

## **National Child Development Study – Understanding Individual Differences in Learning and Memory - Questionnaire**

### **Instructions given verbally by researcher to participants**

*“The final part of the session involves you completing a short self-completion computerized questionnaire similar to surveys you have completed in the past. You may read and answer the questions by yourself without me in the room or alternatively, if you wish, I can assist you. Most of the questions are about your health but we also ask you to provide some feedback about your experience of coming here today to participate in this research. The final questions are about imaging studies and I will provide you with some further details on this.*

*Each question will appear on the screen one at a time. There will be clear instructions on how to answer each question. When you have read the question, please indicate your response either by touching the screen or by clicking the mouse over the answer options, then press the ‘next’ button. (INTERVIEWER DEMONSTRATE).*

*On some questions you will be only be able to give one answer, other questions will allow you to give several answers. Once you have answered a question you will not be able to go back and change your answers. Occasionally you might be asked to answer a question in your own words. If you do not wish to answer a question please press ‘no response’ option, and if wish to stop the questionnaire at any time please press the ‘exit’ option.*

*If you have any questions please ask me. Would you be willing to have a go?”*

(The first screen that participants will see will be an example page so that the researcher can demonstrate how the questions should be answered, i.e. touch screen or using the mouse to click buttons. The second screen presented to the participants will have fields in which the research provides details such as the participants name, study ID, date of birth and whether the participants will: self-complete the questionnaire independently; do the self-completion questionnaire with the researcher assistance; or has refused to do self-complete questionnaire. The third screen will present the first question in the questionnaire.)

### **We would first like to ask you a number of questions about your general health.**

Q1 In general, would you say your health over the last 12 months has been....

#### **SELECT ONE ANSWER ONLY**

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

#### **IF Q1 = 5 ASK Q2**

Q2 Do you rate your health as poor owing to:

#### **SELECT ALL THAT APPLY**

1. A long standing illness/condition
2. A recent acute illness
3. A recent accident
4. Recovering from an operation
5. Recent stress, e.g. divorce, bereavement or unemployment
6. Other

Q3 Compared to one year ago, how would you rate your health in general now?

**SELECT ONE ANSWER ONLY**

1. Much better than one year ago
2. Somewhat better than one year ago
3. About the same as one year ago
4. Somewhat worse than one year ago
5. Much worse than one year ago

**We would now like to ask you a few questions about specific health problems.**

Q4. Do you currently, or have you ever suffered from any of the following health conditions?

**SELECT ALL THAT APPLY**

1. Parkinson's disease
2. Multiple sclerosis
3. Alzheimer's disease
4. Diabetes
5. Stroke
6. Heart disease
7. Head trauma
8. Another condition affecting the nervous system, e.g. epilepsy
9. No – none of the above.

**IF Q4 = 8 ASK Q5**

Q5. Would you mind telling us what condition you have?  
(open question)

Q6. Do you ever worry about developing any of the following conditions?

**SELECT ALL THAT APPLY**

1. Parkinson's disease
2. Multiple sclerosis
3. Alzheimer's disease
4. Diabetes
5. Stroke
6. Heart disease
7. Other
8. No – none of the above

**IF Q6 = 1-7 ASK Q7**

Q7. Is this because.....

**SELECT ALL THAT APPLY**

1. There is a history of this(these) condition(s) in your family?
2. You have provided support for a family member or friend who has/had this/these condition(s)?
3. Other

Q8. Have you consulted your GP or a psychiatrist about feeling depressed or anxious in the past 12 months?

**SELECT ONE ANSWER ONLY**

1. Yes
2. No

Q9. Have you been prescribed any antidepressant medication in the last 12 months

**SELECT ONE ANSWER ONLY**

1. Yes
2. No

**IF Q9 = 1 ASK Q10**

Q10. Are you still taking the medication?

**SELECT ONE ANSWER ONLY**

1. Yes
2. No

Q11. How often do you have an alcoholic drink of any kind. Would you say you have a drink.....

**SELECT ONE ANSWER ONLY**

1. On most days
2. 2 to 3 days a week
3. Once a week
4. 2 to 3 times a month
5. Once a month
6. Less often or only on special occasions
7. Never nowadays
8. Never had an alcoholic drink

**IF Q11 = 1-6 ASK Q12**

Q12. How often do you have six or more drinks on one occasion?

**SELECT ONE ANSWER ONLY**

1. Never
2. Less than monthly
3. Monthly
4. Two to three times per week
5. Four or more times a week

**We would also like to ask you about any health issues which could have potentially interfered with you performing our computerised cognitive tasks.**

Q13. Are you colour blind?

**SELECT ONE ANSWER ONLY**

1. Yes
2. No

Q14. Do you currently have any problems with your hearing? E.g. do you have a hearing aid?

**SELECT ONE ANSWER ONLY**

1. Yes
2. No

Q15. Do you currently have any problems with moving your fingers or hands which may prevent you from pressing buttons on computer quickly, e.g. rheumatism?

**SELECT ONE ANSWER ONLY**

1. Yes
2. No

**Now we'd like to get a few details about your current mental activity routines**

Q16. Do you currently do any of the following mental activities?

**SELECT ALL THAT APPLY**

1. Crossword puzzles and other puzzles such as Sudoku.
2. Brain training exercises or games like 'Brain age' by Nintendo
3. Read or write classic, scientific or educational literature
4. Do mathematical related activities
5. Do educational courses (e.g. IT, Open University or foreign language courses)
6. Other mental activities, e.g. chess
7. No – none of the above,

**IF Q16 = 1-6 ASK Q17 AND Q18**

Q17. You said that you do one of the following mental activities:

Which one do you do most often:

1. Crossword puzzles and other puzzles such as Sudoku.
2. Brain training exercises or games like 'Brain age' by Nintendo
3. Read or write classic, scientific or educational literature
4. Do mathematical related activities
5. Do educational courses (e.g. IT, Open University or foreign language courses)
6. Other mental activities, e.g. chess

Q18. How often do you do this activity?

**SELECT ONE ANSWER ONLY**

1. Every day

2. 4-5 days a week
3. 2-3 days a week
4. Once a week
5. Once a month
6. Two or three times a month
7. Less often

**We realise that this taking part in this research has been a little different from anything we have asked you to do previously. This research has involved a very small number of study members but we may consider running this kind of research again with a larger number of study members so we would be very interested to hear how you have felt about being involved.**

Q19. Do you feel that the letter and information sheet we sent you explained adequately what taking part in this research would involve?

**PLEASE SLIDE THE POINTER TO INDICATE YOUR OPINION**



Q20. Do you feel that travelling here today was.....

**SELECT ONE ANSWER ONLY**

1. Very easy
2. Easy
3. Fairly easy
4. Fairly difficult
5. Difficult
6. Very difficult

Q21. How much have you enjoyed being involved in this research project?

**PLEASE SLIDE THE POINTER TO INDICATE YOUR OPINION**



Q22. Which of the cognitive tasks did you enjoy undertaking the most?

**SELECT ALL THAT APPLY**

1. Graded naming test (naming objects test)



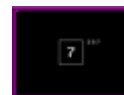
2. Paired Associates Learning (Patterns within boxes)
3. Rapid Visual Information Processing task (Number sequence task)
4. Affective Go/No go task (Word task)
5. Cambridge Gambling Task (gambling points task)
6. All equally
7. None



Q23. Which of the cognitive tasks did you least enjoy?

**SELECT ALL THAT APPLY**

1. Graded naming test (naming objects test)
2. Paired Associates Learning (Patterns within boxes)
3. Rapid Visual Information Processing task (Number sequence task)
4. Affective Go/No go task (Word task)
5. Cambridge Gambling Task (gambling points task)



Q24. If you were asked to participate in a similar research project again in the future how likely would you be to do so?

**SELECT ONE ANSWER ONLY**

1. Very likely
2. Fairly likely
3. Not very likely
4. Not at all likely

*Researcher returns to testing room.*

**At some point in the future CLS might consider asking members of the National Child Development Study to participate in an fMRI research study. We would like to ask you a few questions about whether you might be prepared to participate in this kind of study.**

**Here is a picture of an fMRI scanner.**



Description given verbally by researcher to participants

**fMRI is a commonly used imaging technique which enables researchers to study the brain and how it is working while people are performing certain tasks. The person being scanned lies on a couch in a powerful tubular magnet for at least half an hour while the brain is scanned. Most people find the scan easy to tolerate although some people can find it noisy and slightly claustrophobic at the beginning.**

Q25. Have you ever been scanned in an MRI scanner and if so was it for clinical diagnosis and/or as part of a research?

**SELECT ONE ANSWER ONLY**

1. No
2. Yes, for clinical diagnosis
3. Yes, as part of a research study
4. Yes, both for clinical diagnosis and as part of a research study
5. Don't know

Like faces, brains come in all shapes and sizes, so that there are many normal variations of what the scan shows. It is possible, though, that a scan could reveal something that suggests that there could be a more serious problem. This is estimated to happen in about one in forty scans. However, for the great majority of people who are scanned in research studies no significant problems will be observed.

People may differ in their views about feedback from research fMRI studies. Some people would like to know if their scan result reveals anything that might suggest they might have a serious problem, regardless of whether this may turn out to be treatable or not. Others would prefer only to know if the scan revealed clear evidence of a serious problem that is likely to be treatable. Some do not want any feedback whatever the scan may reveal. They prefer, should they develop a serious condition, to wait until they have symptoms and then to seek a diagnosis and treatment from a doctor at that time.

Q26. If you were asked by CLS to participate in an fMRI research study do you think you would be prepared to do so?

**SELECT ONE ANSWER ONLY**

1. I would not be prepared to take part in an fMRI research study
2. I would be prepared to take part in an fMRI study regardless of whether feedback was to be provided.
3. I would **only** be prepared to take part in an fMRI study which provided feedback on **all potential problems** that were observed.
4. I would **only** be prepared to take part in an fMRI study which **only** provided feedback on potential problems that were considered to be **serious and treatable**.
5. I would **only** be prepared to take part in an fMRI study which provided **no** feedback.

Q27. Please give reasons for your answer (open ended question).