

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
DFRUITSM	Fresh fruit in summer1.....2.....3.....4.....5.....6
DFRUITWN	Fresh fruit in winter1.....2.....3.....4.....5.....6
DVEGSUM	Salads or raw vegetables in summer1.....2.....3.....4.....5.....6
DVEGWIN	Salads or raw vegetables in winter1.....2.....3.....4.....5.....6
DCHIPS	Chips1.....2.....3.....4.....5.....6
DPOTS	Potatoes(not chips)1.....2.....3.....4.....5.....6
DROOTVEG	Root vegetables like carrots and parsnips1.....2.....3.....4.....5.....6
DPEABEAN	Peas and beans (all kinds incl.baked beans, lentils)1.....2.....3.....4.....5.....6
DCGRVEG	Cooked green vegetables1.....2.....3.....4.....5.....6
DCRISPS	Potato crisps & similar snacks1.....2.....3.....4.....5.....6
DSWEETS	Sweets, Chocolates1.....2.....3.....4.....5.....6
DPASTARI	Pasta (spaghetti, noodles) or rice1.....2.....3.....4.....5.....6
DCAKES	Cakes of all kinds1.....2.....3.....4.....5.....6
DBISCUIT	Biscuits1.....2.....3.....4.....5.....6
DCEREAL	Cereals1.....2.....3.....4.....5.....6
DPUDDING	Sweets or puddings, fruit pies etc1.....2.....3.....4.....5.....6
DYOGHURT	Yoghurt1.....2.....3.....4.....5.....6
DSOFTDR	Soft drinks like Coke and Squash1.....2.....3.....4.....5.....6
DIRNBRU	Irn Bru1.....2.....3.....4.....5.....6
DFRUJU	Pure Fruit Juice1.....2.....3.....4.....5.....6
DCHEESE	Cheese1.....2.....3.....4.....5.....6
DEGGS	Eggs1.....2.....3.....4.....5.....6
DCREAM	Cream1.....2.....3.....4.....5.....6
DFISH	Fish1.....2.....3.....4.....5.....6
DPOULTRY	Poultry1.....2.....3.....4.....5.....6
DSAUSPAT	Sausages/tinned meat/pate1.....2.....3.....4.....5.....6
DPIES	Meat pies/pastries/bridies1.....2.....3.....4.....5.....6
DMEAT	Beef/lamb/pork ham/bacon1.....2.....3.....4.....5.....6

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
	Example: your job	1	②	3	4	5
PCHEALTH	Your health	1	2	3	4	5
PCFAMHTH	Your family's health	1	2	3	4	5
PCOLDER	Becoming older	1	2	3	4	5
PCMONEY	Money & financial worries	1	2	3	4	5
PCPOLLUT	Pollution of the environment	1	2	3	4	5
PCGETDON	Whether you'll get everything done that you need to do	1	2	3	4	5
PCSEX	Sex	1	2	3	4	5
PCWORK	Coping with work	1	2	3	4	5
PCWAR	Nuclear War	1	2	3	4	5
PCWEIGHT	Your weight	1	2	3	4	5
PCUNEMP	Unemployment in Britain	1	2	3	4	5
PCAIDS	AIDS	1	2	3	4	5
PCPERSAP	Your personal appearance	1	2	3	4	5
PCPAROLD	Your parents or parents-in-law getting older	1	2	3	4	5
PCAFFORD	Being able to afford the things that you need	1	2	3	4	5
PCPROSCH	The prospects for your child(ren)	1	2	3	4	5
PCPROVCH	Being able to provide the things your child(ren) need	1	2	3	4	5
PCTHGOVT	Mrs Thatcher and the government	1	2	3	4	5
PCPOP	Being popular	1	2	3	4	5
PCFAMREL	How the family get on with each other	1	2	3	4	5
PCTIMECH	Who your children spend their time with	1	2	3	4	5
PCSAFETY	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. *

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

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
GHQ01	<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
GHQ02	<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
GHQ03	<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
GHQ04	<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
GHQ05	<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
GHQ06	<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
GHQ07	<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
GHQ08	<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
GHQ09	<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
GHQ10	<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
GHQ11	<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
GHQ12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

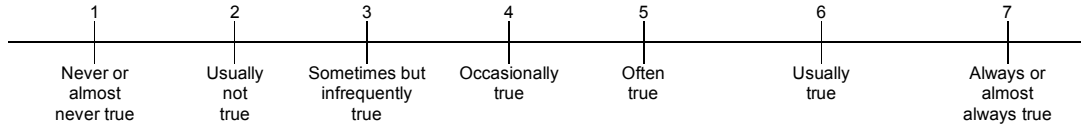
On the next page you will find a list of a number of personality characteristics. We would like you to use the characteristics to describe yourself, that is, we would like you to indicate, on a scale from 1 to 7, how true each of these characteristics is for you. Please do not leave any characteristic 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	BEMDEFEN	
Affectionate	BEMAFF	
Conscientious	BEMCONC	
Independent	BEMINDEP	
Sympathetic	BEMSYMP	
Moody	BEMMOODY	
Assertive	BEMASSER	
Sensitive to needs of others	BEMSENS	
Reliable	BEMREL	
Strong personality	BEMSTR	
Understanding	BEMUNDST	
Jealous	BEMJEAL	
Forceful	BEMFORCE	
Compassionate	BEMCOMPA	
Truthful	BEMTRUTH	
Have leadership abilities	BEMLEADS	
Eager to soothe hurt feelings	BEMSOOTH	
Secretive	BEMSECR	
Willing to take risks	BEMRISK	
Warm	BEMWARM	

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

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

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			
<u>CHANGES IN FAMILY LIFE</u>					
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	+	-
<u>CHANGES IN PERSONAL LIFE</u>					
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	+	-
<u>CHANGES IN PERSONAL LIFE</u>					
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	+	-
<u>FINANCIAL AFFAIRS</u>					
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)