



**West of Scotland  
Twenty-07 Study  
Health in the Community**

2969

**LOCALITIES (overstamped)**

**Twenty-07 Survey 1992 Visit  
Self completion schedule**

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

One of our nurses will be visiting you on \_\_\_\_\_ at \_\_\_\_\_ when she will ask about your health and the things which might affect your health as well as taking some simple physical measurements. If for any reason you need to change or postpone the visit, please telephone the nurse at \_\_\_\_\_

This booklet contains two main sections. First there is a set of questions about the things you usually eat. Then there are 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. It will take between 20 minutes and half an hour.

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

Please fill in your sex and date of birth before starting to fill in the booklet

Sex

male.....1      54 SSEX.B  
female.....2

Date of Birth

Day   Mth   19    
SDOBDY.B      SDOBMT.B      SDOBYR.B

.....Office use only.....SIDNO.B.....

Respondent Serial Number

SIVNO.B    66    67    68

Interviewer number

Date of Interview

SIVDY.B    69    70    SIVMT.B    71    72      SIVYR.B    73    74  
Day   Mth   19    
SPCD1.B      SPCD2.B      SPCD3.B      SPCD4.B

Post code

75    76      77    78      79      1    2

REC 24

Eating Habits

These questions are about the foods you USUALLY eat. We know that what people will eat varies from time to time, but try to think about the things you usually ate over the last 12 months.

Most people take about ten minutes to fill in the questions. If there are questions which you find it hard to answer, perhaps because you don't do the shopping, but someone else in the family would know the answer then you can ask them.

You should answer the questions by ringing the answer which applies, writing an amount in the box provided or writing in a type or brand name. The question will make it clear which of these is required.

The most common sort of question asks you how often you eat a particular sort of food. Here are some examples to show you how to fill in the answers

In question one for example....

	days per week							fortnightly	never
If you eat white bread every day, ring 7.....	1	2	3	4	5	6	<input type="text" value="7"/>	8	9
If you eat white bread 3 days a week, ring 3.....	1	2	<input type="text" value="3"/>	4	5	6	7	8	9
If you eat white bread once a week, ring 1.....	<input type="text" value="1"/>	2	3	4	5	6	7	8	9
If you eat white bread about once a fortnight, ring 8.....	1	2	3	4	5	6	7	<input type="text" value="8"/>	9
If you RARELY or NEVER eat white bread, ring 9.....	1	2	3	4	5	6	7	8	<input type="text" value="9"/>

In question one you are also asked whether the slices of white bread are thick, medium or thin, whether they are from a large or small loaf and how many slices you eat per day on the days when you eat white bread.

Someone who eats two slices of thickly cut white bread from a large loaf every day would fill in the question like this....

	days per week							fortnightly	never
White or high fibre bread.....	1	2	3	4	5	6	<input type="text" value="7"/>	8	9

Are the slices...?		Are the slices...?		How many slices do you eat per day?	<input type="text" value="2"/>
thick.....	<input type="text" value="1"/>	large.....	<input type="text" value="1"/>		
medium.....	2	small.....	2		
thin.....	3				

We have tried to make the instructions as clear as we can, but we know that sometimes things will be a little more complicated than the question allows for. For example, question 23b asks how many teaspoonfuls of sugar or honey you take in tea. If you sometimes take sugar and sometimes not, try to think whether you more often take sugar or not and tell us which you most often do rather than leaving the answer blank.

NOW PLEASE ANSWER THE QUESTIONS BELOW. DON'T LEAVE ANY QUESTION BLANK UNLESS THE INSTRUCTIONS FOR THAT QUESTION TELL YOU TO. IF THE ANSWER IS RARELY OR NEVER REMEMBER TO RING 9.

## BREAD

How often do you usually eat the following sort of bread and how many slices do you have per day?

## DBWHIF.B

1a) White or white high fibre bread (eg Mighty White).....  
(If never ring 9 and go to 2a)

days per week      fortnightly      never  
1 2 3 4 5 6 7      8      9     

DBWHIT.B

DBWHIS.B

b) Are the slices..?

thick.....1  
medium.....2        
thin.....3

c) Are the slices..?

large.....1        
small.....2

(A standard sliced loaf is cut into thin slices unless it says otherwise)

d) How many slices do you eat  
per day?        
(more than nine code 9)

2a) Brown or wheatgerm bread (including Hovis and Granary).  
(If never ring 9 and go to 3a)

1 2 3 4 5 6 7      8      9     

DBBROT.B

DBBROS.B

b) Are the slices..?

thick.....1  
medium.....2        
thin.....3

c) Are the slices..?

large.....1        
small.....2

d) How many slices do you eat  
per day?        
(more than nine code 9)

3a) Wholemeal bread, High Bran or chapatis.....  
(If never ring 9 and go to 4a)

1 2 3 4 5 6 7      8      9     

DBWHOT.B

DBWHOS.B

b) Are the slices..?

thick.....1  
medium.....2        
thin.....3  
chapatis only.....4

c) Are the slices?

large.....1        
small.....2

(If chapatis only go on  
to question 4)

d) How many slices do you eat  
per day?        
(more than nine code 9)

4a) Bread rolls.....  
(If never ring 9 and go to 5a)

1 2 3 4 5 6 7      8      9     

DROLLT.B

b) Are the rolls...?

white.....1  
brown.....2        
wholemeal.....3

c) How many rolls do you eat  
per day?        
(more than nine code 9)

5a) Crispbread, ryvita or cream crackers.....  
(If never ring 9 and go to 6)

1 2 3 4 5 6 7      8      9     

DRYVTF.B

DRYVTN.B

b) How many of these do you  
eat per day?        
(more than nine code 9)

## BREAKFAST CEREALS

6) How often do you usually eat the following cereals?

		days per week	fortnightly	never	
a) Cornflakes or Frosties.....	DCERA.B	1 2 3 4 5 6 7	8	9	20
b) Sugar Puffs, Special K, Ricicles or Rice Krispies.....	DCERB.B	1 2 3 4 5 6 7	8	9	21
c) Muesli or Fruit n'Fibre.....	DCERC.B	1 2 3 4 5 6 7	8	9	22
d) Weetabix, Weetaflakes or Shredded Wheat.....	DCERD.B	1 2 3 4 5 6 7	8	9	23
e) Bran Flakes or Sultana Bran.....	DCERE.B	1 2 3 4 5 6 7	8	9	24
f) Porridge or Ready Brek.....	DCERF.B	1 2 3 4 5 6 7	8	9	25
g) All Bran.....	DCERG.B	1 2 3 4 5 6 7	8	9	26

DCERSU.B

7) When you eat a bowl of cereal, how many teaspoons of sugar or honey do you add?  
(If you never eat cereal code 0)

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DBRANF.B

		days per week	fortnightly	never	
8a) How often do you have wheat bran?.....		1 2 3 4 5 6 7	8	9	28

(If never eat bran ring 9 and go to Q9)

DBRANQ.B

b) How many dessertspoons of wheat bran per day?

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## MEATS

9) How often do you usually eat the following kinds of meat?

		days per week	fortnightly	never	
a) Beef (all forms including mince).....	DBEEF.B	1 2 3 4 5 6 7	8	9	30
b) Lamb.....	DLAMB.B	1 2 3 4 5 6 7	8	9	31
c) Pork.....	DPORK.B	1 2 3 4 5 6 7	8	9	32
d) Bacon.....	DBACON.B	1 2 3 4 5 6 7	8	9	33
e) Ham.....	DHAM.B	1 2 3 4 5 6 7	8	9	34
f) Chicken or other poultry.....	DCHICK.B	1 2 3 4 5 6 7	8	9	35
g) Canned meat (eg corned beef).....	DCANMT.B	1 2 3 4 5 6 7	8	9	36
h) Sausages.....	DS AUS.B	1 2 3 4 5 6 7	8	9	37

i) What type of sausages do you have most often? (only ring the one kind you eat most often)

Pork.....	1
Beef.....	2
Both pork and beef.....	3
Turkey.....	4
Low fat.....	5
don't ever eat sausages.....	0

DSAUST.B

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j) Meat pies/pasties/sausage rolls/bridies – (shop bought).....	DPIESS.B	1 2 3 4 5 6 7	8	9	39
k) Meat pies/pasties/sausage rolls/bridies – (home made).....	DPIESH.B	1 2 3 4 5 6 7	8	9	40
l) Liver/kidney/heart.....	DOFFAL.B	1 2 3 4 5 6 7	8	9	41

m) Do you usually eat the fat on meat or cut it off?

cut it off.....	0	DFATMT.B
eat it.....	1	42
don't eat meat.....	0	

## FISH

10) How often do you usually eat the following sorts of fish?

		days per week	fortnightly	never	
a) White fish (cod/haddock/plaice/sole/fish fingers/fish cakes).....	DWFISH.B	1 2 3 4 5 6 7	8	9	43
b) Kipper/herring/mackerel/trout (including canned).....	DKIPPR.B	1 2 3 4 5 6 7	8	9	44
c) Pilchards/sardines/salmon (including canned).....	DPILCH.B	1 2 3 4 5 6 7	8	9	45
d) Tuna (including canned).....	DTUNA.B	1 2 3 4 5 6 7	8	9	46

11a) How many fish oil capsules do you take per day?

(If you don't take any write 0 and go to 12)

DFOILC.B

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b) If you take fish oil capsules please write down the brand.

brand \_\_\_\_\_

## VEGETABLES

12) How often do you usually have the following vegetables, rice or pasta?

		days per week	fortnightly	never	
a) Potatoes – boiled or mashed.....	DMASHP.B	1 2 3 4 5 6 7	8	9	48
b) Potatoes – jacket.....	DJACKP.B	1 2 3 4 5 6 7	8	9	49
c) Chips – shop bought or 'oven chips'.....	DCHIPS.B	1 2 3 4 5 6 7	8	9	50
d) Chips – home cooked.....	DCHIPH.B	1 2 3 4 5 6 7	8	9	51
e) Potatoes – roast.....	DROAST.B	1 2 3 4 5 6 7	8	9	52
f) Peas.....	DPEAS.B	1 2 3 4 5 6 7	8	9	53
g) Other green vegetables or salads.....	DSALAD.B	1 2 3 4 5 6 7	8	9	54
h) Carrots.....	DCARRT.B	1 2 3 4 5 6 7	8	9	55
i) Parsnips, swedes, turnips.....	DSWEDE.B	1 2 3 4 5 6 7	8	9	56
j) Baked beans, lentils, butterbeans, kidney beans.....	DBEANS.B	1 2 3 4 5 6 7	8	9	57
k) Onions (cooked, raw or pickled).....	DONION.B	1 2 3 4 5 6 7	8	9	58
l) Spaghetti or other pasta (including tinned).....	DPASTA.B	1 2 3 4 5 6 7	8	9	59
m) Rice (NOT pudding rice).....	DRICE.B	1 2 3 4 5 6 7	8	9	60

## SALT

13a) Compared to other people, would you say that you like your food to be...

very salty.....	1	
quite salty.....	2	DSALTA.B
not very salty.....	3	61
not at all salty.....	4	

b) At the table do you...

add salt to your food without tasting it first.....	1	
taste the food then generally add salt.....	2	DSALTB.B
taste the food, but only occasionally add salt.....	3	62
rarely or never add salt at the table.....	4	

## BISCUITS, CAKES &amp; PUDDINGS

14) How often do you usually eat the following?

		days week	per	fortnightly	never	
a) Digestive biscuits/plain biscuits.....	DBICS.B	1 2 3 4 5 6 7		8	9	63
b) Other sweet biscuits.....	DBICSO.B	1 2 3 4 5 6 7		8	9	64
c) Chocolate.....	DCHOC.B	1 2 3 4 5 6 7		8	9	65
d) Sweets.....	DSWEET.B	1 2 3 4 5 6 7		8	9	66
e) Crisps.....	DCRISP.B	1 2 3 4 5 6 7		8	9	67
f) Ice cream.....	DICE.B	1 2 3 4 5 6 7		8	9	68
g) Yoghurt.....	DYOG.B	1 2 3 4 5 6 7		8	9	69
h) Fruitcake or sponge cake – shop bought.....	DCAKES.B	1 2 3 4 5 6 7		8	9	70
i) Fruitcake or sponge cake – home made.....	DCAKEH.B	1 2 3 4 5 6 7		8	9	71
j) Fruit tart or jam tart – shop bought.....	DTARTS.B	1 2 3 4 5 6 7		8	9	72
k) Fruit tart or jam tart – home made.....	DTARTH.B	1 2 3 4 5 6 7		8	9	73
l) Milk pudding (eg rice, tapioca or macaroni).....	DMPUD.B	1 2 3 4 5 6 7		8	9	74

m) What type of milk do you normally use for milk puddings?

Ordinary, full cream.....	1	
Semiskimmed.....	2	DMPUDM.B
Skimmed.....	3	75
Canned milk pudding – ordinary.....	4	
Canned milk pudding – low fat.....	5	
don't eat milk puddings.....	0	

FRUIT

- 15a) How often do you eat canned fruit?.....DFRCAN.B.....
- |  |               |             |       |    |
|--|---------------|-------------|-------|----|
|  | days per week | fortnightly | never |    |
|  | 1 2 3 4 5 6 7 | 8           | 9     | 76 |
- b) How many apples do you have per week?  
(if none code 0) DFRAPP.B
- c) How many pears do you have per week?  
(if none code 0) DFRPEA.B
- d) How many oranges/grapefruit do you have per week?  
(if none code 0) DFRORA.B
- e) How many bananas do you have per week?  
(if none code 0) DFRBAN.B
- (if you eat more than 9 of any kind of fruit per week write 9)

Are there any other kinds of fruit you regularly eat? (if the answer is yes then please write down the name of the fruit and how many you eat per week below)

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1 <sup>st</sup> additional fruit _____	DFROQ1.B	<input type="text" value="X"/>
2 <sup>nd</sup> additional fruit _____		<input type="text" value="X"/>
3 <sup>rd</sup> additional fruit _____		<input type="text" value="X"/>

EGGS & MILK PRODUCTS

- 16) How many eggs do you usually eat per week?  
(if none code 00) DNEGG.B
- |   |   |
|---|---|
| 1 | 2 |
|---|---|
- 17a) Roughly how much milk do you drink in a day?  
(include milk in tea, coffee, drinks made with milk and milk taken with cereals)
- |                                       |   |            |
|---------------------------------------|---|------------|
| None.....                             | 1 |            |
| Half a pint or less.....              | 2 | 3 DMILKQ.B |
| Between half a pint and one pint..... | 3 |            |
| One pint or more.....                 | 4 |            |
- b) What type of milk do you normally have?
- |                           |   |            |
|---------------------------|---|------------|
| None.....                 | 0 |            |
| Ordinary, full cream..... | 1 | 4 DMILKT.B |
| Semiskimmed.....          | 2 |            |
| Skimmed.....              | 3 |            |
| More than one type.....   | 4 |            |

18) How much cream do you use per week?

(if none code 000)

(Write in the approximate number of grams, as a guide...)

1 tablespoon = 20g

small carton = 150g

large carton = 300g

DCREAM.B

5	6	7
---	---	---

19) How much cheese (excluding cottage cheese) do you usually eat per week?

(if none code 000)

(Write in the approximate number of grams)

¼ pound= 112 gms

½ pound= 225 gms

1 pound= 450 gms

(Suggestion, if you find it hard to work out: divide amount bought for household by number of people in house).

DCHEES.B

8	9	10
---	---	----

FATS

20a) What do you usually spread on bread?

(If you regularly use more than one type of butter or spread ring the two you use most often)

Butter.....	1		
Margarine – polyunsaturated.....	2		
Margarine – other soft (tub).....	3	DFATB1.B	DFATB2.B
Margarine – hard (block).....	4	11,	12
Low fat spread – polyunsaturated.....	5		
Low fat spread – other.....	6		
Margarine or spread, don't know whether polyunsaturated or other.....	9		
Bread usually eaten dry.....	0		

If you can, please write down the Brand name & description on packet or tub.

1<sup>st</sup>. spread \_\_\_\_\_

2<sup>nd</sup>. spread \_\_\_\_\_

b) About how much butter or margarine do you usually eat per week?

(if none code 000)

(One 'half pound' block or small tub = 250g.)

DFATWK.B

13	14	15
----	----	----

DFRIED.B

21) How often do you have food which is shallow fried?.....

(eg fish/onions/mushrooms/tomatoes/eggs)

days per week	fortnightly	never	
1 2 3 4 5 6 7	8	9	16



22) What BRANDS of fat do you mainly use in cooking the following things?  
 (please give an answer for each. If someone else usually cooks these things then ask them. If you don't cook any one of them in your household write 'none' for that item.)

a) When shallow frying food

BRAND \_\_\_\_\_

is that...?

solid.....1      17  
 liquid.....2      DFATSF.B

b) When cooking chips

BRAND \_\_\_\_\_

is that...?

solid.....1      18  
 liquid.....2      DFATCC.B

c) When roasting potatoes

BRAND \_\_\_\_\_

is that...?

solid.....1      19  
 liquid.....2      DFATRP.B  
 only eaten out.....3

d) When making homemade cakes

BRAND \_\_\_\_\_

e) When making homemade pastry

BRAND \_\_\_\_\_

#### DRINKS

23a) How many cups of tea do you have per day?  
 (if none code 00 and go to 24)

DTEA.B      

20	21
----	----

b) How many teaspoons of sugar or honey do you take per cup?  
 (if none code 0)

DSUGT.B      

22
----

24a) How many cups of coffee do you have per day?  
 (if none code 00 and go to 25)

DCOFF.B      

23	24
----	----

b) How many teaspoons of sugar or honey do you take per cup?  
 (if none code 0)

DSUGC.B      

25
----

25a) How often do you have fruit juice, squash or fizzy drinks?  
 (NOT low calorie)?

days per week      fortnightly      never  
 1 2 3 4 5 6 7      8      9      26  
 DJUICE.B

b) Which one of these drinks do you most often have?

Natural juice.....	1	
Squash.....	2	DTJUIC.B
Fizzy drink.....	3	27
More than one type equally.....	4	
low calorie drinks.....	5	
don't drink any of them.....	0	

c) On the days when you drink that, how many drinks do you have per day?

DNJUIC.B		
<table border="1"><tr><td>28</td><td>29</td></tr></table>	28	29
28	29	

ALCOHOLIC DRINKS

26a) On average, in normal circumstances, how often do you have drinks containing alcohol?	days per week	Rarely	<u>never</u>	30
	1 2 3 4 5 6 7	8	9	
		DALCF.B		

*If you never drink alcohol ring 9 above for never, leave the rest blank. Go on to the section on opinions and feelings on the next page)*

*If you do sometimes have an alcoholic drink, but less often than weekly, ie. 8 coded above, write in the frequency in the boxes below. Write in the number of days per month on which you would have an alcoholic drink. If you only drink very occasionally, less than monthly, then write in days per year.*

days per month	DALCMT.B	<table border="1"><tr><td>31</td></tr></table>	31
31			

days per year	DALCYR.B	<table border="1"><tr><td>32</td><td>33</td></tr></table>	32	33
32	33			

b) On the days when you drink, what sort of drinks would you have and how much would you drink of each on average?

beer and cider ( <u>half pints</u> )	DBEER.B	<table border="1"><tr><td>34</td><td>35</td></tr></table>	34	35
34	35			

wine ( <u>glasses</u> )	DWINE.B	<table border="1"><tr><td>36</td><td>37</td></tr></table>	36	37
36	37			

fortified wine ( <u>glasses</u> ) (eg sherry, port, vermouth etc.)	DPORT.B	<table border="1"><tr><td>38</td><td>39</td></tr></table>	38	39
38	39			

spirits ( <u>single measures</u> )	DSPIRIT.B	<table border="1"><tr><td>40</td><td>41</td></tr></table>	40	41
40	41			

other drinks (specify what and how much)	DOTDR.B	<table border="1"><tr><td>42</td><td>43</td></tr></table>	42	43
42	43			

c) What is the TOTAL number of drinks per occasion?

DALCQ.B	<table border="1"><tr><td>44</td><td>45</td></tr></table>	44	45
44	45		

## Opinions feelings and attitudes

## 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

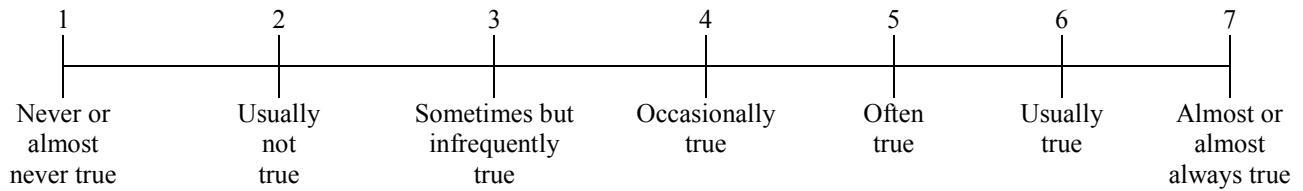
If you had filled in part of the measure like this...

friendly	6
irresponsible	2
moody	5
carefree	4

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

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Defend my own beliefs	46	BEM1.B
Affectionate	47	BEM2.B
Conscientious	48	BEM3.B
Independent	49	BEM4.B
Sympathetic	50	BEM5.B
Moody	51	BEM6.B
Assertive	52	BEM7.B
Sensitive to needs of others	53	BEM8.B
Reliable	54	BEM9.B
Strong personality	55	BEM10.B
Understanding	56	BEM11.B
Jealous	57	BEM12.B
Forceful	58	BEM13.B
Compassionate	59	BEM14.B
Truthful	60	BEM15.B

Have leadership abilities	61	BEM16.B
Eager to soothe hurt feelings	62	BEM17.B
Secretive	63	BEM18.B
Willing to take risks	64	BEM19.B
Warm	65	BEM20.B
Adaptable	66	BEM21.B
Dominant	67	BEM22.B
Tender	68	BEM23.B
Conceited	69	BEM24.B
Willing to take a stand	70	BEM25.B
Love children	71	BEM26.B
Tactful	72	BEM27.B
Aggressive	73	BEM28.B
Gentle	74	BEM29.B
Conventional	75	BEM30.B

Part 2

Here is a set of questions about the way you have been feeling in general over the last 7 days

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

NOW ANSWER THE QUESTIONS BELOW. PLEASE DON'T MISS ANY OUT

a) I feel tense or 'wound up'

- most of the time..... 1 HADS1.B
- a lot of the time..... 2 76
- only occasionally..... 3
- never..... 4

b) I still enjoy the things I used to

- just as much as ever..... 1 HADS2.B
- not quite as much..... 2 77
- only a little..... 3
- hardly at all..... 4

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

- a lot, and quite badly..... 1 HADS3.B
- sometimes but not too badly..... 2 78
- a little, but it doesn't worry me..... 3
- never..... 4

d) I can laugh and see the funny side of things

as much as I always could.....	1	HADS4.B
not quite as much as I used to.....	2	79
a lot less than I used to.....	3	
never.....	4	

e) Worrying thoughts go through my mind

a great deal of the time.....	1	HADS5.B
a lot of the time.....	2	80
from time to time, but not often.....	3	
only occasionally.....	4	

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f) I feel cheerful

never.....	1	HADS6.B
not often.....	2	1
sometimes.....	3	
most of the time.....	4	

g) I can sit at ease and feel relaxed

nearly all the time.....	1	HADS7.B
usually.....	2	2
not often.....	3	
never.....	4	

h) I feel as if I am slowed down

nearly all the time.....	1	HADS8.B
very often.....	2	3
sometimes.....	3	
never.....	4	

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

never.....	1	HADS9.B
occasionally.....	2	4
quite often.....	3	
very often.....	4	

## j) I have lost interest in my appearance

completely.....	1	HADS10.B
I don't care nearly as much as I should.....	2	5
I don't take quite as much care as I used to.....	3	
I take as much care as ever.....	4	

## k) I feel restless as if I have to be on the move

very much indeed.....	1	HADS11.B
quite a lot.....	2	6
not very much.....	3	
never.....	4	

## l) I look forward with enjoyment to things

as much as I ever did.....	1	HADS12.B
less than I used to.....	2	7
a lot less than I used to.....	3	
never.....	4	

## m) I get sudden feelings of panic

very often.....	1	HADS13.B
quite often.....	2	8
only occasionally.....	3	
never.....	4	

## n) I can enjoy a book or TV program

often.....	1	HADS14.B
sometimes.....	2	9
not often.....	3	
hardly at all.....	4	

## Part 3

On the next three pages there is 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 means 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 means 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...

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

strongly agree

strongly disagree

1

2

4

5

6

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



a) If I become ill I have the power to make myself well again.								
strongly agree						strongly disagree		
1	2	3	4	5		6		10
						HLC1.B		
b) Often I feel that no matter what I do, if I am going to be ill, I will be ill.								
strongly agree						strongly disagree		
1	2	3	4	5		6		11
						HLC2.B		
c) If I see my doctor regularly I am less likely to have problems with my health.								
strongly agree						strongly disagree		
1	2	3	4	5		6		12
						HLC3.B		
d) My health is greatly influenced by things that happen accidentally.								
strongly agree						strongly disagree		
1	2	3	4	5		6		13
						HLC4.B		
e) I can maintain my health by consulting my doctor.								
strongly agree						strongly disagree		
1	2	3	4	5		6		14
						HLC5.B		
f) I am directly responsible for my health.								
strongly agree						strongly disagree		
1	2	3	4	5		6		15
						HLC6.B		
g) Other people play a big part in whether I stay healthy or become ill.								
strongly agree						strongly disagree		
1	2	3	4	5		6		16
						HLC7.B		
h) Whatever goes wrong with my health is my own fault.								
strongly agree						strongly disagree		
1	2	3	4	5		6		17
						HLC8.B		
i) When I am ill I just have to let nature run its course.								
strongly agree						strongly disagree		
1	2	3	4	5		6		18
						HLC9.B		

j) Doctors keep me healthy.								
strongly agree						strongly disagree		
1	2	3	4	5	6			19
						HLC10.B		
k) When I stay healthy, I'm just lucky.								
strongly agree						strongly disagree		
1	2	3	4	5	6			20
						HLC11.B		
l) My physical well being depends on how well I take care of myself.								
strongly agree						strongly disagree		
1	2	3	4	5	6			21
						HLC12.B		
m) When I feel ill, I know it is because I have not been taking care of myself properly.								
strongly agree						strongly disagree		
1	2	3	4	5	6			22
						HLC13.B		
n) The type of care I receive from other people is what makes me recover from an illness.								
strongly agree						strongly disagree		
1	2	3	4	5	6			23
						HLC14.B		
o) Even when I take care of myself, it is easy to become ill.								
strongly agree						strongly disagree		
1	2	3	4	5	6			24
						HLC15.B		
p) When I become ill it is a matter of luck.								
strongly agree						strongly disagree		
1	2	3	4	5	6			25
						HLC16.B		
q) I can usually stay healthy by taking good care of myself.								
strongly agree						strongly disagree		
1	2	3	4	5	6			26
						HLC17.B		
r) Following the doctor's orders to the letter is the best way for me to stay healthy.								
strongly agree						strongly disagree		
1	2	3	4	5	6			27
						HLC18.B		

Part 4

This final set of questions is about how you feel about yourself in general.

Just like the last set of questions we would like you to ring the number which best shows how you feel about yourself.

for example...

I have difficulty finishing jobs which I have started.

strongly agree	agree	disagree	strongly disagree
1	2	3	<span style="border: 1px solid black; padding: 2px;">4</span>

If you feel that you always finish jobs when you start them you might strongly disagree with the statement and ring 4 as above.

NOW ANSWER THE QUESTIONS BELOW. PLEASE DON'T MISS ANY OUT

a) When I make up my mind to do something I expect to be successful.

strongly agree	agree	disagree	strongly disagree	
1	2	3	4	28

RSE1.B

b) On the whole I am satisfied with myself.

strongly agree	agree	disagree	strongly disagree	
1	2	3	4	29

RSE2.B

c) I wish I could have more respect for myself.

strongly agree	agree	disagree	strongly disagree	
1	2	3	4	30

RSE3.B

d) I feel I am a person of worth, at least equal to others.

strongly agree	agree	disagree	strongly disagree	
1	2	3	4	31

RSE4.B

e) I take a positive attitude towards myself.

strongly agree	agree	disagree	strongly disagree	
1	2	3	4	32

RSE5.B

f) Nowadays there seem to be a lot of problems that I can't solve however hard I try.

strongly agree	agree	disagree	strongly disagree	
1	2	3	4	33

RSE6.B

g) I am able to do things as well as most people.

strongly agree	agree	disagree	strongly disagree	
1	2	3	4	34

RSE7.B

h) I often feel I have little control over the things that happen to me.

strongly agree	agree	disagree	strongly disagree	
1	2	3	4	35

RSE8.B

i) All in all I am inclined to think I am a failure.

strongly agree	agree	disagree	strongly disagree	
1	2	3	4	36
				RSE9.B

j) At times I think I am no good at all.

strongly agree	agree	disagree	strongly disagree	
1	2	3	4	37
				RSE10.B

k) I feel I have a number of good qualities.

strongly agree	agree	disagree	strongly disagree	
1	2	3	4	38
				RSE11.B

l) I certainly feel useless at times.

strongly agree	agree	disagree	strongly disagree	
1	2	3	4	39
				RSE12.B

m) I feel I do not have much to be proud of.

strongly agree	agree	disagree	strongly disagree	
1	2	3	4	40
				RSE13.B

n) I can achieve all my goals if I put my mind to it

strongly agree	agree	disagree	strongly disagree	
1	2	3	4	41
				RSE14.B

THANK YOU FOR FILLING IN THE EARLIER QUESTIONS, NOW PLEASE LEAVE THIS PART BLANK UNTIL THE NURSE VISITS YOU

General Health Questionnaire

We would like to know how your health has been in general over the past few weeks. Please answer all the questions in this section by underlining the answer which you think most nearly applies to you. Remember that we want to know about present and recent complaints, not those that you had in the past.

For example, an item might be...

HAVE YOU RECENTLY

been able to achieve more than usual in your life?	More than usual	Same as usual	Less than usual	Much less than usual	
--	-----------------	---------------	-----------------	----------------------	--

If you felt that you had been achieving less than usual recently you would underline it as shown.

N.B. The grey boxes are for office use, please do not write in them

IT IS IMPORTANT THAT YOU ANSWER ALL THE QUESTIONS.

HAVE YOU RECENTLY

1	been able to concentrate on whatever you're doing?	Better than usual	Same as usual	Less than usual	Much less than usual	42	
							GHQ1.B
2	lost much sleep over worry?	Not at all	No more than usual	Rather more than usual	Much more than usual	43	
							GHQ2.B
3	been having restless, disturbed nights?	Not at all	No more than usual	Rather more than usual	Much more than usual	44	
							GHQ3.B
4	been managing to keep yourself busy and occupied?	More so than usual	Same as usual	Rather less than usual	Much less than usual	45	
							GHQ4.B
5	been getting out of the house as much as usual?	More so than usual	Same as usual	Less than usual	Much less than usual	46	
							GHQ5.B
6	been managing as well as most people would in your shoes?	Better than most	About the same	Rather less well	Much less well	47	
							GHQ6.B
7	felt on the whole that you were doing things well?	Better than usual	About the same	Less well than usual	Much less well	48	
							GHQ7.B

8	been satisfied with the way you've carried out your task?	More satisfied	About same as usual	Less satisfied than usual	Much less satisfied	49	<input type="text"/>
						GHQ8.B	
9	been able to feel warmth and affection for those near to you?	Better than usual	About same as usual	Less well than usual	Much less well	50	<input type="text"/>
						GHQ9.B	
10	been finding it easy to get on with other people?	Better than usual	About same as usual	Less well than usual	Much less well	51	<input type="text"/>
						GHQ10.B	
11	spent much time chatting with people?	More time than usual	About same as usual	Less time than usual	Much less than usual	52	<input type="text"/>
						GHQ11.B	
12	felt that you are playing a useful part in things?	More so than usual	Same as usual	Less useful than usual	Much less useful	53	<input type="text"/>
						GHQ12.B	
13	felt capable of making decisions about things?	More so than usual	Same as usual	Less so than usual	Much less capable	54	<input type="text"/>
						GHQ13.B	
14	felt constantly under strain?	Not at all	No more than usual	Rather more than usual	Much more than usual	55	<input type="text"/>
						GHQ14.B	
15	felt you couldn't overcome your difficulties?	Not at all	No more than usual	Rather more than usual	Much more than usual	56	<input type="text"/>
						GHQ15.B	
16	been finding life a struggle all the time?	Not at all	No more than usual	Rather more than usual	Much more than usual	57	<input type="text"/>
						GHQ16.B	
17	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	58	<input type="text"/>
						GHQ17.B	
18	been taking things hard?	Not at all	No more than usual	Rather more than usual	Much more than usual	59	<input type="text"/>
						GHQ18.B	
19	been getting scared or panicky for no good reason?	Not at all	No more than usual	Rather more than usual	Much more than usual	60	<input type="text"/>
						GHQ19.B	
20	been able to face up to your problems?	More so than usual	Same as usual	Less able than usual	Much less able	61	<input type="text"/>
						GHQ20.B	
21	found everything getting on top of you?	Not at all	No more than usual	Rather more than usual	Much more than usual	62	<input type="text"/>
						GHQ21.B	
22	been feeling unhappy and depressed?	Not at all	No more than usual	Rather more than usual	Much more than usual	63	<input type="text"/>
						GHQ22.B	

23	been losing confidence in yourself?	Not at all	No more than usual	Rather more than usual	Much more than usual	64 <input type="text"/>	GHQ23.B
24	been thinking of yourself as a worthless person?	Not at all	No more than usual	Rather more than usual	Much more than usual	65 <input type="text"/>	GHQ24.B
25	felt that life is entirely hopeless?	Not at all	No more than usual	Rather more than usual	Much more than usual	66 <input type="text"/>	GHQ25.B
26	been feeling hopeful about your own future?	More so than usual	About the same as usual	Less so than usual	Much less hopeful	67 <input type="text"/>	GHQ26.B
27	been feeling reasonably happy, all things considered?	More so than usual	About the same as usual	Less so than usual	Much less than usual	68 <input type="text"/>	GHQ27.B
28	been feeling nervous and strung-up all the time?	Not at all	No more than usual	Rather more than usual	Much more than usual	69 <input type="text"/>	GHQ28.B
29	felt that life isn't worth living?	Not at all	No more than usual	Rather more than usual	Much more than usual	70 <input type="text"/>	GHQ29.B
30	found that at times you couldn't do anything because your nerves were too bad?	Not at all	No more than usual	Rather more than usual	Much more than usual	71 <input type="text"/>	GHQ30.B