



HCHS/SOL- Family Lifestyle Outcomes Research

Delayed Gratification (MATE)

QXQ

9/30/2019

General Instructions

This form will be used to record the child's behavior during the Delayed Gratification procedure.
A separate script will be provided to guide the coordinator.

0a. and 0b.: Enter the date of the procedure and your staff ID.

0c. Child ID will be prefilled upon form creation.

QxQ Instructions

Q1. Which one do you think is yummiest?

Child selects one answer:

1=Marshmallow

2=Oreo cookie

3=Pretzel

4=Hershey's kiss

5=Other

If Other, specify: _____

Q2. Do you want to wait for your treat?

Answer choices are:

0=No [**END** procedure]

1=Yes

Q3. Child waited entire 15 minutes without ringing the bell

Answer choices are:

0=No [**Go to Q4**]

1=Yes [**Go to Q6**]

Q4. Enter child's wait time in minutes and seconds: ____ ____:____ ____ (MM:SS)

Q5. Reason for stopping watch

Answer choices are:

1=Child rang the bell

2=Child touched/grabbed/ate the treat or some of the treat

3=Child seemed distressed (e.g. started crying) but did not ring the bell



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Q6. Observed behavior while waiting the 15 minutes

Check all that apply. However, we will record only the first time the child displays ANY of these behaviors (options 6a to 6f), BUT DO NOT STOP THE WATCH, Enter the first time into the corresponding behavior Notelog.

Answer choices are:

- 1=Child sat all the time
- 2=Child left chair and wandered around
- 3=Child touched the treat but did not eat it
- 4=Child ate some of the treat
- 5=Child ate all of the treat
- 6=Other

Q6a. Other, specify: _____