



Understanding Society

IP 12

IP 12 Advance Mailing

- IP12 Advance Letters
- IP12 Health Measures Participant Information
- IP12 Change of Address Card
- IP12 Recording blood pressure card

Advance letters

- IP12 USOC Interviewer Letter
- IP12 USOC Nurses Letter
- IP12 USOC Web Letter

IP12 USOC Interviewer Letter



Contact us:

Participant helpline: **0800 252 853**
Web: www.understandingsociety.ac.uk/participants
Email: contact@understandingsociety.ac.uk
For details of the study's privacy policy, please see
<https://www.understandingsociety.ac.uk/participants/gdpr>

RESP_Name
ff_Address1
ff_Address2
ff_Address3
ff_Address4
ff_Address5
ff_PostCode

Postal_Date

Thank you for your continued support of Understanding Society.

Salutation

The information you share helps us to understand what people think, feel and do. It also helps us to see how society is changing over time. We would very much like you to complete the survey again this year. It's only by interviewing the same people each time that we can build an accurate picture of what is happening in the UK – this is why you are irreplaceable!

Having your blood pressure taken

We would like to ask you to have your own blood pressure measured before completing the online questionnaire.

If you are able to do this, we will send you an extra £5 to thank you for your time.

You can take the blood pressure measure at home, if you have the equipment available, or alternatively you can visit your local GP surgery or a pharmacy where this service is offered for free.

When you obtain your blood pressure readings, please use the enclosed card to record the measures as well as where and when the readings were taken. We will then ask to report those readings to us during your interview.

If you cannot obtain your blood pressure readings (or if you are pregnant), we would still like you to take part in the interview.

Letter_Code
Counter

Your continuing participation is very important to us. Please let us know if you move by using the form on the Understanding Society website at www.understandingsociety.ac.uk/participants, Freephone 0800 252 853 or return this card in the Freepost envelope (no stamp needed). To say thank-you we will send you a £5 voucher.

Name: RESP_Name

PIO: ff_PID

MOVING FROM

ff_Address1

ff_Address2

ff_Address3

ff_Address4

ff_Address5

ff_PostCode

MOVING TO

New Address: _____

Home Phone: _____

(inc STD code) _____

Postcode: _____

Mobile: _____

E-mail address: _____

Date of move: _____

- Please let us know who will be living with you at your new address. Please list their full names below as we may like to ask them to take part in Understanding Society in the future. If possible, please provide their mobile number.
-
-

Name: _____

Mobile: _____

Name: _____

Mobile: _____

Name: _____

Mobile: _____

Name: _____

Mobile: _____

Your interview this year

This year your interview will focus on your health and consists of two parts.

Part One:

Is completing a face-to-face interview. Fill.1

Part Two:

The second part involves us collecting a small number of health measures from you.

For more information please see the leaflet accompanying this letter.

The interviewer will be in touch with you soon to arrange a convenient time for an interview.

Why are we interested in your blood pressure?

Fill.2

By being part of Understanding Society you are contributing to a world-renowned and important resource. Leading charities, like Citizens Advice, Age UK and the Children's Society, use the study to support their work. So do top universities and the UK government. This helps them to take the lives of real people into account when making decisions. Thank you again for continuing to take part – your survey answers and health measures will be helping us to understand more about the health of the UK population.

With many thanks,

Professor Michaela Benzeval

Director, Understanding Society

Would you like to know more?

Please see the leaflet accompanying this letter or call us free on 0800 252 853.

Change of Address

At the bottom of this letter is a change-of-address card. Please let us know if you change any of your contact details.

Moving home?

Take us with you.

www.understandingsociety.ac.uk
contact@understandingsociety.ac.uk
FREEPOST RRXX-KEKJ-JGKS
Understanding Society, University of Essex
Wivenhoe Park, Colchester. CO4 3SQ



IP12 USOC Nurses Letter



Contact us:

Participant helpline: **0800 252 853**
Web: **www.understandingsociety.ac.uk/participants**
Email: **contact@understandingsociety.ac.uk**
For details of the study's privacy policy, please see
<https://www.understandingsociety.ac.uk/participants/gdpr>

RESP_Name
ff_Address1
ff_Address2
ff_Address3
ff_Address4
ff_Address5
ff_PostCode

Postal_Date

Thank you for your continued support of Understanding Society.

Salutation

The information you share helps us to understand what people think, feel and do. It also helps us to see how society is changing over time. We would very much like you to complete the survey again this year. It's only by interviewing the same people each time that we can build an accurate picture of what is happening in the UK – this is why you are irreplaceable!

Having your blood pressure taken

We would like to ask you to have your own blood pressure measured before completing the online questionnaire.

If you are able to do this, we will send you an extra £5 to thank you for your time.

You can take the blood pressure measure at home, if you have the equipment available, or alternatively you can visit your local GP surgery or a pharmacy where this service is offered for free.

When you obtain your blood pressure readings, please use the enclosed card to record the measures as well as where and when the readings were taken. We will then ask to report those readings to us during your interview.

If you cannot obtain your blood pressure readings (or if you are pregnant), we would still like you to take part in the interview.

Letter_Code
Counter

Your continuing participation is very important to us. Please let us know if you move by using the form on the Understanding Society website at www.understandingsociety.ac.uk/participants, Freephone 0800 252 853 or return this card in the Freepost envelope (no stamp needed). To say thank-you we will send you a £5 voucher.

Name: RESP_Name

PIO: ff_PID

MOVING FROM

ff_Address1

ff_Address2

ff_Address3

ff_Address4

ff_Address5

ff_PostCode

MOVING TO

New Address: _____

Home Phone: _____

(inc STD code) _____

Postcode: _____

Mobile: _____

E-mail address: _____

Date of move: _____

- Please let us know who will be living with you at your new address. Please list their full names below as we may like to ask them to take part in Understanding Society in the future. If possible, please provide their mobile number.

Name: _____

Mobile: _____

Name: _____

Mobile: _____

Name: _____

Mobile: _____

Name: _____

Mobile: _____

Your interview this year

This year your interview will focus on your health and consists of two parts.

Part One:

Is completing a face-to-face interview. Fill.1

Part Two:

The second part involves us collecting a small number of health measures from you.

To make this added part of the study easier, this year you will be visited and interviewed by a nurse rather than an interviewer. The nurse will be in touch with you soon to arrange a convenient time for an interview.

For more information please see the leaflet accompanying this letter.

Why are we interested in your blood pressure?

Fill.2

By being part of Understanding Society you are contributing to a world-renowned and important resource. Leading charities, like Citizens Advice, Age UK and the Children's Society, use the study to support their work. So do top universities and the UK government. This helps them to take the lives of real people into account when making decisions. Thank you again for continuing to take part – your survey answers and health measures will be helping us to understand more about the health of the UK population.

With many thanks,

Professor Michaela Benzeval
Director, Understanding Society

Would you like to know more?

Please see the leaflet accompanying this letter or call us free on 0800 252 853.

Change of Address

At the bottom of this letter is a change-of-address card. Please let us know if you change any of your contact details.

Moving home?

Take us with you.

www.understandingsociety.ac.uk
contact@understandingsociety.ac.uk
FREEPOST RRXX-KEKJ-JGKS
Understanding Society, University of Essex
Wivenhoe Park, Colchester. CO4 3SQ



IP12 USOC Web Letter



Contact us:

Participant helpline: **0800 252 853**
Web: **www.understandingsociety.ac.uk/participants**
Email: **contact@understandingsociety.ac.uk**
For details of the study's privacy policy, please see
<https://www.understandingsociety.ac.uk/participants/gdpr>

RESP_Name
ff_Address1
ff_Address2
ff_Address3
ff_Address4
ff_Address5
ff_PostCode

Postal_Date

Thank you for your continued support of Understanding Society.

Salutation

The information you share helps us to understand what people think, feel and do. It also helps us to see how society is changing over time. We would very much like you to complete the survey again this year. It's only by interviewing the same people each time that we can build an accurate picture of what is happening in the UK – this is why you are irreplaceable!

Having your blood pressure taken

We would like to ask you to have your own blood pressure measured before completing the online questionnaire.

If you are able to do this, we will send you an extra £5 to thank you for your time.

You can take the blood pressure measure at home, if you have the equipment available, or alternatively you can visit your local GP surgery or a pharmacy where this service is offered for free.

When you obtain your blood pressure readings, please use the enclosed card to record the measures as well as where and when the readings were taken. We will then ask to report those readings to us during your interview.

If you cannot obtain your blood pressure readings (or if you are pregnant), we would still like you to take part in the interview.

Letter_Code
Counter

Your continuing participation is very important to us. Please let us know if you move by using the form on the Understanding Society website at www.understandingsociety.ac.uk/participants, Freephone 0800 252 853 or return this card in the Freepost envelope (no stamp needed). To say thank-you we will send you a £5 voucher.

Name: RESP_Name

PIO: ff_PID

MOVING FROM

ff_Address1

ff_Address2

ff_Address3

ff_Address4

ff_Address5

ff_PostCode

MOVING TO

New Address: _____

Home Phone: _____

(inc STD code) _____

Postcode: _____

Mobile: _____

E-mail address: _____

Date of move: _____

- Please let us know who will be living with you at your new address. Please list their full names below as we may like to ask them to take part in Understanding Society in the future. If possible, please provide their mobile number.

• Name: _____

• Mobile: _____

• Name: _____

• Mobile: _____

• Name: _____

• Mobile: _____

• Name: _____

• Mobile: _____

Your interview this year

This year your interview will focus on your health and consists of two parts.

Part One:

Is completing a questionnaire online. Fill.1

The survey is available online at the website shown below, so you can complete it at a time that's best for you.

www.understandingsociety.ac.uk/society

When you reached the website, you'll be asked to enter your unique username and password:

Username: username Password: password

If you are unable to complete your questionnaire online, an interviewer will be in touch with you to arrange a convenient time for a face-to-face interview.

Part Two:

The second part involves us collecting a small number of health measures from you. For more information please see the leaflet accompanying this letter.

Why are we interested in your blood pressure?

Fill.2 Phone

By being part of Understanding Society you are contributing to a world-renowned and important resource. Leading charities, like Citizens Advice, Age UK and the Children's Society, use the study to support their work. So do top universities and the UK government. This helps them to take the lives of real people into account when making decisions. Thank you again for continuing to take part – your survey answers and health measures will be helping us to understand more about the health of the UK population.

With many thanks,

Professor Michaela Benzeval

Director, Understanding Society

Would you like to know more?

Please see the leaflet accompanying this letter or call us free on 0800 252 853.

Change of Address

At the bottom of this letter is a change-of-address card. Please let us know if you change any of your contact details.

Moving home?

Take us with you.

www.understandingsociety.ac.uk

contact@understandingsociety.ac.uk

FREEPOST RRXX-KEKJ-JGKS

Understanding Society, University of Essex
Wivenhoe Park, Colchester. CO4 3SQ



Health Measures Participant Information Sheets

- Childrens Hair Collection Participant Information Sheet
- Health IP Health Measures Information sheet
- 1. Health IP Health Measures Participant Info Sheet.
- 2. Health IP Health Measures Participant Info sheet.
- 3. Health IP Health Measures Participant Info Sheet
- 4. Health IP Health Measures Participant Info Sheet
- 5. Health IP Health Measures Participant Info Sheet

Childrens Hair Collection Participant Information Sheet

Any concerns?

If you have a concern about any aspect of this Study you can contact Professor Michaela Benzeval, the Chief Investigator of this research. You can contact her by emailing contact@understandingsociety.ac.uk. You can also contact her by phone on 0800 252 853. She will answer any questions you may have. If you are not satisfied with your response from the Chief Investigator, please contact the Research Governance and Planning Manager.

You can write to the Research Governance and Planning Manager at Research Office, University of Essex, Wivenhoe Park, Colchester, CO4 3SQ. You can contact them by emailing sarahm@essex.ac.uk or by telephoning 01206 873561.

Who has reviewed this project?

This study has been approved by the East of England - Essex Research Ethics Committee. REC Number: 19/EE/0146

This year our study has a health focus



KANTAR PUBLIC

NatCen
Social Research that works for society



University of Essex



What do you want me to do this year that is different?

As well as answering our questionnaire, we would like to collect a small hair sample. Your hair can tell us a lot about how healthy you are. Chemicals in your hair are measured by our researchers.

What do I have to do?

You will need to cut a very small section of hair from close to your head. The little bundle of hair needs to be about 2mm across and come from the back of your head. The hair collection kit has all the information you need.

It's quite tricky to collect the hair sample yourself, so it will be easier if someone in your family helps you.

Who is doing this research?

Researchers at the Institute for Social and Economic Research at the University of Essex, who are part of Understanding Society.

What will happen to my hair sample?

The hair sample will be sent to a laboratory where researchers will measure the chemicals in it. Your hair sample will not be used for any other tests.

The information we collect is always confidential and never includes personal information like your name or address.

I'm not sure I want to take part...

You don't have to give us a hair sample – it's entirely up to you whether you take part – but we really hope you would like to be involved. You might want to talk with a parent or carer before you decide.

But we hope that you will decide to take part! Information from hair samples helps researchers understand how our life experiences and our health interact. It helps us know how we can prevent illnesses and what life experiences make us healthier.

Would you like to know more?

During your interview you will be given further and more detailed information on all the measures and samples requested. If you would like more information before this please call us free on 0800 252 853, email contact@understandingsociety.ac.uk or write to Freepost RRXX-KEKJ-JGKS, Understanding Society, University of Essex, Wivenhoe Park, Colchester CO3 4SQ.

What will happen to the information I give?

All the information you provide is confidential. The results of the Study will never include any personal information such as name or address. The information collected is used for research purposes only and will be dealt with according to the principles of the Data Protection Act and General Data Protection Regulation (GDPR). Information from your interview will be shared with researchers to improve our understanding of health. To read more on our confidentiality policy please go to: <https://www.understandingsociety.ac.uk/participants/data-confidentiality>

Is the information I give confidential?

We will treat the information you give in the strictest confidence. The only exception would be in relation to our duty of care. In the rare situation where we are concerned that there may be an immediate risk of harm to you or someone else, or illegal activity, the decision may be made to report this to the relevant authority.

Understanding Society and the GDPR

This important social science Study is managed by the Institute for Social and Economic Research (ISER) at the University of Essex. ISER is the data controller for the Study. The fieldwork for the Study is contracted to Kantar Public and NatCen Social Research, who act as data processors. Your personal details are only used so that we can send you information on how the Study is being used by researchers and so that we can send an interviewer to you if you don't want to complete your survey online. These details are never made available to researchers or to any other companies who might use them for marketing purposes. You have the right to withdraw from the Study at any time. For more information about your rights under GDPR please go to: <https://www.understandingsociety.ac.uk/participants/gdpr>

Health IP Health Measures Information sheet

Understanding Society and GDPR

This important social science study is managed by the Institute for Social and Economic Research (ISER) at the University of Essex. ISER is the data controller for the Study. The fieldwork for the Study is contracted to Kantar Public and NatCen Social Research, who act as data processors. Your personal details are only used so that we can send you information on how the survey is being used by researchers and so that we can send an interviewer to you if you don't want to complete your survey online. These details are never made available to researchers or to any other companies who might use them for marketing purposes. You have the right to withdraw from the survey at any time. For more information about your rights under the General Data Protection Regulations (GDPR) please go to: <https://www.understandingsociety.ac.uk/participants/gdpr>

Any Concerns?

If you have a concern about any aspect of this study, you can contact Professor Michaela Benzeval, the Chief Investigator of this research. You can contact her by emailing: contact@understandingsociety.ac.uk. You can also contact her by phone on: 0800 252 853. She will answer any questions you may have. If you are not satisfied with the response to your complaint from the Chief Investigator, please contact the Research Governance and Planning Manager.

You can write to the Research Governance and Planning Manager at Research Office, University of Essex, Wivenhoe Park, Colchester CO4 3SQ. You can contact them by emailing: sarahm@essex.ac.uk or by telephoning 01206 873561.

Who has reviewed this project?

This study has been approved by the East of England - Essex Research Ethics Committee. REC Number: 19/EE/0146



KANTAR PUBLIC

NatCen
Social Research that works for society



University of Essex

Understanding Society

Health Study
Participant
Information Sheet



Understanding
Society

This leaflet provides some information about the health measures we would like to collect in this year's study. Before you decide whether to take part it is important for you to understand why the research is being done and what it will involve.

What is happening this year?

As every year, there will be the annual questionnaire that you kindly complete for us. This year our focus will be on health and well-being.

Why are we focusing on health?

Ultimately we would like to better understand the interaction between people's social and economic circumstances and their health across the lifespan.

Health can be measured in a number of ways, by questionnaire but also making measurements from samples. Being a very large study we are trying to find ways that we can collect these different health measures effectively from people within Understanding Society. The data obtained from this year's study will allow us to more precisely measure health and illness and will be vital to the future design of Understanding Society.

What Will I have to do?

As well as the questionnaire, during your interview we will be asking you to provide some samples and health measures. If you agree to take part, a nurse will take a blood (whole blood and finger-prick blood sample) and a hair sample. The nurse will also take your blood pressure and measure your height and weight. You do not need to provide any samples if you do not wish to

but we very much hope you will agree to them as they are a very important part of the survey this year. We will also be asking to audio record parts of the interview, with your permission. We will give you a £5 gift card for your hair and a £5 gift card for finger-prick blood sample as a thank you for participation.

What will happen to my samples?

Blood and hair samples will be sent to laboratories for analysis.

There are substances that are carried in our blood which are useful when measuring a person's health, such as fats and sugars. Blood samples provided will be analysed for cholesterol, triglyceride and HbA1c (glycated haemoglobin) levels and some other related measures. We will also analyse levels of some nutritional markers including; vitamin C, vitamin B1, vitamin B2, vitamin B6, vitamin B12, vitamin A, vitamin E and vitamin D.

Our bodies are constantly producing certain chemicals called hormones to help manage the ups and downs of daily life. Some of these chemicals have been shown to change with different levels of stress. We will use hair samples provided to measure different hormones including cortisol, cortisone and testosterone.

Your samples will be stored securely for the duration of the project but destroyed thereafter.

Will I receive any feedback?

During the interview we will ask you if you would like us to send you feedback on a couple of the lab results we will have obtained for you. If you would like feedback, we will provide this information once the labs have processed your sample.

What will happen to any information I give?

All the information you provide is confidential. The results of the study will never include any personal information such as names or addresses. The information collected is used for research purposes only and will be dealt with according to the principles of the Data Protection Act and the General Data Protection Regulation (GDPR). Information from your interview will be shared with researchers to improve our understanding of health. To read more on our policy on confidentiality please go to: <https://www.understandingsociety.ac.uk/participants/data-confidentiality>

Is the information I give confidential?

We will treat the information you provide in the strictest confidence. The only exception to this would be in relation to our duty of care. In the rare situation, where we are concerned that there may be an immediate risk of harm to you or someone else, or illegal activity, the decision may be made to report this to the relevant authority.

Would you like to know more?

During your interview you will be given further and more detailed information on all of the measures and samples requested. If however you would like more information before then please call us free on 0800 252 853, email contact@understandingsociety.ac.uk or write to Freepost RRXX-KEKJ-JGKS, Understanding Society, University of Essex, Wivenhoe Park, Colchester, CO4 3SQ.

Thank you

1. Health IP Health Measures Participant Info Sheet.

Understanding Society and GDPR

This important social science study is managed by the Institute for Social and Economic Research (ISER) at the University of Essex. ISER is the data controller for the Study. The fieldwork for the Study is contracted to Kantar Public and NatCen Social Research, who act as data processors. Your personal details are only used so that we can send you information on how the survey is being used by researchers and so that we can send an interviewer to you if you don't want to complete your survey online. These details are never made available to researchers or to any other companies who might use them for marketing purposes. You have the right to withdraw from the survey at any time. For more information about your rights under the General Data Protection Regulations (GDPR) please go to: <https://www.understandingsociety.ac.uk/participants/gdpr>

Any Concerns?

If you have a concern about any aspect of this study, you can contact Professor Michaela Benzeval, the Chief Investigator of this research. You can contact her by emailing: contact@understandingsociety.ac.uk. You can also contact her by phone on: 0800 252 853. She will answer any questions you may have. If you are not satisfied with the response to your complaint from the Chief Investigator, please contact the Research Governance and Planning Manager.

You can write to the Research Governance and Planning Manager at Research Office, University of Essex, Wivenhoe Park, Colchester CO4 3SQ. You can contact them by emailing: sarahm@essex.ac.uk or by telephoning 01206 873561.

Who has reviewed this project?

This study has been approved by the East of England - Essex Research Ethics Committee. REC Number: 19/EE/0146



KANTAR PUBLIC

NatCen
Social Research that works for society



University of Essex

Understanding Society

Health Study
Participant
Information Sheet



Understanding
Society

This leaflet provides some information about the health measures we would like to collect in this year's study. Before you decide whether to take part it is important for you to understand why the research is being done and what it will involve.

What is happening this year?

As every year, there will be the annual questionnaire that you kindly complete for us. This year our focus will be on health and well-being.

Why are we focusing on health?

Ultimately we would like to better understand the interaction between people's social and economic circumstances and their health across the lifespan. Health can be measured in a number of ways, by questionnaire but also making measurements from samples. Being a very large study we are trying to find ways that we can collect these different health measures effectively from people within Understanding Society. The data obtained from this year's study will allow us to more precisely measure health and illness and will be vital to the future design of Understanding Society.

What Will I have to do?

As well as the questionnaire we will be asking you to provide some samples and health measures. If you agree to take part, the interviewer will provide you with a kit for collecting a finger-prick sample and a hair sample. The interviewer will also take your blood pressure and measure your height and weight. You do not need to collect or provide any samples if you do not wish to but we very much hope you will

agree to them as they are a very important part of the survey this year. We will also be asking to audio record parts of the interview, with your permission. Once you have collected your hair and finger-prick samples, we would like you to return these to us and we will give you a £5 gift card for each sample returned to thank you for your time and effort.

What will happen to my samples?

Finger-prick blood and hair samples will be sent to laboratories for analysis.

There are substances that are carried in our blood which are useful when measuring a person's health, such as fats and sugars. Blood samples provided will be analysed for cholesterol, triglyceride and HbA1c (glycated haemoglobin) levels and some other related measures. We will also analyse levels of some nutritional markers including; vitamin C, vitamin B1, vitamin B2, vitamin B6, vitamin B12, vitamin A, vitamin E and vitamin D. Our bodies are constantly producing certain chemicals called hormones to help manage the ups and downs of daily life. Some of these chemicals have been shown to change with different levels of stress. We will use hair samples provided to measure different hormones including cortisol, cortisone and testosterone.

Your samples will be stored securely for the duration of the project but destroyed thereafter.

Will I receive any feedback?

During the interview we will ask you if you would like us to send you feedback on a couple of the lab results we will have obtained for you. If you would like feedback, we will provide this information once the labs have processed your sample.

What will happen to any information I give?

All the information you provide is confidential. The results of the study will never include any personal information such as names or addresses. The information collected is used for research purposes only and will be dealt with according to the principles of the Data Protection Act and the General Data Protection Regulation (GDPR). Information from your interview will be shared with researchers to improve our understanding of health. To read more on our policy on confidentiality please go to: <https://www.understandingsociety.ac.uk/participants/data-confidentiality>

Is the information I give confidential?

We will treat the information you provide in the strictest confidence. The only exception to this would be in relation to our duty of care. In the rare situation, where we are concerned that there may be an immediate risk of harm to you or someone else, or illegal activity, the decision may be made to report this to the relevant authority.

Would you like to know more?

During your interview you will be given further and more detailed information on all of the measures and samples requested. If however you would like more information before then please call us free on 0800 252 853, email contact@understandingsociety.ac.uk or write to Freepost RRXX-KEKJ-JGKS, Understanding Society, University of Essex, Wivenhoe Park, Colchester, CO4 3SQ.

Thank you

2. Health IP Health Measures Participant Info Sheet.

Understanding Society and GDPR

This important social science study is managed by the Institute for Social and Economic Research (ISER) at the University of Essex. ISER is the data controller for the Study. The fieldwork for the Study is contracted to Kantar Public and NatCen Social Research, who act as data processors. Your personal details are only used so that we can send you information on how the survey is being used by researchers and so that we can send an interviewer to you if you don't want to complete your survey online. These details are never made available to researchers or to any other companies who might use them for marketing purposes. You have the right to withdraw from the survey at any time. For more information about your rights under the General Data Protection Regulations (GDPR) please go to: <https://www.understandingsociety.ac.uk/participants/gdpr>

Any Concerns?

If you have a concern about any aspect of this study, you can contact Professor Michaela Benzeval, the Chief Investigator of this research. You can contact her by emailing: contact@understandingsociety.ac.uk. You can also contact her by phone on: 0800 252 853. She will answer any questions you may have. If you are not satisfied with the response to your complaint from the Chief Investigator, please contact the Research Governance and Planning Manager.

You can write to the Research Governance and Planning Manager at Research Office, University of Essex, Wivenhoe Park, Colchester CO4 3SQ. You can contact them by emailing: sarahm@essex.ac.uk or by telephoning 01206 873561.

Who has reviewed this project?

This study has been approved by the East of England - Essex Research Ethics Committee. REC Number: 19/EE/0146



KANTAR PUBLIC

NatCen
Social Research that works for society



University of Essex

Understanding Society

Health Study
Participant
Information Sheet



Understanding
Society

This leaflet provides some information about the health measures we would like to collect in this year's study. Before you decide whether to take part it is important for you to understand why the research is being done and what it will involve.

What is happening this year?

As every year, there will be the annual questionnaire that you kindly complete for us. This year our focus will be on health and well-being.

Why are we focusing on health?

Ultimately we would like to better understand the interaction between people's social and economic circumstances and their health across the lifespan. Health can be measured in a number of ways, by questionnaire but also making measurements from samples. Being a very large study we are trying to find ways that we can collect these different health measures effectively from people within Understanding Society. The data obtained from this year's study will allow us to more precisely measure health and illness and will be vital to the future design of Understanding Society.

What will I have to do?

As well as the questionnaire, during your interview we will be asking you if you are willing to provide some samples. If you are willing, we will provide you with more information, guidance and a kit for collecting a finger-prick blood sample and a hair sample. You do not need to collect or provide any samples if you do not wish to but we very much hope you will agree

to them as they are a very important part of the survey this year. Once you have collected your samples, we would like you to return these to us and we will give you a £5 gift card for each sample returned to thank you for your time and effort.

What will happen to my samples?

Finger-prick blood and hair samples will be sent to laboratories for analysis.

There are substances that are carried in our blood which are useful when measuring a person's health, such as fats and sugars. Blood samples provided will be analysed for cholesterol, triglyceride and HbA1c (glycated haemoglobin) levels and some other related measures. We will also analyse levels of some nutritional markers including; vitamin C, vitamin B1, vitamin B2, vitamin B6, vitamin B12, vitamin A, vitamin E and vitamin D.

Our bodies are constantly producing certain chemicals called hormones to help manage the ups and downs of daily life. Some of these chemicals have been shown to change with different levels of stress. We will use hair samples provided to measure different hormones including cortisol, cortisone and testosterone.

Your samples will be stored securely for the duration of the project but destroyed thereafter.

What will happen to any information I give?

All the information you provide is confidential. The results of the study will never include any personal information such as names or addresses. The information collected is used for research purposes only and will be dealt with according to the principles of the Data Protection Act and the General Data Protection Regulation (GDPR). Information from your interview will be shared with researchers to improve our understanding of health. To read more on our policy on confidentiality please go to: <https://www.understandingsociety.ac.uk/participants/data-confidentiality>

Is the information I give confidential?

We will treat the information you provide in the strictest confidence. The only exception to this would be in relation to our duty of care. In the rare situation, where we are concerned that there may be an immediate risk of harm to you or someone else, or illegal activity, the decision may be made to report this to the relevant authority.

Would you like to know more?

During your interview you will be given further and more detailed information on all of the measures and samples requested. If however you would like more information before then please call us free on 0800 252 853, email contact@understandingsociety.ac.uk or write to Freepost RRXX-KEKJ-JGKS, Understanding Society, University of Essex, Wivenhoe Park, Colchester, CO4 3SQ.

Thank you

3. Health IP Health Measures Participant Info Sheet.

Understanding Society and GDPR

This important social science study is managed by the Institute for Social and Economic Research (ISER) at the University of Essex. ISER is the data controller for the Study. The fieldwork for the Study is contracted to Kantar Public and NatCen Social Research, who act as data processors. Your personal details are only used so that we can send you information on how the survey is being used by researchers and so that we can send an interviewer to you if you don't want to complete your survey online. These details are never made available to researchers or to any other companies who might use them for marketing purposes. You have the right to withdraw from the survey at any time. For more information about your rights under the General Data Protection Regulations (GDPR) please go to: <https://www.understandingsociety.ac.uk/participants/gdpr>

Any Concerns?

If you have a concern about any aspect of this study, you can contact Professor Michaela Benzeval, the Chief Investigator of this research. You can contact her by emailing: contact@understandingsociety.ac.uk. You can also contact her by phone on: 0800 252 853. She will answer any questions you may have. If you are not satisfied with the response to your complaint from the Chief Investigator, please contact the Research Governance and Planning Manager.

You can write to the Research Governance and Planning Manager at Research Office, University of Essex, Wivenhoe Park, Colchester CO4 3SQ. You can contact them by emailing: sarahm@essex.ac.uk or by telephoning 01206 873561.

Who has reviewed this project?

This study has been approved by the East of England - Essex Research Ethics Committee. REC Number: 19/EE/0146



KANTAR PUBLIC

NatCen
Social Research that works for society



University of Essex

Understanding Society

Health Study
Participant
Information Sheet



Understanding
Society

This leaflet provides some information about the health measures we would like to collect in this year's study. Before you decide whether to take part it is important for you to understand why the research is being done and what it will involve.

What is happening this year?

As every year, there will be the annual questionnaire that you kindly complete for us. This year our focus will be on health and well-being.

Why are we focusing on health?

Ultimately we would like to better understand the interaction between people's social and economic circumstances and their health across the lifespan. Health can be measured in a number of ways, by questionnaire but also making measurements from samples. Being a very large study we are trying to find ways that we can collect these different health measures effectively from people within Understanding Society. The data obtained from this year's study will allow us to more precisely measure health and illness and will be vital to the future design of Understanding Society.

What Will I have to do?

As well as the questionnaire we will be asking you to provide some samples and health measures. If you agree to take part, the interviewer will provide you with a kit for collecting a finger-prick sample and a hair sample. The interviewer will also take your blood pressure and measure your height and weight. You do not need to collect or provide any samples if you do not wish to but we very much hope you will

agree to them as they are a very important part of the survey this year. We will also be asking to audio record parts of the interview, with your permission. Once you have collected your hair and finger-prick samples, we would like you to return these to us and we will give you a £5 gift card for each sample returned to thank you for your time and effort.

What will happen to my samples?

Finger-prick blood and hair samples will be sent to laboratories for analysis.

There are substances that are carried in our blood which are useful when measuring a person's health, such as fats and sugars. Blood samples provided will be analysed for cholesterol, triglyceride and HbA1c (glycated haemoglobin) levels and some other related measures. We will also analyse levels of some nutritional markers including; vitamin C, vitamin B1, vitamin B2, vitamin B6, vitamin B12, vitamin A, vitamin E and vitamin D.

Our bodies are constantly producing certain chemicals called hormones to help manage the ups and downs of daily life. Some of these chemicals have been shown to change with different levels of stress. We will use hair samples provided to measure different hormones including cortisol, cortisone and testosterone.

Your samples will be stored securely for the duration of the project but destroyed thereafter.

What will happen to any information I give?

All the information you provide is confidential. The results of the study will never include any personal information such as names or addresses. The information collected is used for research purposes only and will be dealt with according to the principles of the Data Protection Act and the General Data Protection Regulation (GDPR). Information from your interview will be shared with researchers to improve our understanding of health. To read more on our policy on confidentiality please go to: <https://www.understandingsociety.ac.uk/participants/data-confidentiality>

Is the information I give confidential?

We will treat the information you provide in the strictest confidence. The only exception to this would be in relation to our duty of care. In the rare situation, where we are concerned that there may be an immediate risk of harm to you or someone else, or illegal activity, the decision may be made to report this to the relevant authority.

Would you like to know more?

During your interview you will be given further and more detailed information on all of the measures and samples requested. If however you would like more information before then please call us free on 0800 252 853, email contact@understandingsociety.ac.uk or write to Freepost RRXX-KEKJ-JGKS, Understanding Society, University of Essex, Wivenhoe Park, Colchester, CO4 3SQ.

Thank you

4. Health IP Health Measures Participant Info Sheet.

Understanding Society and GDPR

This important social science study is managed by the Institute for Social and Economic Research (ISER) at the University of Essex. ISER is the data controller for the Study. The fieldwork for the Study is contracted to Kantar Public and NatCen Social Research, who act as data processors. Your personal details are only used so that we can send you information on how the survey is being used by researchers and so that we can send an interviewer to you if you don't want to complete your survey online. These details are never made available to researchers or to any other companies who might use them for marketing purposes. You have the right to withdraw from the survey at any time. For more information about your rights under the General Data Protection Regulations (GDPR) please go to: <https://www.understandingsociety.ac.uk/participants/gdpr>

Any Concerns?

If you have a concern about any aspect of this study, you can contact Professor Michaela Benzeval, the Chief Investigator of this research. You can contact her by emailing: contact@understandingsociety.ac.uk. You can also contact her by phone on: 0800 252 853. She will answer any questions you may have. If you are not satisfied with the response to your complaint from the Chief Investigator, please contact the Research Governance and Planning Manager.

You can write to the Research Governance and Planning Manager at Research Office, University of Essex, Wivenhoe Park, Colchester CO4 3SQ. You can contact them by emailing: sarahm@essex.ac.uk or by telephoning 01206 873561.

Who has reviewed this project?

This study has been approved by the East of England - Essex Research Ethics Committee. REC Number: 19/EE/0146



KANTAR PUBLIC

NatCen
Social Research that works for society



University of Essex

Understanding Society

Health Study
Participant
Information Sheet



Understanding
Society

This leaflet provides some information about the health measures we would like to collect in this year's study. Before you decide whether to take part it is important for you to understand why the research is being done and what it will involve.

What is happening this year?

As every year, there will be the annual questionnaire that you kindly complete for us. This year our focus will be on health and well-being.

Why are we focusing on health?

Ultimately we would like to better understand the interaction between people's social and economic circumstances and their health across the lifespan. Health can be measured in a number of ways, by questionnaire but also making measurements from samples. Being a very large study we are trying to find ways that we can collect these different health measures effectively from people within Understanding Society. The data obtained from this year's study will allow us to more precisely measure health and illness and will be vital to the future design of Understanding Society.

What will I have to do?

As well as the questionnaire, during your interview we will be asking you if you are willing to provide some samples. If you are willing, we will provide you with more information, guidance and a kit for collecting a finger-prick blood sample and a hair sample. You do not need to collect or provide any samples if you do not wish to but we very much hope you will agree

to them as they are a very important part of the survey this year. Once you have collected your samples, we would like you to return these to us and we will give you a £5 gift card for each sample returned to thank you for your time and effort.

What will happen to my samples?

Finger-prick blood and hair samples will be sent to laboratories for analysis.

There are substances that are carried in our blood which are useful when measuring a person's health, such as fats and sugars. Blood samples provided will be analysed for cholesterol, triglyceride and HbA1c (glycated haemoglobin) levels and some other related measures. We will also analyse levels of some nutritional markers including; vitamin C, vitamin B1, vitamin B2, vitamin B6, vitamin B12, vitamin A, vitamin E and vitamin D.

Our bodies are constantly producing certain chemicals called hormones to help manage the ups and downs of daily life. Some of these chemicals have been shown to change with different levels of stress. We will use hair samples provided to measure different hormones including cortisol, cortisone and testosterone.

Your samples will be stored securely for the duration of the project but destroyed thereafter.

Will I receive any feedback?

During the interview we will ask you if you would like us to send you feedback on a couple of the lab results we will have obtained for you. If you would like feedback, we will provide this information once the labs have processed your sample.

What will happen to any information I give?

All the information you provide is confidential. The results of the study will never include any personal information such as names or addresses. The information collected is used for research purposes only and will be dealt with according to the principles of the Data Protection Act and the General Data Protection Regulation (GDPR). Information from your interview will be shared with researchers to improve our understanding of health. To read more on our policy on confidentiality please go to: <https://www.understandingsociety.ac.uk/participants/data-confidentiality>

Is the information I give confidential?

We will treat the information you provide in the strictest confidence. The only exception to this would be in relation to our duty of care. In the rare situation, where we are concerned that there may be an immediate risk of harm to you or someone else, or illegal activity, the decision may be made to report this to the relevant authority.

Would you like to know more?

During your interview you will be given further and more detailed information on all of the measures and samples requested. If however you would like more information before then please call us free on 0800 252 853, email contact@understandingsociety.ac.uk or write to Freepost RRXX-KEKJ-JGKS, Understanding Society, University of Essex, Wivenhoe Park, Colchester, CO4 3SQ.

Thank you

5. Health IP Health Measures Participant Info Sheet.

Understanding Society and GDPR

This important social science study is managed by the Institute for Social and Economic Research (ISER) at the University of Essex. ISER is the data controller for the Study. The fieldwork for the Study is contracted to Kantar Public and NatCen Social Research, who act as data processors. Your personal details are only used so that we can send you information on how the survey is being used by researchers and so that we can send an interviewer to you if you don't want to complete your survey online. These details are never made available to researchers or to any other companies who might use them for marketing purposes. You have the right to withdraw from the survey at any time. For more information about your rights under the General Data Protection Regulations (GDPR) please go to: <https://www.understandingsociety.ac.uk/participants/gdpr>

Any Concerns?

If you have a concern about any aspect of this study, you can contact Professor Michaela Benzeval, the Chief Investigator of this research. You can contact her by emailing: contact@understandingsociety.ac.uk. You can also contact her by phone on: 0800 252 853. She will answer any questions you may have. If you are not satisfied with the response to your complaint from the Chief Investigator, please contact the Research Governance and Planning Manager.

You can write to the Research Governance and Planning Manager at Research Office, University of Essex, Wivenhoe Park, Colchester CO4 3SQ. You can contact them by emailing: sarahm@essex.ac.uk or by telephoning 01206 873561.

Who has reviewed this project?

This study has been approved by the East of England - Essex Research Ethics Committee. REC Number: 19/EE/0146



KANTAR PUBLIC

NatCen
Social Research that works for society



University of Essex

Understanding Society

Health Study
Participant
Information Sheet



Understanding
Society

This leaflet provides some information about the health measures we would like to collect in this year's study. Before you decide whether to take part it is important for you to understand why the research is being done and what it will involve.

What is happening this year?

As every year, there will be the annual questionnaire that you kindly complete for us. This year our focus will be on health and well-being.

Why are we focusing on health?

Ultimately we would like to better understand the interaction between people's social and economic circumstances and their health across the lifespan.

Health can be measured in a number of ways, by questionnaire but also making measurements from samples. Being a very large study we are trying to find ways that we can collect these different health measures effectively from people within Understanding Society. The data obtained from this year's study will allow us to more precisely measure health and illness and will be vital to the future design of Understanding Society.

What Will I have to do?

As well as the questionnaire, during your interview we will be asking you to provide some samples and health measures. If you agree to take part, a nurse will take a blood (whole blood and finger-prick blood sample) and a hair sample. The nurse will also take your blood pressure and measure your height and weight. You do not need to provide any samples if you do not wish to

but we very much hope you will agree to them as they are a very important part of the survey this year. We will also be asking to audio record parts of the interview, with your permission. We will give you a £5 gift card for your hair and a £5 gift card for finger-prick blood sample as a thank you for participation.

What will happen to my samples?

Blood and hair samples will be sent to laboratories for analysis.

There are substances that are carried in our blood which are useful when measuring a person's health, such as fats and sugars. Blood samples provided will be analysed for cholesterol, triglyceride and HbA1c (glycated haemoglobin) levels and some other related measures. We will also analyse levels of some nutritional markers including; vitamin C, vitamin B1, vitamin B2, vitamin B6, vitamin B12, vitamin A, vitamin E and vitamin D.

Our bodies are constantly producing certain chemicals called hormones to help manage the ups and downs of daily life. Some of these chemicals have been shown to change with different levels of stress. We will use hair samples provided to measure different hormones including cortisol, cortisone and testosterone.

Your samples will be stored securely for the duration of the project but destroyed thereafter.

What will happen to any information I give?

All the information you provide is confidential. The results of the study will never include any personal information such as names or addresses. The information collected is used for research purposes only and will be dealt with according to the principles of the Data Protection Act and the General Data Protection Regulation (GDPR). Information from your interview will be shared with researchers to improve our understanding of health. To read more on our policy on confidentiality please go to: <https://www.understandingsociety.ac.uk/participants/data-confidentiality>

Is the information I give confidential?

We will treat the information you provide in the strictest confidence. The only exception to this would be in relation to our duty of care. In the rare situation, where we are concerned that there may be an immediate risk of harm to you or someone else, or illegal activity, the decision may be made to report this to the relevant authority.

Would you like to know more?

During your interview you will be given further and more detailed information on all of the measures and samples requested. If however you would like more information before then please call us free on 0800 252 853, email contact@understandingsociety.ac.uk or write to Freepost RRXX-KEKJ-JGKS, Understanding Society, University of Essex, Wivenhoe Park, Colchester, CO4 3SQ.

Thank you

Change of Address Card



Understanding
Society

Moving home? Take us with you

www.understandingsociety.ac.uk
contact@understandingsociety.ac.uk

FREEPOST RRXX-KEKJ-JGKS
Understanding Society, University of Essex
Wivenhoe Park, Colchester, CO4 3SQ

Your continuing participation is very important to us. Please let us know if you move by updating your details on the *Understanding Society* website at **www.understandingsociety.ac.uk**, alternatively you could call us on **Freephone 0800 252 853** or return this card in the **Freepost envelope** (no stamp needed). To say thank-you we will send you a £5 voucher.

Name: _____

MOVING TO...

PID: _____

New Address: _____

MOVING FROM...

Home phone: _____
(inc STD code)

Postcode: _____

Mobile: _____

Postcode: _____

E-mail address: _____

Date of move: _____

Please let us know who will be living with you at your new address. Please list their full names below as we may like to ask them to take part in *Understanding Society* in the future. If possible, please provide their mobile number.

Name: _____

Mobile: _____

Name: _____

Mobile: _____

Name: _____

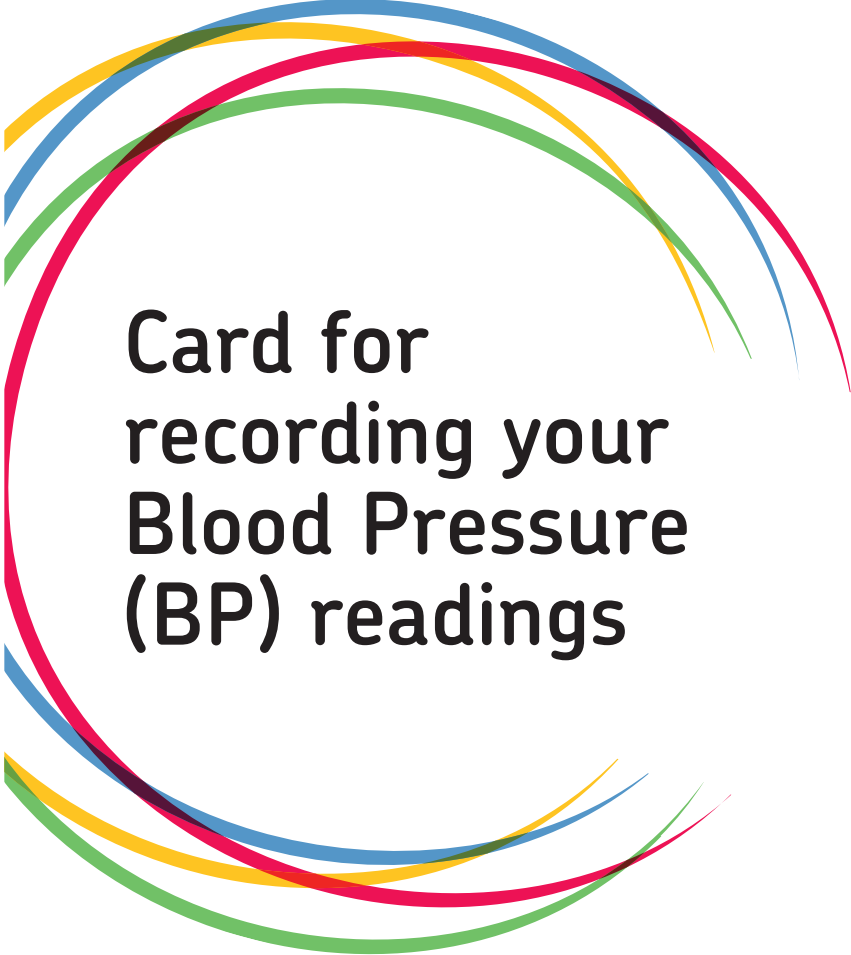
Mobile: _____

Name: _____

Mobile: _____

USOC/change of address card/issued
January 2019

Recording Blood Pressure Card



Card for recording your Blood Pressure (BP) readings

21a.Understanding Society Health IP_BP Card _AddressSpec_v1
3 June 2019



Card for recording your Blood Pressure (BP) readings

Date when the Blood Pressure was taken:

Time of the day when the Blood Pressure was taken
(circle the correct option):

Morning / **Afternoon** / **Night**

Location of where the Blood Pressure was taken:

☐ Venue specified in the letter.

☐ At home.

☐ Another venue, please give the address here:

Blood Pressure readings:

Systolic BP (sys)

Diastolic BP (dia)

Pulse (pul)

Thank you!

**Please DO NOT return this card to Understanding Society
This card is required during your interview**

