HILDA LIVING IN AUSTRALIA

ROY MORGAN

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Household ID

Person No.

First name of respondent:

xwaveid
Cross wave ID
(text)

sscmatch
Matched to responding person

IN-CONFIDENCE

We appreciate and thank you for the information you have already given our interviewer. This form contains some additional questions that you might find easier to answer by yourself.

All the information you give us is completely confidential. Only the survey team will have access to this form. Everyone in this team has signed a deed of confidentiality and is required to observe privacy laws when handling your information.

Your full name and address will never be linked with any of the information you provide.

Complete and Return for your chance to WIN 1 of 8 $500 gift cards!

Don't forget, pick up date and time is

_____

How to fill in this form

In answering these questions, please be as honest and accurate as possible.

■ Use only blue or black ink.
Put an **X** inside the box provided.
(Do not mark any areas outside the box.)
For example:

Right	Wrong			
X	−	/	X	•

■ **If you make a mistake:**
Simply colour in the whole box and mark the correct one as shown.
For example:

□ 1	■ 2	X 3	□ 4

If more than one answer is allowed, this will be specified under the question.

When completed, please seal this form in the envelope provided.

PART A: GENERAL HEALTH AND WELL-BEING
(SF-36 Health Survey)

This first set of questions seeks your views about your health, how you feel and how well you are able to do your usual activities.

Please take the time to read and answer each question carefully by crossing the box corresponding to your response. If you are unsure about how to answer a question, please give the best answer you can.

A1 In general, would you say your health is:

(Cross ☒ ONE box)

☐ Excellent	☐ Very good	☐ Good	☐ Fair	☐ Poor
1	2	3	4	5

sgh1

A2 Compared to one year ago, how would you rate your health in general now?

(Cross ☒ ONE box)

☐₁ Much better now than a year ago

☐₂ Somewhat better now than a year ago

☐₃ About the same as one year ago

☐₄ Somewhat worse now than one year ago

☐₅ Much worse now than one year ago

sgh2

A3 The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?

(Cross ☒ ONE box on EACH line)

ACTIVITIES	Yes, limited a lot	Yes, limited a little	No, not limited at all	
a Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports	☐₁	☐₂	☐₃	sgh3a
b Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling or playing golf	☐₁	☐₂	☐₃	sgh3b
c Lifting or carrying groceries	☐₁	☐₂	☐₃	sgh3c
d Climbing several flights of stairs	☐₁	☐₂	☐₃	sgh3d
e Climbing one flight of stairs	☐₁	☐₂	☐₃	sgh3e
f Bending, kneeling, or stooping	☐₁	☐₂	☐₃	sgh3f
g Walking more than one kilometre	☐₁	☐₂	☐₃	sgh3g
h Walking half a kilometre	☐₁	☐₂	☐₃	sgh3h
i Walking 100 metres	☐₁	☐₂	☐₃	sgh3i
j Bathing or dressing yourself	☐₁	☐₂	☐₃	sgh3j

A4   During the <u>past 4 weeks</u>, have you had any of the following problems with your work or other regular daily activities <u>as a result of your physical health</u>?

(Cross ☒ ONE box on EACH line)

		YES	NO	
a	Cut down the <u>amount of time</u> you spent on work or other activities	☐	☐	sgh4a
b	<u>Accomplished less</u> than you would like	☐	☐	sgh4b
c	Were limited in the <u>kind</u> of work or other activities	☐	☐	sgh4c
d	Had <u>difficulty</u> performing the work or other activities (for example, it took extra effort)	☐	☐	sgh4d

A5   During the <u>past 4 weeks</u>, have you had any of the following problems with your work or other regular daily activities <u>as a result of any emotional problems</u> (such as feeling depressed or anxious)?

(Cross ☒ ONE box on EACH line)

		YES	NO	
a	Cut down the <u>amount of time</u> you spent on work or other activities	☐	☐	sgh5a
b	<u>Accomplished less</u> than you would like	☐	☐	sgh5b
c	Didn't do work or other activities <u>as carefully</u> as usual	☐	☐	sgh5c

A6   During the <u>past 4 weeks</u>, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbours, or groups?

(Cross ☒ ONE box)

☐ Not at all	☐ Slightly	☐ Moderately	☐ Quite a bit	☐ Extremely	sgh6
1	2	3	4	5	

A7   How much <u>bodily</u> pain have you had during the <u>past 4 weeks</u>?

(Cross ☒ ONE box)

☐ No bodily pain	☐ Very mild	☐ Mild	☐ Moderate	☐ Severe	☐ Very severe	sgh7
1	2	3	4	5	6	

A8   During the <u>past 4 weeks</u>, how much did <u>pain</u> interfere with your normal work (including both work outside the home and housework)?

(Cross ☒ ONE box)

☐ Not at all	☐ Slightly	☐ Moderately	☐ Quite a bit	☐ Extremely	sgh8
1	2	3	4	5	

A9 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 of the time during the <u>past 4 weeks</u>:

(Cross ☒ <u>ONE</u> box on <u>EACH</u> 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	
a	Did you feel full of life?	☐1	☐2	☐3	☐4	☐5	☐6	sgh9a
b	Have you been a nervous person?	☐1	☐2	☐3	☐4	☐5	☐6	sgh9b
c	Have you felt so down in the dumps that nothing could cheer you up?	☐1	☐2	☐3	☐4	☐5	☐6	sgh9c
d	Have you felt calm and peaceful?	☐1	☐2	☐3	☐4	☐5	☐6	sgh9d
e	Did you have a lot of energy?	☐1	☐2	☐3	☐4	☐5	☐6	sgh9e
f	Have you felt down?	☐1	☐2	☐3	☐4	☐5	☐6	sgh9f
g	Did you feel worn out?	☐1	☐2	☐3	☐4	☐5	☐6	sgh9g
h	Have you been a happy person?	☐1	☐2	☐3	☐4	☐5	☐6	sgh9h
i	Did you feel tired?	☐1	☐2	☐3	☐4	☐5	☐6	sgh9i

A10 During the <u>past 4 weeks</u>, how much of the time has your <u>physical health or emotional problems</u> interfered with your social activities (like visiting friends, relatives, etc.)?

(Cross ☒ <u>ONE</u> box)

☐1 All of the time
☐2 Most of the time
☐3 Some of the time
☐4 A little of the time
☐5 None of the time

sgh10

A11 How TRUE or FALSE is <u>each</u> of the following statements for you?

(Cross ☒ <u>ONE</u> box on <u>EACH</u> line)

		Definitely True	Mostly True	Don't know	Mostly False	Definitely False	
a	I seem to get sick a little easier than other people	☐1	☐2	☐3	☐4	☐5	sgh11a
b	I am as healthy as anybody I know	☐1	☐2	☐3	☐4	☐5	sgh11b
c	I expect my health to get worse	☐1	☐2	☐3	☐4	☐5	sgh11c
d	My health is excellent	☐1	☐2	☐3	☐4	☐5	sgh11d

PART B: YOU, YOUR LIFESTYLE AND YOUR LIVING SITUATION

B1 In general, how often do you participate in moderate or intensive physical activity for at least 30 minutes?

Moderate level physical activity will cause a slight increase in breathing and heart rate, such as brisk walking. *(Cross ✗ ONE box)*

slspact

- ☐ Not at all
- ☐ Less than once a week
- ☐ 1 to 2 times a week
- ☐ 3 times a week
- ☐ More than 3 times a week (but not every day)
- ☐ Every day

B2 Do you smoke cigarettes or any other tobacco products? *(Cross ✗ ONE box)*

slssmkf

- ☐ No, I have never smoked ➡ **GO TO B4**
- ☐ No, I no longer smoke ➡ **GO TO B4**
- ☐ Yes, I smoke daily ➡ **GO TO B3**
- ☐ Yes, I smoke at least weekly (but not daily) ➡ **GO TO B3**
- ☐ Yes, I smoke less often than weekly ➡ **GO TO B3**

B3 How many cigarettes do you usually smoke each week?

slstbcn *Please convert cigar/pipe/loose tobacco to a number of cigarettes:* ☐☐☐ *per week*

B4 Do you drink alcohol? *(Cross ✗ ONE box)*

slsdrkf

- ☐ No, I have never drunk alcohol ➡ **GO TO B7**
- ☐ No, I no longer drink alcohol ➡ **GO TO B7**
- ☐ Yes, I drink alcohol every day
- ☐ Yes, I drink alcohol 5 or 6 days per week
- ☐ Yes, I drink alcohol 3 or 4 days per week
- ☐ Yes, I drink alcohol 1 or 2 days per week
- ☐ Yes, I drink alcohol 2 or 3 days per month
- ☐ Yes, but only rarely

B5 On a day that you have an alcoholic drink, how many standard drinks do you usually have?

A standard drink is a small glass of wine, a 285 ml glass of regular beer, a nip of spirits, or a mixed drink. *(Cross ✗ ONE box)*

slsdrka

- ☐ 13 or more standard drinks
- ☐ 11 to 12 standard drinks
- ☐ 9 to 10 standard drinks
- ☐ 7 to 8 standard drinks
- ☐ 5 to 6 standard drinks
- ☐ 3 to 4 standard drinks
- ☐ 1 to 2 standard drinks

B6

FEMALES	*OR*	*MALES*
How often do you have **5** or more standard drinks on one occasion?		How often do you have **7** or more standard drinks on one occasion?

(Use the boxes below and cross ✗ ONE only)

slsdrex

- ☐ Not in the last year
- ☐ Less than monthly but at least once a year
- ☐ Once a month
- ☐ 2 to 3 times a month
- ☐ 1 to 2 times a week
- ☐ 3 to 4 times a week
- ☐ 5 or more times a week

B7 Are you currently an active member of a sporting, hobby or community-based club or association? *(Cross ✗ ONE box)*

slsclub

- ☐ Yes
- ☐ No

B8 How tall are you (without shoes)?
You only need to provide an answer in either centimetres (cms) or in feet / inches.

☐☐☐ *cms*	**OR**	☐ *feet* ☐☐ *inches*

(Note: There are 12 inches in a foot)

sbmhtcm
sbmhtft
sbmhtin

B9 What is your current weight?
You only need to provide an answer in either kilograms (kgs) or in stones / pounds.

☐☐☐ *kgs*	**OR**	☐☐ *stones* ☐☐☐ *pounds*

(Note: There are 14 pounds in a stone)

sbmwtkg
sbmwtst
sbmwtlb

B10 Thinking about one year from now, what would you like your body weight to be?
You only need to provide an answer in either kilograms (kgs) or in stones / pounds.

☐☐☐ *kgs*	**OR**	☐☐ *stones* ☐☐☐ *pounds*

(Note: There are 14 pounds in a stone)

sbmdwtkg
sbmdwtst
sbmdwtlb

B11 And what do you expect your weight will be one year from now?
You only need to provide an answer in either kilograms (kgs) or in stones / pounds.

☐☐☐ *kgs*	**OR**	☐☐ *stones* ☐☐☐ *pounds*

(Note: There are 14 pounds in a stone)

sbmewtkg
sbmewtst
sbmewtlb

B12 The following questions are about your feelings in the past 4 weeks.
In the last four weeks, about how often did you feel ...

(Cross ☒ ONE box on EACH line)

		All of the time	Most of the time	Some of the time	A little of the time	None of the time	
a	tired out for no good reason?	☐₁	☐₂	☐₃	☐₄	☐₅	spdtired
b	nervous?	☐₁	☐₂	☐₃	☐₄	☐₅	spdnerv
c	so nervous that nothing could calm you down?	☐₁	☐₂	☐₃	☐₄	☐₅	spdenerv
d	hopeless?	☐₁	☐₂	☐₃	☐₄	☐₅	spdhless
e	restless or fidgety?	☐₁	☐₂	☐₃	☐₄	☐₅	spdrless
f	so restless that you could not sit still?	☐₁	☐₂	☐₃	☐₄	☐₅	spderles
g	depressed?	☐₁	☐₂	☐₃	☐₄	☐₅	spddepr
h	that everything was an effort?	☐₁	☐₂	☐₃	☐₄	☐₅	spdeff
i	so sad that nothing could cheer you up?	☐₁	☐₂	☐₃	☐₄	☐₅	spdsad
j	worthless?	☐₁	☐₂	☐₃	☐₄	☐₅	spdwless

B13 Now some questions about family life.

Please indicate, by crossing one box on each line, how satisfied or dissatisfied you currently are with each of the following relationships. The more satisfied you are, the higher the number of the box you should cross. The less satisfied you are, the lower the number of the box you should cross.

If the question does not apply to you, cross ☒ the "Does not apply" category.

	How satisfied are you with:	Completely dissatisfied 0–10 Completely satisfied	Does not apply	
a	your relationship with your partner?	0 1 2 3 4 5 6 7 8 9 10	☐	slsrelsp
b	your relationship with your children?	0 1 2 3 4 5 6 7 8 9 10	☐	slsrelsc
c	your partner's relationship with your children?	0 1 2 3 4 5 6 7 8 9 10	☐	slsrelpc
d	your relationship with your stepchildren?	0 1 2 3 4 5 6 7 8 9 10	☐	slsrelst
e	how well the children in the household get along with each other?	0 1 2 3 4 5 6 7 8 9 10	☐	slsrelch
f	your relationship with your parents?	0 1 2 3 4 5 6 7 8 9 10	☐	slsrelrp
g	your relationship with your step-parents?	0 1 2 3 4 5 6 7 8 9 10	☐	slsrelrs
h	your relationship with your (most recent) former spouse or partner?	0 1 2 3 4 5 6 7 8 9 10	☐	slsrelfs

B14 And how satisfied are you with the following aspects of family life?

Again, please indicate, by crossing one box on each line, how satisfied or dissatisfied you currently are.

If the question does not apply to you, cross ☒ the "Does not apply" category.

	How satisfied are you with:	Completely dissatisfied 0–10 Completely satisfied	Does not apply	
a	the way childcare tasks are divided between you and your partner?	0 1 2 3 4 5 6 7 8 9 10	☐	slsccdiv
b	the way household tasks are divided between you and your partner?	0 1 2 3 4 5 6 7 8 9 10	☐	slshhdiv

B15 **Do you think you do your fair share around the house?**

slsshare   *(Cross ☒ ONE box)*

- ☐ I do <u>much more</u> than my fair share
- ☐ I do <u>a bit more</u> than my fair share
- ☐ I do my fair share
- ☐ I do <u>a bit less</u> than my fair share
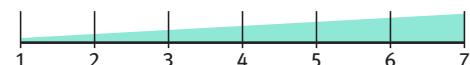- ☐ I do <u>much less</u> than my fair share

GO TO B16 ➡

B16 **In general, about how often do you get together socially with friends or relatives <u>not living with you</u>?**

(Cross ☒ ONE box)

- ☐ Every day   slssocal
- ☐ Several times a week
- ☐ About once a week
- ☐ 2 or 3 times a month
- ☐ About once a month
- ☐ Once or twice every 3 months
- ☐ Less often than once every 3 months

B17 **The following statements have been used by many people to describe how much support they get from other people. How much do you agree or disagree with each? The more you agree, the higher the number of the box you should cross. The more you disagree, the lower the number of the box you should cross.**

(Please cross ☒ ONE box for EACH statement)

Strongly disagree ———— Strongly agree
1 2 3 4 5 6 7

		1	2	3	4	5	6	7	
a	People don't come to visit me as often as I would like	☐	☐	☐	☐	☐	☐	☐	slssuppv
b	I often need help from other people but can't get it	☐	☐	☐	☐	☐	☐	☐	slssupnh
c	I seem to have a lot of friends	☐	☐	☐	☐	☐	☐	☐	slssuplf
d	I don't have anyone that I can confide in	☐	☐	☐	☐	☐	☐	☐	slssupac
e	I have no one to lean on in times of trouble	☐	☐	☐	☐	☐	☐	☐	slssuplt
f	There is someone who can always cheer me up when I'm down	☐	☐	☐	☐	☐	☐	☐	slssupcd
g	I often feel very lonely	☐	☐	☐	☐	☐	☐	☐	slssupvl
h	I enjoy the time I spend with the people who are important to me	☐	☐	☐	☐	☐	☐	☐	slssuppi
i	When something's on my mind, just talking with the people I know can make me feel better	☐	☐	☐	☐	☐	☐	☐	slssuptp
j	When I need someone to help me out, I can usually find someone	☐	☐	☐	☐	☐	☐	☐	slssupsh

B18 We now would like you to think about major events that have happened in your life over the past 12 months.

For each statement cross either the YES box or the NO box to indicate whether each event happened during the past 12 months. If you answer "YES", then also cross one box to indicate how long ago the event happened or started.

		Did any of these happen to you in the past 12 months?	YES	NO	If "YES" indicate how many months ago it happened				"sle" +
					0 to 3 months ago	4 to 6 months ago	7 to 9 months ago	10 to 12 months ago	
slemar	a	Got married	☐	☐	☐ 0–3	☐ 4–6	☐ 7–9	☐ 10–12	marq1 – marq4, na
slesep	b	Separated from spouse or long-term partner	☐	☐	☐ 0–3	☐ 4–6	☐ 7–9	☐ 10–12	sepq1 – sepq4, na
slercl	c	Got back together with spouse or long-term partner after a separation	☐	☐	☐ 0–3	☐ 4–6	☐ 7–9	☐ 10–12	rclq1 – rclq4, na
sleprg	d	Pregnancy / pregnancy of partner	☐	☐	☐ 0–3	☐ 4–6	☐ 7–9	☐ 10–12	prgq1 – prgq4, na
slebth	e	Partner or I gave birth to, or adopted, a new child	☐	☐	☐ 0–3	☐ 4–6	☐ 7–9	☐ 10–12	bthq1 – bthq4, na
sleins	f	Serious personal injury or illness to self	☐	☐	☐ 0–3	☐ 4–6	☐ 7–9	☐ 10–12	insq1 – insq4, na
sleinf	g	Serious personal injury or illness to a close relative / family member	☐	☐	☐ 0–3	☐ 4–6	☐ 7–9	☐ 10–12	infq1 – infq4, na
sledsc	h	Death of spouse or child	☐	☐	☐ 0–3	☐ 4–6	☐ 7–9	☐ 10–12	dscq1 – dscq4, na
sledrl	i	Death of other close relative / family member (e.g., parent or sibling)	☐	☐	☐ 0–3	☐ 4–6	☐ 7–9	☐ 10–12	drlq1 – drlq4, na
sledfr	j	Death of a close friend	☐	☐	☐ 0–3	☐ 4–6	☐ 7–9	☐ 10–12	dfrq1 – dfrq4, na
slevio	k	Victim of physical violence (e.g., assault)	☐	☐	☐ 0–3	☐ 4–6	☐ 7–9	☐ 10–12	vioq1 – vioq4, na
slepcm	l	Victim of a property crime (e.g., theft, housebreaking)	☐	☐	☐ 0–3	☐ 4–6	☐ 7–9	☐ 10–12	pcmq1 – pcmq4, na
slejls	m	Detained in a jail / correctional facility	☐	☐	☐ 0–3	☐ 4–6	☐ 7–9	☐ 10–12	jlsq1 – jlsq4, na
slejlf	n	Close family member detained in a jail / correctional facility	☐	☐	☐ 0–3	☐ 4–6	☐ 7–9	☐ 10–12	jlfq1 – jlfq4, na
slertr	o	Retired from the workforce	☐	☐	☐ 0–3	☐ 4–6	☐ 7–9	☐ 10–12	rtrq1 – rtrq4, na
slefrd	p	Fired or made redundant by an employer	☐	☐	☐ 0–3	☐ 4–6	☐ 7–9	☐ 10–12	frdq1 – frdq4, na
slejob	q	Changed jobs (i.e., employers)	☐	☐	☐ 0–3	☐ 4–6	☐ 7–9	☐ 10–12	jobq1 – jobq4, na
sleprm	r	Promoted at work	☐	☐	☐ 0–3	☐ 4–6	☐ 7–9	☐ 10–12	prmq1 – prmq4, na
slefni	s	Major improvement in financial situation (e.g., won lottery, received an inheritance)	☐	☐	☐ 0–3	☐ 4–6	☐ 7–9	☐ 10–12	fniq1 – fniq4, na
slefnw	t	Major worsening in financial situation (e.g., went bankrupt)	☐	☐	☐ 0–3	☐ 4–6	☐ 7–9	☐ 10–12	fnwq1 – fnwq4, na
slemvd	u	Changed residence	☐	☐	☐ 0–3	☐ 4–6	☐ 7–9	☐ 10–12	mvdq1 – mvdq4, na
sledhm	v	A weather-related disaster (e.g., flood, bushfire, cyclone) damaged or destroyed your home	☐	☐	☐ 0–3	☐ 4–6	☐ 7–9	☐ 10–12	dhmq1 – dhmq4, na

B19 How much time would you spend on each of the following activities in a typical week?

IMPORTANT: • *Please do not count any activity twice*
• *If you do not do an activity, write "0" in the hours box*

	Activity	Hours per week	Minutes (if applicable)	
a	Paid employment			slshremp / slsmnemp
b	Travelling to and from a place of paid employment			slshrcom / slsmncom
c	Household errands, such as shopping, banking, paying bills, and keeping financial records (but do not include driving children to school and to other activities)			slshrerr / slsmnerr
d	Housework, such as preparing meals, washing dishes, cleaning house, washing clothes, ironing and sewing			slshrhw / slsmnhw
e	Outdoor tasks, including home maintenance (repairs, improvements, painting, etc.), car maintenance or repairs and gardening			slshrod / slsmnod
f	Playing with your children, helping them with personal care, teaching, coaching or actively supervising them, or getting them to child care, school and other activities			slshrchd / slsmnchd
g	Looking after other people's children (aged under 12 years) on a regular, unpaid basis			slshrocd / slsmnocd
h	Volunteer or charity work (for example, canteen work at the local school, unpaid work for a community club or organisation)			slshrvol / slsmnvol
i	Caring for a disabled spouse or disabled adult relative, or caring for elderly parents or parents-in-law			slshrcar / slsmncar

TOTAL: This cannot exceed 168 hours and typically will not be greater than 120. If it is, please re-think your answers.

Add total hours (*whole* hours only)

B20 Who does the following tasks in your household? *(Cross ☒ ONE box on EACH line)*

	Task	Always me	Usually me	Shared equally between partner & self	Usually my partner	Always my partner	Always / usually other person(s) in house	Shared equally among household members	Always / usually someone not living in house	Does not apply	
a	Preparing daily meals	1	2	3	4	5	6	7	8	9	slsmeals
b	Doing the dishes	1	2	3	4	5	6	7	8	9	slsdish
c	Shopping for food	1	2	3	4	5	6	7	8	9	slsshop
d	Cleaning the house	1	2	3	4	5	6	7	8	9	slsclean
e	Doing small repairs in and around the house	1	2	3	4	5	6	7	8	9	slsrepr
f	Pays bills & keeps financial records	1	2	3	4	5	6	7	8	9	slsbills

B21 Does your household <u>regularly</u> pay someone to do any of the housework (cleaning, washing, ironing, cooking, etc)?

slspayhw

(Cross ☒ ONE box)

- ☐ Yes
- ☐ No

B22 Does your household <u>regularly</u> pay someone to do any gardening or lawn mowing?
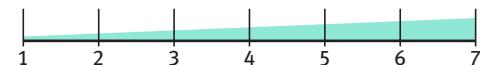
(Cross ☒ ONE box)

- ☐ Yes
- ☐ No

slspaygd

B23 Please indicate, by crossing <u>one</u> box on <u>each</u> line, how much you agree or disagree with each of the following statements. The more you agree, the higher the number of the box you should cross. The more you disagree, the lower the number of the box you should cross.

(Please cross ☒ ONE box for EACH statement)

		Strongly disagree 1	2	3	4	5	6	Strongly agree 7	
a	I have little control over the things that happen to me	☐	☐	☐	☐	☐	☐	☐	slsselc
b	There is really no way I can solve some of the problems I have	☐	☐	☐	☐	☐	☐	☐	slssesp
c	There is little I can do to change many of the important things in my life	☐	☐	☐	☐	☐	☐	☐	slsseci
d	I often feel helpless in dealing with the problems of life	☐	☐	☐	☐	☐	☐	☐	slssefh
e	Sometimes I feel that I'm being pushed around in life	☐	☐	☐	☐	☐	☐	☐	slssepa
f	What happens to me in the future mostly depends on me	☐	☐	☐	☐	☐	☐	☐	slssefd
g	I can do just about anything I really set my mind to do	☐	☐	☐	☐	☐	☐	☐	slssecd

B24 How often do you feel rushed or pressed for time?

(Cross ☒ ONE box)

- ☐ Almost always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

slsrush

B25 How often do you feel you have spare time that you don't know what to do with?

(Cross ☒ ONE box)

- ☐ Almost always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

slsstime

Reminder:

Are you filling in the boxes correctly?

Right	Wrong			
☒	⊟	⊘	☒	⊡
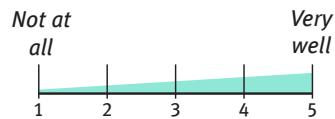
Are you shading the whole box for any mistakes?

☐	■	☒	☐
1	2	3	4

B26 How well do the following statements describe how you usually are?
For each statement cross <u>one</u> box to indicate how well that statement describes you.

(Please cross ☒ *<u>ONE</u> box for <u>EACH</u> statement)*

Not at all ← 1 2 3 4 5 → Very well

		1	2	3	4	5	
a	I am good at resisting temptation	☐	☐	☐	☐	☐	slsscrt
b	I have a hard time breaking bad habits	☐	☐	☐	☐	☐	slsscbh
c	I am lazy	☐	☐	☐	☐	☐	slssclz
d	I say inappropriate things	☐	☐	☐	☐	☐	slsscsi
e	I do certain things that are bad for me, if they are fun	☐	☐	☐	☐	☐	slsscdbt
f	I refuse things that are bad for me	☐	☐	☐	☐	☐	slsscrbt
g	I wish I had more self-discipline	☐	☐	☐	☐	☐	slsscwsd
h	People would say I have iron self-discipline	☐	☐	☐	☐	☐	slsscisd
i	Pleasure and fun sometimes keep me from getting work done	☐	☐	☐	☐	☐	slssckwd
j	I have trouble concentrating	☐	☐	☐	☐	☐	slssctc
k	I can work effectively towards long-term goals	☐	☐	☐	☐	☐	slsscwtl
l	Sometimes I cannot stop myself from doing something, even if I know it is wrong	☐	☐	☐	☐	☐	slsscsdw
m	I often act without thinking through all the alternatives	☐	☐	☐	☐	☐	slsscawt

PART C: PERSONAL AND HOUSEHOLD FINANCES

C1 Given your current needs and financial responsibilities, would you say that you and your family are …

sfiprosp *(Cross* ☒ *<u>ONE</u> box)*

- ☐ Prosperous
- ☐ Very comfortable
- ☐ Reasonably comfortable
- ☐ Just getting along
- ☐ Poor
- ☐ Very poor

GO TO C2 ➡

C2 Since January 2019 did any of the following happen to you <u>because of a shortage of money</u>?

(Cross ☒ *<u>ONE</u> box on <u>EACH</u> line)*

		YES	NO	
a	Could not pay electricity, gas or telephone bills on time	☐	☐	sfiprbeg
b	Could not pay the mortgage or rent on time	☐	☐	sfiprbmr
c	Pawned or sold something	☐	☐	sfiprbps
d	Went without meals	☐	☐	sfiprbwm
e	Was unable to heat home	☐	☐	sfiprbuh
f	Asked for financial help from friends or family	☐	☐	sfiprbfh
g	Asked for help from welfare / community organisations	☐	☐	sfiprbwo

C3a **Suppose you had only one week to raise $3000 for an emergency. Which of the following <u>best</u> describes how hard it would be for you to get that money?**

sfiemerf

(Cross ☒ *<u>ONE</u> box)*

- ☐ I could easily raise the money ➡ **GO TO C3b**
- ☐ I could raise the money, but it would involve some sacrifices (e.g., reduced spending, selling a possession) ➡ **GO TO C3b**
- ☐ I would have to do something drastic to raise the money (e.g., selling an important possession) ➡ **GO TO C3b**
- ☐ I don't think I could raise the money ➡ **GO TO C4**

C3b **And how would you obtain that money?**

(Cross ☒ *<u>ALL</u> boxes that apply)*

☐	Use savings	sfisav
☐	Borrow from a relative who lives with you	sfibrelh
☐	Borrow from a relative who lives elsewhere	sfibrelo
☐	Borrow from a friend	sfibfri
☐	Borrow from a financial institution or use credit	sfibfin
☐	Sell an asset	sfisass
☐	Use some other method to find the money	sfioth
		sfina

HOUSEHOLD SPENDING

C4 **Do you have any responsibility for the payment of household bills (such as household groceries and electricity, gas and water)?**

(Cross ☒ *<u>ONE</u> box)*

- ☐ Yes ➡ **Please continue**
- ☐ No ➡ **GO TO C6a ON PAGE 15**

sxpresp

C5 **For each type of expenditure below, write in your best estimate of the total amount spent on that item by <u>all people in the household</u>.**

If you are unsure please make your <u>best guess</u>.
Do <u>not</u> include expenses associated with any businesses you may own.

<u>Weekly</u> Expenses

		Any expenditure? NO	Any expenditure? YES	HOW MUCH PER <u>WEEK</u>? (on average)	
a	**Groceries** *(Include food, cleaning products, pet food and personal care products. Do <u>not</u> include alcohol or tobacco.)*	☐	☐ ➡	$ ☐☐☐☐ . ☒☒	sxpgroc / sxpgroca
b	**Alcohol** *(Include alcohol consumed with meals eaten out.)*	☐	☐ ➡	$ ☐☐☐☐ . ☒☒	sxpalc / sxpalca
c	**Cigarettes and other tobacco products**	☐	☐ ➡	$ ☐☐☐☐ . ☒☒	sxpcig / sxpciga
d	**Public transport, taxis and ride-sharing services** *(e.g., Uber)*	☐	☐ ➡	$ ☐☐☐☐ . ☒☒	sxppubt / sxppubta
e	**Meals eaten out** *(Include restaurants, take-away food, and bought lunches and snacks. Do <u>not</u> include alcohol.)*	☐	☐ ➡	$ ☐☐☐☐ . ☒☒	sxpwmeo / sxpwmeoa

DO NOT SHOW CENTS

Monthly Expenses

		Any expenditure?		HOW MUCH PER MONTH? (on average)		
		NO	YES			
f	**Motor vehicle fuel (petrol, diesel, LPG) and engine oil**	☐	☐ ➡	$ _____ . 00		sxpmvf sxpmvfa
g	**Men's** clothing and footwear	☐	☐ ➡	$ _____ . 00		sxpmcf sxpmcfa
h	**Women's** clothing and footwear	☐	☐ ➡	$ _____ . 00		sxpwcf sxpwcfa
i	**Children's** clothing and footwear	☐	☐ ➡	$ _____ . 00		sxpccf sxpccfa
j	**Telephone rent and calls, and internet charges** *(Include rent and charges on mobile phones.)*	☐	☐ ➡	$ _____ . 00		sxpteli sxptelia

DO NOT SHOW CENTS

Annual Expenses

		Any expenditure?		HOW MUCH IN THE LAST 12 MONTHS?		
		NO	YES			
k	**Private health insurance**	☐	☐ ➡	$ _____ . 00		sxpphi sxpphia
l	**Other insurance (such as home and contents and motor vehicle insurance)**	☐	☐ ➡	$ _____ . 00		sxpoi sxpoia
m	**Fees paid to doctors, dentists, opticians, physiotherapists, chiropractors and any other health practitioner**	☐	☐ ➡	$ _____ . 00		sxphltp sxphltpa
n	**Medicines, prescriptions and pharmaceuticals** *(Include alternative medicines.)*	☐	☐ ➡	$ _____ . 00		sxpphrm sxpphrma
o	**Electricity bills, gas bills and other heating fuel (such as firewood and heating oil)**	☐	☐ ➡	$ _____ . 00		sxputil sxputila
p	**Repairs, renovations and maintenance to your home**	☐	☐ ➡	$ _____ . 00		sxphmrn sxphmrna
q	**Motor vehicle repairs and maintenance** *(Include regular servicing.)*	☐	☐ ➡	$ _____ . 00		sxpmvr sxpmvra
r	**Education fees paid to schools, universities and other education providers** *(Include private tuition fees.)*	☐	☐ ➡	$ _____ . 00		sxpeduc sxpeduca

DO NOT SHOW CENTS

C6a Which of the following statements comes closest to describing the amount of financial risk that you are willing to take with your spare cash? That is, cash used for savings or investment.
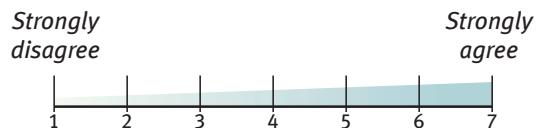
(Cross ☒ ONE box)

sfirisk

- ☐ I take substantial financial risks expecting to earn substantial returns ➡ **GO TO D1**
- ☐ I take above-average financial risks expecting to earn above-average returns ➡ **GO TO D1**
- ☐ I take average financial risks expecting to earn average returns ➡ **GO TO D1**
- ☐ I am not willing to take any financial risks ➡ **GO TO D1**
- ☐ I never have any spare cash ➡ **GO TO C6b**

C6b Assume you had some spare cash that could be used for savings or investment. Which of the following statements comes closest to describing the amount of financial risk that you would be willing to take with this money?

(Cross ☒ ONE box)

sfiriska

- ☐ I would take substantial financial risks expecting to earn substantial returns
- ☐ I would take above-average financial risks expecting to earn above-average returns
- ☐ I would take average financial risks expecting to earn average returns
- ☐ I would not be willing to take any financial risks

PART D: ATTITUDES AND VALUES

D1 The following statements are about attitudes to marriage and children. Please indicate, by crossing one box on each line, how strongly you agree or disagree with each.

The more you agree, the higher the number of the box you should cross. The more you disagree, the lower the number of the box you should cross.

(Please cross ☒ ONE box for EACH statement)

Strongly disagree 1 2 3 4 5 6 7 *Strongly agree*
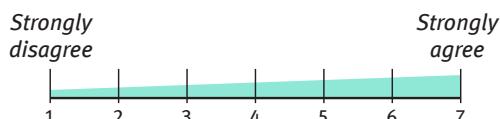
		1	2	3	4	5	6	7	
a	It is alright for an unmarried couple to live together even if they have no intention of marrying	☐	☐	☐	☐	☐	☐	☐	smcdef
b	Marriage is a lifetime relationship and should never be ended	☐	☐	☐	☐	☐	☐	☐	smcnodiv
c	Marriage is an outdated institution	☐	☐	☐	☐	☐	☐	☐	smcmoi
d	It is alright for a couple with an unhappy marriage to get a divorce even if they have children	☐	☐	☐	☐	☐	☐	☐	smcdiv
e	Children will usually grow up happier if they have a home with both a father and a mother	☐	☐	☐	☐	☐	☐	☐	smcchmf
f	It is alright for a woman to have a child as a single parent even if she doesn't want to have a stable relationship with a man	☐	☐	☐	☐	☐	☐	☐	smcsingp
g	When children turn about 18-20 years old they should start to live independently	☐	☐	☐	☐	☐	☐	☐	smcindpc
h	Homosexual couples should have the same rights as heterosexual couples do	☐	☐	☐	☐	☐	☐	☐	smchscr

D2 The following statements are about attitudes towards parenting and work. Again, please indicate, by crossing <u>one</u> box on <u>each</u> line, how strongly you agree or disagree with each.

(Please cross ☒ <u>ONE</u> box for <u>EACH</u> statement)

Strongly disagree — Strongly agree
Scale: 1 2 3 4 5 6 7

	Statement	1	2	3	4	5	6	7	Code
a	Many working mothers seem to care more about being successful at work than meeting the needs of their children	☐	☐	☐	☐	☐	☐	☐	satwkwms
b	Many working fathers seem to care more about being successful at work than meeting the needs of their children	☐	☐	☐	☐	☐	☐	☐	satwkwfs
c	If both partners in a couple work, they should share equally in the housework and care of children	☐	☐	☐	☐	☐	☐	☐	satwkseh
d	Whatever career a woman may have, her most important role in life is still that of being a mother	☐	☐	☐	☐	☐	☐	☐	satwkwrl
e	Whatever career a man may have, his most important role in life is still that of being a father	☐	☐	☐	☐	☐	☐	☐	satwkmrl
f	Mothers who don't really need the money shouldn't work	☐	☐	☐	☐	☐	☐	☐	satwkmsw
g	Children do just as well if the mother earns the money and the father cares for the home and children	☐	☐	☐	☐	☐	☐	☐	satwkcdw
h	It is better for everyone involved if the man earns the money and the woman takes care of the home and children	☐	☐	☐	☐	☐	☐	☐	satwkbmw
i	As long as the care is good, it is fine for children under 3 years of age to be placed in child care all day for 5 days a week	☐	☐	☐	☐	☐	☐	☐	satwkadc
j	A working mother can establish just as good a relationship with her children as a mother who does not work for pay	☐	☐	☐	☐	☐	☐	☐	satwkwmr
k	A working father can establish just as good a relationship with his children as a father who does not work for pay	☐	☐	☐	☐	☐	☐	☐	satwkwfr
l	A father should be as heavily involved in the care of his children as the mother	☐	☐	☐	☐	☐	☐	☐	satwkfhi
m	It is not good for a relationship if the woman earns more than the man	☐	☐	☐	☐	☐	☐	☐	satwkmmf
n	On the whole, men make better political leaders than women do	☐	☐	☐	☐	☐	☐	☐	satwkmpl
o	A pre-school child is likely to suffer if his/her mother works full-time	☐	☐	☐	☐	☐	☐	☐	satwkpsc
p	Children often suffer because their fathers concentrate too much on their work	☐	☐	☐	☐	☐	☐	☐	satwkcs
q	If parents divorce it is usually better for the child to stay with the mother than with the father	☐	☐	☐	☐	☐	☐	☐	satwkdcm

PART E: YOUR JOB AND THE WORKPLACE

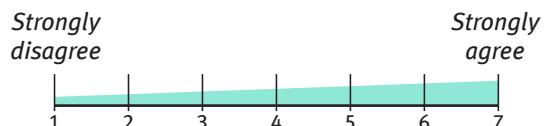**E1   Are you currently in paid work?** *(This includes anyone on paid leave or who is self-employed.)*

☐ Yes ➡ **Please go to E2 and complete the rest of PART E**

☐ No ➡ **Go to PART F on page 18**

sjopw

E2   The following statements are about your <u>current (main) job</u>. Please indicate, by crossing <u>one</u> box on <u>each</u> line, how strongly you agree or disagree with each. The more you agree, the higher the number of the box you should cross. The more you disagree, the lower the number of the box you should cross.

(Please cross ☒ <u>one</u> box for <u>each</u> statement)

Strongly disagree 1 2 3 4 5 6 7 Strongly agree

		1	2	3	4	5	6	7	
a	My job is more stressful than I had ever imagined	☐	☐	☐	☐	☐	☐	☐	sjomms
b	I fear that the amount of stress in my job will make me physically ill	☐	☐	☐	☐	☐	☐	☐	sjompi
c	I get paid fairly for the things I do in my job	☐	☐	☐	☐	☐	☐	☐	sjompf
d	I have a secure future in my job	☐	☐	☐	☐	☐	☐	☐	sjomsf
e	The company I work for will still be in business 5 years from now	☐	☐	☐	☐	☐	☐	☐	sjomcsb
f	I worry about the future of my job	☐	☐	☐	☐	☐	☐	☐	sjomwf
g	My job is complex and difficult	☐	☐	☐	☐	☐	☐	☐	sjomcd
h	My job often requires me to learn new skills	☐	☐	☐	☐	☐	☐	☐	sjomns
i	I <u>use</u> many of my skills and abilities in my current job	☐	☐	☐	☐	☐	☐	☐	sjomus
j	I have a lot of freedom to decide <u>how</u> I do my own work	☐	☐	☐	☐	☐	☐	☐	sjomfd
k	I have a lot of say about what happens on my job	☐	☐	☐	☐	☐	☐	☐	sjomls
l	I have a lot of freedom to decide <u>when</u> I do my work	☐	☐	☐	☐	☐	☐	☐	sjomfw
m	I have a lot of choice in deciding what I do at work	☐	☐	☐	☐	☐	☐	☐	sjomdw
n	My working times can be flexible	☐	☐	☐	☐	☐	☐	☐	sjomflex
o	I can decide when to take a break	☐	☐	☐	☐	☐	☐	☐	sjombrk
p	My job requires me to do the same things over and over again	☐	☐	☐	☐	☐	☐	☐	sjomrpt
q	My job provides me with a variety of interesting things to do	☐	☐	☐	☐	☐	☐	☐	sjomvar
r	My job requires me to take initiative	☐	☐	☐	☐	☐	☐	☐	sjomini
s	I have to work fast in my job	☐	☐	☐	☐	☐	☐	☐	sjomfast
t	I have to work very intensely in my job	☐	☐	☐	☐	☐	☐	☐	sjomwi
u	I don't have enough time to do everything in my job	☐	☐	☐	☐	☐	☐	☐	sjomtime

E3 Following is a list of conditions and entitlements that employers sometimes provide their employees. For <u>each</u>, please indicate whether you, or other employees working at a similar level to you at your workplace, would be able to use these if needed.

(Cross ☒ <u>ONE</u> box on <u>EACH</u> line)

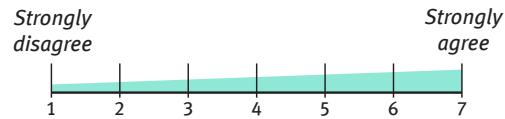|		Yes	No	Don't know	
a	Employer-funded paid <u>maternity</u> leave	☐	☐	☐	sjowppml
b	Employer-funded paid <u>paternity</u> leave	☐	☐	☐	sjowpppl
c	Special leave for caring for family members	☐	☐	☐	sjowpcr
d	Permanent part-time work	☐	☐	☐	sjowpptw
e	Home-based work	☐	☐	☐	sjowphbw
f	Flexible start and finish times	☐	☐	☐	sjowpfx
g	Child care facilities or subsidised child care expenses	☐	☐	☐	sjowpcc

PART F: PARENTING

F1 Do you have parenting responsibilities for any children aged 17 years or less?

☐ Yes ➡ **PLEASE GO TO F2 AND COMPLETE THE REST OF PART F**

☐ No ➡ **GO TO PART G ON PAGE 20**

sparesp

F2 The following statements are about raising children. Thinking about the children aged 17 years or less that you have parenting responsibility for, please indicate, by crossing <u>one</u> box on <u>each</u> line, how strongly you agree or disagree with each statement. The more you agree, the higher the number of the box you should cross. The more you disagree, the lower the number of the box you should cross.

Strongly disagree 1 2 3 4 5 6 7 *Strongly agree*

		1	2	3	4	5	6	7	
a	Being a parent is harder than I thought it would be	☐	☐	☐	☐	☐	☐	☐	spahard
b	I often feel tired, worn out, or exhausted from meeting the needs of my children	☐	☐	☐	☐	☐	☐	☐	spatird
c	I feel trapped by my responsibilities as a parent	☐	☐	☐	☐	☐	☐	☐	spatrap
d	I find that taking care of my child/children is much more work than pleasure	☐	☐	☐	☐	☐	☐	☐	spawork

F3 Do you think you do your fair share of looking after the children?

(Cross ☒ <u>ONE</u> box)

☐ I do <u>much more</u> than my fair share

☐ I do <u>a bit more</u> than my fair share

☐ I do my fair share

☐ I do <u>a bit less</u> than my fair share

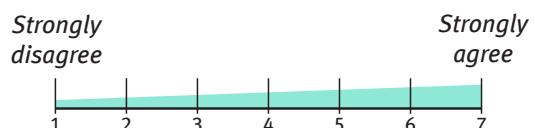☐ I do <u>much less</u> than my fair share

spashare

18

F4 The following statements are about combining work with family responsibilities. Please indicate, by crossing <u>one</u> box on <u>each</u> line, how strongly you agree or disagree with each. The more you agree, the higher the number of the box you should cross. The more you disagree, the lower the number of the box you should cross.

(Please cross ☒ ONE box for EACH statement)

Strongly disagree — 1 2 3 4 5 6 7 — Strongly agree

		1	2	3	4	5	6	7	
a	Having both work and family responsibilities makes me a more well-rounded person	☐	☐	☐	☐	☐	☐	☐	spawkmrp
b	Having both work and family responsibilities gives my life more variety	☐	☐	☐	☐	☐	☐	☐	spawklmv
c	Managing work and family responsibilities as well as I do makes me feel competent	☐	☐	☐	☐	☐	☐	☐	spawkfc
d	Because of my family responsibilities, I have to turn down work activities or opportunities that I would prefer to take on	☐	☐	☐	☐	☐	☐	☐	spawktdw
e	Having both work and family responsibilities challenges me to be the best I can be	☐	☐	☐	☐	☐	☐	☐	spawkcme
f	Because of my family responsibilities, the time I spend working is less enjoyable and more pressured	☐	☐	☐	☐	☐	☐	☐	spawkle
g	Because of the requirements of my job, I miss out on home or family activities that I would prefer to participate in	☐	☐	☐	☐	☐	☐	☐	spawkmfh
h	Because of the requirements of my job, my family time is less enjoyable and more pressured	☐	☐	☐	☐	☐	☐	☐	spawkfle
i	Working makes me feel good about myself, which is good for my children	☐	☐	☐	☐	☐	☐	☐	spawkgd
j	My work has a positive effect on my children	☐	☐	☐	☐	☐	☐	☐	spawkpec
k	Working helps me to better appreciate the time I spend with my children	☐	☐	☐	☐	☐	☐	☐	spawkbac
l	The fact that I am working makes me a better parent	☐	☐	☐	☐	☐	☐	☐	spawkbp
m	I worry about what goes on with my children while I'm at work	☐	☐	☐	☐	☐	☐	☐	spawkwc
n	Working leaves me with too little time or energy to be the kind of parent I want to be	☐	☐	☐	☐	☐	☐	☐	spawklte
o	Working causes me to miss out on some of the rewarding aspects of being a parent	☐	☐	☐	☐	☐	☐	☐	spawkrap
p	Thinking about the children interferes with my performance at work	☐	☐	☐	☐	☐	☐	☐	spawkcip

PART G

G1 What is your sex? *(Cross* ☒ *ONE box)*

☐ Male   ☐ Female   ☐ Other *(please specify)* [_____]

G2 Which age group do you belong to? *(Cross* ☒ *ONE box)*

☐ 15 – 17 years   ☐ 35 – 44 years
☐ 18 – 19 years   ☐ 45 – 54 years
☐ 20 – 21 years   ☐ 55 – 64 years
☐ 22 – 24 years   ☐ 65 – 74 years
☐ 25 – 34 years   ☐ 75 years or over

G3 What is <u>today's</u> date?

day / month / year
[__][__] / [__][__] / [2][0][__][__]   sscdate

G4 Is there anything else that you would like to tell us about life in Australia?

If so, please write on the lines below.   (To ensure your privacy remains protected at all times, please do <u>not</u> write any personal contact details here such as your name, address or phone number.)

shhcmts

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RETURNING YOUR COMPLETED QUESTIONNAIRE

Complete and return this questionnaire and you will have the chance to win 1 of 8 prizes (a $500 gift card).
A prize draw will be held on: August 30, 2019; September 26, 2019; October 18, 2019; November 15, 2019;
December 13, 2019; January 17, 2020; February 14, 2020; March 20, 2020.
For prize draw terms and conditions, please go to www.livinginaustralia.org/scqprizedraw
NSW Permit number: LTPM/19/04333. ACT Permit number: ACT TP 19/03131.
When you complete and return this questionnaire you will automatically go into the prize draw.

If you <u>do not</u> wish to be entered into the prize draw, please cross ☐

Once again, Thank You for your cooperation and participation.

ROY MORGAN