

Thank you for agreeing to take part in the next stage of the Twenty 07 study.

One of our nurses will have contacted you to arrange a second visit where she will ask about your health and take some simple physical measurements.

This booklet contains some sets of questions about your feelings and opinions. It would help us greatly if you could fill in the questions in this booklet before the nurse visits you and have it ready for her to collect.

There are instructions inside about how to fill in the different parts of the booklet. If you are not sure how do to any of it, wait until the nurse visits and she will help you.

Remember, it is your opinions and feelings we are interested in. The rest of your family will probably want to see what you have been asked, but try to answer the questions without being influenced by what other people think.

. . . . . OFFICE USE ONLY. . . . .

Respondent serial number

					SCID.A
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Interviewer number

			SCIVNO.A
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Post code

<b>SCPCD1.A</b>	<b>SCPCD2.A</b>	<b>SCPCD3.A</b>

Date of nurse interview

<b>SCIVDY.A</b>	<b>SCNMT.A</b>	<b>SCIVYR.A</b>
<b>DAY</b>	<b>MONTH</b>	<b>YEAR</b>



PART 1

On the next page you will find a number of words or phrases which might describe someone's personality.

We would like you to tell us how well each of the words describes you

Use the seven point scale at the top to show us how well each word describes you.

For example. If the word was 'friendly'

write 1 in the box opposite friendly if it is never or almost never true that you are friendly

write 2 in the box if it is usually not true that you are friendly

write 3 in the box if it is sometimes but infrequently true that you are friendly

write 4 in the box if it is occasionally true that you are friendly

write 5 in the box if it is often true that you are friendly

write 6 in the box if it is usually true that you are friendly

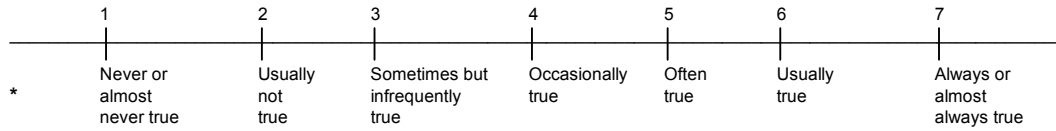
write 7 in the box if it is always or almost always true that you are friendly

If you had filled in part of the measure like this. . .

friendly	<b>6</b>
irresponsible	<b>2</b>
moody	<b>5</b>
carefree	<b>4</b>

It would mean that it is usually true that you are friendly, usually not true that you are irresponsible, often true that you are moody and occasionally true that you are carefree.

REMEMBER TO FILL IN A BOX FOR EVERY WORD OR PHRASE



SCBM1.A	Defend my own beliefs		Adaptable		SCBM21.A
SCBM2.A	Affectionate		Dominant		SCBM22.A
SCBM3.A	Conscientious		Tender		SCBM23.A
SCBM4.A	Independent		Conceited		SCBM24.A
SCBM5.A	Sympathetic		Willing to take a stand		SCBM25.A
SCBM6.A	Moody		Love children		SCBM26.A
SCBM7.A	Assertive		Tactful		SCBM27.A
SCBM8.A	Sensitive to needs of others		Aggressive		SCBM28.A
SCBM9.A	Reliable		Gentle		SCBM29.A
SCBM10.A	Strong personality		Conventional		SCBM30.A
SCBM11.A	Understanding				
SCBM12.A	Jealous				
SCBM13.A	Forceful				
SCBM14.A	Compassionate				
SCBM15.A	Truthful				
SCBM16.A	Have leadership abilities				
SCBM17.A	Eager to sooth hurt feelings				
SCBM18.A	Secretive				
SCBM19.A	Willing to take risks				
SCBM20.A	Warm				

PART 2

On the next three pages there are a set of statements which people have made about their health.

Each statement has a scale underneath it which shows how strongly you agree or disagree with it.

1, 2 or 3 mean you agree with the statement.

1 means you agree strongly.

2 means you agree quite a bit, but not strongly.

3 means you agree, but only a little.

4, 5 or 6 mean you disagree with the statement.

4 means you disagree a little.

5 means you disagree quite a bit.

6 means you disagree strongly

for example, one of the statements might be. . .

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Luck plays a big part in determining how soon I will recover from an illness.

strongly agree

strongly disagree

1

2

③

4

5

6

---

In this case the person filling in the question agreed with the statement, but only a little, so he put a circle round the number 3 to show that he agreed a little with the statement.

If he or she had strongly disagreed they would have put a circle round the number 6, and so on.

Could you please go through the remaining statements putting a circle round the number which shows how strongly you agree or disagree with each

PLEASE PUT A CIRCLE ON THE SCALE FOR EVERY STATEMENT, DO NOT MISS ANY OUT. IF YOU CAN'T MAKE UP YOUR MIND PICK THE ONE WHICH SEEMS CLOSEST TO HOW YOU FEEL

If I become ill I have the power to make myself well again

strongly agree strongly disagree **SCLC1.A**

1            2                    3                    4                    5                    6

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Often I feel that no matter what I do, if I am going to be ill, I will be ill.

strongly agree strongly disagree **SCLC2.A**

1            2                    3                    4                    5                    6

---

If I see my doctor regularly I am less likely to have problems with my health

strongly agree strongly disagree **SCLC3.A**

1            2                    3                    4                    5                    6

---

My health is greatly influenced by things that happen accidentally

strongly agree strongly disagree **SCLC4.A**

1            2                    3                    4                    5                    6

---

I can only maintain my health by consulting my doctor

strongly agree strongly disagree **SCLC5.A**

1            2                    3                    4                    5                    6

---

I am directly responsible for my health

strongly agree strongly disagree **SCLC6.A**

1            2                    3                    4                    5                    6

---

Other people play a big part in whether I stay healthy or become ill

strongly agree strongly disagree **SCLC7.A**

1            2                    3                    4                    5                    6

Whatever goes wrong with my health is my own fault

strongly agree strongly disagree **SCLC8.A**

1            2                    3                    4                    5                    6

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When I am ill I just have to let nature run its course

strongly agree strongly disagree **SCLC9.A**

1            2                    3                    4                    5                    6

---

Doctors keep me healthy

strongly agree strongly disagree **SCLC10.A**

1            2                    3                    4                    5                    6

---

When I stay healthy, I'm just lucky

strongly agree strongly disagree **SCLC11.A**

1            2                    3                    4                    5                    6

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My physical well being depends on how well I take care of myself

strongly agree strongly disagree **SCLC12.A**

1            2                    3                    4                    5                    6

---

When I feel ill, I know it is because I have not been taking care of myself properly

strongly agree strongly disagree **SCLC13.A**

1            2                    3                    4                    5                    6

---

The type of care I receive from other people is what makes me recover from an illness

strongly agree strongly disagree **SCLC14.A**

1            2                    3                    4                    5                    6

Even when I take care of myself, it is easy to become ill

strongly agree

strongly disagree **SCLC15.A**

1

2

3

4

5

6

---

When I become ill, it is a matter of luck

strongly agree

strongly disagree **SCLC16.A**

1

2

3

4

5

6

---

I can usually stay healthy by taking good care of myself

strongly agree

strongly disagree **SCLC17.A**

1

2

3

4

5

6

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Following the doctor's orders to the letter is the best way for me to stay healthy

strongly agree

strongly disagree **SCLC18.A**

1

2

3

4

5

6

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PART 3

This set of questions is about how you feel when something happens to make you angry or annoyed.

Just as in the last set of questions I would like you to put a ring round the number which show how you usually feel.

for example, if the statement was. . . .

Throw things around

very likely	quite likely	not very likely
①	2	3

The person answering thinks that it is very likely that he or she might throw things around when they get angry

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When you get really angry or annoyed, how likely is it that you. . . .

Try to act as though nothing much happened

very likely	quite likely	not very likely
1	2	3

**SCANG1.A**

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Keep it to yourself

very likely	quite likely	not very likely
1	2	3

**SCANG2.A**

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Apologise even if you are right

very likely	quite likely	not very likely
1	2	3

**SCANG3.A**

Take it out on others

very likely  
1

quite likely  
2

not very likely  
3

**SCANG4.A**

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Blame someone else

very likely  
1

quite likely  
2

not very likely  
3

**SCANG5.A**

---

Get it off your chest

very likely  
1

quite likely  
2

not very likely  
3

**SCANG6.A**

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Talk to a friend or relative

very likely  
1

quite likely  
2

not very likely  
3

**SCANG7.A**

PART 4

Finally there are a set of questions about the way you have been feeling in general over the last week

Here the choice of answers is often different for each question, so please read each one carefully and ring the answer which shows how you have been feeling

For example. . . .

I feel tired and flat

- most of the time..... 1
- a lot of the time..... ②
- only occasionally..... 3
- never..... 4

The person answering has been feeling tired and flat a lot of the time over the last week, so he or she has put a ring round 2

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I feel tense or 'wound up'

- most of the time..... 1
- a lot of the time..... 2
- only occasionally..... 3
- never..... 4

**SCAD1.A**

I still enjoy the things I used to

- just as much as ever..... 1
- not quite as much..... 2
- only a little..... 3
- hardly at all..... 4

**SCAD2.A**

I get a sort of frightened feeling as if something awful is about to happen.

- a lot, and quite badly..... 1
- sometimes, but not too badly..... 2
- a little, but it doesn't worry me..... 3
- never..... 4

**SCAD3.A**

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I can laugh and see the funny side of things

- as much as I always could..... 1
- not quite as much as I used to..... 2
- a lot less than I used to..... 3
- never..... 4

**SCAD4.A**

---

Worrying thoughts go through my mind

- a great deal of the time..... 1
- a lot of the time..... 2
- from time to time, but not often..... 3
- only occasionally..... 4

**SCAD5.A**

---

I feel cheerful

- never..... 1
- not often..... 2
- sometimes..... 3
- most of the time..... 4

**SCAD6.A**

---

I can sit at ease and feel relaxed

- nearly all the time..... 1
- usually..... 2
- not often..... 3
- never..... 4

**SCAD7.A**

---

I feel as if I am slowed down

- nearly all the time..... 1
- very often..... 2
- sometimes..... 3
- never..... 4

**SCAD8.A**

---

I get a sort of frightened feeling like 'butterflies' in the stomach

- never..... 1
- occasionally..... 2
- quite often..... 3
- very often..... 4

**SCAD9.A**

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I have lost interest in my appearance

- completely..... 1
- I don't care nearly as much as I should.... 2
- I don't take quite as much care  
as I used to..... 3
- I take as much care as ever..... 4

**SCAD10.A**

I feel restless as if I have to be on the move

- very much indeed..... 1
- quite a lot..... 2
- not very much..... 3
- never..... 4

**SCAD11.A**

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I look forward with enjoyment to things

- as much as I ever did..... 1
- less than I used to..... 2
- a lot less than I used to..... 3
- never..... 4

**SCAD12.A**

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I get sudden feelings of panic

- very often..... 1
- quite often..... 2
- only occasionally..... 3
- never..... 4

**SCAD13.A**

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I can enjoy a book or TV program

- often..... 1
- sometimes..... 2
- not often..... 3
- hardly at all..... 4

**SCAD14.A**

THANK YOU VERY MUCH FOR FILLING IN THIS BOOKLET. FINALLY COULD YOU PLEASE TAKE A FEW MOMENTS MORE TO LOOK THROUGH IT AGAIN AND MAKE SURE YOU HAVEN'T MISSED OUT ANY QUESTIONS OR WHOLE PAGES