1. ABOUT THE DATASET

Title:

Outputs from a questionnaire survey study of relationships between eveningness, procrastination, mind wandering, sleep quality, self-control, and depression

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Rights-holder(s):

University of Reading

Publication Year:

2025

Description:

Quantitative data generated from an online survey which included closed-question questionnaire measures of: morningness-eveningness preference, bedtime procrastination, academic procrastination, exercise procrastination, mind wandering, sleep quality, self-control, and depressive symptoms. The sample comprised 306 University of Reading psychology students (aged 18-51 years; mean = 20.36, SD = 4.001; 34 male).

Cite as:

Carciofo, Richard and Cheung, Rebecca Y. M. (2025) Outputs from a questionnaire survey study of relationships between eveningness, procrastination, mind wandering, sleep quality, self-control, and depression. University of Reading. Dataset. https// doi.10.17864/1947.001418

Related publication:

Carciofo, R. and Cheung, R. Y. M. (2025). Eveningness and procrastination: an exploration of relationships with mind wandering, sleep quality, self-control, and depression. *European Journal of Investigation in Health, Psychology and Education.* Accepted.

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2. TERMS OF USE

This dataset is licensed under a Creative Commons Attribution 4.0 International Licence: https://creativecommons.org/licenses/by/4.0/.

3. PROJECT AND FUNDING INFORMATION

This dataset was not created in the course of a funded project.

4. CONTENTS

File listing:

DATA

- quantitative data generated by the questionnaire survey.

Variable list:

Age

Gender

Ethnicity

Diagnosis of depressive disorder

Diagnosis of sleep disorder

The reduced Morningness-Eveningness Questionnaire - Adan, A., & Almirall, H. (1991). Horne & Östberg morningness-eveningness questionnaire: a reduced scale. Personality & Individual Differences, 12, 241-253.

The Bedtime Procrastination Scale - Kroese, F.M., De Ridder, D.T., Evers, C., & Adriaanse, M.A. (2014). Bedtime procrastination: Introducing a new area of procrastination. Frontiers in Psychology, 5(611).

The Academic Procrastination Scale-Short Form - Yockey, R. D. (2016). Validation of the short form of the academic procrastination scale. Psychological Reports, 118(1), 171-179.

The Procrastination in Exercise Scale - Kelly, S. M., & Walton, H. R. (2021). “I’ll work out tomorrow”: the procrastination in exercise scale. Journal of Health Psychology, 26(13), 2613-2625.

The Self-Control Scale Tangney, J. P., Baumeister, R. F., & Boone, A. L. (2004). High self-control predicts good adjustment, less pathology, better grades, and interpersonal success. Journal of Personality, 72(2), 271-324.

The Mind Wandering: Deliberate, and Mind Wandering: Spontaneous Scales - Carriere, J.S., Seli, P., & Smilek, D. (2013). Wandering in both mind and body: Individual differences in mind wandering and inattention predict fidgeting. Canadian Journal of Experimental Psychology/Revue canadienne de psychologie expérimentale, 67(1), 19-31.The Single-item Sleep Quality Scale (Snyder et al., 2018),

The Depression Anxiety Stress Scales - Lovibond, P.F., & Lovibond, S.H. (1995). The structure of negative emotional states: Comparison of the Depression Anxiety Stress Scales (DASS) with the Beck Depression and Anxiety Inventories. Behaviour Research and Therapy, 33(3), 335-343.

Data coding for demographic items

Gender

1 man

2 woman

3 other

Sleep disorder

1 yes

2 no

Depressive disorder

1 yes

2 no

Ethnicity

1, white

2, asian

3, black

4, mixed

5, other

5. METHODS

Online questionnaire survey.

Details provided in the associated publication.