1. ABOUT THE DATASET

The data set 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, bedtime procrastination, exercise procrastination, use of social media, depression, and physical activity.’

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Rights-holder(s):

University of Reading, Mefta Cornea, Aliza Hussain.

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:

Mefta Cornea

Aliza Hussain

Publication Year:

2025

Description:

Quantitative data generated from an online survey which included closed-question questionnaire measures of: circadian functioning, depressive symptoms, bedtime procrastination, exercise procrastination, use of social media, and physical activity.

The sample was comprised of 517 participants (aged 18-75 years; mean = 24.27, SD = 8.63; 386 females, 109 males, 16 other, 6 prefer not to say).

Cite as:

Carciofo, Richard, Cornea, Mefta, and Hussain, Aliza (2025). Outputs from a questionnaire survey entitled ‘Investigation of the inter-relationships between circadian functioning, bedtime procrastination, exercise procrastination, use of social media, depression, and physical activity.’ University of Reading. Dataset. <https://doi.org/10.17864/1947.001463>

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.

Average time spent on social media per day.

Average time spent doing exercise (activity) per day.

Average time spent sitting per day.

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 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

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.

The Procrastination in Exercise Scale (PiES)

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 Bergen Social Media Addiction Scale (BSMAS)

Andreassen, C. S., Billieux, J., Griffiths, M. D., Kuss, D. J., Demetrovics, Z., Mazzoni, E., & Pallesen, S. (2016). The relationship between addictive use of social media and video games and symptoms of psychiatric disorders: A large-scale cross-sectional study. Psychology of Addictive Behaviors, 30(2), 252–262.

Data coding for demographic items

Gender

0 male

1 female

2 other

3 prefer not to say

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

What is the average time you spend on social media per day?

1 Less than 1 hour

2 1 - 2 hours

3 2 - 3 hours

4 3 - 4 hours

5 More than 4 hours

On an average day, how much time do you spend doing exercise? This includes walking for at least 10 minutes at once.

1 0 - 15 minutes

2 15 - 30 minutes

3 30 minutes - 1 hour

4 1 - 2 hours

5 2 - 3 hours

6 More than 3 hours

On an average day, how much time do you spend sitting?

1 Less than 4 hours

2 4 - 6 hours

3 6 - 8 hours

4 8 - 10 hours

5 More than 10 hours

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

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

The Bedtime Procrastination Scale (BPS)

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

The Depression Anxiety Stress Scales (DASS) – depression subscale

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

The Procrastination in Exercise Scale (PiES)

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

The Bergen Social Media Addiction Scale (BSMAS)

– 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/>