

FATHER AND THE FAMILY

This questionnaire allows us to catch up with your current circumstances, health, diet and lifestyle.

It is for the study child's father or person who takes the role of father. This could be the mother's husband or partner.

If this is relevant to more than one person, it should be the one who is most involved with the study child.

We are very grateful to you for helping us in this way.

THANK YOU SO MUCH

General instruction for completing this booklet:

Please tick the box that most applies to you. If there is a question

Please tick the box that most applies to you. If there is a question or section that you do not wish to answer, please put a line through it.

SECTION A: YOUR MEDICAL HISTORY

A1. Have you ever had any of the following infections?

		Yes	No, never	Don't know
a)	measles	1	2	3
b)	mumps	1	2	3
c)	chicken pox	1	2	3
d)	whooping cough	1	2	3
e)	cold sores	1	2	3
f)	meningitis	1	2	3
g)	genital herpes	1	2	3
h)	syphilis		2	3
i)	gonorrhea		2	3
j)	urinary infection, cystitis, pyelitis	1	2	3
k)	thrush	1	2	3
1)	have you ever had any other unusual infections? (Please tick and describe)	1	2	

A2. Have you <u>ever</u> had any of the following operations:

		Yes	No
a)	tonsils out	1	2
b)	adenoids out	1	2
c)	hernia repair	1	2
d)	appendix out	1	2
e)	gall bladder out	1	2
f)	operation for undescended testes	1	2
g)	varicose vein repair	1	2
h)	squint repaired	1	2
i)	plastic surgery	1	2
j)	grommets/tubes in your ears	1	2
k)	hypospadias repair	1	2
1)	hip replacement	1	2
m)	wisdom tooth removed	1	2
n)	other type of operation (please tick & describe)	1	2

A3. Have you <u>ever</u> had any of the following problems:

	Yes, had	Yes, in	No
	it recently	past, not	never
	(in <u>past year</u>)	now	
a) hay fever	1	2	3
b) indigestion	1	2	3
\ 1 1' '	,		
c) bulimia		2	3
d) aathma			
d) asthma	[1	2	3
e) eczema	,		
c) cczcina	1	2	3
f) epilepsy			
i) epilepsy	1	2	3
g) ME or chronic			
fatigue syndroi	1	2	3
h) migraine		2	3
	H	Ħ	一
i) back pain/slipp	ed disc 1	2	3
j) kidney disease	* 1	2	3
k) varicose veins	1	2	3
1) haarrandaaida/	ailes		
l) haemorrhoids/p	ones 1	2	3
m) rheumatism			
iii) iiicumatisiii	1	2	3
n) arthritis			
ii) ditiiitis	1	2	3
o) psoriasis			
·, F	1	2	3
p) stomach ulcer	,		
•		2	3
q) drug addiction		2	3
			[-]
r) alcoholism		2	3
	1	<u></u>	3

	Yes, had	Yes, in	No
	it recently	past, not	never
A3.	(in past year)	now	
	pust year)		
s) schizophrenia	1	2	3
t) anorexia nervosa	1	2	3
u) severe depression	1	2	3
v) other psychiatric problem*	1	2	3
w) other problem(s)* (please tick & descri	11 1	2	
* please tick appropri	iate box and describe b	oelow	
A4. a) Have y	ou ever had diabetes?		
-			
Yes	No 2	→ If <u>no</u> , go to (b) belo	DW
Te			
If <u>yes</u> i)	How is/was it treated?	?	
,	in and in in its sais		
	insulin injectio	ons 1	
	other drugs	2	
	diet only	3	
ii)	How old were you wh	nen you first developed	it? years
,			
b) Have y	ou ever had hypertensi	ion (high blood pressui	re)'?
	Yes 1	No $\frac{1}{2}$ If $\underline{\mathbf{no}}$, go to A5 on page 7
If <u>yes</u> i)	How old were you wh	nen you first developed	it? years

		ii) Do you have	hypertension	nowadays?	
		Yes	1 N	To 2	
A5.	a)	Are there any proble	ems for which	you have regular treatment or medicine nowaday	ys?
		Yes 1 No		f <u>no,</u> go to A6 below	
	b)	If <u>yes</u> , please descri	be the proble	m and regular treatment or medicine:	
		Problem		Treatment or medicine	
			•••••		
A6.	a)	Would you say that	you were alle	rgic to anything?	
		Yes 1 No		no, go to A7 on page 8	
	b)	If yes , is it to:	Yes	No	
		i) cat	1	2	
		ii) pollen	1	2	
		iii) dust	1	2	
		iv) insect bites or stings	1	2	
		v) medication (e.g. penicillin)	1	2	
		vi) something else (Please tick & des	scribe)	2	

A7. Have you had any of the following in the past two years:

		In the past 2 years:	Yes often	Yes, sometimes	No, not at all
	a)	attacks of wheezing with whistling on the chest	1	2	3
	b)	a dry itchy rash	1	2	3
	c)	a blotchy blistery rash (hives)	1	2	3
	d)	sneezing attacks	1	2	3
	e)	runny nose	1	2	3
	f)	watery eyes	1	2	3
	g)	attacks of breathlessness	1	2	3
	h)	cough often during the night	1	2	3
	i)	cough often when you wake in the morning	1	2	3
A8.	a) b)	what is your weight nowaday stones pounds i) Are you certain of this Yes No What is your size nowadays in i) hips	OR	or OR	kilos OR cms
		ii) waist	ins.	OR [cms
		iii) chest	ins.	OR	cms
		(If you don't know write NK a	at the side)		
A8.	c)	How tall are you?			
		feet inches		centi	imetres

			OR	
	i)	Are you certain of this?		
		Yes No 2		
A9.	Your hearing	<u> </u>		
	How would y	ou rate your hearing in each ea	ar? (i) Left ear	(ii) Right ear
		always very good	1	1
		occasional problems (e.g. infections or glue ear)	2	2
		there are some sounds I cannot hear	3	3
		never very good	4	4
		I cannot hear much at all	5	5
A10.	Your eyesigh	<u>.t</u>		
	a) How v	would you rate your sight with	•	(**)
		Without glasses:	(i) Left eye	(ii) Right eye
		always very good	1	1
		I can't see clearly at a distance	ce 2	2
		I can't see clearly close up	3	3
		I can't see much at all	4	4

A10.	b)	Do you wear glasses?			
		yes always yes sometimes no never	2 3		
	c)	Are you colour blind? Yes 1 No	2	Don't know 3	
A11.				umber of brothers and sisters that land sisters, step-brothers and sisters	
			brothers	sisters	
	a)	older than you			
	b)	younger than you			
	c)	a twin to you			

SECTION B: ABOUT THE HEALTH OF YOUR PARENTS

B1. Has your <u>natural</u> mother and/or <u>natural</u> father ever had any of the following:

			3. 7 .	(i)			43	
		Yes	Natur No	al mother Don't know	Yes N	atural fa No	ather Don't know	
		165	110			110		
a)	diabetes treated with insulin	1	2	9	1	2	9	
b)	other diabetes	1	2	9	1	2	9	
c)	coronary heart disease	1	2	9	1	2	9	
d)	rheumatism	1	2	9	1	2	9	
e)	arthritis	1	2	9	1	2	9	
f)	multiple sclerosis	1	2	9	1	2	9	
g)	breast cancer (mother) prostate cancer (father)	1	2	9	1	2	9	
h)	other cancer*	1	2	9	1	2	9	
i)	hypertension (high blood pressure)	1	2	9	1	2	9	
j)	an alcohol problem	1	2	9	1	2	9	
k)	schizophrenia	1	2	9	1	2	9	
1)	chronic bronchitis	1	2	9	1	2	9	
m)	a stroke	1	2	9	1	2	9	
n)	depression or 'nerves'	1	2	9	1	2	9	
o)	other problem*	1	2	9	1	2	9	
	* (Please tick and describ	e)	• • • • • • • • •			• • • • • • • • • • • • • • • • • • • •		

B2. Are your natural parents still alive?

		Yes	No	Don't know	
a)	Mother is alive	1	2	9	
	If <u>no</u> , (i) How old was s	she when she di	ed?	years	
	(ii) What did she				
b)	Father is alive	Yes 1	No 2	Don't know	
	If no				
	If <u>no</u> , (i) How old was h	ne when he died	?	years	
	(ii) What did he d	lie of?			

SECTION C: YOU AND FOOD

C1. How far do the following statements describe you?

				Yes, mos		es metimes	No, not at all	
	a)	I like to try different fo	oods	1	2		3	
	b)	I prefer to eat familiar	foods	1	2		3	
	c)	I prefer to eat the sort when I was a child	of foods I a	te 1	2		3	
	d)	I would like to try diffe but my partner/family familiar foods		1	2		3	
	e)	I would be willing to t any food if it were offer	•	1	2		3	
	f)	I greatly enjoy eating		1	2		3	
	g)	I eat because I need to because I enjoy it	, not	1	2		3	
C2.	Which	one of these statement	s best descr	ribes the v	vay you feel	about cooki	ng?	
		I always enjoy cooking	5			1		
		I enjoy cooking when	I can take ti	ime over i	it	2		
		I cook only because I l	nave to, not	because 1	I enjoy it	3		
		I avoid cooking if at al	ll possible			4		
		I have no real feeling t	owards coo	oking		5		
C3.	How	often do you:	Always	Often	Sometime	es Rarely	Never	Don't do cooking
		o vegetables, potatoes sta during cooking?	1	2	3	4	5	7
b) Ad	d salt to	o food at the table?	1	2	3	4	5	
	d herbs oking?	to food during	1	2	3	4	5	7

C3.	How often do you:	A 1	Often	Comotimos	Damaler	Marian
d)	Add sauces to food at the table? (please specify type of sauce e.g. Tomato Ketchup)	Always	Often 2	Sometimes 3	Rarely 4	Never 5
C4.	When you are choosing food for	meals, ho	ow much do Quite a	_	•	at all Don't choose
a)	Cost	1	2	3	4	food
b)	What your children prefer to eat	1	2	3	4	
c)	What you prefer to eat	1	2	3	4	go to C5
d)	What other people prefer to eat (e.g. partner, other adult)	1	2	3	4	
e)	Convenience of preparation	1	2	3	4	
f)	What is good (healthy) for us to eat	1	2	3	4	
g)	The special offers available whe shopping	en 1	2	3	4	
h)	Adverts on the television/radio	1	2	3	4	
j)	Articles about food and recipes in newspapers/magazines	1	2	3	4	
k)	Dietary requirements of a memb of the family	er 1	2	3	4	
1)	Other (please tick and describe)	1	2	3		
C5.	a) Do you read the labels on page	ckaged foo	od?	_		
	Always 1	Sometimes	2	No ₃		

	Yes 1		No 2		Don't mind 3		
C6.	a) Do you work Yes	irregular ho	0	go to C7 k	oelow		
	If <u>yes</u> , b) Does this affe	ct your eat	ing habits?				
	i) Type of forii) Times of for		Yes 1 1	2 2			
C7.	How often do	you yourse Never	elf usually eat so Less than once a week	Once	at each of the 2-4 times a week	e following mo	eals? Every day
a)	Breakfast	1	2	3	4	5	6
b)	Mid-morning snack	1	2	3	4	5	6
c)	Mid-day meal/snack	1	2	3	4	5	6
d)	Mid-afternoon snack	1	2	3	4	5	6
e)	Evening meal/snack	1	2	3	4	5	6
f)	Late night snack/ supper	1	2	3	4	5	6

b) Do you understand the information about contents and nutrition on the labels?

c) Do you prefer the family to have food without artificial additives?

Partly 2

No

C5.

Usually 1

SECTION D: YOU AND YOUR CURRENT PARTNER

D1.	a)	Do you have a wife/partner a	it the moment?	?		
		yes, lives with me				
		yes, but does not live with m	e 2			
		no, don't have	3	• If <u>no</u> , go to \$	Section E on p	age 20
	b)	If <u>ves</u> , is this:				
		your wife	1			
		a female partner	2			
		a male partner	3			nnswer the igh they refer
Pleas	e descri	be your current relationship usi	ing the stateme	ents below:		
			No, not true	Sometimes true	Yes, very true	Can't say
D2.		upport each other during ult times	1	2	3	4
D3.		isagree about what to do when nildren are naughty	1	2	3	4
D4.		easy for both of us to express pinion to each other	1	2	3	4
D5.	•	vife/partner and I agree eletely about how to raise the ren	1	2	3	4
D6.	I feel stable	that our relationship is very	1	2	3	4
D7.		iscuss problems and feel good the solutions	1	2	3	4
D8.		ry that my wife/partner is trict with the children	1	2	3	4

		No, not true	Sometimes true	Yes, very true	Can't say
D9.	My wife/partner treats me like a king	1	2	3	4
D10.	She spoils the children too much	1	2	3	4
D11.	She is perfectly honest and truthful with me	1	2	3	4
D12.	I feel that I can trust her completely	1	2	3	4
D13.	We feel very close to each other	1	2	3	4
D14.	I can count on my wife/partner to help me	1	2	3	4
D15.	She is sincere in her promises	1	2	3	4
D16.	She can be relied on to help me however big a problem I have	1	2	3	4
D17.	My wife/partner makes me feel loved	1	2	3	4
D18.	My wife/partner helps me out with the children	1	2	3	4

No matter how well a couple get on there may be times when they disagree, get annoyed or have quarrels or fights because they're in a bad mood, tired or for some other reason.

		No	Yes, sometimes	Yes, often
D19.	Have you cursed or sworn at your wife/partner?	1	2	3
D20.	Has your wife/partner cursed or sworn at you?	1	2	3
D21.	Have you ordered your wife/partner around?	1	2	3
D22.	Has she ordered you around?	1	2	3

		No	Yes, sometimes	Yes, often
D23.	Have you insulted or shamed her in front of others?	1	2	3
D24.	Has she insulted or shamed you in front of others?	1	2	3
D25.	Have you pushed, grabbed, or shoved your wife/partner?	1	2	3
D26.	Has your wife/partner pushed, grabbed or shoved you?	1	2	3
D27.	Have you ever slapped her?	1	2	3
D28.	Has she ever slapped you?	1	2	3
D29.	Have you ever shaken your wife/partner?	1	2	3
D30.	Has your wife/partner ever shaken you?	1	2	3
D31.	Have you ever thrown an object at your wife/partner that could hurt her?	1	2	3
D32.	Has she thrown an object at you that could hurt you?	1	2	3
D33.	Have you ever kicked, bitten, or hit your wife/partner with a fist?	1	2	3
D34.	Has she kicked, bitten, or hit you with a fist?	1	2	3
D35.	Have you ever hit or tried to hit your wife/partner with something?	1	2	3
D36.	Has she ever hit or tried to hit you with something?	1	2	3
D37.	Have you ever physically twisted her arm?	1	2	3
		No	Yes, sometimes	Yes, often

D38.	Has she ever physically twisted your arm?	1	2	3
D39.	Have you ever thrown or tried to throw your wife/partner bodily?	1	2	3
D40.	Has she ever thrown or tried to throw you bodily?	1	2	3
D41.	Have you ever beaten up your wife/partner (multiple blows)?	1	2	3
D42.	Has she ever beaten you up (multiple blows)?	1	2	3
D43.	Have you ever tried to choke or strangle her?	1	2	3
D44.	Has she ever tried to choke or strangle you?	1	2	3
D45.	Have you ever threatened your wife/partner with a knife or other weapon?	1	2	3
D46.	Has she ever threatened you with a knife or other weapon?	1	2	3
D47.	Have you ever used a knife or other weapon on your wife/partner?	1	2	3
D48.	Has she ever used a knife or other weapon on you?	1	2	3

SECTION E: EDUCATION AND OCCUPATION

E1. What educational qualifications do you, your wife or partner, your mother, and your father have? Please tick all that apply. (By wife or partner we mean your current live-in wife or partner).

whe of partner).	(i) Your self	(ii) Your wife/ partner	(iii) Your mother*	(iv) Your father*
 a) CSE or GCSE (D, E, F or G) b) O-level or GCSE (A, B, or C) c) A-level d) Qualifications in shorthand/ typing/or other skills, e.g. hairdressing 	1 1 1		1 1	
e) Apprenticeshipf) State enrolled nurseg) State registered nurseh) City & Guilds intermediate technical	1 1 1	1 1 1	1 1 1	1 1 1
 i) City & Guilds final technical j) City & Guilds full technical k) Teaching qualification l) University degree m) No qualifications n) Qualifications not known o) Not applicable, no such person p) Other (Please tick & describe) 				

(* by this we mean the mother figure or father figure who was mostly responsible for bringing you up)

E2. What is the <u>present</u> employment situation of yourself and your current live-in wife or partner? Please tick all that apply.

	(i)	(ii)	No live-in
	Yourself	Your wife	wife/
		or partner	partner
a) Working for an employer full-time (more than 30 hours a week)	1	1	7
b) Working for an employer part-time (one hour or more a week)	1	1	
c) Self-employed, employing other people	1	1	
d) Self-employed, not employing other people	1	1	
e) On a government employment or training scheme	1	1	
f) Waiting to start a job already accepted	1	1	
g) Unemployed and looking for a job	1	1	
h) At school or in other full-time education	1 1	1	
i) Unable to work because of long-term sickness or disability	1	1	
j) Retired from paid work	1		
k) Looking after the home or family			
1) Carrying out voluntary work			
m) Other (please tick & describe)	1	1	
		I	

E3.	To recap, are you in a paid job at the moment?
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Yes	1	No	2	→ If <u>no.</u> go to E4 on page 23
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If <u>yes</u>,

These questions are about <u>your present job</u> (If you have more than one job, answer for the main job)

		Yes usually	Yes sometimes	No _
a)	Can you decide yourself when to have a holiday?	1	2	3
b)	Can you decide what you do at work?	1	2	3
c)	Can you decide the order in which you do your different tasks at work?	1	2	3
d)	Can you decide when to take a break?	1	2	3
e)	Is your work monotonous?	1	2	3
f)	Do you have scope for on- the-job development?	1	2	3
g)	Does the job fit well with your educational background and/or experience?	1	2	3
h)	Do you have to work at a fast pace?	t 1	2	3

Your present job (or last main job(s))

E4.

E4.

h)

rank in addition to the	ation is known by a special name, please use that name. If in H.M. forces, give the he actual job. Please also describe the type of industry or service given: i.e. Give ade, materials used, or services given).
a)	Actual job, occupation, trade or profession
b)	Type of industry or service given (main things done in job)
c)	Hours worked in a normal week:
d)	How long have you had this job?
	less than 1 year 1
	1-2 years 2
	3 years or more ${3}$
e)	Have you been promoted since starting this job?
	Yes $\begin{bmatrix} 1 \end{bmatrix}$ No $\begin{bmatrix} 2 \end{bmatrix}$
f)	How much paid holiday are you allowed?
	days per year (don't count Bank Holidays)
g) Pleas	se tick which of the following currently apply to you:
	foreman 1
	manager 2
	supervisor 3
	leading hand 4
	self-employed 5
	none of those

As far as you can, please describe the actual job, occupation, trade or profession. (Use precise

terms such as shoe shop supervisor, car mechanic, primary school teacher, toolroom foreman, van

Are you in contact with particular rumes or chemicals in your job?

		always 1	often	sometimes 2	3
		rarely 4	never	don't knov	v 9
		Please describe the fumes or	chemica	als	
E5.	Do you	u think you have been unfairly		in the last 12 months beca	use of:
			Yes	Yes	No not
			often	sometimes	at all
	a)	Your sex	1	2	3
	b)	Your skin colour	1	2	3
	c)	The way you dress	1	2	3
	d)	Your family background	1	2	3
	e)	The way you speak	1	2	3
	f)	Your religion	1	2	3
	g)	Other (please tick & describe	e) 1	2	3

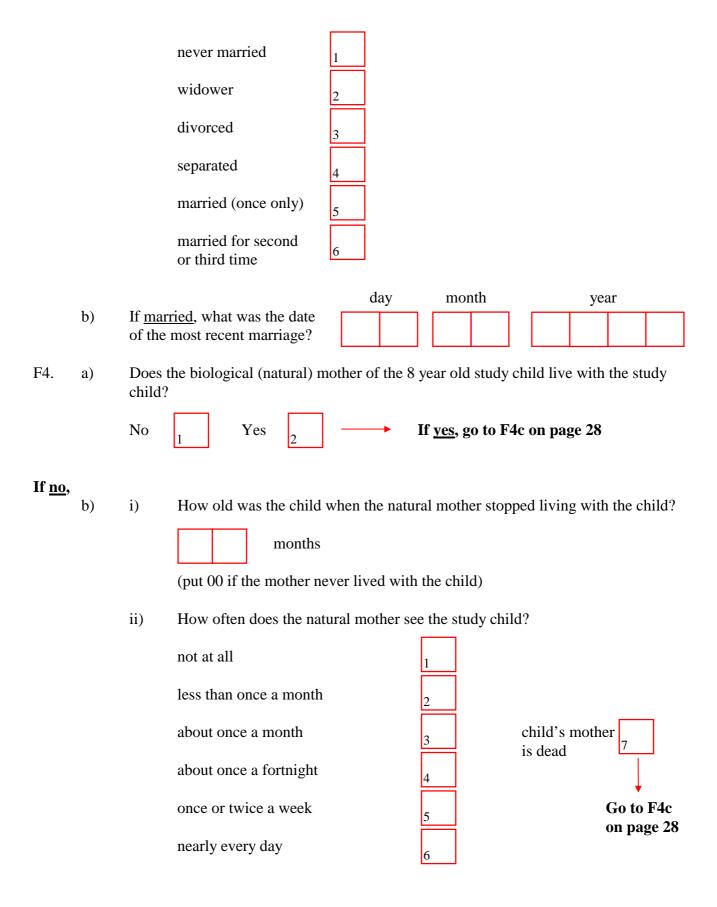
E6. How would you describe the race or ethnic group of yourself, your live-in wife or partner and your natural parents?

(i) Yourself	(ii) Wife/ partner	(iii) Your mother	(iv) Your father
white 01 black/Caribbean 02	01	01	01
black/African 03	03	03	03
black/other (please describe 04 below)	04	04	04
Indian 05	05	05	05
Pakistani 06	06	06	06
Bangladeshi 07	07	07	07
Chinese 08	08	08	08
any other ethnic 09 group (please tick & describ	09 De)	09	09

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SECTION F: YOUR HOUSEHOLD

F1.	a)	How many people live in your household now? (including yourself)
		i) adults (over 18 years)
		ii) young adults (16-18 years)
		iii) children (less than 16 years)
	b)	Please indicate who the adults over 18 are:
		Yes
		i) yourself <u>1</u>
		ii) your wife/partner 1
		iii) your parent(s) 1
		iv) your wife's/partner's parent(s) 1
		v) other relation(s) of yourself
		vi) other relation(s) of your wife/partner 1
		vii) friend(s)
		viii) lodger ₁
		ix) other (please tick and describe)
F2.	a)	Do you have a rule that smoking never happens in particular rooms?
		no smoking in house at all
		smoking only allowed in some rooms 2
		smoking allowed anywhere 3
	b)	How many people living in your household (including yourself) are smokers?
F3.	a)	What is your present marital status?



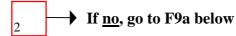
F4.	b)	iii) Does she help support the child financially?
		yes, on a regular basis 1
		yes, occasionally 2
		no 3
	c)	Does the biological (natural) father of the 8 year old study child live with the study child?
		No
		If <u>no</u> ,
	i)	How old was the child when the natural father stopped living with the child?
		months
		(put 00 for from birth)
	ii)	How often does the natural father see the study child?
		not at all
		less than once a month 2
		about once a month 3 child's father
		about once a fortnight is dead 4
		once or twice a week 5 Go to F5
		nearly every day 6
	iii)	Does he help support the child financially ?
		yes, on a regular basis
		yes, occasionally 2
		no 3

To make the questions less complicated, for the rest of this section, for **partner** we mean **wife or partner**.

F5.	Pleas	se indicate how many of the children livi	ng with yo	u have: Number of children			
	a)	you and your partner as their natural p					
	b)	you as their natural father (but their na mother is not present)					
	c)	your partner as the natural mother (bu not their natural father)					
	d)	neither you nor your partner as natura (please describe whether you have add	opted, foste				
F6.	Are t	there other children of yourself or your pa	artner who	visit (whether to play or to stay)?			
			No	Yes Number of children			
	a)	Children of my partner but not me	1	2			
	b)	Children of myself but not my partner	1	2			
	c)	Children of me and my partner	1	2			
F7.		ny of the people living in your household nic illness or disabling condition?	d, including	g yourself and your study child, have a			
		Yes 1 No 2 -		If <u>no</u> , go to F8 on page 30			
	If <u>yes</u> , please describe:						
	Natu	re of condition(s)	(sta	rson(s) involved tte relationship to you - wife/ tner, child, mother, etc.)			
	•••••		••••				
	•••••						
F8.	 a)	Do you have any pets?					

Yes 1

No



If yes,

b) How many of the following pets do you have?

Number

i)	cats
1)	Cats

- ii) dogs.
- iii) rabbits
- iv) rodents (mice, hamster, gerbil etc.)
- v) birds (budgerigar, parrot, etc.)
- vi) fish
- vii) turtles/tortoises/terrapin
- viii) other pets (please say how many and describe)

• •	• • • • •	•••••	•••••	•••••	

F9. a) On average, about how much is the take home family income each week (include social benefits etc.)?

less than £100

£100 - £199

£200 - £299

£300 - £399

4

£400 or more 5

don't know

b) Out of this, how much do you pay for rent, loans or mortgage each week?

nothing

less than £20



£20 - £39

3

£40 - £59

4

£60 - £79



£80 - £99

6

£100 or more

7

don't know

F9.	c)	about how much do you sp	end on food for the	e whole family each we	eek?
	less tha	£20 ₁	£29 ₂	£30 - £39 ₃	£40 - £49
	£50 - £	£60 -	£79 6	£80 or more 7	don't know 9
	d)	Iow much do you spend or tc.)	n child care each w	eek (playgroup, childn	ninder, baby sitter
	not	ing less than	n £20 2	£20 - £39 ₃	£40 - £59
	£60 -	£80 -	£99 6	£100 or more $\frac{1}{7}$	
	V	ies 8 don't k	enow 9		
	e)	Oo you manage to save at a	ll? Yes 1	No 2	
	f)	Oo you receive any financia	al help from your p	arents or other relative	s?
		es 1	No 2		
	g)	Oo you give financial help	to your parents or o	other relatives?	
		es 1	No 2		

SECTION G: YOUR FEELINGS

G1. Below are a number of statements which you may use to describe yourself. Please indicate if you think these apply to you. Each statement applies to how you feel **nowadays.**

you think these apply	-		_	_
Nowadays:	Doesn't apply	Applies a bit	Moderately applies	Certainly applies
a) I feel calm	1	2	3	4
b) I feel secure	1	2	3	4
c) I feel tense	1	2	3	4
d) I feel strained	1	2	3	4
e) I feel at ease	1	2	3	4
f) I feel upset	1	2	3	4
g) I am presently worrying over possible misfortunes	1	2	3	4
h) I feel satisfied	1	2	3	4
i) I feel frightened	1	2	3	4
j) I feel comfortable	1	2	3	4
k) I feel self-confident	1	2	3	4
l) I feel nervous	1	2	3	4
m) I am jittery	1	2	3	4
n) I feel indecisive	1	2	3	4
o) I am relaxed	1	2	3	4
p) I feel content	1	2	3	4
q) I am worried	1	2	3	4
r) I feel confused	1	2	3	4
s) I feel steady	1	2	3	4
t) I feel pleasant	1	2	3	4

G2. Below are a number of statements which you may use to describe yourself. Please indicate if you think these apply to you. Each statement applies to how you **generally** feel.

Generally:	Doesn't apply	Applies a bit	Moderately applies	Certainly applies
a) I feel pleasant	1	2	3	4
b) I tire quickly	1	2	3	4
c) I feel like crying	1	2	3	4
d) I wish I could be as happy as others seem to be	1	2	3	4
e) I am losing out on things because I can't make up my mind soon enough	1	2	3	4
f) I feel rested	1	2	3	4
g) I am 'calm, cool and collected'	1	2	3	4
h) I feel that difficulties are piling up so that I cannot overcome them	1	2	3	4
i) I worry too much over something that doesn't really matter	1	2	3	4
j) I am happy	1	2	3	4
k) I am inclined to take things hard	1	2	3	4
l) I lack self-confidence	1	2	3	4
m) I feel secure	1	2	3	4
n) I try to avoid facing a crisis or difficulty	1	2	3	4
o) I feel blue			3	4
p) I am content	1	2	3	4
G2 cont.	Doesn't	Applies	Moderately	Certainly

Generally:	apply	a bit	applies	applies
q) Some unimportant thought runs through my mind and bothers me		2	3	4
r) I take disappointments so keenly that I can't put them out of my mind	1	2	3	4
s) I am a steady person	1	2	3	4
t) I become tense and upset when I think about my present concerns	1	2	3	4
Your feelings in the past wee	ek:			
G3. I have been able to lau	gh and see the	funny side of	things:	
As much as I al	lways could	1		
Not quite so m	uch now	2		
Definitely not s	so much now	3		
Not at all		4		
G4. I have looked forward with enjoyment to things:				
As much as I e	ver did	1		
Rather less than	n I used to	2		
Definitely less	than I used to	3		
Hardly at all		4		

In the past week:

G5.	I have blamed myself unnecessar	nave blamed myself unnecessarily when things went wrong:		
	Yes, most of the time	1		
	Yes, some of the time	2		
	Not very often	3		
	Never	4		
G6.	have been anxious or worried for no good reason:			
	No, not at all	1		
	Hardly ever	2		
	Yes, sometimes	3		
	Yes, often	4		
G7.	I have felt scared or panicky for no very good reason:			
	Yes, quite a lot	1		
	Yes, sometimes	2		
	No, not much	3		
	No, not at all	4		
G8.	Things have been getting on top of me:			
	Yes, most of the time I haven't been able to cope	1		
	Yes, sometimes I haven't been coping as well as usual	2		
	No, most of the time I have coped quite well	3		
In the	No, I have been coping as well as ever	4		
m me	past week:			

G9.	I have been so unhappy that I have had difficulty sleepir				
	Yes, most of the time	1			
	Yes, sometimes	2			
	Not very often	3			
	No, not at all	4			
G10.	I have felt sad or miserable:				
	Yes, most of the time	1			
	Yes, quite often	2			
	Not very often	3			
	No, not at all	4			
G11.	I have been so unhappy that I have been crying:				
	Yes, most of the time	1			
	Yes, quite often Only occasionally	2			
		3			
	Never	4			
G12.	The thought of harming myself has occurred to me:				
	Yes, quite often	1			
	Sometimes	2			
	Hardly ever	3			
	Never	4			

SECTION H: YOUR DIET

H1. Families eat a variety of different things. How often nowadays do <u>you</u> eat the following foods? Please answer every question even if you never eat the food (in this case tick "Never or rarely").

	I eat:	Never or rarely	Once in 2 weeks	1-3 times a week	4-7 times a week	More than 7 times a week
a)	Oat cereals (e.g. porridge Ready Brek, muesli)	1	2	3	4	5
b)	Wholegrain or bran cereals (e.g. All Bran, Bran Flakes, Weetabix, Wheatflakes, Fruit & Fibre, Shredded Who	l eat)	2	3	4	5
c)	Other cereals (e.g. Cornflake Rice Krispies, Special K, Frosties)	es 1	2	3	4	5
d)	Sausages, Burgers	1	2	3	4	5
e)	Meat Pies, Pasties (pork pie, steak/meat pie, Cornish pastie etc.)	1	2	3	4	5
f)	Vegetarian Pies, Pasties (cheese and onion pasty, vegetable samosa, onion bhaji, vegetable grills etc.)	1	2	3	4	5
g)	Ham, bacon, paté and cold meats (e.g. salami, luncheon meat, garlic sausage etc.)	1	2	3	4	5
h)	Beef: roast, stews, mince etc	. 1	2	3	4	5
i)	Lamb or pork: roast, chops, stews etc.	1	2	3	4	5
j)	Liver, kidney, heart and other offal	1	2	3	4	5

H1.	I eat:	Never or rarely	Once in 2 weeks	1-3 times a week	4-7 More that times 7 times a week a week	
k)	Chicken/Turkey in crispy coating (e.g. chicken nugget turkey burgers, chicken fingers etc.)	ts, ₁	2	3	4 5	
1)	Poultry: roast, baked or stewed (chicken, turkey etc.		2	3	4 5	
m)	Shellfish (prawns, scampi, crab, cockles, mussels etc.)	1	2	3	4 5	
n)	White fish in breadcrumbs or batter (e.g. fishfingers, chip shop fish, breaded cod, plaice or haddock).	1	2	3	4 5	
o)	White fish without coating (e.g. grilled fish, cod in parsley sauce etc.)	1	2	3	4 5	
p)	Tuna	1	2	3	4 5	
q)	Other fish (pilchards, sardines, mackerel, herrings kippers, trout, salmon etc.)	5, 1	2	3	4 5	
r)	Eggs, quiche/flans, omelettes etc.	1	2	3	5	
s)	Cheese	1	2	3	4 5	
t)	Pizza	1	2	3	5	
u)	Oven chips	1	2	3	4 5	
v)	Fried chips, potato waffles and croquettes, Alphabites etc.	1	2	3	4 5	
w)	Roast potatoes (cooked in fat or oil)	1	2	3	4 5	
H1.		Never	Once in	1-3	4-7 More tha	n

	I eat:	or rarely	2 weeks	times a week	times a week	7 times a week
x)	Boiled, mashed, jacket potatoes	1	2	3	4	5
y)	Rice (boiled, or fried, not rice pudding)	1	2	3	4	5
z)	Canned pasta (e.g. spaghetti rings, ravioli, macaroni cheese etc.) Pot Noodles, Super Noodles etc.	1	2	3	4	5
za)	Boiled pasta (e.g. spaghetti fusilli, lasagne), bulgar wheat or cous-cous	1	2	3	4	5
H2.	Do you eat the fat on meat?					
	yes, all of it	1				
	yes, some of it	2				
	no	3				
	never eat meat	4				
Н3.	How many times nowadays of	lo you eat;				
		Never or rarely	Once in 2 weeks	1-3 times a week	4-7 N times a week	Tore than times a week
a)	Baked beans	1	2	3	4	5
b)	Peas, broad beans	1	2	3	4	5
c)	Sweetcorn	1	2	3	4	5
d)	Cabbage, brussel sprouts spinach, broccoli and other dark green leafy vegeta	l bles	2	3	4	5

H3.	How many times nowadays	do you eat;				
		Never or rarely	Once in 2 weeks	1-3 times a week	4-7 I times a week	More than 7 times a week
e)	Other green vegetables (cauliflower, runner beans, leeks, courgettes etc.)	1	2	3	4	5
f)	Carrots	1	2	3	4	5
g)	Other root vegetables (turnip, swede, parsnip etc.)	1	2	3	4	5
h)	Tomatoes (cooked or raw)	1	2	3	4	5
i)	Salads or raw vegetables	1	2	3	4	5
j)	Pulses - dried peas, beans, lentils, chick peas etc.	1	2	3	4	5
k)	Soya 'Meat', TVP, Soya-typ Vegeburgers, Bean Curd (Tofu, Miso etc.)	e 1	2	3	4	5
1)	Peanuts (salted or roast, peanut butter)	1	2	3	4	5
m)	Other nuts (e.g. almonds, cashews), and nut roast etc.	1	2	3	4	5
n)	Fresh citrus fruit (e.g. oranges, grapefruit, satsumas, tangerines etc.)	1	2	3	4	5
o)	Other fresh fruit (e.g. apple, banana, pear, bunch of grape peach)		2	3	4	5
p)	Canned fruit	1	2	3	4	5
q)	Yoghurt, Fromage Frais, Milk puddings (e.g. rice pudding, semolina), mousse	1	2	3	4	5
r)	Ice cream, choc ice, chocolate ice cream bar etc.	1	2	3	4	5

Н3.		Never or rarely	Once in 2 weeks	1-3 times a week	4-7 times a week	More than 7 times a week
s)	Pudding (e.g. fruit pie crumble, cheesecake, gateaux)	1	2	3	4	5
t)	Custard, cream, Elmlea, Tip-Top, evaporated milk etc. on puddings	1	2	3	4	5
u)	Cakes or buns (fruit cake, sponge, teacake, doughnut, flapjack, scone, custard tart, cream cake etc.)	1	2	3	4	5
v)	Crispbreads (Ryvita, crackerbread etc.)	1	2	3	4	5
w)	Full-coated chocolate biscuits (e.g. Club, Kit Kat, Penguin, Breakaway etc.)	1	2	3	4	5
x)	Other biscuits e.g. rich tea, shortcakes, digestive and chocolate digestive, Hob No	l bs	2	3	4	5
y)	Chocolate (dairy milk or plain nut, fruit, filled etc.)	1	2	3	4	5
z)	Sweets (peppermints, boiled sweets, toffees etc.)	1	2	3	4	5
za)	Crisps, corn snacks (e.g. Wotsits, Quavers), tortilla chips etc.	1	2	3	4	5

H4. How many times a week nowadays do you drink:

		Never or rarely	Once in 2 weeks	1-3 times a week	4-7 times a week	More than 7 times a week
a)	Fruit juice from a carton, tin or freshly squeezed including tomato juice	1	2	3	4	5
b)	Squash, fruit drinks or Ribena	1	2	3	4	5
c)	Cola drinks (e.g. Coca Cola, Pepsi etc.)	1	2	3	4	5
d)	Other fizzy drinks (e.g. lemonade)	1	2	3	4	5
e)	Bottled water	1	2	3	4	5
f)	Water from tap	1	2	3	4	5
g)	Milk on its own	1	2	3	4	5
h)	Flavoured milk drinks (e.g. Horlicks, Ovaltine, milkshakes) or yoghurt drinks	1	2	3	4	5

H5. When you have a soft drink (e.g. lemonade, cola or squash) how often do you choose low calorie or diet soft drinks?

always	1
sometimes	2
not at all	3
don't drink soft drinks	4

H6.	When you have a cola drink	how often do	you choose decam	emated cola?
	always	1		
	sometimes	2		
	not at all	3		
	don't drink co	ola 4_		
H7.	How many pieces of bread,	rolls or chapp	oatis do you eat on a	a usual day?
	less than 1	1-2	3-4	5 or more
	1	2	3	4
H8.	What type of bread do you e	at?		
		Yes, usually	Yes, sometin	No, not at all
	a) White bread	1	2	3
	b) Soft grain white bread (e.g. Mighty White)	1	2	3
	c) Brown/granary bread	1	2	3
	d) Wholemeal bread	1	2	3
	e) Chappatis or pitta bread	1	2	3
	f) Naan bread	1	2	3

H9.	What sort of fat do you mainly use	e?			
		(i)		(ii)	
	(On bread or v	_	For fryin	_
		Yes	No	Yes	No
a)	Butter, ghee, dripping, lard, solid cooking fat	1	2	1	2
b)	Polyunsaturated margarine e.g. Flora, sunflower margarine, Vitalite, I-Can't-Believe-its-Not-E	1 Butter	2	1	2
c)	Hard or soft margarine e.g. Blue Band, Stork, Clover, supermarket own brand	1	2	1	2
d)	Low fat spread e.g. Delight, St Ivel Gold, Flora Xtra Light	1	2	1	2
e)	Olive oil or monounsaturated spre e.g. Olivio, Olive Gold, Mono	ad 1	2	1	2
f)	Sunflower oil, corn oil, soya oil	1	2	1	2
g)	Olive oil, hazelnut oil, rapeseed oil	1	2	1	2
h)	Other vegetable oil	1	2	1	2
i)	Other (please tick and describe)	1	2	1	2
H10.	How many slices of bread (or rolls sandwiches)	s) spread with	fat do you eat ea	ch day? (include shop b	ought

H11.	What t	types of milk do you use?			
			Yes, usually	Yes, sometimes	No, not at all
	a) Ful	l fat (e.g. silver or gold top)	1	2	3
	b) Ser	mi-skimmed (e.g. red stripe)	1	2	3
	c) Ski	mmed (e.g. blue stripe)	1	2	3
		ed Milk (e.g. Marvel)	1	2	3
		at/sheep milk	1	2	3
	f) Soy	ner (please tick and describe)	1	2	3
	g) Ou	ier (piease tiek and describe)	1	2	3
H12.	Is this	milk usually:			•••••
	Pasteu	·	Sterilised	other (please descri	be)
	1	2	3	4	
H13.	a)	How many cups of tea do you (do not include herbal teas)	u drink in a day?		
	b)	How many spoons of sugar is	n each cup?		
	c)	How many cups per day are	with milk?		
	d)	How many cups per day are o	decaffeinated?		
H14.	۵)	How many ours of ooffee do	you deint in a day ?		
П14.	a)b)	How many cups of coffee do How many spoons of sugar in			
	c)	How many cups per day are	- [
	d)	How many cups per day are of	l		
	e)	How many are made with rea			

H15.	Yes, often Yes	teas at all?	No, not at all $\frac{1}{3}$	→ If <u>no,</u> go to H16 below
	If <u>yes</u> ,			
	b) How many cups/mu	gs of herbal teas have	you drunk in the pa	st week?
	c) Please list the types	of herbal teas you ha	ve drunk in the past 3	3 months:
Н16.	Do you eat organic foods?	Yes, usually organic	Yes sometimes organic	No, never organic
	a) Fruit	1	2	3
	b) Vegetables	1	2	3
	c) Meat	1	2	3
	d) Other (please tick and describe)	1	2	3
H17.	Apart from herbal teas, are food shop) that you often ea		foods (whether or n	ot bought from a health
	Yes 1	No 2		
	If <u>ves</u> , please describe belo	w:		
H18.	Are you at present on any k	ind of special diet?		
	Yes 1	No 2		
	If <u>yes</u> , please describe belo	w:		
		•••••		• • • • • • • • • • • • • • • • • • • •

During the last week **how many** of each type of alcoholic drink did you have on each day? (Please put a number). H19. a)

		Mon.	Tues.	Wed.	Thurs	Frid.	Sat.	Sun.
(i)	Beer, lager or cider (no. of ½ pints)							
(ii)	Wine (no. of glasses)							
(iii)	Spirits (no. of single pub measures)							
(iv)	Other alcoholic drinks (please describe) (no. of glasses or measures)							
(v)	Low alcohol drink (no. of glasses or ½ pints)							

H21.	For your main meal of the day how often do you eat an oven/microwave ready or convenience meal (e.g. Menu Master lasagne, individual shepherds pie, ready prepared chilli con carne etc.)?		
	Never or rarely	1	
	1-3 times a month	2	
	1-2 times a week	3	
	3-4 times a week	4	
	5-7 times a week	5	

SECTION J: LIFESTYLE

J1.

g)

J1.	a)	Have you ever been a smoker?		
		Yes $\underbrace{\begin{array}{c} \\ \\ \\ \\ \end{array}}$ No $\underbrace{\begin{array}{c} \\ \\ \\ \\ \end{array}}$ If $\underline{\mathbf{no}}$, go to J2 on page 50		
If <u>ves</u> ,	b)	At what age did you start smoking regularly?		
	,	years		
	c)	Which of the following have you ever smoked regularly?		
		Yes No		
		i) cigarettes 1 2		
		ii) pipe <u>1</u> <u>2</u>		
		iii) cigar 1 2		
		iv) other 1 2		
	d)	Have you now stopped smoking?		
		Yes 1 No 2 If no , go to (e) below		
	If <u>ves</u> ,	how long ago?		
		years months		
	e)	Have you smoked regularly in the last 2 weeks?		
		No		
		Yes, other [5] (please describe)		
	f)	How many times per day have you smoked in the last 2 weeks?		
		$30+$ $\boxed{30}$ $25-29$ $\boxed{25}$ $20-24$ $\boxed{20}$ $15-19$ $\boxed{15}$		
		10-14 10 5-9 05 1-4 01 0 00		

What brand of cigarette/tobacco do you smoke?

		i) brand
		ii) type: filtered $\boxed{\frac{1}{2}}$ unfiltered $\boxed{\frac{2}{2}}$ roll-your-own $\boxed{\frac{3}{3}}$
J2.	a)	Is/was your mother a smoker?
JZ.	a)	15/ was your momen a smoker:
		Yes No Don't know 3
	If <u>yes</u>	
		i) Did she smoke when she was expecting you?
		Yes $\begin{bmatrix} 1 \end{bmatrix}$ No $\begin{bmatrix} 2 \end{bmatrix}$ Don't know $\begin{bmatrix} 3 \end{bmatrix}$
	b)	Is/was your father a smoker?
	-,	Yes No Don't know 3
J3.		you <u>ever</u> actually made yourself sick (vomit) because you wanted to lose weight or se you had eaten too much?
		Yes, in past year Yes, but not not not not not not not not not no
J4.		Have you <u>ever</u> taken laxatives because you wanted to lose weight or because you had eaten too much?
		Yes, in past year Yes, but not in past year No, never 3
J5.	a)	Are you, or have you ever been a vegetarian?
		Yes, I am now Yes, in past not now No, never 3
	If <u>yes</u>	,
		i) For how many years of your life have you been or were you a vegetarian?
		years (If less than one year put 00)

J5.	b)	Are you, or have yo butter, milk or chee		e. do/did not eat meat, poul	ltry, fish, eggs,
		yes, I am now	yes, in past not now	no, never 3	
		If yes,			
			ny years of your life hav	re you been/were you vega	n?
			years (If less than or	ne year put 00)	
J6.	Which	of the following sta	tements describes best th	ne way in which you travel	nowadays?
	usually	walk everywhere	1	cycle mostly 2	
	usually	get in a car	3	mostly use public transport 4	
J7.	How n	nuch do you do the f	ollowing in a normal we	ek?	
		More than 6 hours	2-6 hours per week	Less than two hours	Never
		per week	per week	per week	—
a)	jogging	1	2	3	4
b)	aerobics	1	2	3	4
c)	keep-fit ex	tercises 1	2	3	4
d)	yoga	1	2	3	4
e)	squash	1	2	3	4
f)	tennis/bada	minton 1	2	3	4
g)	swimming	1	2	3	4
h)	brisk walk	ting 1	2	3	4
i)	weight trai	ning 1	2	3	4
j)	cycling	1	2	3	4
k)	other exer	cise 1	2	3	4
	(please tick	& describe)			

SECTION K:

K1.	This questionnaire was completed by: (tick all that apply)				
	 a) Biological father b) Mother's partner 				
	d) Other (please tick and describe)				
K2.	Please give the date on which you completed this questionnaire:				
	day month year				
K3.	Please give the date of birth of your study child:				
	day month year				
	199				
	THANK YOU VERY MUCH FOR YOUR HELP				
	Space for any additional comment you would like to make				
NB.	Please remember we cannot reply to any comment unless you sign it.				
	When completed, please return the questionnaire to:				
	Professor Jean Golding Children of the Nineties - ALSPAC Institute of Child Health 24 Tyndall Avenue Bristol BS8 1BR Tel: Bristol 928 5007				
For of	fice use only coder int	© University of Bristol			