



## Teaching students quantitative methods using resources from the British Birth Cohorts

### Measuring signs of psychological distress or depression in teenagers and adults

#### Resources

This document summarises the set of resources based on the *Malaise Inventory* (Rutter 1970) for teaching students quantitative methods using the British Birth Cohorts. The *Malaise Inventory* is an established scale to measure signs of psychological distress or depression in teenagers and adults. Additional supplementary resources are also outlined.

**Data files:** two SPSS data files have been prepared.

1. The ***b034malaise.sav*** data file based on information provided by the 1970 British Cohort Study or BCS70.
2. The ***n042malaise.sav*** data file based on the 1958 National Child Development Study or NCDS.

Each data file contains overall Malaise scores (an indicator of depression) for cohort members at various ages in adulthood. Socio-economic information from childhood and adult life are also included along with the individual malaise questions that were used to make the overall score at each age.

**Word Documents:** five word documents accompany the two SPSS datasets

1. **MalaiseSummary.doc:** this document summarizes the available resources.

**2. MalaiseQuestions.doc:** this document includes:

- a) A table specifying the questions asked at each age, allowing users of the data to see which questions are consistently asked across sweeps and across cohorts.
- b) The different answer categories used to answer the questions at each age and in each cohort.
- c) Examples of how the questions were presented to the cohort members in the questionnaires.

**3. MalaiseVariables.doc:** this document includes

- a) A list of all the variables in the *b034malaise.sav* and the *n042malaise.sav* SPSS data files. (Original variable names from the full dataset and documentation of a particular survey are also included.)
- b) *b034malaise.sav* contains all individual Malaise questions asked in BCS70 at age 16, 26, 30 and 34, overall summary Malaise scores at age 16, 26, 30 and 34, together with a variety socio-economic measures from the cohort members' childhood and adult years.
- c) *n042malaise.sav* contains all individual Malaise questions asked in NCDS at age 23, 33 and 42, overall summary Malaise scores at age 23, 33 and 42 together with a variety socio-economic measures from the cohort members' childhood and adult years.
- d) SPSS syntax for constructing summary malaise scores.

**4. MalaiseExercises.doc:** this document includes

- a) A number of step-by-step exercises for students to work through and additional exercises to complete. The exercises range from introductory descriptive statistics to up multiple and logistic regression.

**5. MalaiseReferences.doc:** this document includes

- a) References and further reading on the Malaise Inventory, including research based on the Malaise Inventory in BCS70 and NCDS.

## **Additional resources**

**Data files:** there are three additional SPSS data files

1. ***b016MotherMalaise.sav*** contains the overall Malaise scores of BCS70 cohort members' mothers. These questions were included when cohort members were age 5, 10 and 16. By merging this data file with the *b034malaise.sav* data file, students could look at the relationship between a mother and her child's mental well-being.

2. ***b034KeyVariables.sav*** contains a selection of key variables from all sweeps of data collection in BCS70 that have taken place between birth to age 34. These variables are included in the *b034malaise.sav* data file, but the information included in *b034KeyVariables.sav* data file can be analysed by students in its own right.

3. ***n042KeyVariables.sav*** contains a selection of key variables from all sweeps of data collection in NCDS that have taken place between birth and age 42. These variables are included in the *n042malaise.sav* data file, but the information included in *n042KeyVariables.sav* data file can be analysed by students in its own right.

**Word documents:** there are four additional word documents

1. **Openingdata\_SPSS.doc:** both *b034malaise.sav* and *n042malaise.sav* are large data files. To make the data files a more manageable size for less experienced students, this document includes

- a) A step-by-step exercise on how to drop variables from the file *b034malaise.sav*. This can be easily replicated for NCDS.
- b) A step-by-step exercise on merging *b034malaise.sav* data with the data file *b016MotherMalaise.sav*

**2. MotherMalaiseQuestions.doc:** this document includes

- a) A table specifying the questions asked at each age.
- b) The different answer categories used to answer the questions at each age and in each cohort.
- c) Examples of how the questions were presented to the cohort members' mothers in the questionnaires

**3. MotherMalaiseVariables.doc:** this document includes

- a) A list of all the variables in the *b016MotherMalaise.sav* SPSS data file. (Original variable names from the full dataset and documentation of a particular survey are also included.)
- b) *b016MotherMalaise.sav* contains all individual Malaise questions put to BCS70 cohort members' mothers when the cohort member was age 5, 10 and 16, together with overall summary Malaise scores at corresponding ages.
- c) SPSS syntax for constructing summary Malaise scores.

**4. KeyVariables.doc:** this document contains

- a) A list of all the variables in the *b034KeyVariables.sav* and the *n042KeyVariables.sav* SPSS data files. (Original variable names from the full dataset and documentation of a particular survey are also included.)
- b) *b034KeyVariables.sav* and *n042KeyVariables.sav* each contain a variety socio-economic measures from the cohort members childhood and adult years including parental education, social class in childhood, own highest qualification, employment status and occupation.