

Introduction

Prediction Study

A. Project Description

1. In this study, you will complete a short survey asking some questions regarding predictions about your own happiness.
2. This survey will take about 10 minutes to complete.
3. The research is being conducted with the goal of publication in academic journals and presentation at academic conferences.

B. Risks and Benefits

1. Your participation in this study does not involve any physical risk or emotional risk to you beyond the risks of daily life.
2. You have the right to withdraw your consent or discontinue participation at any time for any reason.
3. The potential benefit of the study is a better scientific understanding of the way that we form human connections.

C. Compensation

You will be entered into a raffle for an Amazon gift card for \$30 when you complete the survey.

D. Confidentiality

To secure the confidentiality of your responses, your name and other identifying information will never be attached to your answers. To ensure the confidentiality of your participation in this study, this form, which will have your signature, will be locked and stored in a separate place from the data. All data collected will be analyzed in aggregate form.

To ensure documentation of professional and scientific work, the data collected will be stored for 5 years following publication of this research. All data will be kept in a locked drawer in a locked room or in a password protected computer that is kept secure. Data access will be limited to the Principal Investigator and Student Researcher. All data will be destroyed responsibly after the retention period. Your privacy will be maintained in all published and written data resulting from this study. Your name or other identifying information will not be used in our reports or published papers.

E. Contacts

1. If you have any questions or concerns about this study, you may contact Professor Nick Epley at epley@chicagobooth.edu.
2. If you have any questions about your rights as a participant in this research, you may contact the following office at the University of Chicago:
Social and Behavioral Science Institutional Review Board
University of Chicago
5835 South Kimbark – Judd 333
Chicago, IL 60637
Phone: (773) 834-7835, Fax: (773) 834-8700
E-mail: sbsirbwise@listhost.uchicago.edu

F. Subject rights

Participation in this study is voluntary, and you are free to leave the study at any time without penalty.

I have read and understand the above information and agree to participate in this study.

Participant name

Date

Control condition

We would like you to imagine that you are participating in a study about commuting using public transportation. Imagine that you will take public transportation to the downtown research laboratory. Imagine further that a research assistant will call you in the morning before your commute to give you the instructions for the study.

Imagine that the research assistant gives you the following instructions:

"This study will ask you later in the day to think about your commute this morning. We will ask you to complete two short surveys, one after your commute and one at the end of the day."

Imagine that you follow these instructions and then arrive at the downtown laboratory to complete a questionnaire for the study.

How happy do you think you would feel after your commute if you followed these instructions?

Not at all happy (0)	1	2	Somewhat happy (3)	4	5	Very happy (6)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How sad do you think you would feel after your commute if you followed these instructions?

Not at all sad (0)	1	2	Somewhat sad (3)	4	5	Very sad (6)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

Much less pleasant than usual (-3)	-2	-1	Neither more or less pleasant than usual (0)	1	2	Much more pleasant than usual (3)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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?

Much less productive than usual (-3)	-2	-1	Neither more or less productive than usual (0)	1	2	Much more productive than usual (3)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Communication condition

Now, instead, imagine that the research assistant gives you the following instructions:

"On your commute this morning, please try to strike up a conversation whenever you have an opportunity to do so. You can talk to anyone you want about anything you wish. These may be people standing next to you waiting for a bus or train, or people sitting next to you on your commute. For example, you might start by asking someone where they live and how long they have lived there, ask what they do for a living, or what he or she thinks about a particular news story. You can then give background about yourself, where you live, what you do for a living, or what you think about a particular news story. Try in whatever time you have to get to know this person a little bit, and let them get to know you a little. You can talk to this person for as long or as little as you would like, although it would be best if you could continue the conversation for as long as the conversation naturally allows. You should try to use your commute this morning to focus on other people."

Imagine that you follow these instructions and then arrive at the downtown laboratory to complete a questionnaire for the study.

How happy do you think you would feel after your commute if you followed these instructions?

Not at all happy (0)	1	2	Somewhat happy (3)	4	5	Very happy (6)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How sad do you think you would feel after your commute if you followed these instructions?

Not at all sad (0)	1	2	Somewhat sad (3)	4	5	Very sad (6)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

Much less pleasant than usual (-3)	-2	-1	Neither more or less pleasant than usual (0)	1	2	Much more pleasant than usual (3)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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?

Much less productive than usual (-3)	-2	-1	Neither more or less productive than usual (0)	1	2	Much more productive than usual (3)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Private condition

Now, instead, imagine that the research assistant gives you the following instructions:

"On your commute this morning, please do not engage anyone in conversation. Instead, take this time to sit alone with your thoughts. You can think about whatever you have going on in the day, or just let your mind wander. You should try to use your commute time this morning to have some time alone, focusing on yourself."

Imagine that you follow these instructions and then arrive at the downtown laboratory to complete a questionnaire for the study.

How happy do you think you would feel after your commute if you followed these instructions?

Not at all happy (0)	1	2	Somewhat happy (3)	4	5	Very happy (6)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How sad do you think you would feel after your commute if you followed these instructions?

Not at all sad (0)	1	2	Somewhat sad (3)	4	5	Very sad (6)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

Much less
pleasant than
usual (-3)

-2

-1

Neither more or
less pleasant than
usual (0)

1

2

Much more
pleasant than
usual (3)



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?

Much less
productive than
usual (-3)

-2

-1

Neither more or
less productive
than usual (0)

1

2

Much more
productive than
usual (3)



End

Thank you very much for your time! If you have any other comments, please let us know.
