ADULT SELF-COMPLETION QUESTIONNAIRE (AGED 16+)

OFFICE USE ONLY

<table>
<thead>
<tr>
<th>Point.No</th>
<th>Address</th>
<th>HH.No</th>
<th>P.No</th>
<th>ChkL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>First name</th>
<th>Int No</th>
<th>F/Area</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>
Completing the questionnaire

Please answer questions by ticking the box next to the answer, as in the example below. Some questions have instructions that show which question to answer next. If there are no instructions, just answer the next question. Please tick only one box for each question.

Example Question

Did you have breakfast this morning?

Yes 1 → Q1
No 2

Returning the questionnaire

If the interviewer is still in your home when you have completed the questionnaire, please hand it back to them. If not, please return the completed questionnaire in the pre-paid envelope as soon as you possibly can.

Now please go to Q1 and start filling in your answers
The first questions are about how you have been feeling recently.

Have you recently...

Q3
...been able to concentrate on whatever you're doing?

Better than usual
Same as usual
Less than usual
Much less than usual

Q4
...lost much sleep over worry?

Not at all
No more than usual
Rather more than usual
Much more than usual

Q5
...felt that you were playing a useful part in things?

More so than usual
Same as usual
Less so than usual
Much less than usual
Have you recently...

**Q6**
...felt capable of making decisions about things?

- More so than usual
- Same as usual
- Less so than usual
- Much less capable

**Q7**
...felt constantly under strain?

- Not at all
- No more than usual
- Rather more than usual
- Much more than usual

**Q8**
...felt you couldn’t overcome your difficulties?

- Not at all
- No more than usual
- Rather more than usual
- Much more than usual

**Q9**
...been able to enjoy your normal day-to-day activities?

- More so than usual
- Same as usual
- Less so than usual
- Much less than usual

**Q10**
...been able to face up to problems?

- More so than usual
- Same as usual
- Less able than usual
- Much less able
<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q11</td>
<td>Not at all</td>
</tr>
<tr>
<td>Q12</td>
<td>Not at all</td>
</tr>
<tr>
<td>Q13</td>
<td>Not at all</td>
</tr>
<tr>
<td>Q14</td>
<td>More so than usual</td>
</tr>
</tbody>
</table>
The following questions relate to your usual sleep habits during the last month. Please indicate the most accurate reply for the majority of days and nights in the past month.

**Q15**
How many hours of actual sleep did you usually get at night during the last month?
This may be different than the actual number of hours you spent in bed.

<table>
<thead>
<tr>
<th>Hours</th>
<th>Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Q16**
During the past month, how often have you had trouble sleeping because you...

<table>
<thead>
<tr>
<th></th>
<th>Not during the past month</th>
<th>Less than once a week</th>
<th>Once or twice a week</th>
<th>Three or more times a week</th>
<th>More than once most nights</th>
</tr>
</thead>
<tbody>
<tr>
<td>...cannot get to sleep within 30 minutes?</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>...wake up in the middle of the night or early in the morning?</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>...cough or snore loudly?</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

**Q17**
During the past month, how often have you taken medicine (prescribed or "over the counter") to help you sleep?

<table>
<thead>
<tr>
<th></th>
<th>Not during the past month</th>
<th>Less than once a week</th>
<th>Once or twice a week</th>
<th>Three or more times a week</th>
<th>More than once most nights</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

**Q18**
During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?

<table>
<thead>
<tr>
<th></th>
<th>Not during the past month</th>
<th>Less than once a week</th>
<th>Once or twice a week</th>
<th>Three or more times a week</th>
<th>More than once most nights</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

**Q19**
During the past month, how would you rate your sleep quality overall?

<table>
<thead>
<tr>
<th></th>
<th>Very good</th>
<th>Fairly good</th>
<th>Fairly bad</th>
<th>Very bad</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>
The next questions are about your opinions on the environment.
For each of the following statements please tick the answer that is closest to your view

Q20
Which of these best describes how you feel about your current lifestyle and the environment?

<table>
<thead>
<tr>
<th>Option</th>
<th>Ticked Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>I’m happy with what I do at the moment</td>
<td></td>
</tr>
<tr>
<td>I’d like to do a bit more to help the environment</td>
<td></td>
</tr>
<tr>
<td>I’d like to do a lot more to help the environment</td>
<td></td>
</tr>
</tbody>
</table>

Q21
And which of these would you say best describes your current lifestyle?

<table>
<thead>
<tr>
<th>Option</th>
<th>Ticked Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>I don’t really do anything that is environmentally-friendly</td>
<td></td>
</tr>
<tr>
<td>I do one or two things that are environmentally-friendly</td>
<td></td>
</tr>
<tr>
<td>I do quite a few things that are environmentally-friendly</td>
<td></td>
</tr>
<tr>
<td>I’m environmentally-friendly in most things I do</td>
<td></td>
</tr>
<tr>
<td>I’m environmentally-friendly in everything I do</td>
<td></td>
</tr>
</tbody>
</table>

Q22
Do you agree or disagree that being green is an alternative lifestyle, it’s not for the majority?

<table>
<thead>
<tr>
<th>Option</th>
<th>Ticked Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agree strongly</td>
<td></td>
</tr>
<tr>
<td>Agree</td>
<td></td>
</tr>
<tr>
<td>Disagree</td>
<td></td>
</tr>
<tr>
<td>Disagree strongly</td>
<td></td>
</tr>
</tbody>
</table>

Q23
Please tick whether, on the whole, you personally believe or do not believe each of the following statements

<table>
<thead>
<tr>
<th>Statement</th>
<th>Yes, I believe this</th>
<th>No, I do not believe this</th>
</tr>
</thead>
<tbody>
<tr>
<td>I don’t believe my behaviour and everyday lifestyle contribute to climate change</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I would be prepared to pay more for environmentally friendly products</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If things continue on their current course, we will soon experience a major environmental disaster</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The so-called ‘environmental crisis’ facing humanity has been greatly exaggerated</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Climate change is beyond control – it’s too late to do anything about it</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Next, here are some statements about neighbourhoods

Q24

Please tick the box that indicates how strongly you agree or disagree with each statement.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree nor disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I feel like I belong to this neighbourhood.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The friendships and associations I have with other people in my neighbourhood mean a lot to me.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>If I needed advice about something I could go to someone in my neighbourhood.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I borrow things and exchange favours with my neighbours.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I would be willing to work together with others on something to improve my neighbourhood.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I plan to remain a resident of this neighbourhood for a number of years.</td>
<td></td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>I like to think of myself as similar to the people who live in this neighbourhood.</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>I regularly stop and talk with people in my neighbourhood.</td>
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</tbody>
</table>
Here are some questions about how you feel about your life

Q26

Please tick the number which you feel best describes how dissatisfied or satisfied you are with the following aspects of your current situation.

1 = Completely Dissatisfied, 7 = Completely Satisfied

<table>
<thead>
<tr>
<th>Aspects</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your health</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The income of your household</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>The amount of leisure time you have</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Your life overall</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

Q27

Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the last 2 weeks.

I've been feeling optimistic about the future

I've been feeling useful

I've been feeling relaxed

I've been dealing with problems well

I've been thinking clearly

I've been feeling close to other people

I've been able to make up my own mind about things
Q28
Are you generally a person who is fully prepared to take risks or do you try to avoid taking risks?  
Avoid taking risks  
0 1 2 3 4 5 6 7 8 9 10  
Fully prepared to take risks

Q29
Are you generally a person who is fully prepared to take risks in trusting strangers or do you try to avoid taking such risks?  
Avoid taking risks in trusting strangers  
0 1 2 3 4 5 6 7 8 9 10  
Fully prepared to take risks in trusting strangers

Q30
Are you married or living with a partner?  
Yes  
No

Q31
Please indicate on each question the box which best describes your relationship with your partner at the moment. Please tick one box only for each question.

- Have a stimulating exchange of ideas
- Calmly discuss something
- Work together on a project
Q32

Please indicate on each question the box which best describes your relationship with your partner at the moment. Please tick one box only for each question.

How often do you discuss or have you considered divorce, separation or terminating your relationship?  
- All of the time  
- Most of the time  
- More often than not  
- Occasionally  
- Rarely  
- Never

Do you ever regret that you married or lived together?  
- All of the time  
- Most of the time  
- More often than not  
- Occasionally  
- Rarely  
- Never

How often do you and your partner quarrel?  
- All of the time  
- Most of the time  
- More often than not  
- Occasionally  
- Rarely  
- Never

How often do you and your partner get on each other’s nerves?  
- All of the time  
- Most of the time  
- More often than not  
- Occasionally  
- Rarely  
- Never

Do you kiss your partner?  
- All of the time  
- Most of the time  
- More often than not  
- Occasionally  
- Rarely  
- Never

Q33

Do you and your partner engage in outside interests together?

- All of them  
- Most of them  
- Some of them  
- Very few of them  
- None of them

Q34

The boxes on the following line represent different degrees of happiness in your relationship. The middle point, “happy”, represents the degree of happiness of most relationships. Please tick the box which best describes the degree of happiness, all things considered, of your relationship.

- Extremely unhappy  
- Fairly unhappy  
- A little unhappy  
- Happy  
- Very Happy  
- Extremely happy  
- Perfect

Thank you very much for taking the time to answer our questions.

Please give the questionnaire either to the interviewer or post it back in the envelope provided.