1. ABOUT THE DATASET

Title:

Outputs from a questionnaire survey study entitled “Validating an English-language version of a questionnaire measuring morningness-eveningness, morning alertness, and daily variations in functioning”

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Rights-holder(s):

University of Reading

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Description:

Quantitative data generated from an online survey which included closed-question questionnaire measures of: circadian functioning, personality, depressive symptoms, sleep quality and duration, and sleep inertia.

The sample comprised 600 adults from an online recruitment platform (aged 18-78, mean = 41.31, SD = 13.149).

Cite as:

Carciofo, Richard (2025) Outputs from a questionnaire survey study entitled “Validating an English-language version of a questionnaire measuring morningness-eveningness, morning alertness, and daily variations in functioning”. University of Reading. Dataset. https://doi.org/10.17864/1947.001459

Related publication:

Carciofo, R. (2024). Validation of the English-language version of the Morningness-Eveningness-Stability-Scale-improved (MESSi), and comparison with a measure of sleep inertia. Chronobiology International, 41(10), 1328-1339. https://doi.org/10.1080/07420528.2024.2414047

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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

Sleep quality

Sleep duration

The Reduced Morningness-eveningness Questionnaire (rMEQ)

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

The Morningness–eveningness-stability-scale improved (MESSi)

Randler, R., 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, DOI: 10.3109/07420528.2016.1171233

The Sleep Inertia Questionnaire (SIQ)

Kanady, J.C., & Harvey, A.G. (2015). Development and validation of the Sleep Inertia Questionnaire (SIQ) and assessment of sleep inertia in analogue and clinical depression. Cognitive Therapy and Research, 39(5), 601-612. DOI 10.1007/s10608-015-9686-4

10-item Big Five Inventory (BFI-10)

Rammstedt, B., & John, O.P. (2007). Measuring personality in one minute or less: A 10-item short version of the Big Five Inventory in English and German. Journal of Research in Personality, 41, 203-212.

The Depression Anxiety Stress Scales (DASS) – depression subscale

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

1 = male

2 = female

3 = other

In analysis comparing males and females, the coding was changed to 0 = male, 1 = female; see Carciofo (2024), referenced above.

Sleep quality

How often do you have problems with your sleeping, for example insomnia or frequently waking during the night?

1 = Never

2 = Occasionally

3 = At least once a month

4 = At least once a week

5 = Every day

Sleep duration

How many hours do you usually sleep every night?

1 = 4 or less

2 = 5

3 = 6

4 = 7

5 = 8

6 = 9 or more

rMEQ

See Adan and Almirall (1991), referenced above, for details of the scale items and scoring. Items 1, 3, 4, and 5 were recorded in the survey platform such that higher values indicated more eveningness, so these items were reverse-scored prior to undertaking any analysis of the rMEQ. For rMEQ item 5 reverse-scoring was 1 > 6 / 2 > 4 / 3 > 2 / 4 > 0.

MESSi

See Randler et al. (2016), referenced above, for details of the scale items and scoring. Items 6-15 were recorded in the survey platform as 1 = fully agree to 5 fully disagree (rather than 5 = fully agree to 1 fully disagree), so items 7, 11, 12, 13, 14, 15 were first reverse-scored (rather than items 6, 8, 9, and 10), prior to undertaking any analysis of the MESSi.

SIQ

See Kanady and Harvey (2015) and Carciofo (2024) referenced above, for details of the scale items and scoring. SIQ items are the items labelled ‘sq’ in the Data file.

BFI-10

See Rammstedt and John (2007), referenced above, for details of the scale items and scoring.

DASS – depression subscale

See Lovibond and Lovibond (1995), referenced above, for details of the scale items and scoring. Items were recorded in the survey platform on a 1-4 scale, so were re-coded to a 0-3 scale, as used in the original scale scoring, prior to undertaking any analysis of the DASS.

For details of re-coding undertaken in aspects of the data analysis, see the associated publication, Carciofo (2024), referenced above.

5. METHODS

Online questionnaire survey, hosted on the UoR REDCap platform:

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