

# HEALTH AND LIFESTYLES OF PEOPLE AGED 50 AND OVER <br> <br> Self-Completion questionnaire <br> <br> Self-Completion questionnaire <br> <br> In Confidence 

 <br> <br> In Confidence}

## HOW TO FILL IN THIS QUESTIONNAIRE

Please answer the questions by:
Ticking a box like this Or writing a number in a box like this 3

Sometimes you will find instructions telling you which questions to answer next like this:


Sometimes you will find a question asking how often you have done something over a period of time. If you have not done it at all, please write ' 0 ' in the box.

Please fill in your details below
First name $\square$


## HOW TO RETURN THIS QUESTIONNAIRE

If the interviewer is still in your home (or will be coming to your home for an interview) once you have completed the questionnaire, please hand it back to the interviewer. If not, please return the completed questionnaire in the pre-paid envelope as soon as you possibly can.

PLEASE START THE QUESTIONNAIRE AT QUESTION
1 ON THE NEXT PAGE
THANK YOU AGAIN FOR YOUR HELP

Which of these statements apply to you?

| Tick all that apply |  |  |
| :---: | :---: | :---: |
| I read a daily newspaper | 01 | SCPTRNP |
| I have a hobby or pastime | 02 | SCPTRHB |
| I have taken a holiday in the UK in the last 12 months | ${ }^{03}$ | SCPTRUK |
| I have taken a holiday abroad in the last 12 months | 04 | SCPTRAB |
| I have gone on a daytrip or outing in the last 12 months | 05 | SCPTRTR |
| I own a mobile phone | 06 | SCPTRMP |
| I voted in the last General Election | 07 | SCPTRVT |
| None of these statements apply to me | ${ }^{08}$ | SCPTR96 |

Are you a member of any of these organisations, clubs or societies?


No, I am not a member of any organisations, clubs or societies $\square$ $\xrightarrow[09]{ }$ Go to 4 SCORG96

3 Thinking about all the organisations, clubs or societies that you are a member of, how many committee meetings, if any, do you attend in a year? If none, please enter ' 0 '

Please write the number in this box $\qquad$ SCORGN
4 Now some questions about your social activities. How often, if at all, do you do any of the following activities? Tick one box on each line
$\left.\begin{array}{rlllllll} & \begin{array}{c}\text { Twice a } \\ \text { month } \\ \text { or more }\end{array} & \begin{array}{c}\text { About } \\ \text { once a } \\ \text { month }\end{array} & \begin{array}{c}\text { Every } \\ \text { few } \\ \text { months }\end{array} & \begin{array}{c}\text { About } \\ \text { once or } \\ \text { twice a } \\ \text { year }\end{array} & \begin{array}{c}\text { Less } \\ \text { than } \\ \text { once a } \\ \text { year }\end{array} & \text { Never }\end{array}\right]$

Would you like to do any of the following activities more often but feel that, for whatever reason, you cannot?

## Tick one box on each line

| you cannot? | Tick one box on each line |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
|  |  | Yes | No |  |
|  | Go to the cinema | 1 | ${ }^{2}$ | SCMOREA |
|  | Eat out of the house | 1 | 2 | SCMOREB |
| Go to | rt gallery or museum | 1 | 2 | SCMOREC |
| Go to the theatr | concert or the opera | 1 | ${ }^{2}$ | SCMORED |

6 We would now like to ask you some questions about your use of the Interne and email. On average, how often do you use the Internet or email?
SCINT


## On which of the following devices do you access the Internet?

Tick all that apply



## For each one, please say how often you feel that way

Tick one box on each line
Hardly ever Some of Often
or never the time

| or never |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| How often do you feel you lack companionship? | $\square 1$ |  | 2 | 3 SCFEELA |
| How often do you feel left out? | - 1 |  | 2 | 3 SCFEELB |
| How often do you feel isolated from others? | 1 |  | 2 | 3 SCFEELC |
| How often do you feel in tune with the people around you? |  |  | 2 | $]^{3}$ SCFEELD |
| How often do you feel lonely? |  | $\pm$ | 2 | $\square 3$ SCFEELE |

11 Here is a list of statements that people have used to describe their lives or how


## Do you have a husband, wife or partner with whom you live?

SCPRT

> Tick one box
> Yes $\square \longrightarrow$ Go to 13 No $\square \rightarrow$ Go to 15

3 We would now like to ask you some questions about your spouse or partner. Please tick the box which best shows how you feel about each statement.

Tick one box on each line
A lot Some A little Not at


## Do you have any children?



## Tick one box

Yes

$\square \rightarrow$ Go to 16
No $\square$ $\rightarrow$ Go to 19

We would now like to ask you some questions about your children.
Please tick the box which best shows how you feel about each statement
Tick one box on each line
A lot Some A little Not at
all


7 On average, how often do you do each of the following with any of your children, not counting any who live with you?

|  | Tick one box on each line |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Three or more times a week | Once or twice a week | Once or twice a month | Every few months | Once or twice a year | Less than once a year or never |  |
| Meet up (include both arranged and chance meetings) | $ـ^{1}$ | $\square^{2}$ | $\square^{3}$ | $\square{ }^{4}$ | $\square 5$ | ${ }^{6}$ | SCCHDH |
| Speak on the phone |  | ${ }^{2}$ | $]^{3}$ | ${ }^{4}$ | ${ }^{5}$ | ${ }^{6}$ | SCCHDI |
| Write or email | ${ }^{1}$ | ${ }^{2}$ | $]^{3}$ | ${ }^{4}$ | ${ }^{5}$ | ${ }^{6}$ | SCCHDJ |
| Send or receive text messages | ${ }^{1}$ | $\square^{2}$ | $]^{3}$ | $\square^{4}$ | ${ }^{5}$ | $\square{ }^{6}$ | SCCHDK |

How many of your children would you say you have a close relationship with?
$\square$

俍 parents, cousins or grandchildren?

| SCFAM | Yes $\square \longrightarrow$ |
| :--- | :--- |$\quad$ Go to 20

20 We would now like to ask you some questions about these family members. Please tick the box which best shows how you feel about each statement.

Tick one box on each line
A lot Some A little Not at


解 members, not counting any who live with you?

|  | Tick one box on each line |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Three or more times a week | Once or twice a week | Once or twice a month | Every few months | Once or twice a year | Less than once a year or never |  |
| Meet up (include both arranged and chance meetings) | $]^{1}$ | $\square{ }^{2}$ | $\square 3$ | ${ }^{4}$ | $\square^{5}$ | $\square^{6}$ | SCFAMH |
| Speak on the phone |  | ${ }^{2}$ |  |  | 5 | $\square^{6}$ | SCFAMI |
| Write or email | ${ }^{1}$ | $\square^{2}$ | 3 |  | ${ }^{5}$ | ${ }^{6}$ | SCFAMJ |
| Send or receive text messages | $\square{ }^{1}$ | $\square$ | 3 | $\square 4$ | $\square 5$ | ${ }_{6}$ | SCFAMK | with?

$\qquad$ Please write the number in this box $\qquad$

## Do you have any friends?

SCFRD

## Tick one box

Yes $\qquad$

We would now like to ask you some questions about your friends.
Please tick the box which best shows how you feel about each statement.
Tick one box on each line
A lot Some A little Not a
all


On average, how often do you do each of the following with any of your friends, not counting any who live with you?

$\square$

27 For each of the following statements, please indicate how often the statement applies to you.

|  | Tick one box on each line |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
|  | Never applies to me | Occasionally or seldom applies to me | Fairly often applies to me | Very often applies to me |
| I try to pass along the knowledge I have gained through my experiences. | $\square 1$ | $\square^{2}$ | $\square{ }^{3}$ | $\square 4$ SCCNTA |
| I feel as though I have made a difference to many people. | $\square$ | $]^{2}$ | $\square^{3}$ | $\square 4$ SCCNTB |
| Others would say that I have made unique contributions to society. | $\square^{1}$ | $]^{2}$ | 3 | $\square 4$ SCCNTC |
| I have important skills that I try to teach others |  | $]^{2}$ | $\square^{3}$ | $]^{4}$ SCCNTD |
| I have made many commitments to many different kinds of people, groups and activities in my life. | $\square$ | 2 | ${ }^{3}$ | $\square 4$ SCCNTE |
| I feel as though my contributions will exist after I die. | $\underbrace{1}$ | $\square^{2}$ | $]^{3}$ | $\square$ SCCNTF |

28 For each of the following statements, please indicate how strongly you disagree or agree with the statement


The next questions are about paid employment. Were you in paid employment last month?
Yes
Yes $\square$ Go to 30
No $\square \rightarrow$ Go to 32

30 Here are some statements people might use to describe their work. We would like to know how strongly you think these apply to the paid employment you did in the last month.

Tick one box on each line


At what age would you like to retire?

| Write in years | $\square$ | SCRTAGE |
| ---: | :--- | ---: |
| I have already retired $\square 1$ | SCRTAGB |  |

Think of this ladder as representing where people stand in our society. At the top of the ladder are the people who are the best off - those who have the most money, most education and best jobs. At the bottom are the people who are the worst off - who have the least money, least education, and the worst jobs or no jobs. The higher up you are on this ladder, the closer you are to the people at the very top and the lower you are, the closer you are to the people at the very bottom.
Please mark a cross on the rung on the ladder where you would place yourself.


The next few questions are about how you feel about your age and experience of growing older. How old do you feel that you are?

$$
\text { SCOFEEL } \quad \text { Write in years } \square
$$

What age would you like to be?
Write in years $\square$

On the whole, has growing older been a positive or negative experience?
Tick one box
SCOLDPOS

| Very positive | $\square{ }^{1}$ |
| ---: | :--- |
| Mainly positive | $\square^{2}$ |
| Neither positive nor negative | $\square^{3}$ |
| Mainly negative | $\square^{4}$ |
| Very negative | $\square^{4}$ | or disagree with each of the following statements?






10 Overall, to what extent do you feel the things you do in your life are worthwhile?


How many portions of vegetables - excluding potatoes - do you eat on a typical day?
If none, please enter ' 0
A serving or portion of vegetables means three heaped tablespoons of green or roo vegetables such as carrots, parsnips, spinach, small vegetables like peas, baked beans or sweet corn, or a medium bowl of salad (lettuce, tomatoes, etc).

> Please write in portion
$\qquad$ SCVEG
How many portions of fruit - of any kind - do you eat on a typical day? If none, please enter ' 0 '.
A portion of fruit is an apple or banana, a small bowl of grapes, or three tablespoons of tinned or stewed fruit. If you drink fruit juice, you can count one glass per day, but additional glasses of fruit juice do not count as additional portions.
$\square$
$\qquad$

Thinking now about all kinds of drinks, how often have you had an alcoholic drink of any kind during the last 12 months?

## SCAKO

## Almost every day

Five or six days a week
Three or four days a week
Once or twice a week
Once or twice a month
Once every couple of months
Once or twice a year
Not at all in the last 12 months


Did you have an alcoholic drink in the seven days ending yesterday?
$\qquad$

Tick one box
Yes $\square \xrightarrow{1}$ Go to 44
No $\square{ }^{2}$ Go to 48

On how many days out of the last seven did you have an alcoholic drink?


During the last seven days, how many measures of spirits did you have? Drinks poured at home may be larger than a pub single measure - please estimate number of singles. If none, please enter ' 0 '

Please write the number in this box $\square$

During the last seven days, how many glasses of wine did you have? Include sherry, port, vermouth. If none, please enter ' 0 '.

Please write the number in this box $\square$ SCDRWIN

47 During the last seven days, how many pints of beer, lager or cider did you have? If none, please enter ' 0 '.
Please write the number in this box $\square$ SCDRPIN

48 We would like to ask you about incontinence.
During the last 12 months, have you lost any amount of urine beyond your control?
SCHELNCT


When you had this problem, did it last for more than one month?

| SCHELNCTA | Tick one box |
| :--- | :--- |
| Yes $\square^{1}$ |  |
|  | No $\square^{2}$ |

During the last 12 months, have you had any problems controlling your bowels? By problems controlling your bowels we mean that this could result in accidentally having soiled pants, leakage from the bowel, needing to go to the toilet frequently or urgently, sometimes not making it to the toilet in time, or using aids or appliances to manage bowel problems or incontinence. Please include problems with your bowel caused by any medicines that you take.

Tick one box


Yes $\square{ }^{1}$ Go to 51
No $\square{ }^{2}$ Go to 52

Are you generally an impatient person, or someone who always shows great patience?


3 Are you generally a person who is fully prepared to take risk, or do you try to avoid


4 Thinking specifically about your finances, spending and savings, are you generally


55 Thinking specifically about your finances, spending and savings, are you a person


56 Thinking specifically about the risks and benefits of treatments to improve you health, are you a person who is fully prepared to take risk or do you try to avoid taking risks?


## 57 Thinking about your health in general

Do you generally prefer to live for the moment, or to live for the future? SCHPATI


8 Is quality of life generally more important to you, or length of life?
Is quality of life generally more important to you, or length of life?
Tick one box

| Quality |
| :--- |
| of life |

0

Is how your body looks usually more important to you, or how your body functions?


60 Are you a person who would be willing to use experimental treatments, or someone who would never use experimental treatments?


Are you a person who prefers to make the final decision about your healthcare, or someone who prefers to leave all treatment decisions to their doctor? SCHDECI


62 If there is anything else you would like to tell us, please write in the space below. We shall be very interested to read what you have to say.
$\square$ provided. All your answers will remain confidential in accordance with the Dat Protection Act 1998.

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