

I felt that the virtual coach appreciated me.		0 0 0 0 0 0 0 0	
I wanted to execute all task set by the virtual coach well.		0 0 0 0 0 0 0 0	
I trust that the virtual coach wants the best for me		0 0 0 0 0 0 0 0	
I think the virtual coach is an expert on writing about your memories.		0 0 0 0 0 0 0 0	
I didn't think it important to execute the tasks set by the virtual coach well.		0 0 0 0 0 0 0 0	
I did my best to do what the virtual coach asked of me		0 0 0 0 0 0 0 0	

Questionnaire 3:

The following questions are meant to test how well you've remembered the information you received.

How do we call the writing about negative experiences?

On which things can writing about negative memories have a positive effect? Try to name as much as possible.

What is important when writing about negative memories? Try to name as much points as possible.

Question 4

In this experiment you have listed 5 memories, and ordered them on a scale from least to most stressful. In the end you further described 1 memory. Fill in below which memory you've chosen to write about in detail by putting an X at the chosen number. You also indicated how negative this memory was on a scale from 1 to 100. Fill in which numbers you've given the 5 memories on the scale from 1 to 100. Below is an example of how you can fill in this scale

If you don't remember exactly which numbers you gave or which you've chosen, you can ask the experimenter to show you this (it is possible to do this without the experimenter seeing your descriptions). If you wish to do this, call the experimenter in now.

Example:

	Least negative				Most negative
Order	1	2	3	4	5
Put an X at the one you described in detail.		X			
How negative on a scale from 1 to 100.	70	75	84	85	86

Fill in this one yourself:

	Least negative				Most negative
Order	1	2	3	4	5
Put an X at the one you described in detail.					
How negative on a scale from 1 to 100.					

Question 5

The following questions are about how much you went in detail during the description of your memory. Put an X at the point which best corresponds with your opinion. If your opinion matches fully with one of the words at the edges of the line you put the X on that side of the line. Is it exactly in the middle, you put the X in the middle, etc.

Example:

- I liked doing this experiment

Not fun at all  Very much fun

Here I say that I didn't like this experiment for the most part, but it wasn't as bad as 'no fun at all'.

Not fun at all  Very much fun

Here I say that I liked doing this experiment a lot.

Not fun at all  Very much fun

Here I say that I didn't like doing this experiment, but I didn't not like it either.

I truly studied and described my deepest feelings.

Don't agree  Fully agree


The memory I described is very confronting.

Don't agree  Fully agree

I have linked my memory to other life events during the description.

Don't agree  Fully agree

Describing the memory has influenced the way I look at it now.

Don't agree  Fully agree

Question 6

The following questions are about the virtual coach and the information you've received. The exercise which is referred to in the questions is the one where you described one memory in detail for 15 minutes in the diary.

The information about describing your memories added something to this exercise.

Don't agree  Fully agree

Explanation:

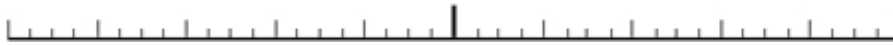
The presence of the virtual coach added something to this exercise.

Don't agree  Fully agree

Explanation:

The possibilities of the diary added something to this exercise.

Don't agree



Fully agree

Explanation:

The fact that the coach spoke to me added something to this exercise.

Don't agree



Fully agree

Explanation: