

IDNO

Respondent serial number 

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MID-THIRTIES COHORT

**Self-Completion Questionnaire**

This confidential questionnaire is being left with you to complete in your own time over the next few days. It will be collected by the nurse when she comes to interview you.

Please could you check through when you have finished to make sure that you have answered every question.

Thank you again for your help.

WEST OF SCOTLAND TWENTY-07: THE FOODS YOU EAT

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Here is a list of foods that you might eat. Please circle the appropriate response to indicate whether you eat each of the foods More than once a day, Once a day, Most days, Once or twice a week, Less than once a week, or Never.

		More than Once a day	Once a Day	Most Days (3-6)	Once or Twice a week	Less than Once a week	Never
<b>DFRUITSM</b>	Fresh fruit in summer	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DFRUITWN</b>	Fresh fruit in winter	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DVEGSUM</b>	Salads or raw vegetables in summer	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DVEGWIN</b>	Salads or raw vegetables in winter	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DCHIPS</b>	Chips	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DPOTS</b>	Potatoes(not chips)	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DROOTVEG</b>	Root vegetables like carrots and parsnips	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DPEABEAN</b>	Peas and beans (all kinds incl.baked beans, lentils)	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DCGRVEG</b>	Cooked green vegetables	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DCRISPS</b>	Potato crisps & similar snacks	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DSWEETS</b>	Sweets, Chocolates	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DPASTARI</b>	Pasta (spaghetti, noodles) or rice	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DCAKES</b>	Cakes of all kinds	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DBISCUIT</b>	Biscuits	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DCEREAL</b>	Cereals	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DPUDDING</b>	Sweets or puddings, fruit pies etc	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DYOGHURT</b>	Yoghurt	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DSOFTDR</b>	Soft drinks like Coke and Squash	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DIRNBRU</b>	Irn Bru	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DFRUJU</b>	Pure Fruit Juice	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DCHEESE</b>	Cheese	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DEGGS</b>	Eggs	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DCREAM</b>	Cream	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DFISH</b>	Fish	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DPOULTRY</b>	Poultry	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DSAUSPAT</b>	Sausages/tinned meat/pate	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DPIES</b>	Meat pies/pastries/bridies	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6
<b>DMEAT</b>	Beef/lamb/pork ham/bacon	.....1.....	.....2.....	.....3.....	.....4.....	.....5.....	.....6

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## WEST OF SCOTLAND TWENTY-07: PERSONAL CONCERNS

Here is a list of things which some people have said they worry about. We are interested to know how much different people worry about different things. For each of the following things we would like you to circle whether they worry you a lot, worry you just a bit, don't worry you at all, or whether they are the sort of thing that you never think about. Some of the statements, of course, may not apply to you at all.

The first line is an example.

		Worry a lot	Worry a bit	Don't worry at all	Never think about it	N/A
	<b>Example: your job</b>	1	②	3	4	5
<b>PCHEALTH</b>	Your health	1	2	3	4	5
<b>PCFAMHTH</b>	Your family's health	1	2	3	4	5
<b>PCOLDER</b>	Becoming older	1	2	3	4	5
<b>PCMONEY</b>	Money & financial worries	1	2	3	4	5
<b>PCPOLLUT</b>	Pollution of the environment	1	2	3	4	5
<b>PCGETDON</b>	Whether you'll get everything done that you need to do	1	2	3	4	5
<b>PCSEX</b>	Sex	1	2	3	4	5
<b>PCWORK</b>	Coping with work	1	2	3	4	5
<b>PCWAR</b>	Nuclear War	1	2	3	4	5
<b>PCWEIGHT</b>	Your weight	1	2	3	4	5
<b>PCUNEMP</b>	Unemployment in Britain	1	2	3	4	5
<b>PCAIDS</b>	AIDS	1	2	3	4	5
<b>PCPERSAP</b>	Your personal appearance	1	2	3	4	5
<b>PCPAROLD</b>	Your parents or parents-in-law getting older	1	2	3	4	5
<b>PCAFFORD</b>	Being able to afford the things that you need	1	2	3	4	5
<b>PCPROSCH</b>	The prospects for your child(ren)	1	2	3	4	5
<b>PCPROVCH</b>	Being able to provide the things your child(ren) need	1	2	3	4	5
<b>PCTHGOVT</b>	Mrs Thatcher and the government	1	2	3	4	5
<b>PCPOP</b>	Being popular	1	2	3	4	5
<b>PCFAMREL</b>	How the family get on with each other	1	2	3	4	5
<b>PCTIMECH</b>	Who your children spend their time with	1	2	3	4	5
<b>PCSAFETY</b>	Your personal safety	1	2	3	4	5

EVERYDAY LIFE

How well do the following characteristics describe you? Please answer the questions by ringing the appropriate number. The first line is an example. \*

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	Very well	Fairly well	Somewhat	Not at all	
<b>Always busy</b>	1	2	3	4	
Hard driving and competitive	1	2			<b>TYPEA1</b>
Usually pressed for time	1	2	3	4	<b>TYPEA2</b>
Bossy or dominating	1	2	3	4	<b>TYPEA3</b>
Having a strong need to excel in most things	1	2	3	4	<b>TYPEA4</b>
Eating too quickly	1	2	3	4	<b>TYPEA5</b>

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**WEST OF SCOTLAND TWENTY-07: GENERAL HEALTH QUESTIONNAIRE**

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We would like to know if you have had any medical complaints, and how your health has been in general over the past few weeks. Please answer ALL the questions on this page simply by ticking the answer which you think most nearly applies to you. Remember that we want to know about present and recent complaints, not those which you have had in the past. It is important that you try to answer ALL the questions.

**HAVE YOU RECENTLY:**

1 been able to concentrate on what you're doing?	BETTER THAN USUAL	SAME AS USUAL	LESS THAN USUAL	MUCH LESS THAN USUAL
<b>GHQ01</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 lost much sleep over worry?	NOT AT ALL	NO MORE THAN USUAL	RATHER MORE THAN USUAL	MUCH MORE THAN USUAL
<b>GHQ02</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 felt you were playing a useful part in things?	MORE SO THAN USUAL	SAME AS USUAL	LESS USEFUL THAN USUAL	MUCH LESS USEFUL
<b>GHQ03</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 felt capable about making decisions about things?	MORE SO THAN USUAL	SAME AS USUAL	LESS SO THAN USUAL	MUCH LESS CAPABLE
<b>GHQ04</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 felt constantly under strain?	NOT AT ALL	NO MORE THAN USUAL	RATHER MORE THAN USUAL	MUCH MORE THAN USUAL
<b>GHQ05</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 felt you couldn't overcome your difficulties?	NOT AT ALL	NO MORE THAN USUAL	RATHER MORE THAN USUAL	MUCH MORE THAN USUAL
<b>GHQ06</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 been able to enjoy your normal day-to-day activities?	MORE SO THAN USUAL	SAME AS USUAL	LESS SO THAN USUAL	MUCH LESS THAN USUAL
<b>GHQ07</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 been able to face up to your problems?	MORE SO THAN USUAL	SAME AS USUAL	LESS ABLE THAN USUAL	MUCH LESS ABLE
<b>GHQ08</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 been feeling unhappy or depressed?	NOT AT ALL	NO MORE THAN USUAL	RATHER MORE THAN USUAL	MUCH MORE THAN USUAL
<b>GHQ09</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 been losing confidence in yourself?	NOT AT ALL	NO MORE THAN USUAL	RATHER MORE THAN USUAL	MUCH MORE THAN USUAL
<b>GHQ10</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 been thinking of yourself as a worthless person?	NOT AT ALL	NO MORE THAN USUAL	RATHER MORE THAN USUAL	MUCH MORE THAN USUAL
<b>GHQ11</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 been feeling reasonably happy, all things considered?	MORE SO THAN USUAL	ABOUT THE SAME AS USUAL	LESS SO THAN USUAL	MUCH LESS THAN USUAL
<b>GHQ12</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

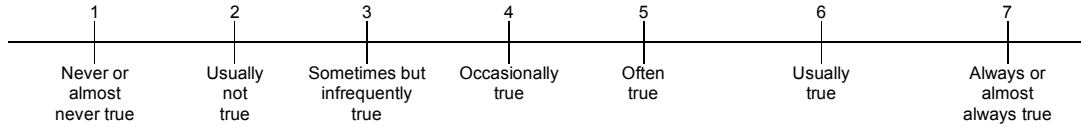
On the next page you will find a list of a number of personality characteristics. We would like you to use the characteristics to describe yourself, that is, we would like you to indicate, on a scale from 1 to 7, how true each of these characteristics is for you. Please do not leave any characteristic unmarked.

Example : Friendly.

Write 1 if it is **never or almost never true** that you are friendly.  
 Write 2 if it is **usually not true** that you are friendly.  
 Write 3 if it is **sometimes but infrequently true** that you are friendly  
 Write 4 if it is **occasionally true** that you are friendly.  
 Write 5 if it is **often true** that you are friendly.  
 Write 6 if it is **usually true** that you are friendly.  
 Write 7 if it is **always or almost always true** that you are friendly.

Thus, if you feel that it is **sometimes but infrequently true** that you are "friendly", **never or almost never true** that you are "moody", **always or almost always true** that you are "irresponsible", and **often true** that you are "carefree", then you would rate these characteristics as follows:

Friendly	3	Moody	1
Irresponsible	7	Carefree	5



Defend my own beliefs	<b>BEMDEFEN</b>	
Affectionate	<b>BEMAFF</b>	
Conscientious	<b>BEMCONC</b>	
Independent	<b>BEMINDEP</b>	
Sympathetic	<b>BEMSYMP</b>	
Moody	<b>BEMMOODY</b>	
Assertive	<b>BEMASSER</b>	
Sensitive to needs of others	<b>BEMSENS</b>	
Reliable	<b>BEMREL</b>	
Strong personality	<b>BEMSTR</b>	
Understanding	<b>BEMUNDST</b>	
Jealous	<b>BEMJEAL</b>	
Forceful	<b>BEMFORCE</b>	
Compassionate	<b>BEMCOMPA</b>	
Truthful	<b>BEMTRUTH</b>	
Have leadership abilities	<b>BEMLEADS</b>	
Eager to soothe hurt feelings	<b>BEMSOOTH</b>	
Secretive	<b>BEMSECR</b>	
Willing to take risks	<b>BEMRISK</b>	
Warm	<b>BEMWARM</b>	

Adaptable	<b>BEMADAPT</b>	
Dominant	<b>BEMDOMIN</b>	
Tender	<b>BEMTENDA</b>	
Conceited	<b>BEMCEIT</b>	
Willing to take a stand	<b>BEMSTAND</b>	
Love children	<b>BEMCHILD</b>	
Tactful	<b>BEMTACT</b>	
Aggressive	<b>BEMAGGR</b>	
Gentle	<b>BEMGENTL</b>	
Conventional	<b>BEMCONV</b>	
Self-reliant	<b>BEMSEFR</b>	
Yielding	<b>BEMYIELD</b>	
Helpful	<b>BEMHELP</b>	
Athletic	<b>BEMATHL</b>	
Cheerful	<b>BEMCHEER</b>	
Unsystematic	<b>BEMUNSYS</b>	
Analytical	<b>BEMANAL</b>	
Shy	<b>BEMSHY</b>	
Inefficient	<b>BEMINEFF</b>	
Make decisions easily	<b>BEMDECIS</b>	

Flatterable	<b>BEMFLATT</b>	
Theatrical	<b>BEMTHEAT</b>	
Self-sufficient	<b>BEMSSUFF</b>	
Loyal	<b>BEMLOYAL</b>	
Happy	<b>BEMHAPPY</b>	
Individualistic	<b>BEMINDIV</b>	
Soft-spoken	<b>BEMSSPOK</b>	
Unpredictable	<b>BEMUNPRE</b>	
Masculine	<b>BEMMASC</b>	
Gullible	<b>BEMGULL</b>	
Solemn	<b>BEMSOLEM</b>	
Competitive	<b>BEMCOMP</b>	
Childlike	<b>BEMCHLIK</b>	
Likeable	<b>BEMLIKE</b>	
Ambitious	<b>BEMAMBIT</b>	
Do not use harsh language	<b>BEMDNUHL</b>	
Sincere	<b>BEMSINC</b>	
Act as a leader	<b>BEMLEAD</b>	
Feminine	<b>BEMFEM</b>	
Friendly	<b>BEMFRDLY</b>	

For Office use only

	a	b	Class	
R.S.				
S.S.				

a - b      SS diff.

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Serial number

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**LIFE CHANGES**

Please look through this list of life changes and circle 1 ('yes') for any which have happened to you in the last year, or 2 ('no') for the ones which have not happened to you in the last year.

	Yes	No			
<i>CHANGES IN FAMILY LIFE</i>					
Death of husband or wife.....	1	2	+	-	....
Divorce.....	1	2	+	-	....
Marital separation.....	1	2	+	-	....
Death of a close family member.....	1	2	+	-	....
Got married.....	1	2	+	-	....
Marital reconciliation.....	1	2	+	-	....
Major change in the health of anyone in your family	1	2	+	-	....
Pregnancy.....	1	2	+	-	....
Addition of a new family member.....	1	2	+	-	....
Major changes in arguments with your husband or wife.	1	2	+	-	....
Son or daughter leaving home.....	1	2	+	-	....
Trouble with your in-laws.....	1	2	+	-	....
Your wife or husband starting or ending a job.....	1	2	+	-	....
Major changes in family get-togethers.....	1	2	+	-	....
<i>CHANGES IN PERSONAL LIFE</i>					
Detention in jail.....	1	2	+	-	....
Major personal injury or illness.....	1	2	+	-	....
Sexual difficulties.....	1	2	+	-	....
Death of a close friend.....	1	2	+	-	....
An outstanding personal achievement.....	1	2	+	-	....
Start or end of a period of education or training.	1	2	+	-	....
Major change in your living conditions.....	1	2	+	-	....
Major changes in your personal habits.....	1	2	+	-	....
Change in residence.....	1	2	+	-	....
Major change in your recreation or leisure.....	1	2	+	-	....
Major change in church activities.....	1	2	+	-	....
Major change in your sleeping habits.....	1	2	+	-	....
Major change in your eating habits.....	1	2	+	-	....
A holiday.....	1	2	+	-	....
Minor violations of the law.....	1	2	+	-	....
<i>CHANGES IN PERSONAL LIFE</i>					
Being fired from work.....	1	2	+	-	....
Retiring from work.....	1	2	+	-	....
Major business adjustment.....	1	2	+	-	....
Changing to a different line of work.....	1	2	+	-	....
Major change in your work responsibilities.....	1	2	+	-	....
Trouble with your boss.....	1	2	+	-	....
Major changes in your working conditions.....	1	2	+	-	....
<i>FINANCIAL AFFAIRS</i>					
Major changes in your financial state.....	1	2	+	-	....
Mortgage or loan of £30,000 or more.....	1	2	+	-	....
Mortgage foreclosure.....	1	2	+	-	....
Mortgage or loan of less than £30,000.....	1	2	+	-	....

Now, please go back, and for any that you have circled 'yes', please indicate whether the change was good or bad in its overall effect by circling either '+' (good) or '-' (bad)