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Data Article

The Swedish version of the Regulatory Mode Questionnaire

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ABSTRACT

The data include responses to the Swedish version of a questionnaire used to operationalize self-regulation or regulatory mode: assessment and locomotion. The data was collected among 567 Swedish high school and university students (see Garcia and Lindskär, 2016 [1]). In this article, we also include the Swedish version of the Regulatory Mode Questionnaire. The data is available, SPSS file, as supplementary material in this article.

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Specifications Table

Subject area	Psychology
More specific subject area	Assessment, Locomotion, Regulatory Mode, Self-regulation
Type of data	Swedish version of the Regulatory Mode Questionnaire and SPSS file
How data was acquired	Paper and pencil and Online survey (distributed through Qualtrics)
Data format	Analyzed
Experimental factors	The study had a cross-sectional design
Experimental features	The main variables are gender, assessment, and locomotion

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Data source location	Sweden
Data accessibility	Data is within this article and as supplementary material

Value of the data

- This data can be employed for individual statistical analysis and meta-analysis.
 - The data was collected in Sweden and has cultural diversity value.
 - The questionnaire can be used for data collection among Swedish speaking participants.
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1. Data

The Swedish version of the Regulatory Mode questionnaire was answered by 567 individuals.

2. Experimental design, materials and methods

2.1. Participants

The data were collected among 567 high school and university students with an age mean = 22.07 ± 6.52 (198 males, 366 females, and 3 who did not report gender).

2.2. Questionnaire

Regulatory mode theory [2–5] suggests that individuals approach goals by pondering about different ways and their own capability to reach that goal (i.e. assessment) and by putting things into motion by simply starting and keep doing the behavior (i.e. locomotion). The Regulatory Mode Questionnaire [2] is a 30-item (12 for each mode and 6 for a lie scale) instrument with a 6-point Likert scale (e.g. assessment: ‘I often critique work done by myself or others’; locomotion: ‘I am a “doer”’). The Swedish version (see Appendix 1) has been used in previous studies [1,6,7]. In the present study, Cronbach’s alphas were 0.75 for assessment and 0.74 for locomotion. Although participants responded to the whole instrument, the lie scale score was not used in the analyses.

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Appendix A

Regulatory Mode Questionnaire¹

Read each of the following statements and decide how much you agree with each according to your beliefs and experiences.

¹ Regulatory Mode Questionnaire from Kruglanski, A.W., Thompson, E. P., Higgins, E. T., Atash, M. N., Pierro, A., et al. (2000). To “Do the Right Thing” or to “Just Do It”: Locomotion and Assessment as Distinct Self-Regulatory Imperatives. *Journal of Personality and Social Psychology*, 79, 793–815. Translation to Swedish by Johanna Ekberg, Patricia Rosenberg & Danilo Garcia. See Garcia, D., Jimmefors, A., Mousavi, F., Adrianson, L., Rosenberg, P., & Archer, T. (2015). Self-regulatory Mode (Locomotion and Assessment), Well-Being (Subjective and Psychological), and exercise behavior (Frequency and Intensity) in Relation to High School Pupils’ Academic Achievement. *PeerJ*, 3:e847. DOI: 10.7717/peerj.847.

Läs igenom nedanstående påståenden och avgör hur mycket du håller med vart och ett enligt dina värderingar och erfarenheter.

Item No.	English	Swedish	Strongly disagree Stämmer inte alls	Moderately disagree Stämmer inte särskilt bra	Slightly disagree Stämmer delvis inte	Slightly agree Stämmer delvis	Moderately agree Stämmer ganska bra	Strongly agree Stämmer precis
1.	I don't mind doing things even if they involve extra effort.	Jag har inget emot att göra saker även om det innebär en extra ansträngning.	1	2	3	4	5	6
2(R).	I never evaluate my social interactions with others after they occur.	Jag utvärderar aldrig mina sociala samspel med andra efter att de hänt.	1	2	3	4	5	6
3.	I am a "workaholic."	Jag är en "arbetsnarkoman".	1	2	3	4	5	6
4.	I feel excited just before I am about to reach a goal.	Jag känner mig upprymd precis innan jag uppnår ett mål.	1	2	3	4	5	6
5.	I enjoy actively doing things, more than just watching and observing.	Jag tycker bättre om att aktivt göra saker istället för att bara titta på och observera.	1	2	3	4	5	6
6.	I spend a great deal of time taking inventory of my positive and negative characteristics.	Jag lägger ner mycket tid på att inventera mina positiva och negativa karaktärsdrag.	1	2	3	4	5	6
7.	I like evaluating other people's plans.	Jag tycker om att utvärdera andra människors planer.	1	2	3	4	5	6
8.	I am a "doer."	Jag är en människa som får saker och ting gjorda.	1	2	3	4	5	6
9.	I often compare myself with other people.	Jag jämför ofta mig själv med andra.	1	2	3	4	5	6
10(R).	I don't spend much time thinking about ways others could improve themselves.	Jag spenderar inte mycket tid på att tänka på hur andra kan förbättra sig själva.	1	2	3	4	5	6
11.	I often critique work done by myself and others.	Jag kritiserar ofta mitt och andras arbete.	1	2	3	4	5	6
12.	I believe one should never engage in leisure activities.	Jag anser att man aldrig bör engagera sig i fritidsaktiviteter.	1	2	3	4	5	6
13(R).	When I finish one project, I often wait awhile before getting started on a new	När jag avslutar ett projekt, väntar jag ofta ett tag innan jag påbörjar nästa.	1	2	3	4	5	6
14.	I have never been late for work or for an appointment.	Jag har aldrig varit sen till arbetet eller ett avtalat möte.	1	2	3	4	5	6
15.	I often feel that I am being evaluated by others.	Jag känner ofta att jag blir bedömd av andra.	1	2	3	4	5	6
16.	When I decide to do something, I can't wait to get started.	När jag bestämmer mig för att göra något kan jag inte sätta igång snabbt nog.	1	2	3	4	5	6
17.	I always make the right decision.	Jag fattar alltid rätt beslut.	1	2	3	4	5	6
18.	I never find faults with someone I like.	Jag hittar aldrig några fel på människor jag tycker om.	1	2	3	4	5	6
19.	I am a critical person.	Jag är en kritisk person.	1	2	3	4	5	6
20.	I am very self-critical and self-conscious about what I am saying.	Jag är väldigt självkritisk och självmedveten om vad jag säger.	1	2	3	4	5	6
21.	By the time I accomplish a task, I already have the next one in mind.	Medans jag slutför ett projekt har jag redan börjat tänka på nästa.	1	2	3	4	5	6
22.	I often think that other people's choices and decisions are wrong.	Jag tycker ofta att andra människors val och beslut är fel.	1	2	3	4	5	6
23.	I have never hurt another person's feelings.	Jag har aldrig sårat en annan människas känslor.	1	2	3	4	5	6
24(R).	I am a "low energy" person.	Jag är en människa med låg energi.	1	2	3	4	5	6
25.	Most of the time my thoughts are occupied with the task that I wish to	För det mesta kretsar mina tankar kring den uppgift som jag vill slutföra.	1	2	3	4	5	6
26.	I feel that there is no such thing as an honest mistake.	Jag anser att det inte finns några ärliga misstag.	1	2	3	4	5	6
27(R).	I rarely analyze the conversations I have had with others after they occur.	Jag analyserar sällan konversationer jag haft med andra efter att de inträffat.	1	2	3	4	5	6
28.	When I get started on something, I usually persevere until I finish.	När jag påbörjar något håller jag allt som oftast ut tills jag slutfört det.	1	2	3	4	5	6
29.	I am a "go-getter."	Jag är en handlingsmänniska.	1	2	3	4	5	6
30.	When I meet a new person I usually evaluate how well he or she is doing on various dimensions (e.g., looks, achievements, social status, clothes).	När jag träffar en ny människa bedömer jag oftast hur han eller hon klarar sig på olika plan (t. ex utseende, prestationer, social status, kläder).	1	2	3	4	5	6

Note: yellow cells = assessment items, blue cells = locomotion items, white cells = lie scale, and (R) = reversed item.

Transparency document. Supplementary material

Transparency data associated with this article can be found in the online version at <http://dx.doi.org/10.1016/j.dib.2017.07.050i>.

Appendix B. Supporting information

Supplementary data associated with this article can be found in the online version at <http://dx.doi.org/10.1016/j.dib.2017.07.050i>.

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