

# Individual Outlook on the Future, Satisfaction and Stress Study

## FICTITIOUS STUDY DESCRIPTION

**DATA:** IOLSS.sav

**INTRODUCTION:** This data has been simulated to represent a fictitious study on individual outlook on life, satisfaction, and stress. The description below describes the data and the data collection scenario.

**SCENARIO:** This study looks out an individual's personal outlook on the future, their satisfaction with their life, and their level of personal stress. We randomly selected 60 males and 60 females ( $n = 120$ ) to participate in the study. We collected data regarding their sex, age, outlook on the future, annual income, satisfaction with life, and personal stress. Our measure of personal stress was taken at two time points. The first time point measured their level of stress prior to receiving a series of three 1 hour sessions with a personal life coach/therapist. The second time point measured their level of stress after they have received the three 1 hour session with the personal life coach/therapist.

### VARIABLES:

Variable Name	Label	Values	Measure	Question Item
Sex	Respondent sex	1 = Male 2 = Female	Nominal	Please indicate your sex.  Male ____ Female ____
Age	Respondent age	1 = 21 to 35 2 = 36 to 50 3 = Greater than 50	Ordinal	Please indicate your age:  ____ 21 to 35 ____ 36 to 50 ____ Greater than 50
Outlook	Personal outlook on the future	0 = Negative Outlook 1 = Positive Outlook	Nominal	In general, how do you view your future?  ____ Negatively ____ Positively
Income	Personal annual income	None	Ratio	Please state your personal annual income in dollars: \$_____
Satisfaction	Personal satisfaction with life	None	Ratio	10 measurement items, measuring personal satisfaction with life at the present time, were presented to each respondent. Respondent scores on the ten items were summed in order to obtain their overall satisfaction score. The values range from 0 which indicates a very low level of satisfaction to 100 which indicates a very high level of personal satisfaction with life at the present time.
PreStress	Personal stress pre-treatment	None	Interval	Using a scale of 1 (not stressed) to 10 (highly stressed) please indicate your personal level of stress at the present time.
PostStress	Personal stress post-treatment	None	Interval	Using a scale of 1 (not stressed) to 10 (highly stressed) please indicate your personal level of stress at the present time.