

P2760: Team: Green

### LIVING IN BRITAIN

# ADULT SELF-COMPLETION QUESTIONNAIRE CONFIDENTIAL

#### Completing the questionnaire:

The questions inside cover a wide range of subjects, but each one can be answered simply by ticking the box next to the answer, like this:

Q3 Did you have breakfast this morning?

Yes



The questionnaire should not take very long to complete, and we hope you will find it interesting and enjoyable. It should be filled in only by you. Any answers that you give will be treated as confidential and anonymous.

#### THANK YOU AGAIN FOR YOUR HELP

The survey is carried out by an independent social research institute situated within the University of Essex. It is funded by the Economic and Social Research Council (ESRC), with contributions also from government departments. Please contact us if you would like further information.

Below is a list of the ways you might have felt or behaved. Please tick the box that indicates how often you have felt this way during the **past week**.

	Rarely or none of the time (less than one day)	Some or a little of the time (1-2 days)	or a moderate amount of time (3-4 days)	Most or all of the time (5-7 days)	
	1	2	3	4	
I was bothered by things that usually don't bother me	SCBC	OTHER			1026
I had trouble keeping my mind on what I was doing	SCAT	TEN			1027
I felt depressed	SCDEF	PRESS			1028
I felt that everything I did was an effort	SCEFF	FORT			1029
I felt hopeful about the future	SCHO	PEFUL			1030
I felt fearful	SCFE	ARFUL			1031
My sleep was restless	SCRES	STLESS			1032
I was happy	SCHA	PPY			1033
I felt lonely	SCLON	IELY			1034
I could not get "going"	SCUNII	NSP			1035

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.	
During the past month, at what time did you usually go to bed? Please write your usual bedtime in the space provided and circle the time of day. Please write in using the 24 hour clock.	
USUAL BEDTIME : SCBEDTMHR SCBEDTMMN	1036- 1039
How long (in minutes) did it take you to fall asleep each night?	
NUMBER OF MINUTES SCFALLSLP	1040- 1041
At what time did you usually get up? Please write the time you usually get up and circle the time of day. Please write in using the 24 hour clock.  USUAL GETTING UP TIME  : SCGETUPHR  SCGETUPMN	1042- 1045
How many hours of actual sleep did you usually get at night? This may be different than the actual number of hours you spent in bed.	
HOURS OF SLEEP PER NIGHT  SCSLPHR  SCSLPMN	1046- 1047

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

	Not during the past month	Less than once a week	Once or twice a week	Three or more times a week	
	1	2	3	4	
cannot get to sleep within 30 minutes?		SCSLP3	0M		1048
wake up in the middle of the night or early in the morning?	,	SCWAK	E		1049
have to get up to use the bathroom?		SCBATH	HRM		1050
cannot breathe comfortably?		SCBREA	THE		1051
cough or snore loudly?		SCSNOF	RE		1052
feel too cold?		SCCOLE	D		1053
feel too hot?		SCHOT			1054
have bad dreams?		SCDREA	M		1055
have pain?	[	SCPAIN			1056
for some other reason?		SCSLPOT	Ή		1057

Spare 1058-1069

	Not during the past month	Less than once a week	Once or twice a week	Three or more times a week	
	1	2	3	4	
During the past month, how often have you taken medicine (prescribed or 'over the counter') to help you sleep?		SCMED_	_SLP		1070
During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?		SCTSTA	_AWK		1071
During the past month, how much of a problem has it been for you to keep up enthusiasm to get things done?		SCUNM	OTIV		1072
	Very good	Fairly good	Fairly bad	Very bad	
O10 During the past month, how would you rate your sleep quality overall?	·	SCSLP_		7	1073

Q11

Next, here are some statements about neighbourhoods. Please tick the box that indicates how strongly you agree or disagree with each statement.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	
	1	2	3	4	5	
I feel like I belong to this neighbourhood.		SCO	PNGBH	A		1074
The friendships and associations I have with other people in my neighbourhood mean a lot to me.		SCO	OPNGBH	В		1075
If I needed advice about something I could go to someone in my neighbourhood.		SCO	DPNGBH	С		1076
I borrow things and exchange favours with my neighbours.		SCC	PNGBH	D		1077
I would be willing to work together with others on something to improve my neighbourhood.		SCC	PNGBH	E		1078
I plan to remain a resident of this neighbourhood for a number of years.		SCC	PNGBH	F		1079
I like to think of myself as similar to the people who live in this neighbourhood.		SCC	PNGBH	G		1080
I regularly stop and talk with people in my neighbourhood.		SCO	PNGBH	1		1081

situation.									_	·			
Your health Not satisfied at all	0	CLFS/	AT1 2	3	4	5	6	7	8	9	10	Completely satisfied	1082- 1083
Your income Not satisfied at all	0	CLFSA 1	T2 2	3	4	5	6	7	8	9	10	Completely satisfied	1084- 1085
The amount of Not satisfied at all				have	4	5	6	7	8	9	10	Completely satisfied	1086- 1087
Your life overa Not satisfied at all		LFSA 1	.T0 2	3	4	5	6	7	8	9	10	Completely satisfied	1088- 1089
	isks?			is full	y prep	ared to	o take	risks o	or do y 8	ou try	to 10	Fully prepared to take risks	1090- 1091
	lo you	try to						risks i	n trust	ing 9	10	Fully prepared to take risks in trusting strangers	1092- 1093
	Your health Not satisfied at all  Your income Not satisfied at all  The amount of Not satisfied at all  Your life overs Not satisfied at all  Are you generated at all  Are you generated at all  Are you generated at all  Unwilling to take risks  Are you generated at all  Are you generated at all  Inwilling to take risks in trusting	Your health Not satisfied at all  O  Your income Not satisfied at all  O  The amount of leist Not satisfied at all  O  Your life overall Not satisfied at all  O  Are you generally a avoid taking risks? Unwilling to take risks  O  Are you generally a strangers or do you Unwilling to take risks in trusting strangers	Your health Not satisfied at all  O  1  Your income Not satisfied at all  O  1  The amount of leisure tim Not satisfied at all  O  1  Your life overall  Not satisfied at all  O  1  Are you generally a perso avoid taking risks?  Unwilling to take risks  O  1  Are you generally a perso avoid taking risks?  Unwilling to take risks  CRISKA  O  Unwilling to take risks in trusting strangers	Your health Not satisfied at all  0 1 2  Your income Not satisfied at all  0 1 2  The amount of leisure time you Not satisfied at all  0 1 2  The amount of leisure time you Not satisfied at all  0 1 2  Your life overall Not satisfied at all  0 1 2  Your life overall  Not satisfied at all  0 1 2  Are you generally a person who avoid taking risks? Unwilling to take risks  0 1 2  Are you generally a person who strangers or do you try to avoid Unwilling to take risks in trusting strangers	Your health Not satisfied at all  0 1 2 3  Your income Not satisfied at all  0 1 2 3  The amount of leisure time you have Not satisfied at all  0 1 2 3  The amount of leisure time you have Not satisfied at all  0 1 2 3  Your life overall  Not satisfied at all  0 1 2 3  Your life overall  Not satisfied at all  0 1 2 3  Are you generally a person who is full avoid taking risks?  Unwilling to take risks  0 1 2 3  Are you generally a person who is full strangers or do you try to avoid taking Unwilling to take risks in trusting strangers	Your health Not satisfied at all  0 1 2 3 4  Your income Not satisfied at all  0 1 2 3 4  The amount of leisure time you have Not satisfied at all  0 1 2 3 4  The amount of leisure time you have Not satisfied at all  0 1 2 3 4  Your life overall Not satisfied at all  0 1 2 3 4  Are you generally a person who is fully prepavoid taking risks? Unwilling to take risks  0 1 2 3 4  Are you generally a person who is fully prepavoid take risks  0 1 2 3 4  Are you generally a person who is fully prepavoid take risks  CRISKA  The you generally a person who is fully prepavoid take risks  CRISKA  SCRISKB  SCRISKB	Your health Not satisfied at all  0 1 2 3 4 5  Your income SCLFSAT2  Not satisfied at all  0 1 2 3 4 5  The amount of leisure time you have Not satisfied at all  0 1 2 3 4 5  The amount of leisure time you have Not satisfied at all  0 1 2 3 4 5  Your life overall  Not SCLFSAT0  satisfied at all  0 1 2 3 4 5  Are you generally a person who is fully prepared to avoid taking risks?  Unwilling to take risks  0 1 2 3 4 5  Are you generally a person who is fully prepared to strangers or do you try to avoid taking such risks?  Unwilling to take risks in trusting strangers	Your health Not satisfied at all  0 1 2 3 4 5 6  Your income Not satisfied at all  0 1 2 3 4 5 6  The amount of leisure time you have Not satisfied at all  0 1 2 3 4 5 6  The amount of leisure time you have Not SCLFSAT7 satisfied at all  0 1 2 3 4 5 6  Your life overall Not SCLFSAT0 satisfied at all  0 1 2 3 4 5 6  Are you generally a person who is fully prepared to take avoid taking risks? Unwilling to take risks  0 1 2 3 4 5 6  Are you generally a person who is fully prepared to take strangers or do you try to avoid taking such risks? Unwilling to take risks in trusting strangers	Your health Not satisfied at all  0 1 2 3 4 5 6 7  Your income Not satisfied at all  0 1 2 3 4 5 6 7  The amount of leisure time you have Not satisfied at all  0 1 2 3 4 5 6 7  The amount of leisure time you have Not satisfied at all  0 1 2 3 4 5 6 7  Your life overall  Not SCLFSATO satisfied at all  0 1 2 3 4 5 6 7  Are you generally a person who is fully prepared to take risks of avoid taking risks?  Unwilling to take risks  0 1 2 3 4 5 6 7  Are you generally a person who is fully prepared to take risks istrangers or do you try to avoid taking such risks?  Unwilling to take risks istrangers  SCRISKB SCRISKB risks in trusting strangers	Your health Not satisfied at all 0 1 2 3 4 5 6 7 8  Your income Not satisfied at all 0 1 2 3 4 5 6 7 8  The amount of leisure time you have Not satisfied at all 0 1 2 3 4 5 6 7 8  The amount of leisure time you have Not satisfied at all 0 1 2 3 4 5 6 7 8  Your life overall Not satisfied at all 0 1 2 3 4 5 6 7 8  Are you generally a person who is fully prepared to take risks or do yavoid taking risks?  Unwilling to take risks  0 1 2 3 4 5 6 7 8  Are you generally a person who is fully prepared to take risks in trust strangers or do you try to avoid taking such risks?  Unwilling to take risks in trust strangers or do you try to avoid taking such risks?  Unwilling to take risks in trust strangers or do you try to avoid taking such risks?  Unwilling to take risks in trust strangers  SCRISKB SCRISKB TISKB TISK	Your health Not satisfied at all 0 1 2 3 4 5 6 7 8 9  Your income Not satisfied at all 0 1 2 3 4 5 6 7 8 9  The amount of leisure time you have Not satisfied at all 0 1 2 3 4 5 6 7 8 9  Your life overall Not satisfied at all 0 1 2 3 4 5 6 7 8 9  Are you generally a person who is fully prepared to take risks or do you try avoid taking risks?  Unwilling to take risks  O 1 2 3 4 5 6 7 8 9  Are you generally a person who is fully prepared to take risks in trusting strangers or do you try to avoid taking such risks?  Unwilling to take risks in trusting strangers  SCRISKB risks in trusting strangers	Your health Not satisfied at all  0 1 2 3 4 5 6 7 8 9 10  Your income Not SCLFSAT2 Not satisfied at all  0 1 2 3 4 5 6 7 8 9 10  The amount of leisure time you have Not SCLFSAT7 satisfied at all  0 1 2 3 4 5 6 7 8 9 10  The amount of leisure time you have Not SCLFSAT7 satisfied at all  0 1 2 3 4 5 6 7 8 9 10  Your life overall Not SCLFSAT0 satisfied at all  0 1 2 3 4 5 6 7 8 9 10  Are you generally a person who is fully prepared to take risks or do you try to avoid taking risks? Unwilling to take risks  0 1 2 3 4 5 6 7 8 9 10  Are you generally a person who is fully prepared to take risks in trusting strangers or do you try to avoid taking such risks? Unwilling to take risks in trusting strangers	Not satisfied at all

Here are some questions about how you feel about your life. Please tick the number which you feel best describes how dissatisfied or satisfied you are with the following aspects of your current

Spare 1094-1103

Here are a few questions about your friends. Please choose the three people you feel closest to starting with the first friend. They should not include people who live with you but they can include relatives.

	NETSX1	NETSX2	NETSX3	
Q15 Is this friend	1 <sup>st</sup> friend	2 <sup>nd</sup> friend	3 <sup>rd</sup> friend	
Male	1	1	1	1104- 1106
Female	2	2	2	
Q16 Is this person a relative?	IETRL1	NETRL2	NETRL3	
	1 <sup>st</sup> friend	2 <sup>nd</sup> friend	3 <sup>rd</sup> friend	4407
No, not a relative	01	01	01	1107- 1112
Spouse or partner	02	02	02	
Son or daughter	03	03	03	
Brother or sister	04	04	04	
Parent	05	05	05	
Grandparent	06	06	06	
Grandchild	07	07	07	
Aunt, Uncle or Cousin	08	08	08	
Some other relative	09	09	09	
	NETAG1	NETAG2	NETAG3	
Q17 What is your friend's age?	1 <sup>st</sup> friend	2 <sup>nd</sup> friend	3 <sup>rd</sup> friend	
Enter age in years				1113- 1121
Q18 About how long have you known him or her?	NETKN1	NETKN2	NETKN3	
· most rong rons year most rong	1 <sup>st</sup> friend	2 <sup>nd</sup> friend	3 <sup>rd</sup> friend	1122-
Less than 1 year	. 1	1	1	1124
1-2 years	2	2	2	
3-10 years	3	3	3	
10 years or more	4	4	4	

Continue on next page

How often do you see or get in touch with your friend either by visiting, writing or by telephone?	NETPH1  1st friend	NETPH2  2 <sup>nd</sup> friend	NETPH3  3 <sup>rd</sup> friend	
Most days	1	1	1	1125- 1127
At least once a week	2	2	2	
At least once a month	3	3	3	
Less often	4	4	4	
About how many miles away does your friend live?	NETLV1	NETLV2  2 <sup>nd</sup> friend	NETLV3  3 <sup>rd</sup> friend	
Less than one mile	) 1	1	1	1128- 1130
Less than five miles	2	2	2	
Between five and fifty miles	3	3	3	
Over fifty miles	4	4	4	
Which of these best describes what your friend does?	NETJB1 1 <sup>st</sup> friend	NETJB2 2 <sup>nd</sup> friend	NETJB3 3 <sup>rd</sup> friend	
Full time employment	1	1	1	1131- 1133
Part time employment	2	2	2	
Unemployed	3	3	3	
Full time education	4	4	4	
Full time housework	5	5	5	
Full time retired	6	6	6	

Which of these describes your friend's ethnic group?	NETETH1 1 <sup>st</sup> friend	NETETH2  2 <sup>nd</sup> friend	NETETH3 3 <sup>rd</sup> friend	
White	01	01	01	1134- 1139
Asian	02	02	02	
Black African	03	03	03	
Black Caribbean	04	04	04	
Chinese	05	05	05	
Mixed White and Black Caribbean	06	06	06	
Mixed White and Black African	<b>1</b> 07	07	07	
Mixed White and Asian	08	08	08	
Any other ethnic background	09	09	09	

#### THANK YOU. THESE ARE ALL THE QUESTIONS

## PLEASE FILL IN YOUR DATE OF BIRTH AND SEX BELOW AND GIVE THIS FORM TO YOUR INTERVIEWER

	SCDOBD		S	SCDOBM			SCDOBY			
		ı	Day		Viont	h		Year	-	_
Please write in your date of birth:	I		I		ı		I	I	ı	1017- 1024
And tick male or female:						N	∕lale		1	1025
SCSEX						Fen	nale		2	

spare 1144-1153