

## Prediction Survey

We would like you to imagine that you are participating in a study about commuting on the Metra. Imagine that, as you walk to the platform to catch your train in the morning, you see a student standing near the platform who asks you to participate in a study. Imagine that, just like you did today, you agree to participate and sign a consent form.

Imagine that the student gives you these instructions for the study:

**"Please do not make any changes to your normal commute. Your goal is to do as you would normally do."**

Imagine that you follow these instructions and then complete a questionnaire at the end of your commute.

1. How happy do you think you would feel after your commute if you followed these instructions? Circle your response.

0	1	2	3	4	5	6
Not at all happy			Somewhat happy			Very happy

2. How sad do you think you would feel after your commute if you followed these instructions? Circle your response.

0	1	2	3	4	5	6
Not at all sad			Somewhat sad			Very sad

3. How pleasant do you think your commute would be, compared to your normal commute, if you followed these instructions? Circle your response.

-3	-2	-1	0	1	2	3
Much <b>less</b> pleasant than usual			No more or less pleasant than usual			Much <b>more</b> pleasant than usual

4. How productive do you think you would be (that is, how much would you accomplish) during your commute, compared to your normal commute, if you followed these instructions? Circle your response.

-3	-2	-1	0	1	2	3
Much <b>less</b> productive than usual			No more or less productive than usual			Much <b>more</b> productive than usual

Now, instead, imagine that the student gives you these instructions:

**"Please have a conversation with another person on the train today. Try to make a connection. Find out something interesting about him or her and tell them something about you. The longer the conversation, the better! Your goal is to try to get to know your community neighbor this morning."**

Imagine that you follow these instructions and then complete a questionnaire at the end of your commute.

5. How happy do you think you would feel after your commute if you followed these instructions? Circle your response.

0	1	2	3	4	5	6
Not at all happy			Somewhat happy			Very happy

6. How sad do you think you would feel after your commute if you followed these instructions? Circle your response.

0	1	2	3	4	5	6
Not at all sad			Somewhat sad			Very sad

7. How pleasant do you think your commute would be, compared to your normal commute, if you followed these instructions? Circle your response.

-3	-2	-1	0	1	2	3
Much <b>less</b> pleasant than usual			No more or less pleasant than usual			Much <b>more</b> pleasant than usual

8. How productive do you think you would be (that is, how much would you accomplish) during your commute, compared to your normal commute, if you followed these instructions? Circle your response.

-3	-2	-1	0	1	2	3
Much <b>less</b> productive than usual			No more or less productive than usual			Much <b>more</b> productive than usual

Now, instead, imagine that the student gives you these instructions:

**"Please keep to yourself and enjoy your solitude on the train today. Take this time to sit alone with your thoughts. Your goal is to focus on yourself and the day ahead of you."**

Imagine that you follow these instructions and then complete a questionnaire at the end of your commute.

9. How happy do you think you would feel after your commute if you followed these instructions? Circle your response.

0	1	2	3	4	5	6
Not at all happy			Somewhat happy			Very happy

10. How sad do you think you would feel after your commute if you followed these instructions? Circle your response.

0	1	2	3	4	5	6
Not at all sad			Somewhat sad			Very sad

11. How pleasant do you think your commute would be, compared to your normal commute, if you followed these instructions? Circle your response.

-3	-2	-1	0	1	2	3
Much <b>less</b> pleasant than usual			No more or less pleasant than usual			Much <b>more</b> pleasant than usual

12. How productive do you think you would be (that is, how much would you accomplish) during your commute, compared to your normal commute, if you followed these instructions? Circle your response.

-3	-2	-1	0	1	2	3
Much <b>less</b> productive than usual			No more or less productive than usual			Much <b>more</b> productive than usual

13. What do you normally do during your morning commute? Please mark all options that apply.

- ☐ Talk to someone on the train  
☐ Talk on the phone  
☐ Read a book or newspaper  
☐ Sleep  
☐ Think (by yourself)  
☐ Work on a computer  
☐ Other: \_\_\_\_\_

14. For each of the following items, check one box to indicate your response. There should be one check per row.

I see myself as:

	Disagree strongly	Disagree moderately	Disagree a little	Neither agree nor disagree	Agree a little	Agree moderately	Agree strongly
Extraverted, enthusiastic							
Critical, quarrelsome							
Dependable, self- disciplined							
Anxious, easily upset							
Open to new experiences, complex							
Reserved, quiet							
Sympathetic, warm							
Disorganized, careless							
Calm, emotionally stable							
Conventional, uncreative							

**Thank you!**

**PLEASE DROP THIS ENVELOPE WITH THE COMPLETED QUESTIONNAIRE INTO A  
MAILBOX AT YOUR EARLIEST CONVENIENCE.**