



*Supplementary Materials*

**EMA questions**

*For questions 1-4, 8, 13, & 15-17, the participant uses a slider bar on the EMA smartphone to indicate the point along the response range that best represents their preference level.*

In general, over the last 2 hours:

1. How SAD or HAPPY have you been?  
Very sad \_\_\_\_\_ Very happy
2. How ANXIOUS or CALM have you been?  
Very anxious \_\_\_\_\_ Very calm
3. How FRUSTRATED have you been?  
Not frustrated at all \_\_\_\_\_ Very frustrated
4. How much ENJOYMENT have you had?  
Little enjoyment \_\_\_\_\_ A great deal of enjoyment
5. WHERE were you just before the phone rang?
  - Home (indoors) (laundry room, kitchen, bathroom, etc.)
  - Home (outdoors) (yard, deck, driveway, etc.)
  - Work/Volunteer work places
  - Community (park, mall, bank, restaurant, etc.)
  - Health facility/Clinic (rehabilitation therapy, etc.)
  - Vehicle (car, train, etc.)
  - Other
6. Were you ALONE just before the phone rang?
  - Yes
  - No
7. WHOM were you with just before the phone rang? (Check all that apply)
  - Family
  - Friends
  - Colleagues/Co-workers
  - Service providers (therapist, cashier, gardener, waiter...)
  - People I don't know/Strangers
  - Other
8. How would you describe your social interaction with the one(s) you were with?  
Very stressful \_\_\_\_\_ Very positive/uplifting
9. Please briefly describe what activity you were doing just before the phone rang.  
Text box
10. Which arm/hand(s) were you using for the activity?
  - Right arm/hand
  - Left arm/hand
  - Both arms/hands

- Neither or none
11. Which of the following(s) can describe the activity you were doing? (Check all that apply)
- Activity that requires a lot of arm/hand STRENGTH/ENDURANCE
  - Activity that requires a high level of hand DEXTERITY/PRECISION
  - Activity that needs to COORDINATE both hands working together to accomplish
  - Activity that you were under a TIME-PRESSURE to complete
  - Activity with a NEGATIVE consequence if you failed
  - Activity with a POSITIVE consequence if you succeeded
  - None of above
12. Around how long had you been doing the activity?
- Less than 5 min
  - 5 – 15 min
  - 15 – 30 min
  - 30 – 60 min
  - Longer than 60 min
13. How DIFFICULT was the activity to you?  
Not difficult at all ————— Very difficult
14. What was your body position when the phone rang?
- Dynamic (walking, moving around, etc.)
  - Standing
  - Sitting
  - Lying down
15. How CONFIDENT are you right now that you can use your RIGHT arm/hand to accomplish any activity that comes up or that you need to do within the next 2 hours?  
Not confident at all ————— Very confident
16. How CONFIDENT are you right now that you can use your LEFT arm/hand to accomplish any activity that comes up or that you need to do within the next 2 hours?  
Not confident at all ————— Very confident
17. How CONFIDENT are you right now that you can use BOTH arms/hands to accomplish any activity that comes up or that you need to do within the next 2 hours?  
Not confident at all ————— Very confident