





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	CKL	BATCH 1011-1015
1001-1007	1008	
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	ı 🗌					1046
Go to watch live sport	t 🗌					1047
Go to the cinema	a 🗌					1048
Go to a concert, theatre or other live performance						1049
Have a meal in a restaurant, cafe or pub) [2	3	4	5	1050
Go for a drink at a pub or club						1051
Work in the garder						1052
Do DIY, home maintenance or car repairs	s 🗌					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

i	Very naccurate	Moderately inaccurate	Neither inaccurate or accurate	Moderately accurate	Very accurate	
I am the life of the party	_					1066
I feel little concern for others	; <u> </u>					1067
I am always prepared						1068
I get stressed out easily	' 🔲					1069
I have a rich vocabulary	, [2	3	4	5	1070
l don't talk a lo	: 🔲					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
feel comfortable around people						1076
I insult people	· 🗌					1077
I pay attention to details	1	2	3	4	5	1078
I worry about things	; <u> </u>					1079
I have a vivid imagination						1080
I keep in the background	ı 🔲					1081
sympathise 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					1	1083
	I seldom feel blue					1	1084
	I am not interested in abstract ideas					1	1085
	I start conversations					1	1086
		1	2	3	4	5	
	I am not interested in other people's problems					1	1087
	I get chores done right away					1	1088
	I am easily disturbed					1	1089
	I have excellent ideas					1	1090
		1	2	3	4	5	
	I have little to say						1091
	I have a soft heart					1	1092
	I often forget to put things back in their proper place					1	1093
	I get upset easily					1	1094
l do	not have a good imagination	1	2	3	4	5	1095
	I talk to a lot of different people at parties					1	1096
	I am not really interested in others					1	1097
	I like order					1	1098
	I change my mood a lot					1	1099

2 continued...

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

Tick one box on each line

ir	Very naccurate	Moderately inaccurate	Neither inaccurate or accurate	Moderately accurate	Very accurate	
I am quick to understand things						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		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
I spend 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

4	L	
Е	٠.	

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	
			1146
f \square			1147
s 🗌			1148
s 🗌			1149
s 🗌			1150
j	2	3	1151
			1152
			1153
; <u> </u>			1154
f 🗌			1155
	limited a lot	limited a limited a little 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1	limited a limited at all all a limited at all a limited at all a limited at all a limited at all a limited a

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>ie</u> box	on ea	nch 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	<u>During the past 4 weeks</u> , have you had any of the your work or other regular daily activities as a reproblems (such as feeling depressed or anxious)	sult d	of any	y emotional
	Tick <u>or</u>	<u>ne</u> 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	During the past 4 weeks, to what extent has you problems interfered with your normal social acti			
	neighbours, 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 during the past 4 weeks. 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?							118				
Have you been a very nervous person?							118				
Have you felt so down in the dumps nothing could cheer you up?							118				
Have you felt calm and cheerful?							118				
Did you have a lot of energy?							118				
	1	2	3	4	5	6					
Have you felt downhearted and low?	Ш	Ш	Ш	Ш	Ш	Ш	118				
Did you feel worn out?							118				
Have you been a happy person?							118				
Did you feel tired?							119				
Has your health limited your social activities (like visiting friends, relatives, etc.)?							119				
For each of the following sta describes how true or false i		_	e choose	one an	swer tha	it best					
			Tick one	box on e	ach line						
		C 11 1	N.A. 11	D 11	N.4. 11	D (: ') I					

	Definitely true	Mostly true	Don't know	Mostly false	Definitely false	
I seem to get ill a little easier that other peop						1192
l am as healthy as anybody l kno	w					1193
I expect my health to get wors	se 🗌					1194
My health is excelle	nt 🗌					1195

Was it	usually take for you to fall asleep:
	Tick <u>one</u> box only
0	1-15 minutes 1
16	3-30 minutes 2
31	-45 minutes 3
46	5-60 minutes 4
more than 6	60 minutes? 5
During the past four weeks, how many hou each night on average?	urs did you sleep
each hight on average:	Hours 1205-1206
During the past four weeks, how often did and have trouble falling back to sleep agai	
and have trouble failing back to sleep again	Tick <u>one</u> box only
A	II of the time
Mos	et of the time 2
A good bi	it of the time s
Some	e of the time 4
A little	e of the time
None	of the time?
During the past four weeks, how often did	
upon waking in the morning? Did this happ	Den Tick <u>one</u> box only
Λ	Il of the time 1
	et of the time 2
	it of the time 3
Some	e of the time 4
A little	e of the time 5
None	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	uisagiee	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.

		lick <u>one</u> box on each line								
		Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree				
	I feel like I belong to this neighbourhood						1238			
	The friendships and associations I have with other people in my neighbourhood mean a lot to me						1239			
	If I needed advice about something I 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	' <u> </u>					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			
2	How often do you talk to any of yo	our neighb	ours?							
	Is it		Tio	ck <u>one</u> box	only					
		Or	n most da	ıvs 🔲	1		1254			
		Once or tv	vice a we	ek	2					
		Once or twi	ce a mor	nth	3					
	Le	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	
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
Family responsibilities prevent me from doing what I want to do	1	2	3	4	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
I feel that my life has meaning	1	2	3	4	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
I feel that life is full of opportunities	1	2	3	4	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'.

			Ti	ick <u>one</u>	box on	each lir	те			
in	Not nportan at all	t							ir	Very nportant
	1 01	2	3	4	5 05	6	7	8	9	10
Having a lot of money										1269-
Having children										1271-
Having a fulfilling job										1273-
Having a good marriage or partnership										1275-
									SPAF	RE 1277-1300
Imagine that you life you are leading and any wo	ng (yoı	ur inte	erests,	your	olease home	write life, yo	a few our hea	lines a alth an	about t id well	the 1301