

Welcome

Thank you for taking part in the 21st Century Evangelicals online research.

These surveys are designed by the Evangelical Alliance. The findings will appear in IDEA magazine and on our website.

This quarter's survey is about your personal health and wellbeing. It's possible some people could find some questions sensitive but we can reassure you that all answers are anonymous.

In any case if you'd really rather not answer a particular question you can always leave it blank.

People vary, but we estimate the survey shouldn't take longer than about 20 minutes, unless you choose to write a lot in open-ended comment boxes.



Health and wel	lbeing August 2015	
About you		
break down the r	responses from different groups	short background questions so that we can easily so of people. We apologise if you have completed nnot carry over your demographic data.
1. Your gender:		
Male	Female	
2. In which decade	e were you born?	
1920s		1960s
1930s		1970s
1940s		1980s
1950s		1990s



Are you a Christian?						
3. Do you consider yourself to be a committed Christian (ie someone who believes in God, tries to follow Jesus, practises your faith, prays and attends church as you are able)?						
Yes No Unsure						
4. Do you consider yourse	elf to be an evangelical Christian	n?				
Yes	○ No	Unsure				



Where do you live?

5. In which region or nation of the UK do you normally reside?
London (within M25)
South-east England outside London (Kent, Hampshire, Sussex, Surrey, Berkshire, Buckinghamshire, Oxfordshire)
East Anglia (Essex, Hertfordshire, Bedfordshire, Cambridgeshire, Norfolk, Suffolk)
East Midlands (Derbyshire, Leicestershire, Rutland, Northamptonshire, Nottinghamshire, Lincolnshire)
West Midlands (Herefordshire, Shropshire, Staffordshire, Warwickshire, Birmingham & West Midlands conurbation, Worcestershire)
South-west England (Bristol, Gloucestershire, Somerset, Dorset, Wiltshire, Devon, Cornwall)
North-west England (Cumbria, Lancashire, Greater Manchester, Merseyside, Cheshire)
North-east England (Northumberland, County Durham, Tyne and Wear, Teesside)
Yorkshire and the Humber
Wales
Scotland
Northern Ireland
Elsewhere or outside UK



Ethnicity

6. How would you describe your ethnic background?
White British
White (but not British)
Black (Caribbean background)
Black (African background)
South Asian (Indian, Pakistani, Bangladeshi, Sri-Lankan background)
Chinese or other East Asian background
A mixture of two or more of the above
Prefer not to say
Other background or preferred description (please specify below)



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Email address	
7. We would like to invite you to take part in future research.	
So, to make sure we can reach you, please enter your current email address below.	





Current Wellbeing

The questions on this page are standard ones used in official surveys.

12. Overall...

Please rate these on the scale where 0 is 'not at all' and 10 is 'completely '.

	0 Not at All	1	2	3	4	5	6	7	8	9	10 completely
how satisfied are you with your mental well-being?											
how satisfied are you with your relationships with friends?											
how satisfied are you with your relationships with family, including spouse/partner?											
how satisfied are you with your physical health?		\bigcirc									
how satisfied are you with your life these days?											
how worried are you with everything that is happening in the world these days?											
how optimistic do you feel about the next 12 months?											
to what extent do you feel that the things you do in your life are worthwhile?						\bigcirc				\bigcirc	\bigcirc
to what extent do you feel that the things you do in your life have purpose?											



Health history

13.	Have	you	ever	had		?
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	Yes, it is current or ongoing	Yes, within the last 12 months	Yes, within the last five years	Yes, at least once over my lifetime	Never
a life threatening (physical) illness					
a life threatening accident/trauma					
a significant illness or injury lasting over a month					
major surgery					
a long-term disability					
a long-term condition requiring prescription drugs					
a period or episode of mental illness / depression?					
a close family member with a serious medical condition					
a caring role for a family member wilth a long term illness or disability					
If you would like to please feel free to give some details					



Health and wellbeing August 2015 Keeping fit and healthy 14. Over the past 12 months have you done any of the following in an attempt to keep fit and healthy? Please tick all that apply followed a fitness programme - gym, sports training etc. gone on a diet to lose weight maintained a long term active lifestyle, eg playing sport, tried to reduce stress levels cycling, walking etc. tried to reduce or give up smoking recently taken up a more active lifestyle tried to reduce or give up drinking alcohol tried to eat a healthy diet Other (please specify)



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Your habits			
15. Have any of the following behaviours ever been	part of your lifestyle	?	
		sed to but e given this have redu	uced
	never done this	up doing th	
smoking			
drinking alcohol to excess			
using illegal drugs			
being dependent on (addicted to) prescription drugs			
eating excessively			
eating too little			
self harm			
an inactive (couch potato) lifestyle			
Other (please specify)			
16. Have you ever chosen to do any of the following	as part of your lifest	tyle?	
	never done this	used to but have given this up	still do this
total abstinence from alcohol			
taking care to follow a healthy diet			
following a strict exercise or fitness routine			
avoiding particular foods that are bad for your health			
Other (please specify or give further details))			



Stress factors		
17. Over the past 12 months have Please tick all that apply	e any of the following areas broug	ght you under high levels of stress?
work load or responsibilities	other issues at church	bereavement
other anxieties about work	relationship problems	moving home
unemployment	your own health	none of the above
financial worries	health of or need to care for a fa member	amily
church responsibilities	other problems / issues with a cl	lose
Other (please specify)		
18. Have you tried to reduce or m following?Tick all that apply	nanage stress in your life over the	e last 12 months by doing any of the
taking a holiday	taking regular exercise	meditation
reducing working hours	taking medication	yoga
taking sick leave	regular personal prayer	overeating
being disciplined about taking a day rest each week	of drinking alcohol	undereating
giving time to a hobby or leisure act	mindfulness techniques ivity	none of the above
Other (please specify)		



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19. How far do you agree...?

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
Christians should lead healthy lifestyles to look after their God-given bodies					
God has given us the freedom to choose what we eat and whether we exercise					
I try to keep fit and healthy, but I don't think it has anything to do with my faith					
I don't give my health much thought					
I have problems with low self esteem					
Health and fitness has become an idolatrous obsession in our society					
I get anxious about my health					
I often find it hard to cope with pain or illness					
Being involved in a local church is good for people's health and wellbeing					
My church offers lots of help and support to members when they are ill					
My church offers lots of help and support to people in the local community when they are ill					
If you have faith God will always heal your diseases					
When we are ill it is always wise to seek medical help, even if we believe God can heal us					
I have/did have problems with an eating disorder					
Churches need training in order to strengthen their healing ministry					



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Assisted	avına	ı ieais	ıatıon

With a bill currently before Parliament assisted dying is an important topic about which we would like to know your views.

The question below has recently been asked in a general survey of the UK population.

20. Currently it is illegal for a doctor to help someone with a terminal illness to end their life, even if the person considers their suffering unbearable and they are of sound mind.

A proposed new law would allow terminally ill adults the option of assisted dying. This would mean being provided with life-ending medication, to take themselves, if two doctors thought they met all of the safeguards. They would need to be of sound mind, be terminally ill and have six months or less to live, and a High Court judge would have to be satisfied that they had made a voluntary, clear and settled decision to and their life, with time to consider all other ontions

end their life, with time to consider all other options
Whether or not you would want the choice for yourself, do you support or oppose this proposal for assisted dying becoming law?
Strongly support Somewhat support Somewhat oppose Strongly oppose Don't know



Your church background

We are now going to ask some questions about y	our church
21. How would you describe the church (congregation membership)?	n) you most often attend (or where you are in
Anglican (Church of England, Church in Wales, Episcopalian	n)
Baptist	
Charismatic – independent or non-denominational (eg Viney	ard, Pioneer, Newfrontiers or local community church)
Pentecostal (eg Elim, Assemblies of God, New Testament C	hurch of God, Redeemed Christian Church of God)
Church of Scotland or other Presbyterian	
Free Church denomination (eg Methodist, URC, Salvation A	rmy)
Other evangelical church, denomination, assembly or fellows	ship
Uncommitted to any church at present	
Other (please specify)	
22. How large (approximately) is the main Sunday co children and adults)?	ngregation or gathering of this church (including all
Fewer than 25 people	101 to 200 people
25 to 50 people	201 to 300 people
51 to 100 people	More than 300 people



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Are you a church leader
23. Are you a church leader or minister?
Tick all that apply
Yes, with lone (or senior) responsibility for one (or more) congregation(s)
Yes, as part of a team of leaders, elders or ministers
I serve on a church Council (PCC), Board of Trustees or deacons group
I have responsibility for leading a group, ministry or activity within the church (eg home group or children's work)
No, I am not a recognised church leader



Your church and its ministries 24. Does your church: Please tick all that apply organise activities that promote health or fitness organise practical support for members and their families facing a health issues teach about health issues and the importance of being healthy organise practical support for people in the wider community serve up a lot of unhealthy food at events with health issues make its building available to sports/dieting/healthy organise visits to people who are unwell, in hospital or houseliving/support groups bound get involved in hospital chaplaincy offer Christian healing ministry get involved in volunteering or fund raising for hospitals or pray for the sick in worship hospices run activities or ministries supporting people with mental health issues Other health-related activities at your church (or details about those you ticked)



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When you were ill	
25. Can you think of an occasion within the significantly ill or in hospital?	e last five years when you or someone close to you was
yes - myself	ono no
yes - someone close to me	



Did you ask for help?

26. Were you able to ask the church to help in that situation? I didn't want to ask anyone for help I wanted to ask for help but did not feel able to ask anyone at church I asked one of the church leaders for help I didn't ask a church leader but was able to ask one or more of my friends from church for help I didn't need to ask, the church became aware and offered appropriate help I didn't need to ask the church, and I was almost overwhelmed with offers of help Please feel free to comment



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How your church helped	
27. In which ways did your church offer support?	
Please tick all that apply	
prayer	help looking after my family
listening/counselling	cooking meals for me/us
visiting in home or hospital	financial help
help with transport	they did not help at all
help with shopping or household chores	leader helped but others in church did not
Other (please specify single words only)	



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Divine healing			
28. Do you believe God miraculously heals the sick t	oday?		
Yes, often	No		
Yes, sometimes	Don't know		
OO Dawren and the Consequence of the basel's			0
29. Do you personally / in your church pray for healir	ng of people who are sick personally	your church	ays? neither
with laying on of hands	personally	your church	Tiermer
with anointing with oil			
with strong faith and confidence that God will heal			
that God will guide and help the medics and bring healing throutreatments	ugh their		
generally in the hope that God will help or comfort the person v	who is suffering		
praying for healing on the streets			



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Testimonies			
30. Do you have any testimonies where you personal stories you have heard)	ly received or witnes	ssed divine healing	? (i.e. not just
	yes within the last 12 months	yes at least once in my lifetime	no
for yourself			
for a family member			
for someone in your church			
for someone else			
If you wish please give some details			



Health and wellbeing August 2015 Prayer and healing We appreciate this issue may be sensitive for some people, so please feel free to skip this page if your prefer. 31. Have you had any disappointments in respect of prayer for healing? Yes, for myself Yes, for someone our church was praying for Yes, for someone close to me No If you wish please give some details 32. Do you have any of the feelings in respect of prayer for healing? Please tick all that apply I can't understand why God seems to heal some people but not others I find it hard to believe or trust in God for healing I am happy with the way our church teaches about God's healing I can't understand why we don't see more miracles than we do I like the way our church practices the ministry of healing I wish our church put less emphasis on the ministry of healing I wish our church put more emphasis on the ministry of healing I just don't believe many of the dramatic stories of miracles that are told in Christian circles Churches need training in order to strengthen their healing ministry None of the above Other (please specify or if you wish give some details)



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Other Therapies						
33. What do you think about the	use of these t	herapies for	yourself or y	our family?		
	I have used this and found it worked	this, but it	I might try this if other options don't help	I wouldn't try it myself	I don't think a Christian should ever try this	don't know
homeopathy						
acupuncture						
herbal medicines						
hypnotherapy						
chiropractic						
osteopathy						
aromatherapy						
yoga						
reiki						
Chinese medicine						
counselling						
Please feel free to comment						



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Any other comments
34. Would you like to share any particular passages or verses of scripture about health, well being or healing that have been important to you?
35. Please tell us briefly in your own words anything else you would like to say about health and wellbeing



few extra questions	
	Albio maint
anks for completing the questionnaire to	o this point.
ou've already given us answers to the mo	st important questions.
you do have a few extra minutes to spare lestions.	e we'd be grateful if you could answer a few more related
. In your household do you live?	
alone	as some other form of family unit
as a couple with no one else	shared household with people who are not family members
as a nuclear family (parents plus offspring only)	
Other (please specify)	



Immediate Wellbeing

The questions on this page are standard ones used in official surveys.

37. Please think about 'yesterday' even if it was not a typical day.

Please rate these on the scale where 0 is 'not at all' and 10 is 'completely '.

	0 Not at All	1	2	3	4	5	6	7	8	9	10 completely
how happy did you feel yesterday?											
how anxious did you feel yesterday?											
how bored did you feel yesterday?											
how lonely did you feel yesterday?											
how joyful did you feel yesterday?											
how excited did you feel yesterday?											
how stressed did you feel yesterday?											
how fit and healthy did you feel yesterday?											



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Have you read the latest report?			
Finally, we would like to know if you have s	een or heard abo	ut our most recent re	port.
38. Our 'Good News for the Poor?' report was	published in May 2	2015.	
In the last few months have you?			
	Yes	No	Can't recall
Read the report?			
Heard a church leader refer to the report?			
Read, seen or heard any media coverage about that report?		\circ	
If you have seen it do you have any comments about the	report?		



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You have finished.
Thank you for completing this survey.
For more details about the project and to read our previous reports, please visit www.eauk.org/surveys
Please tell your Christian friends and people at your church about our surveys and encourage them to go to the website and take part.