1. ABOUT THE DATASET

The dataset is from an online survey conducted to collect data for two BSc Psychology final year dissertations. The data collected was used in two independent BSc dissertation projects.

Title:

Outputs from a questionnaire survey entitled ‘Investigation of the inter-relationships between circadian functioning, mindfulness, sleep quality, depression, bedtime procrastination, and skipping breakfast.’

Creators:

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Rights-holder(s):

University of Reading, Alex Aleksandrov, Merlin Dickins

The data is from student BSc dissertation projects undertaken in the School of Psychology and Clinical Language Sciences, University of Reading, U.K, during 2024-25, supervised by Richard Carciofo. The students have given their permission for the data to be archived. The students were:

Alex Aleksandrov

Merlin Dickins

Publication Year:

2025

Description:

Quantitative data generated from an online survey which included closed-question questionnaire measures of: circadian functioning, mindfulness, sleep quality, depressive symptoms, bedtime procrastination, and skipping breakfast.

The sample was comprised of 219 participants (aged 18-89 years; mean = 26.22, SD = 14.08; 158 females, 54 males, 7 other).

Cite as:

Carciofo, Richard, Aleksandrov, Alex, and Dickins, Merlin (2025): Outputs from a questionnaire survey entitled ‘Investigation of the inter-relationships between circadian functioning, mindfulness, sleep quality, depression, bedtime procrastination, and skipping breakfast.’

University of Reading. Dataset. <https://doi.org/10.17864/1947.001451>

Related publication:

None at the time of archiving the data.

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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.

This research was supported by a financial allowance from the School of Psychology and Clinical Language Sciences, University of Reading.

4. CONTENTS

File listing:

DATA

- quantitative data generated by the questionnaire survey.

Variable list:

Age.

Gender.

Ethnicity.

Diagnosis of depressive disorder.

Diagnosis of eating disorder.

Frequency of skipping breakfast.

The Single-Item Sleep Quality Scale (SQS)

Snyder, E., Cai, B., DeMuro, C., Morrison, M. F., & Ball, W. (2018). A new single-item sleep quality scale: results of psychometric evaluation in patients with chronic primary insomnia and depression. Journal of Clinical Sleep Medicine, 14(11), 1849-1857.

Morningness-Eveningness-Stability-Scale-improved (MESSi)

Randler, C., Díaz-Morales, J. F., Rahafar, A., & Vollmer, C. (2016). Morningness–eveningness and amplitude–development and validation of an improved composite scale to measure circadian preference and stability (MESSi). Chronobiology International, 33(7), 832-848.

Five Facet Mindfulness Questionnaire (FFMQ)

Baer, R. A., Smith, G. T., Lykins, E., Button, D., Krietemeyer, J., Sauer, S., Walsh, E., Duggan, D. & Williams, J. M. G. (2008). Construct validity of the Five Facet Mindfulness Questionnaire in meditating and nonmeditating samples. Assessment, 15, 329–342.

Gu, J., Strauss, C., Crane, C., Barnhofer, T., Karl, A., Cavanagh, K., & Kuyken, W. (2016). Examining the factor structure of the 39-item and 15-item versions of the Five-Facet Mindfulness Questionnaire before and after Mindfulness-Based Cognitive Therapy for people with recurrent depression. Psychological Assessment, 28(7), 791–802.

The Bedtime Procrastination Scale (BPS)

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 Depression Anxiety Stress Scales (DASS) – depression subscale

Antony, M. M., Bieling, P. J., Cox, B. J., Enns, M. W., & Swinson, R. P. (1998). Psychometric properties of the 42-item and 21-item versions of the Depression Anxiety Stress Scales in clinical groups and a community sample. Psychological Assessment, 10(2), 176-181.

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

Gender

0 = male

1 = female

2 = other

Ethnicity

1 = Asian or Asian British

2 = Black, Black British, Caribbean or African

3 = Mixed or multiple ethnic groups

4 = White

5 = Other ethnic group

Depressive disorder – “Have you ever been diagnosed with depression?”

1 = yes

0 = no

Eating disorder – “Have you ever been diagnosed with an eating disorder?”

1 = yes

0 = no

Skipping breakfast – “How often did you skip breakfast in the past week?”

1 = never

2 = one or two days

3 = three or four days

4 = five or six days

5 = every day.

SQS

– See the associated reference above for details of the scale and scoring.

MESSi

– See the associated reference above for details of the scale items and scoring. Items 6, 8, 9, and 10 were reverse-scored.

FFMQ

– See the associated references above for details of the scale items and scoring. Items for each subscale:

Observing: 1, 6, 11.

Describe: 2, 7R, 12.

Acting with awareness: 3R, 8R, 13R.

Non-judging: 4R, 9R, 14R.

Non-reactivity: 5, 10, 15.

R = reverse-scored item.

BPS

– See the associated reference above for details of the scale items and scoring. Items 2, 3, 7, and 9 were reverse-scored.

DASS – depression subscale

– See the associated reference above for details of the scale items and scoring.

5. METHODS

Online questionnaire survey, hosted on the UoR REDCap platform:

<https://uor-redcap.reading.ac.uk/>