

Social Variations in Health in Early Old Age: Investigation of Precursors in a 60 year follow-up study

Users Guide to the Dataset Deposited at The Data Archive, University of Essex, Colchester.

Aims of the study

The study was funded as part of the Economic and Social Research Council's (ESRC) Health Variations Programme. The principal award holder was Dr. David Blane of Imperial College School of Science, Technology and Medicine. The co-award holder was Professor George Davey Smith of the Department of Social Medicine at Bristol University. The two research assistants were Lee Berney and Paula Holland.

The study sought to investigate the processes which generate variations in health in early old age, specifically, cumulative differential exposure to health damaging physical environments and their interaction with health. We sought to identify the respective contributions of childhood circumstances, including health, of adult events and behaviours and of current circumstances to variations in health in early old age.

Sample

The subjects we recruited for this study were drawn from a random sample of a unique survey population. As part of a study headed by Sir John Boyd Orr, the Rowett Research Institute conducted dietary and clinical surveys in sixteen areas of Britain between 1937 and 1939. The survey centres were chosen to give a mix of rural and urban areas; it was not a random sample. Within each centre, families were selected whose children were attending schools serving areas identified as among the more deprived in the locality.

In total, 1,352 families, containing 4,297 children, were studied. A range of physical, social and dietary data about these children and their living conditions were collected. This included data on: age, sex and occupation of household members; types of food consumed, and its cost, during the study week; the rent, type and condition of the residence; family income; anthropometry, audiometry, dental examination and assessment of chronic disease.

The study was recently 'revived' by Prof. Stephen Frankel, Prof. George Davey Smith and Dr. David Gunnell of Bristol University. Large amounts of the data from the original study have now been computerised and the survivors have been flagged for death registration at the National Health Service Central Registry (NHSCR) which is run by the Office for National Statistics (ONS).

A stratified random sample of traced surviving members of the Boyd Orr cohort was taken. Our sample comprised children who were aged between 5-14 years at the time of the original survey and who were physically examined. The sample was stratified on the basis of per capita childhood household food expenditure which was calculated

by the original survey. Equal numbers of subjects were chosen within each food expenditure category. Power calculations showed that 100 interviews from each of these strata would be required to detect any statistically significant differences between groups.

Letters inviting subjects to give an interview were sent via local health authorities and general practitioners. The 294 subjects interviewed represent a response rate of 39 per cent, if those in the 'dead' and 'ineligible' categories are excluded, or 43 per cent if, in addition, those in the 'not-traced' and 'too ill to give an interview' categories are excluded. The 'ineligible' category included subjects whose date of birth had been wrongly recorded at the time of tracing and who were too young to be included in the sample. The 'not traced' category included subjects who had been traced by the Office for National Statistics using the National Health Service Central Register but who subsequently could not be traced by the local health authority in whose area they were registered.

Methods

Lifegrid interviews use a series of time-lines to collect landmark events from different areas of a subject's life and use them as aids to recall when collecting additional retrospective lifecourse information (Blane 1996; Berney and Blane 1997). Interviews begin with the completion of the first time line. Subjects provide information on their parents, such as their occupation and date of death (if applicable), they then provide information on siblings dates of birth (and death). Year of marriage and birth of children are also noted.

The second time-line is completed with the years when the subject changed address. The final time-line notes years when occupations change. Having then completed this part of the interview, the subject is then asked to talk in more detail about the first residence, specifically about the hazard exposures in which we were interested. Having covered all residences, the interview then goes on to examine all the subject's occupations, again probing for information on hazard exposure.

Once all the residential and occupational data has been collected, a range of additional information on the current socioeconomic status of each subject is also obtained. Subjects are asked about their housing tenure status, car ownership, receipt of a works or private pension and receipt of state benefits.

The interview ends with the subject's height, weight, leg length, blood pressure and lung function being measured.

Hazard definition and coding occupational class

Hazard exposure scores (i.e. years of exposure) were calculated for: air pollution; residential damp; occupational fumes and dusts; physically arduous labour; lack of job autonomy; inadequate nutrition in childhood and adulthood; and cigarette smoking. With the exception of cigarette smoking (which could be described as largely behavioural), these hazards were selected on the basis that their exposure

patterns may be related to the social structure (Blane *et al* 1997; Blane *et al* 1998). Additionally, the individual hazards each offer a biologically plausible link between exposure and morbidity/mortality.

A) Air pollution measures were based on the level of urbanisation in the area of residence and proximity to industry or main roads. Subjects who described a pre-1960 residence as being in an urban area which had industry with emissions within a mile were assigned an 'air pollution probable' score for the number of years in which they lived at that residence. If a subject described a residence as being in an urban area with no industry with emissions within a mile then they were assigned an 'air pollution possible' score for the number of years in which they had lived at that residence. Following the Clean Air Acts of the 1950s, the main source of air pollution in the U.K. began to change from industry to road traffic. Consequently, for residences after 1960 subjects were only assigned an 'air pollution probable' score if they lived in an urban area and were within 150 metres of an A-road. An 'air-pollution possible' score was assigned if they lived in an urban area, but were not within 150 metres of an A-road.

B) Residential damp was based on subjects' recall of the presence of black mould or other signs of damp. A 'damp probable' score was assigned if a subject recalled damp as being present in any of the main living areas of a house such as a living room or bedroom. Damp only in hallways or bathrooms resulted in a 'damp possible' score. The score only refers to the years in which damp was present. Thus, in some cases, the damp score may be less than the total number of years residence at one address. This would be due to the damp being eradicated during the residency.

C) Occupational fumes and dust scores were based upon the type and level of exposure that a subject described as being commonplace in each of their particular jobs. For obvious hazards, such as asbestos, a 'fumes and dusts probable' score would be assigned. However, if, for example, a subject had been in a job for four years, but during that time had only been exposed to the hazard occasionally, the score would be adjusted accordingly. This could mean either a lower number of years for a 'probable' score or the full number of years being reduced to a 'possible' score. Similarly, part-time work resulted in adjusted hazard exposure scores. All occupational hazard scores were adjusted to account for low levels of exposure in full-time jobs, part-time work and 'seasonal' exposures. Known respiratory hazards were the main focus, and the decision to award a score was based on the available literature relating to occupational health and safety and respiratory medicine.

D) Physically arduous labour scores were based upon a subject's description of any occupation which involved heavy lifting, heavy sweating and where back injuries were commonplace. There was no 'probable' or 'possible' categories for this hazard score: the job was either physically arduous or it wasn't. In cases where the occupation did not immediately suggest physically arduous labour, importance was given to the subject's perception of how arduous the job was them.

E) The demand-control hazard score was based upon three questions which ascertained the level of authority, variety and autonomy the subject had in each job. The three questions asked were: was the subject was involved in the decision-making process; did the subject perceive to be repetitive; could breaks be taken when the

subject chose. It was only if a subject gave the ‘negative’ answer to all three questions (i.e. no decision-making, repetitive work, not allowed to take a break when they chose) that they were assigned a score for this hazard. Again, there was no ‘probable’ and ‘possible’ score for this hazard.

E) Inadequate nutrition in childhood and adulthood was based on the number of dependent household members and the number and level of incomes available to support them. A sliding scale was used which took into account additional sources of food such as allotments etc. The following table illustrates the scale and refers to a situation where there were no additional sources of food or income:

	Class		
Dependents	IV & V	IIINM & IIIM	II & I
1	-	-	-
2	Possible	-	-
3	Probable	Possible	-
4	Probable	Probable	Possible
5	Probable	Probable	Probable

Thus, a subject living a social class V household with one other dependent sibling would receive a ‘childhood inadequate nutrition possible’ score. If another sibling was born then the subject would receive a ‘probable’ score. However, once siblings or the subject reached 14 years of age and joined the workforce they were no longer classed as a dependent. For each additional source of income or food, one extra dependent was allowed. Therefore, a subject with two other dependent siblings, who lived in a household with an allotment or had an elder brother who worked, would receive a ‘possible’ score. The scores were based on each year that a particular household ‘dependent/wage earner’ structure existed. With the birth of siblings and others leaving home or starting work, calculations usually had to be made separately for each year of the subject’s life until aged 14 or the start of rationing, whichever came first.

A similar sliding scale was used in adulthood, with dependents being the subject’s children.

F) Years of cigarette smoking were directly reported by each subject. Years when five or more cigarettes smoked were per day resulted in a ‘probable’ score. Years when between one and four cigarettes were smoked per day resulted in a ‘possible score’.

To calculate the total hazard load that each individual was exposed to, the individual values for each hazard were aggregated to create a combined lifetime hazard exposure score. This provides a measure of the combined ‘insults’ with which the body’s regenerative mechanism have to cope. It is also the case that the numbers for each individual exposure were often too small to make statistical inferences. It was also the case that residential exposure scores (i.e. air pollution and damp) were not calculated for periods when the subject was evacuated during the Second World War, was on National Service or serving in the armed forces, lived outside the United Kingdom.

Two systems of assigning occupational social class (based on the Registrar General’s current classification of occupations and its associated coding rules) were used in the analyses. Firstly, class was assigned according to the ‘conventional’ method: namely,

if a subject (male or female) was still working, then the class of that occupation was used; retired men and single women were assigned to the social class of the last occupation they held. Women, if married or widowed, were assigned to their spouse's class. As we collected full occupational histories from each subject, we felt that assigning women to their spouse's class could misrepresent their own experience of working life. Additionally, assigning men, for example, to the class of their most recent period of employment could result in some being assigned to a class that did not reflect the bulk of their working life.

Therefore, the second measure of class used in study adopted the following rules: where a subject (male or female) had retired, their own last main period of employment was used. 'Main' was defined as being any occupation greater in duration than two years part-time employment. Where a woman had had no paid employment since her marriage, her husband's occupation was used. Similarly, if a woman had not worked for ten years or more before the statutory retirement age, then her class was assigned on the basis of her spouse's occupation. Using this second system of coding changed the current class of only two male subjects but changed the current class of 18 females. Individual classes were aggregated during the analyses so that classes I, II and IIINM became the 'non-manual' category and classes IIIM, IV and V became the 'manual' category.

Health measures

The first physiological measurement taken was blood pressure. This was because subjects would have been seated throughout the preceding interview and therefore their blood pressure would have had a reasonable time to stabilise. Where possible, subjects were asked to wait until after blood pressure readings had been taken before they drank any stimulants such as tea or coffee, or before having a cigarette. Additionally, given the fact that some of the other measures to be taken involved some exertion, these would have had an effect on blood pressure and pulse readings. An Omron HEM-705CP automatic oscillometric blood pressure monitor was used. The blood pressure monitors were calibrated during the study by the suppliers. Three measurements were taken with a one minute gap between each. The first reading was discarded and the mean of the remaining two measures was used in our analyses and it is these figures which are included in the deposited dataset.

Height was measured using a Harpenden Pocket Stadiometer with internal spirit level (range 0-2m in 1mm increments). Subjects were asked to remove their shoes before the measurements were taken. The stadiometer can be used freestanding, without the need to stand against a wall. To calculate leg-length subjects were also measured sitting down, preferably, where possible, on a seat with a hard surface. The height of the chair was then taken and the different measures subtracted to give leg-length.

Weight was measured using a pair of Soehnle 7306 digital scales (range 0-150kg in 100g increments). Subjects were weighed in their clothes without shoes. Where possible the scales were placed on a hard surface, as opposed to carpet. The scales were calibrated during the study by the suppliers.

Spirometry was conducted using a Vitalograph Escort Spirometer and was carried out to meet the acceptability and reproducibility criteria of the American Thoracic Society (ATS Standardization of Spirometry 1994 Update). Subjects were seated and did not use nose-clips. The spirometers were calibrated after every third subject using a Hans Rudolph (Series 5530) 3 litre calibration syringe. The largest FEV1, FVC, and FEV1/FVC% produced by each subject were used in our analyses.

Data from the original survey of 1937-39

The study aimed to identify the contribution of childhood circumstances, including health to variations in health in early old age. The data from the original survey of 1937-39 which has been included in the deposited data set includes: number and age of household members; crowding (based on people/rooms); total household food expenditure per week; expenditure group and income group. These variables were calculated by the original study and details on the method used can be found in Rowett Research Institute (1955) and in Gunnell *et al* (1996); occupation of household's chief wage earner; data from the medical examination carried out in 1937-39.

Representativeness of the sample

The social class distribution of the interviewees' fathers is broadly equivalent to that of the social class distribution of young adult males at the 1931 census: 66% were in social classes I-III compared to 64% of the male population aged 20-44 years. The interviewees, in terms of their socio-demographic characteristics in early old age, broadly resemble those aged 65-74 years in the British population at the 1991 census. The proportion in the sample who were male was 47%, compared to 45% in the general population. The proportion in the sample in the non-manual social classes was 50%, compared to 49% in the general population. In terms of current health profile, such as mean systolic blood pressure and forced vital capacity (FVC), our subjects were broadly similar to their age-group peers in the 1995 Health Survey for England.

Analyses to date and papers in press

At the time of depositing, three papers had been submitted to journals and were in the process of peer-review. The first paper, by Blane, D., Berney, L.R., Davey Smith, G., Gunnell, D.J. and Holland, P., is titled, 'Reconstructing the life course: health during early old age in a follow-up study based on the Boyd Orr cohort', and has been accepted for publication by the journal *Public Health*. This paper describes in detail the methods used by the study and examines issues of representativeness. The socioeconomic and health profile of our subjects are compared with similar age groups in the Health Survey for England and the decennial census.

The second paper, by Holland, P., Blane, D., Berney, L.R., Davey Smith, G., Gunnell, D.J., is titled, 'Life course accumulation of disadvantage', and has been submitted to the journal *Social Science and Medicine*. This paper examines the association between childhood disadvantage, indicated by slow growth and signs of chronic

disease, and the accumulation of subsequent disadvantage and exposure to health-damaging environmental hazards through the life course.

The third paper, by Berney, L.R., Blane, D., Davey Smith, G., Gunnell, D.J. and Holland, P., is titled, 'Socioeconomic measures in early old age as indicators of previous lifetime exposure to environmental hazards to health', and has been submitted to the journal *Sociology of Health and Illness*. This paper examined the relative predictive ability of measures of current socioeconomic status, such as class, housing tenure, car ownership, work or private pensions and receipt of state benefits, to predict an individual's previous lifetime exposure to environmental hazards to health.

As part of Phase Two of the ESRC's Health Variation Programme, the principal award holder for the study which formed the deposited dataset received a further award to perform further analyses with the data. At the time of deposit, the data were being transformed to allow a year-by-year analysis for each subject's life. This will provide detailed information on the relative importance of the timing of each hazard exposure. Additionally, the issue of domestic labour and the effect of child-rearing on health in later life will also be examined.

References

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Rowett Research Institute (1955) Family diet and health in pre-war Britain. Dunfermline: Carnegie United Kingdom Trust.

Appendix

List of variables in the deposited data set ‘ Social variations in health in early old age:
investigation of precursors in a 60 year follow-up study.’

VARIABLE NAME

Variable/Column number

INTERNUM Interview Number

1

INTDATE Date of Interview

2

TIME Time of interview 24hr clock

3

SEX gender

4

Value	Label
-------	-------

1	Male
---	------

2	Female
---	--------

YEARBORN year of birth

5

AGE age of subject when interviewed by present study

6

ORIGIN centre subject surveyed by in 1937-9 study

7

Value	Label
-------	-------

1	Hopeman
---	---------

2	Barthol Chapel
---	----------------

3	Methlick
---	----------

4	Tarves
---	--------

5	Aberdeen
---	----------

6	Kintore
---	---------

7	Dundee
---	--------

8	West Wemyss
---	-------------

9	Coaltown of Wemyss
---	--------------------

10	Edinburgh
----	-----------

11	Barrow
----	--------

12	Yorkshire
----	-----------

13	Liverpool
----	-----------

14	Wisbech
----	---------

15	Fulham
----	--------

16	Bethnal Green
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FHSA FHSA (3-letter code denoting FHSA: used by NHSCR)

8

POSTCODE First three digits of postcode for current address

9

FATHOC31 Father's class by 1931 RG classification
10

Value	Label
1	I
2	II
3	III
4	IV
5	V
6	Unemployed/No usual occupation

FATHOC91 Father's class by 1991 RG classification
11

Value	Label
0	No paid work/Inadequately described
1	I
2	II
3	IIINM
4	IIIM
5	IV
6	V
7	Armed Forces

MOTHOCCL Mother's occupational class (RG91: if employed)
12

Value	Label
0	No paid work/Inadeq described
1	I
2	II
3	IIINM
4	IIIM
5	IV
6	V
7	Armed Forces
8	Housewife

SIBS Total no. of siblings in family (inc. subject)
13

YEARMAR1 Year subject first married
14

Value	Label
-8	not applicable

YEARDIV1 Year subject first divorced/widowed (if applicable)
15

Value	Label
-9	not known

YEARMAR2 Year subject remarried (if applicable)
16

YRSPORET year most recent spouse stopped working (whatever reason)
17

Value	Label
-9	not known
-8	not applicable
-7	still working on date of interview

SPOU1WED First spouse's RG (91) class at wedding
18

Value	Label
0	No paid work/Inadeq described
1	I
2	II
3	IIINM
4	IIIM
5	IV
6	V
7	Armed Forces/National Service
8	Housewife
9	Retired
10	Student

SPOU1MAI First spouse's main RG (91) class
19

Value	Label
0	No paid work/Inadeq described
1	I
2	II
3	IIINM
4	IIIM
5	IV
6	V
7	Armed Forces/National Service
8	Housewife

SPOU1RET First spouse's RG (91) class at retirement
20

Value	Label
0	No paid work/Inadeq described
1	I
2	II
3	IIINM
4	IIIM
5	IV
6	V
7	Armed Forces/National Service
8	Housewife

SPOU2WED Most recent spouse's RG (91)class at wedding (if applic.)
21

Value	Label
0	No paid work/Inadeq described
1	I
2	II
3	IIINM
4	IIIM
5	IV
6	V
7	Armed Forces/National Service
8	Housewife
9	Retired
10	Student

SPOU2MAI Most recent spouse's main RG (91)class (if applicable)
22

Value	Label
0	No paid work/Inadeq described
1	I
2	II
3	IIINM
4	IIIM
5	IV
6	V
7	Armed Forces/National Service
8	Housewife

SPOU2RET Most recent spouse's RG(91)class at retirement
23 (if applicable)

Value	Label
0	No paid work/Inadeq described
1	I
2	II
3	IIINM
4	IIIM
5	IV
6	V
7	Armed Forces/National Service
8	Housewife

KIDS Number of own children (i.e. excluding step-children)
24

RES1STA year started in 1st residence
25

RES1STP year stopped in 1st residence
26

RES1STA2 2nd period at 1st residence starts
27

RES1STP2 2nd period at 1st residence stops
28

RES1STA3 3rd period at 1st residence starts
29

RES1STP3 3rd period at 1st residence stops
30

RES1STA4 4th period at 1st residence starts
31

RES1STP4 4th period at 1st residence stops
32

YRSRES1 Total years at first residence
33

RESITY1 First Resid TYPE
34

Value	Label
1	Terraced
2	Semi-detached
3	Detached
4	Flat
5	Rooms
6	Other

TENURE1 First Resid TENURE
35

Value	Label
1	Owner-occupied
2	Privately rented
3	Council rented
4	Tied
5	In-laws
6	Army/Halls
7	Free
8	Housing Association Scheme (Scotland)

HHOCC1 Total no.OCCUPANTS
36

ROOMS1 Number of rooms (excluding bathroom, WC, scullery)
37

HEATIN1 First Resid HEATING
38

Value	Label
1	coal fires only
2	Stove/rayburn

- 3 gas fires
- 4 electric fires
- 5 central heating
- 6 combination of above
- 7 other

DAMPRB1 Number of years 1st residence was DAMP (probable)
39

DAMPOS1 Number of years 1st residence DAMP (possible)
40

FACTRY1 Factory within one mile of first residence
41

Value	Label
0	No
1	Yes

AROADS1 A-road within 150 metres of first residence
42
(Post 1960 only)

Value	Label
0	No
1	Yes

AREATY1 1st Residence AREA TYPE
43

Value	Label
1	Rural
2	Small Town
3	Seaside Town
4	Suburban
5	Urban
6	Urban Industrial

POLLPB1 Total years air pollution at first residence (probable)
44

POLLPO1 Total years air pollution at first residence (possible)
45

*VARIABLES 25 TO 45 ARE THEN REPEATED FOR A FURTHER 12 RESIDENCES. FOR THE 6TH, 8TH, 9TH, 10TH, 11TH, 12TH, & 13TH RESIDENCES ONLY ONE PERIOD OF RESIDENCE OCCURRED AND THEREFORE VARIABLES 27 TO 32 (i.e. those variables relating to **multiple** periods of residence at one particular residence) DID NOT NEED TO BE REPEATED FOR THOSE RESIDENCES.*

OCC1STA Year 1st job started
242

OCC1STP Year 1st job stopped
243

OCC1STA2 2nd period at 1st job starts
244

OCC1STP2 2nd period at 1st job stops
245

OCC1STA3 3rd period at 1st job starts
246

OCC1STP3 3rd period at 1st job stops
247

YRSOCC1 Total years employed in 1st job
248

CLASS1 Class of 1st job (RG1991)
249

Value	Label
1	I
2	II
3	IIINM
4	IIIM
5	IV
6	V
7	Armed Forces

FTPT1 1st job = Full-time or Part-time job
250

Value	Label
1	Fulltime
2	Parttime

FUMPRB1 1st job number of years fumes or dusts (probable)
251

FUMPOS1 1st job number of years fumes or dusts (possible)
252

FUMTY1A 1st job first/main type of fumes or dusts (if applicable)
253

Value	Label
1	hay dusts
2	flour dusts
3	fabric dusts
4	coal dusts
5	metal dusts
6	solder/welding fumes
7	chemical fumes
8	petrol/diesel/aviation fumes
9	solvents
10	acid fumes
11	saw dusts
12	other fumes
13	other dusts

FUMTY1B 1st job other type of fumes or dusts (if applicable)
 254
 Values as for FUMTY1A

FUMTY1C 1st job other type of fumes or dusts (if applicable)
 255
 Values as for FUMTY1A

ARDUOS1 1st job number of years engaged in physically arduous
 256 labour

DEMAND1 1st job number of years work was demand/control hazard
 257 (see Hazard Definition and Coding Section for full details)

*VARIABLES 242 TO 257 ARE THEN REPEATED FOR A FURTHER TEN
 OCCUPATIONS.
 FOR THE 5th, 6TH, 8TH, 9TH & 10TH OCCUPATIONS ONLY ONE PERIOD OF
 EMPLOYMENT OCCURRED AND THEREFORE VARIABLES 244 TO 248 (i.e.
 those variables relating to **multiple** periods of employment at one particular
 occupation) DID NOT NEED TO BE REPEATED FOR THOSE OCCUPATIONS.*

CAROWN Current car ownership/ access
 388

Value	Label
0	No ownership or access
1	Owns 1
2	Owns 2
3	Owns 3 or more
4	ACCESS only to car (no ownership)

YEARCAR Year household first owned car
 389

CONTCAR Has there been continuous car ownership since 1st car
 390

Value	Label
0	No
1	Yes

BENEFITS Total number of state benefits received by household
 391

STATPENS Total number of state pensions in household
 392

OCCPENS Total number of occupational/private pensions in household
393

CURRINC Does household have other current income
394

Value	Label
0	No
1	Yes

CONVENCL Subject's current class using RG 1991 classification rules
395

Value	Label
1	I
2	II
3	IIINM
4	IIIM
5	IV
6	V
7	Armed Forces
8	Housewife

OURCLASS Subject's current class based on own last main job (RG1991)
396

Value	Label
1	I
2	II
3	IIINM
4	IIIM
5	IV
6	V
7	Armed Forces
8	Housewife

—

SMOKSTAT Smoking status
397

Value	Label
1	Current smoker
2	Ex smoker
3	Never smoked

SMOKEPRB Years of smoking five or more cigarettes per day
398

SMOKEPOS Years of smoking between one and four cigarettes per day
399

LONGILL Does subject currently have a long-standing illness
400

Value Label

0 No
1 Yes

LIMITILL 401 Does subject currently have a limiting long-standing illness

Value Label

0 No
1 Yes

SERILL1 402 Has a doctor or hospital diagnosed subject as having any of the following 'serious' (according to RCGP)illnesses

Value Label

0 None
1 Heart disease
2 Joint disease
3 Lung disease
4 Stroke
5 Diabetes
6 Abdominal hernia
7 Thyroid disease
8 Duodenal ulcer
9 Pneumonia
10 High blood pressure
11 Cancer (of any kind)
12 Any other illness

SERILL2 403 Has a doctor or hospital diagnosed subject as having any of the following 'serious' (according to RCGP)illnesses

Values as for SERILL1

SERILL3 404 Has a doctor or hospital diagnosed subject as having any of the following 'serious' (according to RCGP)illnesses

Values as for SERILL1

SERILL4 405 Has a doctor or hospital diagnosed subject as having any of the following 'serious' (according to RCGP)

Values as for SERILL1

ANTIHYPE 406 Subject taking anti-hypertensive medication

Value Label

0 No
1 Yes

BRONCDIL 407 Subject taking bronchodilator medication

Value Label

0 No

	1	Yes
MEDPRESC 408	Subject taking any prescribed medication	
	Value	Label
	1	yes
	2	no
TEMP 409	Room temperature in Celsius	
SYSBP 410	Average systolic blood pressure	
DIABP 411	Average diastolic blood pressure	
FEV1 412	Best FEV1 (Forced Expiratory Volume in one second)	
FVC 413	Best FVC (Forced Vital Capacity)	
FEV1FVC 414	Best FEV1/FVC %	
STANDHT 415	Standing height (cms)	
LEGS 416	Adult leg length (cms)	
WEIGHT 417	Weight (kgs)	

THE FOLLOWING VARIABLES (418 TO 450)COME FROM DATA THAT WERE EXTRACTED FROM THE ORIGINAL ROWETT DATASET AND ENTERED ONTO COMPUTER BY STAFF AT BRISTOL UNIVERSITY'S DEPARTMENT OF SOCIAL MEDICINE.THESE DATA ALL CAME FROM THE PERIOD 1937-39. THESE DATA WERE GENEROUSLY SUPPLIED TO OUR STUDY IN COMPUTER-READABLE FORM BY DR. D. GUNNELL, PROF. S. FRANKEL AND PROF. G. DAVEY SMITH.

ADULTMAL adult males in household
418

ADULTFEM adult females in household
419

BABIES	no. of 0-6 month kids in hhold
420	
OLDBABES	no. of 6-12 month kids in hhold
421	
TODDLERS	no. of 1-4 years kids in hhold
422	
FIVETEN	no. of 5-10 years kids in hhold
423	
TEENS	no. of 10-14 years kids in hhold
424	
LATETEEN	no. of 15-20 kids in hhold
425	
CHILDREN	total no. children in hhold (not necessarily same as no. of sibs)
426	
PEOPLE	total no. people in hhold
427	
ROOMS	no. rooms in house
428	
CROWDING	crowding (people/rooms)
429	
FOODPENC	total household food exp (pence)
430	
EXPGROUP	expenditure group (1-6)
431	
INCOME	income group
432	
HEADOCCU	occupation of chief wage earner
433	Job title appears as a string variable
KNOCKNEE	knock knees
437	
	Value Label
	0 none
	1 present
BRONCHIT	bronchitis
438	
	Value Label
	0 none
	1 present
OTITISME	otitis media
439	
	Value Label

	0	none
	1	present
ANGSTOMA 440	angular stomatitis	
	Value	Label
	0	none
	1	present
SYMPSCOR 441	symptom score (1-4; sum of knock knees, bronchitis otitis media, angular stomatitis)	
CLASSBO 442	Social class of head of household at 1931 census	
HEIGHTZS 443	height z-score at examination 1937-39	
AGEMONTH 444	age in months at examination 1937-39	
CHHEIGHT 445	childhood height (cm)	
CHWEIGHT 446	childhood weight (kg)	
CONJUNCT 447	chronic conjunctivitis	
	Value	Label
	1	present
BLEPHARI 448	blepharitis	
	Value	Label
	1	present
GINGIVIT 449	gingivitis	
	Value	Label
	1	present
PYOGSKIN 450	pyogenic skin infections	
	Value	Label
	1	present

THE FOLLOWING VARIABLES ARE THE HAZARD SCORE TOTALS. SEE HAZARD DEFINITION AND CODING SECTION FOR FULL DETAILS.

TPOLLPRB	Total years air pollution probable
451	
TPOLLPOS	Total years air pollution possible
452	
TDAMPRB	Total years damp probable
453	
TDAMPOS	Total years damp possible
454	
TFUMEPRB	Total years umes and dusts probable
455	
TFUMEPOS	Total years fumes and dusts possible
456	
CNUTPRB	Total years inadequate nutrition in childhood probable
457	
CNUTPOS	Total years inadequate nutrition in childhood possible
458	
ANUTPRB	Total years inadequate nutrition in adulthood probable
459	
ANUTPOS	Total years inadequate nutrition in adulthood possible
460	
YRSEXLAB	Years since subject permanently left workforce
461	
YRSBENS	Years on benefits only (including State pension)
462	
COMPOLL	combined pollution score (prob+poss)
463	
COMDAMP	combined damp score (prob+poss)
464	
COMFUME	combined fumes scores (prob+poss)
465	
TOTARDUS	total years physically arduous labour
466	
TOTDEMAN	total years demand/control at work
467	
COMSMOKE	combined smoking score (probable + possible)
468	
COMCNUT	combined childhood inadequate nutrition score (prob+poss)
469	
COMANUT	combined adulthood inadequate nutrition score (prob+poss)
470	

COMHAZ combined hazard score
471

END OF VARIABLE LIST

Influences on Quality of Life in Early Old Age: Summary

Aims of the study

These data constitute the first follow-up of the Boyr Orr Lifegrid Subsample, who were originally interviewed in 1997. The follow-up study was funded as part of the ESRC Growing Older Programme. The principal award holder was Professor David Blane of Imperial College London and the co-award holders were Dr Paul Higgs of University College London and Professor Richard Wiggins of City University, London.

The study sought to develop a new, theoretically informed measure of quality of life in early old age, examining whether and to what extent people experience a 'Third Age' of independence and satisfaction during the post-retirement phase of life, and what factors may influence this experience.

Sample

This study follows up participants of the Boyd Orr Lifegrid Subsample who were originally interviewed in 1997 as part of the 'Social Variation in Health in Early Old Age' project. Among the 294 people included in the 1997 study, 12 had died or had moved and were therefore untraceable. Analysis revealed that these 12 people were not significantly different to the remaining 286 individuals in terms of their social class or gender, but were more likely to have reported having a limiting longstanding illness in the 1997 interview.

The remaining 286 individuals were mailed a self-completion questionnaire. Those who did not respond to the first mailout were mailed a second time two weeks later. Those who responded to neither mailing were telephoned and interviewed over the phone if possible. Overall, 264 people completed the questionnaire either by mail or over the phone. Table one give a summary of the response rates.

Response	Numbers	Cumulative no.	Percentage (%)	Cumulative %
First mailout	182	182	63.6	63.6
Second mailout	74	256	25.9	89.5
Telephone Interview	8	264	2.8	92.3
Non response	22	286	7.7	100
Total	286		100	

No significant differences between the responders and non-responders were found for social class or sex, but again the non-responders were more likely to have reported a limiting longstanding illness in 1997. There were no significant differences among those with different response types (first mailout, second mailout or telephone interview) in terms sex, limiting longstanding illness or perceived pension adequacy.

CASP19 quality of life scale

The CASP19 quality of life scale is described as a 'needs satisfaction' measure of QOL. The measure uses 19 questions to examine quality of life in four domains *Control, Autonomy, Pleasure and Self Realisation*, hence the name CASP19. A more detailed description of the development of the CASP19 measure can be found in **Hyde et al, 2003**. Following consultation with an expert advisory committee and with focus groups of people in early old age, a total of 22 questions were used in the questionnaire to construct the quality of life scale:

1. My age prevents me from doing the things I would like to
2. **Other people take my opinions seriously**
3. **I feel that I am a respected person**
4. I feel that what happens to me is out of my control
5. I feel free to plan for the future
6. I feel left out of things
7. I can do the things that I want to do
8. Family responsibilities prevent me from doing what I want to do
9. I feel that I can please myself what I do
10. My health stops me from doing things I want to do
11. Shortage of money stops me from doing the things I want to do
12. I look forward to each day
13. I feel that my life has meaning
14. I enjoy the things that I do
15. I enjoy being in the company of others
16. On balance, I look back on my life with a sense of happiness
17. I feel full of energy these days
18. I choose to do things that I have never done before
19. I feel satisfied with the way my life has turned out
20. **At times I think that I am no good at all**
21. I feel that life is full of opportunities
22. I feel that the future looks good for me

In subsequent factor analysis, items 2, 3 and 20 were dropped from the final scale as this significantly improved the internal homogeneity of the scale.

Notes on using the CAP19 measure in this dataset

In this dataset, all 22 of the original questions on quality of life are retained (variables **qol1_00** to **qol22_00**). The derived CASP19 score (variable **CASP19**), ranging from 0 to 57, is also included. In order to recalculate the CASP19 score, the QOL items should be summed EXCLUDING **qol2_00** **qol3_00** and **qol20_00**. Some items are 'positive' (eg. 'I feel free to plan for the future') while other are 'negative' (eg. 'I feel left out of things') but all items are coded so that a high score indicates a good quality of life.

Notes on the questionnaire data

The majority of variable names in the dataset refer to the question number in the accompanying questionnaire with the suffix _00 to denote they are from the 2000 wave of the survey eg. variable **a1_00** refers to question A1 in the questionnaire. An exception is the CASP19 items, which are labelled **qol1_00** to **qol22_00** in order to denote measurement of quality of life.

Three missing values are specified for each variable:

- 7 denotes that the question was not applicable to this respondent
- 8 denotes that the case was lost to follow-up and not included in this wave
- 9 denotes that the response was missing

Age and sex variables are not included in this dataset but can be obtained through linkage with the 1997 dataset.

Linking with the 1997 and 2004 data

In order to link the variables with those in the previous and subsequent waves of the study in 1997 and 2004, the linking variable **uniqidun** should be used.

Key publications

Blane D, Wiggins R, Higgs P, et al. Inequalities in quality of life in early old age. GO findings 9, Sheffield: Growing Older Programme. Sheffield (UK): University of Sheffield; 2002.

Hyde, M., Blane, D., Higgs, P., Wiggins, R. (2003) A measure of quality of life in early old age: The theory, development and properties of a Needs Satisfaction Model (CASP-19). *Aging and Mental Health*, Vol 7: 186-194.

Variables in the dataset

Variable	Position	Label	Comments
unqidun	1	Unique ID Number	Use this variable to link between datasets
ques_00	2	[2000] Completed questionnaire in 2000	Shows whether the case responded in 2000
resp_00	3	[2000] Response to 2000 wave	Shows method of response (none, 1 st or second mailout, telephone)
a1_00	4	[2000] General state of health since last interview in 1997-8	
a2_00	5	[2000] General financial state since last interview in 1997-8	
a3_00	6	[2000] Stresses in life since last interview in 1997-8	
a4_00	7	[2000] Life in General since last interview in 1997-8	
b1a_00	8	[2000] There are people who do things that make me happy	
b1b_00	9	[2000] There are people who can be relied upon no matter what happens	

b1c_00	10	[2000] There are people who accept me just as I am	
b1d_00	11	[2000] There are people who give me support and encouragement	
b1e_00	12	[2000] There are people who make me feel loved	
b1f_00	13	[2000] There are people who would see that I am taken care of if I needed to be	
b1g_00	14	[2000] There are people who make me feel an important part of their lives	
b2a_00	15	[2000] When did you last meet family members?	
b2b_00	16	[2000] When did you last speak to family members on the phone?	
b2c_00	17	[2000] When did you last meet friends?	

b2d_00	18	[2000] When did you last speak to friends on the phone?	
b3_00	19	[2000] How many people do you have a close relationship with?	
b4a_00	20	[2000] I do not need regular help	
b4b_00	21	[2000] I do not receive regular help even though I need it	
b4c_00	22	[2000] I receive regular help from family, friends or neighbours	
b4d_00	23	[2000] I receive regular help from the local authority	
b4e_00	24	[2000] I receive regular help from someone I employ privately	
b4f_00	25	[2000] Receive other help	
b5_00	26	[2000] Household has a private car	
b6_00	27	[2000] Able to get a lift when needs to	

b7a_00	28	[2000] Uses bus regularly	
b7aa_00	29	[2000] Is the bus affordable?	
b7b_00	30	[2000] Uses train regularly	
b7bb_00	31	[2000] Is the train affordable?	
b7c_00	32	[2000] Uses underground/tram regularly	
b7cc_00	33	[2000] Is the underground/tram affordable?	
b7d_00	34	[2000] Uses taxis regularly	
b7dd_00	35	[2000] Are taxis affordable?	
b8a_00	36	[2000] Area of residence is a safe place to live	
b8b_00	37	[2000] There is a lot of graffiti in area of residence	
b8c_00	38	[2000] Want to leave area of residence	
b8d_00	39	[2000] Area of residence is an affluent area	

b8e_00	40	[2000] Presence of a lot of friendly neighbours	
b8f_00	41	[2000] Area of residence is a deprived area	
b8g_00	42	[2000] People look out for each other in area of residence	
b8h_00	43	[2000] There is no sense of community in area of residence	
b8i_00	44	[2000] Good community spirit in area of residence	
b8j_00	45	[2000] A lot of crime in area of residence	
b8k_00	46	[2000] A good mix of people in area of residence	
b8l_00	47	[2000] Area of residence is not a safe place to live	
b8m_00	48	[2000] Enjoy living in area of residence	
b8n_00	49	[2000] People are unfriendly in area of residence	

b9a_00	50	[2000] Do you ever visit a bank or cash point?	
b9b_00	51	[2000] Do you ever visit a bingo hall?	
b9c_00	52	[2000] Do you ever visit a cafe?	
b9d_00	53	[2000] Do you ever visit a chiroprapist?	
b9e_00	54	[2000] Do you ever visit a church?	
b9f_00	55	[2000] Do you ever visit a cinema?	
b9g_00	56	[2000] Do you ever visit a dentist?	
b9h_00	57	[2000] Do you ever visit a GP?	
b9i_00	58	[2000] Do you ever visit a hairdresser?	
b9j_00	59	[2000] Do you ever visit a library?	
b9k_00	60	[2000] Do you ever visit a local newsagent?	
b9l_00	61	[2000] Do you ever visit a museum?	
b9m_00	62	[2000] Do you ever visit your nearest NHS hospital?	

b9n_00	63	[2000] Do you ever visit an optician?	
b9o_00	64	[2000] Do you ever visit a shopping centre?	
b9p_00	65	[2000] Do you ever visit a post office?	
b9q_00	66	[2000] Do you ever visit a pub?	
b9r_00	67	[2000] Do you ever visit a public park?	
b9s_00	68	[2000] Do you ever visit a restaurant?	
b9t_00	69	[2000] Do you ever visit a social club?	
b9u_00	70	[2000] Do you ever visit a swimming pool?	
b9v_00	71	[2000] Do you ever visit a supermarket?	
b9w_00	72	[2000] Do you ever visit a theatre?	
b10a_00	73	[2000] Household has a personal computer	
b10b_00	74	[2000] Household has a microwave	

b10c_00	75	[2000] Household has a dishwasher	
b10d_00	76	[2000] Usually take an annual holiday of at least four nights	
b10e_00	77	[2000] Has taken a short break (1-3 nights) in the past year	
b10f_00	78	[2000] Took a holiday abroad last year	
b10g_00	79	[2000] Last main holiday was a package holiday	
b10h_00	80	[2000] Has an interest-earning cheque/savings account	
b10i_00	81	[2000] Has personal health insurance	
b10j_00	82	[2000] Has a VCR	
b10k_00	83	[2000] Has a CD player	
b10l_00	84	[2000] Has digital/cable TV	
b10m_00	85	[2000] Buys a magazine at least once a month	

b10n_00	86	[2000] Owns a house abroad (including timeshare)	
b10o_00	87	[2000] Voted in last general election	
b10p_00	88	[2000] Has a pet	
b10q_00	89	[2000] Reads a daily national paper	
b10r_00	90	[2000] Sometimes treats themself to something they do not need	
b10s_00	91	[2000] Owns home outright	
b10t_00	92	[2000] Enjoys gardening	
b10u_00	93	[2000] Has a credit card	
b10v_00	94	[2000] Owns shares or unit trusts	
b10w_00	95	[2000] Has a mobile phone	
b10x_00	96	[2000] Uses Internet/email	
b10y_00	97	[2000] Has central heating	
b10z_00	98	[2000] Has had kitchen refitted in the past five years	

b11a_00	99	[2000] Member of a political party, trade union or environmental group	
b11b_00	100	[2000] Member of a tenants' group, residents' group or neighbourhood watch	
b11c_00	101	[2000] Member of a Church, Chapel or Synagogue	
b11d_00	102	[2000] Member of a charitable organisation	
b11e_00	103	[2000] Participates in education/arts/music groups	
b11f_00	104	[2000] Member of a social club	
b11g_00	105	[2000] Member of a sports clubs	
b11h_00	106	[2000] Member of other groups or organisations	
b12_00	107	[2000] Do you hold a position of responsibility in any of these organisations?	

b13_00	108	[2000] Belong to a religious faith	
b13a_00	109	[2000] Type of faith	
qol1_00	110	[2000] My age prevents me from doing the things I would like to do	Items qol1_00 through qol22_00 are part of the quality of life scale.
qol2_00	111	[2000] Other people take my opinions seriously	NOT INCLUDED IN CASP19
qol3_00	112	[2000] I feel that I am a respected person	NOT INCLUDED IN CASP19
qol4_00	113	[2000] I feel that what happens to me is out of my control	
qol5_00	114	[2000] I feel free to plan for the future	
qol6_00	115	[2000] I feel left out of things	
qol7_00	116	[2000] I can do the things that I want to do	
qol8_00	117	[2000] Family responsibilities prevent me from doing what I want to do	

qol9_00	118	[2000] I feel that I can please myself what I do	
qol10_00	119	[2000] My health stops me from doing things I want to do	
qol11_00	120	[2000] Shortage of money stops me from doing the things I want to do	
qol12_00	121	[2000] I look forward to each day	
qol13_00	122	[2000] I feel that my life has meaning	
qol14_00	123	[2000] I enjoy the things that I do	
qol15_00	124	[2000] I enjoy being in the company of others	
qol16_00	125	[2000] On balance, I look back on my life with a sense of happiness	
qol17_00	126	[2000] I feel full of energy these days	
qol18_00	127	[2000] I choose to do things that I have never done before	

qol19_00	128	[2000] I feel satisfied with the way my life has turned out	
qol20_00	129	[2000] At times I feel that I am no good at all	
qol21_00	130	[2000] I feel that life is full of opportunities	
qol22_00	131	[2000] I feel that the future looks good for me	NOT INCLUDED IN CASP19
lsiw1_00	132	[2000] I am as happy as when I was younger	
lsiw2_00	133	[2000] My life could be happier than it is now	
lsiw3_00	134	[2000] These are the best years of my life	
lsiw4_00	135	[2000] The things I do are as interesting to me as they ever were	
lsiw5_00	136	[2000] I would not change my past life if I could	
lsiw6_00	137	[2000] Compared to other people of my age I've made a lot of stupid decisions	

Isiw7_00	138	[2000] When I think back on my life, I didn't get most of the important things I wanted	
Isiw8_00	139	[2000] Compared to other people, I get down in the dumps too often	
d1_00	140	[2000] Health over the last 12 months	
d2_00	141	[2000] Physically active compared with others the same age	
d3_00	142	[2000] Worrying compared to other people	
d4_00	143	[2000] Fitness compared with others the same age	
d5_00	144	[2000] Managing stairs	
d5a_00	145	[2000] Ease of managing stairs	
d6_00	146	[2000] Cutting own toenails	
d6a_00	147	[2000] Ease of cutting own toenails	

d7_00	148	[2000] Longstanding illness	
d7b_00	149	[2000] Limiting longstanding illness	
d8a_00	150	[2000] Self-reported serious illness: Heart disease	
d8b_00	151	[2000] Self-reported serious illness: Pneumonia	
d8c_00	152	[2000] Self-reported serious illness: Lung disease	
d8d_00	153	[2000] Self-reported serious illness: Stroke	
d8e_00	154	[2000] Self-reported serious illness: Diabetes	
d8f_00	155	[2000] Self-reported serious illness: Hernia	
d8g_00	156	[2000] Self-reported serious illness: Thyroid disease	
d8h_00	157	[2000] Self-reported serious illness: Joint disease	

d8i_00	158	[2000] Self-reported serious illness: High blood pressure	
d8j_00	159	[2000] Self-reported serious illness: Cancer	
d8k_00	160	[2000] Self-reported serious illness: Other disease	
d9_00	161	[2000] Age at retirement	
d9a_00	162	[2000] Retirement status	
d10a_00	163	[2000] Retired at the state retirement age	
d10b_00	164	[2000] Retired early due to ill health	
d10c_00	165	[2000] Could not afford to retire at the state retirement age	
d10d_00	166	[2000] Offered a good package to stay on after the state retirement age	
d10e_00	167	[2000] Persuaded by employer to stay on after the state retirement age	

d10f_00	168	[2000] Retired early to care for someone	
d10g_00	169	[2000] Accepted voluntary redundancy	
d10h_00	170	[2000] Retired later than the state retirement age to improve financial position	
d10i_00	171	[2000] Made redundant and was unable to find work	
d10j_00	172	[2000] Liked job so much that opted to stay on for a while longer	
d11_00	173	[2000] Ever belonged to an occupational pension scheme	
d12_00	174	[2000] AVCs/FSAVCs	
d13_00	175	[2000] Ever contributed to a private pension scheme	
d14_00	176	[2000] Expectations of future pension adequacy	

CASP19	177	[2000] CASP-19 - sum of response to qol items excluding 2, 3 & 20	DERIVED VARIABLE summing response to items qol1_00, qol4_00, qol5_00, qol6_00, qol7_00, qol8_00, qol9_00, qol10_00, qol11_00, qol12_00, qol13_00, qol14_00, qol15_00, qol16_00, qol17_00, qol18_00 qol19_00, qol21_00 and qol22_00
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Resilience and quality of life in early old age: summary

Aims of the study

These data constitute the second follow-up of the Boyd Orr Lifegrid Subsample, who were originally interviewed in 1997 and again in 2000. The follow-up study was funded as part of the ESRC Capability and Resilience network (<http://www.ucl.ac.uk/capabilityandresilience>). The principal award holder was Professor David Blane of Imperial College London and the co-award holders were Professor Richard Wiggins of City University, London and Dr. Scott Montgomery of the Karolinska Institute, Stockholm, Sweden. Co-investigators were Dr Gopalakrishnan Netuveli and Zoe Hildon, both of Imperial College London.

The study sought to identify, in a small cohort, contextual and life course influences on change in quality of life and physiological status through early old age.

Sample

This study follows up participants of the Boyd Orr Lifegrid Subsample who were originally interviewed in 1997 as part of the 'Social Variation in Health in Early Old Age' project and again in 2000 as part of the ESRC 'Growing Older' programme.

For the 2004 wave, data were initially collected via a postal questionnaire. There was a degree of attrition due to refusal (n=22), and through moves and ill-health (n=24). The final questionnaire was sent to 253 of the original 294 respondents who were interviewed in 1997. In addition to the measures collected in the 2000 questionnaire, a series of new questions to measure coping styles and equality in relationships was developed using focus groups.

A sub-group of 139 participants also received a home visit for where physiological measures were collected. The home visit included the following:

1. Checking the postal questionnaire for non-response and ensuring completion.
2. Updating the lifegrid
3. Collection of data to update hazard exposure scores
4. Physiological measures including: blood pressure, height and weight, lung function, the Flamingo test
5. Recording over-the-counter and prescription medications.
6. Smoking history since 1997

Representativeness of the sample

Overall, the sample of 207 participants was found to be broadly representative of the British population based on 2001 census data in terms of sex, academic qualifications and housing tenure (table 1). However, the sample showed better self-reported health and a higher proportion were married compared with the general population. There was also lower prevalence of limiting longstanding illness in the Boyd Orr cohort, which likely reflects the attrition from the sample of those with chronic ill health.

Table 1: Demographic characteristics of the Boyd Orr subsample in 2004 compared with the general population aged 70-84 years (unless age group otherwise specified)

Characteristic	2001 census	Boyd Orr 2004 wave (n=207)
% female	57.8	54.1
% male	42.2	46.9
% limiting long standing illness	51.1	40.6
% reported good or fairly good health	70.6	84.1
% female married	39.1	47.3
% male married	70.1	80.0
% car ownership	60.0	73.4
% no academic qualification (census age 64-74)	73.7	74.9
% housing tenure (census age 65-84)	74.8	80.7

Notes on the questionnaire data

The majority of variable names in the dataset refer to the question number in the accompanying questionnaire with the suffix _04 to denote they are from the 2004 wave of the survey eg. variable **a1_04** refers to question A1 in the questionnaire.

Three missing values are specified for each variable:

- 7 denotes that the question was not applicable to this respondent
- 8 denotes that the case was lost to follow-up and not included in this wave
- 9 denotes that the response was missing

CASP19 measure of quality of life

A derived CASP19 quality of life score (variable **CASP19_04**), ranging from 0 to 57, is included in the dataset. In order to recalculate the CASP19 score, the QOL items from **c2a_04** to **c2q_04** should be summed. Some items are 'positive' (eg. 'I feel free to plan for the future') while other are 'negative' (eg. 'I feel left out of things') but all items are coded so that a high score indicates a good quality of life.

If linking with the 2000 dataset it should be noted that only 19 quality of life items are included in the 2004 wave as opposed to 22 in the 2000 wave. This reflects the decision to drop three items from the original quality of life scale in order to improve internal homogeneity. The result in terms of data linkage is that the number of the individual quality of life questions is not the same in the two datasets. Table 2 shows the differences between the two datasets.

Table 2: Coding of quality of life items in 2000 and 2004

Questionnaire item	Variable name in 2000 dataset	Variable name in 2004 dataset
My age prevents me from doing the things I would like to	qol1_00	c2a_04
Other people take my opinions seriously	qol2_00	NOT INCLUDED
I feel that I am a respected person	qol3_00	NOT INCLUDED
I feel that what happens to me is out of my control	qol4_00	c2b_04
I feel free to plan for the future	qol5_00	c2c_04
I feel left out of things	qol6_00	c2d_04
I can do the things that I want to do	qol7_00	c2e_04
Family responsibilities prevent me from doing what I want to do	qol8_00	c2f_04
I feel that I can please myself what I do	qol9_00	c2g_04
My health stops me from doing things I want to do	qol10_00	c2h_04
Shortage of money stops me from doing the things I want to do	qol11_00	c2i_04
I look forward to each day	qol12_00	c2j_04
I feel that my life has meaning	qol13_00	c2k_04
I enjoy the things that I do	qol14_00	c2l_04
I enjoy being in the company of others	qol15_00	c2m_04
On balance, I look back on my life with a sense of happiness	qol16_00	c2n_04
I feel full of energy these days	qol17_00	c2o_04
I choose to do things that I have never done before	qol18_00	c2p_04
I feel satisfied with the way my life has turned out	qol19_00	c2q_04
At times I think that I am no good at all	qol20_00	NOT INCLUDED
I feel that life is full of opportunities	qol21_00	c2r_04
I feel that the future looks good for me	qol22_00	c2s_04

Linking with the 1997 and 2000 data

In order to link the variables with those in the previous and subsequent waves of the study in 1997 and 2000, the linking variable **uniqidun** should be used.

Key publications

Hildon Z, Smith G, Netuveli G, Blane D. "Understanding adversity and resilience at older ages". *Sociology of Health and Illness*, 2008 Apr 28 [Epub ahead of print]

Blane, D. "Cohort Profile: The Boyd Orr lifegrid sub-sample—medical sociology study of life course influences on early old age". *International Journal of Epidemiology* 2005 34 (4): 750-754

Variables in the dataset

Variable	Position	Label	Measurement Level	Comments
uniqidun	1	Unique ID Number	Nominal	This variable should be used to link with the 1997 and 2000 datasets
ques_04	2	[2004] Completed questionnaire in 2004-5	Nominal	This denotes whether the participants completed the 2004 questionnaire
phys_04	3	[2004] Underwent physiological tests in 2004-5	Nominal	This denotes whether the participants completed the physiological tests in 2004
resp_04	4	[2004] Response to 2004 wave	Nominal	This denotes whether the case was included in the 2004 wave
age@q_04	5	[2004] Age at the time of the questionnaire	Scale	This age variable should be used when examining questionnaire items
age@p_04	6	[2004] Age at the time of physiological tests	Scale	This age variable should be used when examining physiological variables
yrsad_04	7	[2004] Years since interview in 1997/98	Scale	
yearob_04	8	[2004] Year of birth	Scale	
sex_04	9	[2004] Gender (male as reference)	Nominal	
mode_04	10	[2004] Mode of recording questionnaire	Nominal	
a1_04	11	[2004] General state of health since last interview in 2000	Ordinal	

a2_04	12	[2004] Stresses in life since last interview in 2000	Ordinal	
a3_04	13	[2004] General financial situation since last interview in 2000	Ordinal	
a4_04	14	[2004] Life in general since last interview in 2000	Ordinal	
a5_04	15	[2004] Important changes since 2000 - flag	Nominal	
a5a_04	16	[2004] Important changes since 2000 - content	Nominal	
a5b_04	17	[2004] Theme of other important changes since 2000	Nominal	
b1a_04	18	[2004] There are people who do things to make me happy	Ordinal	
b1b_04	19	[2004] There are people that can be relied on	Ordinal	
b1c_04	20	[2004] There are people that accept me as I am	Ordinal	
b1d_04	21	[2004] There are people that support and encourage me	Ordinal	

b1e_04	22	[2004] There are people that make me feel loved	Ordinal	
b1f_04	23	[2004] There are people who'd see I'm taken care of if needed	Ordinal	
b1g_04	24	[2004] There are people who make me feel an important part of their lives	Ordinal	
b2_04	25	[2004] How many people do you have a close relationship with?	Ordinal	
b3a_04	26	[2004] When did you last meet a family member (not co-habitant)?	Ordinal	
b3b_04	27	[2004] When did you last speak or write to family member (not co-habitant)?	Ordinal	
b3c_04	28	[2004] When did you last meet a friend (not co-habitant)?	Ordinal	

b3d_04	29	[2004] When did you last speak or write to a friend (not-cohabitant)?	Ordinal	
b4a_04	30	[2004] Number of close relationships with friends	Scale	
b4b_04	31	[2004] Number of close relationships with family	Scale	
b5a_04	32	[2004] Reliance on family for practical support	Nominal	
b5b_04	33	[2004] Reliance on friends for practical support	Nominal	
b5c_04	34	[2004] Reliance on family for emotional support	Nominal	
b5d_04	35	[2004] Reliance on friends for emotional support	Nominal	
b5e_04	36	[2004] Reliance on family for socialising	Nominal	
b5f_04	37	[2004] Reliance on friends for socialising	Nominal	

b6a_04	38	[2004] Marital status at questionnaire completion	Nominal	
b6b_04	39	[2004] Romantic attachment	Nominal	
b7a_04	40	[2004] Do not need regular help	Nominal	
b7b_04	41	[2004] Do not receive regular help although I need it	Nominal	
b7c_04	42	[2004] Receive regular help from family, friends or neighbours	Nominal	
b7d_04	43	[2004] Receive regular help from my local authority (council)	Nominal	
b7e_04	44	[2004] Recieve help from someone I employ privately	Nominal	
b7f_04	45	[2004] Receive other help	Nominal	
b7g_04	46	[2004] Description of who gives other help	Nominal	
b8_04	47	[2004] Household has private car	Nominal	

b9_04	48	[2004] Good public transport in area of residence	Nominal	
b10a_04	49	[2004] Area of residence is a safe place to live	Nominal	
b10b_04	50	[2004] A lot of graffiti in area of residence	Nominal	
b10c_04	51	[2004] Want to leave area of residence	Nominal	
b10d_04	52	[2004] Area of residence is an affluent area	Nominal	
b10e_04	53	[2004] Presence of freindly neighbours	Nominal	
b10f_04	54	[2004] Area of residence is a deprived area	Nominal	
b10g_04	55	[2004] People look out for each other in area of residence	Nominal	
b10h_04	56	[2004] No sense of community in area of residence	Nominal	
b10i_04	57	[2004] Good community spirit in area of residence	Nominal	

b10j_04	58	[2004] A lot of crime in area of residence	Nominal	
b10k_04	59	[2004] A good mix of people in area of residence	Nominal	
b10l_04	60	[2004] Area of residence is not a safe place to live	Nominal	
b10m_04	61	[2004] Enjoy living in area of residence	Nominal	
b10n_04	62	[2004] People are unfriendly in area of residence	Nominal	
b11a_04	63	[2004] Member of political party, trade union or environmental group	Nominal	
b11b_04	64	[2004] Member of tenants' group, residents' group or Neighbourhood Watch	Nominal	
b11c_04	65	[2004] Member of church, chapel, synagogue or other place of worship	Nominal	
b11d_04	66	[2004] Participate in education, arts and crafts, music groups or evening classes	Nominal	

b11e_04	67	[2004] Member of social club (e.g. Rotary Club, Townswoman's Guild)	Nominal	
b11f_04	68	[2004] Member of sports club (e.g. bowls, golf) or exercise classes	Nominal	
b11g_04	69	[2004] Participation in other activities	Nominal	
b12_04	70	[2004] Do you hold a position of authority in any of these organisations?	Nominal	
b13a_04	71	[2004] Do you have any grandchildren?	Nominal	
b13b_04	72	[2004] Main guardian for one or more grandchildren	Nominal	
b13c_04	73	[2004] Enjoy seeing grandchildren regularly	Nominal	
b13d_04	74	[2004] See grandchildren for holidays and special occasions	Nominal	

b13e_04	75	[2004] Involved in raising grandchildren by child-minding often	Nominal	
b13f_04	76	[2004] Child-mind grandchildren occasionally	Nominal	
b13g_04	77	[2004] Rarely child-mind grandchildren	Nominal	
c1a_04	78	[2004] I am as happy as when I was younger	Nominal	
c1b_04	79	[2004] My life could be happier than it is now	Nominal	
c1c_04	80	[2004] These are the best years of my life	Nominal	
c1d_04	81	[2004] The things I do are as interesting to me as they ever were	Nominal	
c1e_04	82	[2004] I would change my past life if I could	Nominal	
c1f_04	83	[2004] Compared to other people my age, I've made a lot of foolish decisions	Nominal	

c1g_04	84	[2004] When I think back on my life I didn't get most of the important things I wanted	Nominal	
c1h_04	85	[2004] Compared with other people, I get down in the dumps too often	Nominal	
c2a_04	86	[2004] My age prevents me from doing the things I would like to	Ordinal	
c2b_04	87	[2004] I feel that what happens to me is out of my control	Ordinal	
c2c_04	88	[2004] I feel free to plan for the future	Ordinal	
c2d_04	89	[2004] I feel left out of things	Ordinal	
c2e_04	90	[2004] I can do the things that I want to do	Ordinal	
c2f_04	91	[2004] Family responsibilities prevent me from doing what I want to do	Ordinal	
c2g_04	92	[2004] I feel that I can please myself what I do	Ordinal	

c2h_04	93	[2004] My health stops me from doing things I want to do	Ordinal	
c2i_04	94	[2004] Shortage of money stops me from doing things I want to do	Ordinal	
c2j_04	95	[2004] I look forward to each day	Ordinal	
c2k_04	96	[2004] I feel that my life has meaning	Ordinal	
c2l_04	97	[2004] I enjoy the things that I do	Ordinal	
c2m_04	98	[2004] I enjoy being in the company of others	Ordinal	
c2n_04	99	[2004] On balance, I look back on my life with a sense of happiness	Ordinal	
c2o_04	100	[2004] I feel full of energy these days	Ordinal	
c2p_04	101	[2004] I choose to do things that I have never done before	Ordinal	
c2q_04	102	[2004] I feel satisfied with the way my life has turned out	Ordinal	

c2r_04	103	[2004] I feel that life is full of opportunities	Ordinal	
c2s_04	104	[2004] I feel that the future looks good for me	Ordinal	
CASP19_04	105	[2004] CASP-19 - sum of response to 19 items in question C2 (Range 0 to 57)	Scale	DERIVED VARIABLE. This is the CASP-19 quality of life scale.
c3a_04	106	[2004] Ability to do things compared with in 30s on a scale from 1 to 5 (1= few things 5=everything)	Scale	
c3b_04	107	[2004] Opportunities compared with in 30s on a scale from 1 to 5 (1=few 5=similar)	Scale	
c3c_04	108	[2004] Satisfaction compared with 30s on a scale from 1 to 5 (1=less 5=similar)	Scale	
c4a_04	109	[2004] Response to adversity now: I will draw strength from my spiritual faith	Nominal	

c4aa_04	110	[2004] Response to adversity in my thirties: I will draw strength from my spiritual faith	Nominal	
c4b_04	111	[2004] Response to adversity now: My past successes mean I will solve this problem too	Nominal	
c4bb_04	112	[2004] Response to adversity in my thirties: My past successes mean I will solve this problem too	Nominal	
c4c_04	113	[2004] Response to adversity now: My sense of humour will get me through	Nominal	
c4cc_04	114	[2004] Response to adversity in my thirties: My sense of humour will get me through	Nominal	
c4d_04	115	[2004] Response to adversity now: I will learn from the experience	Nominal	

c4dd_04	116	[2004] Response to adversity in my thirties: I will learn from the experience	Nominal	
c4e_04	117	[2004] Response to adversity now: I will get stuck with this problem	Nominal	
c4ee_04	118	[2004] Response to adversity in my thirties: I will get stuck with this problem	Nominal	
c4f_04	119	[2004] Response to adversity now: I will be stronger	Nominal	
c4ff_04	120	[2004] Response to adversity in my thirties: I will be stronger	Nominal	
c4g_04	121	[2004] Response to adversity now: I will seek information	Nominal	
c4gg_04	122	[2004] Response to adversity in my thirties: I will seek information	Nominal	

c4h_04	123	[2004] Response to adversity now: I will be able to help others if they experience similar events	Nominal	
c4hh_04	124	[2004] Response to adversity in my thirties: I will be able to help others if they experience similar events	Nominal	
c4i_04	125	[2004] Response to adversity now: I will never really recover	Nominal	
c4ii_04	126	[2004] Response to adversity in my thirties: I will never really recover	Nominal	
c4j_04	127	[2004] Response to adversity now: I will be able to adapt to this change	Nominal	
c4jj_04	128	[2004] Response to adversity in my thirties: I will be able to adapt to this change	Nominal	

c4k_04	129	[2004] Response to adversity now: I will be appreciative of the simple things in life	Nominal	
c4kk_04	130	[2004] Response to adversity in my thirties: I will be appreciative of the simple things in life	Nominal	
c4l_04	131	{2004} Response to adversity now: I will throw myself into work and other activities	Nominal	
c4ll_04	132	[2004] Response to adversity in my thirties: I will throw myself into work and other activities	Nominal	
c4m_04	133	[2004] Response to adversity now: Things will improve with the support of others	Nominal	
c4mm_04	134	[2004] Response to adversity in my thirties: Things will improve with the support of others	Nominal	

c4n_04	135	[2004] Response to adversity now: There is no meaning to life	Nominal	
c4nn_04	136	[2004] Response to adversity in my thirties: There is no meaning to life	Nominal	
c4o_04	137	[2004] Response to adversity now: I will plan how to deal with the situation	Nominal	
c4oo_04	138	[2004] Response to adversity in my thirties: I will plan how to deal with the situation	Nominal	
c4p_04	139	[2004] Response to adversity now: I will teach myself to live with this problem	Nominal	
c4pp_04	140	[2004] Response to adversity in my thirties: I will teach myself to live with this problem	Nominal	

c4q_04	141	[2004] Response to adversity now: I will pretend it has not happened	Nominal	
c4qq_04	142	[2004] Response to adversity in my thirties: I will pretend it has not happened	Nominal	
c4r_04	143	[2004] Response to adversity now: I will have to get through this on my own	Nominal	
c4rr_04	144	[2004] Response to adversity in my thirties: I will have to get through this on my own	Nominal	
c4s_04	145	[2004] Response to adversity now: I will numb my feelings with drink and/or drugs	Nominal	
c4ss_04	146	[2004] Response to adversity in my thirties: I will numb my feelings with drink and/or drugs	Nominal	

c4t_04	147	[2004] Response to adversity now: I will bounce back	Nominal	
c4tt_04	148	[2004] Response to adversity in my thirties: I will bounce back	Nominal	
d1_04	149	[2004] Health as a whole over the last 12 months	Ordinal	
d2_04	150	[2004] Managing to get up and down stairs	Ordinal	
d3_04	151	[2004] Managing to cut toenails	Ordinal	
d4a_04	152	[2004] Self-reported long standing illness or disability	Nominal	
d4b_04	153	[2004] Type of longstanding illness or disability	Nominal	
d4c_04	154	[2004] Limiting longstanding illness	Nominal	
d5a_04	155	[2004] Self-reported serious illness: Heart disease of any kind	Nominal	

d5b_04	156	[2004] Self-reported serious illness: Abdominal hernia (rupture)	Nominal	
d5c_04	157	[2004] Self-reported serious illness: Lung disease	Nominal	
d5d_04	158	[2004] Self-reported serious illness: Joint disease	Nominal	
d5e_04	159	[2004] Self-reported serious illness: Stroke	Nominal	
d5f_04	160	[2004] Self-reported serious illness: High blood pressure	Nominal	
d5g_04	161	[2004] Self-reported serious illness: Diabetes	Nominal	
d5h_04	162	[2004] Self-reported serious illness: Cancer	Nominal	
d5i_04	163	[2004] Self-reported serious illness: Thyroid disease	Nominal	
d5j_04	164	[2004] Self-reported serious illness: Anxiety depression	Nominal	

d5k_04	165	[2004] Self-reported serious illness: Other illnesses	Nominal	
d5l_04	166	[2004] Description of any other serious illness	Nominal	
f1_04	167	[2004] Age left school	Scale	
f2_04	168	[2004] Education or training completed	Ordinal	
f3_04	169	[2004] Attendance of adult classes	Nominal	
f4_04	170	[2004] Computer at home (used at least once a week)	Nominal	
f5_04	171	[2004] Computer ability	Ordinal	
f6_04	172	[2004] Age at retirement	Scale	
f7a_04	173	[2004] Retired at state retirement age	Nominal	
f7b_04	174	[2004] Retired early to care for someone	Nominal	
f7c_04	175	[2004] Retired early due to ill health	Nominal	
f7d_04	176	[2004] Accepted voluntary redundancy	Nominal	
f7e_04	177	[2004] Could not afford to retire	Nominal	

f7f_04	178	[2004] Retired later than the state retirement age	Nominal	
f7g_04	179	[2004] Offered a good package to retire early	Nominal	
f7h_04	180	[2004] Made redundant and was unable to find work	Nominal	
f7i_04	181	[2004] Persuaded by my employer to stay on	Nominal	
f7j_04	182	[2004] Liked my job so much that I opted to stay on	Nominal	
f8a_04	183	[2004] Retired at the age I wanted	Nominal	
f8b_04	184	[2004] Chose to retire before the statutory retirement age	Nominal	
f8c_04	185	[2004] Retired later than I wanted	Nominal	
f8d_04	186	[2004] Chose to retire after the statutory retirement age	Nominal	
f8e_04	187	[2004] Retired earlier than I wanted	Nominal	

f8f_04	188	[2004] Feelings on retirement not applicable	Nominal	
f9_04	189	[2004] Expectations for retirement income to meet your needs	Ordinal	
f10a_04	190	[2004] Currently working full-time	Nominal	
f10b_04	191	[2004] Currently working part-time	Nominal	
f10c_04	192	[2004] Currently doing voluntary / charity work	Nominal	
f10d_04	193	[2004] I would like to do voluntary or paid work	Nominal	
f10e_04	194	[2004] I haven't thought about doing either voluntary or paid work	Nominal	
f10f_04	195	[2004] I do not want to do voluntary or paid work	Nominal	
f10g_04	196	[2004] Health reasons prevent me from doing voluntary or paid work	Nominal	

f10h_04	197	[2004] None of the statements about voluntary or paid work apply	Nominal	
f10i_04	198	[2004] Flag those who added comments on voluntary or paid work	Nominal	
f10j_04	199	[2004] Comments on doing voluntary or paid work	Nominal	
f11a_04	200	[2004] During childhood, with my father it was 'do as I say', never mind what I wanted	Ordinal	
f11b_04	201	[2004] During childhood, my parents discussed important decisions	Ordinal	
f11c_04	202	[2004] At school, I was treated more as an adult as I grew up	Ordinal	
f11d_04	203	[2004] As an adult, I would talk through big decisions with my spouse or partner	Ordinal	

f11e_04	204	[2004] As an adult, in my main paid job I did as was told	Ordinal	
f11f_04	205	[2004] As an adult, without power you can't influence decisions	Ordinal	
f12a_04	206	[2004] Flag those who added additional comments	Ordinal	
f12_04	207	[2004] Themes of additional comments	Nominal	
temp_04	208	[2004] Room temperature during physiological tests (degrees centigrade)	Scale	
arm_04	209	[2004] Arm circumference (millimetres)	Scale	
bp1sy_04	210	[2004] Systolic blood pressure - first measurement	Scale	
bp1di_04	211	[2004] Diastolic blood pressure - first measurement	Scale	
pulse1_04	212	[2004] Pulse pressure - first measurement	Scale	

bp2sy_04	213	[2004] Systolic blood pressure - second measurement	Scale	
bp2di_04	214	[2004] Diastolic blood pressure - second measurement	Scale	
pulse2_04	215	[2004] Pulse pressure - second measurement	Scale	
avsybp_04	216	[2004] Average systolic BP (mean of two measurements)	Scale	
avdibp_04	217	[2004] Average diastolic BP (mean of two measurements)	Scale	
avpul_04	218	[2004] Average pulse pressure (mean of two measurements)	Scale	
fev1_04	219	[2004] Forced expiratory volume in one second (litres)	Scale	
fvc_04	220	[2004] Forced vital capacity (litres)	Scale	

height_04	221	[2004] Standing height (centimetres)	Nominal	
heigst_04	222	[2004] Sitting height (centimetres)	Scale	
heigch_04	223	[2004] Height of chair used to measure sitting height (centimetres)	Scale	
BMI_04	224	[2004] Body mass index	Scale	
weight_04	225	[2004] Weight (kilograms)	Scale	
flmg1_04	226	[2004] Flamingo test one - number of seconds able to balance on one leg (max 30secs)	Scale	
flmg2_04	227	[2004] Flamingo test two - number of seconds able to balance on one leg (max 30secs)	Scale	
htmed_04	228	[2004] Current use of antihypertensive medication	Nominal	
cursmk_04	229	[2004] Current smoking status	Nominal	

smokyr_04	230	[2004] Years smoked since initial interview in 1997/8	Scale	
smok_04	231	[2004] Number of cigarettes per day in years since initial interview in 1997/8	Nominal	

Interview number:	Unique ID:
Date and time of interview:	
Name:	
Date of birth:	
Address:	
FHSA:	Post-Code:
Telephone No:	
Others present:	
<small>(level of involvement)</small>	
Time Started:	
Time Stopped:	

Int No:	D.o.B:	Sex:
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Father

Occupation - <i>Main</i>	
Occupation - 1937-39	
Periods of unemployment ? <i>(up to subject's 16th birthday)</i>	
Date of birth:	
Date of death:	
Other:	

Mother

Occupation - <i>Main</i> <i>If 'Housewife' was there any paid work also?</i>	
Occupation - 1937-39	
Periods of unemployment ? <i>(up to subject's 16th birthday)</i>	
Date of birth:	
Date of death:	
Other:	

Siblings

No.	Name	Date of Birth	Date of Death	Age left education	Age left home	Occupation before leaving home (all siblings)
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

Date of marriage	
-------------------------	--

1st spouse's occupation

At wedding		FT/PT	
Main		FT/PT	
At retirement		FT/PT	Year spouse retired:
			Age of spouse:

2nd spouse's occupation (if applicable)

At wedding		FT/PT	
Main		FT/PT	
At retirement		FT/PT	Year spouse retired:
			Age of spouse:

Children (including step-children)

No.	Name	Date of birth	Age left f/t education	Age left home
1.				
2.				
3.				
4.				
5.				
6.				

1st residence

Address:		Period:
House type (if flat, what floor):		Years of residence:
Tenure (O/O, rented private, rented council, tied, in-laws, army, free)		
Number of occupants: (and occupation)		
Number of rooms:		
How was the house heated?		
Damp (where/how long): mould/peeling wallpaper		
Proximity to factories (type) mines: railways <150m (pre-1960)		
Proximity to A-roads (post 1960): <150m / used by lorries, buses etc		
Description of area : rural/ small town/ seaside town/ suburban/ urban/ urban industrial:		

2nd residence

Address:		Period:
House type (if flat, what floor):		Years of residence:
Tenure (O/O, rented private, rented council, tied, in-laws, army, free)		
Number of occupants: (and occupation)		
Number of rooms:		
How was the house heated?		
Damp (where/how long): mould/peeling wallpaper		
Proximity to factories (type) mines: railways <150m (pre-1960)		
Proximity to A-roads (post 1960): <150m / used by lorries, buses etc		
Description of area : rural/ small town/ seaside town/ suburban/ urban/ urban industrial:		

3rd residence

Address:		Period:	
House type (if flat, what floor):		Years of residence:	
Tenure (O/O, rented private, rented council, tied, in-laws, army, free)			
Number of occupants: (and occupation)			
Number of rooms:			
How was the house heated?			
Damp (where/how long): mould/peeling wallpaper			
Proximity to factories (type) mines: railways <150m (pre-1960)			
Proximity to A-roads (post 1960): <150m / used by lorries, buses etc			
Description of area : rural/ small town/ seaside town/ suburban/ urban/ urban industrial:			

4th residence

Address:		Period:	
House type (if flat, what floor):		Years of residence:	
Tenure (O/O, rented private, rented council, tied, in-laws, army, free)			
Number of occupants: (and occupation)			
Number of rooms:			
How was the house heated?			
Damp (where/how long): mould/peeling wallpaper			
Proximity to factories (type) mines: railways <150m (pre-1960)			
Proximity to A-roads (post 1960): <150m / used by lorries, buses etc			
Description of area : rural/ small town/ seaside town/ suburban/ urban/ urban industrial:			

5th residence

Address:		Period:	
House type (if flat, what floor):			Years of residence:
Tenure (O/O, rented private, rented council, tied, in-laws, army, free)			
Number of occupants: (and occupation)			
Number of rooms:			
How was the house heated?			
Damp (where/how long): mould/peeling wallpaper			
Proximity to factories (type) mines: railways <150m (pre-1960)			
Proximity to A-roads (post 1960): <150m / used by lorries, buses etc			
Description of area : rural/ small town/ seaside town/ suburban/ urban/ urban industrial:			

6th residence

Address:		Period:	
House type (if flat, what floor):			Years of residence:
Tenure (O/O, rented private, rented council, tied, in-laws, army, free)			
Number of occupants: (and occupation)			
Number of rooms:			
How was the house heated?			
Damp (where/how long): mould/peeling wallpaper			
Proximity to factories (type) mines: railways <150m (pre-1960)			
Proximity to A-roads (post 1960): <150m / used by lorries, buses etc			
Description of area : rural/ small town/ seaside town/ suburban/ urban/ urban industrial:			

7th residence

Address:		Period:	
House type (if flat, what floor):		Years of residence:	
Tenure (O/O, rented private, rented council, tied, in-laws, army, free)			
Number of occupants: (and occupation)			
Number of rooms:			
How was the house heated?			
Damp (where/how long): mould/peeling wallpaper			
Proximity to factories (type) mines: railways <150m (pre-1960)			
Proximity to A-roads (post 1960): <150m / used by lorries, buses etc			
Description of area : rural/ small town/ seaside town/ suburban/ urban/ urban industrial:			

8th residence

Address:		Period:	
House type (if flat, what floor):		Years of residence:	
Tenure (O/O, rented private, rented council, tied, in-laws, army, free)			
Number of occupants: (and occupation)			
Number of rooms:			
How was the house heated?			
Damp (where/how long): mould/peeling wallpaper			
Proximity to factories (type) mines: railways <150m (pre-1960)			
Proximity to A-roads (post 1960): <150m / used by lorries, buses etc			
Description of area : rural/ small town/ seaside town/ suburban/ urban/ urban industrial:			

9th residence

Address:		Period:	
House type (if flat, what floor):			Years of residence:
Tenure (O/O, rented private, rented council, tied, in-laws, army, free)			
Number of occupants: (and occupation)			
Number of rooms:			
How was the house heated?			
Damp (where/how long): mould/peeling wallpaper			
Proximity to factories (type) mines: railways <150m (pre-1960)			
Proximity to A-roads (post 1960): <150m / used by lorries, buses etc			
Description of area : rural/ small town/ seaside town/ suburban/ urban/ urban industrial:			

10th residence

Address:		Period:	
House type (if flat, what floor):			Years of residence:
Tenure (O/O, rented private, rented council, tied, in-laws, army, free)			
Number of occupants: (and occupation)			
Number of rooms:			
How was the house heated?			
Damp (where/how long): mould/peeling wallpaper			
Proximity to factories (type) mines: railways <150m (pre-1960)			
Proximity to A-roads (post 1960): <150m / used by lorries, buses etc			
Description of area : rural/ small town/ seaside town/ suburban/ urban/ urban industrial:			

1st occupation

Name of Employer:		Period:	
Job Title:	Years employed		FT/PT:
Description of Job:			
Exposed to fumes/dust: (type/amount)			
Protective equipment/ventilation:			
Arduous (lifting/back injuries/sweating):			
Description of workplace: small confined / large open other processes in vicinity of worker			
Working conditions : 1. opportunities to make decisions: Y/N 2. varied or repetitive: Y/N 3. take breaks when wanted: Y/N			
RG Social Class of this occupation (1991 codes)			

2nd occupation

Name of Employer:		Period:	
Job Title:	Years employed		FT/PT:
Description of Job:			
Exposed to fumes/dust: (type/amount)			
Protective equipment/ventilation:			
Arduous (lifting/back injuries/sweating):			
Description of workplace: small confined / large open other processes in vicinity of worker			
Working conditions : 1. opportunities to make decisions: Y/N 2. varied or repetitive: Y/N 3. take breaks when wanted: Y/N			
RG Social Class of this occupation (1991 codes)			

3rd occupation

Name of Employer:		Period:	
Job Title:	Years employed		FT/PT:
Description of Job:			
Exposed to fumes/dust: (type/amount)			
Protective equipment/ventilation:			
Arduous (lifting/back injuries/sweating):			
Description of workplace: small confined / large open other processes in vicinity of worker			
Working conditions : 1. opportunities to make decisions: Y/N 2. varied or repetitive: Y/N 3. take breaks when wanted: Y/N			
RG Social Class of this occupation (1991 codes)			

4th occupation

Name of Employer:		Period:	
Job Title:	Years employed		FT/PT:
Description of Job:			
Exposed to fumes/dust: (type/amount)			
Protective equipment/ventilation:			
Arduous (lifting/back injuries/sweating):			
Description of workplace: small confined / large open other processes in vicinity of worker			
Working conditions : 1. opportunities to make decisions: Y/N 2. varied or repetitive: Y/N 3. take breaks when wanted: Y/N			
RG Social Class of this occupation (1991 codes)			

5th occupation

Name of Employer:		Period:	
Job Title:	Years employed		FT/PT:
Description of Job:			
Exposed to fumes/dust: (type/amount)			
Protective equipment/ventilation:			
Arduous (lifting/back injuries/sweating):			
Description of workplace: small confined / large open other processes in vicinity of worker			
Working conditions : 1. opportunities to make decisions: Y/N 2. varied or repetitive: Y/N 3. take breaks when wanted: Y/N			
RG Social Class of this occupation (1991 codes)			

6th occupation

Name of Employer:		Period:	
Job Title:	Years employed		FT/PT:
Description of Job:			
Exposed to fumes/dust: (type/amount)			
Protective equipment/ventilation:			
Arduous (lifting/back injuries/sweating):			
Description of workplace: small confined / large open other processes in vicinity of worker			
Working conditions : 1. opportunities to make decisions: Y/N 2. varied or repetitive: Y/N 3. take breaks when wanted: Y/N			
RG Social Class of this occupation (1991 codes)			

7th occupation

Name of Employer:		Period:	
Job Title:	Years employed		FT/PT:
Description of Job:			
Exposed to fumes/dust: (type/amount)			
Protective equipment/ventilation:			
Arduous (lifting/back injuries/sweating):			
Description of workplace: small confined / large open other processes in vicinity of worker			
Working conditions : 1. opportunities to make decisions: Y/N 2. varied or repetitive: Y/N 3. take breaks when wanted: Y/N			
RG Social Class of this occupation (1991 codes)			

8th occupation

Name of Employer:		Period:	
Job Title:	Years employed		FT/PT:
Description of Job:			
Exposed to fumes/dust: (type/amount)			
Protective equipment/ventilation:			
Arduous (lifting/back injuries/sweating):			
Description of workplace: small confined / large open other processes in vicinity of worker			
Working conditions : 1. opportunities to make decisions: Y/N 2. varied or repetitive: Y/N 3. take breaks when wanted: Y/N			
RG Social Class of this occupation (1991 codes)			

Benefits (ask after obtaining details on final occupation)

Do you or your spouse receive any of the following benefits?

show benefits cue-card

Income support	
Housing benefit	
Council Tax benefit	
Incapacity benefit	
Job Seekers Allowance	
Family Credit	

Has there been a time since your leaving/stopping work when your household has been solely reliant on benefits or state pension?	Yes/No
If yes, how many years:	

Pensions

	Full State	<Full State	Works/Private	SERPS	Other Income (eg still working)
Subject					
Spouse					

Additional Indicators

	Own	Spouse's	Other's	None
Current Car				

Year First Owned Car	
----------------------	--

First Car Make	
----------------	--

Owned car continuously since first car ?	Yes	No
------------------------------------------	-----	----

Smoking

Smoking status (current, ex, never):	
--------------------------------------	--

Smoking History

Age	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
<5 per day																						
5 or 5+ per day																						

Age	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	
<5 per day																					
5 or 5+ per day																					

Age	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	
<5 per day																					
5 or 5+ per day																					

Age	71	72	73	74	75	76
<5 per day						
5 or 5+ per day						

Years smoking less than 5 per day:	(possible)
Years smoking 5 or more per day:	(probable)

Health

<p>1. Do you have any long-standing illness, disability or infirmity? By longstanding, I mean anything that has troubled you over a period of time or that is likely to affect you over a period of time? (If Yes to 1.) > 2.</p>	
<p>2. What is the matter with you?</p>	
<p>3. Does this illness or disability limit your activities in any way, e.g. are there things you can't do any more since you've had it?</p>	

4. Has your doctor, or a hospital, told you that you *currently* have any of the following illnesses or conditions?

<p>Heart disease of any kind (including heart attack, angina, heart failure).</p>	
<p>Joint disease (including osteoarthritis, rheumatoid arthritis, gout)</p>	
<p>Lung disease of any kind (including chronic bronchitis, emphysema, asthma)</p>	
<p>Stroke (cerebrovascular disease)</p>	
<p>Diabetes mellitus</p>	
<p>Abdominal hernia (hiatus, inguinal, or rupture)</p>	
<p>Thyroid disease</p>	
<p>Duodenal ulcer</p>	
<p>Pneumonia</p>	
<p>High blood pressure</p>	
<p>Cancer (of any kind)</p>	
<p>Any other illness or condition not listed above?</p>	

Current Medication

Prescribed		Over-the-Counter	

Health Measures

Room temperature: (C)	
-----------------------	--

Minimum: 17(c)

Blood pressure

SYS		
DIA		
PULSE		

NB: If >160/95 get GP consent-from signed.

Spirometry

FEV1			
FVC			
FEV1/FVC (%)			

1. Acceptability: 3 tests, each lasting a minimum of 6 seconds.
2. Reproducibility: 2 (acceptable) tests with FVCs within 0.2 litres of each other.

Height & weight

Standing height (cms/ins)	
Sitting height (cms/ins)	
Height of chair (cms/ins)	
Leg length (cms/ins)	
Weight (kgs)	

Scoring

INDICATOR	DISCUSSION	SCORE
Air Pollution		
Dampness		
Fumes		
Arduousness		
Demand/ Control		
Smoking		
Nutrition (childhood)		
Nutrition (adulthood)		
Years post- labour force on benefits		

Section A: SINCE WE SAW YOU LAST

You may recall that in 1997 or 1998 one of our research interviewers, either Paula Holland or Lee Berney, interviewed you. As part of our follow-up to that interview we would like to begin with how your life may have changed since the interview.

Please tick the boxes that apply to you at the present moment.

A1. Please compare your general state of health now with the way it was when you were interviewed. Would you say it is...	a lot better now	1	A3. Major events (e.g. illnesses, bereavement, etc.) and day to day problems can cause stress in people's lives. Please compare the stresses in your life now with those to when we interviewed you. Would you say that your life now is...	a lot more stressful	1
	a bit better now	2		a bit more stressful	2
	about the same	3		about the same	3
	a bit worse now	4		a bit less stressful	4
	a lot worse now	5		not at all stressful	5
A2. Please compare the general financial situation of your household at present with the way it was when you were interviewed. Would you say it is...	a lot better now	1	A4. Compared with how you felt when you were interviewed, how do you feel about life in general? Would you say you feel...	a lot better now	1
	a bit better now	2		a bit better now	2
	about the same	3		about the same	3
	a bit worse now	4		a bit worse now	4
	a lot worse now	5		a lot worse now	5

Please write in the box the most important changes in your life since you were interviewed

Section B: **YOUR EVERYDAY LIFE**

B1. Here are some comments that people have made about their family and friends. We would like you to say how far each statement is true for you.

Please answer ALL the questions, ticking the box which applies to you

	Not true	Partly true	Always true
There are people who do things that make me happy	1	2	3
There are people who can be relied on no matter what happens	1	2	3
There are people who accept me just as I am	1	2	3
There are people who give me support and encouragement	1	2	3
There are people who make me feel loved	1	2	3
There are people who would see that I am taken care of if I needed to be	1	2	3
There are people who make me feel an important part of their lives.	1	2	3

B2. Not counting those who live with you when did you last do each of the following with members of your family or friends.

Tick one box for each question

	In the past week	In the past fortnight	In the past month	Longer ago	Never
Met family members (include both arranged and chance meetings)	1	2	3	4	5
Spoke on the phone to family members	1	2	3	4	5
Met friends (include both arranged and chance meetings)	1	2	3	4	5
Spoke on the phone to friends	1	2	3	4	5

B3. Not counting the people that live with you which of the following statements best describes how many people you have a close relationship with?

Tick one box only

I have a close relationship with lots of people	1
I have a close relationship with some people	2
I have one or two close relationships	3
I don't have any close relationships	4

B4. Some people need regular help with domestic tasks such as cleaning, doing the laundry, housework, shopping, etc. **Tick all that apply to you.**

I do not need regular help	1
I do not receive regular help even though I need it	2
I receive regular help from family, friends or neighbours	3
I receive regular help from the local authority (council)	4
I receive regular help from someone I employ privately	5
Other please say who _____	

B5. Does your household have a private car that you can use when you need to?	Yes	No
	1	2

B6. Can you usually get a lift from someone when you want to go somewhere that is too far to walk?	Yes	No
	1	2

B7. Here are some types of public transport. **We would like to know if you use any of them and whether you think that they are affordable.**

	Do you regularly use one of these?		Is this service affordable?	
	Yes	No	Yes	No
Bus	1	2	1	2
Train	1	2	1	2
Underground/Tram	1	2	1	2
Taxi	1	2	1	2

B8. Here are some statements that people have made about their neighbourhood.

Tick all that apply to where you live.

It is a safe place to live	1	There is no sense of community	8
There is a lot of graffiti	2	Good community spirit	9
I want to leave this area	3	There is a lot of crime in the area	10
This is a affluent area	4	There is a good mix of people	11
I have a lot of friendly neighbours	5	It is not a safe place to live	12
This is a deprived area	6	I enjoy living here	13

People look out for each other

7

People are unfriendly

14

B9. Here is a list of places people may visit from time to time. **In each row tick a box first to show whether you visit such a place and then tick to say if it is easy, a bit difficult or very difficult to visit one of these.**

	Do you ever visit?		How easy or difficult is it to visit?		
	Yes	No	Easy	A bit difficult	Very difficult
A bank or cash point	1	2	1	2	3
A bingo hall	1	2	1	2	3
A café	1	2	1	2	3
A chiropodist	1	2	1	2	3
A church	1	2	1	2	3
A cinema	1	2	1	2	3
A dentist	1	2	1	2	3
Your General Practitioner	1	2	1	2	3
A hairdresser	1	2	1	2	3
A library	1	2	1	2	3
Your local newsagent or cornershop	1	2	1	2	3
A museum	1	2	1	2	3
Your nearest NHS hospital	1	2	1	2	3
An optician	1	2	1	2	3
An shopping centre	1	2	1	2	3
A post office	1	2	1	2	3
A pub	1	2	1	2	3
A public park	1	2	1	2	3
A restaurant	1	2	1	2	3
A social club	1	2	1	2	3
A swimming pool	1	2	1	2	3
A supermarket	1	2	1	2	3
A theatre	1	2	1	2	3

B12. Please indicate how many of these statements apply to you. **Tick all that apply to you**

Have a personal computer in the household	1	Own a house abroad (including timeshare)	14
Have a microwave cooker in the household	2	Voted in the last general election	15
Have a dishwasher in the household	3	Have a pet (cat, dog, goldfish, etc.,)	16
Usually take a holiday lasting at least four nights each year	4	'I generally read a daily national newspaper'	17
Took a short break (one and three nights) holiday in paid accommodation last year	5	'Sometimes I treat myself to something I do not need'	18
Took a holiday abroad last year	6	Own home outright	19
Last main holiday was a package holiday	7	Agree that I enjoy gardening	20
Have interest-earning cheque or savings account	8	Have credit card	21
Have personal health insurance	9	Own shares or unit trust accounts	22
Have a video cassette player	10	Have a mobile telephone	23
Have a compact disc player	11	Use the Internet or email	24
Have on-line digital or cable TV (Sky, etc.,)	12	Have central heating	25
Agree that 'I generally buy a magazine at least once a month'	13	Existing kitchen refitted in the last five years (in present or previous home)	26

B9. Do you regularly join in the activities of any of these types of organisation?

Tick all that apply to you

Political parties, trade unions, environmental groups.	1
Tenants groups, residents' groups, Neighbourhood Watch.	2
Church, Chapel or Synagogue	3
Charitable organisations (e.g. Age Concern, Oxfam, etc.)	4
Education, arts or music groups or evening classes	5
Social clubs (e.g. Rotary Club, Townswoman's Guild, etc.)	6
Sports clubs (e.g. tennis, golf, bowls, etc.) or exercise classes	7
Other Groups or organisations	8

B10. Do you hold a position of responsibility (e.g. secretary, treasurer etc.) in **any** of these types of organisation?

Yes	No
1	2

B11. Do you belong to a religious faith?

Yes	No
1	2

If yes, please describe _____

Section C: YOUR FEELINGS ABOUT LIFE

C1. Here is a list of statements that people have used to describe their lives or how they feel. We would like to know how often, if at all, you think this applies to you...

	This applies to me...			
	Often	Sometimes	Not Often	Never
My age prevents me from doing the things I would like to.....	1	2	3	4
Other people take my opinions seriously.....	1	2	3	4
I feel that I am a respected person.....	1	2	3	4
I feel that what happens to me is out of my control.....	1	2	3	4
I feel free to plan for the future.....	1	2	3	4
I feel left out of things.....	1	2	3	4
I can do the things that I want to do.....	1	2	3	4
Family responsibilities prevent me from doing what I want to do.....	1	2	3	4
I feel that I can please myself what I do.....	1	2	3	4
My health stops me from doing things I want to do.....	1	2	3	4
Shortage of money stops me from doing the things I want to do.....	1	2	3	4
I look forward to each day.....	1	2	3	4
I feel that my life has meaning.....	1	2	3	4
I enjoy the things that I do.....	1	2	3	4
I enjoy being in the company of others.....	1	2	3	4
On balance, I look back on my life with a sense of happiness.....	1	2	3	4
I feel full of energy these days.....	1	2	3	4
I choose to do things that I have never done before.....	1	2	3	4
I feel satisfied with the way my life has turned out.....	1	2	3	4

At times I think that I am no good at all

 I feel that life is full of opportunities

 I feel that the future looks good for me

1	2	3	4
1	2	3	4
1	2	3	4

C2. The following statements are descriptions of how people describe their lives. Could you tell us the extent to which these statements describe the way you feel about your life at present ?

Please tick one box for each question
Agree Disagree Uncertain

I am as happy as when I was younger.....
 My life could be happier than it is now.....
 These are the best years of my life
 The things I do are as interesting to me as they ever were
 I would not change my past life if I could
 Compared to other people of my age I've made a lot of foolish decisions in my life
 When I think back on my life, I didn't get most of the important things I wanted
 Compared with other people, I get down in the dumps too often

Agree	Disagree	Uncertain
1	2	3
1	2	3
1	2	3
1	2	3
1	2	3
1	2	3
1	2	3

SECTION D: Your Health and Retirement

D1. Over the last 12 months would you say that your health has been, on the whole,...

Good	1
Fairly good	2
Not good	3

D2. In general do you think you worry more, less, or about the same as other people?

Worry more	1
Worry less	2
About the same	3

D3. Compared to other people of your age would you describe yourself as ...

very physically active	1
fairly physically active	2
not very physically active	3
not all physically active	4

D4. Compared to people of your age, would you say you are...

very fit	1
fairly fit	2
not very fit	3
not all fit	4

<p>D5. Do you usually manage to get up and down stairs or steps...</p> <p>Tick one box only</p>	<p>On your own</p>	<p>1 →</p> <p>2</p> <p>3</p>	<p>If you manage on your own, how easy or difficult do you find it...</p> <p>Tick one box only</p>	<p>Very easy</p>	<p>1</p> <p>2</p> <p>3</p> <p>4</p>
	<p>Only with help from someone else</p>			<p>Fairly easy</p>	
	<p>Not at all</p>			<p>Fairly difficult</p> <p>Very difficult</p>	

<p>D6. Do you usually manage to cut your toenails yourself, or does someone else do it for you?</p> <p>Tick one box only</p>	<p>By myself</p>	<p>1 →</p> <p>2</p>	<p>If you manage to cut your toenails by yourself, how easy or difficult do you find it?</p> <p>Tick one box only</p>	<p>Very easy</p>	<p>1</p> <p>2</p> <p>3</p> <p>4</p>
	<p>Someone else does it for me</p>			<p>Fairly easy</p>	
				<p>Fairly difficult</p> <p>Very difficult</p>	

<p>D7. Do you have any long standing illness or disability or infirmity (by longstanding I mean anything that has troubled you for months or years, or that is likely to trouble you for months or years in the future)?</p>	<p>Yes</p> <p>1</p>	<p>No</p> <p>2</p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------	---------------------------

If yes:

D7a. Please could you tell us what is the matter with you? _____

<p>D7b. Does this illness or disability limit your activities in any way (e.g. are there things that you cannot do anymore since you have had it)?</p>	<p>Yes</p> <p>1</p>	<p>No</p> <p>2</p>
---------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------	---------------------------

D8. Has your doctor, or a hospital, told you that you are suffering from any of the following illnesses or conditions? **Tick all that apply**

Heart disease of any kind (including heart attack, angina, heart failure)	1	Abdominal hernia (hiatus, inguinal, rupture)?	6
Pneumonia?	2	Thyroid disease?	7
Lung disease of any kind (including chronic bronchitis, emphysema, asthma)?	3	Joint disease (including osteoarthritis, rheumatoid arthritis, gout)?	8
Stroke (cerebrovascular disease)?	4	High blood pressure (hypertension)?	9
Diabetes mellitus?	5	Cancer (of any kind)	10

Any illness or condition not listed above. **If yes,** please give details

Retirement and pensions

D9. At what age did you retire?

I retired aged (please write your age at retirement)

years
old
1

I am not sure

Not applicable (please write in why)

D10. People retire for a variety of reasons and not everybody retires at the same time. Here are some reasons people give for retiring. Please indicate which best describes your retirement. **Tick all that apply.**

I retired at the state retirement age	1	I retired early to care for someone	6
I retired early due to ill health	2	I accepted voluntary redundancy	7
I could not afford to retire at the state retirement age	3	I retired later than the state retirement age to improve my financial position	8
I was offered a good package to retire early	4	I was made redundant and was unable to find work	9
I was persuaded by my employer to stay on after the state retirement age	5	I liked my job so much that I opted to stay on for a while longer	10

D11. Some people receive a pension from their employer when they retire as well as a state pension. Have you ever belonged to a pension scheme or superannuation scheme run by an employer (occupational pension scheme)?

Yes

No

Don't know

1
2
3

D12. Some people who are members of their employer's pension schemes pay extra contributions, known as additional voluntary contributions or AVCS or Free Standing Additional Voluntary Contributions (FS AVCS), in order to increase their final pension. Do/did you pay Additional Voluntary Contributions or Free Standing Additional Voluntary Contributions when you were in the scheme?

Yes

No

Not Applicable

Don't know

1
2
3
4

D13. Do you contribute, or have you ever contributed to, or arranged, a personal or private pension scheme?	Yes	1
	No	2
	Don't know	3
D14. Looking to the future would you expect your income during retirement to be	more than enough to meet my needs	1
	just about enough to meet my needs	2
	less than enough to meet my needs	3
	Don't know	4

If there is anything else that you would like to tell us please use this space to do so...

Thank you very much for completing our questionnaire. We are extremely grateful for your time and effort to give us the information that we need.

Please complete in block capitals:

Initials Last Name

Please adjust borders so they are the same width.
The one on this side is a bit larger

Quality of Life Through Early Old Age

Self Completion Questionnaire in Confidence

Please do not hesitate to direct any queries or difficulties with the questionnaire to Dr David Blane on 020 - 7594 - 0789 or Ms Zoë Hildon on 020 - 7594 - 0788.

Please follow the instructions overleaf...

Imperial College
London



Department of Social Science and Medicine, Imperial College London,
St Dunstan's Road, London W6 8RP

All information that you share with us in this questionnaire will remain completely confidential and therefore, to all but us, will be anonymous. We expect the questionnaire to take about half an hour to fill out. Please take your time and read each question carefully. Most of the questions can be answered by putting a tick in the box or boxes that describe your situation.

HOW TO FILL IN THIS QUESTIONNAIRE:

Please answer the questions by:

Ticking the box, like this ₁

Or writing a number in a box, like this 7 6 Years old

Sometimes you will find an instruction telling you which question to answer next, like so

Yes	No
<input type="checkbox"/> ₁	<input checked="" type="checkbox"/> ₂

If No go to G1

G1. Please say why not: (write in the space provided) ←

HOW TO RETURN THIS QUESTIONNAIRE:

If you were sent this questionnaire by post, when you have completed it, please return it in the pre-paid envelope as soon as possible.

If you received the questionnaire during a home interview, please hand it to the interviewer when you have filled it out. Should you not have time to complete it during the home visit, please return it in the pre-paid envelope as soon as you can.

We are most grateful for your continued contribution and commitment to this research – thank you for your participation!

You may recall completing a questionnaire for the Quality of Life through Early Old Age research project in year 2000. Today's follow-up questionnaire is designed to look at how your health and circumstances might have changed since then. We are also interested in gathering some new information about training and education, past and present relationships and the personal coping strategies that you have used to deal with hardship at different stages in your life.

SECTION A: SINCE THE PREVIOUS QUESTIONNAIRE IN YEAR 2000

Please answer all the questions, ticking the box which applies to you

A1. Please compare your *general state of health* now with the way it was in 2000. Would you say it is...

a lot better now	<input type="checkbox"/>	1
a bit better now	<input type="checkbox"/>	2
about the same	<input type="checkbox"/>	3
a bit worse now	<input type="checkbox"/>	4
a lot worse now	<input type="checkbox"/>	5

A2. Major events (e.g. illnesses, bereavement, etc.) and day to day problems can cause *stress* in people's lives. Please compare the stresses in your life now with those in 2000. Would you say that your life now is...

a lot more stressful	<input type="checkbox"/>	1
a bit more stressful	<input type="checkbox"/>	2
about the same	<input type="checkbox"/>	3
a bit less stressful	<input type="checkbox"/>	4
not at all stressful	<input type="checkbox"/>	5

A3. Please compare the *general financial situation* of your household at present with the way it was in 2000. Would you say it is...

a lot better now	<input type="checkbox"/>	1
a bit better now	<input type="checkbox"/>	2
about the same	<input type="checkbox"/>	3
a bit worse now	<input type="checkbox"/>	4
a lot worse now	<input type="checkbox"/>	5

A4. Compared with how you felt in 2000, how do you feel about *life in general*? Would you say you feel...

a lot better now	<input type="checkbox"/>	1
a bit better now	<input type="checkbox"/>	2
about the same	<input type="checkbox"/>	3
a bit worse now	<input type="checkbox"/>	4
a lot worse now	<input type="checkbox"/>	5

A5. Please write in the box the most important changes in your life since you completed the previous questionnaire in 2000:

SECTION B: YOUR EVERYDAY LIFE

B1. Here are some comments that people have made about their family and friends. We would like you to say how far each statement is true for you.

Please answer all the questions, ticking the box which applies to you

	Not true	Partly true	Always true
There are people who do things that make me happy	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
There are people who can be relied on no matter what happens	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
There are people who accept me just as I am	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
There are people who give me support and encouragement	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
There are people who make me feel loved	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
There are people who would see that I am taken care of if I needed to be	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃
There are people who make me feel an important part of their lives	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃

B2. Not counting the people who live with you, which of the following statements best describes how many people you have a close relationship with?

Tick the box that most applies to you

I have a close relationship with lots of people	<input type="checkbox"/> ₁
I have a close relationship with some people	<input type="checkbox"/> ₂
I have one or two close relationships	<input type="checkbox"/> ₃
I don't have any close relationships	<input type="checkbox"/> ₄

B3. Not counting those who live with you, when did you last do each of the following with members of your family or friends:

Tick one box for each question

	In the past week	In the past two weeks	In the past month	Longer ago	Never
Met a <i>family</i> member (include both arranged and chance meetings)	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
Spoke on the phone or wrote a letter to a <i>family</i> member	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
Met a <i>friend</i> (include both arranged and chance meetings)	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
Spoke on the phone or wrote a letter to a <i>friend</i>	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

B4. Thinking about your circle of friends and family:

Write the number for each

With how many <i>friends</i> do you have a close, confiding relationship?	<input type="text"/> <input type="text"/>
With how many <i>family</i> members do you have a close, confiding relationship?	<input type="text"/> <input type="text"/>

B5. Would you say that:

Tick all that apply to you

Family Friends

For practical support I tend to rely on	<input type="checkbox"/> 1	<input type="checkbox"/> 2
For emotional support I tend to rely on	<input type="checkbox"/> 1	<input type="checkbox"/> 2
For fun and socializing I tend to rely on	<input type="checkbox"/> 1	<input type="checkbox"/> 2

B6. At the moment, are you:

Tick whichever applies

Married	<input type="checkbox"/> 1
Cohabiting	<input type="checkbox"/> 2
Divorced	<input type="checkbox"/> 3
Widowed	<input type="checkbox"/> 4
Single	<input type="checkbox"/> 5

B6a. Are you romantically attached?

Yes No

1 2

If you are not living with a partner please answer B6a

B7. Some people need regular help with domestic tasks such as cleaning, doing the laundry, housework and shopping.

Please tick all the boxes which apply to you

I do not need regular help	<input type="checkbox"/> 1
I do not receive regular help even though I need it	<input type="checkbox"/> 2
I receive regular help from family, friends or neighbours	<input type="checkbox"/> 3
I receive regular help from the local authority (council)	<input type="checkbox"/> 4
I receive regular help from someone I employ privately	<input type="checkbox"/> 5
Other. Please say who:	<input type="checkbox"/> 6

B8. Does your household have a private car that you can use when you need to?

Yes No

1 2

B9. Is there good public transport near where you live?

Yes No

1 2

B10. Here are some statements that people have made about their neighbourhood:

Tick all that apply to where you live

It is a safe place to live	<input type="checkbox"/> 1	There is no sense of community	<input type="checkbox"/> 8
There is a lot of graffiti	<input type="checkbox"/> 2	Good community spirit	<input type="checkbox"/> 9
I want to leave this area	<input type="checkbox"/> 3	There is a lot of crime in the area	<input type="checkbox"/> 10
This is an affluent area	<input type="checkbox"/> 4	There is a good mix of people	<input type="checkbox"/> 11
I have a lot of friendly neighbours	<input type="checkbox"/> 5	It is not a safe place to live	<input type="checkbox"/> 12
This is a deprived area	<input type="checkbox"/> 6	I enjoy living here	<input type="checkbox"/> 13
People look out for each other	<input type="checkbox"/> 7	People are unfriendly	<input type="checkbox"/> 14

B11. Do you regularly join in the activities of any of these types of organisation?

Tick all that apply to you

Political parties, trade unions, environmental groups	<input type="checkbox"/>	1
Tenants groups, residents' groups, Neighbourhood Watch.	<input type="checkbox"/>	2
Church, Chapel, Synagogue or other place of worship	<input type="checkbox"/>	3
Education, arts and crafts, music groups or evening classes	<input type="checkbox"/>	4
Social clubs (e.g. Rotary Club, Townswoman's Guild)	<input type="checkbox"/>	5
Sports clubs (e.g. bowls, golf) or exercise classes	<input type="checkbox"/>	6
Other groups or organisations. Please say what:	<input type="checkbox"/>	7

B12. Do you hold a position of responsibility (e.g. secretary, treasurer) in any of these types of organisation?

Yes 1 No 2

B13. Do you have any grandchildren?

Yes 1 No 2

If Yes go to B13a

B13a. Please tick all the statements that apply to your relationship with any number of your grandchildren:

I am the main guardian of one or more of my grandchildren	<input type="checkbox"/>	1	I am involved in raising my grandchildren by child-minding often	<input type="checkbox"/>	4
I enjoy seeing my grandchildren regularly	<input type="checkbox"/>	2	I child-mind occasionally	<input type="checkbox"/>	5
I see my grandchildren for holidays and special occasions	<input type="checkbox"/>	3	I very rarely child-mind	<input type="checkbox"/>	6

SECTION C: YOUR FEELINGS ABOUT LIFE

C1. The following statements are descriptions of how people describe their lives. Could you tell us the extent to which these statements describe the way you feel about your life at present?

	Agree	Disagree	Uncertain
I am as happy as when I was younger	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
My life could be happier than it is now	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
These are the best years of my life	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
The things I do are as interesting to me as they ever were	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
I would not change my past life if I could	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Compared to other people of my age, I've made a lot of foolish decisions	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
When I think back on my life, I didn't get most of the important things I wanted	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Compared with other people, I get down in the dumps too often	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3

C2. Here is a list of statements that people have used to describe their lives or how they feel. We would like to know how often, if at all, you think this applies to you...

Please tick the boxes that apply to you at the present moment

	This applies to me:			
	Often	Sometimes	Not often	Never
My age prevents me from doing the things I would like to	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
I feel that what happens to me is out of my control	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
I feel free to plan for the future	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
I feel left out of things	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
I can do the things that I want to do	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Family responsibilities prevent me from doing what I want to do	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
I feel that I can please myself what I do	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
My health stops me from doing things I want to do	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Shortage of money stops me from doing things I want to do	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
I look forward to each day	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
I feel that my life has meaning	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
I enjoy the things that I do	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
I enjoy being in the company of others	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
On balance, I look back on my life with a sense of happiness	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
I feel full of energy these days	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
I choose to do things that I have never done before	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
I feel satisfied with the way my life has turned out	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
I feel that life is full of opportunities	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
I feel that the future looks good for me	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

C3. Compared to when you were *in your thirties*, please tick the box that comes closest to describing you today:

<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	I can do few of the things I used to	I can do everything I used to
<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	I have fewer opportunities to do things	I have similar opportunities to do things
<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	I have less satisfaction with what I do	I am as satisfied as I used to be

C4. Thinking about events which have hit you really hard, we would like you to tell us whether the following statements are true for you *now*, or *when you were in your thirties*, or *both* (in which case tick both boxes).

Please tick all boxes that apply to you

Once I recover from the initial shock, I will be likely to think:	In recent years	When I was in my thirties
I will draw strength from my spiritual faith	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
My past successes mean I will solve this problem too	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
My sense of humour will get me through	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
I will learn from the experience	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
I will get stuck with the problem	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
I will be stronger	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
I will seek information	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
I will be able to help others if they experience similar events	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
I will never really recover	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
I will be able to adapt to this change	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
I will be appreciative of the simple things in life	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
I will throw myself into work and other activities	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
Things will improve with the support of others	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
There is no meaning to life	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
I will plan how to deal with the situation	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
I will teach myself to live with this problem	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
I will pretend it has not happened	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
I will have to get through this on my own	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
I will numb my feelings with drink and/or drugs	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
I will bounce back	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂

SECTION D: YOUR HEALTH

D1. Over the last 12 months would you say that your health has been on the whole...

Good	<input type="checkbox"/> 1
Fairly good	<input type="checkbox"/> 2
Not good	<input type="checkbox"/> 3

D2. Do you usually manage to get up and down stairs?

On your own easily	<input type="checkbox"/> 1
On your own with difficulty	<input type="checkbox"/> 2
Only with help from someone else	<input type="checkbox"/> 3

D3. Do you usually manage to cut your toenails yourself, or does someone else do it for you?

By myself easily	<input type="checkbox"/> 1
By myself with difficulty	<input type="checkbox"/> 2
Someone else does it for me	<input type="checkbox"/> 3

D4. Do you have any long standing* illness, disability or infirmity?

** By longstanding I mean anything that has troubled you for months or years, or that is likely to trouble you for months or years in the future.*

Yes	No
<input type="checkbox"/> 1	<input type="checkbox"/> 2

If Yes go to D4a

D4a. Please could you tell us what is the matter with you?

D4b. Does this illness or disability limit your activities in any way (e.g. are there things that you cannot do anymore since you have had it)?

Yes	No
<input type="checkbox"/> 1	<input type="checkbox"/> 2

D5. Has your doctor, or a hospital, told you that you are suffering from any of the following illnesses or conditions?

Heart disease of any kind (including heart attack, angina, heart failure)	<input type="checkbox"/> 1	Abdominal hernia (rupture)	<input type="checkbox"/> 6
Lung disease (including pneumonia, chronic bronchitis, emphysema, asthma)	<input type="checkbox"/> 2	Joint disease (including osteoarthritis, rheumatoid arthritis, gout)	<input type="checkbox"/> 7
Stroke (cerebrovascular disease)	<input type="checkbox"/> 3	High blood pressure (hypertension)	<input type="checkbox"/> 8
Diabetes	<input type="checkbox"/> 4	Cancer (of any kind)	<input type="checkbox"/> 9
Thyroid disease	<input type="checkbox"/> 5	Anxiety / depression	<input type="checkbox"/> 10

D5a. Any illness or condition not listed above? If yes, please give details:

SECTION F: EVENTS IN YOUR LIFE

F1. At what age did you leave school?

Please write age

Years old

F2. After you left school did you complete any of the following:

Please tick all that apply to you

Apprenticeship	<input type="checkbox"/> 1
University	<input type="checkbox"/> 2
Vocational or technical training (e.g. nurse, draftsman, secretary)	<input type="checkbox"/> 3

F3. During the past ten years have you attended any adult learning classes to learn a new skill (of a creative, practical or vocational nature)?

Yes No

1 2

F4. Do you have a computer at home which you use at least once a week?

Yes No

1 2

F5. Would you describe your ability to use a computer as:

Good	<input type="checkbox"/> 1
Beginner	<input type="checkbox"/> 2
None at all	<input type="checkbox"/> 3

F6. At what age did you retire?

Please write age

I retired aged	<input type="text"/> <input type="text"/> Years old
Not applicable	<input type="checkbox"/> 1 Please say why:

F7. People retire for a variety of reasons and not everybody retires at the same time. Here are some reasons people give for retiring. Please indicate which best describes your retirement.

Tick all that apply

I retired at the state retirement age	<input type="checkbox"/> 1	I retired early to care for someone	<input type="checkbox"/> 6
I retired early due to ill health	<input type="checkbox"/> 2	I accepted voluntary redundancy	<input type="checkbox"/> 7
I could not afford to retire at the state retirement age	<input type="checkbox"/> 3	I retired later than the state retirement age to improve my financial position	<input type="checkbox"/> 8
I was offered a good package to retire early	<input type="checkbox"/> 4	I was made redundant and was unable to find work	<input type="checkbox"/> 9
I was persuaded by my employer to stay on after the state retirement age	<input type="checkbox"/> 5	I liked my job so much that I opted to stay on for a while longer	<input type="checkbox"/> 10

F8. Summarising your wishes about your retirement from paid work, which best describes what happened to you?

Tick one only

I retired at the age I wanted	<input type="checkbox"/> 1	I chose to retire before the statutory retirement age	<input type="checkbox"/> 4
I retired later than I wanted	<input type="checkbox"/> 2	I chose to retire after the statutory retirement age	<input type="checkbox"/> 5
I retired earlier than I wanted	<input type="checkbox"/> 3	Not applicable	<input type="checkbox"/> 6

F9. Looking to the future would you expect your income during retirement to be:

F10. At present, do you engage in any:

Tick the box that most applies to you

More than enough to meet my needs	<input type="checkbox"/> 1
Just about enough to meet my needs	<input type="checkbox"/> 2
Less than enough to meet my needs	<input type="checkbox"/> 3
Don't know	<input type="checkbox"/> 4

Please tick all that apply to you

	Yes	No
Full-time paid work	<input type="checkbox"/> 1	<input type="checkbox"/> 2
Part-time paid work	<input type="checkbox"/> 1	<input type="checkbox"/> 2
Voluntary / charity work (e.g. Age Concern, Oxfam, etc.)	<input type="checkbox"/> 1	<input type="checkbox"/> 2

If No to all three go to F10a

F10a. Please tick the statement that applies to you:

I would like to do voluntary or paid work but feel the opportunities are not available for me to do so	<input type="checkbox"/> 1
I haven't thought about doing either voluntary or paid work	<input type="checkbox"/> 2
I do not want to do voluntary or paid work because I am enjoying my retirement	<input type="checkbox"/> 3
Health reasons prevent me from doing voluntary or paid work	<input type="checkbox"/> 4
None of these apply to me, instead I feel:	<input type="checkbox"/> 5

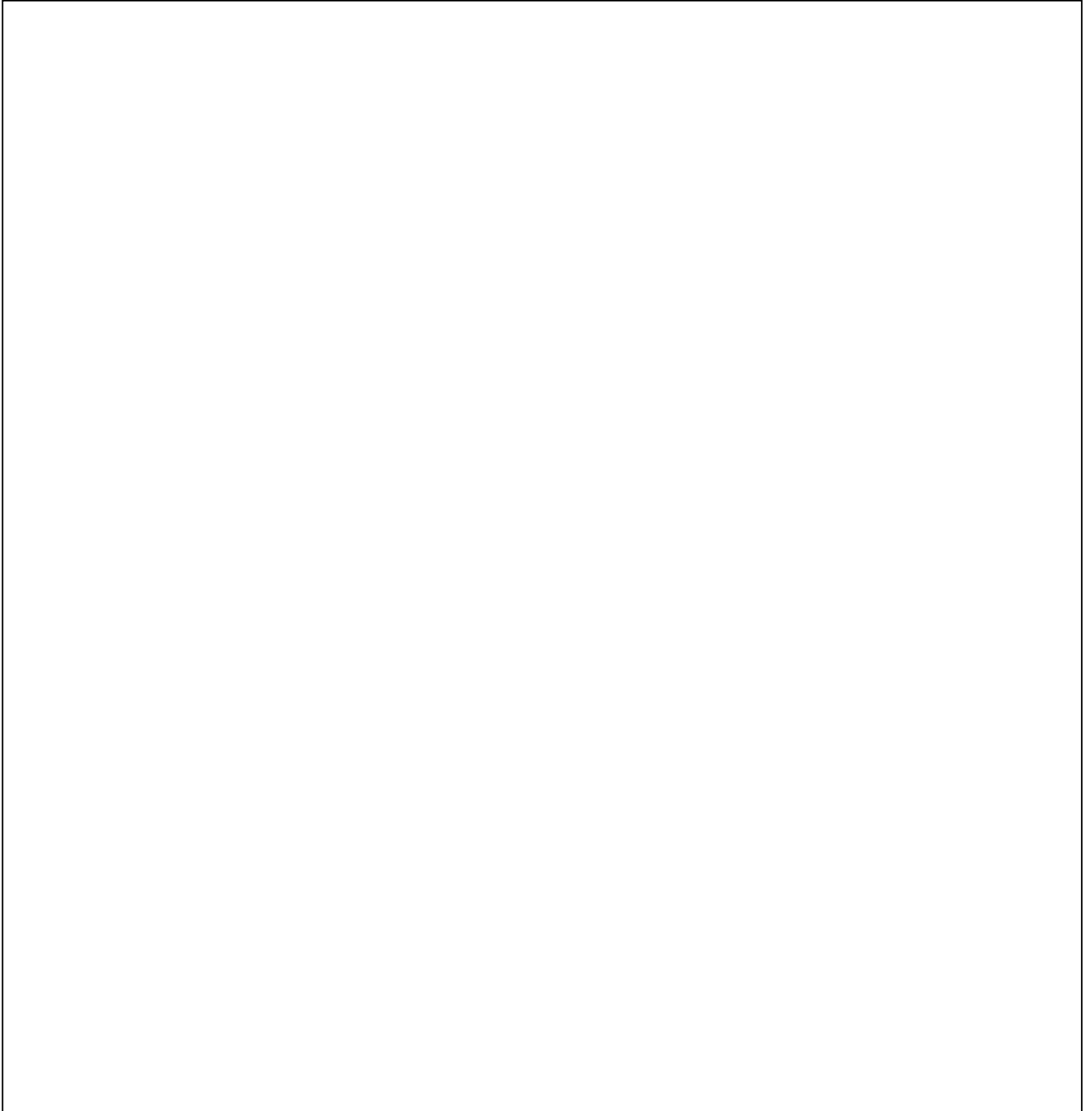
If you ticked Box 5, use the space below to tell us what you feel:

F11. Please tick the box that best describes your own experience:

Strongly Agree Agree Disagree Strongly Disagree

During my childhood, with my father (or guardian) it was always 'do as I say' and never mind what I wanted	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
During my childhood, my parents (or guardians) always discussed and agreed before making important decisions	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
At school, up until the end of my time there I was treated more as an adult as I grew up	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
As an adult if I had to make a big decision I would always talk it through with my spouse or partner	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
As an adult, in my main paid job I just did what I was told to do	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
In my adult life, I feel that without power you can't influence decisions, even if your views are sensible	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

F12. Should you have any thoughts to add, please use the space below:

A large, empty rectangular box with a thin black border, intended for the respondent to write any additional thoughts or comments.

Again, thank you very much for completing our questionnaire. We are very grateful for your time and effort.

Report Executive Summary

The issue. Healthy life expectancy currently is increasing. The proportion of the British population with a second pension, in addition to the state retirement pension, also is increasing. These socio-demographic changes mean that a stage in the life span is opening up biologically, characterised by reasonable health and comparative affluence. As yet, however, it lacks a clear social content; and uncertainty over the normative expectations attached to this *early old age* make it interesting academically. It is of interest also in terms of social policy (change to the statutory retirement age, for example), commerce (the disposable income of affluent retirees constitutes the growing *grey market*) and statutory and voluntary services (what makes a difference?).

The study. The presently reported study investigated some of these issues, concentrating on quality of life and what influences it, in a representative group of people aged mostly 65-75 years. This study population is unusually well characterised, containing data from childhood, collected 1937-39, and retrospective data on adulthood and cross-sectional data on early old age, collected 1997-98. As part of the present study, in 2000, new information was collected by postal survey, with a response rate of 93 per cent. These characteristics make it an excellent group of people with whom to investigate past and present influences on quality of life in early old age. The group is small (N=c.300), with consequently modest statistical power.

The measure. A measure of quality of life in early old age was developed for the postal survey in 2000, by means of expert advice from the study's advisory group, together with focus groups and cognitive interviews with appropriately aged people who were contacted via Age Concern England and Age Concern Scotland. The measure which emerged from this development process consists of 19 items accessing aspects of existence which the study team regard as vital and appropriate to this stage of life (control, autonomy, self-realisation and pleasure – their acronym and the number of items give the measure's name CASP-19). The technical properties of the measure CASP-19 are more than adequate.

Findings: general. The most general finding was that quality of life is influenced by many factors, none of which has a dominating effect. The range of CASP-19 scores within the study population was wide, with a low of 15 and a high of 55. The difference in mean CASP-19 scores associated with any one factor, however, was much smaller; 36.3 in the group with limiting longstanding illness, for example, and 41.2 in the group without such illness. The mean CASP-19 score in the study population was 42.2 (sd 7.8), indicating that most subjects had a higher quality of life than the mid-range score for the whole scale (28.5).

Findings: socio-demographic. The mean CASP-19 scores of men and women were not different statistically. The more socially advantaged, in terms of housing tenure and welfare benefit status, had higher mean CASP-19 scores than the socially disadvantaged. The affluent-healthy had considerably higher mean CASP-19 scores than the deprived-sick. The mean scores of the affluent-sick and the deprived-healthy were midway between these extremes, with the sick-healthy dimension appearing more influential than affluence-deprivation.

Findings: life course. Many aspects of the past, somewhat unexpectedly, had little influence on quality of life in early old age. These included childhood socioeconomic circumstances, whether same sex parent lived beyond retirement age and intergenerational and intragenerational social mobility. Among men, but not women, CASP-19 scores were predicted by the amount of disadvantage experienced earlier in life and by the number of years spent on welfare benefits as the sole source of income. Early labour market exit combined with material deprivation was associated with poor quality of life. The most favourable life course trajectory involved council house purchase in late middle age, indicating the beneficial effect on quality of life of increased material resources, greater residential autonomy and security and, possibly, the ability to make a significant bequest. These aspects of the past, however, were less influential than contextual factors such as current socioeconomic circumstances and current ill health which is limiting or medically serious.

Finding: social context. A person's neighbourhood influences their quality of life, although interestingly it is the negative effect which is important. The statistically significant association was between low CASP-19 scores and being unable to move away from a neighbourhood characterised by graffiti, nuisances and fear of theft. The characteristics of a person's social network, in particular its quality and density, also influence their quality of life. The number of people in a person's social network, and the frequency with which they were contacted, were not related to their CASP-19 score. These scores, however, were related to the number of people the subjects felt close to, trusted and in whom they would confide.

Findings: retirement. Mean CASP-19 scores did not differ, at conventional levels of statistical significance, between those who left the labour market at the statutory retirement age and those who retired early or late. Significant differences emerged, however, when the person's wishes and choices were taken into account. Higher CASP-19 scores were found among those who chose to retire early and among those who chose to work after the statutory retirement age. Lower scores were found among those forced into early retirement, through redundancy or poor health, and among those forced, by financial necessity or inadequate pension contributions, to continue in paid employment after the statutory retirement age.

Findings: past and present. When the life course factors and current circumstances were included in the same multivariable model, the influence of the life course was reduced to statistical insignificance. The influence of the life course on quality of life in early old age is indirect. Cumulative lifetime disadvantage, for example, affects the present through its influence on current socioeconomic circumstances and current health. The implication is encouraging. To the extent that it is possible to make circumstances after retirement independent of events during the years of working life, good quality of life in early old age is a realistic ambition for all.