



IDNO

Serial number; B / \_\_\_ / \_\_\_ / \_\_\_ / \_\_\_ / \_\_\_

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 see you. We are leaving an envelope in which you can put the completed questionnaire.

THANK YOU FOR YOUR HELP.

## WEST OF SCOTLAND TWENTY-07: THE FOODS YOU EAT

Here is a list of foods that you might eat. Please circle the appropriate number to indicate whether you eat each of these 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	
Fresh fruit in summer.....	1.....	2.....	3.....	4.....	5.....	6.....	DFRUITSM
Fresh fruit in winter.....	1.....	2.....	3.....	4.....	5.....	6.....	DFRUITWN
Salads or raw vegetables..... in summer	1.....	2.....	3.....	4.....	5.....	6.....	DVEGSUM
Salads or raw vegetables..... in winter	1.....	2.....	3.....	4.....	5.....	6.....	DVEGWIN
Chips .....	1.....	2.....	3.....	4.....	5.....	6.....	DCHIPS
Potatoes (not chips).....	1.....	2.....	3.....	4.....	5.....	6.....	DPOTS
Root vegetables like carrots and parsnips	1.....	2.....	3.....	4.....	5.....	6.....	DROOTVEG
Peas and beans (all knds incl.baked beans, lentils)	1.....	2.....	3.....	4.....	5.....	6.....	DPEABEAN
Cooked green vegetables	1.....	2.....	3.....	4.....	5.....	6.....	DCGRVEG
Potato crisps & similar snacks .....	1.....	2.....	3.....	4.....	5.....	6.....	DCRISPS
Sweets, Chocolates.....	1.....	2.....	3.....	4.....	5.....	6.....	DSWEETS
Pasta (spaghetti, noodles) or rice .....	1.....	2.....	3.....	4.....	5.....	6.....	DPASTARI
Cakes of all kinds.....	1.....	2.....	3.....	4.....	5.....	6.....	DCAKES
Biscuits .....	1.....	2.....	3.....	4.....	5.....	6.....	DBISCUIT
Cereals.....	1.....	2.....	3.....	4.....	5.....	6.....	DCEREAL
Sweets or puddings, fruit pies etc .....	1.....	2.....	3.....	4.....	5.....	6.....	DPUDDiNG
Yoghurt.....	1.....	2.....	3.....	4.....	5.....	6.....	DYOGHURT
Soft drinks like Coke and Squash .....	1.....	2.....	3.....	4.....	5.....	6.....	DSOFTDR
Irn Bru.....	1.....	2.....	3.....	4.....	5.....	6.....	DIRNBRU
Pure fruit juice.....	1.....	2.....	3.....	4.....	5.....	6.....	DFRUITJU
Cheese.....	1.....	2.....	3.....	4.....	5.....	6.....	DCHEESE
Eggs.....	1.....	2.....	3.....	4.....	5.....	6.....	DEGGS
Cream.....	1.....	2.....	3.....	4.....	5.....	6.....	DCREAM
Fish .....	1.....	2.....	3.....	4.....	5.....	6.....	DFISH
Poultry .....	1.....	2.....	3.....	4.....	5.....	6.....	DPOULTRY
Sausages/tinned/meat/pate....	1.....	2.....	3.....	4.....	5.....	6.....	DSAUSPAT
Meat pies/pasties/bridies.....	1.....	2.....	3.....	4.....	5.....	6.....	DPIES
Beef/lamb/pork/ham/bacon.....	1.....	2.....	3.....	4.....	5.....	6.....	DMEAT

We are interested to know how worried different people are about various things. For each of the following things we would like you to circle whether, thinking of the next five years, they worry you a lot, worry you a bit, don't worry you at all, or whether they are the sort of thing that you never think about. For example, if you worry a lot about mice in the kitchen, you'd ring the 1 alongside the item 'mice in the kitchen', as shown in the example below.

	worry a lot	worry a bit	don't worry at all	never think about it	
Example: mice in the kitchen..	..1.....	....2...	...3...	.....4	
a)doing well at school.....	..1.....	....2...	...3...	.....4	PCSCHL
b)accidents/injuries.....	..1.....	....2...	...3...	.....4	PCACC
c)being unemployed.....	..1.....	....2...	...3...	.....4	PCUNEMP
d)sports performances.....	..1.....	....2...	...3...	.....4	PCSPORT
e)coping with work.....	..1.....	....2...	...3...	.....4	PCWORK
f)A.I.D.S .....	..1.....	....2...	...3...	.....4	PCAIIDS
g)being popular.....	..1.....	....2...	...3...	.....4	PCPOP
h)nuclear war.....	..1.....	....2...	...3...	.....4	PCWAR
i)getting married.....	..1.....	....2...	...3...	.....4	PCMARR
j)mental breakdown.....	..1.....	....2...	...3...	.....4	PCMENTAL
k)drugs.....	..1.....	....2...	...3...	.....4	PCDRUGS
l)how your family get on .....	..1.....	....2...	...3...	.....4	PCFAMREL
with each other					
m)sex.....	..1.....	....2...	...3...	.....4	PCSEX
n)your health.....	..1.....	....2...	...3...	.....4	PCHEALTH
o)finding somewhere to live....	..1.....	....2...	...3...	.....4	PCACCOM
p)your weight.....	..1.....	....2...	...3...	.....4	PCWEIGHT
q)pollution of the environment	..1.....	....2...	...3...	.....4	PCPOLLUT
r)your looks.....	..1.....	....2...	...3...	.....4	PCLOOKS
s)you or your girlfriend.....	..1.....	....2...	...3...	.....4	PCPREG
becoming pregnant accidentally					
t) your parents becoming ill.....	..1.....	....2...	...3...	.....4	PCPARILL
u) Mrs Thatcher and the Government .....	..1.....	....2...	...3...	.....4	PCTHGOVT
v) getting into trouble with the Police	..1.....	....2...	...3...	.....4	PCPOLICE
w) the state of the economy.....	..1.....	....2...	...3...	.....4	PCECON

WEST OF SCOTLAND TWENTY-07: HOW YOU SEE YOURSELF

These statements are about how you feel about yourself. Please read each of them carefully and decide how much you agree or disagree with it, then ring the number which best describes your feelings. There are no right or wrong answers; we are interested in how you feel.

	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	CAN'T SAY	
1 I am pretty sure of myself.....	1	2	3	4	5	SESURE
2 I often wish I was someone else.....	1	2	3	4	5	SENOTME
3. Most of the time I am satisfied with the way I look.....	1	2	3	4	5	SELOOKS
4 I am easy to like.....	1	2	3	4	5	SELIKE
5 I have a low opinion of myself.....	1	2	3	4	5	SELOWOP
6 I am a failure.....	1	2	3	4	5	SEFAIL
7 I am proud of my body.....	1	2	3	4	5	SEBODY
8 There are a lot of things about myself I would like to change..	1	2	3	4	5	SECHANGE
9 I am able to do things well.....	1	2	3	4	5	SEABLE
10 I am <u>not</u> as good looking as most people..	1	2	3	4	5	SEUGLY
11 Most of the time I'm satisfied with myself.....	1	2	3	4	5	SESATIS
12 I like myself.....	1	2	3	4	5	SELIKEME
13. I feel I have a number of good qualities.....	1	2	3	4	5	SEQUAL
14. If I make an effort I can always look good.....	1	2	3	4	5	SELKGOOD

## WEST OF SCOTLAND TWENTY- 07;OPINIONS

People have different views on various subjects like the government, the family or schools, as well as about health and related issues. We'd like to know your opinions so that we can build up a picture of how people in the community think and feel.

Listed below are 26 statements. We would like you to read each one carefully and decide how much you agree or disagree with it, then ring the number which best describes how much you agree or disagree with the statement. The first statement is an example; if you agree that it is always wrong for teachers to go on strike, you would ring the 2, as shown.

	STRONGLY AGREE	AGREE	NEITHER AGREE NOR DISAGREE	DISAGREE	STRONGLY DISAGREE	
EXAMPLE; It is always wrong for teachers to go on strike.....	.....1.....	...2...	...3.....	...4 ...	.....5	
1 The government should help people to get jobs where they live, rather than expecting them to move to get work.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPJOBS
2. Women rather than men should look after relatives who need care.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPFECARE
3 To have good health is the most important thing in life.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPHEALTH
4 Success in life is largely a matter of hard work.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPWORK
5 People depend too much on the Welfare State and not enough on themselves to provide for their health and welfare.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPDEPEN
6. Parents with unhappy marriages should <u>not</u> stay together just for the sake of the children.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPPARMAR
7 What clothes young people chose to wear is entirely their own business.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPCLOTHE
8. Cannabis (dope, hash) should be legalised.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPDRUGS
9. If you're really determined it is possible to get a job.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPTRYJOB
10 Sex education is the responsibility of parents, not the school.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPSEXED
11. There are things I can do to reduce my chances of getting a cold.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPCOLD

	STRONGLY AGREE	AGREE	NEITHER AGREE NOR DISAGREE	DISAGREE	STRONGLY DISAGREE	
12 Some equality in a marriage is a good thing, but by and large the husband ought to have the main say.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPMAREQ
13 Abortion is wrong under any circumstance.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPABORT
14 Parents should not interfere with a teenager's choice of friends	.....1.....	...2...	...3.....	...4 ...	.....5	OPPARPAL
15 School subjects which are not useful for getting you a job should be scrapped.....	.....1.....	...2	...3.....	...4 ...	.....5	OPVOCAT
16 I hardly ever think about my health.....	.....1.....	...2	...3.....	...4 ...	.....5	OPMYHEAL
17 The age limit for drinking alcohol in pubs should be lowered to 16.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPDRiNK
18. The police are generally helpful and friendly to young people.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPPOLiCE
19 How young people spend their money is a matter for them, not their parents.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPMONEY
20 There are things I can do to reduce my chances of getting cancer.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPCANCER
21 A husband's job is to earn the money; a wife's job is to look after the home and the family.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPDiVLAB
22 The belt should be reintroduced, to maintain discipline in schools.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPBELT
23 It should <u>not</u> be against the law for young people under 16 to buy cigarettes.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPCiGS
24 The government should tax the rich more, in order to help the poor.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPTAX
25 There are things I can do to reduce my chances of getting heart disease.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPHEART
26 In general I have very little control over my life.....	.....1.....	...2...	...3.....	...4 ...	.....5	OPLOCUS

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 WEST OF SCOTLAND TWENTY-07: GENERAL HEALTH QUESTIONNAIRE

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.

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GHQ1	HAVE YOU RECENTLY 1 been able to concentrate on whatever you're doing?	BETTER THAN USUAL	SAME AS USUAL	LESS USUAL	MUCH LESS THAN USUAL
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GHQ2	2 lost much sleep over worry?	NOT AT ALL	NO MORE THAN USUAL	RATHER MORE THAN USUAL	MUCH MORE THAN USUAL
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GHQ3	3 felt you were playing a useful part in things?	MORE SO THAN USUAL	SAME AS USUAL	LESS USEFUL THAN USUAL	MUCH LESS USEFUL
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GHQ4	4 felt capable about making decisions about things?	MORE SO THAN USUAL	SAME AS USUAL	LESS SO THAN USUAL	MUCH LESS CAPABLE
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GHQ5	5 felt constantly under strain	NOT AT ALL	NO MORE THAN USUAL	RATHER MORE THAN USUAL	MUCH MORE THAN USUAL
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GHQ6	6. felt you couldn't overcome your difficulties	NOT AT ALL	NO MORE THAN USUAL	RATHER MORE THAN USUAL	MUCH MORE THAN USUAL
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GHQ7	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
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GHQ8	8. been able to face up to your your problems?	MORE SO THAN USUAL	SAME AS USUAL	LESS ABLE THAN USUAL	MUCH LESS ABLE
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GHQ9	9 been feeling unhappy or depressed?	NOT AT ALL	NO MORE THAN USUAL	RATHER MORE THAN USUAL	MUCH MORE THAN USUAL
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GHQ10	10 been losing confidence in yourself?	NOT AT ALL	NO MORE THAN USUAL	RATHER MORE THAN USUAL	MUCH MORE THAN USUAL
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GHQ11	11. been thinking of yourself as a worthless person?	NOT AT ALL	NO MORE THAN USUAL	RATHER MORE THAN USUAL	MUCH MORE THAN USUAL
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GHQ12	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
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## WEST OF SCOTLAND TWENTY-07; THINGS THAT HAPPEN TO PEOPLE

Please look through this list of things which sometimes happen to people and circle 1 (yes) for those which have happened to you in the last 12 months, or 2 (no) for those which have not happened to you in the last 12 months. Like everything else in this survey, this information is treated in the strictest confidence.

	YES	NO	
You moved to a new house .....	1	2	LEHOUSE
You got a new brother or sister .....	1	2	LESIBNEW
A serious illness or injury to your mother, father, brother or sister .....	1	2	LEFAMILL
Your mother or father got a new job .....	1	2	LEPARJOB
A serious row between your parents .....	1	2	LEPARROW
You got into serious trouble at school .....	1	2	LESCLROW
A new stepmother or stepfather came to live with you .....	1	2	LESTEP
A serious illness or injury to a close friend ....	1	2	LEPALILL
You failed to get into a sports team .....	1	2	LENOTEAM
A brother or sister left home .....	1	2	LESIBOFF
You had a poor school report .....	1	2	LEBADREP
A close friend moved to live far away .....	1	2	LEPALOFF
The death of your mother, father, brother or sister .....	1	2	LEPARDIE
You have been praised for good school work .....	1	2	LESCLGD
You got into trouble with the police or had to go to court .....	1	2	LEPOLICE
You have a new girlfriend/boyfriend .....	1	2	LENEWLOV
Your mother or father in trouble with the police .	1	2	LEPARPOL
You joined a new club .....	1	2	LECLUB
(males only) your girlfriend got pregnant .....	1	2	LEMPREG
(females only) you got pregnant .....	1	2	LEFPREG
You lost your part time/spare time job .....	1	2	LENOJOB
A serious accident happened to you .....	1	2	LEACC
You were suspended from school .....	1	2	LESUSP
You got into a sports team .....	1	2	LEINTEAM
Your parents decided to separate .....	1	2	LEPARSEP
(males only) your girlfriend had an abortion ....	1	2	LEMABORT
(females only) you had an abortion .....	1	2	LEFABORT
You had a serious row with your brother or sister	1	2	LESIBROW
You broke up with your girlfriend/boyfriend .....	1	2	LEOFFLOV
You failed an exam .....	1	2	LEFEXAM
The death of a close friend .....	1	2	LEPALDIE
You got a part time/spare time job of your own ...	1	2	LEGOTJOB
You made it up with your girlfriend/boyfriend ....	1	2	LERENLOV
You have been attacked or hurt by someone .....	1	2	LEATTACK
Your mother or father lost their job .....	1	2	LEPARRED
You changed to a new school .....	1	2	LENEWSCL