

Ref: JN/Serial

Month 2006

Dear Sir/Madam

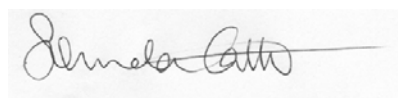
NHS Health Scotland (formerly Health Education Board for Scotland) is carrying out a major survey of Scottish people's views on health. The results from this survey will provide a valuable contribution to planning and developing health promotion initiatives in Scotland which are relevant to people's needs. We therefore need to speak to as many people as possible, and we have commissioned BMRB, an independent research agency, to carry out the survey for us.

In order to obtain a representative sample of the Scottish population, your address has been randomly selected from a list of postal addresses. We would like one member of your household (aged between 16 and 74) to take part in the survey, and this person will also be randomly selected. All information given in the survey will be completely confidential.

The opinion of your household is vital to the success of the survey, and this is a real opportunity to give your views. The Scottish population is made up of many different types of people and we need to represent them as fully as possible for this survey. The results will be most representative if everyone we approach participates in the study, and we therefore hope you will agree to contribute.

A representative from Kantar Operations, working on behalf of BMRB, will be calling at your address in the next few weeks to interview a member of your household. They will provide identification when they call. **If you have any queries about the survey, or your participation, please call Claire Bassett at BMRB on 020 8433 4404 between 9:30am and 5pm.** Thank you in advance for your co-operation, and we look forward to hearing your opinion.

Yours faithfully,



Sonnda Catto  
Public Health Surveys Manager  
NHS Health Scotland

**SCOTTISH HEALTH 12 JN 45104572  
SELECTION GRID**

Use this grid to select a dwelling to contact where there are two or more dwellings at the address you have been given.

Read along the row which corresponds to the number of dwellings at that address, until it meets the column which corresponds with the last digit of the address serial number. The number in the box where they intersect is the number of the dwelling, on the list you have written on the contact record sheet, that you need to contact.

<b>No. of dwellings</b>	<b>LAST DIGIT OF ADDRESS SERIAL NUMBER</b>									
	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>2</b>	1	2	1	2	1	2	1	2	1	2
<b>3</b>	2	3	1	2	3	1	2	3	1	2
<b>4</b>	3	4	1	2	3	4	1	2	3	4
<b>5</b>	1	2	3	4	5	1	2	3	4	5
<b>6</b>	3	4	5	6	1	2	3	4	5	6
<b>7</b>	5	6	7	1	2	3	4	5	6	7
<b>8</b>	2	3	4	5	6	7	8	1	2	3
<b>9</b>	7	8	9	1	2	3	4	5	6	7
<b>10</b>	1	2	3	4	5	6	7	8	9	10
<b>11</b>	4	5	6	7	8	9	10	11	1	2
<b>12</b>	10	11	12	1	2	3	4	5	6	7
<b>13</b>	2	3	4	5	6	7	8	9	10	11
<b>14</b>	10	11	12	13	14	1	2	3	4	5
<b>15</b>	6	7	8	9	10	11	12	13	14	15
<b>16</b>	3	4	5	6	7	8	9	10	11	12
<b>17</b>	9	10	11	12	13	14	15	16	17	1
<b>18</b>	2	3	4	5	6	7	8	9	10	11
<b>19</b>	5	6	7	8	9	10	11	12	13	14
<b>20</b>	15	16	17	18	19	20	1	2	3	4

August 2006

**SCOTTISH HEALTH  
ADDRESS CONTACT SHEET**

**JN 45104572  
SCOT12A**

WAVE NO.

1	2
---	---

Final Outcome

0	1	2	3
---	---	---	---

(OFFICE USE ONLY)

**Selected Respondent  
Name**

**Telephone No.**

**Area Code**

**Interviewer Code**

**Serial Number**

**Interviewer Name**

**CHECK NUMBER**

**Supervisor**

**Screen Number**

0

**Date accompanied**

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**CALLS RECORD** (note **all contacts and attempts to contact** household & respondent in person or by 'phone even if no reply)

CALL NO.	TIME / DATE	R E S U L T
1	Time: Date:	
2	Time: Date:	
3	Time: Date:	
4	Time: Date:	
5	Time: Date:	
6	Time: Date:	
7	Time: Date:	
8	Time: Date:	
9	Time: Date:	
10	Time: Date:	
11	Time: Date:	
12	Time: Date:	

*(For office use only)*

Total No. Calls

--	--

Date of final visit

--	--	--	--

Day Day

Mth Mth

Police Station Registered at

◆ **C1. IS ADDRESS TRACEABLE, RESIDENTIAL AND OCCUPIED?** ◆

Yes	A	GO TO C2
No	B	CODE FINAL OUTCOME AT C5

**IF 'YES' AT C1**

**C2. ESTABLISH NO. OF OCCUPIED DWELLING UNITS COVERED BY ADDRESS  
(IF NOT KNOWN, TREAT AS OCCUPIED)**

**IF NECESSARY ASK :** Can I just check, is this house/bungalow/building occupied as a single dwelling or is it split up into separate units?

How many units are occupied at present?

<b>NO. OF OCCUPIED UNITS</b>	1 only	A	GO TO C4
	2 or more	B	GO TO C3

**C3. ENTER TOTAL NO OF OCCUPIED UNITS AT ADDRESS**

(e.g.: 2 = 

0	2
---	---

) 

--	--

USE **SELECTION GRID** TO SELECT UNIT FOR INTERVIEW ACCORDING TO INSTRUCTIONS

**IF 2 OR MORE OCCUPIED UNITS, LIST ALL:**

- in flat/room number order
- OR:**
- from bottom to top of building, left to right, front to back

OCCUPIED UNIT	CODE NO
	01
	02
	03
	04
	05
	06

OCCUPIED UNIT	CODE NO
	07
	08
	09
	10
	11
	12

ENTER CODE NO. OF SELECTED UNIT: 

--	--

**RECORD FLAT OR ROOM NUMBER DETAILS OF LOCATION OF SELECTED UNIT BELOW:**

--

◆

**C4. CONTACT RESPONSIBLE ADULT AT DWELLING UNIT AND INTRODUCE SURVEY**

◆

Good afternoon/evening. I am carrying out a survey about the health of Scottish people for NHS Health Scotland, and I am calling on behalf of the British Market Research Bureau.

You should have received a letter about this survey from NHS Health Scotland, explaining that we would be contacting you.

**SHOW COPY OF LETTER IF NECESSARY**

For this survey we are only interviewing people aged between 16 and 74. Can I just check, how many people aged 16-74 live in this household?

**ENTER NUMBER OF PEOPLE AGED 16-74** (e.g. NONE = 00)

(Exclude student living away from home in term time and anyone away for over 6 months)

**IF NO-ONE ELIGIBLE, THANK AND CLOSE. USE CODE 32 AS FINAL OUTCOME AT C5**

**IF ONLY ONE PERSON ELIGIBLE, GO TO MAIN QUESTIONNAIRE**

**IF 2+ PEOPLE ELIGIBLE, CONTINUE:**

To make sure that I interview a representative sample of people, can you tell me which of these people last had a birthday?

And no-one else aged 16-74 had had a birthday since then?

**WRITE IN MONTH OF  
LAST BIRTHDAY**

(e.g. Jan = 01, Dec. = 12)

**ASK TO SPEAK TO PERSON WHO HAD LAST BIRTHDAY**

**NB - IF SELECTED RESPONDENT IS 16-17 YRS PLEASE REMEMBER PARENTAL PERMISSION REQUIRED FOR INTERVIEW.**

**IF NECESSARY, ARRANGE TO CALL BACK.**

**ENTER NAME OF SELECTED RESPONDENT AND, IF POSSIBLE, TELEPHONE NUMBER ON FRONT PAGE.**





**RE-ISSUE INFORMATION**

<b>RE-ISSUE 1</b>	<b>Name of interviewer</b>	<b>Interviewer No.</b>	<b>Total no. calls</b>	<b>Date of final visit</b>			
	<input type="text"/>	<input type="text"/>		<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
				Day	Day	Mth	Mth
				(01 - 31)		(01 - 12)	

<b>RE-ISSUE 2</b>	<b>Name of interviewer</b>	<b>Interviewer No.</b>	<b>Total no. calls</b>	<b>Date of final visit</b>			
	<input type="text"/>	<input type="text"/>		<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
				Day	Day	Mth	Mth
				(01 - 31)		(01 - 12)	

<b>RE-ISSUE 3</b>	<b>Name of interviewer</b>	<b>Interviewer No.</b>	<b>Total no. calls</b>	<b>Date of final visit</b>			
	<input type="text"/>	<input type="text"/>		<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
				Day	Day	Mth	Mth
				(01 - 31)		(01 - 12)	

## HEPS 2006 - FINAL QUESTIONNAIRE

Questions highlighted **red** were included at Wave 11 only  
Questions highlighted **blue** were included at Wave 12 only

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qocc NOW PLEASE ENTER THE TOTAL NUMBER OF OCCUPIED DWELLING UNITS AT THIS ADDRESS FROM  
C2 / C3

IF OCCUPIED AS A SINGLE DWELLING ENTER "1"

(111 - 112)

Numeric Range \_\_\_\_\_

Permitted Range  
1 TO 99 (Numeric Range)

---

qnoel NOW ENTER THE TOTAL NUMBER OF ADULTS AGED BETWEEN 16 AND 74 FROM C4

(113 - 114)

Numeric Range \_\_\_\_\_

Permitted Range  
1 TO 99 (Numeric Range)

---

qage What was your age last birthday?

(1719 - 1720)

Numeric Range \_\_\_\_\_

Don't Know Y (1719)  
Refused Z

Permitted Range  
16 TO 74 (Numeric Range)

---

**IF qage = Don't Know OR qage = Refused  
THEN ASK: qageban**

---

qageban Can you tell me in which of these age groups you are. Stop me when I mention the correct one

READ OUT

16-17	1	(1721)
18-24	2	
25-34	3	
35-44	4	
45-54	5	
55-64	6	
65-74	7	
75 and over	8	
Don't Know	Y	
Refused	Z	

---

Termin2

**IF qageban = 75 and over OR qageban = Don't Know OR qageban = Refused OR qage = Don't Know OR qage = Refused - Termination without data (Abandon)**

I'm afraid we can only interview people who are between the ages of 16 and 74.@@

THANK AND CLOSE

**End of Filter sage**

---

Termin1

**IF qageban = 75 and over OR qageban = Don't Know OR qageban = Refused OR qage = Don't Know OR qage = Refused - Termination without data (Abandon)**

I'm afraid we can only interview people who are between the ages of 16 and 74.@@

THANK AND CLOSE

---

qsexINTERVIEWER PLEASE CODE SEX OF RESPONDENT

Male	1	(115)
Female	2	

---

**NOW BEGIN MAIN INTERVIEW WITH RESPONDENT**

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**Section 1 - General Health**

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**First of all I'd like to ask you a few general questions about your own health**

---

**PLEASE SHOW SCREEN UNTIL OTHERWISE INSTRUCTED**

---

qghov How good is your health overall?

Very good	1	(116)
Good	2	
Fair	3	
Poor	4	
Very poor	5	
Don't Know	Y	

---

qghls Do you have any long-standing illness, disability, or infirmity? By long standing I mean anything that has troubled you, or that is likely to affect you OVER A PERIOD OF TIME.

Yes	1	(117)
No	2	
Don't Know	Y	

---

**IF qghls = Yes**  
**THEN ASK: qghpb, qghla**

---

qghpb What is the problem you have been having with your health?  
PROBE: What else?

(118 - 122)

Don't Know	Y	(118)
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---

qghla Does this limit your activities in any way?

Yes	1	(123)
No	2	
Don't Know	Y	

**End of Filter ighls**

---

**ASK ALL**

---

qghin How much influence do you think people can have on their own health, by the way they choose to live their lives?

A lot	1	(124)
A little	2	
None at all	3	
Don't Know	Y	

---

qghbe Which of the following best describes the life you lead?

Very healthy	1	(125)
Fairly healthy	2	
Fairly unhealthy	3	
Very unhealthy	4	
Don't Know	Y	

---

qghan Do you feel there is anything you can do to make your own life healthier?

Yes	1	(126)
No	2	
Don't Know	Y	

---

**IF qghan = Yes**  
**THEN ASK: qghfe**

---

qghfe What do you feel you can do to make your life healthier?  
PROBE: What else?

(127 - 131)

Don't Know	Y	(127)
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**End of Filter ighan**

---

**ASK ALL**

---

Qghpa1 In the past year, have you TRIED to make any of the following changes in your lifestyle to improve your health, even if only for a short time?

Cut down smoking	1	(1546)
Stop smoking	2	
Cut down the amount of alcohol I drink	3	
Increase the amount of exercise I take	4	
Control weight	5	
Eat more healthily	6	
Reduce level of stress	7	
Don't Know	Y	
None of these	X	

---

**IF qghpa1 = Cut down smoking OR qghpa1 = Stop smoking OR qghpa1 = Cut down the amount of alcohol I drink OR qghpa1 = Increase the amount of exercise I take OR qghpa1 = Control weight OR qghpa1 = Eat more healthily OR qghpa1 = Reduce level of stress  
THEN ASK: qghma, Qghma1**

---

Qghma1 And which, if any, have you managed to maintain?

Cut down smoking	1	(1547)
Stop smoking	2	
Cut down the amount of alcohol I drink	3	
Increase the amount of exercise I take	4	
Control weight	5	
Eat more healthily	6	
Reduce level of stress	7	
Don't Know	Y	
None of these	X	

---

**End of Filter ighpa**

---

**ASK ALL**

---

Qghli1 Which of these changes, if any, would you like to make?

Cut down smoking	1	(1548)
Stop smoking	2	
Cut down the amount of alcohol I drink	3	
Increase the amount of exercise I take	4	
Control weight	5	
Eat more healthily	6	
Reduce level of stress	7	
Don't Know	Y	
None of these	X	

---

IF Qghli1 = Cut down smoking OR Qghli1 = Stop smoking OR Qghli1 = Cut down the amount of alcohol I drink OR Qghli1 = Increase the amount of exercise I take OR Qghli1 = Control weight OR Qghli1 = Eat more healthily OR Qghli1 = Reduce level of stress  
THEN ASK: qghth, Qghth1

---

Qghth1 Of the changes you would LIKE to make which are you thinking of making in the next six months?

Cut down smoking	1	(1549)
Stop smoking	2	
Cut down the amount of alcohol I drink	3	
Increase the amount of exercise I take	4	
Control weight	5	
Eat more healthily	6	
Reduce level of stress	7	
Don't Know	Y	
None of these	X	

End of Filter ighsi

---

ASK ALL

---

qghst Which of these statements best describes the amount of stress or pressure you have experienced in the past year?

Completely free of stress	1	(143)
Small amount of stress	2	
Moderate amount of stress	3	
Large amount of stress	4	
Don't Know	Y	

---

IF qghst = Small amount of stress OR qghst = Moderate amount of stress OR qghst = Large amount of stress

THEN ASK: qghha

---

qghha How harmful would you say the amount of stress you have experienced has been to your health? Has it been...

Very harmful	1	(144)
Fairly harmful	2	
Not particularly harmful	3	
Don't Know	Y	

End of Filter ighst

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### Section 3a - Nutrition

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ASK ALL

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Now I'd like to ask you some questions about food and nutrition.

I'm going to read out some different types of food. For each one, please tell me how frequently you eat each type of food.

---

INTERVIEWER CONTINUE TO SHOW SCREEN UNTIL INSTRUCTED OTHERWISE

---

qnu2 How frequently do you eat ...?

Several times a day	1	(1435)
About once a day	2	
Several times a week	3	
About once a week	4	
Less often	5	
Never	6	
Don't Know	Y	

This question is repeated for the following loop values:

- Fruit, salad and vegetables - not including potatoes
- Starchy foods such as bread, potatoes, rice and pasta
- Sugar and foods containing a lot of sugar, such as cakes, sweet pastries, biscuits, sweets and soft drinks
- Fatty or fried foods such as crisps or chips
- Fish - not fried
- Oily fish e.g. salmon, sardines, mackerel, herring, fresh tuna (not tinned tuna)

A total of 6 iterations occupying columns (1435) to (1440)

qnuch SHOWCARD 1

Over the past year have you tried to make any of the changes listed on the card - even if only for a short time?

Eating less generally	1	(225)
Eating more generally	2	
Eating less fatty or fried foods such as crisps or chips	3	
Eating more fruit and vegetables	4	
Eating less processed and 'convenience' foods	5	
Eating less sugar and foods containing a lot of sugar, @such as cakes, sweet pastries, biscuits, sweets and soft drinks	6	
Eating more foods containing fibre, such as@ wholemeal bread or breakfast cereals	7	
Using low fat foods such as skimmed or semi-skimmed milk, @low fat spread or low fat cheese	8	
Don't Know	Y	
None of these	X	
Something else	0	

Other specify...	(226 - 230)
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qnus Are you still ...?

Yes	1	(231)
No	2	
Don't Know	Y	

This question is repeated for the following loop values:

- Eating less generally
- Eating more generally
- Eating less fatty or fried foods such as crisps or chips
- Eating more fruit and vegetables
- Eating less processed and 'convenience' foods
- Eating less sugar and foods containing a lot of sugar, @such as cakes, sweet pastries, biscuits, sweets and soft drinks
- Eating more foods containing fibre, such as@ wholemeal bread or breakfast cereals
- Using low fat foods such as skimmed or semi-skimmed milk, @low fat spread or low fat cheese

A total of 8 iterations occupying columns (231) to (238)

qnue Thinking overall about the things you eat, which of these best describes what you eat nowadays.

Very healthy	1	(239)
Fairly healthy	2	
Fairly unhealthy	3	
Very unhealthy	4	
Don't Know	Y	

qnuar Here are some things which might discourage people from eating more healthy foods. Which do you think might PREVENT you from eating more healthy foods?

INTERVIEWER: PAGE UP & DOWN TO VIEW ALL RESPONSES

Family discouraging or unsupportive	1	(1271)
Friends discouraging or unsupportive	2	
People at work discouraging or unsupportive	3	
Not knowing what changes to make	4	
Not knowing how to cook more healthy foods	5	
Poor choice of healthy foods in canteens and restaurants	6	
Poor choice of healthy foods in places where you shop	7	
Healthy foods are too expensive	8	
Healthy foods take too long to prepare	9	
Healthy foods too boring	0	(1272)
Lack of will-power	1	
Don't like the taste/ don't enjoy healthy foods	2	
Don't Know	Y	(1271)
None of these	X	
Other	0	

Other specify... (1273 - 1276)

qnufr Thinking just about YESTERDAY can you tell me how many portions of fruit - fresh, frozen or tinned - you ate?

(240 - 241)

Numeric Range _____		
Don't Know	Y	(240)
None	X	

Permitted Range  
1 TO 20 (Numeric Range)

---

qnupo And still thinking about YESTERDAY, can you tell me how many portions of salad and vegetables - fresh, frozen or tinned, but not including potatoes - you ate?

(242 - 243)

Numeric Range _____		
Don't Know	Y	(242)
None	X	

Permitted Range  
1 TO 20 (Numeric Range)

---

qnuto How many portions IN TOTAL of fruit, vegetables and salad do you think SHOULD eat EACH DAY for a healthy balance of foods?  
(IF LESS THAN ONE A DAY, BUT MORE THAN NONE, THEN PLEASE ENTER AS 1)

(244 - 245)

Numeric Range _____		
Don't Know	Y	(244)
None	X	

Permitted Range  
1 TO 20 (Numeric Range)

---

**QUANCEPT ITEM:**

---

**Section 3b - Nutrition - Attitudes to healthy eating**

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**QUANCEPT ITEM:**

---

**The following statements are things some people have said about healthy eating. Please could you tell me how much you agree or disagree with each one?**

---

qhge ...

REMINDER OF QUESTION: HOW MUCH DO YOU AGREE OR DISAGREE WITH THIS STATEMENT?

Strongly agree	1	(1376)
Tend to agree	2	
Tend to disagree	3	
Strongly disagree	4	
Don't Know	Y	

This question is repeated for the following loop values:

- I tend to think about my health when I'm deciding what to eat
- It's really interesting to hear so much about healthy eating in the media
- It's easy to find healthy food in the shops these days
- It's easy to get information about healthy eating these days

A total of 4 iterations occupying columns (1376) to (1379)

---

Qathlim Which of these is the most important source of information for you about healthy eating?  
CODE ONE ANSWER ONLY.

Personal knowledge	1	(1380)
Media such as radio, television or newspapers	2	
Books/Magazines	3	
Professionals such as GPs or community dieticians	4	
Friends or family	5	
Leaflets/Booklets	6	
Internet websites	7	
Telephone advice line	8	
Don't Know	Y	
None of these	X	
Other	0	

Other specify...

(1408 - 1411)

---

**The following statements are things some people have said about healthy living. Please could you tell me how much you agree or disagree with each one?**

---

qchi ...

REMINDER OF QUESTION: HOW MUCH DO YOU AGREE OR DISAGREE WITH THIS STATEMENT?

Strongly agree	1	(1412)
Tend to agree	2	
Tend to disagree	3	
Strongly disagree	4	
Don't Know	Y	

This question is repeated for the following loop values:

- It's not easy to make healthy choices in my day to day life
- I'm willing to go out of my way to have a healthy lifestyle

A total of 2 iterations occupying columns (1412) to (1413)

---

qaguard      Are you the parent or guardian of any children aged under 16 who are living with you?

Yes	1	(1414)
No	2	
Don't Know	Y	

---

**IF qaguard = Yes**

---

**The following statements are things some people have said about healthy living amongst children. Please could you tell me how much you agree or disagree with each one?**

---

qach ...

REMINDER OF QUESTION: HOW MUCH DO YOU AGREE OR DISAGREE WITH THIS STATEMENT?

Strongly agree	1	(1415)
Tend to agree	2	
Tend to disagree	3	
Strongly disagree	4	
Don't Know	Y	

This question is repeated for the following loop values:

- It's easy for parents to get their children to have a healthy lifestyle
- I'm prepared to make a stand to ensure my children have a healthy diet
- I'm prepared to make a stand to ensure my children get enough exercise

A total of 3 iterations occupying columns (1415) to (1417)

**End of Filter iachild**

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## Section 4 - Breastfeeding

---

The following statements are things some people have said about breastfeeding. Please could you tell me how much you agree or disagree with each one?

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qbrf ...

REMINDER OF QUESTION: HOW MUCH DO YOU AGREE OR DISAGREE WITH THIS STATEMENT?

Strongly agree	1	(247)
Tend to agree	2	
Tend to disagree	3	
Strongly disagree	4	
Don't Know	Y	

This question is repeated for the following loop values:

- Women should be made to feel comfortable breastfeeding their babies in public
- Women should only breastfeed their babies at home or in private
- I would feel embarrassed seeing a woman breastfeeding her baby

A total of 3 iterations occupying columns (247) to (249)

---

## Section 5a - Physical Activity

---

**DO NOT SHOW SCREEN UNTIL OTHERWISE INSTRUCTED**

**Now I'd like to ask you some questions about physical activity and exercise**

---

qpawa In an average day, how much time do you spend WALKING OUT OF DOORS? Do not include leisure time walking such as hillwalking, rambling or golf.

N.B. If necessary: We are thinking about an average day at the moment or in the last month or so

0 - 14 minutes	1	(323)
15 - 29 minutes	2	
30 - 44 minutes	3	
45 - 59 minutes	4	
1 hour or more	5	
Not Mobile	6	
Don't Know	Y	

---

qpapr Would you like to walk more than you do at present?

Yes	1	(324)
No	2	
Not mobile	3	
Don't Know	Y	

---

**SHOW SCREEN UNTIL OTHERWISE INSTRUCTED**

---

qpawo I would like to ask you about any physical activity you have done in the LAST WEEK, NOT INCLUDING DAY TO DAY WALKING.

In a TYPICAL WEEK, which, if any, of the following physical activities have you done to the point where you were BREATHING FASTER THAN USUAL through physical exertion?

CODE ALL MENTIONED

Cycling	1	(325)
Exercise e.g., keep fit, aerobics, @weight training etc.	2	
Swimming	3	
Running / jogging	4	
Sports e.g., football, tennis etc	5	
Leisure time walking e.g. hillwalking, @golf, rambling	6	
Dancing	7	
Heavy gardening	8	
Heavy work around the home, @e.g. housework, DIY	9	
Heavy manual work as part of @your job	0	(326)
Don't Know	Y	(325)
None of these	X	
Other	0	

Other specify...	(327 - 331)
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qpau Thinking now about ..., how many times do you usually do this activity in a week?

(332 - 333)

Numeric Range \_\_\_\_\_ Y (332)  
Don't Know

Permitted Range  
1 TO 10 (Numeric Range)

This question is repeated for the following loop values:

- Cycling
- Exercise e.g., keep fit, aerobics, @weight training etc.
- Swimming
- Running / jogging
- Sports e.g., football, tennis etc
- Leisure time walking e.g. hillwalking, @golf, rambling
- Dancing
- Heavy gardening
- Heavy work around the home, @e.g. housework, DIY
- Heavy manual work as part of @your job

A total of 10 iterations occupying columns (332 - 333) to (350 - 351)

---

qpae Still thinking about ..., do you USUALLY put enough effort into this activity to make you sweaty and out of breath?

Yes 1 (352)  
No 2  
Don't Know Y

This question is repeated for the following loop values:

- Cycling
- Exercise e.g., keep fit, aerobics, @weight training etc.
- Swimming
- Running / jogging
- Sports e.g., football, tennis etc
- Leisure time walking e.g. hillwalking, @golf, rambling
- Dancing
- Heavy gardening
- Heavy work around the home, @e.g. housework, DIY
- Heavy manual work as part of @your job

A total of 10 iterations occupying columns (352) to (361)

---

qpam Still thinking about ..., how long on average do you do this activity on each occasion?

RECORD ANSWER IN MINUTES

1 HOUR = 60 MINS, 2 HOURS = 120 MINS, 3 HOURS = 180 MINS, 4 HOURS = 240 MINS, 5 HOURS = 300 MINS, 6 HOURS = 360 MINS.

(362 - 364)

Numeric Range \_\_\_\_\_ Y  
Don't Know

(362)

Permitted Range

1 TO 360 (Numeric Range)

This question is repeated for the following loop values:

- Cycling
- Exercise e.g., keep fit, aerobics, @weight training etc.
- Swimming
- Running / jogging
- Sports e.g., football, tennis etc
- Leisure time walking e.g. hillwalking, @golf, rambling
- Dancing
- Heavy gardening
- Heavy work around the home, @e.g. housework, DIY
- Heavy manual work as part of @your job

A total of 10 iterations occupying columns (362 - 364) to (417 - 419)

---

### Section 5c - Physical activity - Knowledge Section

---

qpaw In the past year, how frequently have you ...? Would you say you did this ...

Always	1	(420)
Sometimes	2	
Never	3	
Don't Know	Y	

This question is repeated for the following loop values:

- Walked or cycled a short journey instead of taking the car, bus or taxi
- Used the stairs instead of taking the lift or escalators

A total of 2 iterations occupying columns (420) to (421)

---

qpapun How physically fit would you say you are compared to other people of your age?

Very unfit	1	(422)
Fairly unfit	2	
Fairly fit	3	
Very fit	4	
Don't Know	Y	

---

qpati How many TIMES A WEEK do you think someone needs to exercise to STAY PHYSICALLY FIT? By exercise I mean spending about half an hour playing sport, swimming, cycling, aerobics etc.  
TYPE IN NUMBER OF TIMES PER WEEK

(423 - 424)

Numeric Range \_\_\_\_\_  
Don't Know Y (423)

Permitted Range  
1 TO 21 (Numeric Range)

---

qpamo I would now like you to think about MODERATE PHYSICAL ACTIVITY, that is brisk walking or heavy gardening etc,  
How much TIME PER DAY do you think somebody needs to engage in moderate physical activity to help them to stay healthy?  
ENTER TIME IN MINUTES  
1 HOUR = 60 MINS, 2 HOURS = 120 MINS, 3 HOURS = 180 MINS, 4 HOURS = 240 MINS, 5 HOURS = 300 MINS, 6 HOURS = 360 MINS

(425 - 427)

Numeric Range \_\_\_\_\_  
Don't Know Y (425)

Permitted Range  
1 TO 999 (Numeric Range)

---

Qpamoti Still thinking about MODERATE PHYSICAL ACTIVITY. How many times a week do you think someone needs to be physically active to stay healthy?  
By MODERATE PHYSICAL ACTIVITY I mean spending about half an hour walking briskly or doing gardening etc, to a level that makes you breath slightly faster than usual

(1418 - 1419)

Numeric Range \_\_\_\_\_  
Don't Know Y (1418)

Permitted Range  
1 TO 21 (Numeric Range)

---

qpahc For your age, do you think you do enough physical activity to stay healthy?

Yes	1	(428)
No	2	
Not mobile	3	
Don't Know	Y	

---

IF Qghpa1 = Increase the amount of exercise I take OR Qghth1 = Increase the amount of exercise I take  
THEN ASK: qpaea, Qpareas

---

WAVE 11 ONLY

qpaea [+paeatxt+]

By walking more as part of my daily routine	1	(1929)
By cycling more as part of my daily routine	2	
By doing more exercise, sporting activities and other physical activities at home	3	
By doing more exercise, sporting activities and other physical activities outside the home	4	
Don't Know	Y	
None of these	X	

---

Qpareas Which of these reasons, if any, was the main reason for you to decide to take more exercise?  
CODE ONE ANSWER ONLY.

To reduce stress	1	(1420)
To feel better generally	2	
To lose weight	3	
To prevent disease or ill health	4	
To feel healthier and fitter	5	
To look better/improve shape	6	
To enjoy myself	7	
Don't Know	Y	
None of these	X	
Other	0	

Other specify...	(1421 - 1424)
------------------	---------------

**End of Filter ipapa**

---

**ASK ALL**

---

Qpabarr Here are a number of reasons why people find it difficult to take more exercise. Which, if any, are the most important to you?  
CODE UP TO THREE ANSWERS

Lack of time due to other @commitments	1	(1425)
Prefer to do other things	2	
Ill health, injury or disability	3	
I feel too fat/overweight	4	
I do not enjoy exercise	5	
Lack of suitable local facilities	6	
I am too old	7	
Lack of money	8	
Lack of transport	9	
I have nobody to go with Traffic, road safety or the @environment puts me off	0	(1426)
The weather puts me off	1	
I don't have the skills or @confidence to do it	2	
Don't Know	3	
None of these	Y	(1425)
	X	

---

**Section 5d - Attitudes to physical activity**

---

**The following statements are things some people have said about physical activity. Please could you tell me how much you agree or disagree with each one?**

---

qpaa ... REMINDER OF QUESTION: HOW MUCH DO YOU AGREE OR DISAGREE WITH THIS STATEMENT?

Strongly agree	1	(1427)
Tend to agree	2	
Tend to disagree	3	
Strongly disagree	4	
Don't Know	Y	

This question is repeated for the following loop values:

- It's really interesting to hear so much about physical activity in the media
- It's easy to find opportunities to be physically active these days
- It's easy to get information about physical activity these days

A total of 3 iterations occupying columns (1427) to (1429)

qpaaimp Which of these is the most important source of information for you about physical activity?  
 CODE ONE ANSWER ONLY.

Personal knowledge	1	(1430)
Media such as radio, television or newspapers	2	
Books/Magazines	3	
Professionals such as GPs or health visitors	4	
Friends or family	5	
Leaflets/Booklets	6	
Internet websites	7	
Telephone advice line	8	
Don't Know	Y	
None of these	X	
Other	0	

Other specify...	(1431 - 1434)
------------------	---------------

**Section 6 - Alcohol**

**Now I would like to ask you some questions about drinking alcohol.**

qalye Thinking about the last year, how often do you have an alcoholic drink? Please include drinks that are drunk both in and out of the home.

Every day	1	(430)
5 or 6 days a week	2	
3 or 4 days a week	3	
Once or twice a week	4	
Less than once a week but at least once a month	5	
Once every couple of months	6	
Once or twice a year	7	
Never in the past year	8	
Don't Know	Y	

**IF qalye = Less than once a week but at least once a month OR qalye = Once every couple of months OR qalye = Once or twice a year THEN ASK: qaldr**

---

qaldr Have you had an alcoholic drink in the last seven days?

Yes	1	(431)
No	2	
Don't Know	Y	

**End of Filter ialse**

---

**IF qalye = Never in the past year  
THEN ASK: qalnd**

WAVE 11 ONLY

qalnd Have you always been a non-drinker, or did you stop drinking for some reason?

Always a non-drinker	1	(1932)
Used to drink but stopped	2	
Don't Know	Y	

**End of Filter ialco**

---

**IF qalye = Every day OR qalye = 5 or 6 days a week OR qalye = 3 or 4 days a week OR qalye = Once or twice a week OR qaldr = Yes  
THEN ASK: qaldk**

---

qalp In the last seven days, how many did you drink of the following - ...?

CODE "NULL" FOR NONE

CODE "REF" FOR LESS THAN ONE

(433 - 434)

Numeric Range _____		
Don't Know	Y	(433)
Less than one	Z	
None	X	

Permitted Range  
1 TO 99 (Numeric Range)

This question is repeated for the following loop values:

- Pints of normal strength beer, lager or cider
- Pints of extra strong beer, lager or cider
- Glasses of martini / sherry / port (not wine)
- Single measures of spirits / liqueur such as whisky, gin, vodka etc.
- Glasses of wine

A total of 5 iterations occupying columns (433 - 434) to (441 - 442)

---

qaldk Have you drunk any OTHER alcoholic drinks in the last 7 days which do not fit into any of these categories, such as designer drinks or alcoholic lemonade?

Yes	1	(443)
No	2	
Don't Know	Y	

---

**IF qaldk = Yes  
THEN ASK: qaldn**

---

qaldn What did you drink?

Castaway	1	(444)
Red/Reef/Metz/Hoopers		
Hooch	2	
Vodka Source/Bacardi		
Breezer/Rigo	3	
Red Square/Smirnoff Ice/Mule		
	4	
MD 20/20	5	
Buckfast	6	
Don't Know	Y	
Something else	0	

Other specify...	(445 - 449)
------------------	-------------

---

**IF qaldn = Castaway OR qaldn = Red/Reef/Metz/Hoopers Hooch OR qaldn = Vodka Source/Bacardi Breezer/Rigo OR qaldn = Red Square/Smirnoff Ice/Mule OR qaldn = MD 20/20 OR qaldn = Buckfast**

---

qalh How many glasses / cans or bottles of ... did you drink?  
RECORD DETAILS OF QUANTITY

(450 - 451)

Numeric Range \_\_\_\_\_  
Don't Know Y (450)

Permitted Range  
1 TO 60 (Numeric Range)

This question is repeated for the following loop values:

- Castaway
- Red/Reef/Metz/Hoopers Hooch
- Vodka Source/Bacardi Breezer/Rigo
- Red Square/Smirnoff Ice/Mule
- MD 20/20
- Buckfast

A total of 6 iterations occupying columns (450 - 451) to (460 - 461)

**End of Filter ialdd**

**End of Filter ialye**

**End of Filter ialdi**

---

**ASK ALL**

---

**INTERVIEWER PLEASE DO NOT SHOW SCREEN UNTIL OTHERWISE INSTRUCTED**

---

qalal As you know, some drinks contain more alcohol than others. The amount is sometimes measured in terms of 'units of alcohol'. Have you heard about measuring alcohol in units?

Yes 1 (462)  
No 2  
Don't Know Y

---

**IF qalal = Yes  
THEN ASK: qalap, qalcr**

---

qalcr What do you think the current recommended limits for alcohol consumption are for MEN in terms of units of alcohol?

INTERVIEWER - FIRST PLEASE CODE HOW GIVING LIMIT (DO NOT PROMPT)

Daily	1	(464)
Weekly	2	
Other way	3	
Don't Know what limits are	Y	

---

**IF qalcr = Daily**  
**THEN ASK: qaliy**

---

qaliy RECORD DAILY LIMIT IN UNITS

IF NECESSARY REMIND: What do you think the current daily recommended limits for alcohol consumption are for MEN in units?

(465 - 466)

Numeric Range _____	Y	(465)
Don't Know		

Permitted Range  
0 TO 25 (Numeric Range)

**End of Filter ialda**

---

**IF qalcr = Weekly**  
**THEN ASK: qalwe**

---

qalwe RECORD WEEKLY LIMIT IN UNITS

IF NECESSARY REMIND: What do you think the current weekly recommended limits for alcohol consumption are for MEN in units?

(467 - 468)

Numeric Range _____	Y	(467)
Don't Know		

Permitted Range  
0 TO 50 (Numeric Range)

**End of Filter iwere**

---

**IF qalcr = Other way**  
**THEN ASK: qaler**

---

qaler RECORD WHAT THINK CURRENT LIMITS ARE FOR MEN

IF NECESSARY REMIND: What do you think the current recommended limits for alcohol consumption are for MEN?

(469 - 473)

Don't Know Y (469)

**End of Filter ialot**

---

qalcw What do you think the current recommended limits for alcohol consumption are for WOMEN in terms of units of alcohol?

INTERVIEWER - FIRST PLEASE CODE HOW GIVING LIMIT (DO NOT PROMPT)

Daily 1 (474)  
Weekly 2  
Other way 3  
Don't Know what limits are Y

---

**IF qalcw = Daily**  
**THEN ASK: qalwd**

---

qalwd RECORD DAILY LIMIT IN UNITS

IF NECESSARY REMIND: What do you think the current daily recommended limits for alcohol consumption are for WOMEN in units?

(475 - 476)

Numeric Range \_\_\_\_\_  
Don't Know Y (475)

Permitted Range  
0 TO 25 (Numeric Range)

End of Filter ifalwd

---

IF qalcw = Weekly  
THEN ASK: qalww

---

qalww RECORD WEEKLY LIMIT IN UNITS

IF NECESSARY REMIND: What do you think the current weekly limits for alcohol consumption are for WOMEN in units?

(477 - 478)

Numeric Range \_\_\_\_\_ Y (477)  
Don't Know

Permitted Range  
0 TO 50 (Numeric Range)

End of Filter ifqalww

---

IF qalcw = Other way  
THEN ASK: qalwo

---

qalwo RECORD WHAT THINK CURRENT LIMITS ARE FOR WOMEN

IF NECESSARY REMIND: What do you think the current recommended limits for alcohol consumption are for WOMEN?

(508 - 512)

Don't Know Y (508)

End of Filter ifalwo

End of Filter ialyp

---

IF qalye = Every day OR qalye = 5 or 6 days a week OR qalye = 3 or 4 days a week OR qalye = Once or twice a week OR qalye = Less than once a week but at least once a month OR qalye = Once every couple of months OR qalye = Once or twice a year

---

IF qalal = No

End of Filter ifkunit

---

&vunit& unit of alcohol is half a pint of normal strength beer, a glass of wine, a single measure of spirits or a small glass of sherry.

---

IF qsex = Male

End of Filter imen

---

qalti SHOWCARD 2

How many times did you drink &vmen& units or more ON ONE OCCASION during the LAST MONTH? Just read out the letter.

IF NECESSARY, ADD: &vmen& units is &vmen1& pints of normal strength beer or lager or &vmen& measures of spirits or glasses of wine.

INTERVIEWER - THE RESPONDENT WILL ALSO NEED SHOWCARD 2 FOR THE NEXT QUESTION.

A	1	(513)
B	2	
C	3	
D	4	
E	5	
F	6	
G	7	
H	8	
Don't Know	Y	

---

IF qsex = Male

**End of Filter lmen2**

---

WAVE 12 ONLY

Qalti2 SHOWCARD 2

And how many times did you drink 8/ 6 units or more ON ONE OCCASION during the LAST MONTH? Just read out the letter.

IF NECESSARY, ADD: 8/ 6 units is 4/ 3 pints of normal strength beer or lager or 8/ 6 measures of spirits or glasses of wine.

A	1	(1659)
B	2	
C	3	
D	4	
E	5	
F	6	
G	7	
H	8	
Don't Know	Y	

---

**INTERVIEWER PLEASE SHOW SCREEN UNTIL OTHERWISE INSTRUCTED**

---

qalvI Thinking about the amount you drink now, which of these best describes you?

A very light or occasional drinker	1	(514)
A light but regular drinker	2	
A moderate drinker	3	
Quite a heavy drinker	4	
A very heavy drinker	5	
Don't Know	Y	

**End of Filter ialtw**

---

**Section 7 - Smoking**

---

**Now I would like to ask you some questions about smoking.**

---

qsmci Have you ever smoked cigarettes - including roll ups?

Yes	1	(515)
No	2	
Don't Know	Y	

---

**IF qsmci = Yes  
THEN ASK: qsmno**

---

qsmno Do you smoke cigarettes - including roll ups, nowadays, even if only occasionally?  
IF YES PROMPT - Would you say you smoked regularly or occasionally?

Yes, regularly	1	(516)
Yes, occasionally	2	
No	3	
Don't Know	Y	

---

**IF qsmno = Yes, regularly OR qsmno = Yes, occasionally  
THEN ASK: qsmwe, qsmwd, Qlstcig, qsmco**

---

qsmwe About how many cigarettes do you usually smoke on a WEEKDAY?  
CODE "NULL" FOR NONE / I DON'T USUALLY SMOKE ON WEEKDAYS  
CODE "REF" FOR LESS THAN ONE A DAY

(517 - 519)

Numeric Range _____		
Don't Know	Y	(517)
Less than one a day	Z	
None / I don't usually smoke on weekdays	X	

Permitted Range  
1 TO 200 (Numeric Range)

---

qsmwd And at WEEKENDS about how many cigarettes do you usually smoke A DAY?  
CODE "NULL" FOR NONE / I DON'T USUALLY SMOKE ON WEEKENDS  
CODE "REF" FOR LESS THAN ONE A DAY

(520 - 522)

Numeric Range _____		
Don't Know	Y	(520)
Less than one a day	Z	
None / I don't usually smoke on weekends	X	

Permitted Range  
1 TO 200 (Numeric Range)

---

Qlscig How many days ago did you last have a cigarette?

Less than 1 day	1	(1550)
1 day	2	
2 days	3	
3 days	4	
4 days	5	
5 days	6	
More than 5 days	7	
Don't Know	Y	

**End of Filter ismro**

**End of Filter ismev**

---

qsmcp Have you ever smoked cigars or a pipe?

Yes	1	(532)
No	2	
Don't Know	Y	

---

**IF qsmcp = Yes  
THEN ASK: qsme**

---

qsme Do you smoke cigars or a pipe regularly nowadays?  
IF "Yes" PROBE: "Which?"

Pipe	1	(533)
Cigars	2	
Both pipe and cigars	3	
Neither	4	
Don't Know	Y	

End of Filter iyyy

---

IF qsmno = No  
THEN ASK: qsmex

---

qsmex When did you stop smoking cigarettes?

Less than a month ago	1	(534)
A month, but less than 6 months ago	2	
6 months but less than 12 months ago	3	
12 months or more	4	
Can't remember / Don't know	5	

---

INTERVIEWER DO NOT SHOW SCREEN UNTIL OTHERWISE INSTRUCTED

---

IF Qsmex = Less than a month ago OR Qsmex = A month, but less than 6 months ago OR Qsmex = 6  
months but less than 12 months ago  
THEN ASK: Qwquit, QHRT

---

QHRT Are you currently taking Nicotine Replacement Therapy (NRT)?

INTERVIEWER NOTE - THIS INCLUDES PATCHES, GUM OR MICROTAB

Yes	1	(1556)
No	2	
Don't Know	Y	

---

End of Filter Ismoyr

End of Filter ismex

---

IF qghth1 = Stop smoking  
THEN ASK: Qwhnqui, Qmnplan

---

Qwhnqui      You said earlier that you were thinking of giving up smoking in the next six months. Can I just check, are you planning to stop in the next 30 days?

Yes	1	(1557)
No	2	
Don't Know	Y	

---

---

IF qsmci = No OR qsmno = Yes, occasionally OR qsmno = No

---

**INTERVIEWER READ OUT**

I would like to know where you have been exposed to other people's tobacco smoke over the last week.

---

**INTERVIEWER SHOW SCREEN TO RESPONDENT**

---

**QUANCEPT ITEM:**

---

**Section 13 - Attitudes to smoking**

---

Qspdis2 I would like you to think about the things that people do. Take a look at the list below and tell me which you would STRONGLY DISAPPROVE of.

Smoking cigarettes with a child in the room	1	(1456)
Smoking cigarettes with a child in the car	2	
Parking in a disabled parking space without an orange badge	3	
Using a mobile phone while driving	4	
Not giving up their seat on a train or bus to someone who is less able to stand	5	
Dropping litter in the street	6	
Driving under the influence of alcohol	7	
Smoking while pregnant	8	
Smoking while pushing a child in a pram or pushchair	9	
Smoking in a non-smoking area / in a non-smoking premises	0	(1457)
Don't Know	Y	(1456)
None of these	X	

---

Qspmo2 Of these, which one do you disapprove of the most?

Smoking cigarettes with a child in the room	1	(1458)
Smoking cigarettes with a child in the car	2	
Parking in a disabled parking space without an orange badge	3	
Using a mobile phone while driving	4	
Not giving up their seat on a train or bus to someone who is less able to stand	5	
Dropping litter in the street	6	
Driving under the influence of alcohol	7	
Smoking while pregnant	8	
Smoking while pushing a child in a pram or pushchair	9	
Smoking in a non-smoking area / in a non-smoking premises	0	(1459)
Don't Know	Y	(1458)
None of these	X	

---

Qpart Do you have a husband, wife or partner who lives with you?

Yes	1	(1634)
No	2	
Don't Know	Y	

---

**IF Qpart = Yes  
THEN ASK: Qpsmo**

---

**IF Qspwork = Smoking only allowed in designated smoking rooms or areas (including outdoors)  
THEN ASK: Qspwor2**

---

**IF ( qsmno = Yes, regularly ) OR ( qsmno = Yes, occasionally ) OR ( qsme = Pipe ) OR ( qsme = Cigars )  
OR ( qsme = Both pipe and cigars )  
THEN ASK: Qspadul, Qapchil**

---

Qspadul If you are in a room with adults who don't smoke, do you...

Smoke the same number of cigarettes as usual	1	(1325)
Smoke fewer cigarettes	2	
Or do you not smoke at all?	3	
Don't Know	Y	
Other	0	

Other specify...	(1326 - 1329)
------------------	---------------

---

Qapchil And if you are in a room with children, do you...

Smoke the same number of cigarettes as usual	1	(1330)
Smoke fewer cigarettes	2	
Or do you not smoke at all?	3	
Don't Know	Y	
Other	0	

Other specify...	(1331 - 1334)
------------------	---------------

**End of Filter ispadul**

---

**IF NOT ( qsmno = Yes, regularly OR qsmno = Yes, occasionally OR qsme = Pipe OR qsme = Cigars  
OR qsme = Both pipe and cigars )  
THEN ASK: Qspnone**

---

**ASK ALL**

---

**INTERVIEWER PLEASE DO NOT SHOW SCREEN UNTIL OTHERWISE INSTRUCTED  
INTERVIEWER PLEASE SHOW SCREEN UNTIL OTHERWISE INSTRUCTED**

---

**I am going to read out some things that other people have said about smoking and I would like you to tell me  
how much do you agree or disagree with each one. So firstly...**

---

**IF Qban6 = Yes  
THEN ASK: Qban6b**

---

**INTERVIEWER PLEASE SHOW SCREEN UNTIL OTHERWISE INSTRUCTED.**

**End of Filter lexe**

End of Filter Isleg

---

Now I would like you to think about smoking in public places. For each place please could you tell me if you think they should be completely smoke free, mainly smoke free but with areas for smoking or smoking should be allowed anywhere.

---

QUANCEPT ITEM:

---

IF NOT ( Qsp = Smoking should be allowed anywhere )  
THEN ASK: Qsp3

---

End of Filter ispp

---

IF( NOT ( qspwork = Don't work/Don't work with other people )) AND  
THEN ASK: Qsppubl, Qsppub1

---

**Section 14 - Legality of Cannabis**

**WAVE 11 ONLY**

---

**IF qcl legis = Yes  
THEN ASK: Qcunder, Qcnewlg**

---

**WAVE 11 ONLY**

**Qclegis Before today, were you aware that the legislation regarding cannabis had changed?**

Yes	1	(2869)
No	2	
Don't Know	Y	

---

**IF qcl legis = Yes  
THEN ASK: Qcunder, Qcnewlg**

---

WAVE 11 ONLY

Qcunder What do you understand the new legislation regarding cannabis to be?

(2870 - 2873)

Don't Know Y (2870)

---

WAVE 11 ONLY

Qcnewlg Thinking about the new legislation for cannabis, which of the following statements best describes it?

It is now legal to possess cannabis	1	(2874)
It is now legal to possess cannabis but only for your own use	2	
It is still illegal to possess cannabis but the penalties are less severe	3	
Don't Know	Y	

End of Filter icunder

End of Filter icunder

---

Section 21 - Self Completion

---

**INSTRUCTION SCREEN:**

**THE NEXT QUESTIONS ARE FOR SELF COMPLETION BY THE RESPONDENT.**

**YOU READ THE INTRODUCTION, GO THROUGH BOTH EXAMPLE QUESTIONS WITH THEM, AND THEN TURN THE COMPUTER TOWARDS THE RESPONDENT. PLEASE ASK THE RESPONDENT TO COMPLETE THIS SECTION WITHOUT ANY HELP OR INFLUENCE FROM ANYONE ELSE. YOU MAY HELP THEM IF NEEDED.**

**CHECK THE RESPONSES TO THE FIRST TWO EXAMPLE QUESTIONS TO MAKE SURE THE RESPONDENT HAS UNDERSTOOD THE INSTRUCTIONS.**

**PLEASE ALSO MENTION THAT FOR "OTHER SPECIFY" QUESTIONS, IF THEIR ANSWER IS OTHER, THEY SHOULD TYPE IN THE NUMBER NEXT TO THE "OTHER" BOX, THEN TYPE IN THEIR ANSWER - PLEASE ASK THEM TO PUT "\_" AROUND THE ANSWER THEY TYPE IN.**

**IN ADDITION PLEASE MENTION THAT THEY HAVE TO ENTER "DK" FOR "DON'T KNOW", "NULL" FOR "NONE OF THESE" AND THAT THEY CAN REFUSE TO ANSWER ANY PARTICULAR QUESTION BY TYPING "REF", BUT EXPLAIN THAT YOU CAN DO THIS FOR THEM IF THEY WISH**

---

**The next set of questions are to be completed by yourself. There are no right or wrong answers - we just want you to be as accurate and honest as you can as you answer about yourself. None of the answers will be traced back to any individual taking part in this survey.**

**I would like you to read the questions for yourself and type in your answers. Please answer each question even if the answer is "Never" or "Don't Know". Take as much time as you like.**

**DO NOT READ OUT:**

**MOVE TO NEXT SCREEN AND DETERMINE HOW SECTION WILL BE ANSWERED. THEN USE THE NEXT TWO QUESTIONS AS EXAMPLES. ONCE RESPONDENT UNDERSTANDS, LET THEM COMPLETE WHOLE SERIES OF QUESTIONS.**

---

qscdo HOW WILL SELF COMPLETION SECTION BE DONE?

Respondent will do self completion themselves	1	(824)
Respondent asks interviewer to type for them	2	
Respondent refuses to do self completion at all	3	

---

**IF qscdo = Respondent will do self completion themselves  
THEN ASK: qscex, qsce2**

---

qsceX EXAMPLE 1

How old were you on your last birthday?

Please choose the number beside the answer which you want to give.

TYPE THE NUMBER, PRESS THE F2 KEY TO MOVE ONTO THE NEXT SCREEN. IF YOU HAVE A PROBLEM THE INTERVIEWER WILL EXPLAIN WHAT TO DO

16-17	1	(825)
18-24	2	
25-34	3	
35-44	4	
45-54	5	
55-64	6	
65 or older	7	
Don't Know	Y	
Refused	Z	

---

qsce2 EXAMPLE 2

Which of these TV channels do you ever watch?

Please choose the number beside the answers which you want to give. You can select as many as you like.

TYPE THE NUMBER AND PRESS THE SPACEBAR AND A CROSS SHOULD APPEAR BY THE ANSWER. TO SELECT ANOTHER ANSWER, TYPE THAT NUMBER AND PRESS SPACEBAR AGAIN AND A CROSS SHOULD APPEAR BY THIS ANSWER AS WELL. WHEN YOU HAVE CHOSEN ALL THE CHANNELS WHICH YOU HAVE WATCHED, PRESS THE F2 KEY TO MOVE ON TO THE NEXT SCREEN. IF YOU HAVE A PROBLEM THE INTERVIEWER WILL EXPLAIN WHAT TO DO.

BBC1	1	(826)
BBC2	2	
ITV	3	
Channel 4	4	
Sky	5	
ON Digital	6	
Cable channels	7	
Some other channel	8	
I never watch television	9	
Don't Know	Y	
Refused	Z	

---

**GIVE COMPUTER TO RESPONDENT**

**IF AT ANY POINT YOU DON'T WANT TO ANSWER A QUESTION, PLEASE TYPE REF**

**End of Filter isceX**

---

**IF qscdo = Respondent asks interviewer to type for them**

---

AS YOU WILL BE ENTERING THE ANSWERS, THE PRACTICE QUESTIONS HAVE BEEN SKIPPED

End of Filter iscas

---

IF qscdo = Respondent will do self completion themselves OR qscdo = Respondent asks interviewer to type for them

THEN ASK: qscba, qscsl, qscus, qscfc, qscu, qscod, qscna, qscyp, qscud, qscdo, qscwo, qscrh, qsotp, qsodc, qscsg, qscdc, qscsu, qscdi, qscwh, qscps, qscpa, qsowb, qsous, qsone, qsote, qsodp, qsoda, qsoli, qsoup, qsofc, qsopl, qsoia, qsoif, qsoth, qsohn, qsohs, qsoge, qsoho, qsoem, qshbj

---

The next few questions are about the way you have been feeling over the last few weeks. For each question please select the number next to the answer that BEST suits the way you have felt.

PRESS THE F2 KEY WHEN YOU ARE READY FOR THE FIRST QUESTION

---

qscba Have you recently been able to concentrate on what you are doing?

Better than usual	1	(827)
Same as usual	2	
Less than usual	3	
Much less than usual	4	
Don't Know	Y	
Refused	Z	

---

qscsl Have you recently lost much sleep over worry?

Not at all	1	(828)
No more than usual	2	
Rather more than usual	3	
Much more than usual	4	
Don't Know	Y	
Refused	Z	

---

---

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

More than usual	1	(829)
Same as usual	2	
Less than usual	3	
Much less than usual	4	
Don't Know	Y	
Refused	Z	

---

---

qscfc Have you recently felt capable of making decisions about things?

More so than usual	1	(830)
Same as usual	2	
Less so than usual	3	
Much less capable	4	
Don't Know	Y	
Refused	Z	

---

---

qscuu Have you recently felt constantly under strain?

Not at all	1	(831)
No more than usual	2	
Rather more than usual	3	
Much more than usual	4	
Don't Know	Y	
Refused	Z	

---

---

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

Not at all	1	(832)
No more than usual	2	
Rather more than usual	3	
Much more than usual	4	
Don't Know	Y	
Refused	Z	

---

---

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

More than usual	1	(833)
Same as usual	2	
Less so than usual	3	
Much less than usual	4	
Don't Know	Y	
Refused	Z	

---

---

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

More so than usual	1	(834)
Same as usual	2	
Less able than usual	3	
Much less able	4	
Don't Know	Y	
Refused	Z	

---

---

qscud Have you recently been feeling unhappy and depressed?

Not at all	1	(835)
No more than usual	2	
Rather more than usual	3	
Much more than usual	4	
Don't Know	Y	
Refused	Z	

---

---

qscco Have you recently been losing confidence in yourself?

Not at all	1	(836)
No more than usual	2	
Rather more than usual	3	
Much more than usual	4	
Don't Know	Y	
Refused	Z	

---

---

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

Not at all	1	(837)
No more than usual	2	
Rather more than usual	3	
Much more than usual	4	
Don't Know	Y	
Refused	Z	

---

---

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

More so than usual	1	(838)
Same as usual	2	
Less so than usual	3	
Much less than usual	4	
Don't Know	Y	
Refused	Z	

---

---

## Section 22 - Affectometer Questions

---

The following statements are about thoughts and feelings.

**PRESS THE F2 KEY WHEN YOU ARE READY FOR THE FIRST QUESTION**

---

**WAVE 12 ONLY**

Qmws For each of the following statements, please select the option that best describes your experience over the last two weeks

...

None of the time	1	(1678)
Rarely	2	
Some of the time	3	
Often	4	
All of the time	5	
Don't Know	Y	

This question is repeated for the following loop values:

- I've been feeling optimistic about the future
- I've been feeling useful
- I've been feeling relaxed
- I've been feeling interested in other people
- I've had energy to spare
- I've been dealing with problems well
- I've been thinking clearly
- I've been feeling good about myself
- I've been feeling close to other people
- I've been feeling confident
- I've been able to make up my own mind about things
- I've been feeling loved
- I've been interested in new things
- I've been feeling cheerful

A total of 14 iterations occupying columns (1678) to (1718)

---

**WAVE 11 ONLY**

**A number of statements that people have made to describe how they feel are given below. Please read each one and select the number next to the answer which best describes how frequently you have felt that way in the past seven days, including today.**

**Some statements describe positive feelings and some describe negative feelings. You may have experienced both positive and negative feelings at different times during the past seven days.**

**PRESS THE F2 KEY WHEN YOU ARE READY TO CONTINUE**

WAVE 11 ONLY  
Qsdh ...

Never	1	(3143)
Rarely	2	
Sometimes	3	
Often	4	
Don't Know	Y	
Refused	Z	

This question is repeated for the following loop values:

- I felt dissatisfied with my life
- I felt happy
- I felt cheerless
- I felt pleased with the way I am
- I felt that life was enjoyable
- I felt that life was meaningless

A total of 6 iterations occupying columns (3143) to (3148)

---

**WAVE 11 ONLY**

**The following statements give some descriptions of how people may be feeling about their lives and themselves.**

**PRESS THE F2 KEY WHEN YOU ARE READY FOR THE FIRST QUESTION**

---

WAVE 11 ONLY

Qaf1 Thinking about the past few weeks, how often, if ever, have you felt ...?

Not at all	1	(2975)
Occasionally	2	
Some of the time	3	
Often	4	
All of the time	5	
Don't Know	Y	
Refused	Z	

This question is repeated for the following loop values:

- Your life is on the right track
- You want to change some part of your life
- Your future looks good
- As though the best years of your life are over
- That you like yourself
- There must be something wrong with you
- You can handle any problems that come up
- Like a failure
- Loved and trusted
- You have been left alone when you don't want to be
- Close to people around you
- You have lost interest in other people and don't care about them
- You can do whatever you want to do
- Your life seems stuck in a rut
- You have energy to spare
- You can't be bothered doing anything
- That you have been smiling and laughing a lot

- Nothing seems very much fun anymore
- That you have been thinking clearly and creatively
- That your thoughts have been going round in useless circles
- Satisfied
- Optimistic
- Useful
- Confident
- Understood
- Interested in other people
- Relaxed about things
- Enthusiastic
- Good natured
- Clear headed
- Discontented
- Hopeless
- Insignificant
- Helpless
- Lonely
- Withdrawn
- Tense
- Depressed
- Impatient
- Confused

A total of 40 iterations occupying columns (2975) to (3041)

## Section 26 - HIV and AIDS

**Next a series of topics to do with sexual health will appear. For each one, please indicate whether you feel you have adequate knowledge or information about it, or whether you would like to know more.**

qhiv Do you feel you have adequate knowledge or information about the following topics, or would you like to know more?

...

Know enough	1	(971)
Want more information	2	
Don't Know	Y	
Refused	Z	

This question is repeated for the following loop values:

- Ways in which HIV (the AIDS virus) can be passed on
- Contraception / birth control
- Emergency ('morning after') contraception
- How to have a satisfying sex life
- Recognising symptoms of sexually transmitted diseases
- Abortion
- Having a blood test for HIV
- How to use a condom
- Safer sex

A total of 9 iterations occupying columns (971) to (979)

---

qhivd Have you changed your own sexual lifestyle in any way, or made any decisions about sex, because of concern about catching HIV (the AIDS virus)?  
CHOOSE ONE NUMBER ONLY

Yes	1	(1009)
No	2	
My sexual lifestyle has changed, but not because of AIDS	3	
Don't Know	Y	
Refused	Z	

---

**IF qhivd = Yes  
THEN ASK: qhidd**

---

qhidd In which of these ways have you changed or decided to change?  
Choose all that apply

Not having sex	1	(1010)
Having fewer partners	2	
Finding out more about a person before having sex	3	
Using a condom	4	
Sticking to one partner	5	
Avoiding some sexual practices	6	
Don't Know	Y	
Refused	Z	
Other	0	

Other specify...	(1011 - 1015)
------------------	---------------

**End of Filter ihiye**

---

**ASK ALL**

---

**The following are a number of things people have said about condoms and HIV (the AIDS virus). Please indicate how much you agree or disagree with each one.**

---

qhic ...

REMINDER: HOW MUCH DO YOU AGREE OR DISAGREE?

Strongly agree	1	(1016)
Tend to agree	2	
Tend to disagree	3	
Strongly disagree	4	
Don't Know / Not applicable	Y	
Refused	Z	

This question is repeated for the following loop values:

- If I wanted to have sexual intercourse with a new partner, I would stop if we had no condoms
- It is necessary to use a condom with a new partner to protect against HIV (the AIDS virus) even if you are using some other method of contraception
- Once a new sexual partner has become a regular partner, I would not really feel the need to use condoms for protection against HIV (the AIDS virus)
- A woman who is known to be carrying condoms would not have a good image
- Buying condoms is still an embarrassing experience these days
- It is the man's responsibility to carry condoms
- The risk for someone like me getting HIV (the AIDS virus) has been exaggerated by Government and health officials

A total of 7 iterations occupying columns (1016) to (1022)

---

## Section 27 - Drugs Self Completion

---

The next set of questions are about cannabis.

---

Qdra1 Have you heard of cannabis? It is also known as marijuana, grass, hash, ganja, blow or dope.

Yes	1	(1542)
No	2	
Don't Know	Y	
Refused	Z	

---

**IF Qdra1 = Yes**  
**THEN ASK: qdrev1**

---

qdrev1 Have you EVER taken cannabis, even if it was a long time ago?

Yes	1	(1543)
No	2	
Don't Know	Y	
Refused	Z	

**End of Filter ifcan**

---

**IF qdrev1 = Yes  
THEN ASK: Qdr121**

---

Qdr121 And have you taken cannabis in the last 12 months?

Yes	1	(1544)
No	2	
Don't Know	Y	
Refused	Z	

WAVE 11 ONLY

Qdrfb1 Have you ever been offered cannabis?

Yes	1	(3045)
No	2	
Don't Know	Y	
Refused	Z	

**End of Filter Incan**

---

**IF Qdra1 = Yes  
THEN ASK: Qcanu**

---

WAVE 11 ONLY

Qcanu Recent changes in legislation have reduced the penalties for cannabis possession. Would these changes make you any more likely to use cannabis?  
CHOOSE ONE NUMBER ONLY

Yes	1	(2875)
No	2	
Don't Know	Y	
Refused	Z	

End of Filter ican2

End of Filter Incan

End of Filter Ican

---

Finally there will appear some things other people have said about drugs. For each one, please read the statement and then say how much you agree or disagree with it.

---

qdre ...

How much do you agree or disagree?

Strongly agree	1	(1063)
Tend to agree	2	
Tend to disagree	3	
Strongly disagree	4	
Don't Know	Y	
Refused	Z	

This question is repeated for the following loop values:

- All use of drugs is wrong, unless with a doctor's prescription
- It's OK to use soft drugs like cannabis but not hard drugs, like heroin
- Some illegal drugs do less harm to your health than drinking or smoking
- Most young people will try drugs at some time
- I don't know enough about the risks of taking drugs
- Taking drugs would be safer if you could be sure of their quality

A total of 6 iterations occupying columns (1063) to (1068)

---

**QUANCEPT ITEM:**

---

**THIS IS THE LAST OF THIS SERIES OF QUESTIONS. PLEASE TURN THE COMPUTER BACK TO THE INTERVIEWER.**

End of Filter iscse

---

**Section 28 - Demographics**

---

**SHOW SCREEN UNTIL INSTRUCTED OTHERWISE**

Now a few questions about you and your household .

---

qfut Would you be willing to be recontacted to take part in further research about health issues for NHS Health Scotland (formerly the Health Education Board for Scotland)?

Yes	1	(1069)
No	2	
Don't Know	Y	

---

qhou How many people aged 16 or over live in this household, including yourself?

(1070 - 1071)

Numeric Range _____		
Don't Know	Y	(1070)

Permitted Range  
1 TO 20 (Numeric Range)

---

qho2 How many people aged under 16 live in this household?

CODE NULL IF NO PEOPLE UNDER 16 IN HOUSEHOLD

(1072 - 1073)

Numeric Range _____		
Don't Know	Y	(1072)
None	X	

Permitted Range  
1 TO 20 (Numeric Range)

---

qtea At what age did you finish full time education, or are you still in full time education?

14 or younger	1	(1074)
15	2	
16	3	
17	4	
18	5	
19	6	
20	7	
21	8	
22 or older	9	
Still in full time education	0	(1075)
Don't Know	Y	(1074)

---

qfrid Which of the following do you have in your household?

Telephone	1	(1076)
Car	2	
Fridge or fridge freezer	3	
Microwave	4	
Cooker with oven	5	
Don't Know	Y	
None of these	X	

---

qten SHOWCARD 3 Which of these best describes your home?

Owned outright	1	(1077)
Being bought on a mortgage	2	
Rented from council	3	
Rented from Scottish Homes	4	
Rented from Housing Association/Trust	5	
Rented from private landlord	6	
Rented from another organisation	7	
Live rent free/comes with the job	8	
Don't Know	Y	

---

**WHITE CARDS**

**JN.45104572**

**WHITE CARDS**

**JN.45104572**

WHITE

JN.45104572

WHITE

JN.45104572

1. Eating less generally
2. Eating more generally
3. Eating less fatty or fried foods such as crisps or chips
4. Eating more fruit and vegetables
5. Eating less processed and 'convenience' foods
6. Eating less sugar and foods containing a lot of sugar, such as cakes, sweet pastries, biscuits, sweets and soft drinks
7. Eating more foods containing fibre, such as wholemeal bread or breakfast cereals
8. Using low fat foods such as skimmed or semi-skimmed milk, low fat spread or low fat cheese
9. Something else (PLEASE SAY WHAT)

### **SHOWCARD 1**

9. Something else (PLEASE SAY WHAT)

WHITE

JN.45104572

8. Using low fat foods such as skimmed or semi-skimmed milk, low fat spread or low fat cheese
7. Eating more foods containing fibre, such as wholemeal bread or breakfast cereals
6. Eating less sugar and foods containing a lot of sugar, such as cakes, sweet pastries, biscuits, sweets and soft drinks
5. Eating less processed and 'convenience' foods
4. Eating more fruit and vegetables
3. Eating less fatty or fried foods such as crisps or chips
2. Eating more generally
1. Eating less generally

### **SHOWCARD 1**

C. None

WHITE

JN.45104572

F. Once

B. Two or three times

G. Four or five times

A. Six to ten times

H. Eleven to fifteen times

D. Sixteen to twenty times

E. More than twenty times

D. Sixteen to twenty times

H. Eleven to fifteen times

A. Six to ten times

G. Four or five times

B. Two or three times

F. Once

C. None

## SHOWCARD 2

E. More than twenty times

## SHOWCARD 2

1. Own home outright
2. Being bought on a mortgage
3. Rent from council
4. Rent from Scottish Homes
5. Rent from housing association / trust
6. Rent from private landlord
7. Rent from other organisation
8. Live rent free / comes with job etc.

### **SHOWCARD 3**

WHITE

JN.45104572

8. Live rent free / comes with job etc
7. Rent from other organisation
6. Rent from private landlord
5. Rent from housing association / trust
4. Rent from Scottish Homes
3. Rent from council
2. Being bought on a mortgage
1. Own home outright.

### **SHOWCARD 3**

WHITE

JN.45104572

1. Single

2. Married / living as couple

3. Widowed / divorced / separated

3. Widowed / divorced / separated

2. Married / living as couple

1. Single

**SHOWCARD 4**

WHITE

JN.45104572

**SHOWCARD 4**

WHITE

JN.45104572

1. Working in a paid job 30+ hours
2. Working in a paid job 8 - 29 hours
3. Working in a paid job less than 8 hours
4. Self-employed
5. Not in paid employment / looking after house or home
6. Full-time student at school
7. Full-time student at university, polytechnic or college.
8. Unemployed
9. Retired from paid employment
10. Other

## **SHOWCARD 5**

10. Other
9. Retired from paid employment
8. Unemployed
7. Full-time student at university, polytechnic or college.
6. Full-time student at school
5. Not in paid employment / looking after house or home
4. Self-employed
3. Working in a paid job less than 8 hours
2. Working in a paid job 8 - 29 hours
1. Working in a paid job 30+ hours

## **SHOWCARD 5**

- A. Retired – gets pension from previous job
- B. Unemployed 2 months or less
- C. Sick – still receiving pay or statutory pay from job
- D. Widow receiving pension from husband’s previous job
- E. Divorced/ separated receiving maintenance from ex-husband
- F. Full-time student
- G. Not working – with private means
- H. Unemployed more than 2 months
- I. Only receive income support
- J. Receiving state pension only

**SHOWCARD 6**

- J. Receiving state pension only
- I. Only receive income support
- H. Unemployed more than 2 months
- G. Not working – with private means
- F. Full-time student
- E. Divorced/ separated receiving maintenance from ex-husband
- D. Widow receiving pension from husband’s previous job
- C. Sick – still receiving pay or statutory pay from job
- B. Unemployed 2 months or less
- A. Retired – gets pension from previous job

**SHOWCARD 6**

<b>PER YEAR</b>	<b>PER MONTH</b>	<b>PER WEEK</b>
<b>F. Under £2,500</b>	Under £200	Under £50
<b>E. £2,500 - £4,999</b>	£200 - £399	£50 - £99
<b>B. £5,000 - £9,999</b>	£400 - £849	£100 - £199
<b>C. £10,000 - £14,999</b>	£850 - £1249	£200 - £299
<b>G. £15,000 - £19,999</b>	£1250 - £1649	£300 - £399
<b>A. £20,000 - £29,999</b>	£1650 - £2499	£400 - £599
<b>D. £30,000 or more</b>	£2500 or more	£600 or more

**SHOWCARD 7**

WHITE

JN.45104572

<b>PER YEAR</b>	<b>PER MONTH</b>	<b>PER WEEK</b>
<b>F. Under £2,500</b>	Under £200	Under £50
<b>E. £2,500 - £4,999</b>	£200 - £399	£50 - £99
<b>B. £5,000 - £9,999</b>	£400 - £849	£100 - £199
<b>C. £10,000 - £14,999</b>	£850 - £1249	£200 - £299
<b>G. £15,000 - £19,999</b>	£1250 - £1649	£300 - £399
<b>A. £20,000 - £29,999</b>	£1650 - £2499	£400 - £599
<b>D. £30,000 or more</b>	£2500 or more	£600 or more

**SHOWCARD 7**

WHITE

JN.45104572

1. Very easy

2. Fairly easy

3. Manageable

4. Fairly difficult

5. Very difficult

5. Very difficult

4. Fairly difficult

3. Manageable

2. Fairly easy

1. Very easy

**SHOWCARD 8**

WHITE

JN.45104572

**SHOWCARD 8**

WHITE

JN.45104572