 2015 as part of a class project. The project was based on two studies conducted by Bryant, Smart, and King (2005) suggesting that reminiscing about the past enhances the present.

SPSS datasets:

Dataset with no items recoded or scale scores computed: reminiscence 1.sav

Dataset with two data entry errors (for practice identifying such errors): reminiscence with errors.sav

Dataset with recoded items and computed scales: reminiscence compiled dataset.sav

Overview of the Survey:

- The following measurement scales were included in the survey.
 - Two subscales from the Savoring Beliefs Inventory (SBI; Bryant, 2003):
 - Savoring the Moment: Eight items with variable names **moment1.....moment8**. In the “reminiscence compiled dataset.sav” file the scale score is named **sbimoment**.
 - Anticipating the Future: Eight items with variable names **anticipate1.....anticipate8**. In the “reminiscence compiled dataset.sav” file the scale score is named **sbianticipate**.
 - The Satisfaction with Life scale (SWLS; Diener, Emmons, Larson, & Griffin, 1985): Five items with variable names **satisfaction1...satisfaction5**. In the “reminiscence compiled dataset.sav” file the scale score is named **SWLS**.
- There are nine reminiscence strategies created for this survey (variable names: **thinking, talking, visualize, music, printphoto, emailtext, shareonline, onlinephoto, onlinecomm**). The items can be analyzed separately, or combined into a total scale or subscales if reliability analyses indicate the items with the scale or subscale are internally consistent.
- There is one question asking participants to indicate what they believe is the primary benefit of reminiscing (variable name: **benefit**).
- Information about the participant includes **age, gender, ethnicity**, and if they were currently an undergraduate student **collegestudent**.

The next page contains the actual survey questions and coding for the responses. Variable names are bolded.

Reminiscence Study CODESHEET

ID: *unique ID number for each participant*

Participants rated their agreement with each item below using the following scale:

1 = strongly disagree 2 = disagree 3 = slightly disagree 4 = neither agree or disagree 5 = slightly agree 6 = agree 7 = strongly agree

anticipate1: 1. I get pleasure from looking forward.	1	2	3	4	5	6	7
satisfaction1: 2. In most ways, my life is close to ideal.	1	2	3	4	5	6	7
moment1: 3. I don't enjoy things as much as I should.	1	2	3	4	5	6	7
anticipate2: 4. Anticipating is a waste of time.	1	2	3	4	5	6	7
satisfaction2: 5. The conditions of my life are excellent.	1	2	3	4	5	6	7
moment2: 6. I feel fully able to appreciate good things.	1	2	3	4	5	6	7
anticipate3: 7. I can feel the joy of anticipation.	1	2	3	4	5	6	7
anticipate4: 8. I can enjoy events before they occur.	1	2	3	4	5	6	7
satisfaction3: 9. I am satisfied with my life.	1	2	3	4	5	6	7
moment3: 10. I can't seem to capture joy of happy moments.	1	2	3	4	5	6	7
anticipate5: 11. I can feel good by imagining an outcome.	1	2	3	4	5	6	7
moment4: 12. I know how to make the most of a good time.	1	2	3	4	5	6	7
anticipate6: 13. I don't like to look forward too much.	1	2	3	4	5	6	7
moment5: 14. I find it hard to hang onto a good feeling.	1	2	3	4	5	6	7
anticipate7: 15. It is hard for me to get excited beforehand.	1	2	3	4	5	6	7
satisfaction4: 16. So far I have gotten the important things I want in life.	1	2	3	4	5	6	7
moment6: 17. I find it easy to enjoy myself when I want to.	1	2	3	4	5	6	7
moment7: 18. I can prolong enjoyment by my own effort.	1	2	3	4	5	6	7
moment8: 19. I am my own 'worst enemy' in enjoying.	1	2	3	4	5	6	7
anticipate8: 20. I feel uncomfortable when anticipating a future event.	1	2	3	4	5	6	7
satisfaction5: 21. If I could live my life over, I would change almost nothing.	1	2	3	4	5	6	7

Participants rated how much time they spent reminiscing using specific strategies, on a scale from 1–7.

	<i>1 = very little</i>				<i>7 = a great deal</i>		
thinking 1. Thinking about pleasant memories.	1	2	3	4	5	6	7
talking 2. Talking with others about your memories.	1	2	3	4	5	6	7
visualize 3. Mentally visualizing pleasant past events.	1	2	3	4	5	6	7
music 4. Listening to music associated with pleasant past events.	1	2	3	4	5	6	7
printphoto 5. Looking at printed photos.	1	2	3	4	5	6	7
emailtext 6. Reading past emails or text messages to help recall pleasant memories.	1	2	3	4	5	6	7
shareonline 7. Sharing photos online using Facebook, Instagram, Snapchat, etc.	1	2	3	4	5	6	7
onlinephoto 8. Looking at photos on Facebook, Instagram, etc.	1	2	3	4	5	6	7
onlinecomm 9. Looking back at comments you and others wrote online (on Facebook, etc.)	1	2	3	4	5	6	7

benefit: What do you see as the primary benefit you get from reminiscing about the past (circle ONE):

Gain perspective on present problems A diversion from present problems A way to improve my mood

Socialize with others I see little benefit in reminiscing Other: _____

Participant information:

age: enter # **gender:** 1 = male, 2 = female, 3 = transgender

ethnicity: 1 = Caucasian or White, 2 = African American or Black, 3 = Hispanic or Latino/a, 4 = Asian, 5 = Biracial or Multiracial, 6 = Other

collegestudent: Are you a college student? 1 = yes, 2 = no

References

- Bryant, F. B. (2003). Savoring Beliefs Inventory (SBI): A scale for measuring beliefs about savouring. *Journal of Mental Health, 12*, 175–196. doi:10.1080/0963823031000103489
- Bryant, F. B., Smart, C. M., & King, S. P. (2005). Using the past to enhance the present: Boosting happiness through positive reminiscence. *Journal of Happiness Studies, 6*, 227–260. doi:10.1007/s10902-005-3889-4
- Diener, E., Emmons, R. A., Larson, R. J., Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment, 49*, 71–75.