

We would like you to take part in a new way of collecting information about things that happen in your life.

Your Life History Calendar – building a picture of your big life events

By using your Life History Calendar, you'll be building a detailed picture of the things that have happened in your life. The calendar will show important life events and transitions, like starting work, moving house, starting a new partner relationship, or having a child.

Why?

We are asking participants to fill in their calendar, so we can see where big life events happen and how they impact other parts of our lives. For example, how does having a child relate to moving house or changing jobs? Collecting detailed information on key life events will help enhance our understanding of these significant life transitions.

Other research has also shown that asking people to record their life in a visual way helps them remember more than they would if they complete a survey. Visual calendars help people relate different events to each other and see where there are gaps. For example, remembering about moving house might also bring up a memory about changing jobs, as both things happened at a similar time. Using a visual calendar stimulates our memory to think about different things, not just one thing.



What if I have concerns about the way the study was carried out?

You can contact:

Michaela Benzeval Director of Understanding Society:
☎ 01206 873983 ✉ mbenzeval@essex.ac.uk

Paul Clarke Research Director of ISER:
☎ 01206 873760 ✉ pclarke@essex.ac.uk

Mantelena Sotiriadou Research Governance and Planning Manager at the University of Essex:
☎ 01206 876320 ✉ ms21994@essex.ac.uk

Any questions?

Please get in touch. You can phone or email us.

Freephone 0800 252 853

Email contact@understandingsociety.ac.uk

Find out more

For more information, including a video on how to complete your calendar, go to www.understandingsociety.ac.uk/participants/projects/life-history-calendar



Life History Calendar

Participant Information

What kind of information does the calendar collect?

We would like you to include information about central life events such as partnerships, children, employment, education and health. For each event, you will be asked to recall when it happened, and if applicable, how long it lasted and when it finished. We will be building a picture of your life, but it's up to you how much you want to share with us.

How do I log in?

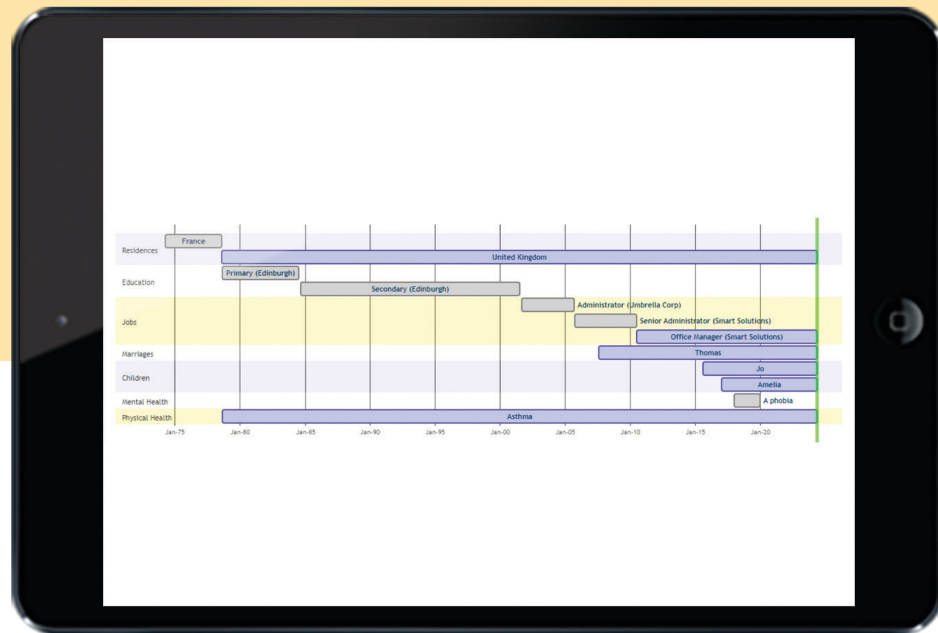
You have been sent a letter and/or an email that contain a link to your calendar. When you click on the link, you will be asked to enter your unique login code and password which has also been sent to you in the same letter or email.

How long will it take?

The calendar will take approximately 15 to 45 minutes, depending on your circumstances.

Can I keep my calendar?

Yes. Once you have completed your calendar you will be able to download it. The calendar will show your key life events in a timeline. Here's an example:



What do you think about the calendar?

We'd also like to know what you think about completing the calendar – was it easy to do? Do you like sharing your life history in this way? If you would like to give us some feedback, please email us contact@understandingsociety.ac.uk

Thank you!

To thank you for taking part, we have sent you a **£10 giftcard**.



Who is carrying out this research?

Researchers at the Institute for Social and Economic Research (ISER) at the University of Essex are running this study. Ethical approval for the study has been provided by the University of Essex Ethics Sub-Committee 1 (reference: ETH2223-1247).

Do I have to take part?

Like every other part of Understanding Society, this part of the project is **completely voluntary**. You do not need to complete a calendar if you do not wish to, but we hope you will agree. To make the information as useful as possible, it's important that we hear from lots of different people and families in many areas of the UK.

Are there any risks involved in participating?

There are no risks associated with taking part in this project.

How will we keep your information safe?

Everyone involved in this study will **keep your data safe and secure**. Identifiable data are stored on a separate secure server, with access limited only to those who require the information to maintain the integrity of the database. The results of the study will never include any identifiable data such as names or addresses. The information collected is only used for research and will be dealt with according to the principles of

the Data Protection Act and General Data Protection Regulation (GDPR). At the end of the study, anonymised data are made available from the UK Data Service and other secure data repositories to genuine and registered researchers only.

What if I change my mind about taking part?

Taking part is completely voluntary. You have the right to change your mind about taking part in this study or can withdraw from the study at any time without explanation. If you contact us and ask that we remove your data, we can remove any data you have given us which has not yet been deposited with the UK Data Service, but we are not able to remove data which has already been made available to researchers.

