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Study Number 7667

Psychometric Testing of the Multidimensional Older People's Quality of Life Questionnaire, 2007-2008

USER GUIDE
Quality of life (QoL) in older age: Psychometric testing of the multidimensional Older People’s Quality of Life (OPQOL) questionnaire and the causal model of QoL under-pinning it.

Background

There are more people aged in their 70s and 80s, and with increased life expectancy, than ever before (http://www.statistics.gov.uk/focuson/olderpeople). Increasing social expectations and concerns about associated policy implications have led to interest in improving older people’s active contribution to society (1-3). International policy aims to promote ‘active ageing’ and, in effect, to add quality to extended years of life (3). Assessment of the effectiveness of public policy in this area requires the use of relevant and valid measures. As QoL is a subjective concept (4, 5), it is essential to reflect lay views in its measurement. Most QoL measures are based on theoretical concepts, such as human need, life satisfaction, broader health, or are individualised and expensive to administer (5). Two existing measures of QoL in older age are the CASP-19 and WHOQOL-OLD. The CASP-19 (19 items) was based on models of needs satisfaction and self-actualisation, and aimed to measure Control, Autonomy, Self-realisation and Pleasure (6). The WHOQOL-OLD (24 items) is a module of the World Health Organization’s QoL measure for adults of all ages (WHOQOL). It includes additional items, judged by focus groups to be missing from the WHOQOL if applied to older people (7); some domains were expert led (8).

Our approach to conceptualising QoL in our baseline ‘QoL Survey’ of 999 people aged 65+ in Britain, shifted the paradigm of conceptual and questionnaire development towards an approach embedded firmly in the perspective of older people, integrated with theory, embracing the epistemological challenge that lay views pose for academic theories. Social investigations benefit from grounding in lay views, as they enhance understandings (9). By also testing lay views against theoretical models, we satisfied the condition for the development of measures that they are embedded in theory (8). Respondents were asked open-ended questions about what gave their lives quality, what took quality away, and priorities, followed by a self-rated QoL uniscale and structured measures. This approach was consistent with our earlier research (10, 11). The rich dataset led to a lay based, multidimensional model of social, economic, psychological, health and neighbourhood influences on QoL (12-18). Theoretical influences on QoL were assessed using measures of social, psychological, health and physical functioning and
resources, perceived neighbourhood, socio-demographic/economic circumstances, and a global QoL uniscale (19 –27). Respondents’ multifaceted definitions and explanations about QoL formed the basis of the Older People’s Quality of Life (OPQOL) questionnaire.

**Objectives**

The aims here were to: test i) the psychometric properties of the OPQOL; ii) the robustness of its causal paradigm; iii) examine the QoL of older people and factors which led them to remain active. The objectives were to test: i) the reliability and validity of the OPQOL in samples of older people; ii) the causal model under-pinning it in a follow-up of ‘QoL survey’ respondents iii) to elicit older people's understandings of 'active ageing', and association with QoL; iv and v) examine influences on active ageing and QoL.

**How the aims and objectives were met:**

Aims and objectives were met by analyses of results from two national surveys of people aged 65+, and a follow-up of ‘QoL Survey’ respondents. Additional insights on active ageing and quality of life were provided by the qualitative follow-up of 42 ‘QoL survey’ respondents (see qualitative report output).

Psychometric statistics were used to test the OPQOL, as reported here (Aim 1, objective i). These also included constructing cross-sectional multivariable models based on each of the three datasets to examine independent predictors of variance in QoL scores. A longitudinal model of the results of the QoL follow-up survey examined the independent predictive strength of baseline measures of QoL on follow-up OPQOL scores (Aim 2, objective ii, iii). Respondents to all three surveys were asked open-ended questions about their understanding of active ageing, followed by self-ratings of active ageing. The analyses, together with the results of the qualitative arm, led to information on lay perceptions of active ageing, and how people remained active; cross-sectional and longitudinal multivariable models of predictors of self-rated active ageing were constructed (Aim 3 objectives iii-v) (see active ageing paper output).

**Methods**

Three surveys were undertaken in 2007-8:

i) A face-to-face interview survey with people aged 65+ responding to two waves of the Ethnibus Surveys (http://www.ethnibus.com) - a rolling face-to-face quota sample interview survey with adults aged 16+, living at home, based on a statistically robust sample of ethnic minority populations in Britain. Ethnibus targeted the following, most common, ethnic groups: Indian, Pakistani, Black Caribbean, Chinese people. The response rate among people aged 65+ was 70%.

ii) A face-to-face interview survey with people aged 65+ responding to two waves of the Office for National Statistics (ONS) Omnibus Survey (http://www.statistics.gov.uk) - a
rolling face-to-face interview survey with adults aged 16+, living at home, based on a stratified random sample of postcodes across Britain. The overall response rate to the Omnibus surveys was 62%

iii) A postal follow-up survey of people aged 65+, living at home in Britain, who were participants in our ‘QoL Survey’ (1999-2000). The response rate to follow-up was 58%. (See Supplementary file Appendix 1 Methods). In-depth interviews on active ageing and QoL were carried out with 42 of the QoL follow-up survey respondents (see report output).

Measures

QoL follow-up survey members were administered the 32-item version of the OPQOL by post. The ONS Omnibus and Ethnibus interview survey samples were administered the 35-item OPQOL, which included three items derived from later focus groups, organised by Ethnifocus (http://www.ethnifocus.com), to ensure greater relevance of the measure to ethnically diverse respondents. The CASP-19 (28; 29) and WHOQOL-OLD (30) were included in the two interview surveys only, as this mode was less cognitively taxing (31). Before the three QoL scales were administered, respondents were asked to rate, on 5-point scales from ‘Very good’ to ‘Very bad’, their QoL overall, and domains of health, social relationships, independence/control/freedom, home/neighbourhood, psychological/emotional well-being, financial circumstances and leisure/social activities. Standard socio-demographic items, and questions on circumstances, and attitudes (13), were included. Respondents were asked an open-ended question about perceptions of ‘active ageing’, then to self-rate active ageing on a 5-point Likert scale from ‘Very well’ to ‘Not very well’ (see active ageing output). Please see Supplementary file Appendix 2 for instruments and description).

Statistical analysis

Univariate and multivariable analyses were used. A hierarchical approach was used for multiple regression, with independent variables entered in conceptually-related blocks of theoretical importance. The level for statistical significance was P<0.05. Entered variables did not correlate by more than 0.732; tests for multicollinearity were satisfied. Tests of internal consistency, including Cronbach’s alpha (criteria of acceptability 0.70<0.90), were applied to the data to assess the strength of the association between each scale item and the full scale (reliability). Item-total correlations, item-item correlations, test-retest reliability and item response were examined. Construct (convergent and discriminant) validity was tested by assessing the strength of Spearman’s rho correlations between the scales and similar or relevant/dissimilar measures. Factor analysis was used to examine the dimensions underlying the OPQOL.
Results:

**Characteristics of survey samples**

Over half of each sample (52-54%) were female. While 91% of the Ethnibus sample were aged 65<75, 55% of ONS Omnibus respondents, and 17% of the QoL follow-up respondents, were aged 65<75. The remainder were aged 75+. In reflection of their younger age, more Ethnibus respondents were married/cohabiting than widowed (58%) compared with 49% of ONS Omnibus and QoL follow-up respondents. Fewer Ethnibus respondents were home owner-occupiers (52%) than other sample members (73% and 85% respectively), and they were more likely to live with friends or family; 30% lived in households with more than four people aged 18+, compared with 1% of ONS Omnibus and none of the QoL follow-up respondents. Also, 5% of Ethnibus respondents lived alone; about half of the ONS and QoL follow-up respondents (48%- 49%) lived alone. Few ONS Omnibus, and none of the QoL follow-up respondents were members of ethnic minorities - See Supplementary file Appendix 3 Table 1.

**QoL Scale acceptability and distributions**

Questionnaire comments indicated that respondents found the OPQOL easy to complete. Item-completion was at acceptable levels – item non-response for all three QoL scales was between 1<3% in both interview surveys, although slightly higher in the self-administered postal survey with the older sample (5-10% - plus 11% for the item about having paid or unpaid work/activities). 

Table 2a in Supplementary file Appendix 3 of Tables shows QoL scores, means and Cronbach’s alphas, for each sample; Tables 2b-c show sub-scale distributions. Ethnibus respondents had significantly poorer QoL on each measure, followed by older QoL follow-up sample members; ONS Omnibus respondents had the best QoL. Most (73%) Ethnibus members were in the lowest two OPQOL categories (<119), indicating worse QoL, as were 45% of the older QoL follow-up sample, but just 12% of the ONS Omnibus sample. Consistent with this, 23% of Ethnibus members were in the worst two CASP-10 categories (<29), compared with 8% of ONS respondents; 25% of the Ethnibus sample fell in the worst two WHOQOL-OLD categories, compared with 15% of the ONS respondents. Additional analyses of Ethnibus showed that 58% (26) of Chinese people scored a good QoL with the OPQOL, compared with 28% (33) of Pakistani, 20% (31) of Indian, and 23% (31) of Caribbean people (Chi-square test 28.064, 2 degrees of freedom, p<0.001). CASP-19 and WHOQOL-OLD scores did not differ by ethnicity.

The responses of each sample to the QoL measures are shown in Supplementary file Tables 3-5. Responses to most items spanned the full range, although more Ethnibus respondents opted for middle categories, ‘sitting on the fence’, compared with other respondents. For scale acceptability, floor and ceiling effects (responses at top and bottom ends of measures) should ideally be <20%, although this is difficult to achieve in research on well-being where positivity bias occurs. Despite the use of 5-point response
scales in the OPQOL and WHOQOL-OLD, and 4-point response scales in CASP-19, some responses exceeded this level. The OPQOL items were more likely to discriminate between samples than the CASP-19 or WHOQOL-OLD items.

**QoL Reliability**

Table 2a (earlier) showed that the Cronbach’s alpha statistics (for internal consistency without item redundancy) met the 0.70<0.90 threshold for the OPQOL in each sample, but the CASP-19 and WHOQOL-OLD failed to meet this criteria for the Ethnibus sample. Cronbach’s alpha statistic is sensitive to the magnitude of correlations among items and the number of items included in the scale (32) - alpha is usually higher the greater the number of scale items, usually affecting small scales of <10 items. It is unlikely that this would account for the stronger OPQOL alphas.

The criterion for item-total correlations (correlation of item with scale total with that item omitted) is that the item should correlate with the total scale by at least 2.0 (33). With three exceptions, the 35 full OPQOL items met this criterion for all three samples (exceptions were Ethnibus: items 10, 12, and 32; as the Cronbach’s alpha was not improved by removal, and they correlated well in validity tests, they were retained). All but six of the 19 CASP items failed to meet this criterion (Ethnibus: items 1, 2, 5, 17, 18; ONS Omnibus: item 6). Fourteen of the 24 WHOQOL-OLD items failed this criterion in the Ethnibus sample, but all were satisfactory in the ONS sample. Sub-scale item analyses showed that, as expected, items correlated more highly with similar, than dissimilar, items in the scales. Cronbach’s alphas for the OPQOL in the three samples satisfied the $\alpha$: 0.70<0.90 threshold for internal consistency: $\alpha$: 0.748 (Ethnibus survey), $\alpha$: 0.876 (ONS Omnibus survey), $\alpha$: 0.901 (QoL follow-up survey). The CASP-19 and the WHOQOL-OLD both satisfied the threshold for Cronbach’s alpha in the ONS sample ($\alpha$: 0.866 and $\alpha$: 0.849 respectively), but not in Ethnibus ($\alpha$: 0.553 and $\alpha$: 0.415 respectively).

In addition to item-total correlations, OPQOL and CASP-19 subscales met criteria for correlations with the total scale ($r>0.20$), except the religion/culture subscale in ONS Omnibus. Few of the WHOQOL-OLD subscales met the criteria - see Supplementary file Tables 6-8.

Four week test-retest reliability correlations for the OPQOL ranged between rho: 0.403 to 0.782, the lower correlations being explained by reported life changes in the intervening month.

**QoL Validity**

Construct validity (convergent and discriminant) validity was tested. We hypothesised associations between optimum levels of QoL, active ageing, health, and social support (4). The literature on QoL and socio-demographic variables is inconsistent. In support of the construct (convergent) validity of the three QoL instruments, they correlated moderately-strongly with self-rated active ageing, with respondents having optimum
levels of active ageing achieving better (higher) QoL scores. The exception was WHOQOL-OLD in the Ethnibus sample. Spearman’s rho correlations for the OPQOL were: Ethnibus -0.358; ONS -0.504; QoL follow-up -0.575; for the CASP-19: Ethnibus -0.241; ONS -0.469; for the WHOQOL-OLD: Ethnibus -0.069; ONS -0.439 (all p<0.01, except the WHOQOL-OLD in the Ethnibus sample which was not statistically significant). QoL scores correlated with self-rated health status in each sample, with better health being associated with more optimum QoL: OPQOL: Ethnibus -0.364; ONS -0.543; QoL follow-up -0.628; CASP-19: Ethnibus -0.238; ONS -0.530; WHOQOL-OLD: Ethnibus -0.138; ONS -0.465 (all p<0.01) (minus signs reflect different directions of coding). Several individual CASP-19 items failed to correlate with health and functioning in the Ethnibus sample.

The availability of more informal help and support were significantly associated with better OPQOL scores in each sample. Associations were frequently not significant with the CASP-19 and WHOQOL. Older age was inversely associated with QoL on each measure across samples, with younger people having a better QoL. There were no associations with sex. Socio-economic variables were significantly correlated with the OPQOL, although less often with the CASP19 and WHOQOL-OLD. Marital status significantly correlated with the OPQOL in the Omnibus sample only, with married people having a better QoL than unmarried people - see Supplementary file Table 9.

The validity of all three QoL scales was supported by moderate to strong correlations with the global self-rated QoL item. The Spearman’s rho correlations for the OPQOL by global QoL were: Ethnibus -0.389; ONS -0.602; QoL follow-up: -0.659; for the CASP these were: Ethnibus -0.273; ONS -0.577; for the WHOQOL-OLD these were: Ethnibus -0.128; ONS -0.466; all correlations were significant at least at p<0.01, with the exception of WHOQOL-OLD in the Ethnibus sample which was p<0.05 (the minus sign reflects opposite coding directions). The CASP-19 Control and Autonomy sub-scales, and the WHOQOL-OLD Autonomy sub-scale correlated significantly with the self-rated domain independence/control over life/freedom in the ONS Omnibus sample but not in Ethnibus. The WHOQOL_OLD Sensory abilities sub-scale correlated significantly with the self-rated health domain, but not in the Ethnibus sample. The WHOQOL-OLD Intimacy sub-scale correlated significantly with the social relationships domain in the ONS Omnibus sample, but not in Ethnibus (see Supplementary file Table 10). These results support the construct validity of the OPQOL in each sample; they only partly support the WHOQOL-OLD and CASP-19 which performed best in the ONS Omnibus survey, rather than the ethnically diverse Ethnibus sample.

Supplementary file Table 11 shows that the OPQOL, CASP-19 and WHOQOL-OLD total scores correlated together moderately-highly (rho: 0.380 – 0.732; all p<0.01). Scale-scale, and subscale-subscale correlations were examined to assess construct validity further. It was expected that comparable scales and sub-scales would correlate. High correlations would not necessarily be expected as the content of each measure differed. Tables 12-14 in the Supplementary file show the results for the subscale-subscale correlations (Spearman’s rho).
The OPQOL subscales correlated significantly with all the CASP-19 subscales, except with OPQOL religion/culture, in the ONS Omnibus sample; there were fewer significant correlations in the Ethnibus sample (Table 12). The OPQOL and WHOQOL-OLD subscales correlated significantly in ONS Omnibus, with the exception of WHOQOL-OLD DAD, but were less likely to correlate significantly in Ethnibus (Table 13). Significant scale to scale and sub-scale to sub correlations, in expected directions, between the WHOQOL-OLD and the CASP-19 were achieved for all sub-scales in ONS Omnibus, but not all correlated significantly in Ethnibus (Table 14).

The OPQOL Psychological well-being and outlook subscale correlated significantly with the OPQOL Life overall subscale in Ethnibus, ONS Omnibus and QoL follow-up samples (Spearman’s rho: 0.232, 0.554, 0.380 respectively; all p<0.01). Poor health and frailty can limit independence, and the OPQOL health and functioning subscale correlated significantly with the OPQOL Control, independence and freedom subscale (Spearman’s rho: 0.138, 0.489, 0.460 respectively; all p<0.01). With just one exception (Control - Self-realisation, rho: 0.079) the CASP-19 sub-scales all inter-correlated (between rho 0.160 to 0.835; all p<0.01). In the WHOQOL-OLD, Past, present and future abilities subscale correlated in each sample with Social participation subscale (rho 0.209 (Ethnibus) and 0.584 (ONS Omnibus); both p<0.01). The WHOQOL-OLD Self realisation subscale correlated with the Pleasure subscale (rho 0.189 and 0.523 in the samples respectively; both p<0.01). All subscale-total score correlations, for each measure within each sample, were significant at p<0.01 (OPQOL rho 0.235 to 0.786; CASP-19 rho 0.549 to 0.834; WHOQOL-OLD rho 0.291- 0.761).

**OPQOL Factor analysis**

The 35 item OPQOL in the ONS Omnibus Survey, which contained the largest number of cases, were subjected to principle components analysis (PCA), using SPSS, to examine factor structure. The suitability of the data were assessed for their suitability for analysis (34, 35). The correlation matrix revealed many correlations of 0.3+. The Kaiser-Meyer-Oklin value of sampling adequacy was 0.893, exceeding the recommended value of 0.6 (36, 37). Bartlett’s Test of Sphericity (38) was significant (Chi-square 7169.875, 595 degrees of freedom, p<0.001), supporting the factorability of the correlation matrix.

PCA revealed the presence of 9 components where the eigenvalues exceeded 1, and which explained cumulatively 60.583% of the total variance in QoL between respondents; component 1 explained the most variance, 24.052; component 2 explained a further 7.614%, component 3 explained a further 5.995, and component 4 a further 5.644%; the remaining components each explained 4%. Inspection of the screeplot (39) showed a clear break after component 1, with small breaks after components 3 and 4. This supported the conclusion that component 1, followed by components 2-4, explained most of the variance.

Using the Kaiser criterion of retaining all components with eigenvalues above 1, most items (n=27/35) loaded strongly (above 0.4) on the first component; eight items loaded strongly (0.4), or moderately (above 3.0) on the second component; 11 items loaded
strongly-moderately on the third, and two items loaded strongly on the fourth. Two items
loaded strongly on components 5-9. Thus the factor analysis revealed a simple structure
for the OPQOL items, with most loading substantially on a single component.

Supplementary file Table 15 shows that the results for the first four components.

Using the results of Cattell’s scree test, it was decided to retain two components for
further investigation, using varimix rotation in order to aid interpretation. The rotated
solution confirmed a simple structure with most items again loading substantially on one
component. Most items loaded strongly (over 4.0). Two components explained 31.415%
of the variance between respondents (component 1: 20.901%; component 2: 10.514%).

Supplementary file Table 16 shows these results. Two items failed to load, but were
retained given their good correlations in validity tests; their removal made no difference
to Cronbach’s alpha. The two components can be labelled as: enjoyment, well-being,
support and health; and Component 2 as life restrictions, limitations and beliefs.

**QOL Multiple regression models**

In addition to assessment of longitudinal predictors of the OPQOL in the QoL follow-up
sample, cross-sectional multivariable analyses were conducted with the three survey
samples, in order to examine independent predictors of the OPQOL, CASP-19 and
WHOQOL-OLD, for validity. The same independent variables were entered into each
model, and were hypothesised to be associated with QoL: self-rated active aging; QoL
domain self-ratings; social activities and help from social network members; self-rated
health status and physical functioning (ADL); adjusted for age, sex, marital status and
housing tenure.

**Cross-sectional models of OoL: predictors of the OPQOL**

The cross-sectional multivariable model for the QoL follow-up survey sample was
significant. Self-rated active ageing and domain self-ratings of QoL-related health;
indinpendence, control, freedom; home and neighbourhood; psychological and emotional
well-being; financial circumstances were all significant predictors of variance in OPQOL
scores in the expected optimal directions, as was sex (female scored as having slightly
better QoL than males). The amount of explained variance of OPQOL scores was high at
77% (Adjusted R² 0.774). The model is shown in Supplementary file Table 17.

The comparable model for the OPQOL in ONS Omnibus was highly significant. Self-
rated active ageing, all but the one of the self-rated domains, social activities, help from
network members, and self-rated health were highly significant predictors. The model
explained 65% of the variance in OPQOL (Adjusted R²: 0.653) - see Supplementary file
Table 18.

The model for the OPQOL in Ethnibus was also significant. The total of explained
variance in OPQOL ratings was 43% (Adjusted R²: 0.430). The variables which were
significance were self-rated active ageing, self-rated domains of health, home and
neighbourhood, psychological and emotional well-being, finances, leisure/social activities and health status – see Supplementary file Table 19.

**A causal model of QoL: longitudinal predictors OPQOL**

The longitudinal model of the OPQOL aimed to assess the causal model underlying the OPQOL in the QoL follow-up sample. This used baseline indicators of QoL, which were supported by lay perceptions of QoL, as independent predictors of OPQOL: health and functional status, practical help, social support and activities, ratings of neighbourhood, and psychological outlook (social comparisons, self-efficacy, control), adjusted for socio-demographic indicators. This model explained 56% of the variance in OPQOL scores (Adjusted R²: 0.563). As number of different social activities lost significance in the model, a reduced model was conducted excluding it. Health status, number of diagnosed medical conditions, help/social support, perceived neighbourhood, downward social comparisons, and feelings of self-efficacy and control, in this reduced, highly significant, model, explained 48% of the variance in OPQOL scores (Adjusted R²: 0.481) - see Supplementary file Table 20.

**Cross-sectional models of QoL: CASP-19**

The amount of explained variance in CASP-19 scores in ONS Omnibus explained by the model was 57% (Adjusted R²: 0.568); the model was highly significant. The predictor variables which retained significance were five of the domain ratings (social relationships; independence, control freedom; psychological and emotional well-being; leisure and financial circumstances) - see Supplementary file Table 21.

The model for Ethnibus was weak. The amount of explained variance in CASP-19 scores was just 14% (Adjusted R²: 0.141), although the model was still significant. The significant variables were self-rated active ageing, three of the seven domain self-ratings (health, psychological and emotional well-being, and financial circumstances) and self-rated health status - see Supplementary file Table 22.

**Cross-sectional models of QoL: WHOQOL-OLD**

The amount of explained variance in WHOQOL-OLD scores in ONS Omnibus was 45% (Adjusted R²: 0.448); the model was highly significant. The significant variables in the model were self-rated active ageing, three of the seven domain ratings (independence, control, freedom; psychological and emotional well-being; leisure and social activities); number of social activities and helpers; self-rated health, and housing tenure; see Supplementary file Table 23.

As with the CASP-19, the WHOQOL-OLD model for Ethnibus was weak. The amount of explained variance in WHOQOL-OLD scores was just 5% (Adjusted R²: 0.048), although the model was significant. The variables which were significant were three of the seven domain ratings (independence, control, freedom; home and neighbourhood;
leisure and social activities); and number of social activities - see *Supplementary file Table 24.*

In conclusion, the OPQOL had good acceptability, internal consistency and construct validity in British population and ethnically diverse samples of older people. The CASP-19 and WHOQOL-OLD had good levels of reliability and validity in the British population sample, but not in the ethnically diverse sample. Factor analysis of the OPQOL suggested a two-factor solution, which explained 31% of the variance between respondents. The OPQOL has potential for use as an outcome measure of multi-sector policy.

**Active ageing: summary**

The analyses of active ageing in the surveys and in-depth interviews, are enclosed as the two permitted outputs for consideration. Summaries are presented below.

*_a). The three surveys*

All survey respondents were asked open-ended questions about their understanding of active ageing, followed by self-assessed active ageing. Respondents defined active ageing mainly in terms of physical and mental health, fitness and exercise; psychological factors; social relationships, roles and activities; independence, mobility and enablers. Just under a third of the ONS Omnibus and QoL follow-up survey respondents reported engaging in physical activity; just under two-thirds of the Ethnibus reported this (they included more sedentary physical activities and games). Less than half of Ethnibus survey members rated themselves as ageing ‘very’ or ‘fairly’ actively; over three quarters of respondents to the ONS Omnibus and QoL follow-up surveys did so.

Multiple regression modelling showed that most consistent, independent predictors of optimum self-rated active ageing were having good QoL (OPQOL), levels of health and functioning, and social participation. The model in the ONS Omnibus sample explained 41% of the variance in self-rated active ageing; the comparable cross-sectional model in QoL follow-up survey explained 55% of the variance, and the longitudinal model in this sample explained 64%. The longitudinal model in the QoL follow-up survey also showed that, while baseline (1999-2000) indicators of respondents’ circumstances were important in predicting future active ageing, they lost significance compared with their current circumstances (albeit they are associated). These proportions of explained variance are sizeable for subjective indicators. The Ethnibus model was weaker and explained just 17% of the variance. The CASP-19 and WHOQOL-OLD were not significant, independent predictors of active ageing in any model.

*_b). In-depth interviews.*

Qualitative interviews about active ageing were conducted with a diverse sample of 42 people aged 72 years and over, drawn from QoL follow-up survey respondents. A thematic analysis was conducted using a constant comparison technique to elicit themes
around perceptions of active ageing. Active ageing was defined in physical, cognitive, psychological and social terms, again in support of multidimensional models (40). People were keen to portray themselves as active agers rather than the stereotype of an inactive older person. Barriers to active ageing included poor physical and cognitive functioning, poor health of self and others, inadequate transport, finances and social exclusion, while enablers included provision of clubs and services, help in the home, accessible health care and appropriate transport.

Perceptions of active ageing overlapped with quality of life (41); respondents indicated that their quality of life was enhanced by ageing actively. Some people maintained their quality of life through the use of strategies aimed at limiting potential threats. Far from merely coping with decline, respondents reported actively balancing gains and losses as they aged. Proactive coping facilitated strategies of using skills of ‘selective optimization and compensation’ (42).

Suggestions of how to overcome barriers to active ageing included better access to clubs, exercise and other activities. Lack of convenient and accessible transport was a major barrier to activity: people wanted more use of low floor boards and ‘kneeling’ buses, buzzers with in easy reach, plentiful handrails, enhanced suspension, patient and courteous service on buses. Rather than passively accepting barriers to an active lifestyle in older age, it was clear that people aimed to overcome obstacles to remain engaged and active.

Acknowledgements

The study was funded by the UK Cross Council New Dynamics of Ageing Programme; we are grateful for their support: RES-352-25-0001. Thanks are due to ONS Omnibus Survey and Ethnibus staff for mounting the Quality of Life and Active Ageing modules, and processing the data. Material from the ONS Omnibus Survey, made available through ONS, has been used with the permission of the Controller of The Stationery Office. We also thank Professor Steve Iliffe, Ms Kalpa Kharicha, and members of the study advisory group for advice, and Ms Corinne Ward for QoL Survey administration, transcribing and data processing. Members of ONS Omnibus and Ethnibus hold no responsibility for the further analysis and interpretation of their datasets.

Ethical committee consent: The 2007-8 study was granted ethincal committee consent by University College London Research Ethics Committee.

Activities

Apart from plans for dissemination with the Director of the NDA Programme, the findings have been reported internationally, to date, as follows:

Ann Bowling (invited open plenary lecture) Cadenza Conference on Successful Ageing, University of Hong Kong, Hong Kong (2008)
Tara McFarquhar 17th European Congress of Psychiatry, Lisbon, Portugal (2009)


Our Advisory Group included three older people and a policy representative.

**Outputs**

The datasets have been lodged with UK Data Archive (Acq. 3822/JM).

NDA Findings (NDA Programme, University of Sheffield)

Qualitative study report: Older people’s understandings about active ageing and its influence on quality of life: a qualitative study.

**Papers submitted to journals:**

1. Predictors of active ageing in two population samples and an ethnically diverse sample of older people in Britain

2. The psychometric properties of the Older People’s Quality of Life Questionnaire (OPQOL)


4. Fears about dying among people aged 65+. Findings from a national population sample and ethically diverse sample in Britain.

**Impacts**

The project was 18 months in duration. We have had several expressions of interest from policy organisations about the final version of the Older People’s Quality of Life Questionnaire. It is currently being used in a multi-centre clinical trial of falls prevention in older people, funded by the Health Technology Assessment Board (S. Iliffe et al).

**Future Research Priorities**

1. Test the predictive strength of the OPQOL in the assessment of QoL outcomes of specific service users.

2. Examine reasons for ethnic differences in QoL.

3. Construction of a composite, multidimensional measure of active ageing, underpinned by lay views.
Methodology:

**Study 1**

Materials: The Older People’s Quality of Life (OPQOL) questionnaire.

Procedure: In order to contain costs, the questionnaire was postal. Participants from the ONS survey in 1999-2000 who consented to be contacted were sent the questionnaire and a pre-paid return envelope.

**Study 2**
Participants: Ethnibus quota sample of 400 people in diverse ethnic groups in Britain.

Materials: The Older People’s Quality of Life (OPQOL) questionnaire.

Procedure: The vehicle for this was the Ethnibus Omnibus Survey (http://www.ethnibus.com) which is a cost-effective, rolling face-to-face interview survey with adults aged 16+, based on a statistically robust sample of ethnic minority populations in Britain (including Indian, Pakistani, Bangladeshi, Caribbean and African). The Ethnibus Omnibus Survey is based on focused enumeration and stratification random sampling to ensure that samples are representative of the population. It uses an age filter and is able to boost the sample on the doorstep to include greater numbers of people aged 65 and over (200 per wave agreed, two waves required to achieve 400). Survey staff aimed to minimise fatigue among their respondents aged 65+ in the administration of our module (e.g. by techniques such as use of show cards for displaying response categories in order to reduce memory burden).

**Study 3**
Participants: Diverse sample of 42 people aged 65+ living in private households in Britain.

Materials: Active Ageing semi-structured questionnaire.

Procedure: These interviews were conducted with consenting respondents from the ONS survey in 1999-2000. Interviews took place in their own homes and were designed to be more informal and enjoyable for respondents than a structured interview. The research interviewer was aware of the need to be sensitive to people’s needs and respondent fatigue (i.e. if the interview needs to be broken up). Immediate thematic coding was undertaken to enable techniques of constant comparison to be used and any recoding of themes. Coding was independently checked by a second member of staff to ensure methodological rigour and any discrepancies were discussed.
Publications and links

Original QoL ONS Omnibus survey module people aged 65+: 4 waves 1999-2000:
**Questionnaire/Module 'QOE0007A'.** – module questions commissioned and
designed by Prof. Ann Bowling (University College London), with advice from ONS.

2nd QoL OPQOL ONS survey of people aged 65+: ONS Opinions Survey, Quality of
Life module, Dec 2007 and Jan 2008 Quality of Life Module,
**Persistent identifier: 10.5255/UKDA-SN-6863-1** – module questions commissioned
and designed by Prof. Ann Bowling (University College London), with advice from
ONS.

Links to ILC-UK for OPQOL full and short forms and details, free to use and
download without permission:

measuring_quality_of_life_in_old_age

http://www.ilcuk.org.uk/images/uploads/publication-
pdfs/OPQOL_brief_questionnaire_and_responses.pdf

Publications:

**Original Qol module for baseline QoL module on ONS 1999-2001 module dataset page: -**

Related publications on the 1999-2000 ONS QoL module that the 2007-8 survey built
on to develop and test the Older people's Quality of Life questionnaire, tested in the
2007-8 ONS survey:

preliminary findings from the growing older project. Quality in Ageing, 3:34-41.

Bowling, A., Gabriel, Z., Dykes, J. Marriott-Dowding, L., Fleissig, A., Evans, O.,
Banister, D, Sutton, S. (2003). Let’s ask them: a national survey of definitions of
quality of life and its enhancement among people aged 65 and over. International

Bowling A, Kennelly C. (2003). Adding quality to quantity: older people’s views on
Concern England.

Banister D and Bowling A. (2004). Quality of life for the elderly – the transport
dimension. Transport Policy, 11: 105-115,


Postal follow-up in 2003:


QoL postal follow-up survey plus other ONS 2007-8 and Ethnibus QoL interview studies in 2007-8 publications (2006 follow-up of sub-sample rejected for publication; used to test OPQOL item-redundancy):


Quality of Life Survey

Department of Primary Care and Population Sciences, University College London, London NW3 2PF.
There is great interest among policy makers in how to improve the quality of people's lives, and in promoting an *active* older age. So the aim of this study is to find out about quality of life and active ageing. 

*There are no right or wrong answers. Please tick the box next to the response that best describes you/your views, or write in your answer where indicated. Please answer all the questions. If you are unsure about which response to give to a question please choose the one that appears most appropriate.*

First, we are interested in finding out about people’s own views of ‘active ageing’.

1. **What, in your opinion, are the things associated with ‘active ageing’?**

   *You can list as many things as you like. There are no right or wrong answers. We are interested in your own views:*

2. **Thinking of the things that you have listed as associated with active ageing, would you say you are ageing ‘actively’ so far?**

   (1) Yes, very actively
   (2) Yes, fairly actively
   (3) Neither actively or inactively
   (4) No, not actively
   (5) No, not at all actively
Now we would like to ask you about your quality of life:

In our earlier survey of quality of life among people aged 65+ across Britain, people told us about the things that gave their life quality, and the things that took it away. We included the main things they told us in the Quality of Life questionnaire below. Over 100 people aged 65+ then completed it and gave us helpful feedback on how to improve the questions. We have included people’s suggestions and now we need to find out how accurately these things reflect other people’s lives. We hope that the questionnaire will then be used by policy makers to assess the effectiveness of their policies for older people.

Please write in your answer where indicated or tick the box next to your reply. Thank you for your help.

**OPQOL:**

3. Thinking about both the good and bad things that make up your quality of life, how would you rate the quality of your life as a whole? Please tick the box next to the answer that best describes your quality of life:

Your quality of life as a whole is: Very good (1), Good (2), Alright (3), Bad (4), Very bad (5)

4. How would you rate your quality of life in relation to each of the following areas of life? Please tick the box next to the answer that best describes your quality of life in each area:

a) Your health: Very good (1), Good (2), Alright (3), Bad (4), Very bad (5)

b) Your social relationships:

Very good (1), Good (2), Alright (3), Bad (4), Very bad (5)

c) Your independence, control over life, and freedom:

Very good (1), Good (2), Alright (3), Bad (4), Very bad (5)

d) Your home & neighbourhood:

Very good (1), Good (2), Alright (3), Bad (4), Very bad (5)
e) Your psychological or emotional well-being:

<table>
<thead>
<tr>
<th>Very good</th>
<th>Good</th>
<th>Alright</th>
<th>Bad</th>
<th>Very bad</th>
</tr>
</thead>
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<td>(1)</td>
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f) Your financial circumstances:

<table>
<thead>
<tr>
<th>Very good</th>
<th>Good</th>
<th>Alright</th>
<th>Bad</th>
<th>Very bad</th>
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g) Your leisure & social activities:

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<tr>
<th>Very good</th>
<th>Good</th>
<th>Alright</th>
<th>Bad</th>
<th>Very bad</th>
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5. Please tick one box in each row that indicates the extent to which you agree or disagree with each of the following statements.

**Life overall**

1. I enjoy my life overall

<table>
<thead>
<tr>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
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2. I am happy much of the time

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<tr>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
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3. I look forward to things

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<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
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4. Life gets me down

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<tr>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
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</table>

**Health** (wt 4)

5. I have a lot of physical energy

<table>
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<tr>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
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<tr>
<td>6</td>
<td>Pain affects my well being</td>
<td>Strongly agree</td>
<td>Agree</td>
<td>Neither agree or disagree</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(1)</td>
<td>(2)</td>
<td>(3)</td>
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<tr>
<td>7</td>
<td>My health restricts me looking after myself or my home</td>
<td>Strongly agree</td>
<td>Agree</td>
<td>Neither agree or disagree</td>
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<td></td>
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<td>(1)</td>
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<tr>
<td>8</td>
<td>I am healthy enough to get out and about</td>
<td>Strongly agree</td>
<td>Agree</td>
<td>Neither agree or disagree</td>
</tr>
<tr>
<td></td>
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<tr>
<td>9</td>
<td>My family, friends or neighbours would help me if needed</td>
<td>Strongly agree</td>
<td>Agree</td>
<td>Neither agree or disagree</td>
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<tr>
<td></td>
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<td>(1)</td>
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<tr>
<td>10</td>
<td>I would like more companionship or contact with other people</td>
<td>Strongly agree</td>
<td>Agree</td>
<td>Neither agree or disagree</td>
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<td></td>
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<tr>
<td>11</td>
<td>I have someone who gives me love and affection</td>
<td>Strongly agree</td>
<td>Agree</td>
<td>Neither agree or disagree</td>
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<tr>
<td>12</td>
<td>I’d like more people to enjoy life with</td>
<td>Strongly agree</td>
<td>Agree</td>
<td>Neither agree or disagree</td>
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<tr>
<td>13</td>
<td>I am healthy enough to have my independence</td>
<td>Strongly agree</td>
<td>Agree</td>
<td>Neither agree or disagree</td>
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<td></td>
<td></td>
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<tr>
<td>14</td>
<td>I can please myself what I do</td>
<td>Strongly agree</td>
<td>Agree</td>
<td>Neither agree or disagree</td>
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</table>
(15) The cost of things compared to my pension/income restricts my life

<table>
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<tr>
<th>Strongly agree</th>
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<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
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(16) I have a lot of control over the important things in my life

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<tr>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
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**Home and neighbourhood (wt 4)**

(17) I feel safe where I live

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<thead>
<tr>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
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(18) The local shops, services and facilities are good overall

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<thead>
<tr>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
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(19) I get pleasure from my home

<table>
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<tr>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
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(20) I find my neighbourhood friendly

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<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
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**Psychological and emotional well-being (wt 4)**

(21) I take life as it comes and make the best of things

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<tr>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
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(22) I feel lucky compared to most people

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<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
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(23) I tend to look on the bright side

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<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
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</table>
(24) If my health limits social or leisure activities, then I will find something else I can do

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<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
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</table>

**Financial circumstances (wt 3)**

(25) I have enough money to pay for household bills

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<tr>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
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</table>

(26) I have enough money to pay for household repairs or help needed in the house

<table>
<thead>
<tr>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
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</table>

(27) I can afford to buy what I want to

<table>
<thead>
<tr>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
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(28) I cannot afford to do things I would enjoy

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<thead>
<tr>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
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</table>

**Leisure and social activities (wt 6)**

(29) I have social or leisure activities/hobbies that I enjoy doing

<table>
<thead>
<tr>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
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(30) I try to stay involved with things

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<thead>
<tr>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
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(31) I do paid or unpaid work activities that give me a role in life

<table>
<thead>
<tr>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
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(32) I have responsibilities to others that restrict my social or leisure activities

<table>
<thead>
<tr>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
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</table>
6. How important to you are each of the areas of life listed below:
*Please tick one box in each row that best represents your answer:*

<table>
<thead>
<tr>
<th></th>
<th>Most important</th>
<th>Important</th>
<th>Less Important</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) Your health</td>
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<td></td>
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</tr>
<tr>
<td>b) Your social relationships</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>c) Your independence, control over life and freedom</td>
<td></td>
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<tr>
<td>d) Your home and neighbourhood</td>
<td></td>
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<tr>
<td>e) Your psychological and emotional well-being</td>
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<tr>
<td>f) Your financial circumstances</td>
<td></td>
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<tr>
<td>g) Your leisure and social activities</td>
<td></td>
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</tr>
</tbody>
</table>

Next, some questions about your current health and activities.

7. In general, compared with other people your age, would you say that your current health is:

*Please tick one box:*

1. Excellent
2. Very good
3. Good
4. Fair
5. Poor?
8. Do you have any long-standing illness, disability or infirmity? By long-standing I mean anything that has troubled you over a period of time or that is likely to affect you over a period of time?
Please tick one box:

(0) No □
(1) Yes □

IF YES:

a). What is this/are these?

Please write them below:

b). Does this/do these limit your activities in any way?
Please tick one box:

(0) No □
(1) Yes □

9. Are you able to walk at least 400 yards (e.g. down the road)?
Please tick one box:

(0) I have no difficulty doing this □
(1) I have some difficulty doing this □
(2) I can do this with the help of an aid or appliance □
(3) I am unable to do this alone □

10. Are you able to do heavy housework?
Please tick one box:

(0) I have no difficulty doing this □
(1) I have some difficulty doing this □
(2) I can do this with the help of an aid or appliance □
(3) I am unable to do this alone □
11. Are you able to go shopping and carry heavy bags?
   *Please tick one box:*
   
   (0) I have no difficulty doing this
   (1) I have some difficulty doing this
   (2) I can do this with the help of an aid or appliance
   (3) I am unable to do this alone

12. Are you able to go up and down stairs or steps?
   *Please tick one box:*
   
   (0) I have no difficulty doing this
   (1) I have some difficulty doing this
   (2) I can do this with the help of an aid or appliance
   (3) I am unable to do this alone

The next questions are about your family, friends or neighbours, and leisure activities:

13. If you need any practical help doing everyday chores, running errands or odd jobs, how many relatives, friends and/or neighbours help you, or would help you if asked?
   *Please write in number of people in each space below (write in 0 for no-one):*
   
   Number of relatives who would help: ……
   Number of friends: …..
   Number of neighbours: …..

14. If you had a serious personal crisis, how many people, if any, do you feel you could turn to for comfort and support?

   Please write in number of people: ________  (write in 0 for no-one)
15. In the last month have you been to, or done, any of these activities: 
*Please tick as many boxes as apply to you:*

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<tr>
<th>Activity</th>
<th>Yes, done</th>
<th>No, not done</th>
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<tr>
<td>Gone to clubs, local or neighbourhood groups or organisations, education classes, place of worship</td>
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<td>Gone to cinema, theatre, concert, other social entertainment</td>
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<td>Done some voluntary or paid work</td>
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<td>Gone for a walk or done gardening</td>
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<td>Played sport, gone to keep fit, swimming, dancing, exercise classes or done other type of physical activity</td>
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<td>Done crosswords, other mental puzzles or played bingo</td>
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<td>Helped or cared for other people, babysat or minded children</td>
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<td>Had visits from/or visited friends or family</td>
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<td>Enjoyed other types of hobbies/pastimes</td>
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<td>Other, please specify:</td>
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The following are standard questions about your current circumstances.

17. Are you: 

*Please tick one box:*

(1) Married

(2) Cohabiting/Living as married with a partner

(3) Widowed

(4) Single, never married

(5) Divorced or separated
18. Is your home:

Please tick one box:

(1) Owned outright or on a mortgage  

(2) Rented from the local authority  

(3) Rented from a housing or charitable organisation  

(4) Rented privately  

(5) Other  

Please specify: ..................................................

19. Would you be willing to help us with our research on quality of life again in the future?

(1) Yes, willing  

(2) No, not willing  

20. We would welcome any comments you would like to make about this questionnaire, any questions that you feel that we should add, and how easy or difficult you found it to complete:

Thank you again for your valuable help with this study. We will send you a summary of main findings when the study has been completed. Please return this questionnaire and this page in the FREEPOST (no stamp needed) envelope provided.

OPQOL: Copyrighted. @ A. Bowling, UCL
Older People’s Quality of Life Questionnaire
In our national survey of quality of life, people told us about the things that gave their lives quality, and the things that took quality away. We have included the areas that they mentioned most often in this questionnaire about quality of life.

We need to find out how much these things reflect other people and their lives. Please would you help us with this by completing the following questions. There are no right or wrong answers.

*Please write in your answer where indicated or tick the box next to your reply.*

*Thank you for your help.*

1. Thinking about both the good and bad things that make up your quality of life, how would you rate the quality of your life as a whole?

*Please tick the box next to the answer that best describes your quality of life:*

Is your quality of life as a whole:

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<th>So good, could not be better</th>
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2. Next, how would you rate your quality of life in relation to each of the following areas of life:

*Please tick the box next to the answer that best describes your quality of life in each area:*

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<th>a) Your health:</th>
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<th>b) Your social relationships:</th>
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e) Your psychological or emotional well-being:

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f) Your financial circumstances:

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g) Your leisure and social activities:

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(1) (2) (3) (4) (5) (6) (7)

3. Please indicate the extent to which you agree or disagree with each of the following statements.

*Please tick the box next to the answer that best describes how much you agree that each statement describes you?*

**Life overall**

(1) I enjoy my life overall

☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

(2) I all, I’ve got a good life

☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

(3) I look forward to things

☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

(4) Some things in my life get me down

☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree
Health (wt 4)

(5) I have a lot of physical energy

(6) Pain affects my well-being

(7) My health restricts me looking after myself or my home

(8) I am healthy enough to get out and about

Social relationships (wt 8)

(9) My family, friends or neighbours would help me if needed

(10) I would like more companionship or contact with other people

(11) I have someone who gives me love and affection

(12) I’d like more people to enjoy life with

Independence, control, freedom (wt 3)

(13) I am healthy enough to have my independence

(14) I can please myself what I do

(15) The cost of things compared to my pension/income restricts my life

(16) I have a lot of control over the important things in my life
Home and neighbourhood (wt 4)

(17) I feel safe where I live
☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

(18) The local shops, services and facilities are good overall
☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

(19) I get pleasure from my home
☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

(20) I find my neighbourhood Friendly
☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

Psychological or emotional well-being (wt 4)

(21) I take life as it comes and make the best of things
☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

(22) I am lucky compared to most people
☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

(23) I tend to look on the bright side
☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

(24) If my health limits social or leisure activities, then I will find something else to do
☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

Financial circumstances (wt 3)

(25) I have enough money to pay for household bills
☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

(26) I have enough money to pay for household repairs or help needed in the house
☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

(27) I can afford to buy what I want to
☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

(28) I cannot afford to do things I would enjoy
☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree
Leisure and social activities (wt 6)

(29) I have social or leisure activities/hobbies that I enjoy doing

☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

(30) I try to stay involved with things

☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

(31) I have paid or unpaid work activities that give me a role in life

☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

(32) I have responsibilities to others that restrict my social or leisure activities

☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

Thank you for your valuable help with this study. Please return this questionnaire in the freepost envelope provided.

Copyright Ann Bowling
Section 1: Demographics

**ASK ALWAYS:**

**Intro1**

There is a great deal of interest among policy makers and researchers in how to improve the quality of people's lives. So, the aim of this study is to find out about people's views of what quality of life means to them, what affects it in both good and bad ways, and how it can be improved. The information you give us will be used to make practical suggestions about how people's quality of life and well being can be improved.

(1) PRESS ENTER TO CONTINUE

**ASK ALWAYS:**

**MQL_1**

When we last spoke to you, you told us you were (Marital Status at Omnibus Interview). Has there been any change since then?

(1) Yes
(2) No

**ASK IF: MQL_1 = Yes**

**MQL_2**

May I just check; are you currently..

RUNNING PROMPT

(1) Married,
(2) cohabiting,
(3) widowed,
(4) divorced or separated,
(5) or single?
(6) Same sex cohabiting - SPONTANEOUS ONLY

**ASK IF: (FeedD.QData.Defacto = DFWidow) OR (MQL_2 = Widow)**

**MQL_3**

May I just check how long have you been widowed?

ASK OR RECORD

(1) Less than six months ago
(2) Six months, less than 1 year
(3) 1 year, less than 3 years
(4) 3 years, less than 5 years
(5) Five years or more
ASK IF: (FeedD.QData.Defacto = DFDivor) OR (MQL_2 = Div)

MQL_4

May I just check how long ago did you divorced/separated from your husband/wife?

ASK OR RECORD

(1) Less than six months ago
(2) Six months, less than 1 year
(3) 1 year, less than 3 years
(4) 3 years, less than 5 years
(5) Five years or more

ASK ALWAYS:

MQL_5a

May I just check, how many other people, if any, live with you as part of your household?
LAST TIME THIS PERSON WAS INTERVIEWED (Number in household at Omnibus interview)
PEOPLE LIVED IN THE HOUSEHOLD

IF MORE THAN 15 CODE AS 15

0..15

ASK IF: MQL_5a = 0

MQL_5b

May I just check, how long have you lived alone?

ASK OR RECORD

(1) Less than 1 month
(2) 1 month, less than 6 months
(3) 6 months less than 1 year
(4) 1 year, less than 5 years
(5) 5 years less than 10 years
(6) 10 years or more

ASK ALWAYS:

MQL_6a

Do you have any pets?

(1) Yes
(2) No
**ASK IF:** MQL\_6a = Yes

**MQL\_6b**

What pets do you have?

**CODE ALL THAT APPLY**

SET [4] OF

(1) Dog
(2) Cat
(3) Bird
(4) Other pet

**ASK ALWAYS:**

**MQL\_7**

The last time we spoke to you, you told us that you were (Economic status at Omnibus interview). Has there been any change since then?

(1) Yes
(2) No

**ASK IF:** MQL\_7 = Yes

**MQL\_8**

What is your current employment situation?

(1) In employment
(2) Unemployed
(3) Retired
(4) Student
(5) Looking after the family
(6) Taking a career break
(7) Temporarily sick or disabled
(8) Long term sick or disabled
(9) Other (SPECIFY)

**ASK IF:** MQL\_7 = Yes

**AND:** MQL\_8 = OthEmp

**Spec8**

What is your employment situation?

STRING[100]
Intro2a

We are interested in finding out about what makes your life good and bad - that is, your quality of life - and the things that increase and reduce the quality of your life.

(1) PRESS ENTER TO CONTINUE

MQL_9a

[*]ON PAPER
For most of this interview I will be recording your answers to questions on the computer. Just for the first two questions, I will be asking you to tell me about things in your own words and I will be writing your answers down on paper as you tell me.

First of all, thinking about your life as a whole, what is it that makes your life good - that is, the things that give your life quality? You may mention as many things as you like.

(INTERVIEWER PROBE: What is it about this that makes your life good? INTERVIEWER RECORD VERBATIM)

(1) PRESS ENTER TO CONTINUE

MQL_9b

[*]ON PAPER
And what is it that makes your life bad - that is the things that reduce the quality in your life? You may mention as many things as you like.

(INTERVIEWER PROBE: What is it about this that reduces it? Can you tell me more about this? INTERVIEWER RECORD VERBATIM)

(1) PRESS ENTER TO CONTINUE

MQL_9c

[*]REFER TO PAPER - RECORD ON COMPUTER
Thinking about all these good and bad things you have just mentioned which one is the most important to you?

STRING[200]
ASK ALWAYS:

MQL_9d
[*]SHOWCARD MQL_9d
Again, thinking about the good and bad things you have mentioned that make up your quality of life, which of the answers on this card best describes the quality of your life as a whole?

(1) So good, it could not be better
(2) Very good
(3) Good
(4) Alright
(5) Bad
(6) Very bad
(7) So bad, it could not be worse

ASK ALWAYS:

MQL_9e
[*]And what single thing would improve the quality of your life?
STRING[100]

ASK ALWAYS:

MQL_9f
[*]And what single thing, in your opinion, would improve the overall quality of life for people of your age?
STRING[100]

ASK ALWAYS:

INTRO2B
I would now like to ask you about your life and what you feel about it in comparison with your expectations, in comparison with what you had in the past and in comparison with what others like yourself have.

(1) PRESS ENTER TO CONTINUE

ASK ALWAYS:

MQL_10a
[*]SHOWCARD MQL_10a
Thinking about the things you have done in your life and the things you would like to have done, which statement on the card best applies to you?

(1) I have done none of the things I wanted to do
(2) I have done few of the things I wanted to do
(3) I have done some of the things I wanted to do
(4) I have done most of the things I wanted to do
(5) I have done everything I wanted to do
ASK ALWAYS:

MQL_10b

[*]SHOWCARD MQL_10b
I would like you to think about your current living conditions and your financial situation. Compared with what you had when you were in your forties, which of these statements best applies to you?

(1) I am a lot worse off
(2) I am a little worse off
(3) I am neither worse nor better off
(4) I am a little better off
(5) I am a lot better off

ASK ALWAYS:

MQL_10c

[*]SHOWCARD MQL_10b
Compared with those around you (those like yourself, and who you compare yourself with), which statement best applies to you?

(1) I am a lot worse off
(2) I am a little worse off
(3) I am neither worse nor better off
(4) I am a little better off
(5) I am a lot better off

ASK ALWAYS:

MQL_10d

[*]And, compared with what you expected you would have at this time in your life when you were in your forties, would you say you had...

RUNNING PROMPT

(1) More than you expected,
(2) about the same as you expected,
(3) or, less than you expected?

ASK ALWAYS:

MQL_11

[*]How much control do you feel you have over the important things in your life. Do you have..

RUNNING PROMPT

(1) A lot of control,
(2) some control,
(3) or, little/no control?
Section 3: Life Orientation Test

Intro3a

For the next two sections, if possible, I would like you to take the computer and answer the questions yourself. Before you start I will show you how to answer the two practice questions, and then I’ll be here if you need any help.

CODE HERE WHETHER THE RESPONDENT IS WILLING TO DO THE SELF-COMPLETION.

IF RESISTANT/ DISTRESSED/ HAS PROBLEMS READING SCREEN ETC., SUGGEST THAT YOU CARRY ON ASKING THE QUESTIONS FROM THE SHOWCARDS (MQL12LO1 TO MQL12LO8 AND MQL13G1 TO MQL13G12) BUT ASK THE RESPONDENT TO KEY IN THE ANSWERS IF POSSIBLE. IN THIS CASE READ THE INTRODUCTION ON SHOWCARD Intro3C.

IF THE RESPONDENT WANTS YOU TO CONTINUE READING THE QUESTIONS AND KEYING IN THE ANSWERS THEN DO THIS. GIVE THE SHOWCARDS (MQL12LO1 TO MQL12LO8 AND MQL13G1 TO MQL13G12) TO THE RESPONDENT TO HELP THEM CHOOSE THEIR ANSWERS.

IF THE RESPONDENT IS WILLING TO DO FULL OR PARTIAL SELF-COMPLETION, EXPLAIN THAT INSTRUCTIONS WILL APPEAR ON THE SCREEN AND THEN WORK THROUGH THE FIRST TWO QUESTIONS WITH THE RESPONDENT. IF HE/ SHE MAKES A MISTAKE, TAKE HIM/ HER BACK TO THE QUESTION AND ALLOW HIM/ HER TO KEY IN THE RIGHT ANSWER.

(1) Self-completion accepted
(2) Interviewer will read - respondent to key in
(3) Interviewer does all
(4) Section refused

Ask if: Intro3a < SCRefuse

Pract1

This is the first time I have used a computer.

Press the number that goes with the answer you have chosen and then press the RED button.

(1) Yes
(2) No

Ask if: Intro3a < SCRefuse

Pract2

[*] This summer we are likely to have more sun than last year.

Press the number that goes with the answer you have chosen and then press the RED button.

(1) Strongly disagree
(2) Disagree
(3) Neither agree nor disagree
(4) Agree
(5) Strongly agree
ASK IF: Intro3a < SCRefuse
   AND: Intro3a = SCAcc

Intro3b

The next section is made up of a set of 8 statements. Please respond to each statement by pressing the number on the keyboard that goes with the answer that best describes the extent to which you agree or disagree with it. There are no 'correct' or 'incorrect' answers. Answer according to your own feelings, rather than how you think 'most people' would answer.

(1) PRESS THE RED BUTTON TO CONTINUE

ASK IF: Intro3a < SCRefuse
   AND: Intro3a = SCHelp

Intro3c

The next section is made up of a set of 8 statements. The interviewer will read out each statement and the possible answers. Please respond to each statement by pressing the number on the keyboard that goes with the answer that best describes the extent to which you agree or disagree with it. There are no 'correct' or 'incorrect' answers. Answer according to your own feelings, rather than how you think 'most people' would answer.

(1) PRESS THE RED BUTTON TO CONTINUE

ASK IF: Intro3a < SCRefuse
   AND: Intro3a = SCRej

Intro3d

The next section is made up of a set of 8 statements. After I read each one, I would like you to tell me to what extent you agree or disagree with it, choosing your answer from the cards I give you. There are no 'correct' or 'incorrect' answers. Answer according to your own feelings, rather than how you think 'most people' would answer.

INTERVIEWER - GIVE SHOWCARDS MQL12LO1 TO MQL12LO8 TO THE RESPONDENT AS YOU PROCEED.

(1) PRESS ENTER TO CONTINUE

ASK IF: Intro3a < SCRefuse

MQL12LO1

[*]SHOWCARD MQL12LO1

In uncertain times I usually expect the best

ENTER THE NUMBER THAT APPLIES AND THEN PRESS THE RED BUTTON

(1) Strongly disagree
(2) Disagree
(3) Neither agree nor disagree
(4) Agree
(5) Strongly agree
ASK IF: Intro3a < SCRefuse

MQL12LO2

[*]SHOWCARD MQL12LO2

There are many things I care about more than my health

^ENTER THE NUMBER THAT APPLIES AND THEN PRESS THE RED BUTTON

(1) Strongly disagree
(2) Disagree
(3) Neither agree nor disagree
(4) Agree
(5) Strongly agree

ASK IF: Intro3a < SCRefuse

MQL12LO3

[*]SHOWCARD MQL12LO3

If something can go wrong for me, it will

^ENTER THE NUMBER THAT APPLIES AND THEN PRESS THE RED BUTTON

(1) Strongly disagree
(2) Disagree
(3) Neither agree nor disagree
(4) Agree
(5) Strongly agree

ASK IF: Intro3a < SCRefuse

MQL12LO4

[*]SHOWCARD MQL12LO4

I always look on the bright side of things

^ENTER THE NUMBER THAT APPLIES AND THEN PRESS THE RED BUTTON

(1) Strongly disagree
(2) Disagree
(3) Neither agree nor disagree
(4) Agree
(5) Strongly agree
ASK IF: Intro3a < SCRefuse

MQL12LO5

[*]SHOWCARD MQL12LO5

There are few things more important than good health

^ENTER THE NUMBER THAT APPLIES AND THEN PRESS THE RED BUTTON

(1) Strongly disagree
(2) Disagree
(3) Neither agree nor disagree
(4) Agree
(5) Strongly agree

ASK IF: Intro3a < SCRefuse

MQL12LO6

[*]SHOWCARD MQL12LO6

Things never work out the way I want them to

^ENTER THE NUMBER THAT APPLIES AND THEN PRESS THE RED BUTTON

(1) Strongly disagree
(2) Disagree
(3) Neither agree nor disagree
(4) Agree
(5) Strongly agree

ASK IF: Intro3a < SCRefuse

MQL12LO7

[*]SHOWCARD MQL12LO7

When I make plans, I am certain to make them work

^ENTER THE NUMBER THAT APPLIES AND THEN PRESS THE RED BUTTON

(1) Strongly disagree
(2) Disagree
(3) Neither agree nor disagree
(4) Agree
(5) Strongly agree
ASK IF: Intro3a < SCRefuse

MQL12LO8

^[SHOWCARD MQL12LO8

Failure just makes me try harder

^ENTER THE NUMBER THAT APPLIES AND THEN PRESS THE RED BUTTON

(1) Strongly disagree
(2) Disagree
(3) Neither agree nor disagree
(4) Agree
(5) Strongly agree
Section 4: GHQ-12

Ask If: QL3L0r.Intro3a = SCAcc

Intro4a

The next section is made up of a set of 12 questions. Please answer each question by pressing the number on the keyboard that goes with the answer that best describes how you have been feeling over the past few weeks.

(1) PRESS THE RED BUTTON TO CONTINUE

Ask If: QL3L0r.Intro3a = SCHelp

Intro4b

The next section is made up of a set of 12 questions. The interviewer will read out each question and the possible answers.

Please answer each question by pressing the number on the keyboard that goes with the answer that best describes how you have been feeling over the past few weeks.

(1) PRESS THE RED BUTTON TO CONTINUE

Ask If: (QL3L0r.Intro3a = SCRej) OR (QL3L0r.Intro3a = SCRefuse)

Intro4c

The next section is made up of a set of 12 questions. After I read each one, please choose the answer that best describes how you have been feeling over the past few weeks, from the card I give you.

INTERVIEWER - GIVE SHOWCARDS MQL13G1 TO MQL13G12 TO THE RESPONDENT AS YOU PROCEED.

(1) Continue
(2) Section refused

Ask If: Intro4c <> Ref

MQL13G1

[*]SHOWCARD MQL13G1

Have you recently been able to concentrate on whatever you're doing?

^ENTER THE NUMBER THAT APPLIES AND THEN PRESS THE RED BUTTON

(1) Better than usual
(2) Same as usual
(3) Less than usual
(4) Much less than usual
ASK IF: Intro4c <> Ref

**MQL13G2**

[*]SHOWCARD MQL13G2

Have you recently lost much sleep over worry?

^ENTER THE NUMBER THAT APPLIES AND THEN PRESS THE RED BUTTON

(1) Not at all
(2) No more than usual
(3) Rather more than usual
(4) Much more than usual

ASK IF: Intro4c <> Ref

**MQL13G3**

[*]SHOWCARD MQL13G3

Have you recently felt that you are playing a useful part in things?

^ENTER THE NUMBER THAT APPLIES AND THEN PRESS THE RED BUTTON

(1) More so than usual
(2) Same as usual
(3) Less so than usual
(4) Much less useful

ASK IF: Intro4c <> Ref

**MQL13G4**

[*]SHOWCARD MQL13G4

Have you recently felt capable of making decisions about things?

^ENTER THE NUMBER THAT APPLIES AND THEN PRESS THE RED BUTTON

(1) More so than usual
(2) Same as usual
(3) Less so than usual
(4) Much less capable

ASK IF: Intro4c <> Ref

**MQL13G5**

[*]SHOWCARD MQL13G5

Have you recently felt constantly under strain?

^ENTER THE NUMBER THAT APPLIES AND THEN PRESS THE RED BUTTON

(1) Not at all
(2) No more than usual
(3) Rather more than usual
(4) Much more than usual
MQL13G6

[⁎]SHOWCARD MQL13G6

Have you recently felt you couldn't overcome your difficulties?

^ENTER THE NUMBER THAT APPLIES AND THEN PRESS THE RED BUTTON

(1) Not at all
(2) No more than usual
(3) Rather more than usual
(4) Much more than usual

MQL13G7

[⁎]SHOWCARD MQL13G7

Have you recently been able to enjoy your normal day-to-day activities?

^ENTER THE NUMBER THAT APPLIES AND THEN PRESS THE RED BUTTON

(1) More so than usual
(2) Same as usual
(3) Less so than usual
(4) Much less than usual

MQL13G8

[⁎]SHOWCARD MQL13G8

Have you recently been able to face up to your problems?

^ENTER THE NUMBER THAT APPLIES AND THEN PRESS THE RED BUTTON

(1) More so than usual
(2) Same as usual
(3) Less able than usual
(4) Much less able

MQL13G9

[⁎]SHOWCARD MQL13G9

Have you recently been feeling unhappy and depressed?

^ENTER THE NUMBER THAT APPLIES AND THEN PRESS THE RED BUTTON

(1) Not at all
(2) No more than usual
(3) Rather more than usual
(4) Much more than usual
ASK IF: Intro4c <> Ref

MQL13G10

[*]SHOWCARD MQL13G10

Have you recently been losing confidence in yourself?

^ENTER THE NUMBER THAT APPLIES AND THEN PRESS THE RED BUTTON

(1) Not at all
(2) No more than usual
(3) Rather more than usual
(4) Much more than usual

ASK IF: Intro4c <> Ref

MQL13G11

[*]SHOWCARD MQL13G11

Have you recently been thinking of yourself as a worthless person?

^ENTER THE NUMBER THAT APPLIES AND THEN PRESS THE RED BUTTON

(1) Not at all
(2) No more than usual
(3) Rather more than usual
(4) Much more than usual

ASK IF: Intro4c <> Ref

MQL13G12

[*]SHOWCARD MQL13G12

Have you recently been feeling reasonably happy, all things considered?

^ENTER THE NUMBER THAT APPLIES AND THEN PRESS THE RED BUTTON

(1) More so than usual
(2) Same as usual
(3) Less so than usual
(4) Much less than usual

ASK IF: Intro4c <> Ref

AND: (QL3LOr.Intro3a = SCAcc) OR (QL3LOr.Intro3a = SCHelp)

ExitMQL13

THANKYOU!
NOW PLEASE HAND THE COMPUTER BACK TO THE INTERVIEWER

(1) PRESS ENTER TO CONTINUE
Section 5: Loneliness

**ASK ALWAYS:**

**MQL_14a**
How much time do you spend by yourself. Are you...
RUNNING PROMPT

- (1) Always alone,
- (2) often alone,
- (3) seldom alone,
- (4) or, never alone?

**ASK ALWAYS:**

**MQL_14b**
Compared with 10 years ago, do you...
RUNNING PROMPT

- (1) Spend more time alone,
- (2) spend less time alone,
- (3) or, spend about the same amount of time alone?

**ASK ALWAYS:**

**MQL_14c**
[*]And, would you say that you...
RUNNING PROMPT

- (1) Always feel lonely,
- (2) often feel lonely,
- (3) sometimes feel lonely,
- (4) or, never feel lonely?

**ASK IF: MQL_14c < NevLone**

**MQL_14d**
[*]Are there times of day when you feel more lonely than others?

- (1) Yes
- (2) No
ASK IF: MQL_14c < NevLone
      AND: MQL_14d = Yes

MQL_14e

When do you feel lonely?

CODE ALL THAT APPLY

SET [4] OF
(1) Mornings
(2) Afternoons
(3) Evenings
(4) Other

ASK IF: MQL_14c < NevLone
      AND: MQL_14d = Yes

MQL_14fM

And do you generally feel lonely...

INDIVIDUAL PROMPT

SET [4] OF
(1) During the week?
(2) At the weekend?
(3) During holiday periods
(4) Or, at other times of the year?

ASK ALWAYS:

MQL_14g

[*] Compared with 10 years ago, would you say that you were...

RUNNING PROMPT

(1) Less lonely,
(2) more lonely,
(3) or, about the same?

ASK IF: MQL_14g = MoreLone

MQL_14h

[*] Why is this?

RECORD

STRING[200]
Section 6: Health

ASK ALWAYS:

INTRO6
The following questions are about your health.

(1) PRESS ENTER TO CONTINUE

ASK ALWAYS:

MQL_15a
[*] In general, compared with other people your age, would you say that your current health is...
RUNNING PROMPT

(1) Excellent,
(2) very good,
(3) good,
(4) fair,
(5) or, poor?

ASK ALWAYS:

MQL_15b
[*] Compared with how you expected your health to be at this time in your life, is your current health...
RUNNING PROMPT

(1) Better,
(2) the same,
(3) or, worse than you expected?

ASK ALWAYS:

MQL_16a
Do you have any long-standing illness, disability or infirmity? By long-standing I mean anything that has troubled you over a period of time or that is likely to affect you over a period of time.

INTERVIEWER: IF MORE THAN ONE ILLNESS, ASK RESPONDENT TO ANSWER QUESTIONS IN RELATION TO THE CONDITION THAT AFFECTS THEM MOST.

(1) Yes
(2) No

ASK IF: MQL_16a = Yes

MQL_16b
How long has this affected you?
RECORD NUMBER OF YEARS

1..100
**ONS Omnibus Survey – Quality of Life in People Aged 65 years and over – July 2000**

**ASK IF:** $MQL_{16a} = Yes$

**MQL_{16c}**

[*] Does this illness or disability limit your ability to look after yourself in any way?

(1) Yes  
(2) No

**ASK IF:** $MQL_{16a} = Yes$  
**AND:** $MQL_{16c} = Yes$

**MQL_{16d}**

[*] In what way?  
RECORD ANSWER

STRING[200]

**ASK IF:** $MQL_{16a} = Yes$

**MQL_{16e}**

[*] Does this illness or disability limit your participation in social activities?

(1) Yes  
(2) No

**ASK IF:** $MQL_{16a} = Yes$  
**AND:** $MQL_{16e} = Yes$

**MQL_{16f}**

[*] In what way?  
RECORD ANSWER

STRING[200]

**ASK IF:** $MQL_{16a} = Yes$

**MQL_{16g}**

[*] Does this illness or disability limit your activities in any other way?

(1) Yes  
(2) No

**ASK IF:** $MQL_{16a} = Yes$  
**AND:** $MQL_{16g} = Yes$

**MQL_{16h}**

[*] In what way?  
RECORD ANSWER

STRING[200]
ASK ALWAYS:

MQL_17M

SHOWCARD MQL_17M
Have you ever been told by a doctor that you have had any of the following conditions?

SHOWCARD WITH CONDITIONS - CODE ALL THAT APPLY

SET [15] OF
(1) Heart trouble (a heart attack, coronary thrombosis or myocardial infarction, angina or heart failure)
(2) High blood pressure
(3) Narrowing or hardening of the arteries in the leg
(4) Stroke
(5) Asthma
(6) Chronic bronchitis, emphysema
(7) Depression
(8) Panic attacks
(9) Agoraphobia
(10) Cancer
(11) Osteoporosis
(12) Rheumatoid arthritis
(13) Osteoarthritis
(14) Gout
(15) Other arthritis
(16) None of those listed (NOT ON SHOWCARD)
**MQL_18a**

How many years is it since your (Condition) was diagnosed?

IF LESS THAN ONE YEAR CODE AS 0

0..100

**MQL_18b**

Can you remember what year your (Condition) was diagnosed?

ENTER 4 DIGIT YEAR

1900..2000
**MQL_19M**

Which joint/s are/were affected?
CODE ALL THAT APPLY

SET [5] OF
(1) Hips
(2) Back/spine/neck
(3) Hands/fingers
(4) Shoulders/elbows
(5) Knees/ankles

**MQL_20a**

Do you have trouble with your hearing?

(1) Yes
(2) No

**MQL_20b**

Do you wear a hearing aid?
(ASK ALL RESPONDENTS EVEN IF NO TROUBLE HEARING)

(1) Yes
(2) No

**MQL_20c**

Do you have trouble with your eyesight?
(NOT SIMPLY NEEDING SPECTACLES)

(1) Yes
(2) No

**MQL_21a**

Do you have any other health conditions that you feel are due to your age?

(1) Yes
(2) No
**MQL_21b**

What are these?

RECORD ANSWER

STRING[100]

---

**MQL_21c**

[*] Do any of these illnesses or problems limit your activities in any way?

(1) Yes
(2) No

---

**MQL_21d**

[*] How are your activities limited?

RECORD ANSWER

STRING[100]
Section 7: Day-to-day Activities

Intro7a

SHUFFLE CARDS MQL_22 AND BASE CARDS MQL_22a, MQL_22b, MQL_22c
INTERVIEWER - REMEMBER TO SHUFFLE THE CARDS
I would now like to ask you some questions on day-to-day activities. I would like you to look at the
activities shown on these cards and choose the four activities you think are the most important to be able
to do without help, and then the four activities you think are the least important to be able to do without
help.
Please sort the small cards onto the 3 large cards that I have put in front of you. There is one large card
for the 4 most important activities, one large card for the 4 least important activities, and one large card
for the other activities. Let me know when you have sorted the cards to your satisfaction.
(If the respondent has difficulty manipulating the cards - please help)
INTERVIEWER - ENTER NUMBERS FROM CHOSEN CARDS AT THE NEXT 3 QUESTIONS

Ask always:

MQL_22a

INTERVIEWER ENTER THE NUMBERS OF THE FOUR MOST IMPORTANT ACTIVITIES

SET [4] OF
(1) Be able to walk at least 400 yards
(2) Be able to put one arm behind back to put on jacket or tuck in shirt or blouse
(3) Be able to tie a bow in shoe laces
(4) Be able to get in and out of a chair
(5) Be able to control bladder all or most of the time
(6) Be able to see well enough to read a newspaper
(7) Be able to hear a conversation against background noise
(8) Be able to understand what people say or mean
(9) Be able to count well enough to manage money
(10) Be able to get up and do things (i.e. have enough energy)
(11) Be able to eat, drink and digest your food without any problems
(12) Be able to get on a bus
ASK ALWAYS:

MQL_22b

INTERVIEWER ENTER THE NUMBERS OF THE FOUR LEAST IMPORTANT ACTIVITIES

SET [4] OF
(1) Be able to walk at least 400 yards
(2) Be able to put one arm behind back to put on jacket or tuck in shirt or blouse
(3) Be able to tie a bow in shoe laces
(4) Be able to get in and out of a chair
(5) Be able to control bladder all or most of the time
(6) Be able to see well enough to read a newspaper
(7) Be able to hear a conversation against background noise
(8) Be able to understand what people say or mean
(9) Be able to count well enough to manage money
(10) Be able to get up and do things (i.e. have enough energy)
(11) Be able to eat, drink and digest your food without any problems
(12) Be able to get on a bus

ASK ALWAYS:

MQL_22c

INTERVIEWER ENTER THE NUMBERS OF THE FOUR REMAINING ACTIVITIES

SET [4] OF
(1) Be able to walk at least 400 yards
(2) Be able to put one arm behind back to put on jacket or tuck in shirt or blouse
(3) Be able to tie a bow in shoe laces
(4) Be able to get in and out of a chair
(5) Be able to control bladder all or most of the time
(6) Be able to see well enough to read a newspaper
(7) Be able to hear a conversation against background noise
(8) Be able to understand what people say or mean
(9) Be able to count well enough to manage money
(10) Be able to get up and do things (i.e. have enough energy)
(11) Be able to eat, drink and digest your food without any problems
(12) Be able to get on a bus

ASK ALWAYS:

Intro7b

I am now going to ask you whether or not you have any difficulty in doing any of a list of activities. For each activity, please choose your answer from the card.

(PLEASE NOTE THERE ARE SEPARATE SHOWCARDS FOR 23a to 23p AND FOR 23q to 23u)

(1) PRESS ENTER TO CONTINUE
ASK ALWAYS:

MQL_23a

[*] SHOWCARD MQL_23a
Are you able to walk at least 400 yards (eg. down the road)?
(IF USES AIDS OR APPLIANCES BUT NEEDS SOMEONE TO HELP THEM CODE AS 4)

(1) I have no difficulty in doing this
(2) I have some difficulty in doing this
(3) I can do this with the help of an aid or appliance
(4) I am unable to do this alone

ASK ALWAYS:

MQL_23b

[*] SHOWCARD MQL_23a
(Are you able) to put one arm behind your back to put on a jacket or tuck in a shirt or blouse?
(IF USES AIDS OR APPLIANCES BUT NEEDS SOMEONE TO HELP THEM CODE AS 4)

(1) I have no difficulty in doing this
(2) I have some difficulty in doing this
(3) I can do this with the help of an aid or appliance
(4) I am unable to do this alone

ASK ALWAYS:

MQL_23c

[*] SHOWCARD MQL_23a
(Are you able) to tie a bow in shoelaces?
(IF USES AIDS OR APPLIANCES BUT NEEDS SOMEONE TO HELP THEM CODE AS 4)

(1) I have no difficulty in doing this
(2) I have some difficulty in doing this
(3) I can do this with the help of an aid or appliance
(4) I am unable to do this alone

ASK ALWAYS:

MQL_23d

[*] SHOWCARD MQL_23a
(Are you able) to get in and out of a chair?
(IF USES AIDS OR APPLIANCES BUT NEEDS SOMEONE TO HELP THEM CODE AS 4)

(1) I have no difficulty in doing this
(2) I have some difficulty in doing this
(3) I can do this with the help of an aid or appliance
(4) I am unable to do this alone
ASK ALWAYS:

MQL_23e

[*] SHOWCARD MQL_23a
(Are you able) to count well enough to manage money?
(IF USES AIDS OR APPLIANCES BUT NEEDS SOMEONE TO HELP THEM CODE AS 4)

(1) I have no difficulty in doing this
(2) I have some difficulty in doing this
(3) I can do this with the help of an aid or appliance
(4) I am unable to do this alone

ASK ALWAYS:

MQL_23f

[*] SHOWCARD MQL_23a
(Are you able) to eat, drink and digest your food without any problems?
(IF USES AIDS OR APPLIANCES BUT NEEDS SOMEONE TO HELP THEM CODE AS 4)

(1) I have no difficulty in doing this
(2) I have some difficulty in doing this
(3) I can do this with the help of an aid or appliance
(4) I am unable to do this alone

ASK ALWAYS:

MQL_23g

[*] SHOWCARD MQL_23a
(Are you able) to get on a bus?
(IF USES AIDS OR APPLIANCES BUT NEEDS SOMEONE TO HELP THEM CODE AS 4)

(1) I have no difficulty in doing this
(2) I have some difficulty in doing this
(3) I can do this with the help of an aid or appliance
(4) I am unable to do this alone

ASK ALWAYS:

MQL_23h

[*] SHOWCARD MQL_23a
(Are you able) to wash yourself all over?
(IF USES AIDS OR APPLIANCES BUT NEEDS SOMEONE TO HELP THEM CODE AS 4)

(1) I have no difficulty in doing this
(2) I have some difficulty in doing this
(3) I can do this with the help of an aid or appliance
(4) I am unable to do this alone
ASK ALWAYS:

MQL_23i

[*] SHOWCARD MQL_23a
(Are you able) to cut your own toenails?
(IF USES AIDS OR APPLIANCES BUT NEEDS SOMEONE TO HELP THEM CODE AS 4)

(1) I have no difficulty in doing this
(2) I have some difficulty in doing this
(3) I can do this with the help of an aid or appliance
(4) I am unable to do this alone

ASK ALWAYS:

MQL_23j

[*] SHOWCARD MQL_23a
(Are you able) to go up and down stairs/steps?
(IF USES AIDS OR APPLIANCES BUT NEEDS SOMEONE TO HELP THEM CODE AS 4)

(1) I have no difficulty in doing this
(2) I have some difficulty in doing this
(3) I can do this with the help of an aid or appliance
(4) I am unable to do this alone

ASK ALWAYS:

MQL_23k

[*] SHOWCARD MQL_23a
(Are you able) to do heavy housework?
(IF USES AIDS OR APPLIANCES BUT NEEDS SOMEONE TO HELP THEM CODE AS 4)

(1) I have no difficulty in doing this
(2) I have some difficulty in doing this
(3) I can do this with the help of an aid or appliance
(4) I am unable to do this alone

ASK ALWAYS:

MQL_23l

[*] SHOWCARD MQL_23a
(Are you able) to go shopping and carrying heavy bags?
(IF USES AIDS OR APPLIANCES BUT NEEDS SOMEONE TO HELP THEM CODE AS 4)

(1) I have no difficulty in doing this
(2) I have some difficulty in doing this
(3) I can do this with the help of an aid or appliance
(4) I am unable to do this alone
ASK ALWAYS:

MQL_23m

[*] SHOWCARD MQL_23a
(Are you able) to prepare and cook a hot meal?
(IF USES AIDS OR APPLIANCES BUT NEEDS SOMEONE TO HELP THEM CODE AS 4)

(1)  I have no difficulty in doing this
(2)  I have some difficulty in doing this
(3)  I can do this with the help of an aid or appliance
(4)  I am unable to do this alone

ASK ALWAYS:

MQL_23n

[*] SHOWCARD MQL_23a
(Are you able) to reach for something on an overhead shelf?
(IF USES AIDS OR APPLIANCES BUT NEEDS SOMEONE TO HELP THEM CODE AS 4)

(1)  I have no difficulty in doing this
(2)  I have some difficulty in doing this
(3)  I can do this with the help of an aid or appliance
(4)  I am unable to do this alone

ASK ALWAYS:

MQL_23o

[*] SHOWCARD MQL_23a
(Are you able) to bend down to pick something off the floor?
(IF USES AIDS OR APPLIANCES BUT NEEDS SOMEONE TO HELP THEM CODE AS 4)

(1)  I have no difficulty in doing this
(2)  I have some difficulty in doing this
(3)  I can do this with the help of an aid or appliance
(4)  I am unable to do this alone

ASK ALWAYS:

MQL_23p

[*] SHOWCARD MQL_23a
(Are you able) to balance when standing?
(IF USES AIDS OR APPLIANCES BUT NEEDS SOMEONE TO HELP THEM CODE AS 4)

(1)  I have no difficulty in doing this
(2)  I have some difficulty in doing this
(3)  I can do this with the help of an aid or appliance
(4)  I am unable to do this alone
ASK ALWAYS:

**MQL_23q**

[*] SHOWCARD MQL_23q
(Are you able) to control your bladder all or most of the time?
(IF USES AIDS OR APPLIANCES BUT NEEDS SOMEONE TO HELP THEM CODE AS 4)

(1) I have no difficulty in doing this 
(2) I have some difficulty in doing this 
(3) I can do this with the help of an aid or appliance 
(4) I am unable to do this

ASK ALWAYS:

**MQL_23r**

[*] SHOWCARD MQL_23q
(Are you able) to see well enough to read a newspaper?
(IF RESPONDENT USES SPECTACLES CODE AS 3)

(1) I have no difficulty in doing this 
(2) I have some difficulty in doing this 
(3) I can do this with the help of an aid or appliance 
(4) I am unable to do this

ASK ALWAYS:

**MQL_23s**

[*] SHOWCARD MQL_23q
(Are you able) to hear a conversation against background noise?

(1) I have no difficulty in doing this 
(2) I have some difficulty in doing this 
(3) I can do this with the help of an aid or appliance 
(4) I am unable to do this

ASK ALWAYS:

**MQL_23t**

[*] SHOWCARD MQL_23q
(Are you able) to understand what people say or mean?

(1) I have no difficulty in doing this 
(2) I have some difficulty in doing this 
(3) I can do this with the help of an aid or appliance 
(4) I am unable to do this
**ASK ALWAYS:**

**MQL_23u**

[*] SHOWCARD MQL_23q
(Are you able) to get up and do things (i.e. have enough energy)?

1. I have no difficulty in doing this
2. I have some difficulty in doing this
3. I can do this with the help of an aid or appliance
4. I am unable to do this

**ASK ALWAYS:**

**MQL_24a**

In the last year have you fallen over?

1. Yes
2. No

**ASK IF:** MQL_24a = Yes

**MQL_24b**

How many times have you fallen over?

1. Once
2. Less than 12 times
3. 12 times or more
4. Not sure
Section 8: Aids, appliances, and service provision

Intro8

I would now like to ask you about any aids and appliances or services you use to help you in your day-to-day activities.

(1) PRESS ENTER TO CONTINUE

ASK ALWAYS:

MQL_25M

SHOWCARD MQL_25M
Do you have any of these aids or appliances to help you with getting about?
CODE ALL THAT APPLY

SET [5] OF
(1) Walking stick, walking frame, wheelchair
(2) Stair rails, grab rails, toilet rails, bath rails
(3) Bath boards
(4) Chair raisers
(5) Stair lift
(6) None of these (NOT ON SHOWCARD)

ASK IF: (MQL_25M = RESPONSE) AND NOT (None IN MQL_25M)
AND: Walk IN MQL_25M

MQL_26a

Do you use your walking stick/walking frame/wheelchair regularly?

(1) Yes
(2) No

ASK IF: (MQL_25M = RESPONSE) AND NOT (None IN MQL_25M)
AND: Rail IN MQL_25M

MQL_26b

Do you use your stair rails/ grab rails/ toilet rails/ bath rails regularly?

(1) Yes
(2) No

ASK IF: (MQL_25M = RESPONSE) AND NOT (None IN MQL_25M)
AND: Bath IN MQL_25M

MQL_26c

Do you use your bath boards regularly?

(1) Yes
(2) No
**MQL_26d**

Do you use your chair raisers regularly?

1. Yes
2. No

**MQL_26e**

Do you use your stair lift regularly?

1. Yes
2. No

**MQL_27M**

Are you waiting for any of these aids or appliances to be supplied to you?

- Walking stick, walking frame, wheelchair
- Stair rails, grab rails, toilet rails, bath rails
- Bath boards
- Chair raisers
- Stair lift
- None of these (NOT ON SHOWCARD)

**MQL_28M**

Have you ever asked for any of these aids or appliances but had the request refused?

- Walking stick, walking frame, wheelchair
- Stair rails, grab rails, toilet rails, bath rails
- Bath boards
- Chair raisers
- Stair lift
- None of these (NOT ON SHOWCARD)
ASK ALWAYS:

MQL_29aM

SHOWCARD MQL_25M
Have you ever been offered any of these aids or appliances and refused them?
CODE ALL THAT APPLY

SET [5] OF
(1) Walking stick, walking frame, wheelchair
(2) Stair rails, grab rails, toilet rails, bath rails
(3) Bath boards
(4) Chair raisers
(5) Stair lift
(6) None of these (NOT ON SHOWCARD)

ASK IF: NOT (None IN MQL_29aM)

MQL_29b

Why did you refuse?
RECORD ANSWER
STRING[200]

ASK ALWAYS:

MQL_30aM

SHOWCARD MQL_30M
Looking at the social services listed on the card, in the last 12 months, have you received any of these services or types of help and continue to receive them?
CODE ALL THAT APPLY

THE USE OF A SERVICE IS MORE IMPORTANT THAN THE SOURCE. E.G. IF A RESPONDENT RECEIVES MEALS ON WHEELS BUT FROM THE HEALTH SERVICE AND NOT SOCIAL SERVICES PLEASE STILL CODE

SET [4] OF
(1) Meals on Wheels/ other home meal service
(2) Home help
(3) Night sitter
(4) Day centre
(5) Community Care Assistant
(6) None of those listed (NOT ON SHOWCARD)
ASK ALWAYS:

MQL_30bM
SHOWCARD MQL_30M
Looking at the social services listed on the card, in the last 12 months, have you received any of these services or types of help and then stopped using them?
CODE ALL THAT APPLY
THE USE OF A SERVICE IS MORE IMPORTANT THAN THE SOURCE. E.G. IF A RESPONDENT RECEIVED MEALS ON WHEELS BUT FROM THE HEALTH SERVICE AND NOT SOCIAL SERVICES PLEASE STILL CODE
SET [4] OF
(1) Meals on Wheels/ other home meal service
(2) Home help
(3) Night sitter
(4) Day centre
(5) Community Care Assistant
(6) None of those listed (NOT ON SHOWCARD)

ASK IF: NOT (None IN MQL_30bM)

MQL_30c
Why did you stop using them?
RECORD ANSWER
STRING[200]

ASK ALWAYS:

MQL_30dM
SHOWCARD MQL_30M
Looking at the social services listed on the card, in the last 12 months, have you been offered any of these services or types of help and refused them?
CODE ALL THAT APPLY
THE USE OF A SERVICE IS MORE IMPORTANT THAN THE SOURCE. E.G. IF A RESPONDENT WAS OFFERED MEALS ON WHEELS BUT FROM THE HEALTH SERVICE AND NOT SOCIAL SERVICES PLEASE STILL CODE
SET [4] OF
(1) Meals on Wheels/ other home meal service
(2) Home help
(3) Night sitter
(4) Day centre
(5) Community Care Assistant
(6) None of those listed (NOT ON SHOWCARD)

ASK IF: NOT (None IN MQL_30dM)

MQL_30e
[*] Why did you refuse them?
RECORD ANSWER
STRING[200]
ASK ALWAYS:

**MQL_30fM**

SHOWCARD MQL_30M
Looking at the social services listed on the card, in the last 12 months, have you asked for any of these services or types of help but not received them?
CODE ALL THAT APPLY

THE USE OF A SERVICE IS MORE IMPORTANT THAN THE SOURCE. E.G. IF A RESPONDENT ASKED FOR MEALS ON WHEELS BUT FROM THE HEALTH SERVICE AND NOT SOCIAL SERVICES PLEASE STILL CODE

SET [4] OF
(1) Meals on Wheels/ other home meal service
(2) Home help
(3) Night sitter
(4) Day centre
(5) Community Care Assistant
(6) None of those listed (NOT ON SHOWCARD)

ASK IF: NOT (None IN MQL_30fM)

**MQL_30g**

Why did you not receive them?
RECORD ANSWER

STRING[200]

ASK ALWAYS:

**MQL_31aM**

SHOWCARD MQL_31M
Looking at the health services listed on the card, in the last 12 months, have you received any of these services or types of help and continue to receive them?
CODE ALL THAT APPLY

THE USE OF A SERVICE IS MORE IMPORTANT THAN THE SOURCE. E.G. IF A RESPONDENT RECEIVES CHIROPODY BUT FROM THE SOCIAL SERVICES AND NOT FROM THE HEALTH SERVICE PLEASE STILL CODE

SET [4] OF
(1) Physiotherapy
(2) Occupational therapy
(3) Dental Care
(4) Chiropody
(5) Visit to a day hospital
(6) Visit from a District Nurse
(7) None of those listed (NOT ON SHOWCARD)
ASK ALWAYS:

MQL_31bM
SHOWCARD MQL_31M
Looking at the health services listed on the card, in the last 12 months, have you received any of these services or types of help and then stopped using them?
CODE ALL THAT APPLY

THE USE OF A SERVICE IS MORE IMPORTANT THAN THE SOURCE. E.G. IF A RESPONDENT RECEIVED CHIROPODY BUT FROM THE SOCIAL SERVICES AND NOT FROM THE HEALTH SERVICE PLEASE STILL CODE

SET [4] OF
(1) Physiotherapy
(2) Occupational therapy
(3) Dental Care
(4) Chiropody
(5) Visit to a day hospital
(6) Visit from a District Nurse
(7) None of those listed (NOT ON SHOWCARD)

ASK IF: NOT (None IN MQL_31bM)

MQL_31c
[*] Why did you stop using them?
RECORD ANSWER

STRING[200]

ASK ALWAYS:

MQL_31dM
SHOWCARD MQL_31M
Looking at the health services listed on the card, in the last 12 months, have you been offered any of these services or types of help and refused them?
CODE ALL THAT APPLY

THE USE OF A SERVICE IS MORE IMPORTANT THAN THE SOURCE. E.G. IF A RESPONDENT WAS OFFERED CHIROPODY BUT FROM THE SOCIAL SERVICES AND NOT FROM THE HEALTH SERVICE PLEASE STILL CODE

SET [4] OF
(1) Physiotherapy
(2) Occupational therapy
(3) Dental Care
(4) Chiropody
(5) Visit to a day hospital
(6) Visit from a District Nurse
(7) None of those listed (NOT ON SHOWCARD)
**ASK IF:** NOT (None IN MQL_31dM)

**MQL_31e**

Why did you refuse them?  
RECORD ANSWER  
STRING[200]

**ASK ALWAYS:**

**MQL_31fM**

SHOWCARD MQL_31M  
Looking at the health services listed on the card, in the last 12 months, have you asked for any of these services or types of help but not received them?  
CODE ALL THAT APPLY  
THE USE OF A SERVICE IS MORE IMPORTANT THAN THE SOURCE. E.G. IF A RESPONDENT ASKED FOR CHIROPODY BUT FROM THE SOCIAL SERVICES AND NOT FROM THE HEALTH SERVICE PLEASE STILL CODE  
SET [4] OF  
(1) Physiotherapy  
(2) Occupational therapy  
(3) Dental Care  
(4) Chiropody  
(5) Visit to a day hospital  
(6) Visit from a District Nurse  
(7) None of those listed (NOT ON SHOWCARD)

**ASK IF:** NOT (None IN MQL_31fM)

**MQL_31g**

Why did you not receive them?  
RECORD ANSWER  
STRING[200]

**ASK ALWAYS:**

**MQL_32aM**

SHOWCARD MQL_32M  
Looking at the other services listed on the card, in the last 12 months, have you received any of these services or types of help, and continue to receive them?  
CODE ALL THAT APPLY  
'HELP FROM AGE CONCERN' REFERS TO ALL TYPES OF HELP INCLUDING VISITS  
SET [5] OF  
(1) Any help from Age Concern  
(2) Visiting by other voluntary group (i.e. other than Age Concern)  
(3) Visiting by friends, family, or neighbours  
(4) Other service not listed (PLEASE SPECIFY)  
(5) None (NOT ON SHOWCARD)
ASk IF: OthH IN MQL_32aM

Spec32a

What was the other help/service?
RECORD ANSWER

STRING[200]

ASk ALWAYS:

MQL_32bM

SHOWCARD MQL_32M
Looking at the other services listed on the card, in the last 12 months, have you received any of these services or types of help and then stopped using them?
CODE ALL THAT APPLY

'HELP FROM AGE CONCERN' REFERS TO ALL TYPES OF HELP INCLUDING VISITS

SET [5] OF
(1) Any help from Age Concern
(2) Visiting by other voluntary group (i.e. other than Age Concern)
(3) Visiting by friends, family, or neighbours
(4) Other service not listed (PLEASE SPECIFY)
(5) None (NOT ON SHOWCARD)

ASk IF: OthH IN MQL_32bM

Spec32b

What was the other help/service?
RECORD ANSWER

STRING[200]

Ask IF: NOT (None IN MQL_32bM)

MQL_32c

Why did you stop using them?
RECORD ANSWER

STRING[200]
ASK ALWAYS:

MQL_32dM

SHOWCARD MQL_32M
Looking at the other services listed on the card, in the last 12 months, have you been offered any of these services or types of help and refused them?
CODE ALL THAT APPLY

'HELP FROM AGE CONCERN' Refers to all types of help including visits

SET [5] OF
(1) Any help from Age Concern
(2) Visiting by other voluntary group (i.e. other than Age Concern)
(3) Visiting by friends, family, or neighbours
(4) Other service not listed (PLEASE SPECIFY)
(5) None (NOT ON SHOWCARD)

ASK IF: OthH IN MQL_32dM

Spec32d

What was the other help/service?
RECORD ANSWER

STRING[200]

ASK IF: NOT (None IN MQL_32dM)

MQL_32e

[*] Why did you refuse them?
RECORD ANSWER

STRING[200]

ASK ALWAYS:

MQL_32fM

SHOWCARD MQL_32M
Looking at the other services listed on the card, in the last 12 months, have you asked for any of these services or types of help but not received them?
CODE ALL THAT APPLY

'HELP FROM AGE CONCERN' Refers to all types of help including visits

SET [5] OF
(1) Any help from Age Concern
(2) Visiting by other voluntary group (i.e. other than Age Concern)
(3) Visiting by friends, family, or neighbours
(4) Other service not listed (PLEASE SPECIFY)
(5) None (NOT ON SHOWCARD)
**ASK IF:** OthH IN MQL_32fM

**Spec32f**

What was the other help/service?
RECORD ANSWER

STRING[200]

**ASK IF:** NOT (None IN MQL_32fM)

**MQL_32g**

Why did you not receive them?
RECORD ANSWER

STRING[200]
Section 9: Local Area

**Intro9**

Now I would like to ask you some questions about your local area (by local area I mean within about a 15 or 20 minute walk or drive from your home)

(1) PRESS ENTER TO CONTINUE

**MQL_33**

[*]Would you say this is an area you enjoy living in?

(1) Yes
(2) No
(3) Don't know

**MQL_33a**

[*]SHOWCARD MQL_33a

How would you rate the following things in your local area?
Please choose your answer from the card.
How would you rate social and leisure activities for people like yourself?

CODE ONE ONLY

(1) Very good
(2) Good
(3) Average
(4) Poor
(5) Very poor
(6) Don't know (NOT ON SHOWCARD)

**MQL_33b**

[*]SHOWCARD MQL_33a

(How would you rate) facilities for people aged 65+?

CODE ONE ONLY

(1) Very good
(2) Good
(3) Average
(4) Poor
(5) Very poor
(6) Don't know (NOT ON SHOWCARD)
**MQL_33c**

[⁎]SHOWCARD MQL_33a
(How would you rate) rubbish collection?

CODE ONE ONLY

(1) Very good
(2) Good
(3) Average
(4) Poor
(5) Very poor
(6) Don't know (NOT ON SHOWCARD)

**MQL_33d**

[⁎]SHOWCARD MQL_33a
(How would you rate) your local health service (eg. your GP or the local hospital)?

CODE ONE ONLY

(1) Very good
(2) Good
(3) Average
(4) Poor
(5) Very poor
(6) Don't know (NOT ON SHOWCARD)

**MQL_33e**

[⁎]SHOWCARD MQL_33a
(How would you rate) local transport to where you want to get to?

CODE ONE ONLY

(1) Very good
(2) Good
(3) Average
(4) Poor
(5) Very poor
(6) Don't know (NOT ON SHOWCARD)
**ONS Omnibus Survey – Quality of Life in People Aged 65 years and over – July 2000**

**ASK ALWAYS:**

**MQL_33f**

["SHOWCARD MQL_33a
(How would you rate) your area for closeness to shops?

CODE ONE ONLY

(1) Very good
(2) Good
(3) Average
(4) Poor
(5) Very poor
(6) Don't know (NOT ON SHOWCARD)

**ASK ALWAYS:**

**MQL_33g**

["SHOWCARD MQL_33a
(How would you rate) your area for having somewhere nice to go for a walk?

CODE ONE ONLY

(1) Very good
(2) Good
(3) Average
(4) Poor
(5) Very poor
(6) Don't know (NOT ON SHOWCARD)

**ASK ALWAYS:**

**MQL_34**

["How safe do you feel walking alone in this area during the daytime? Do you feel...

RUNNING PROMPT

(1) Very safe,
(2) fairly safe,
(3) a bit unsafe,
(4) very unsafe,
(5) or do you never go out alone during daytime?

**ASK ALWAYS:**

**MQL_35**

["How safe do you feel walking alone in this area after dark? Do you feel...

RUNNING PROMPT

(1) Very safe,
(2) fairly safe,
(3) a bit unsafe,
(4) very unsafe,
(5) or do you never go out alone after dark?
ASK ALWAYS:

MQL_36

[*] Do you feel you can influence decisions that affect your area?

(1) Yes
(2) No
(3) Don't know

ASK ALWAYS:

MQL_37a

[*] SHOWCARD MQL_37a
Still thinking about the same area, can you tell me how much of a problem these things are. Please choose your answer from the card.

(How much of a problem is)... the speed or volume of traffic?

CODE ONE ONLY

(1) A very big problem
(2) A fairly big problem
(3) A minor problem
(4) It happens but it is not a problem
(5) It doesn't happen/It doesn't apply to me
(6) Don't know (NOT ON SHOWCARD)

ASK ALWAYS:

MQL_37b

[*] SHOWCARD MQL_37a
(How much of a problem is)... noise (eg. neighbours, traffic etc)?

CODE ONE ONLY

(1) A very big problem
(2) A fairly big problem
(3) A minor problem
(4) It happens but it is not a problem
(5) It doesn't happen/It doesn't apply to me
(6) Don't know (NOT ON SHOWCARD)
ASK ALWAYS:

**MQL_37c**

[⁎]SHOWCARD MQL_37a
(How much of a problem is)... the amount of crime?

CODE ONE ONLY

(1) A very big problem
(2) A fairly big problem
(3) A minor problem
(4) It happens but it is not a problem
(5) It doesn't happen/It doesn't apply to me
(6) Don't know (NOT ON SHOWCARD)

ASK ALWAYS:

**MQL_37d**

[⁎]SHOWCARD MQL_37a
(How much of a problem is)... the quality of the air you breathe?

CODE ONE ONLY

(1) A very big problem
(2) A fairly big problem
(3) A minor problem
(4) It happens but it is not a problem
(5) It doesn't happen/It doesn't apply to me
(6) Don't know (NOT ON SHOWCARD)

ASK ALWAYS:

**MQL_37e**

[⁎]SHOWCARD MQL_37a
(How much of a problem is)... rubbish or litter lying around?

CODE ONE ONLY

(1) A very big problem
(2) A fairly big problem
(3) A minor problem
(4) It happens but it is not a problem
(5) It doesn't happen/It doesn't apply to me
(6) Don't know (NOT ON SHOWCARD)
ASK ALWAYS:

MQL_37f

[⁎]SHOWCARD MQL_37a
(How much of a problem is)... graffiti?

CODE ONE ONLY

(1) A very big problem
(2) A fairly big problem
(3) A minor problem
(4) It happens but it is not a problem
(5) It doesn't happen/It doesn't apply to me
(6) Don't know (NOT ON SHOWCARD)
Section 10: Neighbours

ASK ALWAYS:

Intro10

Now I would like to ask you a few questions about your more immediate neighbourhood (by which I mean your street or block).

(1) PRESS ENTER TO CONTINUE

ASK ALWAYS:

MQL_38

Would you say that you know...
RUNNING PROMPT

(1) Most of the people in your neighbourhood,
(2) many of the people in your neighbourhood,
(3) a few of the people in your neighbourhood,
(4) or, that you do not know people in your neighbourhood?

ASK ALWAYS:

MQL_39

Would you say that you trust...
RUNNING PROMPT

(1) Most of the people in your neighbourhood,
(2) many of the people in your neighbourhood,
(3) a few of the people in your neighbourhood,
(4) or, that you do not know people in your neighbourhood?
Section 11: Chances

**Intro11**

I would now like you to think about the chances of certain events happening to you. Please say whether you think the chances of each event happening to you are higher, about the same or lower than for other men/women of your age in Britain.

(MEN ARE ASKED TO COMPARE THEMSELVES WITH MEN, AND WOMEN ARE ASKED TO COMPARE THEMSELVES WITH WOMEN)

USE THE PROBE: "Well, what would be your best guess?"

(1) PRESS ENTER TO CONTINUE

**MQL_40a**

[⁎] Compared to other men/women your age in Britain, do you think your chances of being mugged are...

RUNNING PROMPT

(1) Higher,
(2) about the same,
(3) lower?

**MQL_40b**

[⁎](What about your chances of) having your home burgled? Are they...

RUNNING PROMPT

(1) Higher,
(2) about the same,
(3) lower?

**MQL_40c**

[⁎](What about your chances of) falling and breaking a bone? Are they...

RUNNING PROMPT

(1) Higher,
(2) about the same,
(3) lower?

**MQL_40d**

[⁎] (What about your chances of) being knocked down when crossing the road? Are they...

RUNNING PROMPT

(1) Higher,
(2) about the same,
(3) lower?
**ASK IF:** NOT (Cancer IN QL6Hlth.MQL_17M[])

**MQL_40e**

[*] (What about your chances of) getting cancer? Are they...
RUNNING PROMPT

(1) Higher,
(2) about the same,
(3) lower?

**ASK IF:** ((NOT (HeartTroub IN QL6Hlth.MQL_17M[])) AND NOT (HiBP IN QL6Hlth.MQL_17M[])) AND NOT (Arteries IN QL6Hlth.MQL_17M[]) AND NOT (Stroke IN QL6Hlth.MQL_17M[])

**MQL_40f**

[*] (What about your chances of) getting heart disease? Are they...
RUNNING PROMPT

(1) Higher,
(2) about the same,
(3) lower?

**ASK ALWAYS:**

**MQL_40g**

[*] (What about your chances of) losing your memory? Are they...
RUNNING PROMPT

(1) Higher,
(2) about the same,
(3) lower?

**ASK IF:** QL7DAct.MQL_23a < WithApp

**MQL_40h**

[*] (What about your chances of) becoming housebound? Are they...
RUNNING PROMPT

(1) Higher,
(2) about the same,
(3) lower?

**ASK ALWAYS:**

**MQL_40i**

[*] (What about your chances of) going into a nursing home? Are they...
RUNNING PROMPT

(1) Higher,
(2) about the same,
(3) lower?
ASK IF: FeedD.QData.RESPAGE < 100

MQL_40j

[*] (What about your chances of) living to be 100 years old? Are they...

RUNNING PROMPT

(1)  Higher,
(2)  about the same,
(3)  lower?
Section 12: Social Activities

**ASK ALWAYS:**

**Intro12**

The next set of questions is on social activities

(1) PRESS ENTER TO CONTINUE

**ASK ALWAYS:**

**MQL_41M**

SHOWCARD MQL_41M
In the last month, have you done any of the activities shown on the card?
CODE ALL THAT APPLY

SET [12] OF
(1) Gone to a club, local organisation, neighbourhood or other small group
(2) Gone to an evening or other education class
(3) Gone to church, synagogue, mosque or other place of worship
(4) Gone to the cinema, theatre or other social entertainment
(5) Done some voluntary work
(6) Played a game or sport, gone swimming, gone to keep fit or dancing
(7) Gone for a walk
(8) Gone to a library
(9) Done some gardening
(10) Babysat/Childminded
(11) Looked after someone who is ill or frail
(12) Other (PLEASE SPECIFY)
(13) None (NOT ON SHOWCARD)

**ASK IF:** Other IN MQL_41M

**Spec41**

What other activity?
RECORD ANSWER

STRING[100]

**ASK IF:** (MQL_41M = RESPONSE) AND NOT (None IN MQL_41M)
ASKED SEPARATELY FOR EACH ACTIVITY CODED AT MQL_41M

**MQL_42**

[*]SHOWCARD MQL_42
How important is it to you that you (Activity) regularly?
Please choose you answer from the card.

(1) Very important
(2) Quite important
(3) Not very important
ASK ALWAYS:

MQL_43
May I just ask/check, did you vote in the last local election?

(1) Yes
(2) No

ASK ALWAYS:

MQL_44
Thinking about the last seven days (that is, since Date 7 days prior), on which days, if any, did you go out of your house?

CODE ALL THAT APPLY

SET [7] OF
(1) Monday
(2) Tuesday
(3) Wednesday
(4) Thursday
(5) Friday
(6) Saturday
(7) Sunday
(8) Did not go out of the house in last seven days

ASK ALWAYS:

MQL_45
In the last 12 months have you been on any holidays or outings?

(1) Yes
(2) No
Section 13: Social Networks & Contact

**ASK ALWAYS:**

**Intro13a**

The next few questions are about how often you see or speak to your relatives and friends

(1) PRESS ENTER TO CONTINUE

**ASK ALWAYS:**

**MQL_46a**

Do you have any sons or daughters who are still alive?

(1) Yes, sons
(2) Yes, daughters
(3) Yes, both
(4) No, neither (NEVER HAD CHILDREN OR NONE ALIVE)

**ASK IF:** MQL_46a <= Both

**MQL_46b**

How close does your nearest child live?

(1) Same house/within 1 mile
(2) 1-5 miles
(3) 6-15 miles
(4) 16-50 miles
(5) 50+ miles
(6) Abroad

**ASK ALWAYS:**

**MQL_47a**

Do you have any brothers or sisters who are still alive?

(1) Yes
(2) No

**ASK IF:** MQL_47a = Yes

**MQL_47b**

How close does your nearest brother or sister live?

(1) Same house/within 1 mile
(2) 1-5 miles
(3) 6-15 miles
(4) 16-50 miles
(5) 50+ miles
(6) Abroad
ASK ALWAYS:

INTRO13b

SHOWCARD MQL_48
(Not counting the people you live with,) How often do you do any of the following?
Please choose your answer from the card.

(1) PRESS ENTER TO CONTINUE

ASK ALWAYS:

MQL_48a

SHOWCARD MQL_48
How often do you speak to relatives on the phone?

CODE ONE ONLY

(1) Every day
(2) 5 or 6 days a week
(3) 3 or 4 days a week
(4) Once or twice a week
(5) Once or twice a month
(6) Once every couple of months
(7) Once or twice a year
(8) Not at all in last 12 months

ASK ALWAYS:

MQL_48b

SHOWCARD MQL_48
How often do you see relatives?

CODE ONE ONLY

(1) Every day
(2) 5 or 6 days a week
(3) 3 or 4 days a week
(4) Once or twice a week
(5) Once or twice a month
(6) Once every couple of months
(7) Once or twice a year
(8) Not at all in last 12 months
ASK ALWAYS:

MQL_48c
SHOWCARD MQL_48
How often do you speak to friends on the phone?
CODE ONE ONLY
(1) Every day
(2) 5 or 6 days a week
(3) 3 or 4 days a week
(4) Once or twice a week
(5) Once or twice a month
(6) Once every couple of months
(7) Once or twice a year
(8) Not at all in last 12 months

ASK ALWAYS:

MQL_48d
SHOWCARD MQL_48
How often do you see friends?
CODE ONE ONLY
(1) Every day
(2) 5 or 6 days a week
(3) 3 or 4 days a week
(4) Once or twice a week
(5) Once or twice a month
(6) Once every couple of months
(7) Once or twice a year
(8) Not at all in last 12 months

ASK ALWAYS:

MQL_48e
SHOWCARD MQL_48
How often do you speak to neighbours?
CODE ONE ONLY
(1) Every day
(2) 5 or 6 days a week
(3) 3 or 4 days a week
(4) Once or twice a week
(5) Once or twice a month
(6) Once every couple of months
(7) Once or twice a year
(8) Not at all in last 12 months
ASK ALWAYS:

MQL_48f

SHOWCARD MQL_48
How often do you send or receive letters to and from relatives or friends?

CODE ONE ONLY
(1) Every day  
(2) 5 or 6 days a week  
(3) 3 or 4 days a week  
(4) Once or twice a week  
(5) Once or twice a month  
(6) Once every couple of months  
(7) Once or twice a year  
(8) Not at all in last 12 months

ASK ALWAYS:

MQL_48g

SHOWCARD MQL_48
How often do you send or receive e-mails to and from relatives or friends?

CODE ONE ONLY
(1) Every day  
(2) 5 or 6 days a week  
(3) 3 or 4 days a week  
(4) Once or twice a week  
(5) Once or twice a month  
(6) Once every couple of months  
(7) Once or twice a year  
(8) Not at all in last 12 months

ASK ALWAYS:

MQL_49

(Apart from the people you live with,) How many relatives that you feel close to live within a 15-20 minute walk or 5-10 minute drive, if any?

(1) One or two  
(2) Three or four  
(3) Five or more  
(4) None

ASK ALWAYS:

MQL_50

How many close friends live within a 15-20 minute walk or 5-10 minute drive, if any?

(1) One or two  
(2) Three or four  
(3) Five or more  
(4) None
Section 14: Practical Help

**Intro14**
I am going to read a list of situations where people might need help. For each one, could you tell me if you would ask anyone for help?

(1) PRESS ENTER TO CONTINUE

**MQL_51a**
You need a lift to be somewhere urgently. Could you ask anyone for help?

(1) Yes
(2) No
(3) Don't know/It depends

**ASK IF:** (MQL_51a = Yes) OR (MQL_51a = Depend)

**MQL_51bM**
SHOWCARD MQL_51bM
Can you look at the card and tell me who you would ask for help?

CODE UP TO 3

SET [3] OF
(1) Husband/wife/partner
(2) Other household member
(3) Relative (outside household)
(4) Friend
(5) Neighbour
(6) Voluntary or other organisation
(7) Other
(8) Would prefer not to ask for help (NOT ON SHOWCARD)

**ASK IF:** (MQL_51a = Yes) OR (MQL_51a = Depend)
**AND:** Oth IN MQL_51bM

**Spec51b**
PLEASE SPECIFY OTHER
Who (else) would you ask?

STRING[100]

**ASK ALWAYS:**

**MQL_52a**
You are ill in bed and need help at home. Could you ask anyone for help?

(1) Yes
(2) No
(3) Don't know/It depends
ASK IF: (MQL_52a = Yes) OR (MQL_52a = Depend)

MQL_52bM
SHOWCARD MQL_51b
Can you look at the card and tell me who you would ask for help?

CODE UP TO 3

SET [3] OF
(1) Husband/wife/partner
(2) Other household member
(3) Relative (outside household)
(4) Friend
(5) Neighbour
(6) Voluntary or other organisation
(7) Other
(8) Would prefer not to ask for help (NOT ON SHOWCARD)

ASK IF: (MQL_52a = Yes) OR (MQL_52a = Depend)
AND: Oth IN MQL_52bM

Spec52b
PLEASE SPECIFY OTHER
Who (else) would you ask?

STRING[100]

ASK ALWAYS:

MQL_53a
You are in financial difficulty and need to borrow œ100. Could you ask anyone for help?

(1) Yes
(2) No
(3) Don't know/It depends

ASK IF: (MQL_53a = Yes) OR (MQL_53a = Depend)

MQL_53bM
SHOWCARD MQL_51b
Can you look at the card and tell me who you would ask for help?

CODE UP TO 3

SET [3] OF
(1) Husband/wife/partner
(2) Other household member
(3) Relative (outside household)
(4) Friend
(5) Neighbour
(6) Voluntary or other organisation
(7) Other
(8) Would prefer not to ask for help (NOT ON SHOWCARD)
ASK IF: (MQL_53a = Yes) OR (MQL_53a = Depend)
AND: Oth IN MQL_53bM

Spec53b

PLEASE SPECIFY OTHER
Who (else) would you ask?

STRING[100]

ASK ALWAYS:

MQL_54a
You need practical help doing everyday chores, running errands or odd jobs. Could you ask anyone for help?

(1) Yes
(2) No
(3) Don't know/It depends

ASK IF: (MQL_54a = Yes) OR (MQL_54a = Depend)

MQL_54bM
SHOWCARD MQL_51b
Can you look at the card and tell me who you would ask for help?

CODE UP TO 3

SET [3] OF
(1) Husband/wife/partner
(2) Other household member
(3) Relative (outside household)
(4) Friend
(5) Neighbour
(6) Voluntary or other organisation
(7) Other
(8) Would prefer not to ask for help (NOT ON SHOWCARD)

ASK IF: (MQL_54a = Yes) OR (MQL_54a = Depend)
AND: Oth IN MQL_54bM

Spec54b
PLEASE SPECIFY OTHER
Who (else) would you ask?

STRING[100]
**ASK ALWAYS:**

**MQL_55a**

If you had a serious personal crisis, how many people, if any, do you feel you could turn to for comfort and support?

RECORD NUMBER

IF MORE THAN 15 CODE AS 15

0..15

**ASK IF:** MQL_55a > 0

**MQL_55b**

How many of these people (Does this person) live within a 15-20 minute walk or 5-10 minute drive?

RECORD NUMBER

IF MORE THAN 15 CODE AS 15

0..15
Section 15: End and future contact details

**ASK ALWAYS:**

MQL_56a

Thank you for all your help with this survey.
Is there anything else, that has not been mentioned, that could make your life easier or better for you?

(1) Yes
(2) No

**ASK IF:** MQL_56a = Yes

MQL_56b

What would this be?
RECORD ANSWER

STRING[200]

**ASK ALWAYS:**

MQL_57

As I explained earlier, these questions have been asked on behalf of the Universities of London and Bristol.
They might like to get in touch with you to talk to you in more depth or, send you a postal questionnaire about your quality of life.
So we'd like your permission to let the Universities centre have your name, address and telephone number together with any information you have given us.

IF NECESSARY ASSURE THE RESPONDENT THAT THE UNIVERSITIES WOULD USE THE INFORMATION ONLY FOR RESEARCH PURPOSES AND WOULD NOT PASS ON NAMES AND ADDRESSES TO COMMERCIAL ORGANISATIONS.

(1) Yes, interview
(2) Yes, postal questionnaire
(3) Yes, both
(4) No, neither

**ASK IF:** MQL_57 < Neither

ChekName

Could I just check how we should address you - that is check what your correct name and title are - in case we want to write to you?
FROM THE OMNIBUS SURVEY WE HAVE THE NAME AS  (Name recorded at Omnibus Interview)

IF NOT CORRECT OR IF INCOMPLETE - PLEASE RECORD THE RESPONDENT'S CORRECT TITLE, INITIAL OR FIRST NAME, AND SURNAME

IF CORRECT - PRESS ENTER TO CONTINUE

STRING[100]
ASK IF: (MQL_57 = YInt) OR (MQL_57 = YBoth)

ChekTel

Do you have a telephone number we could use to contact you?
THIS TELEPHONE NUMBER WAS RECORDED AT THE OMNIBUS SURVEY (Tel No. recorded at Omnibus Interview)
IF RESPONDENT HAS NUMBER AND NOT CORRECT AT OMNIBUS - PLEASE RECORD
IF CORRECT OR NO TELEPHONE NUMBER - PRESS ENTER TO CONTINUE

STRING[100]
Thanks

THAT’S THE END OF THE INTERVIEW - THANK RESPONDENT

<CTRL> + ENTER TO LEAVE VIA QUIT BOX

(1) OR PRESS ENTER IF YOU WANT TO CONTINUE

AddOKQOE

Is address correct?

(1) Yes
(2) No

NewAdQOE

TYPE IN New Address PLEASE

STRING[250]
OPQOL-brief:

Notes:
The OPQOL-BRIEF questionnaire has 13 items, with a preliminary single item on global QoL, shown below. This single item is not scored with the OPQOL; it is coded as Very good (1) to Very bad (5).

OPQOL-Brief scoring:
Each of the 13 items is scored Strongly agree=1, Agree=2, Neither=3, Disagree=4, Strongly disagree=5. The items are summed for a total OPQOL-Brief score, then positive items are reverse coded, so that higher scores represented higher QoL.

We would like to ask you about your quality of life:

Single item - global QoL:

1 Thinking about both the good and bad things that make up your quality of life, how would you rate the quality of your life as a whole?

Your quality of life as a whole is: Very good       Good          Alright         Bad    Very bad

OPQOL-Brief

2 Please tick one box in each row. Please select the response that best describes you/your views. There are no right or wrong answers.

<table>
<thead>
<tr>
<th>Item</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree nor disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 I enjoy my life overall</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 I look forward to things</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 I am healthy enough to get out and about</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 My family, friends or neighbours</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
would help me if needed

5 I have social or leisure activities/ hobbies that I enjoy doing

6 I try to stay involved with things

7 I am healthy enough to have my independence

8 I can please myself what I do

9 I feel safe where I live

10 I get pleasure from my home

11 I take life as it comes and make the best of things

12 I feel lucky compared to most people

13 I have enough money to pay for household bills

Thank you for your help

OPQOL-brief: Copyrighted @ A. Bowling. This questionnaire is free to use and no permissions are needed. The request is that the source is credited:

http://dx.doi.org/10.1016/j.archger.2012.08.012

The full OPQOL questionnaire, scoring details, the OPQOL-brief, and other information about the research can be found on:  

The link for actual PDF of the OPQOL-brief is also here:  
Qol follow-up 2007 OPQOL
Older People’s Quality of Life Questionnaire (OPQOL) summed scoring and reverse coding:

OPQOL items coded 1-5; scoring = – reverse coding of positive items; sum sub-scales – names as marked in table headers; sum total for overall score +/-OPQOL: reverse coding of positively worded items + (5-1) so higher scores represented higher QoL

OPQOL items:

Please indicates the extent to which you agree or disagree with each of the following statements (5-point Likert response scale: Strongly agree to Strongly disagree coded 1-5 as indicated in questionnaire)

Life overall
1. I enjoy my life overall
2. I am happy much of the time
3. I look forward to things
4. Life gets me down

Health
5. I have a lot of physical energy
6. Pain affects my well-being
7. My health restricts me looking after myself or my home
8. I am healthy enough to get out and about

Social relationships/leisure and social activities
9. My family, friends or neighbours would help me if needed
10. I would like more companionship or contact with other people
11. I have someone who gives me love and affection
12. I’d like more people to enjoy life with
12a. I have my children around which is important *
29. I have social or leisure activities/hobbies that I enjoy doing
30. I try to stay involved with things
31. I do paid or unpaid work or activities that give me a role in life

Independence, control over life, freedom
13. I am healthy enough to have my independence
14. I can please myself what I do
15. The cost of things compared to my pension/income restricts my life
16. I have a lot of control over the important things in my life
32. I have responsibilities to others that restrict my social or leisure activities

Home and neighbourhood
17. I feel safe where I live
18. The local shops, services and facilities are good overall
19. I get pleasure from my home
20. I find my neighbourhood friendly

Psychological and emotional well-being
21. I take life as it comes and make the best of things
22. I feel lucky compared to most people
23. I tend to look on the bright side
24. If my health limits social/leisure activities, then I will compensate and find something else I can do

Financial circumstances
25. I have enough money to pay for household bills
26. I have enough money to pay for household repairs or help needed in the house
27. I can afford to buy what I want to
28. I cannot afford to do things I would enjoy

Religion/culture
33. Religion, belief or philosophy is important to my quality of life *
34 (35). Cultural/religious events/festivals are important to my quality of life *

[Note: the 32 item version was used in Qol follow-up survey; a 35 item version was used in ONS Omnibus and Ethnibus surveys; three additional items were included after holding focus groups with ethnically diverse older people - marked with *]

OPQOL norms, in 2007-8, for a national random population sample aged 65+, a national ethnically diverse sample aged 65+, and a follow-up of people aged 65+ in 1999/200 are shown in Table 1.

<table>
<thead>
<tr>
<th>OPQOL items:</th>
<th>Percent (n) Ethnibus 2008 (35 items, range 35-175)</th>
<th>Percent (n) ONS Omnibus 2008 (35 items, range 35-175)</th>
<th>Percent (n) QoL Survey follow-up 2007/8 (32 items, range 32-160)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Life overall:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. + I enjoy my life overall</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strongly agree</td>
<td>18 (73)</td>
<td>38 (224)</td>
<td>21 (59) ****</td>
</tr>
<tr>
<td>Agree</td>
<td>34 (137)</td>
<td>53 (310)</td>
<td>61 (171)</td>
</tr>
<tr>
<td>Neither agree nor disagree</td>
<td>37 (148)</td>
<td>7 (42)</td>
<td>14 (40)</td>
</tr>
<tr>
<td>Disagree</td>
<td>9 (35)</td>
<td>2 (11)</td>
<td>4 (12)</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>2 (7)</td>
<td>---</td>
<td></td>
</tr>
<tr>
<td>2. + I am happy much of the time</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strongly agree</td>
<td>10 (41)</td>
<td>34 (197)</td>
<td>18 (50) ****</td>
</tr>
<tr>
<td>Agree</td>
<td>32 (126)</td>
<td>59 (344)</td>
<td>66 (184)</td>
</tr>
<tr>
<td>----------------------------</td>
<td>----------</td>
<td>----------</td>
<td>----------</td>
</tr>
<tr>
<td>Neither agree nor disagree</td>
<td>49 (196)</td>
<td>5 (32)</td>
<td>12 (32)</td>
</tr>
<tr>
<td>Disagree</td>
<td>8 (33)</td>
<td>2 (13)</td>
<td>4 (12)</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>1 (4)</td>
<td>---</td>
<td>---</td>
</tr>
</tbody>
</table>

**3. + I look forward to things**

<table>
<thead>
<tr>
<th>Strongly agree</th>
<th>15 (60)</th>
<th>36 (209)</th>
<th>21 (57)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agree</td>
<td>42 (166)</td>
<td>53 (312)</td>
<td>58 (163)</td>
</tr>
<tr>
<td>Neither agree nor disagree</td>
<td>38 (152)</td>
<td>8 (47)</td>
<td>17 (48)</td>
</tr>
<tr>
<td>Disagree</td>
<td>5 (21)</td>
<td>3 (17)</td>
<td>4 (11)</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>--- (1)</td>
<td>--- (2)</td>
<td>---</td>
</tr>
</tbody>
</table>

**4. - Life gets me down**

<table>
<thead>
<tr>
<th>Strongly agree</th>
<th>14 (57)</th>
<th>1 (8)</th>
<th>2 (4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agree</td>
<td>47 (187)</td>
<td>12 (72)</td>
<td>7 (20)</td>
</tr>
<tr>
<td>Neither agree nor disagree</td>
<td>23 (92)</td>
<td>17 (100)</td>
<td>25 (69)</td>
</tr>
<tr>
<td>Disagree</td>
<td>12 (48)</td>
<td>48 (279)</td>
<td>44 (118)</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>4 (16)</td>
<td>22 (127)</td>
<td>22 (61)</td>
</tr>
</tbody>
</table>

**2. Health and functioning:**

**5. + I have a lot of physical energy**

<table>
<thead>
<tr>
<th>Strongly agree</th>
<th>13 (53)</th>
<th>12 (71)</th>
<th>6 (17)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agree</td>
<td>41 (165)</td>
<td>34 (202)</td>
<td>28 (76)</td>
</tr>
<tr>
<td>Neither agree nor disagree</td>
<td>30 (121)</td>
<td>19 (113)</td>
<td>36 (96)</td>
</tr>
<tr>
<td>Disagree</td>
<td>13 (51)</td>
<td>29 (164)</td>
<td>27 (74)</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>3 (10)</td>
<td>6 (36)</td>
<td>3 (9)</td>
</tr>
</tbody>
</table>

**6. - Pain affects my well-being±**
<table>
<thead>
<tr>
<th>Response</th>
<th>Count 1</th>
<th>Count 2</th>
<th>Count 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>14</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Agree</td>
<td>40</td>
<td>29</td>
<td>28</td>
</tr>
<tr>
<td>Neither agree nor disagree</td>
<td>32</td>
<td>15</td>
<td>21</td>
</tr>
<tr>
<td>Disagree</td>
<td>10</td>
<td>35</td>
<td>33</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>4</td>
<td>13</td>
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</table>

7. - My health restricts me looking after myself or my home

<table>
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<th>Count 1</th>
<th>Count 2</th>
<th>Count 3</th>
</tr>
</thead>
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<tr>
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<td>4</td>
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</tr>
<tr>
<td>Agree</td>
<td>33</td>
<td>15</td>
<td>12</td>
</tr>
<tr>
<td>Neither agree nor disagree</td>
<td>37</td>
<td>7</td>
<td>14</td>
</tr>
<tr>
<td>Disagree</td>
<td>11</td>
<td>47</td>
<td>43</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>4</td>
<td>27</td>
<td>26</td>
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</table>

8. + I am healthy enough to get out and about

<table>
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<th>Count 2</th>
<th>Count 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>8</td>
<td>39</td>
<td>29</td>
</tr>
<tr>
<td>Agree</td>
<td>32</td>
<td>47</td>
<td>51</td>
</tr>
<tr>
<td>Neither agree nor disagree</td>
<td>48</td>
<td>5</td>
<td>9</td>
</tr>
<tr>
<td>Disagree</td>
<td>11</td>
<td>5</td>
<td>8</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>1</td>
<td>4</td>
<td>3</td>
</tr>
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</table>

3a. Social relationships:

9. + My family, friends or neighbours would help me if needed

<table>
<thead>
<tr>
<th>Response</th>
<th>Count 1</th>
<th>Count 2</th>
<th>Count 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>6</td>
<td>49</td>
<td>44</td>
</tr>
<tr>
<td>Agree</td>
<td>31</td>
<td>45</td>
<td>49</td>
</tr>
<tr>
<td>Neither agree nor disagree</td>
<td>55</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>Disagree</td>
<td>8 (31)</td>
<td>2 (12)</td>
<td>--- (1)</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>--- (1)</td>
<td>--- (2)</td>
<td>--- (1)</td>
</tr>
</tbody>
</table>

**10. - I would like more companionship or contact with other people**

| Strongly agree | 3 (13) | 4 (21) | 4 (10) **** |
| Agree | 33 (134) | 16 (95) | 19 (53) |
| Neither agree nor disagree | 42 (167) | 27 (157) | 42 (117) |
| Disagree | 20 (79) | 46 (272) | 29 (79) |
| Strongly disagree | 2 (7) | 7 (41) | 6 (17) |

**11. + I have someone who gives me love and affection**

| Strongly agree | 10 (38) | 50 (297) | 45 (125) **** |
| Agree | 45 (178) | 38 (222) | 35 (96) |
| Neither agree nor disagree | --- --- | 5 (28) | 13 (36) |
| Disagree | 44 (177) | 5 (29) | 6 (17) |
| Strongly disagree | 2 (7) | 2 (10) | 1 (4) |

**12/a - I’d like more people to enjoy life with**

| Strongly agree | 3 (14) | 4 (25) | 5 (13) **** |
| Agree | 32 (130) | 25 (149) | 21 (58) |
| Neither agree nor disagree | 41 (164) | 27 (157) | 42 (116) |
| Disagree | 22 (86) | 39 (229) | 27 (76) |
| Strongly disagree | 2 (6) | 5 (27) | 5 (14) |

**12/b. Aia.+ + I have my children around which is important**
<table>
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<tr>
<th>Statement</th>
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<th>Agree</th>
<th>Neither agree nor disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
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<td>37 (217)</td>
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<td>31 (182)</td>
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<td>Neither agree nor disagree</td>
<td>39 (156)</td>
<td>11 (63)</td>
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<tr>
<td>Disagree</td>
<td>15 (61)</td>
<td>11 (64)</td>
<td></td>
<td></td>
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<tr>
<td>Strongly disagree [includes no children]</td>
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**4. Independence, control over life, freedom:**

<table>
<thead>
<tr>
<th>13. <em>I am healthy enough to have my independence</em> (independence-health)</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree nor disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>7 (26)</td>
<td>39 (231)</td>
<td>32 (93)****</td>
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<tr>
<td>Agree</td>
<td>23 (93)</td>
<td>48 (282)</td>
<td>50 (142)</td>
<td></td>
<td></td>
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<tr>
<td>Neither agree nor disagree</td>
<td>41 (163)</td>
<td>5 (25)</td>
<td>9 (26)</td>
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<td></td>
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<tr>
<td>Disagree</td>
<td>23 (93)</td>
<td>6 (37)</td>
<td>7 (19)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>6 (25)</td>
<td>2 (12)</td>
<td>2 (6)</td>
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</table>

<table>
<thead>
<tr>
<th>14. <em>I can please myself what I do</em> (freedom, autonomy)</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree nor disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
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<td>30 (84)****</td>
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<td>45 (180)</td>
<td>48 (281)</td>
<td>53 (151)</td>
<td></td>
<td></td>
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<tr>
<td>Neither agree nor disagree</td>
<td>15 (62)</td>
<td>6 (37)</td>
<td>11 (31)</td>
<td></td>
<td></td>
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<tr>
<td>Disagree</td>
<td>24 (94)</td>
<td>3 (15)</td>
<td>5 (14)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>6 (25)</td>
<td>1 (8)</td>
<td>1 (4)</td>
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</table>

<table>
<thead>
<tr>
<th>15. <em>The cost of things compared to my pension/income restricts my life</em> (independence-financial)</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree nor disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>12 (48)</td>
<td>11 (64)</td>
<td>8 (23)****</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Agree</td>
<td>15 (60)</td>
<td>28 (162)</td>
<td>23 (65)</td>
<td></td>
<td></td>
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<tr>
<td>Neither agree nor disagree</td>
<td>24 (96)</td>
<td>20 (119)</td>
<td>31 (86)</td>
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<td></td>
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<tr>
<td>Disagree</td>
<td>42 (169)</td>
<td>36 (213)</td>
<td>32 (91)</td>
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<tr>
<td>Strongly disagree</td>
<td>7 (27)</td>
<td>5 (29)</td>
<td>6 (18)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**16. + I have a lot of control over the important things in my life (control)**

| Strongly agree | 13 (53) | 37 (219) | 26 (74) **** |
| Agree | 41 (163) | 53 (313) | 56 (161) |
| Neither agree nor disagree | 29 (115) | 6 (32) | 14 (40) |
| Disagree | 17 (69) | 4 (22) | 3 (8) |
| Strongly disagree | --- | --- | 1 (3) |

**32. - I have responsibilities to others that restrict my social or leisure activities**

| Strongly agree | 5 (18) | 3 (15) | 4 (12) **** |
| Agree | 15 (59) | 10 (60) | 12 (33) |
| Neither agree nor disagree | 20 (82) | 7 (40) | 16 (44) |
| Disagree | 38 (152) | 62 (365) | 50 (135) |
| Strongly disagree | 22 (89) | 18 (107) | 17 (47) |

**5. Home and neighbourhood:**

**17. + I feel safe where I live**

<p>| Strongly agree | 14 (190) | 46 (269) | 35 (99) **** |
| Agree | 40 (161) | 47 (275) | 53 (151) |
| Neither agree nor disagree | 9 (36) | 4 (24) | 9 (26) |
| Disagree | 3 (12) | 2 (13) | 3 (7) |</p>
<table>
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<th>-</th>
<th>---</th>
<th>(1)</th>
<th>1</th>
<th>(6)</th>
<th>---</th>
<th>(1)</th>
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<tr>
<td>18. + The local shops, services and facilities are good overall</td>
<td>Strongly agree</td>
<td>32</td>
<td>(127)</td>
<td>22</td>
<td>(132)</td>
<td>23</td>
<td>(64)</td>
<td>****</td>
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<tr>
<td></td>
<td>Agree</td>
<td>54</td>
<td>(216)</td>
<td>50</td>
<td>(293)</td>
<td>59</td>
<td>(168)</td>
<td></td>
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<tr>
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<td>Neither agree nor disagree</td>
<td>13</td>
<td>(53)</td>
<td>11</td>
<td>(60)</td>
<td>9</td>
<td>(26)</td>
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<td>(4)</td>
<td>14</td>
<td>(83)</td>
<td>7</td>
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<td></td>
<td>Strongly disagree</td>
<td>---</td>
<td>---</td>
<td>3</td>
<td>(18)</td>
<td>2</td>
<td>(5)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19. + I get pleasure from my home</td>
<td>Strongly agree</td>
<td>5</td>
<td>(18)</td>
<td>45</td>
<td>(263)</td>
<td>44</td>
<td>(124)</td>
<td>****</td>
<td></td>
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<tr>
<td></td>
<td>Agree</td>
<td>33</td>
<td>(133)</td>
<td>51</td>
<td>(299)</td>
<td>50</td>
<td>(140)</td>
<td></td>
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<td>Neither agree nor disagree</td>
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<td>(197)</td>
<td>3</td>
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<td></td>
<td>Disagree</td>
<td>12</td>
<td>(48)</td>
<td>1</td>
<td>(8)</td>
<td>1</td>
<td>(4)</td>
<td></td>
<td></td>
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<td>Strongly disagree</td>
<td>1</td>
<td>(4)</td>
<td>---</td>
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<tr>
<td>20. + I find my neighbourhood friendly</td>
<td>Strongly agree</td>
<td>4</td>
<td>(15)</td>
<td>36</td>
<td>(209)</td>
<td>28</td>
<td>(80)</td>
<td>****</td>
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<tr>
<td></td>
<td>Agree</td>
<td>21</td>
<td>(86)</td>
<td>53</td>
<td>(314)</td>
<td>54</td>
<td>(152)</td>
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<td>(232)</td>
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<td>(41)</td>
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<td>Disagree</td>
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<td>(62)</td>
<td>3</td>
<td>(16)</td>
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<td>(8)</td>
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<td>1</td>
<td>(5)</td>
<td>1</td>
<td>(3)</td>
<td>--</td>
<td>(1)</td>
<td></td>
<td></td>
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<tr>
<td>6. Psychological and emotional well-being:</td>
<td>21. + I take life as it comes and make the best of things</td>
<td>Strongly agree</td>
<td>14</td>
<td>(57)</td>
<td>43</td>
<td>(256)</td>
<td>35</td>
<td>(98)</td>
<td>****</td>
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<td>51 (302)</td>
<td>58 (164)</td>
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<tr>
<td>Disagree</td>
<td>6 (23)</td>
<td>1 (6)</td>
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<td></td>
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<td></td>
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<tr>
<td>Strongly disagree</td>
<td>---</td>
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<td>---</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

22. + I feel lucky compared to most people

| Strongly agree | 6 (22) | 42 (243) | 33 (92) **** |
| Agree | 23 (90) | 49 (289) | 54 (151) |
| Neither agree nor disagree | 42 (169) | 7 (43) | 12 (35) |
| Disagree | 24 (98) | 2 (11) | 1 (3) |
| Strongly disagree | 5 (21) | --- | (2) | --- |

23. + I tend to look on the bright side

| Strongly agree | 10 (38) | 35 (208) | 27 (76) **** |
| Agree | 33 (133) | 55 (321) | 56 (158) |
| Neither agree nor disagree | 37 (147) | 9 (50) | 14 (40) |
| Disagree | 20 (82) | 1 (8) | 2 (6) |
| Strongly disagree | --- | --- | --- | --- |

24. + If my health limits social/leisure activities, then I will compensate and find something else I can do

| Strongly agree | 24 (96) | 19 (114) | 21 (59) **** |
| Agree | 28 (112) | 62 (365) | 55 (154) |
| Neither agree nor disagree | 30 (121) | 14 (83) | 22 (62) |
| Disagree | 17 (67) | 4 (20) | 2 (6) |
| Strongly disagree | 1 (4) | 1 (4) | --- |
7. Financial circumstances:

<table>
<thead>
<tr>
<th>25. + I have enough money to pay for household bills</th>
<th>26. + I have enough money to pay for household repairs or help needed in the house</th>
<th>27. + I can afford to buy what I want to</th>
<th>28. - I cannot afford to do things I would enjoy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>17 (67)</td>
<td>12 (48)</td>
<td>9 (37)</td>
</tr>
<tr>
<td>Agree</td>
<td>17 (69)</td>
<td>11 (44)</td>
<td>9 (37)</td>
</tr>
<tr>
<td>Neither agree nor disagree</td>
<td>37 (149)</td>
<td>40 (161)</td>
<td>38 (153)</td>
</tr>
<tr>
<td>Disagree</td>
<td>25 (99)</td>
<td>31 (124)</td>
<td>32 (128)</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>4 (16)</td>
<td>6 (23)</td>
<td>12 (45)</td>
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<td></td>
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<td>17 (69)</td>
<td>47 (275)</td>
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<td>37 (149)</td>
<td>19 (110)</td>
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<td>Disagree</td>
<td>25 (99)</td>
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<td>3 (45)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>25. + I have enough money to pay for household bills</td>
<td>26. + I have enough money to pay for household repairs or help needed in the house</td>
<td>27. + I can afford to buy what I want to</td>
<td>28. - I cannot afford to do things I would enjoy</td>
</tr>
<tr>
<td>Strongly agree</td>
<td>25 (148)</td>
<td>19 (107)</td>
<td>10 (58)</td>
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<tr>
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<td>66 (388)</td>
<td>51 (296)</td>
<td>47 (275)</td>
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<td>19 (111)</td>
<td>19 (110)</td>
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<td>3 (20)</td>
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<td></td>
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<tr>
<td>25. + I have enough money to pay for household bills</td>
<td>26. + I have enough money to pay for household repairs or help needed in the house</td>
<td>27. + I can afford to buy what I want to</td>
<td>28. - I cannot afford to do things I would enjoy</td>
</tr>
<tr>
<td>Strongly agree</td>
<td>29 (81) ****</td>
<td>21 (57) ****</td>
<td>17 (41) ****</td>
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<tr>
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<td>59 (168)</td>
<td>45 (125)</td>
<td>41 (114)</td>
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<td>9 (24)</td>
<td>20 (57)</td>
<td>23 (64)</td>
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<td>3 (10)</td>
<td>13 (37)</td>
<td>17 (49)</td>
</tr>
<tr>
<td>Strongly disagree</td>
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<td>1 (4)</td>
<td>2 (6)</td>
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<td></td>
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</tr>
<tr>
<td>25. + I have enough money to pay for household bills</td>
<td>26. + I have enough money to pay for household repairs or help needed in the house</td>
<td>27. + I can afford to buy what I want to</td>
<td>28. - I cannot afford to do things I would enjoy</td>
</tr>
<tr>
<td>Strongly agree</td>
<td>38 (153)</td>
<td>32 (128)</td>
<td>8 (31)</td>
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<tr>
<td>Agree</td>
<td>19 (110)</td>
<td>21 (122)</td>
<td>5 (30)</td>
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<tr>
<td>Neither agree nor disagree</td>
<td>23 (64)</td>
<td>17 (49)</td>
<td>3 (8) ****</td>
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<tr>
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<td>64 (238)</td>
<td>3 (20)</td>
<td>19 (54)</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>0 (0)</td>
<td>2 (6)</td>
<td>3 (8) ****</td>
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</tbody>
</table>
Neither agree nor disagree | 28 (112) | 20 (117) | 28 (77)  
Disagree | 34 (134) | 48 (283) | 38 (106)  
Strongly disagree | 22 (87) | 7 (39) | 12 (35)  

### 3b. Leisure and social activities:

<table>
<thead>
<tr>
<th>Question</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree nor disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>29. + I have social or leisure activities/hobbies that I enjoy doing</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strongly agree</td>
<td>8 (30)</td>
<td>28 (165)</td>
<td>20 (57) ******</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Agree</td>
<td>36 (144)</td>
<td>51 (300)</td>
<td>54 (149)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neither agree nor disagree</td>
<td>30 (122)</td>
<td>10 (57)</td>
<td>18 (49)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disagree</td>
<td>17 (68)</td>
<td>9 (51)</td>
<td>7 (20)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>9 (36)</td>
<td>2 (13)</td>
<td>1 (4)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>30. - I try to stay involved with things</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strongly agree</td>
<td>8 (32)</td>
<td>26 (154)</td>
<td>18 (51) ******</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Agree</td>
<td>30 (120)</td>
<td>57 (335)</td>
<td>57 (157)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neither agree nor disagree</td>
<td>40 (159)</td>
<td>9 (55)</td>
<td>21 (57)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disagree</td>
<td>17 (68)</td>
<td>7 (39)</td>
<td>3 (9)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>5 (21)</td>
<td>1 (3)</td>
<td>1 (4)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>31. + I do paid or unpaid work or activities that give me a role in life</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strongly agree</td>
<td>8 (30)</td>
<td>13 (79)</td>
<td>9 (23) ******</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Agree</td>
<td>18 (71)</td>
<td>22 (128)</td>
<td>18 (47)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neither agree nor disagree</td>
<td>32 (128)</td>
<td>9 (52)</td>
<td>16 (42)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disagree</td>
<td>30 (121)</td>
<td>41 (239)</td>
<td>42 (113)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>12 (50)</td>
<td>15 (85)</td>
<td>16 (44)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### 8. Religion/culture:

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree nor disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Aic.</em>± + Religion, belief or philosophy is important to my QoL</td>
<td>11 (45)</td>
<td>47 (187)</td>
<td>23 (92)</td>
<td>16 (65)</td>
<td>3 (11)</td>
</tr>
<tr>
<td></td>
<td>18 (106)**</td>
<td>37 (216)</td>
<td>21 (125)</td>
<td>18 (105)</td>
<td>6 (35)</td>
</tr>
<tr>
<td><em>Aid.</em>± + Cultural /religious events/festivals are important to my QoL</td>
<td>13 (51)</td>
<td>51 (205)</td>
<td>23 (93)</td>
<td>11 (42)</td>
<td>2 (9)</td>
</tr>
<tr>
<td></td>
<td>12 (72)ns</td>
<td>29 (169)</td>
<td>23 (135)</td>
<td>30 (174)</td>
<td>6 (37)</td>
</tr>
</tbody>
</table>

| No. of respondents [item non-response] | 400 [item non-response 0%] | 585-587 [0 577 for financial item # 26; other item non-response: <1%] | 269-286 [item non-response 5-10% (+1 item only=11%)] |

+ Please indicate the extent to which you agree or disagree with each of the following statements

+/-OPQOL: reverse coding of positively worded items + (5-1) so higher scores represented higher QoL

ns not statistically significant at least at p<0.05 level
** p<0.01
**** p<0.0001

± Additional items inserted in Ethnibus and ONS Omnibus Surveys recommended by Ethnibus focus group members and refined with Ethnibus staff (QoL follow-up questionnaires had already been mailed out and did not include these additional items)

± Ethnibus feedback from interviewers: item 6 QOL is based on physical, psychological and emotional pain due to family and domestic issues. This is a cultural interpretation of the word “pain”.

Development of the OPQOL

The OPQOL is a 32- to 35- item QoL measure. It was conceptually grounded in lay views from the baseline QoL ONS Omnibus Surveys. It has 5-point Likert scales from Strongly Agree to Strongly Disagree, with 32 or 35 items, representing: life overall (4 items), health (4 items), social relationships and participation (7 items in QoL follow-up survey, 8 items in Omnibus surveys), independence, control over life, freedom (5 items), area: home and neighbourhood (4 items), psychological and emotional well-being (4 items), financial circumstances (4 items), religion/culture (2 items; asked in Omnibus surveys only). Items are scored (with reverse coding of positive responses, so that higher scores equal higher QoL; the scale ranges are 35 (QoL so bad could not be worse) to 175 (QoL so good could not be better) (Omnibus surveys) and, correspondingly 32 to 160 in the QoL follow-up survey.

In the development of the OPQOL, older people’s responses to open-ended questioning about the ‘good things’ that gave life quality were examined. These were categorised into main themes by two researchers, independently. These were, in order of magnitude: social relationships (mentioned by 81%), social roles and activities (60%), solo activities (48%), health (44%), psychological outlook and well-being (38%), home and neighbourhood (37%), financial circumstances (33%), and independence (27%). Smaller numbers mentioned various other things. These responses were consistent with older people’s views about what took quality away from life. The sub-scale domains in the OPQOL reflected this common core of main constituents of quality of life. The common sub-themes are listed in (Bowling 2007). The pool of actual verbatim responses was examined next by two researchers, again independently, to inform the inclusion of the items within each sub-scale. The main reasons given by people, at survey and in-depth interview, to explain the importance of these themes to their QoL were categorized, by two independent coders, as: freedom to do the things they wanted to do without restriction (whether in the home or socially); pleasure, enjoyment and satisfaction with life; mental harmony; social attachment - having access to companionship, intimacy, love, social contact and involvement, help; social roles; and feeling secure. These cut across the main themes (Bowling & Gabriel, 2007). The responses which were selected for inclusion in OPQOL represented the most commonly occurring sub-themes within each theme. The verbatim responses formed an initial pool of over 100 different statements, or
attitudes. After reading and comparing the items, overlapping statements were deleted to leave 51 items. The revised items were first mailed to QoL Survey sample members in 2006 and 60% of the respondents invited to participate returned the completed questionnaires. They were asked to complete the items, report any difficulties they had with it, and to make any other comments about it.

Psychometric tests for item redundancy, reliability and validity, led to the removal of redundant items (over-high correlations), items with high missing data, items where the Cronbach’s alpha of the scale improved with their removal, items which did not correlate with the overall scale score or a self-rated global QoL item. Exploratory factor analysis was used to explore the dimensions underlying the questionnaire. Amendments to wording were made following feedback from survey respondents and an opportunistic focus group of eight consenting people aged 65+ whose role locally was to provide feedback on research and services (seven of whom were white). This resulted in a reduced 32-item, multi-dimensional QoL questionnaire, with the methodological advantage that it separates constituents of QoL from QoL end states. The questionnaire was further assessed for interpretation, face and content validity with four focus groups of older people, three of which reflected ethnic diversity, and were organised by Ethnibus’s focus group arm before the Ethnibus and ONS Omnibus waves commenced (http://www.ethnifocus.com).

The report of this research: 'Good Neighbours' can be downloaded from International Longevity website in summary and in full. Also available for download is the questionnaire used in the research (links below valid May 2011).


Further reading on the OPQOL questionnaire

51 item OPQOLO items (on a 5-item Very much like me to Not very much like me Likert scale) = original version tested in 2006 follow-up of QoL999 sample sub-sample and item redundancy carried out on these to form 35 item OPQOL tested with whole sample in 2007 (% is proportion mentioning the theme from QoL999 baseline open-coding)

<table>
<thead>
<tr>
<th>QoL questionnaire items:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Life overall</strong></td>
</tr>
<tr>
<td>1. I enjoy my life overall</td>
</tr>
<tr>
<td>2. I haven’t got a lot of quality of life at the moment</td>
</tr>
<tr>
<td><strong>3. In all, I’ve got a good life</strong></td>
</tr>
<tr>
<td>4. I don’t like the way some things are in my life</td>
</tr>
<tr>
<td>5. I look forward to things in my life</td>
</tr>
<tr>
<td>6. I am dissatisfied with my life overall</td>
</tr>
<tr>
<td><strong>Health and functioning (44%+)</strong></td>
</tr>
<tr>
<td>7. I have a lot of physical energy for life</td>
</tr>
<tr>
<td>8. Having pain affects my well-being</td>
</tr>
<tr>
<td>9. My health restricts me doing some personal tasks (e.g. bathing) or domestic tasks (e.g. cooking, cleaning, shopping)</td>
</tr>
<tr>
<td>10. I can get out and about without difficulty</td>
</tr>
<tr>
<td>11. I am fit enough to do what I want</td>
</tr>
<tr>
<td><strong>12. My health does not restrict my leisure/social activities or interests</strong></td>
</tr>
<tr>
<td><strong>Social relationships (81%+)</strong></td>
</tr>
<tr>
<td>13. My family or friends would help me if needed</td>
</tr>
<tr>
<td>14. My family or friends do not have much time for me</td>
</tr>
<tr>
<td><strong>15. Helping other people makes me feel valued</strong></td>
</tr>
<tr>
<td>16. I’d be happier with more companionship/contact with people</td>
</tr>
<tr>
<td><strong>17. I have people around me who love me</strong></td>
</tr>
<tr>
<td>18. I don’t have enough people to do things or enjoy life with</td>
</tr>
<tr>
<td><strong>19. My family or friends are nice to me</strong></td>
</tr>
<tr>
<td><strong>Independence, control, autonomy (27%+)</strong></td>
</tr>
<tr>
<td>20. I am healthy enough to have my independence</td>
</tr>
<tr>
<td>21. Poor transport here restricts what I do</td>
</tr>
<tr>
<td>22. I don’t feel free to make my own decisions in life</td>
</tr>
<tr>
<td>23. I do what I want to do</td>
</tr>
<tr>
<td>24. The cost of things compared to my pension/ income restricts my life</td>
</tr>
<tr>
<td>25. I feel in control of the important things in my life</td>
</tr>
<tr>
<td><strong>Home, neighbourhood and environment (37%+)</strong></td>
</tr>
<tr>
<td>26. I feel fairly safe where I live</td>
</tr>
<tr>
<td>27. Local shops, services and facilities are good overall</td>
</tr>
<tr>
<td>28. Public transport is very good here</td>
</tr>
<tr>
<td>29. I get pleasure from my home</td>
</tr>
<tr>
<td>30. I cannot afford to make needed improvements to my home</td>
</tr>
<tr>
<td>31. I enjoy living in this area</td>
</tr>
<tr>
<td>32. It’s a friendly neighbourhood here</td>
</tr>
<tr>
<td><strong>Psychological outlook and wellbeing (38%+)</strong></td>
</tr>
<tr>
<td>33. I’m happy most of the time</td>
</tr>
<tr>
<td>34. I take life as it comes and make the best of it</td>
</tr>
<tr>
<td>35. I consider myself to be lucky, compared to other people</td>
</tr>
<tr>
<td>36. Life gets me down</td>
</tr>
<tr>
<td>37. I tend to look on the bright side</td>
</tr>
<tr>
<td>38. I see the funny side of things</td>
</tr>
<tr>
<td>39. If I am not able to do a social or leisure activity, then I will find something else to do</td>
</tr>
<tr>
<td><strong>Finances and standard of living (33%+)</strong></td>
</tr>
<tr>
<td>40. I worry about having enough money to pay for household bills</td>
</tr>
<tr>
<td>41. I can afford to pay for basics but not much more</td>
</tr>
<tr>
<td>42. I have enough money to pay for repairs or help needed in the house</td>
</tr>
<tr>
<td>43. Holidays or trips away are too expensive for me</td>
</tr>
<tr>
<td>44. I buy what I want without worrying about money</td>
</tr>
</tbody>
</table>
45. I cannot afford to do things that I would enjoy

**Social participation, social roles, leisure activities (60%+) (plus leisure activities enjoyed alone 48%+)**

46. Life would be more enjoyable if I knew people with similar interests

47. My hobbies/interests/social activities give me pleasure

48. I stay involved with things

49. Helping others makes me feel valued

50. Week after week, it’s the same routine

51. I don’t do as much socially as I would like to
Quality of Life Survey

Department of Primary Care and Population Sciences,
University College London, London NW3 2PF.
There is great interest among policy makers in how to improve the quality of people's lives, and in promoting an active older age. So the aim of this study is to find out about quality of life and active ageing.

There are no right or wrong answers. Please tick the box next to the response that best describes you/your views, or write in your answer where indicated.

Please answer all the questions. If you are unsure about which response to give to a question Please choose the one that appears most appropriate.

First, we are interested in finding out about people’s own views of ‘active ageing’.

1. What, in your opinion, are the things associated with ‘active ageing’? You can say as many things as you like. There are no right or wrong answers. We are interested in your own views:

……………………………………………………………………………………………………
……………………………………………………………………………………………………
……………………………………………………………………………………………………
……………………………………………………………………………………………………
……………………………………………………………………………………………………

2. Thinking of the things that you have listed as associated with active ageing, would you say you are ageing ‘actively’ so far?

(1) Yes, very actively

(2) Yes, fairly actively

(3) Neither actively or inactively

(4) No, not actively

(5) No, not at all actively
Now we would like to ask you about your quality of life:

In our earlier survey of quality of life among people aged 65+ across Britain, people told us about the things that gave their life quality, and the things that took it away. We included the main things they told us in the Quality of Life questionnaire below. Over 100 people aged 65+ then completed it and gave us helpful feedback on how to improve the questions. We have included people’s suggestions and now we need to find out how accurately these things reflect other people’s lives. We hope that the questionnaire will then be used by policy makers to assess the effectiveness of their policies for older people.

Please write in your answer where indicated or tick the box next to your reply. Thank you for your help.

**OPQOL:**

3. Thinking about both the good and bad things that make up your quality of life, how would you rate the quality of your life as a whole? Please tick the box next to the answer that best describes your quality of life:

<table>
<thead>
<tr>
<th>Your quality of life as a whole is:</th>
<th>Very good</th>
<th>Good</th>
<th>Alright</th>
<th>Bad</th>
<th>Very bad</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>(1)</td>
<td>(2)</td>
<td>(3)</td>
<td>(4)</td>
<td>(5)</td>
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<td></td>
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</tbody>
</table>

4. How would you rate your quality of life in relation to each of the following areas of life? Please tick the box next to the answer that best describes your quality of life in each area:

a) Your health: Very good (1) Good (2) Alright (3) Bad (4) Very bad (5)

b) Your social relationships: Very good (1) Good (2) Alright (3) Bad (4) Very bad (5)

c) Your independence, control over life, and freedom: Very good (1) Good (2) Alright (3) Bad (4) Very bad (5)
d) Your home & neighbourhood:  
<table>
<thead>
<tr>
<th>Rating</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very good</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Good</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Alright</td>
<td></td>
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<td></td>
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<tr>
<td>Bad</td>
<td></td>
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<td></td>
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<tr>
<td>Very bad</td>
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</tbody>
</table>

e) Your psychological or emotional well-being:  
<table>
<thead>
<tr>
<th>Rating</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very good</td>
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<tr>
<td>Good</td>
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<tr>
<td>Alright</td>
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<tr>
<td>Bad</td>
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<tr>
<td>Very bad</td>
<td></td>
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</tr>
</tbody>
</table>

f) Your financial circumstances:  
<table>
<thead>
<tr>
<th>Rating</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very good</td>
<td></td>
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<tr>
<td>Good</td>
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<tr>
<td>Alright</td>
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<td>Bad</td>
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<tr>
<td>Very bad</td>
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</tbody>
</table>

g) Your leisure & social activities:  
<table>
<thead>
<tr>
<th>Rating</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
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<tbody>
<tr>
<td>Very good</td>
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<tr>
<td>Good</td>
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<tr>
<td>Alright</td>
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<td>Bad</td>
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<tr>
<td>Very bad</td>
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</tr>
</tbody>
</table>

5. Please tick one box in each row that indicates the extent to which you agree or disagree with each of the following statements.

**Life overall**

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1) I enjoy my life overall</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>(2) I am happy much of the time</td>
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<tr>
<td>(3) I look forward to things</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>(4) Life gets me down</td>
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</tr>
</tbody>
</table>
### Health (wt 4)

<table>
<thead>
<tr>
<th></th>
<th>Question</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>I have a lot of physical energy</td>
<td></td>
<td></td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>6</td>
<td>Pain affects my well-being</td>
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<td></td>
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<tr>
<td>7</td>
<td>My health restricts me looking after myself or my home</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>I am healthy enough to get out and about</td>
<td></td>
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</table>

### Social relationships (wt 8)

<table>
<thead>
<tr>
<th></th>
<th>Question</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>My family, friends or neighbours would help me if needed</td>
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<tr>
<td>10</td>
<td>I would like more companionship or contact with other people</td>
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<tr>
<td>11</td>
<td>I have someone who gives me love and affection</td>
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<td></td>
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<tr>
<td>12</td>
<td>I’d like more people to enjoy life with</td>
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</tbody>
</table>
### Independence, control over life, freedom (wt 3)

<table>
<thead>
<tr>
<th>Question</th>
<th>Strongly agree (1)</th>
<th>Agree (2)</th>
<th>Neither agree or disagree (3)</th>
<th>Disagree (4)</th>
<th>Strongly disagree (5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(13) I am healthy enough to have my independence</td>
<td></td>
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<tr>
<td>(14) I can please myself what I do</td>
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<tr>
<td>(15) The cost of things compared to my pension/income restricts my life</td>
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<tr>
<td>(16) I have a lot of control over the important things in my life</td>
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</tbody>
</table>

### Home and neighbourhood (wt 4)

<table>
<thead>
<tr>
<th>Question</th>
<th>Strongly agree (1)</th>
<th>Agree (2)</th>
<th>Neither agree or disagree (3)</th>
<th>Disagree (4)</th>
<th>Strongly disagree (5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(17) I feel safe where I live</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>(18) The local shops, services and facilities are good overall</td>
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<tr>
<td>(19) I get pleasure from my home</td>
<td></td>
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<td></td>
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<tr>
<td>(20) I find my neighbourhood friendly</td>
<td></td>
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</tbody>
</table>
Psychological and emotional well-being (wt 4)

<table>
<thead>
<tr>
<th></th>
<th>Statement</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>21</td>
<td>I take life as it comes and make the best of things</td>
<td>Strongly agree</td>
<td>Agree</td>
<td>Neither agree or disagree</td>
<td>Disagree</td>
<td>Strongly disagree</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(1)</td>
<td>(2)</td>
<td>(3)</td>
<td>(4)</td>
<td>(5)</td>
</tr>
<tr>
<td>22</td>
<td>I feel lucky compared to most people</td>
<td>Strongly agree</td>
<td>Agree</td>
<td>Neither agree or disagree</td>
<td>Disagree</td>
<td>Strongly disagree</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(1)</td>
<td>(2)</td>
<td>(3)</td>
<td>(4)</td>
<td>(5)</td>
</tr>
<tr>
<td>23</td>
<td>I tend to look on the bright side</td>
<td>Strongly agree</td>
<td>Agree</td>
<td>Neither agree or disagree</td>
<td>Disagree</td>
<td>Strongly disagree</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(1)</td>
<td>(2)</td>
<td>(3)</td>
<td>(4)</td>
<td>(5)</td>
</tr>
<tr>
<td>24</td>
<td>If my health limits social/leisure activities, then I will compensate and find something else I can do</td>
<td>Strongly agree</td>
<td>Agree</td>
<td>Neither agree or disagree</td>
<td>Disagree</td>
<td>Strongly disagree</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(1)</td>
<td>(2)</td>
<td>(3)</td>
<td>(4)</td>
<td>(5)</td>
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</tbody>
</table>

Financial circumstances (wt 3)

<table>
<thead>
<tr>
<th></th>
<th>Statement</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree or disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>25</td>
<td>I have enough money to pay for household bills</td>
<td>Strongly agree</td>
<td>Agree</td>
<td>Neither agree or disagree</td>
<td>Disagree</td>
<td>Strongly disagree</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(1)</td>
<td>(2)</td>
<td>(3)</td>
<td>(4)</td>
<td>(5)</td>
</tr>
<tr>
<td>26</td>
<td>I have enough money to pay for household repairs or help needed in the house</td>
<td>Strongly agree</td>
<td>Agree</td>
<td>Neither agree or disagree</td>
<td>Disagree</td>
<td>Strongly disagree</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(1)</td>
<td>(2)</td>
<td>(3)</td>
<td>(4)</td>
<td>(5)</td>
</tr>
<tr>
<td>27</td>
<td>I can afford to buy what I want to</td>
<td>Strongly agree</td>
<td>Agree</td>
<td>Neither agree or disagree</td>
<td>Disagree</td>
<td>Strongly disagree</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(1)</td>
<td>(2)</td>
<td>(3)</td>
<td>(4)</td>
<td>(5)</td>
</tr>
<tr>
<td>28</td>
<td>I cannot afford to do things I would enjoy</td>
<td>Strongly agree</td>
<td>Agree</td>
<td>Neither agree or disagree</td>
<td>Disagree</td>
<td>Strongly disagree</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(1)</td>
<td>(2)</td>
<td>(3)</td>
<td>(4)</td>
<td>(5)</td>
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</tbody>
</table>
Leisure and social activities (wt 6)

(29) I have social or leisure activities/hobbies that I enjoy doing

<table>
<thead>
<tr>
<th>Strongly agree (1)</th>
<th>Agree (2)</th>
<th>Neither agree or disagree (3)</th>
<th>Disagree (4)</th>
<th>Strongly disagree (5)</th>
</tr>
</thead>
</table>

(30) I try to stay involved with things

<table>
<thead>
<tr>
<th>Strongly agree (1)</th>
<th>Agree (2)</th>
<th>Neither agree or disagree (3)</th>
<th>Disagree (4)</th>
<th>Strongly disagree (5)</th>
</tr>
</thead>
</table>

(31) I do paid or unpaid work or activities that give me a role in life

<table>
<thead>
<tr>
<th>Strongly agree (1)</th>
<th>Agree (2)</th>
<th>Neither agree or disagree (3)</th>
<th>Disagree (4)</th>
<th>Strongly disagree (5)</th>
</tr>
</thead>
</table>

(32) I have responsibilities to others that restrict my social or leisure activities

<table>
<thead>
<tr>
<th>Strongly agree (1)</th>
<th>Agree (2)</th>
<th>Neither agree or disagree (3)</th>
<th>Disagree (4)</th>
<th>Strongly disagree (5)</th>
</tr>
</thead>
</table>

6. How important to you are each of the areas of life listed below:
Please tick one box in each row that best represents your answer:

<table>
<thead>
<tr>
<th>Most important</th>
<th>Important</th>
<th>Less Important</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) Your health</td>
<td></td>
<td></td>
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<tr>
<td>b) Your social relationships</td>
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<td></td>
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<tr>
<td>c) Your independence, control over life and freedom</td>
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<td></td>
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<tr>
<td>d) Your home and neighbourhood</td>
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<td></td>
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<tr>
<td>e) Your psychological and emotional well-being</td>
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<tr>
<td>f) Your financial circumstances</td>
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<tr>
<td>g) Your leisure and social activities</td>
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</tbody>
</table>
Now we need to compare the responses to our Quality of Life questions above (which is unique as it is based on older people’s own views) with other researchers’ questions on quality of life. This will help us to assess how well our questionnaire performs. So, even though some questions will seem similar, please would you also answer the next questions?

Caspe-19:

7. 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 they apply to you. Please tick one box in each row that best describes you.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Very often (1)</th>
<th>Sometimes (2)</th>
<th>Not very often (3)</th>
<th>Never (4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. My age prevents me from doing the things I would like to</td>
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<tr>
<td>2. I feel that what happens to me is out of my control</td>
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<tr>
<td>3. I feel free to plan for the future</td>
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<td>4. I feel left out of things</td>
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<td>5. I can do the things that I want</td>
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<tr>
<td>6. Family responsibilities prevent me from doing what I want to</td>
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<tr>
<td>7. I feel that I can please myself what I do</td>
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<tr>
<td>8. My health stops me from doing the things I want to</td>
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</tbody>
</table>
9. **Shortage of money stops me from doing the things I want to do**
   - Very often (1)
   - Sometimes (2)
   - Not very often (3)
   - Never (4)

10. **I look forward to each day**
    - Very often (1)
    - Sometimes (2)
    - Not very often (3)
    - Never (4)

11. **I feel that my life has meaning**
    - Very often (1)
    - Sometimes (2)
    - Not very often (3)
    - Never (4)

12. **I enjoy the things that I do**
    - Very often (1)
    - Sometimes (2)
    - Not very often (3)
    - Never (4)

13. **I enjoy being in the company of others**
    - Very often (1)
    - Sometimes (2)
    - Not very often (3)
    - Never (4)

14. **On balance, I look back on my life with a sense of happiness**
    - Very often (1)
    - Sometimes (2)
    - Not very often (3)
    - Never (4)

15. **I feel full of energy these days**
    - Very often (1)
    - Sometimes (2)
    - Not very often (3)
    - Never (4)

16. **I choose to do things that I have never done before**
    - Very often (1)
    - Sometimes (2)
    - Not very often (3)
    - Never (4)

17. **I feel satisfied with the way my life has turned out**
    - Very often (1)
    - Sometimes (2)
    - Not very often (3)
    - Never (4)

18. **I feel that life is full of opportunities**
    - Very often (1)
    - Sometimes (2)
    - Not very often (3)
    - Never (4)

19. **I feel that the future looks good for me**
    - Very often (1)
    - Sometimes (2)
    - Not very often (3)
    - Never (4)
WHOQOL:

8. The next questions ask for your thoughts and feelings about certain aspects of your quality of life and addresses issues that may be important for you as a member of society. *Please tick one box in each row that best describes you.*

a). The following questions ask about how much you have experienced certain things in the last two weeks:

1. To what extent do impairments to your senses (e.g. hearing, vision, taste, smell, touch) affect your daily life?

   Not at all (1)  A little (2)  A moderate amount (3)  Very much (4)  An extreme amount (5)

2. To what extent does loss of, for example, hearing, vision, taste, smell or touch affect your ability to participate in activities?

   Not at all (1)  A little (2)  A moderate amount (3)  Very much (4)  An extreme amount (5)

3. How much freedom do you have to make your own decisions?

   Not at all (1)  A little (2)  A moderate amount (3)  Very much (4)  An extreme amount (5)

4. To what extent do you feel in control of your future?

   Not at all (1)  A little (2)  A moderate amount (3)  Very much (4)  An extreme amount (5)

5. How much do you feel that the people around you are respectful of your freedom?

   Not at all (1)  A little (2)  A moderate amount (3)  Very much (4)  An extreme amount (5)

6. How concerned are you about the way in which you will die?

   Not at all (1)  A little (2)  A moderate amount (3)  Very much (4)  An extreme amount (5)
7. How much are you afraid of not being able to control your death?

Not at all A little A moderate amount Very much An extreme amount
(1) (2) (3) (4) (5)

8. How scared are you of dying?

Not at all A little A moderate amount Very much An extreme amount
(1) (2) (3) (4) (5)

9. How much do you fear being in pain before you die?

Not at all A little A moderate amount Very much An extreme amount
(1) (2) (3) (4) (5)

10. To what extent do problems with your sensory functioning (e.g. hearing, vision, taste, smell, touch) affect your ability to interact with others?

Not at all A little Moderately Mostly Completely
(1) (2) (3) (4) (5)

11. To what extent are you able to do the things you’d like to?

Not at all A little Moderately Mostly Completely
(1) (2) (3) (4) (5)

12. To what extent are you satisfied with your opportunities to continue achieving in life?

Not at all A little Moderately Mostly Completely
(1) (2) (3) (4) (5)

13. How much do you feel that you have received the recognition you deserve in life?

Not at all A little Moderately Mostly Completely
(1) (2) (3) (4) (5)

b). The following questions ask about how completely you experience or were able to do certain things in the last two weeks.
14. To what extent do you feel that you have enough to do each day?

<table>
<thead>
<tr>
<th>Not at all (1)</th>
<th>A little (2)</th>
<th>Moderately (3)</th>
<th>Mostly (4)</th>
<th>Completely (5)</th>
</tr>
</thead>
<tbody>
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</table>

c). The following questions ask you to say how satisfied, happy or good you have felt about various aspects of your life over the last two weeks.

15. How satisfied are you with what you have achieved in life?

<table>
<thead>
<tr>
<th>Very dissatisfied (1)</th>
<th>Dissatisfied (2)</th>
<th>Neither satisfied nor dissatisfied (3)</th>
<th>Satisfied (4)</th>
<th>Very satisfied (5)</th>
</tr>
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<tbody>
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</table>

16. How satisfied are you with the way you use your time?

<table>
<thead>
<tr>
<th>Very dissatisfied (1)</th>
<th>Dissatisfied (2)</th>
<th>Neither satisfied nor dissatisfied (3)</th>
<th>Satisfied (4)</th>
<th>Very satisfied (5)</th>
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</table>

17. How satisfied are you with your level of activity?

<table>
<thead>
<tr>
<th>Very dissatisfied (1)</th>
<th>Dissatisfied (2)</th>
<th>Neither satisfied nor dissatisfied (3)</th>
<th>Satisfied (4)</th>
<th>Very satisfied (5)</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>

18. How satisfied are you with your opportunity to participate in community activities?

<table>
<thead>
<tr>
<th>Very dissatisfied (1)</th>
<th>Dissatisfied (2)</th>
<th>Neither satisfied nor dissatisfied (3)</th>
<th>Satisfied (4)</th>
<th>Very satisfied (5)</th>
</tr>
</thead>
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</tbody>
</table>

19. How happy are you with the things you are able to look forward to?

<table>
<thead>
<tr>
<th>Very dissatisfied (1)</th>
<th>Dissatisfied (2)</th>
<th>Neither satisfied nor dissatisfied (3)</th>
<th>Satisfied (4)</th>
<th>Very satisfied (5)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>
20. How would you rate your sensory functioning (e.g. hearing, vision, taste, smell, touch)?

Very poor
Poor
Neither poor nor good
Good
Very good
(1) (2) (3) (4) (5)

21. To what extent do you feel a sense of companionship in your life?

Not at all
A little
A moderate amount
Very much
An extreme amount
(1) (2) (3) (4) (5)

22. To what extent do you experience love in your life?

Not at all
A little
A moderate amount
Very much
An extreme amount
(1) (2) (3) (4) (5)

23. To what extent do you have opportunities to love?

Not at all
A little
Moderately
Mostly
Completely
(1) (2) (3) (4) (5)

24. To what extent do you have opportunities to be loved?

Not at all
A little
Moderately
Mostly
Completely
(1) (2) (3) (4) (5)

Next, some questions about your health and activities.

9. In general, compared with other people your age, would you say that your current health is:

Please tick one box:

(1) Excellent
(2) Very good
(3) Good
(4) Fair
(5) Poor?
10. Do you have any long-standing illness, disability or infirmity? By long-standing I mean anything that has troubled you over a period of time or that is likely to affect you over a period of time?

Please tick one box:

(0) No

(1) Yes

IF YES:

a). What is this/are they? Please write them below:

…………………………………………………………………………..
…………………………………………………………………………..
…………………………………………………………………………..
…………………………………………………………………………..
…………………………………………………………………………..

b). Does this illness or disability (Do any of these illnesses or disabilities) limit your activities in any way?

Please tick one box:

(0) No

(1) Yes

11. Are you able to walk at least 400 yards (e.g. down the road)?

Please tick one box:

(0) I have no difficulty doing this

(1) I have some difficulty doing this

(2) I can do this with the help of an aid or appliance

(3) I am unable to do this alone

12. Are you able to do heavy housework?

Please tick one box:

(0) I have no difficulty doing this

(1) I have some difficulty doing this

(2) I can do this with the help of an aid or appliance

(3) I am unable to do this alone
13. Are you able to go shopping and carry heavy bags?  
*Please tick one box:*

(0) I have no difficulty doing this  
(1) I have some difficulty doing this  
(2) I can do this with the help of an aid or appliance  
(3) I am unable to do this alone

14. Are you able to go up and down stairs or steps?  
*Please tick one box:*

(0) I have no difficulty doing this  
(1) I have some difficulty doing this  
(2) I can do this with the help of an aid or appliance  
(3) I am unable to do this alone

The next questions are about your family, friends or neighbours, and leisure activities:

15. If you need any practical help doing everyday chores, running errands or odd jobs, how many relatives, friends and/or neighbours help you, or would help you if asked?  
*Please write in number of people in each space below (write in 0 for no-one):*

Number of relatives who would help:……  
Number of friends:……  
Number of neighbours:……

16. If you had a serious personal crisis, how many people, if any, do you feel you could turn to for comfort and support?  

Please write in number of people:________ (write in 0 for no-one)
17. **In the last month have you been to, or done, any of these activities:**

*Please tick as many boxes as apply to you:*

<table>
<thead>
<tr>
<th>Activity</th>
<th>Yes, done</th>
<th>No, not done</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gone to clubs, local or neighbourhood groups or organisations, education classes, place of worship</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gone to cinema, theatre, concert, other social entertainment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Done some voluntary or paid work</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gone for a walk or done gardening</td>
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</tr>
<tr>
<td>Played sport, gone to keep fit, swimming, dancing, exercise classes or done other type of physical activity</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Done crosswords, other mental puzzles or played bingo</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Helped or cared for other people, babysat or minded children</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Had visits from/or visited friends or family</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Enjoyed other types of hobbies/pastimes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other, please specify:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*OPQOL: Copyrighted. @ A. Bowling, UCL; CASPE: @ D.Blane et al. Imperial College London; WHOQOL@ WHOQOL Group*
Finally, please would you be willing for researchers from the University of London, who commissioned this module, to contact you in future to ask you again about your quality of life, and whether you feel this questionnaire could be improved? They will also send you a summary of the results of the study.

For this they would need the questions you have just completed attached to your serial number, so they can link future information you give them. All data is stored securely in accordance with the Data Protection Act, and is confidential to the researchers.

(1) Yes, willing □
(2) No, not willing □

If willing:
Name: ____________________________ Signature: ________________
Full address: ________________________________________________
________________________________________________________________________
________________________________________________________________________
Telephone number: ________________________________________________

Thank you again for your valuable help with this study.
Follow-up Quality of Life Survey

When you have finished completing this questionnaire, please could you return it in the reply paid (freepost) envelope enclosed. Thank you once again for your help.

Please tick the box next to your reply or write in your answer:

1. Have there been any major changes in your life (good or bad) in the last 6 months (e.g. your social relationships, activities, your living arrangements or housing, standard of living, your health or any other area of your life)?

(0) No changes ☐ (1) Yes, some changes ☐

IF YES: Please can you write what these changes are here:
2. In general, compared with other people your age, would you say that your current health is:

(1) Excellent □
(2) Very good □
(3) Good □
(4) Fair □
(5) or, Poor? □

3. Do you have any long-standing illness, disability or infirmity? By long-standing I mean anything that has troubled you over a period of time or that is likely to affect you over a period of time?

(0) No □
(1) Yes □ IF YES: What is this?

Please can you write what this is/these are here:

4. How many times in the past four weeks have you consulted your general practitioner about your health either in person or by telephone?

Please write in 0 if not at all □□ number of times

5. During the past 12 calendar months have you attended hospital as a patient in:

a) The casualty (Accident and Emergency) or out-patient department?
   (1) Yes □ (0) No □

b) As a day patient (admitted to a bed or day ward but not overnight)?
   (1) Yes □ (0) No □

c) As an in-patient, overnight or longer?
   (1) Yes □ (0) No □
6. The next questions are about your physical functioning and ability:

a) Are you able to walk at least 400 yards (e.g. down the road)?

(0) I have no difficulty doing this
(1) I have some difficulty doing this
(2) I can do this with the help of an aid or appliance
(3) I am unable to do this alone

If you use an aid or appliance and also need someone to help you tick number 3

b) Are you able to get on a bus?

(0) I have no difficulty doing this
(1) I have some difficulty doing this
(2) I can do this with the help of an aid or appliance
(3) I am unable to do this alone

If you use an aid or appliance and also need someone to help you tick number 3

c) Are you able to cut your own toenails?

(0) I have no difficulty doing this
(1) I have some difficulty doing this
(2) I can do this with the help of an aid or appliance
(3) I am unable to do this alone

If you use an aid or appliance and also need someone to help you tick number 3

d) Are you able to go up and down stairs or steps?

(0) I have no difficulty doing this
(1) I have some difficulty doing this
(2) I can do this with the help of an aid or appliance
(3) I am unable to do this alone

If you use an aid or appliance and also need someone to help you tick number 3
e) Are you able to do heavy housework?
(0) I have no difficulty doing this □
(1) I have some difficulty doing this □
(2) I can do this with the help of an aid or appliance □
(3) I am unable to do this alone □ If you use an aid or appliance and also need someone to help you tick number 3

f) Are you able to go shopping and carry heavy bags?
(0) I have no difficulty doing this □
(1) I have some difficulty doing this □
(2) I can do this with the help of an aid or appliance □
(3) I am unable to do this alone □ If you use an aid or appliance and also need someone to help you tick number 3

g) Are you able to bend down to pick something off the floor?
(0) I have no difficulty doing this □
(1) I have some difficulty doing this □
(2) I can do this with the help of an aid or appliance □
(3) I am unable to do this alone □ If you use an aid or appliance and also need someone to help you tick number 3

7. Have you ever smoked cigarettes?
(0) Yes, current smoker □ Please go to question 8
(1) Yes, ex-smoker now □ Please go to question 9
(2) No, never smoked □ Please go to question 10

8. About how many cigarettes a day do you usually smoke?

Please write in the number smoked: □□ Please go to question 10

9. If you used to smoke in the past, when did you give up?

Please write in: □□ years □□ months ago

P.T.O.
10. What is your height without shoes on?

Please write in:  □ □ feet  □ □ inches (□ □ □ centimetres if known)

11. How much do you weigh without clothes and shoes on?

Please write in:  □ □ stones  □ □ pounds (□ □ □ kilograms if known)

12. The next question is about your family and social support. Overall, how much more, if any, practical help and emotional support would you like to receive from relatives, friends and/or neighbours?

13. (0) A lot more □

(1) Some more □

(2) A little more □

(3) No more □

14. The next section is about growing older. (If you would like more space to write in, please use the blank page at the end of the questionnaire). What do you think are the best things about growing older?

Please can you write what these are here:

14. What do you think are the worst things about growing older?

Please can you write what these are here:

15. What are your biggest fears about growing older?

Please can you write what these are here:
16. Thinking about the good and bad things that make up your quality of life, which of these answers best describes the quality of your life as a whole?

(1) So good, it could not be better
(2) Very good
(3) Good
(4) Alright
(5) Bad
(6) Very bad
(7) So bad, it could not be worse

17. At what age do you consider someone to be old?

Please tick one box only:

(1) 50 and over
(2) 55 and over
(3) 60 and over
(4) 65 and over
(5) 70 and over
(6) 75 and over
(7) 80 and over
(8) 85 and over
(9) 90 and over
(10) 100 and over

18a. Do you feel younger, older, or about the same as your actual age?

(1) Younger
(2) Older
(3) About the same

18b. If you feel younger or older: about what age do you feel you are?

Please write in the age you feel: □ □ □ years

19a. If either of your parents are still alive, please could you write in their age:

Mother’s age □ □ □ years
Father’s age □ □ □ years
19b. If either of your parents are no longer alive, please could you write in the age at which they died:

Mother’s age □□□□ years
Father’s age □□□□ years

20a. If you have brothers or sisters who are still alive, please could you write in their ages:

Brother 1 □□□□ years  Sister 1 □□□□ years
Brother 2 □□□□ years  Sister 2 □□□□ years
Brother 3 □□□□ years  Sister 3 □□□□ years
Brother 4 □□□□ years  Sister 4 □□□□ years
Brother 5 □□□□ years  Sister 5 □□□□ years
Brother 6 □□□□ years  Sister 6 □□□□ years

20b. If any of your brothers or sisters are no longer alive, please could you write in the age at which they died?

Brother 1 □□□□ years  Sister 1 □□□□ years
Brother 2 □□□□ years  Sister 2 □□□□ years
Brother 3 □□□□ years  Sister 3 □□□□ years
Brother 4 □□□□ years  Sister 4 □□□□ years
Brother 5 □□□□ years  Sister 5 □□□□ years
Brother 6 □□□□ years  Sister 6 □□□□ years
21. With your permission, we would like to continue to include you in our ongoing research study of what happens in the future to all the people who have taken part in the Quality of Life Survey.

As part of this study, we are interested in whether longer lives can be predicted by better quality of life. We would like to link the information that you have provided in this questionnaire to publicly available records on registered events in your life. All this means is that we track (‘flag’) study members’ names at the NHS Central Registry, which will notify us about registerable events for each person in our study (e.g. this registers births, marriages, deaths, emigration and changes of address).

All information remains confidential to the study team, and will not be disclosed to others or presented in any form that allows you to be identified.

We would need your signed permission to do this. As this is an important part of the study, we would greatly value your agreement to do this.

For this, we also need to re-check that we have your correct date of birth, and if possible your NHS number.

If you agree, please can you sign and complete the section below.

I agree to take part in the tracking research as part of this study:

Signature: ____________________________________________________________

Name: ________________________________________________________________

My date of birth is _____ day _____ month ________ year

My NHS number is: ________________________________________________
this number is on the front of your NHS card)

If you do not agree to take part in the tracking, please tick this box:     □

We will detach this page from the questionnaire to ensure confidentiality.

P.T.O.
22. If there is anything else you would like to tell us about any changes in your life over the past 12 months please write in here:

Thank you for your help once again.

Please could you return the questionnaire in the reply paid envelope enclosed in the next few days (no stamp required).
This page provides additional space for your answers to question numbers 13, 14 and 15.
Older People’s Understanding of ‘Active Ageing’ and its Influence on QoL

Interview Schedule

The aim is to get some information on the interviewee’s perceptions of active ageing and quality of life. The interviewee will be reminded that the purpose of the study is to gain an understanding of their quality of life, their views on how to cope with the challenges of older age and how to age actively. This may include physically, socially and general involvement in life. Reiterate that we are asking them to tell us more about this topic than was possible in the last questionnaire, in greater detail.

Your Age

1. Can I ask you how old you are?
2. How old do you feel? Physically/mentally/generally
3. How old is old?

Defining Active Ageing

4. What do you think active ageing is?
5. Do you try to age actively?

Lifestyle

6. Can you tell me about the activities you enjoy most and what you get out of them?

Changes in Quality of Life

7. Have there been any changes in your life recently and if so, how have they affected your quality of life?

Coping with Ageing

8. How are you coping with the changes of ageing? For example, have you had to stop doing or change the way you do things? What do you do instead and why?
Barriers to Active Ageing

9. Can you think of anything that has made ageing actively difficult for you? As you get older, do you anticipate any obstacles to active ageing?

10. Is there anything you wish you could do and if so, what stops you?

11. Is there anything that could be done to help you age actively?

Closing the interview

14. Finally, if there were three things that could improve your quality of life, what would they be?

Thanks very much for participating in the study.
Is there anything you would like to add?
Do you have any questions you would like to ask?
Information Sheet and Consent Form

Older People’s Understanding of ‘Active Ageing’ and its Influence on QoL

We would like to invite you to take part in an interview about active ageing for the Study of Quality of Life in Older Age. You should only participate if you want to; choosing not to take part will not disadvantage you in any way. Before you decide whether you want to take part, it is important for you to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or you would like more information.

What is the purpose of this part of the study?

It involves a face-to-face interview about your quality of life, your views on how to cope with the challenges of older age and how to age actively. It will allow us to gain a much deeper understanding quality of life in older age and how it can be improved than we can get using questionnaires and we hope that the information gathered can be used to help others in the future.

Why have we come to you?

You were among one of the national samples of people aged 65 and over who were sampled and interviewed by Omnibus Survey interviewers, and agreed to take part in our Quality of Life Survey. You have been selected on the basis of your gender, age, the area you live in etc so that we can interview a wide range of older people.

Do I have to take part?

It is up to you to decide whether or not to take part. You are, of course, free not to take part in the study, and you may also withdraw from it any time without giving a reason. If you choose not to take part it will involve no disadvantages to you. If you decide to take part you will be asked to sign this consent form and given the information sheet to keep.

What do I have to do?

If you decide to take part, a member of the research team will come to your home when it is convenient to you and talk to you for about an hour. The interview would be tape recorded. We will not include any names, place names or identifying factors when we report the study results.

Will my taking part in this study be kept confidential?

Yes. We will follow ethical and legal practice, and we would like to assure you that all the information that you consent to give us is strictly confidential and no-one except the custodian of the data (Professor Ann Bowling and the research team) has access to the study files.
The study is registered in the Data Protection office of University College London, and information will be collected and stored securely in accordance with the Data Protection Act 1998, and no names or addresses will be attached to the files of information. We will store the information collected for five years, after which it will have been fully analysed, and we will shred it under tight security conditions.

**What will happen to the results of the research study?**

We will write a report of the findings and submit it for publication in a policy journal, and present the findings at meetings of policy makers. You will not be identified in any of these. We will be pleased to send you a summary of the research findings if you would like these.

**Who is organising and funding the research?**

The study is being organised by Prof Ann Bowling at University College London, which is part of the University of London. The study has approval from the UCL Research Ethics Committee.

If you have any questions about the research and your rights, please contact Prof Ann Bowling or the research team at the Royal Free, Hampstead Campus of University College Medical School, London; telephone: 0208 830 2239; fax 0207 794 1224; email: a.bowling@ucl.ac.uk.

Thank you for your time.

---

**Active Ageing Interview Consent**

You are making a decision whether or not to participate. Your signature indicates that, having read the information provided above, you have decided to participate in the interview.

..............................................................
Signature of Research Participant

..............................................................
(Please PRINT name)

..............................................................
Date