





1958 National Child Development Study 2008 Survey

Self-completion Questionnaire

Leisure, Health and Well-being

Confidential

HOW TO FILL IN THIS QUESTIONNAIRE

- Please answer every question
- Please answer the questions by ticking clearly inside the appropriate box – like this



 Please hand this questionnaire back to the interviewer when they come to visit

THANK YOU

OFFICE USE ONLY		CARD 01 1009-1010
Serial number 1001-1007	1008	BATCH 1011-1015
Cohort member's first name		
1016-1030 Interviewer number		
1031-1036		SPARE 1037-1045

4	

We are interested in the things people do in their leisure time. Please indicate how frequently you do each one...

Tick one box on each line

	At least once a week	At least once a month	Several times a year	Once a year or less	Never/ almost never	
Play sport or go walking or swimming						1046
Go to watch live sport	: 🗌					1047
Go to the cinema	ı 🗌					1048
Go to a concert, theatre or other live performance						1049
Have a meal in a restaurant, cafe or pub	1	2	3	4	5	1050
Go for a drink at a pub or club						1051
Work in the garden						1052
Do DIY, home maintenance or car repairs						1053
Attend leisure activity groups such as evening classes, keep fit, yoga etc		2	3	4	5	1054
Attend meetings for local groups/ voluntary organisations						1055
Do unpaid voluntary work						1056
Visit friends or relations or have them visit you						1057

SPARE 1058-1065

2

Please use the rating scale to describe how accurately these phrases describe you.

Tick one box on each line

	in	Very accurate	Moderately inaccurate	Neither inaccurate or accurate	Moderately accurate	Very accurate	
	I am the life of the party						1066
	I feel little concern for others						1067
	I am always prepared						1068
	I get stressed out easily						1069
	I have a rich vocabulary	1	2	3	4	5	1070
	I don't talk a lot						1071
	I am interested in people						1072
	I leave my belongings around						1073
	I am relaxed most of the time	1	2	3	4	5	1074
	I have difficulty understanding abstract ideas						1075
l fe	eel comfortable around people						1076
	I insult people						1077
	I pay attention to details	1	2	3	4	5	1078
	I worry about things						1079
	I have a vivid imagination						1080
	I keep in the background						1081
sy	mpathise with others' feelings						1082

Continued...

2 continued...

Please use the rating scale to describe how accurately these phrases describes you.

Tick one box on each line

		Very	Moderately	Neither	Moderately	Very	
	ina	accurate	inaccurate	inaccurate	accurate	accurate	
		1	2	or accurate	4	5	
	I make a mess of things						1083
	I seldom feel blue						1084
	I am not interested in abstract ideas						1085
	I start conversations						1086
	I am not interested in other people's problems	1	2	3	4	5	1087
	I get chores done right away						1088
	I am easily disturbed						1089
	I have excellent ideas						1090
	I have little to say	1	2	3	4	5	1091
	I have a soft heart						1092
	I often forget to put things back in their proper place						1093
	I get upset easily						1094
Ido	o not have a good imagination	1	2	3	4	5	1095
	I talk to a lot of different people at parties						1096
	I am not really interested in others						1097
	I like order						1098
	I change my mood a lot						1099

2 continued...

Please use the rating scale to describe how accurately these phrases describes you.

Tick one box on each line

	ina	Very accurate	Moderately inaccurate	Neither inaccurate or accurate	Moderately accurate	Very accurate	
Ιa	m quick to understand things		2	3	4	5	1100
	I don't like to draw attention to myself						1101
	I take time out for others						1102
	I shirk my duties						1103
	I have frequent mood swings	1	2	3	4	5	1104
	I use difficult words						1105
	I don't mind being the centre of attention						1106
	I feel others' emotions						1107
	I follow a schedule	1	2	3	4	5	1108
	I get irritated easily						1109
l s	pend time reflecting on things						1110
	I am quiet around strangers						1111
	I make people feel at ease	1	2	3	4	5	1112
	I am exacting in my work						1113
	I often feel blue						1114
	I am full of ideas						1115

Please check you have completed all the questions

SPARE 1116-1123

3

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

Tick one box on each line ΑII None Rarely Often Some of the of the of the time time time I've been feeling optimistic about the future 1124 I've been feeling useful 1125 I've been feeling relaxed I've been feeling interested in other people 1127 I've had energy to spare 1128 I've been dealing with problems well 1129 I've been thinking clearly I've been feeling good about myself 1131 I've been feeling close to other people 1132 I've been feeling confident 1133 I've been able to make up my own 1134 mind about things I've been feeling loved 1135 I've been interested in new things 1136

SPARE 1138-1145

1137

Please check you have completed all the questions

I've been feeling cheerful

7	ī	
4	я	

The following items are about activities you might do during a typical day. Does your health limit you in these activities? If so, how much?

Tick one box on each line

	Yes, limited a lot	Yes, limited a little	No, not limited at all	
Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports				1146
Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf				1147
Lifting or carrying groceries	; <u> </u>			1148
Climbing several flights of stairs	s 🗌			1149
Climbing one flight of stairs	s 🗌			1150
Bending, kneeling or stooping	1	2	3	1151
Walking more than one mile	• 🗌			1152
Walking half a mile				1153
Walking 100 yards	s 🗌			1154
Bathing or dressing yourself	f 🗌			1155

SPARE 1156-1163

5	<u>During the past 4 weeks</u> , have you had any of the your work or other regular daily activities as a re Have you			
		<u>ne</u> box	on ea	ch line
		Yes	No ²	
	Cut down the amount of time you spent on work or other activities?			1164
	Accomplished less than you would like?			1165
	Been limited in the kind of work or other activities you were able to do?			1166
	Had difficulty performing work or other activities (for example, it took extra effort)?			1167
6	During the past 4 weeks, have you had any of the your work or other regular daily activities as a reproblems (such as feeling depressed or anxious)	sult (of any	emotional
	Tick or	ne box	on ea	nch line
		Yes	No 2	
	Cut down the amount of time you spent on work or other activities?			1168
	Accomplished less than you would like?			1169
	Not done your work or other activities as carefully as usual?			1170
7	<u>During the past 4 weeks</u> , to what extent has your problems interfered with your normal social actineighbours, or groups?			
		Tick <u>o</u>	ne bo	x only
	Not	at all		1171
	Sli	ghtly		2
	Moder	ately		3
	Quite	a bit		4
	Extre	mely		5

8 How m	uch bodily pain have you had <u>during the past 4 weeks</u> ?	
	Tick <u>one</u> box only	
	None 1	1172
	Very mild 2	
	Mild 3	
	Moderate 4	
	Severe 5	
	Very severe 6	
9 During normal	the past 4 weeks, how much did pain interfere with your l work (including both work outside the home and housework)?	
	Tick <u>one</u> box only	
	Not at all	1173
	Slightly 2	
	Moderately 3	
	Quite a bit 4	
	Extremely 5	

These questions are about how you feel and how things have been with you <u>during the past 4 weeks</u>. For each question, please give the one answer that comes closest to the way you have been feeling. How much time during the past four weeks...

	Tick <u>one</u> box on each line							
	All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time		
Did you feel full of life?							1182	
Have you been a very nervous person?							1183	
Have you felt so down in the dumps nothing could cheer you up?							1184	
Have you felt calm and cheerful?							1185	
Did you have a lot of energy?							1186	
Have you felt downhearted and low?	1	2	3	4	5	6	1187	
Did you feel worn out?							1188	
Have you been a happy person?							1189	
Did you feel tired?							1190	
Has your health limited your social activities (like visiting friends, relatives, etc.)?							1191	
For each of the following sta describes how true or false i		_	e choose	one an	swer th	at best		
			Tick one	box on e	each line			
	[Definitely true	Mostly true	Don't know	Mostly false	Definitely false		

		TICK <u>OF</u>	<u>ne</u> box on ea	acn line		
	Definitely true	Mostly true	Don't know	Mostly false	Definitely false	
I seem to get ill a little easier tha other peopl						1192
I am as healthy as anybody I know	w					1193
I expect my health to get wors	е 🗌					1194
My health is exceller	nt 🗌					1195

Was it	it usually take for you to fall asleep:
	Tick <u>one</u> box only
	0-15 minutes 1
1	16-30 minutes 2
3	31-45 minutes 3
4	46-60 minutes 4
more than	n 60 minutes?
During the past four weeks, how many he each night on average?	ours did you sleep
each hight on average:	Hours 1205-1206
During the past four weeks, how often di and have trouble falling back to sleep aga	
and have trouble failing back to sieep ago	Tick <u>one</u> box only
	All of the time
Mo	ost of the time 2
A good	bit of the time 3
Sor	me of the time 4
A lit	ttle of the time 5
Non	ne of the time?
During the past four weeks, how often di	
upon waking in the morning? Did this hap	ppen Tick <u>one</u> box only
	All of the time 1
	ost of the time 2
	bit of the time 3
Sor	me of the time 4
A lit	ttle of the time 5
Non	ne of the time?

The next set of questions is a list of opinions on different topics. Please read each one, decide how much you agree or disagree and tick the box that corresponds with your answer.

Tick one box on each line

	Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree	
	1	2	uisagree	4	5	
None of the political parties would do anything to benefit me						1217
Problems in the environment are not as serious as people claim						1218
Having almost any job is better than being unemployed						1219
I would not mind working with people from other races						1220
	1	2	3	4	5	
Marriage is for life						1221
People who break the law should be given stiffer sentences						1222
Ordinary working people do not get their fair share of the nation's wealth						1223
If I didn't like a job I'd pack it in, even if there was no other job to go to						1224
	1	2	3	4	5	
We should tackle problems in the environment even if this means slower economic growth						1225
School should teach children to obey authority						1226
Couples who have children should not separate						1227
All women should have the right to choose to have an abortion if they wish						1228

Tick one box on each line Strongly Agree Neither Disagree Strongly agree agree or disagree disagree 5 I would not want a person from 1229 another race to be my boss Politicians are mainly in politics for their 1230 own benefit and not for the benefit of the community There is one law for the rich and 1231 one for the poor Once you've got a job it's important to 1232 hang on to it even if you don't really like it Management will always try to get the better of employees if it gets 1233 the chance I would not mind if a family from 1234 another race moved in next door to me For some crimes the death penalty 1235 is the most appropriate sentence It does not really make much difference which political party is 1236 in power in Britain Preserving the environment is more important than any other political 1237 issue today

17

The following statements are about neighbourhoods. Please indicate how strongly you agree or disagree with each statement.

	Tick <u>one</u> box on each line										
	Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree						
	1	2	3	4	5						
I feel like I belong to this neighbourhood	k k					1238					
The friendships and associations I have with other people in my neighbourhood mean a lot to me	d 🗌 k					1239					
If I needed advice about something could go to someone in my neighbourhood	/					1240					
I borrow things and exchange favours with my neighbours						1241					
	1	2	3	4	5						
I would be willing to work together with others on something to improve my neighbourhood	/					1242					
I plan to remain a resident of this neighbourhood for a number of years						1243					
I like to think of myself as similar to the people who live in this neighbourhood						1244					
I regularly stop and talk with people in my neighbourhood						1245					
					SPARE 1246-	-1253					
How often do you talk to any of yo	nur neighb	ours?									
Is it			als and hav	. amh.							
		110	ck <u>one</u> box	Conty							
	On	most da	ıys	1		1254					
Once or twice a week 2											
	Once or twice a month 3										
L	ess than on	ce a mor	nth	4							
		Nev	/er	5							

Here is a list of statements that people have used to describe their lives or how they feel. We would like to know how often, if at all, you think this applies to you?

Tick one box on each line

	Often	Some- times	Not often	Never	
	1	2	3	4	
My age prevents me from doing the things I would like to					1255
I feel what happens to me is out of my control					1256
I feel left out of things					1257
I can do the things I want to do					1258
	1	2	3	4	
Family responsibilities prevent me from doing what I want to do					1259
I feel that I can please myself what I do					1260
Shortage of money stops me from doing things I want to do					1261
I look forward to each day					1262
	1	2	3	4	
I feel that my life has meaning					1263
I enjoy the things that I do					1264
On balance, I look back on my life with a sense of happiness					1265
I feel full of energy these days					1266
	1	2	3	4	
I feel that life is full of opportunities					1267
I feel that the future looks good for me					1268

Here is a list of things that people value.
For each one please indicate on a scale from 1 to 10 how important each one is to you, where '1' equals 'Not important at all', and '10' equals 'Very important'.

			T	ick <u>one</u>	box on	each li	ne				
ir	Not nporta at all	nt							ir	Very mporta	nt
	1	2 02	3	4	5 ₀₅	6	7	8	9	10 10	
Having a lot of money											1269
Having children											1271
Having a fulfilling job											1273
Having a good marriage or partnership											1275
									SPA	RE 1277-1	300
Imagine that you life you are leading and any wo	ng (yo	ur inte	erests,	, your	olease home	write life, yo	a few our hea	lines a	about [·] nd wel	the I-	1301