

LIVING IN BRITAIN

P2760: Team: Green
Serial **1001-1010**
Card **1011**
Batch **1012-1016**
BLUE

Serial
number:

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Serial No

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ChKI

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1140-
1143

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	☒	1
No	☐	2

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.

Q1

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)	Occasionally 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		SCBOTHER			1026
I had trouble keeping my mind on what I was doing		SCATTEN			1027
I felt depressed		SCDEPRESS			1028
I felt that everything I did was an effort		SCEFFORT			1029
I felt hopeful about the future		SCHOPEFUL			1030
I felt fearful		SCFEARFUL			1031
My sleep was restless		SCRESTLESS			1032
I was happy		SCHAPPY			1033
I felt lonely		SCLONELY			1034
I could not get "going"		SCUNINSP			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.

Q2 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

1036-
1039

SCBEDTMMN

Q3 How long (in minutes) did it take you to fall asleep each night?

NUMBER OF MINUTES

SCFALLSLP

1040-
1041

Q4 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

1042-
1045

SCGETUPMN

Q5 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

1046-
1047

SCSLPMN

Q6 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?		SCSLP30M			1048
... wake up in the middle of the night or early in the morning?		SCWAKE			1049
... have to get up to use the bathroom?		SCBATHRM			1050
... cannot breathe comfortably?		SCBREATHE			1051
... cough or snore loudly?		SCSNORE			1052
... feel too cold?		SCCOLD			1053
... feel too hot?		SCHOT			1054
... have bad dreams?		SCDREAM			1055
... have pain?		SCPAIN			1056
... for some other reason?		SCSLPOTH			1057

Spare 1058-1069

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.			SCOPNGBHA			1074
The friendships and associations I have with other people in my neighbourhood mean a lot to me.			SCOPNGBHB			1075
If I needed advice about something I could go to someone in my neighbourhood.			SCOPNGBHC			1076
I borrow things and exchange favours with my neighbours.			SCOPNGBHD			1077
I would be willing to work together with others on something to improve my neighbourhood.			SCOPNGBHE			1078
I plan to remain a resident of this neighbourhood for a number of years.			SCOPNGBHF			1079
I like to think of myself as similar to the people who live in this neighbourhood.			SCOPNGBHG			1080
I regularly stop and talk with people in my neighbourhood.			SCOPNGBHH			1081

Q12 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 situation.

A Your health

**Not
satisfied
at all**

SCLFSAT1

**Completely
satisfied**

1082-
1083

0 1 2 3 4 5 6 7 8 9 10

B Your income

**Not
satisfied
at all**

SCLFSAT2

**Completely
satisfied**

1084-
1085

0 1 2 3 4 5 6 7 8 9 10

c The amount of leisure time you have

**Not
satisfied
at all**

SCLFSAT7

**Completely
satisfied**

1086-
1087

0 1 2 3 4 5 6 7 8 9 10

D Your life overall

**Not
satisfied
at all**

SCLFSAT0

**Completely
satisfied**

1088-
1089

0 1 2 3 4 5 6 7 8 9 10

Q13 Are you generally a person who is fully prepared to take risks or do you try to avoid taking risks?

Unwilling to take risks

SCRISKA

Fully prepared to take risks

1090-
1091

0 1 2 3 4 5 6 7 8 9 10

Q14 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

Fully prepared to take risks in trusting strangers

1092-
1093

0 1 2 3 4 5 6 7 8 9 10

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.

Q15 Is this friend...

NETSX1

NETSX2

NETSX3

1st friend2nd friend3rd friend

Male

1

1

1

1104-
1106

Female

2

2

2

Q16 Is this person a relative?

NETRL1

NETRL2

NETRL3

1st friend2nd friend3rd friend

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

Q17 What is your friend's age?

NETAG1

NETAG2

NETAG3

1st friend2nd friend3rd friend

Enter age in years

1113-
1121

Q18 About how long have you known him or her?

NETKN1

NETKN2

NETKN3

1st friend2nd friend3rd friend

Less than 1 year

1

1

1

1122-
1124

1-2 years

2

2

2

3-10 years

3

3

3

10 years or more

4

4

4

Continue on next page

Q19

How often do you see or get in touch with your friend either by visiting, writing or by telephone?

NETPH1

NETPH2

NETPH3

1st friend

2nd friend

3rd friend

Most days

1

1

1

At least once a week

2

2

2

At least once a month

3

3

3

Less often

4

4

4

1125-
1127

Q20

About how many miles away does your friend live?

NETLV1

NETLV2

NETLV3

1st friend

2nd friend

3rd friend

Less than one mile

1

1

1

Less than five miles

2

2

2

Between five and fifty miles

3

3

3

Over fifty miles

4

4

4

1128-
1130

Q21

Which of these best describes what your friend does?

NETJB1

NETJB2

NETJB3

1st friend

2nd friend

3rd friend

Full time employment

1

1

1

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

1131-
1133

Continue on next page

Q22

Which of these describes your friend's ethnic group?

NETETH1

NETETH2

NETETH3

1st friend

2nd friend

3rd friend

White	01	01	01
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	07	07	07
Mixed White and Asian	08	08	08
Any other ethnic background	09	09	09

1134-1139

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

SCDOBM

SCDOBY

Day

Month

Year

Please write in your date of birth:

| | . | | . | | | |

1017-1024

And tick male or female:

Male

1

1025

SCSEX

Female

2

spare 1144-1153