

## Online Survey

Thank you for agreeing to take part in this research. We appreciate your help. Before you begin, we would like to provide you with assurances about how your information will be treated.

This study is led by PhD candidate, Cyril Jaksic, from Lincoln University, New Zealand. Its aim is to collect psycho-social data from former winter-overs to investigate the social context in such an unusual environment. The results should help, amongst others, to refine training processes for future Antarctic expeditions or socially similar environments (e.g., spaceship, submarine).

Important note: The present survey is solely aimed at former winter-overs; that is to say, you should only complete this survey if you have spent a winter in an Antarctic station.

The survey consists of two parts:

- Part One (about 10 minutes): questions related to your experience during your last winter-over in an Antarctic station
- Part Two (about 10 minutes): personality questionnaire

Although this is a brief survey (about 20 minutes), you can stop filling in the survey at any time and resume later. However, for better reliability of the data, we ask that you complete the survey all in one sitting, if possible. If you choose to stop filling in the survey and resume later, make sure that no one else can access your computer and see your responses.

The results of the project may be published, but you may be assured of your anonymity in this investigation. No personal data will be published along with identifiable information. The data will be analysed as a whole and no individual data will be disclosed.

This research is independent from any national programme and your participation is entirely voluntary.

By clicking the green button at the bottom right, marked as ">>", you confirm that you have read and agreed with the conditions mentioned above. However, you will still be able to stop the survey at any time while filling it in. Only the submission of the survey (at the very end) will prevent you from coming back to the data you have provided.

Thank you very much for your participation.

This research is being conducted by Cyril Jaksic, Ph.D. student at Lincoln University, New Zealand, under the supervision of Dr. Gary Steel. If you have any questions about the research, please feel free to contact either person. Their contact details are below:

Email contacts:

cyril.jaksic@lincolnuni.ac.nz

gary.steel@lincoln.ac.nz

They will be pleased to discuss any concerns or questions you have about participation in the project.

The project has been reviewed and approved by the Lincoln University Human Ethics Committee.

The first part of this survey (about 10 minutes) contains personal measures that are not related to your experience as a winter-over.

Listed below are several characteristics that can be used to describe people. In regards to yourself, please indicate the extent to which you agree or disagree with each statement.

	Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly
Is talkative					
Tends to find fault with others					
Does a thorough job					
Is depressed, blue					
Is original, comes up with new ideas					
Is reserved					
Is helpful and unselfish with others					
Can be somewhat careless					
Is relaxed, handles stress well					
Is curious about many different things					
Is full of energy					
Starts quarrels with others					
Is a reliable worker					
Can be tense					
Is ingenious, a deep thinker					
Generates a lot of enthusiasm					
Has a forgiving nature					
Tends to be disorganized					
Worries a lot					
Has an active imagination					
Tends to be quiet					
Is generally trusting					
Tends to be lazy					
Is emotionally stable, not easily upset					
Is inventive					
Has an assertive personality					
Can be cold and aloof					
Perseveres until the task is finished					
Can be moody					
Values artistic, aesthetic experiences					
Is sometimes shy, inhibited					
Is considerate and kind to almost everyone					
Does things efficiently					
Remains calm in tense situations					
Prefers work that is routine					
Is outgoing, sociable					
Is sometimes rude to others					
Makes plans and follows through with them					
Gets nervous easily					
Likes to reflect play with ideas					
Has few artistic interests					
Likes to cooperate with others					
Is easily distracted					
Is sophisticated in art, music, or literature					

Each item of this questionnaire is a statement that a person may either agree with or disagree with. For each item, indicate how much you agree or disagree with what the item says. Please be as accurate and honest as you can be, and don't worry about being "consistent" in your responses.

	Strongly disagree	Disagree	Rather disagree	Rather agree	Agree	Strongly agree
I try to be in the company of friends as much as possible.						
I spend a lot of time visiting friends.						
Encounters with other people make me happy.						
Often I would rather be alone than with a group of friends.						
I go out of my way to meet people.						
I choose hobbies that I can share with other people.						
I like to make as many friends as I can.						
I feel a rush of energy when I get to know new people.						
I like to fully immerse myself in a relationship.						
I want to be able to share all the good and negative emotions in a relationship.						
Getting close to someone is the only thing that matters in life.						
My thoughts permanently revolve around my loved ones.						
Finding a soul mate is important for me.						
Sometimes I feel a deep connection and complete unity with another person.						
I don't keep any secrets from the people I love.						

Here you see several goals that can be more or less important for you. Please mark how important each of these goals is for your life, from "not important to me" **(-1)** to "extremely important to me" **(6)**. There are no right or wrong answers – your opinion is all that matters.

	Not important to me	Of little importance to me	Of some importance to me	Important to me	Very important to me	Extremely important to me
Engage in a lot of activities with other people.						
Have a wide circle of friends.						
Have a close, intimate relationship with someone.						
Give sympathy and love to other people.						
Not being separated from the people I really care about.						

For each of the following pairs of statements, select the one that best describes you. In some cases neither statement may describe you well or both may describe you somewhat. In those cases, please select the statement that best describes you or that describes you most often.

1.     a. I enjoy being around people.  
       b. I enjoy being by myself.
2.     a. I try to structure my day so that I always have some time to myself.  
       b. I try to structure my day so that I always am doing something with someone.
3.     a. One feature I look for in a job is the opportunity to interact with interesting people.  
       b. One feature I look for in a job is the opportunity to spend time by myself.
4.     a. After spending a few hours surrounded by a lot of people, I usually find myself stimulated and energetic.  
       b. After spending a few hours surrounded by a lot of people, I am usually eager to get away by myself.
5.     a. Time spent alone is often productive for me.  
       b. Time spent alone is often time wasted for me.
6.     a. I often have a strong desire to get away by myself.  
       b. I rarely have a strong desire to get away by myself.
7.     a. I like to vacation in places where there are a lot of people around and a lot of activities going on.  
       b. I like to vacation in places where there are few people around and a lot of serenity and quiet.
8.     a. When I have to spend several hours alone, I find the time boring and unpleasant.  
       b. When I have to spend several hours alone, I find the time productive and pleasant.
9.     a. If I were to take a several-hour plane trip, I would like to sit next to someone who was pleasant to talk with.  
       b. If I were to take a several-hour plane trip, I would like to spend the time quietly.
10.    a. Time spent with other people is often boring and uninteresting.  
       b. Time spent alone is often boring and uninteresting.
11.    a. I have a strong need to be around other people.  
       b. I do not have a strong need to be around other people.
12.    a. There are many times when I just have to get away and be by myself.  
       b. There are rarely times when I just have to get away and be by myself.

The second part of the survey (about 10 minutes) refers specifically to your experience in Antarctica. If you have wintered-over more than once, please, think of your last winter-over when answering the items. While your answers may have been different for different periods of the winter-over (e.g., different mood at the beginning and end of the winter), we ask you to report an average answer that reflects your experience as a whole.

Thinking specifically about your last job in Antarctica, to what extent do you agree with the following?

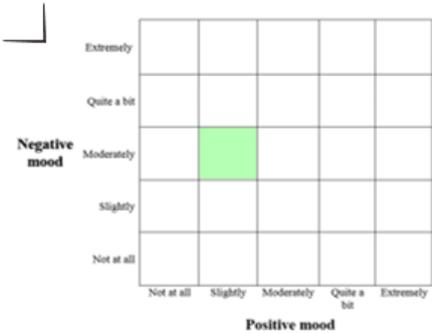
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
I find real enjoyment in my job					
My job is unusual					
I like my job better than average person					
My job needs me to be fit					
Most days I am enthusiastic about my job					
My job is time consuming					
I feel fairly well satisfied with my job					

During your last winter-over, how often have you experienced:

	Not at all	A little bit	Moderately	A lot	Severely
Difficulties falling asleep or staying asleep					
Waking up at night					
Feeling tired during the day					
Being forgetful					
Difficulties in mentally focusing					
Difficulties in finding your words or expressing what you meant					
Feeling confused					

Please indicate on the grid below the extent to which you have felt both positive and negative emotions during your last winter-over. The horizontal scale represents positive emotions and the vertical scale represents negative emotions. Select the square that represents the extent to which you have felt both positive and negative emotions during your last winter-over.

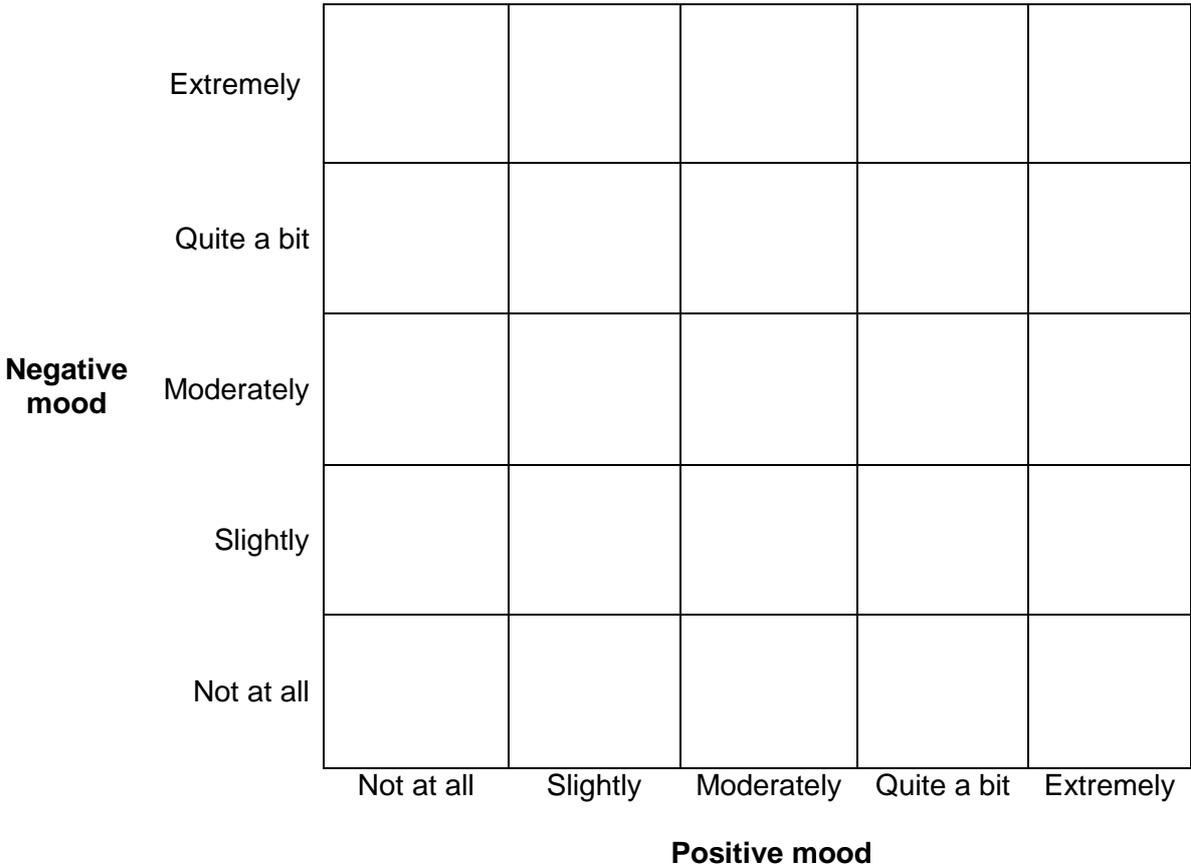
For example, if someone had a moderately negative mood during the last winter-over, and slightly felt positive mood, he or she would answer as follows:



Please, select only ONE square per grid.

If you have selected a square by mistake, please click again on it to unselect it.

Please, indicate on the grid below the extent to which you have felt positive and negative emotion during the first quarter of your stay in Antarctica. Note that if you can only recall an overall mood for the whole winter-over without being able to break it down in quarters, go straight to the next page.



Please, indicate on the grid below the extent to which you have felt positive and negative emotion during the second quarter of your stay in Antarctica.

<b>Negative mood</b>	Extremely					
	Quite a bit					
	Moderately					
	Slightly					
	Not at all					
		Not at all	Slightly	Moderately	Quite a bit	Extremely

**Positive mood**

Please, indicate on the grid below the extent to which you have felt positive and negative emotion during the third quarter of your stay in Antarctica.

<b>Negative mood</b>	Extremely					
	Quite a bit					
	Moderately					
	Slightly					
	Not at all					
		Not at all	Slightly	Moderately	Quite a bit	Extremely

**Positive mood**

Please, indicate on the grid below the extent to which you have felt positive and negative emotion during the fourth quarter of your stay in Antarctica.

	Extremely					
	Quite a bit					
<b>Negative mood</b>	Moderately					
	Slightly					
	Not at all					
		Not at all	Slightly	Moderately	Quite a bit	Extremely
		<b>Positive mood</b>				

Please, indicate on the grid below the extent to which you have felt positive and negative emotion for the whole duration of your stay in Antarctica.

<b>Negative mood</b>	Extremely					
	Quite a bit					
	Moderately					
	Slightly					
	Not at all					
		Not at all	Slightly	Moderately	Quite a bit	Extremely
		<b>Positive mood</b>				

Please indicate for each of the statements below, the extent to which they have applied to your situation, the way you felt during your last winter-over.

	no!	no	more or less	yes	yes!
I experience a general sense of emptiness					
There are plenty of people I can rely on when I have problems					
There are many people I can trust completely					
There are enough people I feel close to					
I miss having people around					
I often feel rejected					

Privacy could be defined as the claim of an individual to determine what information about himself or herself should be known by others. Not having enough privacy might occur when someone is too much exposed to others, when others have access to one's information that one would rather not share, or when one wishes to be away from people for a while but cannot fulfil this need.

With this in mind, and for your last winter-over, how do you agree with the following statement?

	Strongly disagree	Moderately disagree	Neither agree nor disagree	Moderately agree	Strongly agree
I had enough privacy					

If you sometimes feel like having more privacy, how do you fulfil this need? For each strategy, indicate the frequency it has been used over the winter of your last Antarctic expedition:

	Strategy	1x / month	1x / week	2-3x / week	1x / day	>1x / day
1						
2						
3						
4						
5						
6						

Indicate the time spent, in an average week during your last winter-over, using the following methods to contact your friends and family.

Please, give your answer **in hours** (put zero if you do not use a given method). You can use decimals.

Postal mail	
Fax	
Telephone	
Email	
Video chat	
Other	

What reasons did you have for wanting to go to Antarctica?

	reasons	importance				
		1	2	3	4	5
1.						
2.						
3.						
4.						
5.						

The following information only help us describe the pool of participants for this study.

Which sex are you?

- Male
- Female

What was your age (in years) during your last winter-over?

What occupation did you hold during your last winter-over?

What was your highest qualification when wintering-over for the last time (including industrial qualification)?

What year did you winter-over for the last time?

What station was it?

Were you in a relationship (boyfriend, girlfriend, wife, husband or similar) at the beginning of your last winter-over?

- Yes
- No

If you answered 'yes' to the previous question, please indicate for how many years you had been in a relationship at the time.

How many children living at home did you have during your last winter-over?

How many times had you PREVIOUSLY wintered-over?

If you have any comment regarding this questionnaire or some of your answers, please feel free to comment here.

Thank you for your participant.

Please, click the green button at the bottom right (>>) to submit your questionnaire.