



West of Scotland
Twenty-07 Study
Health in the Community

**SELF COMPLETION QUESTIONNAIRE
1990**

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 LIFE AND HEALTH, AND TAKE SOME SIMPLE PHYSICAL MEASUREMENTS. IF FOR ANY REASON YOU NEED TO CHANGE OR POSTPONE THE VISIT, PLEASE TELEPHONE THE NURSE DIRECT ON

PLEASE FILL IN THE QUESTIONS IN THIS BOOKLET AND GIVE IT TO THE NURSE WHEN SHE VISITS YOU. IF YOU HAVE ANY DIFFICULTY ANSWERING ANY OF IT, ASK THE NURSE TO HELP YOU.

Serial number  IDNO

STRICTLY CONFIDENTIAL

THE LAST WEEK

HERE ARE SOME QUESTIONS ABOUT THE WAY YOU HAVE BEEN FEELING IN GENERAL OVER THE **LAST WEEK**.

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. PLEASE DO NOT MISS ANY STATEMENTS OUT.

I feel tense or 'wound up'

- | | | |
|----------------|------------------------|---|
| | most of the time..... | 1 |
| HAD1.90 | a lot of the time..... | 2 |
| | only occasionally..... | 3 |
| | never..... | 4 |

I still enjoy the things I used to

- | | | |
|----------------|---------------------------|---|
| | just as much as ever..... | 1 |
| HAD2.90 | not quite as much..... | 2 |
| | only a little..... | 3 |
| | hardly at all..... | 4 |

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

- | | | |
|----------------|--|---|
| | a lot, and quite badly..... | 1 |
| HAD3.90 | sometimes, but not too badly..... | 2 |
| | a little, but it doesn't worry me..... | 3 |
| | never..... | 4 |

I can laugh and see the funny side of things

	as much as I always could.....	1
HAD4.90	not quite as much as I used to.....	2
	a lot less than I used to.....	3
	never.....	4

Worrying thoughts go through my mind

	a great deal of the time.....	1
HAD5.90	a lot of the time.....	2
	from time to time, but not often.....	3
	only occasionally.....	4

I feel cheerful

	never.....	1
	not often.....	2
HAD6.90	sometimes.....	3
	most of the time.....	4

I can sit at ease and feel relaxed

	nearly all the time.....	1
HAD7.90	usually.....	2
	not often.....	3
	never.....	4

I feel as if I am slowed down

	nearly all the time.....	1
HAD8.90	very often.....	2
	sometimes.....	3
	never.....	4

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

	never.....	1
	occasionally.....	2
HAD9.90	quite often.....	3
	very often.....	4

I have lost interest in my appearance

	completely.....	1
	I don't care nearly as much as I should.....	2
HAD10.90	I don't take quite as much care as I used to.....	3
	I take as much care as ever.....	4

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

	very much indeed.....	1
HAD11.90	quite a lot.....	2
	not very much.....	3
	never.....	4

I look forward with enjoyment to things		
	as much as I ever did.....	1
	less than I used to.....	2
HAD12.90	a lot less than I used to.....	3
	never.....	4

I get sudden feelings of panic		
	very often.....	1
HAD13.90	quite often.....	2
	only occasionally.....	3
	never.....	4

I can enjoy a book or TV programme		
	often.....	1
HAD14.90	sometimes.....	2
	not often.....	3
	hardly at all.....	4

WHAT MAKES ME HEALTHY?

ON THESE NEXT TWO PAGES ARE SOME 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

PLEASE RING THE NUMBER THAT BEST DESCRIBES YOUR AGREEMENT WITH EACH STATEMENT.

	Strongly agree								Strongly disagree			
If I become ill I have the power to make myself well again.....	1	2	...	3	4	...	5	...	6	LC1.90
Often I feel that no matter what I do, if I am going to be ill, I will be ill.....	1	2	...	3	4	...	5	...	6	LC2.90
If I see my doctor regularly I am less likely to have problems with my health.....	1	2	...	3	4	...	5	...	6	LC3.90
My health is greatly influenced by things that happen accidentally.....	1	2	...	3	4	...	5	...	6	LC4.90
I can only maintain my health by consulting my doctor.....	1	2	...	3	4	...	5	...	6	LC5.90
I am directly responsible for my health.....	1	2	...	3	4	...	5	...	6	LC6.90

	Strongly agree					Strongly disagree						
Other people play a big part in whether I stay healthy or become ill.....	1	2	3	4	5	6	LC7.90
Whatever goes wrong with my health is my own fault.....	1	2	3	4	5	6	LC8.90
When I am ill I just have to let nature run its course.....	1	2	3	4	5	6	LC9.90
Doctors keep me healthy.....	1	2	3	4	5	6	LC10.90
When I stay healthy, I'm just lucky.....	1	2	3	4	5	6	LC11.90
My physical well being depends on how well I take care of myself.....	1	2	3	4	5	6	LC12.90
When I feel ill, I know it is because I have not been taking care of myself properly.....	1	2	3	4	5	6	LC13.90
The type of care I receive from other people is what makes me recover from an illness.....	1	2	3	4	5	6	LC14.90
Even when I take care of myself, it is easy to become ill.....	1	2	3	4	5	6	LC15.90
When I become ill, it is a matter of luck.....	1	2	3	4	5	6	LC16.90
I can usually stay healthy by taking good care of myself.....	1	2	3	4	5	6	LC17.90
Following the doctor's orders to the letter is the best way for me to stay healthy.....	1	2	3	4	5	6	LC18.90

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. PLEASE DO NOT MISS ANY OF THE STATEMENTS OUT. IF YOU CAN'T MAKE UP YOUR MIND, RING THE NUMBER CLOSEST TO HOW YOU FEEL.

	Strongly agree	Agree	Disagree	Strongly disagree	
I am pretty sure of myself.....	1.....	2.....	3.....	4	SE1.90
I often wish I was someone else.....	1.....	2.....	3.....	4	SE2.90
I am easy to like.....	1.....	2.....	3.....	4	SE3.90
I have a low opinion of myself.....	1.....	2.....	3.....	4	SE4.90
I am a failure.....	1.....	2.....	3.....	4	SE5.90
There are a lot of things about myself I would like to change.....	1.....	2.....	3.....	4	SE6.90
I am able to do things well.....	1.....	2.....	3.....	4	SE7.90
Most of the time I'm satisfied with myself.....	1.....	2.....	3.....	4	SE8.90
I like myself.....	1.....	2.....	3.....	4	SE9.90
I feel I have a number of good qualities.....	1.....	2.....	3.....	4	SE10.90

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. PLEASE DO NOT MISS ANY FOODS OUT.

	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	FRUITS90
Fresh fruit in winter.....	1.....	2.....	3.....	4.....	5.....	6	FRUITW90
Salads or raw vegetables in summer.....	1.....	2.....	3.....	4.....	5.....	6	VEGSUM90
Salads or raw vegetables in winter.....	1.....	2.....	3.....	4.....	5.....	6	VEGWIN90
Chips.....	1.....	2.....	3.....	4.....	5.....	6	CHIPS90
Potatoes (not chips).....	1.....	2.....	3.....	4.....	5.....	6	POTS90
Root vegetables like carrots and parsnips..	1.....	2.....	3.....	4.....	5.....	6	ROOTVG90
Peas and beans (all kinds incl. baked beans, lentils).....	1.....	2.....	3.....	4.....	5.....	6	PEABEA90
Cooked green vegetables.....	1.....	2.....	3.....	4.....	5.....	6	CGRVEG90
Potato crisps & similar snacks.....	1.....	2.....	3.....	4.....	5.....	6	CRISPS90
Sweets, Chocolates.....	1.....	2.....	3.....	4.....	5.....	6	SWEETS90
Pasta (spaghetti, noodles) or rice.....	1.....	2.....	3.....	4.....	5.....	6	PASTAR90
Cakes of all kinds.....	1.....	2.....	3.....	4.....	5.....	6	CAKES90
Biscuits.....	1.....	2.....	3.....	4.....	5.....	6	BISCUI90
Cereals.....	1.....	2.....	3.....	4.....	5.....	6	CEREAL90
Sweets or puddings, fruit pies etc.....	1.....	2.....	3.....	4.....	5.....	6	PUDDIN90
Yoghurt.....	1.....	2.....	3.....	4.....	5.....	6	YOG90
Soft drinks like Coke and Squash.....	1.....	2.....	3.....	4.....	5.....	6	SOFTDR90
Irn Bru.....	1.....	2.....	3.....	4.....	5.....	6	IRNBUR90
Pure fruit juice.....	1.....	2.....	3.....	4.....	5.....	6	FRUTJU90
Cheese.....	1.....	2.....	3.....	4.....	5.....	6	CHEESE90
Eggs.....	1.....	2.....	3.....	4.....	5.....	6	EGGS90
Cream.....	1.....	2.....	3.....	4.....	5.....	6	CREAM90
Fish.....	1.....	2.....	3.....	4.....	5.....	6	FISH90
Poultry.....	1.....	2.....	3.....	4.....	5.....	6	POULTR90
Sausages/tinned meat/pate.....	1.....	2.....	3.....	4.....	5.....	6	SAUSPA90
Meat pies/pasties/bridies.....	1.....	2.....	3.....	4.....	5.....	6	PIES90
Beef/lamb/pork/ham/bacon.....	1.....	2.....	3.....	4.....	5.....	6	MEAT90
Carry-out meals.....	1.....	2.....	3.....	4.....	5.....	6	CARRYO90

COULD YOU PLEASE FILL IN YOUR DATE OF BIRTH AND POST CODE BELOW.

DOB DY90 DOB MNT90 DOB YR90
Date of birth Post code
 day month year
 PCNOW90

FINALLY, PLEASE TAKE A FEW MOMENTS MORE TO LOOK THROUGH IT AGAIN
AND MAKE SURE YOU HAVEN'T MISSED OUT ANY QUESTIONS OR WHOLE PAGES.

THANK YOU VERY MUCH FOR FILLING IN THIS BOOKLET.