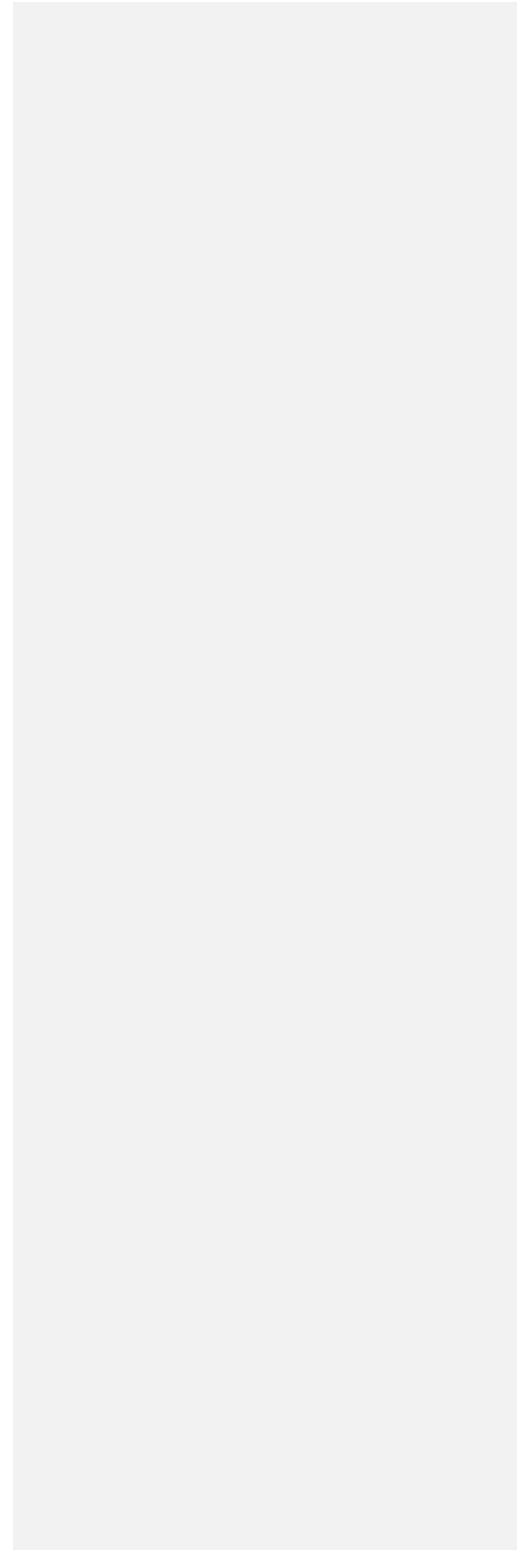


The Relationship Between Affect and Self-Concept

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Method**Participants**

Data were collected via University of Wisconsin-Milwaukee (UWM) Qualtrics. Three hundred and seventy-eight participants completed the online survey; 60% of which were college students. The mean age was 22.9 years ($SD = 6.09$). There were 200 females (53%) and 178 males (47%). One hundred and eighty-three individuals (49.2%) reported their gender identity as woman, 165 (43.7%) reported their gender identity as man, and 30 (7.9%) reported their gender as non-binary. The sample consists of 40% non-Hispanic Caucasians, 38% African Americans, 13% Hispanics, and 8% Asians/Pacific Islanders; 1% of the participants reported “other” for their ethnicity.

Measures***Positive and Negative Affect Schedule.***

Positive affect was assessed using the Positive and Negative Affect Schedules (PANAS; Watson et al., 1988). The PANAS consists of 10 positive (e.g., “interested,” “enthusiastic”) and 10 negative (e.g., “distressed,” “ashamed”) items rated on a 5-point Likert-type scale, ranging from “not at all” to “extremely.” The PANAS has been validated and has a high reliability with the Cronbach’s α ranging from .84 to .90 (Watson et al., 1988).

How I See Myself

The How I See Myself questionnaire (HSM; Taylor & Gollwitzer, 1995) is a 22-item questionnaire that measures self-enhancement. The questionnaire contains 11 positive qualities (e.g., “cheerful,” “sensitive to others”) and 11 negative qualities (e.g., “cranky,” “lacking motivation”). Participants were asked to rate themselves on a 7-point Likert-type scale in comparison to others. The scale ranges from “much worse” to “much better” than the average

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college students of the participants' age and gender. The HSM is valid and reliable with the Cronbach's α ranging from .83 to .91 (Creswell et al., 2005; Taylor et al., 2008; Taylor & Gollwitzer, 1995; Taylor et al., 2003; Thomsen et al., 2007).

Demographic questionnaire.

A demographic questionnaire was administered to collect participants' basic demographic information, including age, sex-assigned-at-birth, gender identity, and ethnicity.

Procedure

All the questionnaires (PANAS, HSM, and demographic questionnaire) were administered online using the UWM Qualtrics website. The present study is a part of a larger research study that consists of six online questionnaires. It took participants approximately 10 to 15 minutes to complete.

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Microsoft Word and many other word processing applications add extra space (typically 2/3rds of a line) between paragraphs. This is NOT APA standard and can cause you to lose points.

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