

Midlife in the United States: Daily Stress Project, 2004-2009.

General Dataset Information

The dataset present was pulled from a published research project titled “Midlife in the United States: Daily Stress Project, 2004-2009”. In total, two datasets were developed using the data provided from this research project. The first dataset selects the years 2004 and 2009 and pulls the stress variables utilized in the original study. After cleaning this dataset, the total stress scores of respondents were compared for the years 2004 and 2009. To gain a better understanding of the differences in scores, an ANOVA was conducted. The ANOVA observed how physical symptoms, such as muscle soreness, impact stress based on age groups

Data Collection

Prior to selecting specific variables of interest, this dataset was extremely vast. Variables ranged from the day-to-day experiences of respondents to psychological distress to positive events in their day. In the original study, the data was obtained via an 8-day phone interview. This data was gathered from 2004 to 2009 with the goal of observing how various factors may influence stress.

Data Processing & Cleaning

When creating these datasets, we utilized the codebook provided by the authors of the study. There were several values used to represent missing data, whether it was a skipped question or a non-response, the lack of response was coded differently. The first step to creating a workable dataset was handling missing data. To calculate the total stress score, the missing values were dropped from the dataset. The large size of the dataset prevents the removal of missing values from impacting the usability of the data. No participants were excluded from this dataset unless they had not responded to all questions in this scale.

Data Use & Limitations

The primary use of this dataset was to better understand how various factors impact stress. The dataset was cleaned and processed using the guidelines from the original research study. There are potential limitations in how missing data was handled. Individuals who responded to 75% of the stress scale may have been removed when their data could have been insightful. In terms of responses to the interviews, there may have also been some bias. Many questions were asked about drug and alcohol usage. Individuals may try to appeal to what is socially desirable and alter their responses, therefore impacting the data.

Codebook – Paired T-test:

Variable Name	Question	Scoring	Original Names
ID	Participant ID		M2ID
interview_number	Interview day (1-8)		B2DDAY
year	Interview year (2004-2009)		B2DIYEAR
argument_disagreement	Did you have an argument or disagreement with anyone since the last time we spoke?	2=No; 1=Yes	B2DF1
conflict_avoidance	Since the last time we spoke, did anything happen that you could have argued about that you let pass to avoid a disagreement?	2=No; 1=Yes	B2DF2
work_school_stress	Since the last time we spoke, did anything happen at work or school that most people would consider stressful?	2=No; 1=Yes	B2DF3
home_stress	Since the last time we spoke, did anything happen at home that most people would consider stressful?	2=No; 1=Yes	B2DF4
discrimination_experience	Many people experience discrimination on the basis of race, sex, and age, did anything like this happen to you since the last time we spoke?	2=No; 1=Yes	B2DF5
family_friend_stress	Since the last time we spoke, did anything happen to a relative or close friend that turned out to be stressful for you?	2=No; 1=Yes	B2DF6
other_stress	Did anything else happen to you that people would consider stressful?	2=No; 1=Yes	B2DF7
total_stress_score	Sum of yes values	2=No; 1=Yes	B2DN_STR

***All null values were excluded from the dataset

Codebook – ANOVA:

Variable Name	Question	Scoring	Original Names
Id	Participant id	Unique identifier	M2ID
Year	Interview year	2004-2009	B2DIYEAR
Interview_number	Interview day	1-8	B2DDAY
Age		21-40; 41-60; 60+	B1PAGE_M2
Headache	Experienced a headache?	2=No; 1=Yes	B2DB1A
Backache	Experienced a backache?	2=No; 1=Yes	B2DB1B
Muscle_soreness	Experienced muscle soreness?	2=No; 1=Yes	B2DB1C
Fatigue	Experienced fatigue?	2=No; 1=Yes	B2DB1D
Joint_pain	Experienced joint pain?	2=No; 1=Yes	B2DB1E
Muscle_weakness	Experienced muscle weakness	2=No; 1=Yes	B2DB1F
Cough	Experienced a cough	2=No; 1=Yes	B2DB1G
Sore_throat	Experienced sore throat	2=No; 1=Yes	B2DB1H
Fever	Experienced a fever?	2=No; 1=Yes	B2DB1I
Chills	Experienced chills?	2=No; 1=Yes	B2DB1J
Other_cold_or_flu_symptoms	Experienced other cold and flu symptoms?	2=No; 1=Yes	B2DB1K
Nausea	Experienced nausea?	2=No; 1=Yes	B2DB1L
Allergies	Experienced allergies?	2=No; 1=Yes	B2DB1LA
Diarrhea	Experience diarrhea?	2=No; 1=Yes	B2DB1M
Constipation	Experienced constipation?	2=No; 1=Yes	B2DB1N
Poor_appetite	Experienced poor appetite?	2=No; 1=Yes	B2DB1O
Other_stomach_problems	Experienced other stomach problems?	2=No; 1=Yes	B2DB1P

Chest_pain	Experienced chest pain?	2=No; 1=Yes	B2DB1Q
Dizziness	Experienced dizziness?	2=No; 1=Yes	B2DB1R
Shortness_of_breath	Experienced shortness of breath?	2=No; 1=Yes	B2DB1S
Menstrual_related_symptoms	Experienced menstrual related symptoms	2=No; 1=Yes	B2DB1T
Hot_flashes_or_flushes	Experienced hot flashes or flushes?	2=No; 1=Yes	B2DB1U
Any_other_physical_symptoms	Experienced any other physical symptoms?	2=No; 1=Yes	B2DB1V
Skin_related_symptoms	Experienced skin related symptoms?	2=No; 1=Yes	B2DB1W
Eye_related_symptoms	Experienced eye related symptoms?	2=No; 1=Yes	B2DB1X
Ear_related_symptoms	Experienced ear related symptoms	2=No; 1=Yes	B2DB1Y
Teeth_related_symptoms	Experienced teeth related symptoms	2=No; 1=Yes	B2DB1Z
Leg_or_foot_related_symptom	Experienced leg or foot related symptoms	2=No; 1=Yes	B2DB1LEG
Total_score	Sum of Items		B2DN_SYM

***All null values were excluded from the dataset