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Relationships Between Rejected and Accepted Romantic Initiation Behaviors on Social Media: Self-esteem and Depressive Feelings in Face-to-Face Interactions

Katie Walker

Written for COM 300: Communication Research Methods (Dr. Lauren Amaro)

Snap, write, upload; smile, tag, post. These are the sequence of actions that have become prevalent amongst social media users. Now, more than ever, such platforms have enabled users to connect with each other, share information, and even initiate romantic relationships. Most social media are designed to stimulate positive interactions among users, for example via “likes” and “favorites,” (Valkenburg, Koutamanis, & Vossen, 2017). However, with this sense of empowerment through a screen also comes the possibility of becoming negatively affected by the interpersonal responses that one receives on social media. Romantic Initiation Behaviors (RIBs) occur anytime one reaches out to an individual of romantic interest during the early stages of a romantic relationship – whether one knows them or not – with the intention of furthering a romantic relationship offline. An example of a rejected RIB would be receiving a negative response, or no response, from a person of romantic interest after sending a direct message to him or her on social media. An example of an accepted RIB would be receiving a positive response from a person of romantic interest after sending a direct message

to him or her on social media, such as planning to meet face-to-face. In these situations, there is potential for rejection and thus, an outcome of lower self-esteem and depressive feelings, all of which impact one’s assurance when interacting face-to-face after communicating online.

Research has shown that online interactions can influence offline mood. According to Valkenburg et al. (2017), “interpersonal feedback on the self, whether positive or negative, is often more public and visible than in comparable face-to-face settings,” (p. 36). With this in mind, it is important to investigate the emotional effects of RIBs when interacting with a romantic interest(s) on social media platforms because “positive or negative feedback from online friends can enhance or lower, respectively, self-esteem and well-being,” (Valkenburg, Peter, & Schouten, 2006, p. 578). All of this together makes it essential to study how both rejected and accepted RIBs on social media affect one’s self-esteem and depressive feelings towards face-to-face interactions. Studying the impacts of these online behaviors will provide insight as to why applicable social media users interact differently in face-to-face

communication after these rejected or accepted interactions.

The present study examines the relationships between rejected and accepted RIBs on social media (specifically on Instagram, Snapchat and Facebook) including changes in self-esteem and depressive feelings when communicating face-to-face post-online interaction(s) with person(s) of romantic interest. Moreover, it applies the Uncertainty Reduction Theory, reviews existing literature pertaining to the variables (outcome of the interaction, self-esteem, and emotion), analyzes the method used to conduct the study, details the results, and discusses the findings, limitations, and possible future direction of the study.

Review of Literature

With the prevalence of social media usage in modern day society, the ability for users to connect and share with one another is easy and the formation of new relationships is even easier through online RIBs. For instance, Instagram, a fast growing online mobile social networking site that allows users to capture and share their experiences (Mander, 2014, p. 142), now has the option for users to direct message (DM) one another. Because of this new and savvy addition to the popular social media app, the colloquial phrase, “sliding into the DM’s,” meaning initiating a romantic behavior online, has been born. Instagram’s DM feature relates to this study in that it not only is a channel through which RIBs are communicated but it is also a way for RIBs to be rejected or accepted. These ways also include liking a photo or commenting on a photo, each of which suggest the potential to

be RIBs and thus have the capability to serve as indicators for online rejection or acceptance from person(s) of romantic interest. Instagram provides an accessible platform through which emerging adults view their self-worth as contingent on approval from others and utilize the app to exercise their self-validation goals (Crocker and Wolfe, 2001). The response that one receives from his or her RIBs on Instagram can influence one’s emotional well-being and self-validation, thus impacting his or her behavior in subsequent face-to-face communications with that same person(s).

Another example, Snapchat, a social media platform that grants users the ability to send private images, videos, and text with an autonomously allotted amount of time for the receiver(s) to open the content before becoming permanently inaccessible to the receiver (Vaterlaus, Barnett, Roche & Young, 2017, p. 594), obtains the feature for users to know when their sent content has been viewed. Snapchat’s features relate to this study because RIBs can be enacted through sending photos or videos to person(s) of romantic interest and can also be rejected or accepted by the ability to see whether or not that person has viewed the content that was sent and whether or not that person responds. Moreover, in a recent study, Vaterlaus et al. (2017) found, “Young adults indicated that Snapchat served as a double-edged sword – a communication modality that could lead to relational challenges, but also facilitate more congruent communication within young adult interpersonal relationships,” (p. 594).

Although Snapchat has been conceptualized as a more private form of

communication and is primarily viewed as an escape from the public default of Facebook (Utz, Muscanell & Cameran, 2015), Facebook also obtains ways in which RIBs can easily be initiated. According to Vaterlaus et al. (2017), “Young adults start relationships by getting acquainted on Facebook, progress to instant messaging, possibly exchange cell phone numbers as a next step, and then meet in person if all went well in previous technology-mediated interactions,” (p. 595). These include responding to a photo or post, such as liking, commenting, instant messaging, or even making a phone call to person(s) of romantic interest to demonstrate RIBs, all of which could ultimately lead to face-to-face communication if accepted. Furthermore, concluded from a study in 2001, Facebook users are driven by a sense of belonging and a desire for acceptance and connection (Sheldon and Hirsch, 2001), which could also explain why RIBs are employed through the app’s many avenues of communicating online.

All of the ways in which RIBs can be utilized through these three social media platforms hold the possibility to instigate an emotional response in the sender, such as a change in self-esteem or a production of depressive feelings, that could affect his or her face-to-face communication with that same person due to the previous online interaction. This leads to the first and only research question presented in this study.

RQ1: What differences exist across social media platforms on initiation, rejection, and acceptance?

Uncertainty Reduction Theory

Striving to explain how people communicate when they are unsure about

their environment, the Uncertainty Reduction Theory (URT), developed by Charles Berger and his colleagues, defines uncertainty as “people's inability to predict or explain their own behavior or the behavior of others,” (Knobloch, 2009, p. 2). Within URT, there are two prominent types of uncertainty: cognitive and behavioral. For the purpose of this study, behavioral uncertainty will be applied as it occurs when people are unsure about their own actions or the actions of others (Knobloch, 2009). Corresponding to the characteristics of this study, the behavioral uncertainty is how the receiver of an online RIB will respond, thus determining the emotional response of the sender. Furthermore, URT classifies three information-seeking categories of strategies people use to find out more about a person (Knobloch, 2009), including passive, active, and interactive. For the purpose of this study, only interactive strategies, which entail directly communicating with the intended person (or in this case, person of romantic interest) will be investigated.

Outcome of the Interaction and Self-Esteem

According to Rosenberg (1965), self-esteem refers to an individual’s positive or negative appraisal of the self; that is, the extent to which the individual views the self as worthwhile and competent (p. 142). Moreover, Hunter (1995) concluded that after subjects received an invested rejection, they were more likely to experience internally-directed negative emotions which then made them less likely to demonstrate self-affirmation to protect their self-esteem. In relation to this study, if the sender of an RIB(s)

receives feedback indicating acceptance, his or her views of the self are likely to be worthwhile and competent and thus positively impact the sender's face-to-face communication with the receiver after the online interaction. Hence, the above considerations lead to the next two hypotheses.

H1: There is a negative correlation between rejection and self-esteem.

H2: There is a positive correlation between acceptance and self-esteem in subsequent face-to-face interactions.

Emotion (Depressive Feelings)

Whether or not it is accepted or rejected, the emotion that follows the RIB is vital to understanding the impact on one's face-to-face communication after online interactions with person(s) of romantic interest. Zung (1974) defines depressive feelings as "a ubiquitous and universal condition, which, as a human experience, extends on a continuum from normal mood swings to a pathological state." In relation to this study, prior research has demonstrated that intensive Facebook use is linked with increased depression, decreased psychological well-being, and indigent self-esteem, (Konstam, 2015; Tazghini and Siedlecki, 2013; Vogel, Rose, Roberts et al, 2014), which further reiterates the importance for the reasoning behind this study's investigation, leading to the final hypothesis.

H3: There is a positive correlation between rejection and depressive feelings.

Relation to "Climate Change"

The topic of RIBs and how it impacts an emotional response, either through an

increase or decrease in self-esteem or the development of depressive feelings, is pertinent to the idea of "climate change" because seeking romantic relationships online has become part of the climate of dating. It wasn't until recently that Instagram, Snapchat and Facebook were created, and more specifically, the mediums developed through which to communicate on said applications (i.e.: Instagram Direct Message, Snapchat Private Messaging, and Facebook Messenger), introducing a new platform to initiate romantic relationships. For instance, Instagram was born in 2010, Snapchat in 2011, and Facebook in 2004. Before then, the culture of initiating a romantic relationship did not involve so many different ways to go about doing so. However, with this rapid growth over the past few years and the mediums through which to communicate through them, research on the attitudes and beliefs that affect the development of an online relationship instigation is limited (Andersen, 2005). This alone gives room for a change in climate surrounding how romantic relationships are initiated in this day and age. Moreover, this change opens the door for a greater understanding of the impact RIBs have and the emotional responses that may follow when an RIB is either rejected or accepted online. Thus, a comprehension of this climate change will provide insight as to how to manage RIBs in the future. But in order to gain more knowledge on this topic, more research needs to be done, contributing to the pertinence of this study.

Method

Participants

The participants sampled for this study were 114 undergraduate students at Pepperdine University. There were 20 males and 94 females surveyed. The ages of participants ranged from 18 to 23. The races of the participants were as follows: Asian/Pacific Islander (n = 11), Hispanic (n = 10), Black/African American (n = 6), White/Caucasian (n = 81), other (n = 5) and prefer not to say (n = 1). The classes of the participants included freshmen (n = 29), sophomores (n = 11), juniors (n = 35), seniors (n = 34), and other (n = 5). The researchers sampled their demographic through a convenience sample survey, specifically using volunteer and network samples, by posting on the researcher's personal Facebook profiles and Pepperdine University Class Facebook pages. The researchers provided a \$30 gift card incentive to a random participant.

Procedures

Participants completed an online anonymous survey that measured their social media use, their willingness to instigate RIBs online to person(s) of romantic interest, the depth of their emotional response(s) to either rejection or acceptance (if they had previously sent RIBs online), and whether or not this emotional response(s) influenced their face-to-face communication with that same person after the prior online interaction. The survey, consisting of 43 items, was sent out through the Google Forms platform, and was designed to take approximately 5 minutes to complete. The online survey was available to complete for one week.

Measures

Self-Esteem. The Rosenberg Self-Esteem Scale, "a 10-item scale that measures global self-worth by measuring both positive and negative feelings about the self," (Rosenberg, 1965) was used as an interval level of measurement to measure the participant's pre-existing levels of self-esteem prior to instigating RIBs, which would determine any change in emotional response after being rejected or accepted online. All items are answered using a 4-point Likert scale format ranging from "Strongly agree" to "Strongly disagree." The type of measurement was an online survey consisting of 17 items pertaining to self-esteem.

Outcome of Interaction. A 5-Point Likert Scale was used as an interval level of measurement to measure the outcome of participant's RIBs (either rejected or accepted) in order to understand how the result of them affects their emotional response(s) and thus impacts their face-to-face communication after the outcome is demonstrated. The type of measurement was an online survey consisting of 6 items pertaining to the outcome of RIB interaction.

Emotion (Depressive Feelings). The Zung Self-Rating Depression Scale (SDS), designed by W. W. Zung, is "a short, self-administered survey to quantify the depressed status of a patient" designed to assess the level of depression for patients diagnosed with depressive disorder (Zung, 1965). The original scale consisted of 20 items that rate four common characteristics of depression, however, for this particular study, the questions of the SDS were modified to 13 questions by the researchers to meet the intended purpose of investigation and respond

in accordance to, “How I felt after my rejected RIB.” All items are answered using a 4-point Likert scale format ranging from “A little of the time” to “Most of the time” in order to determine any change in emotional response after being rejected or accepted online. Example items range from “I feel downhearted and blue,” to “I feel hopeful about the future.” The type of measurement was an online survey consisting of 13 items pertaining to emotion (more specifically, depressive feelings).

Results

Research Question and Hypotheses

Research question 1 asks what differences exist across social media platforms on initiation, rejection, and acceptance. A mean difference answered the research question through five different survey questions. The first inquired about one’s hypothetical social media use for initiating RIBs on each platform ranging from 1 (“Very likely”) to 4 (“Very unlikely”) in response, revealing that participants would use Snapchat the most to initiate RIBs with an average of “Likely” ($M = 2.24$, $SD = 1.14$), followed by Instagram ($M = 2.02$, $SD = .98$) and Facebook ($M = 1.56$, $SD = .81$). The second item queried previous social media use to initiate RIBs ranging from 1 (“Have used”) to 3 (“Have never used”). They found that users initiated most on Snapchat with a high average of “Have used” ($M = 1.58$, $SD = .62$), followed by Instagram ($M = 1.81$, $SD = .53$), and Facebook ($M = 1.87$, $SD = .54$). The third item provided a statement pertaining to each social media platform to determine whether or not one’s self-esteem is negatively affected after no response was given to an initiated RIB ranging

from 1 (“Strongly agree”) to 5 (“Strongly disagree”) in agreeance. Again, Snapchat was highest in impact with a high average of “Agree” ($M = 2.64$, $SD = 1.13$), followed by Instagram ($M = 2.72$, $SD = 1.16$),

and Facebook ($M = 2.88$, $SD = 1.26$). The fourth item explored the extent to which one’s self-esteem is affected after no response was given to an initiated RIB ranging from 1 (“Very negatively affected”) to 5 (“Very positively affected”) in response. Again, Snapchat was highest in impact with an average of “Negatively affected” ($M = 2.54$, $SD = .66$), followed by Instagram ($M = 2.65$, $SD = .68$) and Facebook ($M = 2.68$, $SD = .69$). The final item asked how likely one is to move forward with face-to-face communication after a rejected RIB ranging from 1 (“Very unlikely”) to 4 (“Very likely”) in response; participants were most likely to move forward after Snapchat rejections ($M = 2.22$, $SD = .92$), followed by Instagram ($M = 2.12$, $SD = .88$), and Facebook ($M = 1.97$, $SD = .92$).

Hypothesis 1 stated that there is a negative correlation between rejection and self-esteem. A correlational analysis supported the hypothesis, revealing a small correlation between the variables ($r = -.12$). This indicates that as rejection increases, self-esteem decreases.

Hypothesis 2 stated that there is a positive correlation between acceptance and self-esteem in subsequent face-to-face interactions. A correlational analysis did not support the hypothesis, demonstrating no relationship between the variables ($r = .06$).

Hypothesis 3 stated that there is a positive correlation between rejection and depressive feelings. A correlational analysis did

not support the hypothesis, demonstrating no relationship between the variables ($r = .09$).

Discussion

Significant Findings and Implications

Hypotheses. H1 resulted in a small relationship between rejected RIBs and self-esteem, unlike H2 and H3, which did not conclude any relationships between acceptance and self-esteem in subsequent face-to-face interactions as well as rejection and depressive feelings. These findings parallel those of Leary, Terdal, Tambor and Downs (1995) who found that “rejection significantly lowered self-feelings, but acceptance did not significantly raise them,” (p. 526). In relation to URT, the behavioral uncertainty enacted was more prevalent in rejected RIBs than accepted ones, thus determining the emotional response of the sender. Moreover, when URT’s interactive strategies, or direct communication, with the intended person of romantic interest is employed and permanent rejection is detected (such as in subsequent face-to-face interactions), one may attempt to reduce his or her stress by minimizing the importance of acceptance (Leary, Terdal, Tambor and Downs, 1995) and thus be emotionally impacted by the rejection but not so far as to obtain depressive feelings from it.

As noted above, the study found that as rejection increases, self-esteem decreases. This is consistent with the findings of Ishaq and Haque (2015) that rejection is mediated by the self-esteem. Furthermore, “people who experience real or imagined rejection repeatedly will have lower trait self-esteem than people who feel warmly included” (Leary, Terdal, Tambor and Downs, 1995). This means that

although re-occurring rejection from initiated RIBs on social media affects one’s self-esteem, it does not transgress enough to generate depressive feelings in face-to-face communication. One may feel sad about the action of the RIB itself being rejected, but not feel prolonged sadness about oneself due to the outcome of the interaction alone.

Limitations

There are many reasons why most of the hypotheses were not supported. First, the sample size was fairly small and there were significantly more female participants than male participants and far fewer sophomore and other participants in comparison to freshmen, junior, and senior participants. Furthermore, the section of the questionnaire about using RIBs on Snapchat, Instagram, and Facebook had never been used or tested before, since it was developed and utilized for the first time in this study. For this reason, the data collected was less reliable than was most likely necessary to attain multiple conclusions.

The reliability of the self-created sections of the survey and the reliance on the participants’ self-assessed RIB usage on each of the three social media platforms was also a limitation. The small sample size, short amount of time that the survey was available, and the lack of considerable racial diversity and gender balance within the sample were issues because they are not respectfully representative of the Pepperdine student population as a whole but could have been had the survey been available to prospective participants for longer than a week.

Future Direction

Due to the sample population consisting of solely participants from

Pepperdine University, the results from this study can only be generalized to Pepperdine students. However, although the findings from this study are directly applicable to only one institution, they can definitely help direct future research at other universities. The inclusion of replications of the current study with more reliable scales, specifically for RIB usage on social media platforms, could be used for possible future studies. A content analysis may be more suitable with more time and resources to investigate the research question and hypotheses presented in the current study, or to explore other hypotheses relating to acceptance and self-esteem in subsequent face-to-face interactions or rejection and depressive feelings. Moreover, future studies could also

create and investigate hypotheses based on the correlation found between rejection and self-esteem, which would most likely be more successful than one that focuses on multiple variables such as the current study.

Conclusions

Despite the hypotheses resulting in limited conclusions, the mean difference, found as a result of the research question, and correlation, concluded as a result of H1, were significant and largely contributed to the field of communication research. Although H2 and H3 were inconclusive, these findings hold value and open many doors for a plethora of potential research opportunities in the future.

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Appendix

Survey

1. You are being asked to participate in a study about your social media use, willingness to instigate Romantic Initiation Behaviors (RIBs) online to person(s) of romantic interest, the depth of your emotional response to either being rejected or accepted, and whether or not this emotional response(s) influenced your face-to-face communication with that same person after the prior online interaction. The survey should take approximately 5 minutes to complete. You will remain anonymous as your name will not be published in the review of this study. You may only complete the survey once. Your participation in this survey is voluntary. If you experience any depressive feelings while taking this survey and would like to speak with a professional, click the link below to set up an appointment for free counseling at the university counseling center. <https://community.pepperdine.edu/counselingcenter/counseling/>. You may also reach out to Dr. Lauren Amaro at lauren.amaro@pepperdine.edu. If you consent to participate and would like to continue, you may begin now.

A. Yes, I am at least 18 years of age and agree to participate

B. No, I do not wish to participate

2. What is your age?

- Female
- Prefer not to say

3. Please select your gender

- Male

4. Please select your ethnicity.

- African American/African/Black/Caribbean
- Asian/Pacific Islander
- Caucasian
- Native American
- Other
- Prefer not to say

5. Which class are you currently in?

- Freshman
- Sophomore
- Junior
- Senior
- Other

For the following questions, please respond in accordance to how you feel.

6. On the whole, I am satisfied with myself.

- Strongly Agree (1)
- Agree (2)
- Disagree (3)
- Strongly Disagree (4)

7. At times I think I am no good at all.

- Strongly Agree (1)
- Agree (2)
- Disagree (3)
- Strongly Disagree (4)

8. I feel that I have a number of good qualities.

- Strongly Agree (1)
- Agree (2)
- Disagree (3)
- Strongly Disagree (4)

9. I am able to do things as well as most other people.

- Strongly Agree (1)
- Agree (2)

- Disagree (3)
- Strongly Disagree (4)

10. I feel I do not have much to be proud of.

- Strongly Agree (1)
- Agree (2)
- Disagree (3)
- Strongly Disagree (4)

11. I certainly feel useless at times.

- Strongly Agree (1)
- Agree (2)
- Disagree (3)
- Strongly Disagree (4)

12. I feel that I'm a person of worth, at least on an equal plane with others.

- Strongly Agree (1)
- Agree (2)
- Disagree (3)
- Strongly Disagree (4)

13. I wish I could have more respect for myself.

- Strongly Agree (1)
- Agree (2)
- Disagree (3)
- Strongly Disagree (4)

14. All in all, I am inclined to feel that I am a failure.

- Strongly Agree (1)
- Agree (2)
- Disagree (3)
- Strongly Disagree (4)

15. I take a positive attitude toward myself.

- Strongly Agree (1)
- Agree (2)
- Disagree (3)

- Strongly Disagree (4)

16. Do you use any the following forms of social media? (check all that apply)

- Snapchat
- Instagram
- Facebook
- I do not use social media

17. Have you ever engaged in romantic initiation behaviors (Romantic Initiated Behaviors) using any of the above forms of social media?

- Yes
- No

18. How often have your Romantic Initiation Behaviors been rejected?

- Very often (1)
- Often (2)
- Sometimes (3)
- Not Often (4)
- Never (5)

19. How often have your Romantic Initiation Behaviors been accepted?

- Very often (1)
- Often (2)
- Sometimes (3)
- Not Often (4)
- Never (5)

How likely are you to use the following applications as platforms for Romantic Initiation Behaviors?

20. Snapchat

- Very unlikely (1)
- Unlikely (2)
- Sometimes (3)

- Likely (4)
- Very likely (5)

21. Facebook

- Very unlikely (1)
- Unlikely (2)
- Sometimes (3)
- Likely (4)
- Very likely (5)

22. Instagram

- Very unlikely (1)
- Unlikely (2)
- Sometimes (3)
- Likely (4)
- Very likely (5)

23. When I Snapchat a person I am romantically interested in with the intent of starting a communication and he/she opens it but does not respond, I feel that my self-esteem is negatively affected.

- Strongly Agree (1)
- Agree (2)
- Disagree (4)
- Strongly Disagree (5)
- I don't use Snapchat

24. If the person I am romantically interested in with the intent of starting a communication does not respond to my Instagram direct message, I feel that my self-esteem is negatively affected.

- Strongly Agree (1)
- Agree (2)
- Disagree (4)
- Strongly Disagree (5)
- I don't use Instagram

25. If the person I am romantically interested in does not respond to my Facebook message with the intent of starting a communication I feel that my self-esteem is negatively affected.

- Strongly Agree (1)
- Agree (2)
- Disagree (4)
- Strongly Disagree (5)
- I don't use Facebook

26. Answer the following questions in accordance to your Romantic Initiation Behavior(s) on the following social media platforms (Snapchat, Instagram, Facebook):

- I use this platform and have instigated a Romantic Initiation Behavior(s) on it
- I use this platform but have never instigated a Romantic Initiation Behavior(s) on it
- I do not use this platform

27. Answer the following questions in accordance to how your self-esteem is affected if your Romantic Initiation Behavior(s) does not receive a response [on Snapchat, Instagram, Facebook].

- Very Negatively Affected (1)
- Negatively Affected (2)
- Not Affected (3)
- Positively Affected (4)
- Very positively affected (5)

28. Answer the following questions in accordance to how likely you are to move forward with face-to-face communication after your Romantic Initiation Behavior(s) is rejected on the following social media platforms (Snapchat, Instagram, Facebook).

- Very Negatively Affected (1)
- Negatively Affected (2)

- Not Affected (3)
- Positively Affected (4)
- Very positively affected (5)

29. When I don't receive any response on social media after a Romantic Initiation Behavior, I immediately give up on the potential romance with that person.

- Strongly Agree (1)
- Agree (2)
- Disagree (4)
- Strongly Disagree (5)

30. When I feel ignored on these forms of social media by my romantic interest, my self-esteem is negatively affected in transitioning to face-to-face communication with said person.

- Strongly Agree (1)
- Agree (2)
- Disagree (4)
- Strongly Disagree (5)

For the following questions, please respond in accordance to how you felt after your most memorable Romantic Initiation Behavior(s) on social media was rejected or ignored.

31. I feel downhearted and blue.

- A little of the time (1)
- Some of the time (2)
- Good part of the time (3)
- Most of the time (4)

32. I have crying spells or feel like it.

- A little of the time (1)
- Some of the time (2)
- Good part of the time (3)
- Most of the time (4)

33. I have trouble sleeping at night.

- A little of the time (1)
- Some of the time (2)
- Good part of the time (3)
- Most of the time (4)
- Most of the time (4)

34. My heart beats faster than usual.

- A little of the time (1)
- Some of the time (2)
- Good part of the time (3)
- Most of the time (4)

35. My mind is as clear as it used to be.

- A little of the time (1)
- Some of the time (2)
- Good part of the time (3)
- Most of the time (4)

36. I find it easy to do the things I used to.

- A little of the time (1)
- Some of the time (2)
- Good part of the time (3)
- Most of the time (4)

37. I am restless and can't keep still.

- A little of the time (1)
- Some of the time (2)
- Good part of the time (3)
- Most of the time (4)

38. I feel hopeful about the future.

- A little of the time (1)

- Some of the time (2)
- Good part of the time (3)
- Most of the time (4)

39. I am more irritable than usual.

- A little of the time (1)
- Some of the time (2)
- Good part of the time (3)
- Most of the time (4)

40. I find it easy to make decisions.

- A little of the time (1)
- Some of the time (2)
- Good part of the time (3)
- Most of the time (4)

41. I feel that I am useful and needed.

- A little of the time (1)
- Some of the time (2)
- Good part of the time (3)
- Most of the time (4)

42. My life is pretty full.

- A little of the time (1)
- Some of the time (2)
- Good part of the time (3)
- Most of the time (4)

43. I still enjoy the things I used to do.

- A little of the time (1)
- Some of the time (2)
- Good part of the time (3)
- Most of the time (4)