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„Winning a lottery drawing – would you regret it?"

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Abstract

The aim of this current study was to finding out if it is possible to regret positive, hedonic experiences after they were experienced and how this anticipated regret is connected to subjective well-being. Additionally, I examined the relation of regulatory focus and subjective well-being. Participants had to rate how much they would regret undergoing ordinary and extraordinary experiences when they were aware of the fact that they should be doing some other important tasks while they were enjoying these different kinds of experiences. Participants also had to rate how much regret they would anticipate when they were doing the important tasks and therefore be missing out on ordinary and extraordinary experiences. The results suggested that undergoing extraordinary experiences evoked less anticipated regret than undergoing ordinary experiences. Missing out on extraordinary experiences evoked more anticipated regret than missing out on ordinary experiences. Anticipated regret of undergoing ordinary experiences was negatively correlated to subjective well-being, whereas this did not apply to anticipated regret of undergoing extraordinary experiences. I replicated the results of further studies about the relationship between regulatory focus and subjective well-being, namely that there is a stronger relationship between promotion focus and subjective well-being than between prevention focus and subjective well-being. Implications of this current study and suggestions for future research are discussed.

Keywords: regulatory focus, subjective well-being, anticipated regret, ordinary and extraordinary experiences

Winning a lottery drawing- would you regret it?

"Never regret anything that made you smile. "

We all know slogans like that but the question is, do we really never regret things that made us smile? At first glance you may ask yourself why you should regret things you enjoyed but imagine the following two situations:

You are meeting with a good friend of yours, go for a walk, maybe have some coffee, in other words you are just having a really good time together. Afterwards, do you regret it?

Imagine you won a lottery drawing and because of that you are now with your lover/ family member/ good friend on vacation in a luxury hotel in the Caribbean. Afterwards, do you regret it?

Without much doubt you would not regret both of the described situations at first glance. Now imagine these two situations in a bit different way:

You are meeting with a good friend of yours, go for a walk, maybe have some coffee, in other words you are just having a really good time together, although you know you should do some important stuff for your studies, for instance, studying for a big exam or preparing for a presentation on the following day. Afterwards, do you regret meeting with your friend?

Imagine you won a lottery drawing and because of that you are now with your lover/ family member/ good friend on vacation in a luxury hotel in the Caribbean, although you know you should do some important stuff for your studies, for instance studying for a big exam or preparing for a presentation on the following day after your vacation. Afterwards, do you regret that you have been on vacation?

Your answers may have changed at these two slightly different situations. I am trying to find out on the one hand if it is possible, that people regret hedonic experiences like the examples above, especially if different kinds of experiences lead to varying values of anticipated regret and on the other hand if anticipated regret affects subjective well-being. I also want to find out if individual personality traits like regulatory focus affect how much

anticipated regret is evoked. Regulatory focus theory (Higgins, 1997) suggests that some people are seeking especially for new adventures and diversified enjoyment, which is related to a promotion focus, whereas others prefer safety and stability in their lives, which is related to a prevention focus (Aaker & Lee, 2001). Whether people have a chronic promotion focus or a chronic prevention focus should have an effect on anticipated regret.

Theoretical background

You may have noticed that the two mentioned situations were both hedonic but they differed from each other. The first example, in which you should imagine meeting with a good friend and having a good time, was an ordinary experience. Ordinary experiences are common, frequent and occur in everyday life (Bhattacharjee & Mogilner, 2014). The second example, in which you should imagine that you won a lottery drawing and are now enjoying a vacation in the Caribbean, was an extraordinary experience. Extraordinary experiences are uncommon, infrequent and usually do not occur in everyday life (Bhattacharjee & Mogilner, 2014). It is important to note, that the terms "ordinary" and "extraordinary" do not contain intrinsic value judgement, these chosen definitions just refer to relative frequency and are not related to any inferiority or superiority (Bhattacharjee & Mogilner, 2014). The question researchers are trying to answer is which type of experiences offers the greatest happiness-simple and ordinary experiences or once-in-a-lifetime and extraordinary experiences? On the one hand there exists literature that supports the notion that ordinary experiences are more important for happiness but on the other hand there also exists literature that supports the notion that extraordinary experiences have a greater impact on happiness and subjective well-being.

Before describing this more in detail it should be noticed that the research about well-being can be divided into two different approaches: subjective well-being versus psychological well-being (Linley et al., 2009). Subjective well-being contains an emotional (affective) component, which depicts the balance between positive and negative affect, and a

cognitive component, which is about the judgements about one's life satisfaction (Keyes et al., 2002). Psychological well-being is about dealing with existential challenges of life (Keyes et al., 2002), namely self-acceptance, purpose in life, autonomy, positive relations with others, environmental mastery and personal growth according to Ryff (1989).

As already mentioned above, do ordinary and extraordinary experiences contribute to an important component of subjective well-being, namely happiness. One line of literature supports the notion that ordinary experiences are more important for great happiness and therefore also for subjective well-being: To sample the pleasures of ordinary experiences can lead to increased happiness (Quoidbach, Berry, Hansenne, & Mikolajczak, 2010) whereas the inability to value such moments can lead to decreased happiness (Quoidbach, Dunn, Petrides, & Mikolajczak, 2010). Other researchers such as DeVoe and House (2012) also support the notion that simple, ordinary experiences are more important for happiness (and therefore subjective well-being) than extraordinary experiences.

Another line of literature supports the notion that extraordinary experiences are more important for great happiness and subjective well-being: Extraordinary and meaningful experiences are related to self-definition, life satisfaction and well-being (Zauberman, Ratner, & Kim, 2009). People are motivated to undergo and collect extraordinary experiences that are unusual and sometimes extreme to build their so-called "experiental CV" (Keinan & Kivetz, 2011).

Interestingly, research showed that as people get older, the importance of undergoing extraordinary experiences remains stable whereas the importance of ordinary experiences increases (Bhattacharjee & Mogilner, 2014). Bhattacharjee and Mogilner (2014) reasoned that people's attention is captured by rare extraordinary experiences, which fall outside daily routines and therefore endure in their memories, leading to happiness no matter which age people are. Ordinary experiences seem to become more important as people get older because people realize that they cannot be forever young and that there life time is limited so the best

they can do is to appreciate every lucky experience, no matter if it is an ordinary or an extraordinary one (Bhattacharjee & Mogilner, 2014). The importance of extraordinary experiences for younger people may also be due to the fact that younger people define happiness in terms of high states of arousal, excitement and enthusiasm; older people define happiness in terms of low states of arousal, ease and peacefulness (Mogilner, Kamvar, & Aaker, 2011), which applies more to ordinary experiences. Another important point is that younger people are still trying to find out who they want to be and the best way to define themselves is through undergoing extraordinary experiences that are evidence for successfully passing life milestones and which are simultaneously good for an interesting experiental CV (Bhattacharjee & Mogilner, 2014). Since the sample of my study contained mostly of psychology students and by trend more younger individuals, extraordinary experiences should be more important for a reported high subjective well-being than ordinary experiences.

One central point of my study is that I did not ask participants how much they would enjoy undergoing ordinary and extraordinary experiences but how much they would regret undergoing ordinary and extraordinary experiences since I wanted to find out if it is generally possible to anticipate regret for hedonic experiences. We probably all know things we did (or did not do), which we afterwards regretted doing (or not doing), for instance "If I did not go to the party on Wednesday, I would have passed the test on the following day". Such representations of alternatives to past factual events are called counterfactual thoughts, most of these counterfactual thoughts are framed as conditionals, containing an "if" and followed by a "then" component (Roese et al., 2006). The negative emotion that springs from counterfactual ponderings is regret, particularly when focusing on how things could have been better and it is mostly centered on personal action (Connolly & Zeelenberg, 2002). Previous studies showed that regret and counterfactual thoughts had a strong impact on mental health, decision making, behavior regulation and emotional well-being (Roese, 1997; Mandel, Hilton, & Catellani, 2007; Zeelenberg, 1999; Wrosch, Bauer, Miller, & Lupien, 2007). Since past

research on regret and counterfactual thoughts has focused mainly on work-related goals (Morris, Moore, & Sim, 1999), educational (Nasco & Marsh, 1999) and family domains (Roese & Summerville, 2005), it seems interesting to find out how ordinary and extraordinary experiences influence anticipated regret.

Regret can refer to actions versus inactions (Zeelenberg, van den Bos, van Dijk, & Pieters, 2002). Regrets of actions refer on what should not have been done whereas regrets of inactions refer on what should have been done (Zeelenberg et al., 2002). Anticipating regret means to think about the consequences of a decision respectively what might happen after a decision and this can strongly influence behavior or behavioral intention (Zeelenberg & Pieters, 2007). In a study about HIV/Aids, high coping information increased anticipated regret, which led to higher intention to use condoms (Smerecnik & Ruiter, 2010). In a study about influenza vaccination (Chapman & Coups, 2006), the greater the reduction of anticipated worry and regret due to vaccination was, the more people were motivated to get vaccinated. Even more important, the relationship between perceived risk and vaccination was mediated by anticipated worry and regret, therefore it can be assumed that anticipated regret can support protective behavior and is not per se a "bad" emotion (Chapman & Coups, 2006).

Integrating all these literature and because of my young sample and therefore the importance of extraordinary experiences, I assume that undergoing extraordinary experiences evokes less anticipated regret than undergoing ordinary experiences (H1a). When thinking about missing out on extraordinary experiences, participants should anticipate more regret than when thinking about missing out on ordinary experiences (H1b). Also due to the importance of extraordinary experiences over ordinary experiences for self-definition of younger people I assume that ordinary experiences are not beneficial for self-definition and moreover that anticipated regret of undergoing ordinary experiences is negatively correlated to subjective well-being (H2a), whereas there should be no correlation between anticipated regret of undergoing extraordinary experiences and subjective well-being (H2b).

In addition I assume that my results concerning anticipated regret are affected by another important component, namely regulatory focus. According to Higgins (1997), people are motivated to avoid pain and to seek pleasure. This so-called "hedonic principle" is the basic motivational assumption of many different theories across all psychological areas, for instance decision making in cognitive and organizational psychology (Kahneman & Tversky, 1979; Duton & Jackson, 1987), consistency in social psychology (Festinger, 1957), and even conditioning in animal learning (Mowrer, 1960). Higgins (1997) stated that psychology was relying too much on the hedonic principle as an explanation for motivation and therefore developed the concept of regulatory focus: This concept underlies the hedonic principle but takes into account, that people use different strategic ways to approach pleasure and avoid pain, in other words people differ in the way they self-regulate themselves toward desired end-states (Higgins, 1997). These desired end-states represent either strong ideals (hopes, wishes and aspirations one wants to achieve) or strong oughts (duties, obligations and responsibilities one wants to achieve; Higgins, 1997). Regulatory focus theory (Higgins, 1997) distinguishes self-regulation with a promotion focus from self-regulation with a prevention focus. Figure 1 gives a quick overview about the characteristics and differences of promotion focus and prevention focus.

According to Higgins (1997) does self-regulation in relation to strong ideals involve a promotion focus whereas self-regulation in relation to strong oughts involves a prevention focus. People with a chronic promotion focus are sensitive to the presence and absence of positive outcomes (gain versus non-gain) therefore their strategy to reach desired end-states is an inclination to approach matches (Higgins, Roney, Crowe, & Hymes, 1994). People with a chronic prevention focus are sensitive to the presence and absence of negative outcomes (loss versus non-loss) therefore their strategy to reach desired end-states is an inclination to avoid mismatches (Higgins, Roney, Crowe & Hymes, 1994).

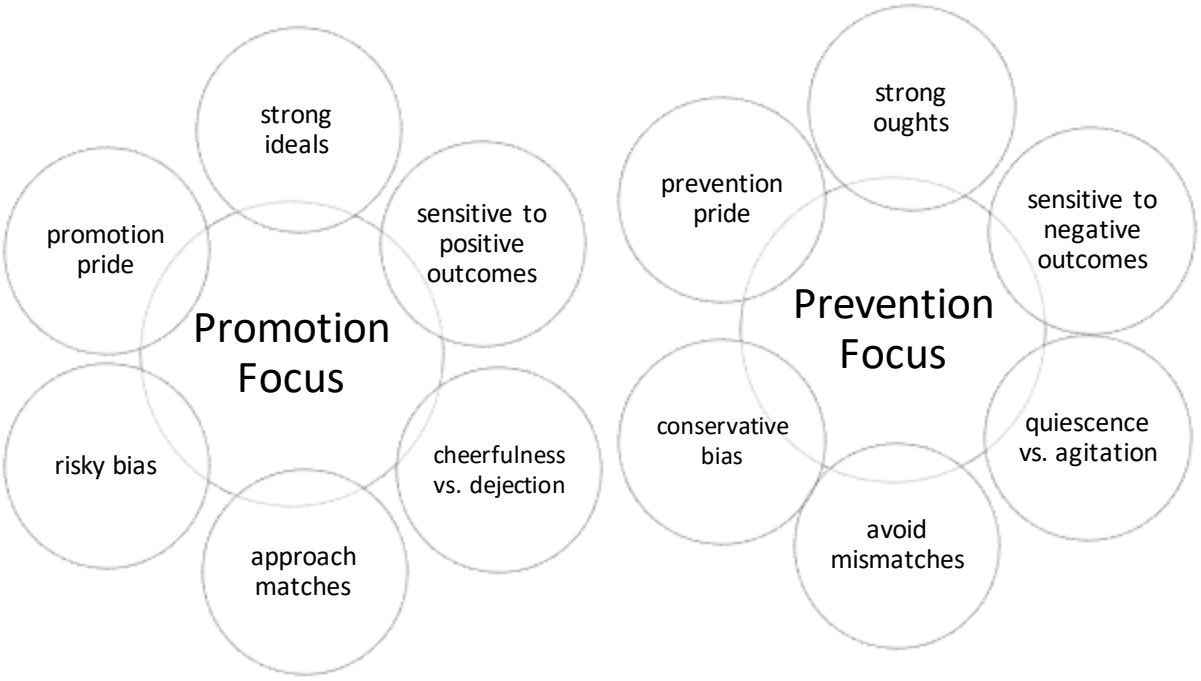

Figure 1. Characteristics and differences of promotion focus and prevention focus

In signal detection tasks, Crowe and Higgins (1997) examined that the strategic tendencies of individuals with a chronic promotion focus vary from individuals with a chronic prevention focus. Participants had to detect if a signal was presented or not, four outcomes were possible for this signal-detection task: (1) a hit: saying yes when a signal was featured, (2) a miss: saying no when a signal was featured, (3) a false alarm: saying yes when there was no signal featured and (4) a correct rejection: saying no when there was no signal featured (Crowe & Higgins, 1997). Participants with a chronic promotion focus tended to have a risky bias of saying yes - they wanted to insure hits and against misses, in other words they insured against errors of omission- whereas participants with a chronic prevention focus tended to have a conservative bias of saying no – they wanted to insure correct rejections and against false alarms, in other words they insured against errors of commission (Crowe & Higgins, 1997). Also in line with this is research about the relation of regulatory focus and friendship which detected that people with different chronic regulatory focus use different strategies for friendship (Higgins et al., 1994). The results of this study (Higgins et al., 1994) showed that

individuals with promotion-focus concerns (participants with predominantly ideal discrepancies) selected more friendship tactics reflecting a strategy of approaching matches (e.g., "be supportive to your friends") whereas individuals with prevention-focus concerns (participants with predominantly ought discrepancies) selected more friendship tactics reflecting a strategy of avoiding mismatches (e.g., "stay in touch and don't lose contact with friends").

Different types of literature indicated that failing to attain hopes or ideals evokes dejection-related emotions, such as disappointment, sadness or dissatisfaction whereas failing to meet obligations or responsibilities evokes agitation-related emotions, such as unease or threat (Rogers, 1998; Roseman, Spindel, & Jose, 1990). This can be associated with regulatory focus: Discrepancies from promotion-focus ideals, representing the absence of positive outcomes, produced different types of pain than discrepancies from prevention-focus oughts, representing the presence of negative outcomes (Higgins, 1987). Interestingly, studies with clinically depressed and anxious individuals found that anxiety is related to more actual-ought discrepancies whereas depression is related to more actual-ideal discrepancies (Strauman, 1989).

Higgins, Shah and Friedman (1997) found a positive relation between promotion focus and cheerfulness-related emotions experienced when actual-ideal congruency was achieved and a positive relation between promotion focus and dejection-related emotions experienced when actual-ideal congruency could not be achieved, they also found a positive relation between prevention focus and quiescence-related emotions experienced when actual-ought congruency was achieved and a positive relation between prevention focus and agitation-related emotions experienced when actual-ought congruency could not be achieved. These results were replicated by Idson, Liberman and Higgins (2000). Summed up, regulatory focus not only moderates the intensity of painful emotions but also the intensity of pleasant emotions (Higgins et al., 1997; Idson et al., 2000).

As mentioned before, individuals use different strategies to achieve goals, dependent on their regulatory focus (Crowe & Higgins, 1997; Higgins et al., 1994). The terms "promotion pride" and "prevention pride" refer to the subjective history of successfully achieving a goal (Higgins et al., 2001). On the one hand, if an individual has a subjective history of success in attaining promotion focus goals, he or she will have promotion pride and on the other hand, if an individual has a subjective history of success in attaining prevention focus goals, he or she will have prevention pride (Higgins et al., 2001). Promotion pride and prevention pride both involve a motivation to approach a new task goal, but they differ in their orientations toward how to approach the goal: Individuals with promotion pride are oriented toward eagerness means of success whereas individuals with prevention pride are oriented toward vigilance means of success (Higgins et al., 2001). For instance, in a study with the goal of maintaining a diet (Higgins et al., 2001), individuals with promotion pride tended to use tactics that advanced diet maintenance (approaching effective tactics) whereas individuals with prevention pride tended to use tactics that impeded diet maintenance (avoiding ineffective tactics). Furthermore, Grant and Higgins (2003) showed that promotion pride was positively related to active coping and planning, and negatively related to behavioral disengagement, prevention pride was also positively related to active coping and planning, and negatively related to turning to alcohol or drug use. Due to these various findings it cannot be concluded that a promotion focus or a prevention focus is better than the other one, it is just about that individuals with a promotion focus use other strategies for achieving a goal than individuals with a prevention focus.

The security-related effects of anticipated regret (Simonson, 1992; Parker, Stradling, & Manstead, 1996) suggest that anticipating regret is strongly related to a prevention-focused self-regulation that is focused on security-related goals and sensitive to the presence or absence of negative outcomes (Leder, Florack, & Keller, 2013). Thus, one can assume that prevention-focused individuals would feel generally more regret than promotion-focused

individuals but that is not true. Studies about the relation of regret and regulatory focus (Roese, Hur, & Pennington, 1999; Roese et al., 2006) have been conducted in recent years and they showed that the affective activation of counterfactual thoughts is moderated by promotion and prevention focus, such that dejection, which is associated with promotion failure, activates additive counterfactuals (mutation of inaction) and agitation, which is associated with prevention failure, activates subtractive counterfactuals (mutation of action). In other words a promotion focus tends to be related to regretting inaction and a prevention focus tends to be related to regretting action (Roese et al., 1999; Roese et al., 2006). This assumption is supported by the work of Leder et al. (2013): Prevention-focused individuals and promotion-focused individuals produced in their study an equal amount of general outcome regret for making a wrong decision, which means that promotion-focused individuals and prevention-focused individuals just differed in which negative decision consequences were more relevant to them. A promotion focus led to more regrets for failing to obtain promotion goals than for failing to obtain prevention goals, whereas a prevention focus led to more regrets for failing to obtain prevention goals than for failing to obtain promotion goals (Leder et al., 2013). Prevention goal regret directed in avoiding risky behavior, promotion goal regret induced risk-seeking behavior, which gives evidence that promotion and prevention focus generate different types of regret but also affect behavior in a different way (Leder et al., 2013). Although these results suggest that promotion-focused individuals tend to regret inaction more than action and that promotion goal regret leads to risky-seeking behavior, whereas prevention-focused individuals tend to regret action more than inaction and that prevention goal regret leads to risk-aversive behavior, it is also possible that under certain circumstances promotion-focused individuals choose strategies that are more prevention focus oriented and that prevention-focused individuals choose strategies that are more promotion focus oriented (Florack, Keller, & Palcu, 2013). For instance, prevention-focused individuals chose risky options if these were the only way to go back to safety and

security (Scholer, Zou, Fujita, Stroessner, & Higgins, 2010) and prevention-focused individuals tended more than promotion-focused individuals to take actions that supported their health (Leder et al., 2013).

In line with the work of Leder et al. (2013) is the work of Kastner (2014). She presented participants in her study two types of vouchers, a simple (ordinary) drugstore voucher and a more specific (extraordinary) concert-ticket voucher and asked them how much they would regret choosing one voucher over the other one on the next day (near-future condition) versus ten years later (distant-future condition). The results suggested that the temporal manipulation of anticipated regret was more distinctive for prevention-focused individuals than for promotion-focused individuals. The feeling of missing out (= choosing the drugstore voucher over the concert-ticket voucher) seemed to dominate for promotion-focused individuals already in the near-future condition, which supports the notion of Leder et al. (2013) that promotion- and prevention-focused individuals feel different types of regret, namely on the one hand regret for missed opportunities concerning promotion-focused individuals and on the other hand regret related to insecurities and ruminating concerning prevention-focused individuals (Kastner, 2014).

Because of these findings I assume that individuals with a chronic promotion focus differ in anticipated regret when thinking about undergoing or missing out on ordinary and extraordinary experiences compared to individuals with a chronic prevention focus. I especially assume different outcomes when comparing anticipated regret of missing out on ordinary and extraordinary experiences with anticipated regret when undergoing ordinary and extraordinary experiences, namely that individuals with a chronic promotion focus report less anticipated regret when undergoing ordinary and extraordinary experiences (H3a) whereas individuals with a chronic prevention focus report less anticipated regret when missing out on ordinary and extraordinary experiences (H3b).

Moreover, I want to take a closer look at the relation between promotion focus/ prevention focus and subjective well-being. Grant and Higgins (2003) found that the relation between subjective well-being and regulatory focus was strongly mediated through optimism and neuroticism. Although both promotion focus and prevention focus were related to subjective well-being, promotion focus better predicted subjective well-being (Grant and Higgins, 2003). The authors construed that this was because being optimistic is more in line with the eagerness of a promotion focus than with the vigilance of a prevention focus. I am trying to replicate the results of Grant and Higgins (2003). Therefore, I assume that there is a positive relation between promotion focus and the used measurements of subjective well-being (H4a) except the PANAS negative affect scale (Watson et al., 1988). Since this scale measures negative affect, a negative relation between promotion focus and the PANAS negative affect scale (Watson et al., 1988) is expected (H4b). Additionally I assume that there is a positive relation between prevention focus and the used measurements of subjective well-being (H5a) but this relation should be minor than the relation between promotion focus and the used measurements of subjective well-being (H5b). Also, a negative relation between prevention focus and the PANAS negative affect scale (Watson et al., 1988) is expected (H5c).

Contribution to research

Previous research about happiness and subjective well-being has mainly focused on two different kinds of measurements: frequency and intensity of positive affect (Diener, Sandvik, & Pavot, 1991). Frequency of positive affect refers to "the percentage of time individuals were experiencing positive affect at levels which exceeded their level of negative affect. Intensity of positive affect was the average intensity of positive affect when the person was happy" (Diener et al., 1991, p. 124). In contrast I am not measuring frequency and intensity of positive affect but rather I present my participants "real" experiences and they have to rate how much anticipated regret they would feel when undergoing vs missing out on

these experiences. By presenting these experiences it is easier to ensure that all participants are tested under the same conditions (since they all have to rate the same experiences) and it should also be easier to find out if positive affect springs from ordinary or extraordinary experiences.

Furthermore I want to make a contribution to the research of regulatory focus. Promotion focus has been shown to be positively connected to subjective well-being and it has also been shown that this relation is bigger than the connection between prevention focus and subjective well-being (Grant & Higgins, 2003). Does this mean that a promotion focus is better for a high subjective well-being than a prevention focus? This question seems to be unclear by now so I am taking a closer look at the relation of regulatory focus and subjective well-being to find out if promotion focus is better for a high subjective well-being or if both promotion and prevention are important for a high subjective well-being.

Research question

I tried to find out how different experiences, anticipated regret, regulatory focus and subjective well-being are connected to each other. The main questions were if it is possible to regret hedonic experiences after they were experienced and if individuals with a promotion focus vs. a prevention focus anticipate varying regret. I also wanted to find out how subjective well-being is influenced by regulatory focus and different experiences.

The study

Testing my hypotheses I conducted a pre-test and the "actual" survey. The pre-test was sent online to 20 individuals to assess the invented experiences (see Table 1) and to make sure that these could be used in the actual questionnaire. For the actual questionnaire the pre-test items were modified. Items of other questionnaires were integrated (also listed below, see Measures) and built a complete questionnaire which was presented via computer in the lab of the faculty of Social Psychology.

Method

Participants

156 participants (109 women, 47 men) took part in the study, which was conducted in the lab of the faculty of Social Psychology at the University of Vienna. Most participants (N= 119) were invited via the LABS-System of University of Vienna and therefore received one LABS-Credit for participating, the remaining 37 were strangers or friends who agreed to take part in the study voluntarily. Their mean age was 22.22 (SD = 4.48). 79.5 % of all participants had the general qualification for university entrance, 19.9 % already had an academic degree, which means that the sample consisted primarily of highly educated individuals.

Design

The study employed a 2 (anticipated regret of undergoing ordinary experiences vs. anticipated regret of undergoing extraordinary experiences) x 2 (anticipated regret of not undergoing ordinary experiences vs. anticipated regret of not undergoing extraordinary experiences) within-subjects design. Regulatory focus (Promotion focus vs. prevention focus) should moderate the effect of anticipated regret in each condition. Furthermore regulatory focus should be correlated with the used scales for measuring subjective well-being.

Measures

For answering the above presented hypotheses, regulatory focus, subjective well-being, anticipated regret and demographic data were collected.

Regulatory Focus. Chronic regulatory focus was assessed by the Regulatory Focus Questionnaire (RFQ; Higgins et al., 2001). The RFQ consists of 6 items measuring promotion focus strength (e.g., “When it comes to achieving things that are important to me, I find that I don't perform as well as I ideally would like to do”, reversed scored) and of 5 items measuring prevention focus strength (e.g., How often did you obey rules and regulations that were established by your parents?). Scale end-points range from 1 (*never or seldom*) to 5 (*very*

often). Both the promotion and prevention scales were internally consistent (Cronbach's α = .67 and .69) and largely uncorrelated, $r = .09$, $p = .29$.

Subjective Well-being. Subjective well-being was assessed by the Positive and Negative Affect Schedule (PANAS; Watson, Clark, & Tellegen, 1988), the Satisfaction With Life Scale (SWLS; Diener, Emmons, Larsen, & Griffin, 1985), the Fragebogen zur Lebenszufriedenheit (FLZ; scales soziale Beziehungen & Gesundheit; Fahrenberg, 2000), the Presence subscale of the Meaning in Life Questionnaire (MLQ; Steger, Frazier, Oishi, & Kaler, 2006) and the Belonging scale (Lambert et al., 2013).

The PANAS (Watson, Clark, & Tellegen, 1988) consists of 10 items measuring the positive affect (PA; e.g., "interested", "strong") and 10 items measuring the negative affect (NA; e.g., "scared", "hostile"). Participants had to indicate how much they felt the mentioned emotions in the last 4 weeks on a scale with the scale end-points from 1 (*very slightly or not at all*) to 5 (*extremely*). Both the positive affect and the negative affect scales were internally consistent (Cronbach's α = .83 and .83) and negatively correlated, $r = -.29$, $p < .01$.

The SWLS (Diener, Emmons, Larsen, & Griffin, 1985) consists of 5 items (e.g., "The conditions of my life are excellent."). Scale end-points range from 1 (*strongly disagree*) to 7 (*strongly agree*), the SWLS was internally consistent (Cronbach's α = .82).

The scale soziale Beziehungen of the FLZ (Fahrenberg, 2000) consists of 7 items measuring social relationships (e.g., "I am … when thinking about the support and help I receive from my friends."). Scale end-points ranged from 1 (*very dissatisfied*) to 7 (*very satisfied*). The scale soziale Beziehungen of the FLZ was internally consistent (Cronbach's α = .80).

The scale Gesundheit of the FLZ (Fahrenberg, 2000) consists of 7 items measuring health (e.g., "I am … with my current state of health.") Scale end-points range from 1 (*very dissatisfied*) to 7 (*very satisfied*). The scale Gesundheit of the FLZ was internally consistent (Cronbach's α = .78).

The Presence subscale of the MLQ (Steger, Frazier, Oishi, & Kaler, 2006) consists of 5 items (e.g., "My life has a clear sense of purpose"). Scale end-points range from 1 (*absolutely untrue*) to 7 (*absolutely true*), the Presence subscale was internally consistent (Cronbach's $\alpha = .85$).

Sense of belonging was measured with the Belonging scale (Lambert et al., 2013). It consists of 5 items (e.g., "I feel like there are many people with whom I belong.") with the scale end-points from 1 (*absolutely untrue*) to 7 (*absolutely true*). The Belonging scale was also internally consistent (Cronbach's $\alpha = .69$).

Anticipated Regret. Anticipated regret was measured with 18 self-invented experiences. These 18 experiences formed 9 pairs of experiences, of which one was always an ordinary experience and the other one an extraordinary experience. Each experience included a social component to eliminate the chance to get significant results just because some experiences included a social component and others do not. Therefor each experience started with "Imagine you'd like to …(experience) with friends/ family members …" (complete text is mentioned below). All used experiences are shown in Table 1.

A pretest was conducted to test if participants were able to identify which experience an ordinary one was and which an extraordinary one. The results showed a significant interaction effect between experience type (ordinary versus extraordinary) and experience content, F (8, 168) = 2.75, p = < .01. The main effect of experience type was significant, F (1, 21) = 185.64, p < .01. The main effect of experience content was significant, F (8, 168) = 18.76, p < .01. These results indicated that the participants were able to tell which experiences ordinary and which extraordinary were and accordingly rated ordinary experiences significantly different from extraordinary experiences. The main effect of experience content showed that participants detected that each pair of ordinary and extraordinary experiences was unique and did not be alike with another presented pair of experiences. Therefor all 18 self-invented experiences were used in the present study.

Table 1

Experiences used in the study

Experience content	Experience type: Ordinary	Experience type: Extraordinary
	Listening to music at home	Going to the concert of your favorite band
	Watching a movie at home	Going to the premiere of a new movie
	Cooking at home	Going to a new, fancy restaurant
	Spending a weekend in Vienna	Spending a weekend in another city than Vienna
	Having a drink at your local	Going to a fancy party your invited to
	Spending a vacation in Italy/ Croatia	Spending a vacation in the Caribbean
	Spending a weekend at a lake/ open air swimming pool	Spending a weekend in a spa
	Doing some sports	Working out in the most expensive gym of the city
	Playing games at home	Going to a casino

The pretested experiences were adapted to be used in the following study. For this purpose, participants read the following text: "Imagine you would like to go with some friends or family members to the concert of your absolutely favorite band but you are aware that you should do some important assignments at the same time. How much would you regret it on the following day, if you went to the concert and therefor did not finish the important assignments?" Each experience, whether ordinary or extraordinary, was asked the same way, in other words, the only thing that changed in each example was the experience,

the wording did not change at all or just slightly so that it made sense in each example. Participants answered the questions by using a slider to specify how much they would regret each experience. Slider end-points ranged from 1 (*not at all*) to 10 (*extremely*). All experiences were randomly presented.

Furthermore, I wanted to find out, if missing out on ordinary or extraordinary experiences was different experienced when participants were more promotion-focused or prevention-focused. In other words, does regulatory focus account for more or less anticipated regret? For this purpose, participants were not just asked how much they would regret that they experienced the ordinary and extraordinary experiences but also how much they would regret it, if they did not experience the ordinary and extraordinary experiences. Thus, participants were additionally asked, for instance: "How much would you regret it on the following day, if you finished the important assignments and did not go to the concert?". As mentioned before, the only thing that differed in each example was the experience; wording did not change at all. Participants answered the questions also by using a slider to specify how much they would regret each experience. Slider end-points ranged from 1 (*not at all*) to 10 (*extremely*). All experiences were randomly presented. The complete questionnaire is listed in the Appendix.

Procedure

The study took place from April, 27th to April, 29th and from May, 17th to May, 18th. Participants arrived at an appointed time at the lab and were welcomed. The lab contained 6 computers which means that up to 6 participants could do the study at once. After being welcomed, they took a seat and read and signed an informed consent, which told them that their data was just used for this study and that their data was anonymous and kept in confidence. At this point the questionnaire, which was presented via computer, was presented to them. Completing the questionnaire took about 20 minutes and after finishing participants

had the chance to ask the investigator about the study if they wanted to learn more about it or if they had any questions or remarks.

Data analysis

I tested the hypotheses by using multiple linear regression analysis, within-subjects repeated measures ANOVAs, moderator analyses and correlations. Analyses were conducted by using SPSS software (version 23.0) to identify if the results were in line with the hypotheses and PROCESS by Andrew Hayes (2013) to look at the results more in detail.

Results

Before starting with the main analysis, I took a closer look at the distribution of anticipated regret in each condition to find out if anticipated regret varied in each condition. This was important because if anticipated regret did not vary in each condition, further analysis would not make sense since there would not be any effects of type of experience (ordinary vs. extraordinary) and status (undergoing vs. not undergoing experiences). Descriptive statistics revealed that anticipated regret varied in all conditions, anticipated regret when undergoing ordinary experiences $M = 5.70$ ($SD = 1.57$), anticipated regret when undergoing extraordinary experiences $M = 5.00$ ($SD = 1.51$), anticipated regret when not undergoing ordinary experiences $M = 4.75$ ($SD = 1.38$), anticipated regret when not undergoing extraordinary experiences $M = 5.77$ ($SD = 1.58$). Descriptive results are listed more in detail in Table 2.

Table 2

Descriptive statistics of anticipated regret in each condition

	Minimum	Maximum	Mean	SD	Variance
Anticipated regret when undergoing an ordinary experience	1.56	9.22	5.70	1.57	2.47
Anticipated regret when undergoing an extraordinary experience	1.44	8.89	5.00	1.51	2.28
Anticipated regret when not undergoing an ordinary experience	1.22	8.67	4.75	1.38	1.90
Anticipated regret when not undergoing an extraordinary experience	1.00	9.56	5.77	1.58	2.50

Experiences and anticipated regret

Since my study sample consisted mostly of younger participants and students I assumed that extraordinary experiences would be more important than ordinary experiences for these participants and therefore undergoing extraordinary experiences should evoke less anticipated regret than undergoing ordinary experiences (H1a). Missing out on extraordinary experiences should lead to more anticipated regret than missing out on ordinary experiences (H1b). For this purpose I conducted a within-subjects repeated measures ANOVA with type (ordinary vs. extraordinary) and status (undergoing vs. missing out) of anticipated regret as within-subjects factors. Results of the within-subjects repeated measures ANOVA revealed that main effect of type was significant, F (1, 155) = 18.72, p < .01 whereas main effect of

status was not significant, F (1, 155) = 1.27, p = .61. Interaction between type (ordinary vs. extraordinary) and status (undergoing vs. not undergoing an experience) was significant, F (1, 155) = 87.57, p < .01. Profile plots (see Figure 2) showed that undergoing extraordinary experiences evoked less anticipated regret than undergoing ordinary experiences. Missing out on extraordinary experiences evoked more anticipated regret than missing out on ordinary experiences. These results support my first hypotheses (H1a, H1b).

Figure 2. Interaction of type and status of experiences on anticipated regret

Experiences, anticipated regret and subjective well-being

Due to my young sample I assumed that anticipated regret of undergoing ordinary experiences is negatively correlated to subjective well-being (H2a). There should be no correlation between anticipated regret of undergoing extraordinary experiences and subjective well-being (H2b). As can be seen in Table 3, there was a negative correlation between the SWLS scale and anticipated regret of undergoing ordinary experiences, r = -.166, p = .019.

The PANAS positive affect scale and anticipated regret of undergoing ordinary experiences were also negatively correlated to each other, $r = -.135$, $p = .047$.

Table 3

Correlations between subjective well-being scales and anticipated regret when undergoing ordinary experiences

	Anticipated regret when undergoing ordinary experiences	
	r	*p*
SWLS scale	-.166*	.019
FLZ Gesundheit scale	-.055	.247
FLZ soziale Beziehungen scale	.002	.491
PANAS PA scale	-.135*	.047
PANAS NA scale	-.011	.446
Meaning scale	.032	.344
Belonging scale	.071	.191

Note. r = Pearson Correlation

*significant at the 0.05 level (1-tailed)

**significant at the 0.01 level (1-tailed).

I conducted correlations between the subjective well-being scales and anticipated regret of undergoing extraordinary experiences. There were no significant correlations (see Table 4). In summary do these results about the relation of the subjective well-being scales with anticipated regret of undergoing ordinary and extraordinary experiences support my hypotheses (H2a, H2b).

Table 4

Correlations between subjective well-being scales and anticipated regret when undergoing extraordinary experiences

	Anticipated regret when undergoing extraordinary experiences	
	r	p
SWLS scale	-.124	.124
FLZ Gesundheit scale	-.087	.279
FLZ soziale Beziehungen scale	.006	.938
PANAS PA scale	-.139	.083
PANAS NA scale	-.028	.733
Meaning scale	.097	.230
Belonging scale	.050	.533

Note. r = Pearson Correlation

*significant at the 0.05 level (2-tailed)

**significant at the 0.01 level (2-tailed).

Experiences, anticipated regret and regulatory focus

Previous studies found that a promotion focus tends to be related to regretting inaction and a prevention focus tends to be related to regretting action (Roese et al., 1999, 2006; Leder et al., 2013; Kastner, 2014). Therefore I assumed that a promotion focus will be negatively correlated to anticipated regret when undergoing ordinary and extraordinary experiences (H3a) and that a prevention focus will be negatively correlated to anticipated regret when missing out on ordinary and extraordinary experiences (H3b).

Testing my hypotheses, I calculated correlations between regulatory focus (promotion focus and prevention focus) and types of anticipated regret (undergoing ordinary/extraordinary

experiences, missing out on ordinary/extraordinary experiences). As can be seen in Table 5, promotion focus was significantly and negatively correlated with anticipated regret when undergoing ordinary experiences, $r = -.137$, $p = .044$, and also with anticipated regret when undergoing extraordinary experiences, $r = -.136$, $p = .045$.

Table 5

Correlations between regulatory focus and types of anticipated regret

	Promotion focus		Prevention focus	
	r	p	r	p
Anticipated regret, when undergoing ordinary experiences	-.137*	.044	.030	.356
Anticipated regret when undergoing extraordinary experiences	-.136*	.045	-.060	.227
Anticipated regret when missing out on ordinary experiences	-.071	.190	.105	.096
Anticipated regret when missing out on extraordinary experiences	-.096	.118	.164*	.020

Note. r = Pearson Correlation

*significant at the 0.05 level (1-tailed)

**significant at the 0.01 level (1-tailed).

These results support my hypotheses, that a promotion focus is negatively correlated to anticipated regret of undergoing ordinary and extraordinary experiences (H3a). Prevention focus correlated significantly with anticipated regret when missing out on extraordinary experiences, $r = .16$, $p = < .05$. There was no significant correlation between prevention focus and anticipated regret when missing out on ordinary experiences, $r = .105$, $p = .096$ These results was surprising, since I expected a negative correlation between prevention focus and anticipated regret of missing out on ordinary and extraordinary experiences. Therefore, I have to reject my hypotheses, that a prevention focus is negatively correlated to anticipated regret when missing out on ordinary and extraordinary experiences (H3b).

Additionally, I calculated multiple linear regression analysis to find out if promotion focus was a significant predictor of anticipated regret when undergoing ordinary and extraordinary experiences respectively if prevention focus was a significant predictor of anticipated regret when missing out on extraordinary experiences. First, I tested if promotion focus was a significant predictor of anticipated regret when undergoing ordinary experiences. The results of the multiple linear regression analysis indicated that promotion focus and prevention focus explained 2 % of the variance, $R^2 = .02$, F (2,153) = 1.60, $p = .21$. The model revealed that neither promotion focus, $\beta = -.14$, $p = .08$, nor prevention focus, $\beta = .04$, $p = .60$, were significant predictors for anticipated regret when undergoing ordinary experiences.

Second, I tested if promotion focus was a significant predictor of anticipated regret when undergoing extraordinary experiences. The results of the multiple linear regression analysis indicated that promotion focus and prevention focus explained 2% of the variance, $R^2 = .02$, F (2,153) = 1.64, $p = .20$. The model revealed that neither promotion focus, $\beta = -.13$, $p = .10$, nor prevention focus, $\beta = -.05$, $p = .54$, were significant predictors for anticipated regret when undergoing extraordinary experiences.

Third, I tested if prevention focus was a significant predictor of anticipated regret when missing out on extraordinary experiences. The results of the multiple linear regression analysis indicated that promotion focus and prevention focus explained 4 % of the variance (R^2 = .04, F (2,153) = 3.11, p = < .05). The model revealed that promotion focus was no significant predictor for anticipated regret, β = -.11, p = .17. Prevention focus was a significant predictor for anticipated regret when missing out on extraordinary experiences, β = .17, p = .03.

Subjective well-being and regulatory focus

I tried to replicate the results of Grant and Higgins (2003). Therefore, I assumed a positive relation between promotion focus and the used measurements of subjective well-being (H4a) except the PANAS negative affect scale (Watson et al., 1988). Since this scale measures negative affect, I expected a negative relation between promotion focus and the PANAS negative affect scale (Watson et al., 1988, H4b). Additionally I assumed a positive relation between prevention focus and the used measurements of subjective well-being (H5a) but this relation should be minor than the relation between promotion focus and the used measurements of subjective well-being (H5b). Additionally I assumed a negative relation between prevention focus and the PANAS negative affect scale (Watson et al., 1988, H5c).

Correlations revealed that both promotion focus and prevention focus were related to well-being. All correlations are listed in Table 6. Promotion focus and prevention focus were not correlated with each other, r = .09, p = .29 (2-tailed). Promotion focus correlated significantly with the SWLS scale (Diener et al., 1985), r = .63, p < .001, with the FLZ Gesundheit scale (Fahrenberg, 2000), r = .34, p < .001, with the FLZ soziale Beziehungen scale (Fahrenberg, 2000), r = .39, p < .001 with the PANAS positive affect scale (Watson et al., 1988), r = .54, p < .001, with the Meaning scale (Steger et al., 2006), r = .51, p < .001, and with the Belonging scale (Lambert et al., 2013), r = .47, p < .001. Promotion focus correlated negatively with the PANAS negative affect scale (Watson et al., 1988), r = -.25, p = < .01.

Prevention focus correlated with the FLZ Gesundheit scale (Fahrenberg, 2000), r = .18, p = < .05, with the Meaning scale (Steger et al., 2006), r = .18, p = < .05 and with the Belonging scale (Lambert et al., 2013), r = .19, p = .02. Prevention focus correlated negatively with the PANAS negative affect scale (Watson et al., 1988), r = -.40, p < .001. These results support my hypotheses about the relation of promotion focus and prevention focus with the used subjective well-being scales (H4a, H4b, H5a, H5b). As can be seen in Table 6, is the relation of prevention focus and subjective well-being minor than the relation of promotion focus and subjective well-being, which is also in line with my hypotheses (H5c).

Table 6

Correlations between regulatory focus and subjective well-being scales

	Promotion focus		Prevention focus	
	r	*p*	*r*	*p*
SWLS scale	.627**	<.001	.104	.197
FLZ Gesundheit scale	.339**	<.001	.181*	.024
FLZ soziale Beziehungen scale	.386**	<.001	.075	.354
PANAS PA scale	.544**	<.001	.114	.156
PANAS NA scale	-.249*	.002	-.403**	<.001
Meaning scale	.511**	<.001	.176*	.028
Belonging scale	.474**	<.001	.191*	.017

Note. r = Pearson Correlation

*significant at the 0.05 level (2-tailed)

**significant at the 0.01 level (2-tailed)

Additional analyses

After testing my hypotheses I took a closer look on the relation of type (ordinary vs. extraordinary) and status (undergoing vs. missing out) of experiences and regulatory focus. I wanted to find out if regulatory focus could predict anticipated regret in each 4 conditions (undergoing ordinary experiences, undergoing extraordinary experiences, missing out on ordinary experiences, missing out on extraordinary experiences). For this purpose I conducted within-subjects repeated measures ANOVAs with a median split for promotion focus and prevention focus to see if high or low values in promotion and prevention led to different results. Analyzing my data separate for promotion focus and prevention focus I did not find any significant results, which means that neither promotion focus nor prevention focus were able to predict on their own if participants reported high or low anticipated regret in each condition. There were no significant results so far that supported the assumption that there are differences between promotion-focused and prevention-focused individuals when it comes to regretting undergoing vs. missing out on ordinary vs. extraordinary experiences. Next I conducted an analysis, which contained both promotion focus and prevention focus. Surprisingly, the interaction between type, status, promotion focus and prevention focus reached significance, F (1, 152) = 7.08, p = < .01.

Due to this result, the interaction of promotion focus and prevention focus was analyzed more in detail. Taking a closer look on the results when analyzing the difference of anticipated regret of experiencing extraordinary experiences and anticipated regret of experiencing ordinary experiences, neither main effect of promotion focus was significant, b = 0.004, t (152) = 0.17, p = .87, nor main effect of prevention focus, b = -0.04, t (152) = -1.30, p = .20. Interaction of promotion focus and prevention focus was significant, b = -0.02, t (152) = -2.30, p = .02. Overall model was nearly significant, F (3, 152) = 2.30, p = .08, R^2 = .04. Further analysis revealed that when prevention focus was one *SD* below the mean, the effect of promotion focus on anticipated regret was nearly significant, b = 0.07, t (152) = 1.94,

p = .055. Although there was no significant effect of prevention focus on the relation of promotion focus and anticipated regret, Figure 3 shows that there was a trend towards more anticipated regret evoked when experiencing an ordinary over an extraordinary experience (negative values in Figure 3 mean that there was more anticipated regret for experiencing ordinary experiences). Low promotion focus combined with low prevention focus les to more anticipated regret than high promotion focus combined with low prevention focus when experiencing an ordinary experience. Low promotion focus combined with high prevention focus led to less anticipated regret than high promotion focus combined with high prevention focus when experiencing an ordinary experience.

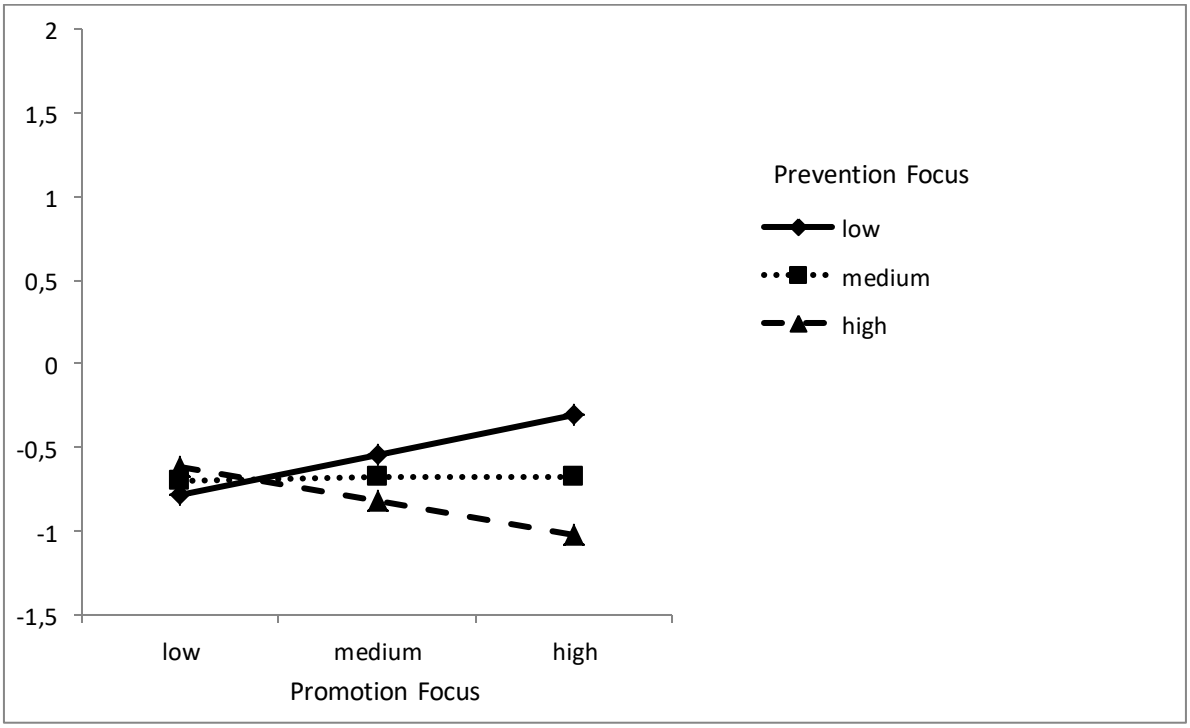

Figure 3. Interaction of promotion focus and prevention focus when experiencing ordinary and extraordinary experiences

Taking a closer look on the results when analyzing the difference of anticipated regret of missing out on extraordinary experiences and anticipated regret of missing out on ordinary

experiences, neither main effect of promotion focus was significant, $b = -0.02$, $t(152) = -0.55$, $p = .58$, nor main effect of prevention focus was significant, $b = 0.03$, $t(152) = 1.06$, $p = .29$. Interaction of promotion focus and prevention focus was significant, $b = 0.02$, $t(152) = 2.10$, $p = .04$. Overall model was significant, $F(3, 152) = 2.84$, $p = .04$, $R^2 = .04$.

Further analysis revealed that when prevention focus was one SD below the mean, the effect of promotion focus on anticipated regret was significant, $b = -0.08$, $t(152) = -2.49$, $p = .01$. Figure 4 shows that missing out on extraordinary experiences evoked more anticipated regret than missing out on ordinary experiences (positive values in Figure 4 mean that there was more anticipated regret for missing out on extraordinary experiences).

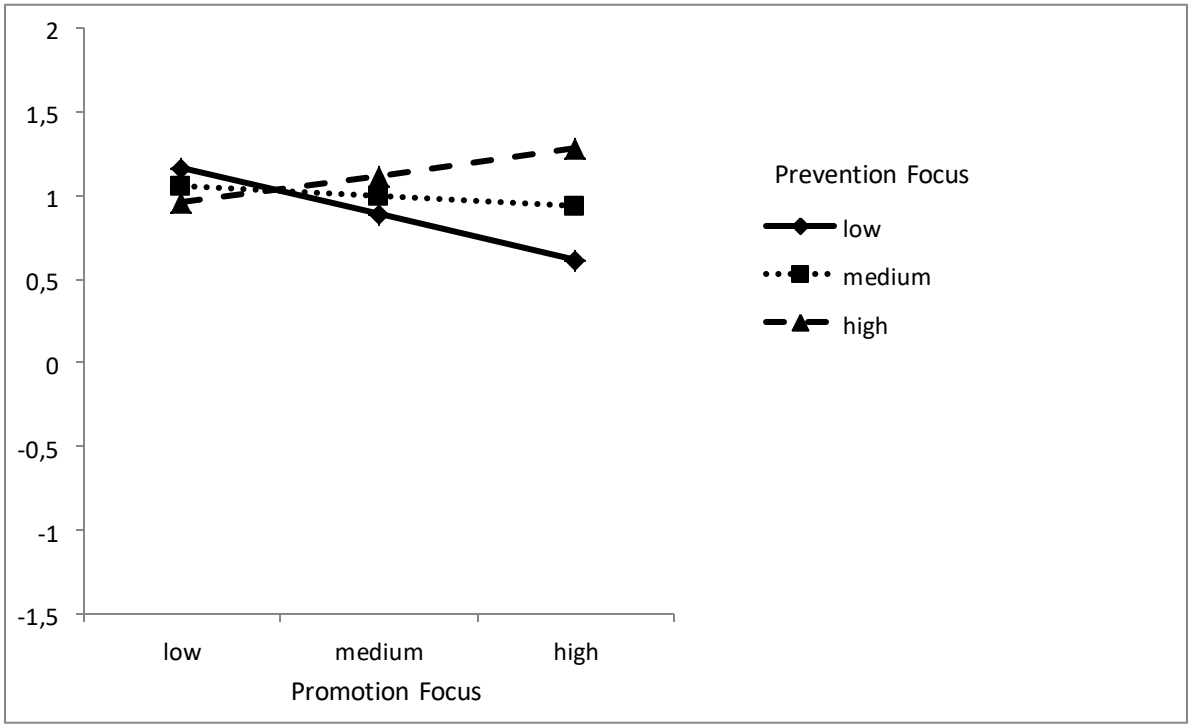

Figure 4. Interaction of promotion focus and prevention focus when missing out on ordinary and extraordinary experiences

The effect of low prevention focus on the relation of promotion focus on anticipated regret was significant, which means that low promotion focus combined with low prevention focus led to more anticipated regret than high promotion focus combined with low prevention

focus when missing out on extraordinary experiences. Although the effect was not significant, a trend appeared which suggested that a high promotion focus combined with a high prevention focus led to more anticipated regret than a low promotion focus combined with a high prevention focus when missing out on extraordinary experiences.

Discussion

The aim of this study was to find out if it is possible to regret things afterwards which were enjoyed while doing. The idea was that there should be a difference in anticipated regret between imagining undergoing ordinary vs. extraordinary experiences and not undergoing ordinary vs. extraordinary experiences. In other words, undergoing extraordinary experiences should evoke less anticipated regret than undergoing ordinary experiences. Missing out on extraordinary should evoke more anticipated regret than missing out on ordinary experiences. These hypotheses were supported by my results. My sample consisted mostly of students, and therefore younger people. Due to the importance of extraordinary experiences for self-definition (Zauberman et al., 2009), which especially applies to younger people, I assumed that ordinary experiences are not beneficial for self-definition and moreover that anticipated regret of undergoing ordinary experiences is negatively correlated to subjective well-being, whereas there should be no correlation between anticipated regret of undergoing extraordinary experiences and subjective well-being. These assumptions were also supported by my results.

Various research (Roese et al., 1999, 2006; Leder et al., 2013; Kastner, 2014) about regulatory focus showed that a promotion focus is related to regretting inaction, which I supported with my results. I showed that a promotion focus is negatively correlated with undergoing ordinary and extraordinary experiences. My results showed that a prevention focus is positively correlated to missing out on extraordinary experiences, which means that participants with a prevention focus tended to report more anticipated regret than participants with a promotion focus when missing out on extraordinary experiences. This is not in line

with previous research, for instance, Roese et al. (1999, 2006) showed that a prevention focus is related to regretting action over inaction, thus the opposite of my results.

Grant and Higgins (2003) showed that both a promotion focus as well as a prevention focus are related to subjective well-being but that the relation of promotion focus with subjective well-being is bigger than the relation of prevention focus and subjective well-being. I replicated these results. Promotion focus correlated high significantly with all used measurements to capture subjective well-being, a negative relation between promotion focus and the PANAS negative affect scale (Watson et al., 1988) was identified. Prevention focus correlated with the FLZ Gesundheit (Fahrenberg, 2000), Presence subscale of the MLQ (Steger, Frazier, Oishi, & Kaler, 2006) and Belonging scale (Lambert et al., 2013). A negative relation between prevention focus and the PANAS negative affect scale (Watson et al., 1988) was identified.

Summing up all these results, is it actually possible to regret things or experiences, which someone enjoyed while doing or undergoing? Answering the leading question of this study is not as simple as it was supposed to be at the beginning of this study but it can be answered by "Yes, it is possible to regret things that made you smile.".

Additionally, I analyzed the relation of promotion focus and prevention focus with anticipated regret more precise. Surprisingly, my results showed a 4-way-interaction between type (ordinary vs. extraordinary) and status (undergoing vs. missing out) of experiences as well as promotion focus and prevention focus. More research is needed to find out what this result means in detail.

Limitations of the study

A few limitations of this current study have to be mentioned since they can have affected the given results. One limitation is about the measure of regret: Since this study asked participants how much they would regret/would not regret undergoing or missing out on different experiences, it is just possible to measure anticipated regret and not actually felt

regret. Many previous studies found out that anticipated emotions often differ systematically from experienced emotions and that individuals are not always accurate at predicting their emotional response to outcomes in the future (Chapman & Coups, 2006; Gilbert & Wilson, 2000; Gilbert, Morewedge, Risen, & Wilson, 2004). For instance, vaccinators actually felt less regret than they anticipated before vaccinating, whereas people, who did not vaccinate, felt as much regret as they anticipated before vaccinating (Chapman & Coups, 2006). Another example would be that people, who worried about the outcome of an HIV test result, did not feel 5 weeks after receiving a negative HIV test result as relieved as they had anticipated before they got the test result (Sieff, Dawes & Loewenstein, 1999). Therefore it may be possible that participants of this study anticipated feeling more or less regret than they actually would feel.

Another limitation deals with the used sample to examine the effect of regulatory focus on anticipated regret. The sample size of $N = 156$ participants was unfortunately rather small and maybe the effect sizes would have become more significant if the sample size would have been bigger. Also concerning the used sample, due to the fact that this study was conducted in the lab of the Faculty of Social Psychology at the University of Vienna and because psychology students got one lab credit for participating, the sample consisted mainly of psychology students. Predictions about the behavior of various people are difficult to make since psychology students are not representative for the whole population and for instance age effects may have an impact on the behavior of older people (Bhattacharjee & Mogilner, 2014). As already mentioned are extraordinary experiences important for self-definition (Zauberman et al., 2009), which applies more to younger people than older people and therefore a study with an older sample may lead to different results and give better insights into the topic of experiences and subjective well-being.

Including a social component in each rated experience may also have had an effect on the results. The idea to include it in each experience was to avoid getting different effects

because some experiences did include and others did not include the social component. The results revealed that participants with a prevention focus tended to state feeling more anticipated regret when missing out on extraordinary experiences, which was against previous research. One possible explanation and driver for this result may be that people with prevention focus do feel duty to take part in experiences with friends or family members because otherwise they would not meet the expectations they have about a good friend or a person someone can rely on.

After finishing the complete questionnaire one student pointed out that he did not anticipate a lot of regret in each represented experience because he thought that it was not constructive to feel regret about things that are already in the past. Due to the small effects found this also may be a possible explanation, why the effects were that small, maybe participants would rate experiences that happen in the future in another way than experiences that are already in the past.

Implications and future research

As already mentioned, it is possible to regret experiences that were enjoyed while doing. Ordinary experiences such as going to the cinema evoke more anticipated regret as extraordinary experiences such as going to the concert of one's favorite band. As my results showed, does regulatory focus have an effect on how much anticipated regret is evoked. I identified a 4-way-interaction between type and status of experiences and promotion and prevention focus. More research is needed to find out what this interaction exactly means.

Looking at the effect of regulatory focus on subjective well-being, it is important to notice that promotion focus as well as prevention focus contribute to a high subjective well-being. Although the relationship between promotion focus and subjective well-being is more obvious, it does not mean that promotion focus is more important for a high subjective well-being than prevention focus. As Grant and Higgins (2003) reasoned in their paper about the relationship between subjective well-being and optimism, both promotion focus as well as

prevention focus are necessary for a high subjective well-being. The benefits of prevention focus on subjective well-being may not be as visible as the benefits of promotion focus according to the authors for two reasons: Used inventories were better in capturing promotion pride than prevention pride since successful prevention regulators would not look like dispositional optimists and successful prevention regulators may not perceive themselves as doing well on explicit self-report well-being measures (Grant & Higgins, 2003). Grant and Higgins (2003) assumed that promotion focus and prevention focus make unique contributions to subjective well-being and for future research, a measuring method for capturing the benefits of prevention focus on subjective well-being would be gainful to get better insights into the relation of prevention focus and subjective well-being.

Future research about the relationship of regulatory focus, regret and subjective well-being should definitely be done to get a clearer view about their connections. Studies with a bigger sample size and a more representative sample would contribute to a better understanding of this topic. It would be interesting to investigate not only the relation between anticipated regret and regulatory focus but also the relation between actually felt regret and regulatory focus. For this purpose, participants could be asked for instance about ordinary and extraordinary experiences they have undergone or missed out and how much regret they felt afterwards.

Summing up, even more research on the topic of different kinds of experiences, anticipated regret, regulatory focus and well-being has to be done to understand what is really important for a high subjective well-being. This research topic shows that the question about what makes a happy life is not that easy to answer. There is not just one correct way to gain happiness and subjective well-being but rather that there are on the one hand different ways and on the other hand a lot of influencing factors that contribute all together for having a happy and satisfied life. Some influencing factors such as regulatory focus and types of experiences are already being investigated but there are still other factors that are by now

unclear and therefore more research is needed to find out about them and shed more light on the topic of subjective well-being.

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Appendix-Complete Questionnaire

Fragebogen

1 Willkommensseite

Liebe Teilnehmerin, lieber Teilnehmer!

In dieser Studie geht es darum, verschiedene positive Erlebnisse dahingehend zu bewerten, wie sehr Sie es bereuen würden, die genannten Erlebnisse erlebt bzw. nicht erlebt zu haben. Hierbei gibt es keine richtigen oder falschen Antworten, es geht um Ihre persönliche Einschätzung. Genauere Instruktionen finden Sie auf den nachfolgenden Seiten.
Ihre Daten werden natürlich vertraulich und anonym behandelt und nicht an Dritte weitergegeben.

Vielen Dank für Ihre Teilnahme!

2 RFQ Seite 1

Bitte beantworten Sie die nachfolgenden Fragen auf einer Skala von "nie oder selten" bis "sehr häufig". Bedenken Sie, dass die Fragen sich auf Ihre persönliche Meinung beziehen und es daher keine richtigen oder falschen Antworten gibt.

	Nie oder selten		Manchmal		Sehr häufig
Fällt es Ihnen im Vergleich zu Anderen schwer, Ihre Vorstellungen im Leben umzusetzen?	○	○	○	○	○
Haben Sie in Ihrem Leben Grenzen überschritten und Dinge getan, die Ihre Mitmenschen nicht tolerierten?	○	○	○	○	○
Wie oft haben Sie Dinge erreicht, die Sie anspornten, sich danach noch mehr anzustrengen?	○	○	○	○	○
Strapazierten Sie in Ihrem Leben häufig die Nerven Ihrer Mitmenschen?	○	○	○	○	○
Wie oft hielten und halten Sie sich an die Regeln und Vorschriften der Gesellschaft?	○	○	○	○	○
Taten Sie in Ihrem Leben Dinge, welche Ihre Mitmenschen als verwerflich bezeichnet hätten?	○	○	○	○	○
Sind Sie häufig erfolgreich, wenn Sie etwas Neues versuchen?	○	○	○	○	○

3 RFQ Seite 2

Bitte beantworten Sie die nachfolgenden Fragen auf einer Skala von "überhaupt nicht zutreffend" bis "sehr zutreffend". Bedenken Sie, dass die Fragen sich auf Ihre persönliche Meinung beziehen und es daher keine richtigen oder falschen Antworten gibt.

	Überhaupt nicht zutreffend		Manchmal zutreffend		Sehr zutreffend
Mangelnde Sorgfalt hat mir schon ab und zu Probleme bereitet.	○	○	○	○	○
In den Bereichen die mir wichtig sind, bin ich nicht so erfolgreich, wie ich möchte.	○	○	○	○	○
Ich bin auf dem Weg zum Erfolg.	○	○	○	○	○
Es gibt nur wenige Hobbies und Tätigkeiten, die ich aus Interesse verfolge.	○	○	○	○	○

4 Testitems Instruktion

Im folgenden Teil bitten wir Sie, verschiedene positive Erlebnisse zu beurteilen.

Im täglichen Leben steht man oft vor der Entscheidung ob man z. B. mit Freunden ins Kino geht oder doch besser zu Hause bleibt und andere wichtigere Dinge erledigt wie z. B. für eine wichtige Prüfung lernen. Dabei können auch Situationen auftreten, in denen man sich zwar für ein positives Erlebnis entscheidet (im Beispiel oben wäre dies der Kinobesuch), dies im Nachhinein aber bereut, da es besser gewesen wäre wichtigere Dinge zu erledigen (für die wichtige Prüfung lernen).

Andere wichtige Dinge neben dem Lernen für eine wichtige Prüfung können jegliche Dinge sein, die womöglich Ärger bei anderen Personen hervorrufen, wenn diese nicht erledigt werden. Dazu zählen unter anderem endlich die WG-Küche zu putzen, da Sie Ihre Mitbewohner/Mitbewohnerinnen bereits mehrmals darum gebeten haben, den Eltern beim Einrichten des neuen Handys oder PCs zu helfen, für die Oma Einkäufe zu erledigen, die Steuererklärung zu machen, Deadlines für Seminare oder Übungen auf der Uni einzuhalten, usw.

Können Sie sich an ähnliche Situationen erinnern, in denen Sie sich für ein positives Erlebnis entschieden haben, dies im Nachhinen aber bereut haben, da Sie wichtigere Dinge erledigen hätten sollen?

- Ja
- Nein

5 Testitems_Instruktion2

Nachfolgend wird Ihnen jeweils ein positives Erlebnis gezeigt, und Sie sollen mittels Schieberegeler angeben, wie sehr Sie es am nächsten Tag bereuen würden, sich für das positive Erlebnis entschieden zu haben, wenn Sie stattdessen wichtigere Dinge erledigen hätten sollen. Pro Erlebnis sollen Sie außerdem auch angeben, wie sehr Sie es bereuen würden, das genannte Erlebnis NICHT erlebt zu haben.

Bei auftretenden Fragen können Sie sich gerne an die Versuchsleitung wenden.

6.1 Konzert

Stellen Sie sich vor, Sie möchten gerne **mit Freunden/Familie ein Konzert Ihrer absoluten Lieblingsband besuchen**, aber Ihnen ist bewusst, dass Sie zur gleichen Zeit andere wichtige Aufgaben erledigen sollten. **Wie sehr** würden Sie es am nächsten Tag **bereuen, wenn Sie das Konzert besucht haben** und deshalb die anstehenden Aufgaben nicht erledigt haben?

bereue ich gar nicht — bereue ich sehr

Wie sehr würden Sie es am nächsten Tag **bereuen**, wenn Sie die anstehenden Aufgaben erledigt haben und das **Konzert nicht besucht haben?**

bereue ich gar nicht — bereue ich sehr

6.2 Musik_hoeren

Stellen Sie sich vor, Sie möchten gerne **mit Freunden/Familie zu Hause Musik hören**, aber Ihnen ist bewusst, dass Sie zur gleichen Zeit andere wichtige Aufgaben erledigen sollten. **Wie sehr** würden Sie es am nächsten Tag **bereuen, wenn Sie zu Hause Musik gehört haben** und deshalb die anstehenden Aufgaben nicht erledigt haben?

bereue ich gar nicht — bereue ich sehr

Wie sehr würden Sie es am nächsten Tag **bereuen**, wenn Sie die anstehenden Aufgaben erledigt haben und **nicht zu Hause mit Freunden/Familie Musik gehört haben?**

bereue ich gar nicht — bereue ich sehr

6.3 Restaurant

Stellen Sie sich vor, Sie möchten gerne **mit Freunden/Familie in ein neues, angesagtes Restaurant essen gehen**, aber Ihnen ist bewusst, dass Sie zur gleichen Zeit andere wichtige Aufgaben erledigen sollten. **Wie sehr** würden Sie es am nächsten Tag **bereuen, wenn Sie in ein neues, angesagtes Restaurant essen gegangen sind** und deshalb die anstehenden Aufgaben nicht erledigt haben?

bereue ich gar nicht — bereue ich sehr

Wie sehr würden Sie es am nächsten Tag **bereuen**, wenn Sie die anstehenden Aufgaben erledigt haben und **nicht mit Freunden/ Familie in ein neues, angesagtes Restaurant essen gegangen sind?**

bereue ich gar nicht — bereue ich sehr

6.4 Selber_kochen

Stellen Sie sich vor, Sie möchten gerne **mit Freunden/Familie zu Hause gemeinsam kochen und essen**, aber Ihnen ist bewusst,

dass Sie zur gleichen Zeit andere wichtige Aufgaben erledigen sollten. **Wie sehr** würden Sie es am nächsten Tag **bereuen, wenn Sie zu Hause gemeinsam mit Freunden/Familie gekocht und gegessen haben** und deshalb die anstehenden Aufgaben nicht erledigt haben?

bereue ich gar nicht — bereue ich sehr

Wie sehr würden Sie es am nächsten Tag **bereuen**, wenn Sie die anstehenden Aufgaben erledigt haben und **nicht gemeinsam mit Freunden/Familie gekocht und gegessen haben?**

bereue ich gar nicht — bereue ich sehr

6.5 Kinopremiere

Stellen Sie sich vor, Sie möchten gerne **mit Freunden/Familie eine Kinopremiere besuchen**, aber Ihnen ist bewusst, dass Sie zur gleichen Zeit andere wichtige Aufgaben erledigen sollten. **Wie sehr** würden Sie es am nächsten Tag **bereuen, wenn Sie die Kinopremiere besucht haben** und deshalb die anstehenden Aufgaben nicht erledigt haben?

bereue ich gar nicht — bereue ich sehr

Wie sehr würden Sie es am nächsten Tag **bereuen**, wenn Sie die anstehenden Aufgaben erledigt haben und **nicht gemeinsam mit Freunden/Familie die Kinopremiere besucht haben?**

bereue ich gar nicht — bereue ich sehr

6.6 Filmabend

Stellen Sie sich vor, Sie möchten gerne **mit Freunden/Familie einen DVD-/Filmabend veranstalten**, aber Ihnen ist bewusst, dass Sie zur gleichen Zeit andere wichtige Aufgaben erledigen sollten. **Wie sehr** würden Sie es am nächsten Tag **bereuen, wenn Sie den DVD-/Filmabend veranstaltet haben** und deshalb die anstehenden Aufgaben nicht erledigt haben?

bereue ich gar nicht — bereue ich sehr

Wie sehr würden Sie es am nächsten Tag **bereuen**, wenn Sie die anstehenden Aufgaben erledigt haben und **nicht gemeinsam mit Freunden/Familie den DVD-/Filmabend veranstaltet haben?**

bereue ich gar nicht — bereue ich sehr

6.7 Stammlokal

Stellen Sie sich vor, Sie möchten gerne **mit Freunden/Familie ins Stammlokal etwas trinken gehen**, aber Ihnen ist bewusst, dass Sie zur gleichen Zeit andere wichtige Aufgaben erledigen sollten. **Wie sehr** würden Sie es am nächsten Tag **bereuen, wenn Sie ins Stammlokal etwas trinken gegangen sind** und deshalb die anstehenden Aufgaben nicht erledigt haben?

bereue ich gar nicht — bereue ich sehr

Wie sehr würden Sie es am nächsten Tag **bereuen**, wenn Sie die anstehenden Aufgaben erledigt haben und **nicht gemeinsam mit Freunden/Familie ins Stammlokal etwas trinken gegangen sind?**

bereue ich gar nicht — bereue ich sehr

6.8 angesagte_Party

Stellen Sie sich vor, Sie möchten gerne **mit Freunden/Familie eine angesagte Party besuchen**, zu der Sie eine Einladung erhalten haben, aber Ihnen ist bewusst, dass Sie zur gleichen Zeit andere wichtige Aufgaben erledigen sollten. **Wie sehr** würden Sie es am nächsten Tag **bereuen, wenn Sie die angesagte Party besucht haben** und deshalb die anstehenden Aufgaben nicht erledigt haben?

bereue ich gar nicht — bereue ich sehr

Wie sehr würden Sie es am nächsten Tag bereuen, wenn Sie die anstehenden Aufgaben erledigt haben und nicht gemeinsam mit Freunden/Familie die angesagte Party, zu der Sie eine Einladung erhalten haben, besucht haben?

bereue ich gar nicht — bereue ich sehr

6.9 Wochenende_Wien

Stellen Sie sich vor, Sie möchten gerne **mit Freunden/Familie ein Wochenende in Wien verbringen**, aber Ihnen ist bewusst, dass Sie zur gleichen Zeit andere wichtige Aufgaben erledigen sollten. **Wie sehr** würden Sie es am darauffolgenden Montag **bereuen, wenn Sie ein Wochenende in Wien verbracht haben** und deshalb die anstehenden Aufgaben nicht erledigt haben?

bereue ich gar nicht — bereue ich sehr

Wie sehr würden Sie es am darauffolgenden Montag **bereuen**, wenn Sie die anstehenden Aufgaben erledigt haben und **nicht gemeinsam mit Freunden/Familie ein Wochenende in Wien verbracht haben?**

bereue ich gar nicht — bereue ich sehr

6.10 Wochenende_andereStadt

Stellen Sie sich vor, Sie möchten gerne **mit Freunden/Familie ein Wochenende in einer anderen Stadt als Wien verbringen**, aber Ihnen ist bewusst, dass Sie zur gleichen Zeit andere wichtige Aufgaben erledigen sollten. **Wie sehr** würden Sie es am darauffolgenden Montag **bereuen, wenn Sie ein Wochenende in einer anderen Stadt als Wien verbracht haben** und deshalb die anstehenden Aufgaben nicht erledigt haben?

bereue ich gar nicht — bereue ich sehr

Wie sehr würden Sie es am nächsten Tag **bereuen**, wenn Sie die anstehenden Aufgaben erledigt haben und **nicht gemeinsam mit Freunden/Familie ein Wochenende in einer anderen Stadt als Wien verbracht haben?**

bereue ich gar nicht — bereue ich sehr

6.11 Sport

Stellen Sie sich vor, Sie möchten gerne **mit Freunden/Familie Sport treiben**, aber Ihnen ist bewusst, dass Sie zur gleichen Zeit andere wichtige Aufgaben erledigen sollten. **Wie sehr** würden Sie es am nächsten Tag **bereuen, wenn Sie Sport getrieben haben** und deshalb die anstehenden Aufgaben nicht erledigt haben?

bereue ich gar nicht — bereue ich sehr

Wie sehr würden Sie es am nächsten Tag **bereuen**, wenn Sie die anstehenden Aufgaben erledigt haben und **nicht gemeinsam mit Freunden/Familie Sport getrieben haben?**

bereue ich gar nicht — bereue ich sehr

6.12 Fitnessstudio

Stellen Sie sich vor, Sie möchten gerne **mit Freunden/Familie bei einem Schnuppertraining im teuersten Fitnessstudio der Stadt teilnehmen**, aber Ihnen ist bewusst, dass Sie zur gleichen Zeit andere wichtige Aufgaben erledigen sollten. **Wie sehr** würden Sie es am nächsten Tag **bereuen, wenn Sie beim Schnuppertraining im teuersten Fitnessstudio der Stadt teilgenommen haben** und deshalb die anstehenden Aufgaben nicht erledigt haben?

bereue ich gar nicht — bereue ich sehr

Wie sehr würden Sie es am nächsten Tag **bereuen**, wenn Sie die anstehenden Aufgaben erledigt haben und **nicht gemeinsam mit Freunden/Familie beim Schnuppertraining im teuersten Fitnessstudio der Stadt teilgenommen haben?**

bereue ich gar nicht — bereue ich sehr

6.13 Spieleabend

Stellen Sie sich vor, Sie möchten gerne **mit Freunden/Familie zu Hause einen Poker-/Spieleabend veranstalten**, aber Ihnen ist bewusst, dass Sie zur gleichen Zeit andere wichtige Aufgaben erledigen sollten. **Wie sehr** würden Sie es am nächsten Tag **bereuen, wenn Sie zu Hause einen Poker-/Spieleabend veranstaltet haben** und deshalb die anstehenden Aufgaben nicht erledigt haben?

bereue ich gar nicht — bereue ich sehr

Wie sehr würden Sie es am nächsten Tag **bereuen**, wenn Sie die anstehenden Aufgaben erledigt haben und **nicht gemeinsam mit Freunden/Familie zu Hause einen Poker-/Spieleabend veranstaltet haben?**

bereue ich gar nicht — bereue ich sehr

6.14 Casino

Stellen Sie sich vor, Sie möchten gerne **mit Freunden/Familie ins Casino fahren**, aber Ihnen ist bewusst, dass Sie zur gleichen Zeit andere wichtige Aufgaben erledigen sollten. **Wie sehr** würden Sie es am nächsten Tag **bereuen, wenn Sie ins Casino gefahren sind** und deshalb die anstehenden Aufgaben nicht erledigt haben?

bereue ich gar nicht — bereue ich sehr

Wie sehr würden Sie es am nächsten Tag **bereuen**, wenn Sie die anstehenden Aufgaben erledigt haben und **nicht gemeinsam mit Freunden/Familie ins Casino gefahren sind?**

bereue ich gar nicht — bereue ich sehr

6.15 Urlaub_typisch

Stellen Sie sich vor, Sie möchten gerne **mit Freunden/Familie eine Woche in einem typischen Urlaubsland (Italien, Kroatien, etc.) verbringen**, aber Ihnen ist bewusst, dass Sie zur gleichen Zeit andere wichtige Aufgaben erledigen sollten. **Wie sehr** würden Sie es am Tag nach dem Urlaub **bereuen, wenn Sie eine Woche in einem typischen Urlaubsland verbracht haben** und deshalb die anstehenden Aufgaben nicht erledigt haben?

bereue ich gar nicht — bereue ich sehr

Wie sehr würden Sie es am Tag nach dem Urlaub **bereuen**, wenn Sie die anstehenden Aufgaben erledigt haben und **nicht gemeinsam mit Freunden/Familie eine Woche in einem typischen Urlaubsland (Italien, Kroatien, etc.) verbracht haben?**

bereue ich gar nicht — bereue ich sehr

6.16 Luxusresort

Stellen Sie sich vor, Sie möchten gerne **mit Freunden/Familie eine Woche in einem Luxusresort in der Karibik verbringen**, aber Ihnen ist bewusst, dass Sie zur gleichen Zeit andere wichtige Aufgaben erledigen sollten. **Wie sehr** würden Sie es am Tag nach dem Urlaub **bereuen, wenn Sie eine Woche in einem Luxusresort in der Karibik verbracht haben** und deshalb die anstehenden Aufgaben nicht erledigt haben?

bereue ich gar nicht — bereue ich sehr

Wie sehr würden Sie es am Tag nach dem Urlaub **bereuen**, wenn Sie die anstehenden Aufgaben erledigt haben und **nicht gemeinsam mit Freunden/Familie eine Woche in einem Luxusresort in der Karibik verbracht haben?**

bereue ich gar nicht — bereue ich sehr

6.17 See_Wochenende

Stellen Sie sich vor, Sie möchten gerne **mit Freunden/Familie ein Wochenende am See/im Freibad verbringen**, aber Ihnen ist bewusst, dass Sie zur gleichen Zeit andere wichtige Aufgaben erledigen sollten. **Wie sehr** würden Sie es am darauffolgenden Montag **bereuen, wenn Sie ein Wochenende am See/im Freibad verbracht haben** und deshalb die anstehenden Aufgaben nicht erledigt haben?

bereue ich gar nicht — bereue ich sehr

Wie sehr würden Sie es am darauffolgenden Montag **bereuen**, wenn Sie die anstehenden Aufgaben erledigt haben und **nicht gemeinsam mit Freunden/Familie ein Wochenende am See/im Freibad verbracht haben?**

bereue ich gar nicht — bereue ich sehr

6.18 Thermenhotel

Stellen Sie sich vor, Sie möchten gerne **mit Freunden/Familie ein Wochenende im Thermenhotel verbringen**, aber Ihnen ist bewusst, dass Sie zur gleichen Zeit andere wichtige Aufgaben erledigen sollten. **Wie sehr** würden Sie es am darauffolgenden Montag **bereuen, wenn Sie ein Wochenende im Thermenhotel verbracht haben** und deshalb die anstehenden Aufgaben nicht erledigt haben?

bereue ich gar nicht — bereue ich sehr

Wie sehr würden Sie es am darauffolgenden Montag **bereuen**, wenn Sie die anstehenden Aufgaben erledigt haben und **nicht**

gemeinsam mit Freunden/Familie ein Wochenende im Thermenhotel verbracht haben?

bereue ich gar nicht — bereue ich sehr

7 Alltäglichkeitsbeurteilung

Wie alltäglich bzw. außergewöhnlich sind die nachfolgenden Aktivitäten für Sie persönlich?

	Sehr alltäglich			Weder noch			Sehr außergewöhnlich
Mit Freunden/Familie ein Konzert Ihrer absoluten Lieblingsband besuchen	○	○	○	○	○	○	○
Mit Freunden/Familie zu Hause Musik hören	○	○	○	○	○	○	○
Mit Freunden/Familie ein neues, angesagtes Restaurant besuchen	○	○	○	○	○	○	○
Mit Freunden/Familie zu Hause selber kochen	○	○	○	○	○	○	○
Mit Freunden/Familie eine Kinopremiere besuchen	○	○	○	○	○	○	○
Mit Freunden/Familie einen DVD-/Filmabend machen	○	○	○	○	○	○	○
Mit Freunden/Familie ins Stammlokal gehen und etwas trinken	○	○	○	○	○	○	○
Mit Freunden/Familie eine außergewöhnliche Party besuchen, für die Sie eine Einladung bekommen haben	○	○	○	○	○	○	○
Mit Freunden/Familie ein Wochenende in Wien verbringen	○	○	○	○	○	○	○
Mit Freunden/Familie ein Wochenende in einer anderen Stadt als Wien verbringen	○	○	○	○	○	○	○
Mit Freunden/Familie Sport treiben	○	○	○	○	○	○	○
Mit Freunden/Familie bei einem Schnuppertraining im teuersten Fitnessstudio der Stadt teilnehmen	○	○	○	○	○	○	○
Mit Freunden/Familie einen Spiele-/Pokerabend veranstalten	○	○	○	○	○	○	○
Mit Freunden/Familie ins Casino fahren	○	○	○	○	○	○	○
Mit Freunden/Familie eine Woche in einem typischen Urlaubsland verbringen	○	○	○	○	○	○	○
Mit Freunden/Familie eine Woche in einem Luxusresort in der Karibik verbringen	○	○	○	○	○	○	○
Mit Freunden/Familie ein Wochenende am See/im Freibad verbringen	○	○	○	○	○	○	○
Mit Freunden/Familie ein Wochenende im Thermenhotel verbringen	○	○	○	○	○	○	○

8 alltäglicher_Moment

Bitte nennen Sie einen alltäglichen Glücksmoment, der Sie glücklich und zufrieden gemacht hat.

Wie häufig erleben Sie solche oder ähnliche alltägliche Glücksmomente?

○ Fast nie ○ Selten ○ Regelmäßig ○ Häufig

9 außergew_momente

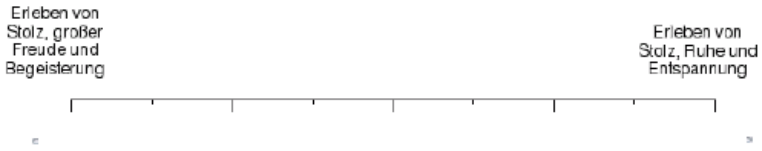
Bitte nennen Sie ein besonderes, nicht alltägliches Ereignis, das Sie glücklich und zufrieden gemacht hat.

Wie häufig erleben Sie solche oder ähnliche besondere Glücksmomente?

Fast nie	Selten	Regelmäßig	Häufig

10 Auffassung_Glück

Es gibt verschiedene Auffassungen darüber, was Glück bedeutet. Was ist Ihnen persönlich beim Erreichen eines Ziels wichtiger?



11 PANAS

Bitte erinnern Sie sich daran, was Sie in den letzten 4 Wochen getan und erlebt haben. Beschreiben Sie unter Verwendung der folgenden Skala, wie intensiv Sie die genannten Gefühle und Empfindungen erlebt haben.

	Ganz wenig/ gar nicht	Ein bisschen	Einigermaßen	Erheblich	Sehr
aktiv					
bekümmert					
interessiert					
freudig erregt					
verärgert					
stark					
schuldig					
erschrocken					
feindselig					
angeregt					
stolz					
gereizt					
begeistert					
beschämt					
wach					
nervös					
entschlossen					
aufmerksam					
durcheinander					
ängstlich					

12 SWLS

Beantworten Sie die folgenden Fragen zu Ihrer allgemeinen Lebenszufriedenheit bitte unter Verwendung der Skala von "stimme überhaupt nicht zu" bis "stimme völlig zu".

	Stimme überhaupt nicht zu	Stimme nicht zu	Stimme eher nicht zu	Weder noch	Stimme eher zu	Stimme zu	Stimme völlig zu
Ich bin mit meinem Leben zufrieden.							
Wenn ich mein Leben noch einmal leben könnte, würde ich kaum etwas ändern.							
Meine Lebensbedingungen sind ausgezeichnet.							
In den meisten Bereichen entspricht mein Leben meinen Idealvorstellungen.							
Bisher habe ich die wesentlichen Dinge erreicht, die ich mir für mein Leben wünsche.							

13 FLZGesundheit

Nun möchten wir Ihnen Fragen zu Ihrer Zufriedenheit mit Ihrer Gesundheit stellen.

Bitte bewerten Sie folgende Aussagen auf der Skala von "sehr unzufrieden" bis "sehr zufrieden".

	Sehr unzufrieden	Unzufrieden	Eher unzufrieden	Weder noch	Eher zufrieden	Zufrieden	Sehr zufrieden
Mit meinem körperlichen Gesundheitszustand bin ich...	○	○	○	○	○	○	○
Mit meiner seelischen Verfassung bin ich...	○	○	○	○	○	○	○
Mit meiner körperlichen Verfassung bin ich...	○	○	○	○	○	○	○
Mit meiner geistigen Leistungsfähigkeit bin ich...	○	○	○	○	○	○	○
Mit meiner Widerstandskraft gegen Krankheit bin ich...	○	○	○	○	○	○	○
Wenn ich daran denke, wie häufig ich Schmerzen habe, dann bin ich...	○	○	○	○	○	○	○
Wenn ich daran denke, wie oft ich bisher krank gewesen bin, dann bin ich...	○	○	○	○	○	○	○

14 FLZsozialeBeziehungen

	Sehr unzufrieden	Unzufrieden	Eher unzufrieden	Weder noch	Eher zufrieden	Zufrieden	Sehr zufrieden
Wenn ich an meinen Freundes- und Bekanntenkreis denke, bin ich...	○	○	○	○	○	○	○
Mit dem Kontakt zu meinen Verwandten bin ich...	○	○	○	○	○	○	○
Mit dem Kontakt zu meinen Nachbarn bin ich...	○	○	○	○	○	○	○
Mit der Hilfe und Unterstützung durch Freunde und Bekannte bin ich...	○	○	○	○	○	○	○
Mit meinen Außen- und gemeinschaftlichen Aktivitäten (Vereine etc.) bin ich...	○	○	○	○	○	○	○
Mit meinem gesellschaftlichen Engagement bin ich...	○	○	○	○	○	○	○
Wenn ich daran denke, wie oft ich unter die Leute komme, bin ich...	○	○	○	○	○	○	○

15 Meaning

Bitte nehmen Sie sich einen Moment Zeit, um darüber nachzudenken, was Ihr Leben für Sie wichtig macht. Bitte bewerten Sie die folgenden Aussagen so ehrlich und genau wie möglich. Bedenken Sie auch, dass die Einschätzung dieser Aussagen sehr subjektiv ist und es daher keine richtigen oder falschen Antworten gibt!

Bitte bewerten Sie folgende Aussagen auf der Skala von "überhaupt nicht zutreffend" bis "sehr zutreffend".

	Überhaupt nicht zutreffend			Manchmal zutreffend			Sehr zutreffend
Ich verstehe den Sinn meines Lebens.	○	○	○	○	○	○	○
Mein Leben hat ein klares Ziel.	○	○	○	○	○	○	○
Ich habe ein klares Verständnis dafür, was mein Leben sinnvoll macht.	○	○	○	○	○	○	○
Ich habe ein zufriedenstellendes Lebensziel gefunden.	○	○	○	○	○	○	○
Mein Leben hat keinen eindeutigen Sinn.	○	○	○	○	○	○	○

16 Belonging

Nun möchten wir Ihnen Fragen zu Ihrem Gefühl der Zugehörigkeit stellen, d.h. dem Gefühl irgendwo oder zu irgendwem dazu zu gehören.

Bitte bewerten Sie folgende Aussagen auf der Skala von "überhaupt nicht zutreffend" bis "sehr zutreffend".

	Überhaupt nicht zutreffend			Manchmal zutreffend			Sehr zutreffend
Ich fühle mich oft nicht zugehörig.	○	○	○	○	○	○	○
Es gibt Orte, die ich aufsuche, an denen ich mich zugehörig fühle.	○	○	○	○	○	○	○
Ich habe ein starkes Gefühl des							

Dazugehörens, wenn ich bei meinen Freunden bin.	○	○	○	○	○	○	○
In meinem Leben fühle ich mich wirklich von anderen akzeptiert.	○	○	○	○	○	○	○
Wenn ich mit meiner Familie Zeit verbringe, fühle ich, dass ich zu ihnen gehöre.	○	○	○	○	○	○	○

17 Demografische Daten

Im Folgenden bitten wir Sie, einige Angaben zu Ihrer Person zu machen.

Alter

Geschlecht

○ männlich ○ weiblich

Höchste abgeschlossene Ausbildung

- ○ Pflichtschule
- ○ Fachschule/ Lehre
- ○ Matura/ Abitur
- ○ Universitäts-/ Fachhochschulabschluss

Staatsangehörigkeit

Ihre Muttersprache:

○ Deutsch ○ Andere Sprache

Kenntnisse der deutschen Sprache, falls andere Muttersprache als Deutsch angegeben:

- ○ Niveau eines Muttersprachlers
- ○ Fließend in Schrift und Rede, aber nicht wie bei einer Muttersprache
- ○ Gut
- ○ Basiskenntnisse
- ○ Weniger als Basiskenntnisse

18 Endseite

Vielen Dank für Ihre Teilnahme!

Zusammenfassung

Das Ziel der vorliegenden Studie war, herauszufinden ob es möglich ist, positive, hedonische Erlebnisse, nachdem sie erlebt worden sind, zu bereuen und wie dieses antizipierte Bedauern mit subjektivem Wohlbefinden verknüpft ist. Zusätzlich untersuchte ich den Zusammenhang zwischen regulatorischem Fokus und subjektivem Wohlbefinden. Die Probanden der Studie hatten die Aufgabe, anzugeben wie sehr sie es bedauern würden, alltägliche und außergewöhnliche Erlebnisse erlebt zu haben, wenn sie wussten, dass sie anstatt dieser Erlebnisse wichtige Aufgaben erledigen hätten sollen.

Die Probanden der Studie sollten ebenso angeben, wie sehr sie es bedauern würden, wenn sie die wichtigen Aufgaben erledigt hätten und daher die alltäglichen und außergewöhnlichen Erlebnisse nicht wahrnehmen hätten können. Die Ergebnisse der Studie legen nahe, dass das Wahrnehmen von alltäglichen Erlebnissen mehr antizipiertes Bedauern hervorruft als das Wahrnehmen von außergewöhnlichen Erlebnissen. Das Nicht-Wahrnehmen von außergewöhnlichen Erlebnissen hingegen rief mehr antizipiertes Bedauern hervor als das Nicht-Wahrnehmen von alltäglichen Erlebnissen. Das antizipierte Bedauern von wahrgenommenen alltäglichen Erlebnissen korrelierte negativ mit subjektivem Wohlbefinden, dies traf aber nicht auf das antizipierte Bedauern von wahrgenommenen außergewöhnlichen Erlebnissen zu. Ich konnte die Ergebnisse früherer Studien über den Zusammenhang von regulatorischem Fokus und subjektivem Wohlbefinden replizieren, nämlich, dass eine stärkere Beziehung zwischen Promotion Fokus und subjektivem Wohlbefinden besteht als zwischen Prevention Fokus und subjektivem Wohlbefinden. Schlussfolgerungen dieser Studie und Vorschläge für zukünftige Forschung werden erläutert.

Schlagwörter: regulatorischer Fokus, subjektives Wohlbefinden, antizipiertes Bedauern, alltägliche und außergewöhnliche Erlebnisse