

**WEST OF SCOTLAND
TWENTY-07 STUDY
HEALTH IN THE COMMUNITY**

Feelings and opinions

This booklet contains some sets of questions about your feelings and opinions. It will help us greatly if you will **fill in** the questions in this booklet and keep it until our Nurse interviewer calls. It will take between 15 and 20 minutes to complete.

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

Sex

SCSEX.C male 1
female 2

Date of Birth

SCDOB.C Day SCDOB.M.C Month SCDOBY.C

Office Use Only

Respondent Serial Number Cohort(1, 3 or 5) SCCOH.C ID SCIDNO.C

Interviewer Number SCIVNO.C

Post code SCPCD1.C SCPCD2.C SCPCD3.C SCPCD4.C

Date of Interview Day SCIVDY.C Month SCIVMT.C

Feelings and opinions

Part 1

Here are a couple of questions about how you would rate your own health and fitness. Please circle the number which corresponds to your answer in each of the two questions.

SCHLTH.C

- a) **Over the last twelve months, would you say your health on the whole has been good, fairly good, or not good?**

good	1
fairly good.....	2
not good	3

SCFIT.C

- b) **How would you rate your level of fitness; do you think it is very good, good, moderate or not very good?**

vary good	1
good	2
moderate.....	3
not very good	4

Part 2

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

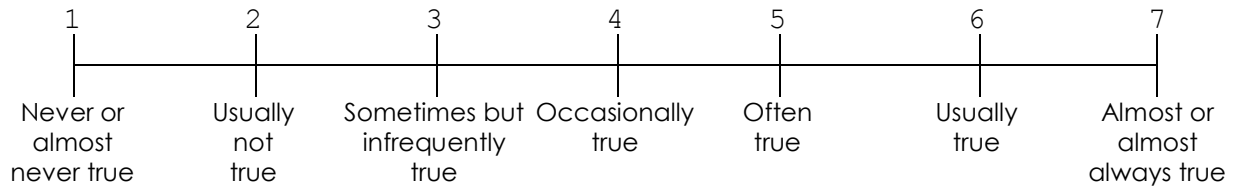
write **7** in the box if it is **always or almost always true** that you are friendly

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



Defend my own beliefs	BEM1.C
Affectionate	BEM2.C
Conscientious	BEM3.C
Independent	BEM4.C
Sympathetic	BEM5.C
Moody	BEM6.C
Assertive	BEM7.C
Sensitive to needs of others	BEM8.C
Reliable	BEM9.C
Strong personality	BEM10.C
Understanding	BEM11.C
Jealous	BEM12.C
Forceful	BEM13.C
Compassionate	BEM14.C
Truthful	BEM15.C

Have leadership abilities	BEM16.C
Eager to soothe hurt feelings	BEM17.C
Secretive	BEM18.C
Willing to take risks	BEM19.C
Warm	BEM20.C
Adaptable	BEM21.C
Dominant	BEM22.C
Tender	BEM23.C
Conceited	BEM24.C
Willing to take a stand	BEM25.C
Love children	BEM26.C
Tactful	BEM27.C
Aggressive	BEM28.C
Gentle	BEM29.C
Conventional	BEM30.C

Part 3

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

HADS1.C

a) I feel tense or 'wound up'

most of the time	1
a lot of the time	2
only occasionally	3
never	4

HADS2.C

b) I still enjoy the things I used to

just as much as ever	1
not quite as much	2
only a little	3
hardly at all	4

HADS3.C

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

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

HADS4.C

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

- as much as I always could1
 not quite as much as I used to2
 a lot less than I used to3
 never4

HADS5.C

e) Worrying thoughts go through my mind

- a great deal of the time1
 a lot of the time2
 from time to time, but not often3
 only occasionally4

HADS6.C

f) I feel cheerful

- never1
 not often2
 sometimes3
 most of the time4

HADS7.C

g) I can sit at ease and feel relaxed

- nearly all the time1
 usually2
 not often3
 never4

HADS8.C

h) I feel as if I am slowed down

- nearly all the time1
 very often2
 sometimes3
 never4

HADS9.C

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

- never1
 occasionally2
 quite often3
 very often4

HADS10.C**j) I have lost interest in my appearance**

- completely1
 I don't care nearly as much as I should.....2
 I don't take quite as much care as I used to.....3
 I take as much care as ever4

HADS11.C**k) I feel restless as if I have to be on the move**

- very much indeed1
 quite a lot2
 not very much3
 never4

HADS12.C**l) I look forward with enjoyment to things**

- as much as I ever did1
 less than I used to.....2
 a lot less than I used to3
 never4

HADS13.C**m) I get sudden feelings of panic**

- very often1
 quite often.....2
 only occasionally3
 never4

HADS14.C**n) I can enjoy a book or TV program**

- often1
 sometimes2
 not often3
 hardly at all4
-

Part 4

On this page and the next page there is a set of statements which people have made about work and family life, and then some questions on what you think affects health in adult life. Everybody has their own opinion about these things. We'd like to know what you think.

Underneath each statement is a scale - you ring one of the numbers to show what your opinion is.

For the first few statements:

1 or 2 means you agree with the statement.

1 means you agree strongly.

2 means you agree, but not strongly.

3 means you neither agree nor disagree with the statement.

4 or 5 means you disagree with the statement.

4 means you disagree, but not strongly.

5 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

just agree

neither agree nor
disagree

just disagree

strongly disagree

1

2

3

4

5

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 2 to show that he or she just agreed with the statement.

If he or she had strongly disagreed they would have put a circle round the number 5, and so on.

Could you please go through the 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

GENRO1.C

1 Some equality in marriage is a good thing, but by and large the husband ought to have the main say-so in family matters

strongly agree

just agree

neither agree nor
disagree

just disagree

strongly disagree

1

2

3

4

5

GENRO2.C

2 Women rather than men should look after relatives who need care

strongly agree

just agree

neither agree nor
disagree

just disagree

strongly disagree

1

2

3

4

5

GENRO3.C

3 A husband's job is to earn the money; a wife's job is to look after the home and family

strongly agree	just agree	neither agree nor disagree	just disagree	strongly disagree
1	2	3	4	5

GENRO4.C

4 Without work a person lacks purpose in life

strongly agree	just agree	neither agree nor disagree	just disagree	strongly disagree
1	2	3	4	5

GENRO5.C

5 All in all, family life suffers when the woman has a full-time job

strongly agree	just agree	neither agree nor disagree	just disagree	strongly disagree
1	2	3	4	5

For the following statements we ask you for your views on things which might affect your health:

For example, one of the statements might be:

Happiness has.....

no effect on adult health	a very small effect on adult health	some effect on adult health	quite an important effect of adult health	very important effect on adult health
1	2	3	<input checked="" type="radio"/>	5

In this case the person filling in the question felt that happiness had quite an important effect on health, so he or she put a circle round the number 4

If he or she had felt it had no effect on health they would have put a circle round the number 1, and so on.

Please circle a number to show how big or small an effect you think each of the following has on health in adult life

6 Working conditions have

HBEFF1.C

no effect on adult health	a very small effect on adult health	some effect on adult health	quite an important effect of adult health	very important effect on adult health
1	2	3	4	5

7 Housing and living conditions in childhood have

HBEFF2.C

no effect on adult health	a very small effect on adult health	some effect on adult health	quite an important effect of adult health	very important effect on adult health
1	2	3	4	5

HBEFF3.C

8 Housing and living conditions in adult life have

no effect on adult health	a very small effect on adult health	some effect on adult health	quite an important effect of adult health	very important effect on adult health
1	2	3	4	5

HBEFF4.C

9 Aspects of lifestyle like smoking and drinking have

no effect on adult health	a very small effect on adult health	some effect on adult health	quite an important effect of adult health	very important effect on adult health
1	2	3	4	5

10 Luck or chance have

HBEFF5.C

no effect on adult health	a very small effect on adult health	some effect on adult health	quite an important effect of adult health	very important effect on adult health
1	2	3	4	5

11 Illnesses and weaknesses that run in families have

HBEFF6.C

no effect on adult health	a very small effect on adult health	some effect on adult health	quite an important effect of adult health	very important effect on adult health
1	2	3	4	5

12 Stress in daily life has

HBEFF7.C

no effect on adult health	a very small effect on adult health	some effect on adult health	quite an important effect of adult health	very important effect on adult health
1	2	3	4	5

Part 5

This 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	4

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

RSE1.C

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

RSE2.C

b) On the whole I am satisfied with myself.

strongly agree	agree	disagree	strongly disagree
1	2	3	4

RSE3.C

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

strongly agree	agree	disagree	strongly disagree
1	2	3	4

RSE4.C

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

strongly agree	agree	disagree	strongly disagree
1	2	3	4

RSE5.C

e) I take a positive attitude towards myself.

strongly agree	agree	disagree	strongly disagree
1	2	3	4

RSE6.C

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

RSE7.C

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

strongly agree	agree	disagree	strongly disagree
1	2	3	4

RSE8.C

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

RSE9.C

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

strongly agree	agree	disagree	strongly disagree
1	2	3	4

RSE10.C

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

strongly agree	agree	disagree	strongly disagree
1	2	3	4

RSE11.C

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

strongly agree	agree	disagree	strongly disagree
1	2	3	4

RSE12.C

l) I certainly feel useless at times.

strongly agree	agree	disagree	strongly disagree
1	2	3	4

RSE13.C

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

strongly agree	agree	disagree	strongly disagree
1	2	3	4

RSE14.C

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

strongly agree	agree	disagree	strongly disagree
1	2	3	4

Part 6

Please only answer this section if you have a paid job at the moment. If you are not in paid work at the moment go to part 2

Here is a set of statements about jobs. Please ring the answer that best fits your job situation. Sometimes none of the answers fits exactly. Please choose the answer that comes closest.

a) My job requires that I learn new things.

KARA1.C
 strongly agree disagree agree strongly agree
 1 2 3 4

b) My job involves a lot of repetitive work.

KARA2.C
 strongly agree agree disagree strongly disagree
 1 2 3 4

c) My job requires me to be creative.

KARA3.C
 strongly agree agree disagree strongly disagree
 1 2 3 4

d) My job allows me to make a lot of decisions on my own.

KARA4.C
 strongly agree agree disagree strongly disagree
 1 2 3 4

e) My job requires a high level of skill.

KARA5.C
 strongly agree agree disagree strongly disagree
 1 2 3 4

f) On my job, I have very little freedom to decide how I do my work.

KARA6.C
 strongly agree agree disagree strongly disagree
 1 2 3 4

g) I get to do a variety of different things on my job.

KARA7.C
 strongly agree agree disagree strongly disagree
 1 2 3 4

h) I have a lot of say about what happens on my job.

KARA8.C
 strongly agree agree disagree strongly disagree
 1 2 3 4

i) I have an opportunity to develop my own special abilities.

KARA9.C strongly agree	agree	disagree	strongly disagree
1	2	3	4

j) My job requires working very fast.

KARA10.C strongly agree	agree	disagree	strongly disagree
1	2	3	4

k) My job requires working very hard.

KARA11.C strongly agree	agree	disagree	strongly disagree
1	2	3	4

l) I am not asked to do an excessive amount of work.

KARA12.C strongly agree	agree	disagree	strongly disagree
1	2	3	4

m) I have enough time to get the job done.

KARA13.C strongly agree	agree	disagree	strongly disagree
1	2	3	4

n) I am free from conflicting demands that others make.

KARA14.C strongly agree	agree	disagree	strongly disagree
1	2	3	4

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

General Health Questionnaire

We should 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

GHQ1.C

1 been able to concentrate on whatever you're doing?

More than usual

Same as usual

Less than usual

Much less than usual

GHQ2.C

2 lost much sleep over worry?

More than usual

Same as usual

Less than usual

Much less than usual

GHQ3.C

3 been having restless, disturbed nights?

More than usual

Same as usual

Less than usual

Much less than usual

GHQ4.C

4 been managing to keep yourself busy and occupied?

More than usual

Same as usual

Less than usual

Much less than usual

GHQ5.C

5 been getting out of the house as much as usual?

More than usual

Same as usual

Less than usual

Much less than usual

GHQ6.C

6 been managing as well as most people would in your shoes?

More than usual

Same as usual

Less than usual

Much less than usual

GHQ7.C

7 felt on the whole you were doing things well?

More than usual

Same as usual

Less than usual

Much less than usual

GHQ8.C

8 been satisfied with the way you've carried out your task?

More than usual

Same as usual

Less than usual

Much less than usual

GHQ9.C

15

9	been able to feel warmth and affection for those near to you?	More than usual	Same as usual	Less than usual	Much less than usual	<input type="checkbox"/>
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GHQ10.C

10	been finding it easy to get on with other people?	More than usual	Same as usual	Less than usual	Much less than usual	<input type="checkbox"/>
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GHQ11.C

11	spent much time chatting with people?	More than usual	Same as usual	Less than usual	Much less than usual	<input type="checkbox"/>
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GHQ12.C

12	felt that you are playing a useful part in things?	More than usual	Same as usual	Less than usual	Much less than usual	<input type="checkbox"/>
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GHQ13.C

13	felt capable of making decisions about things?	More than usual	Same as usual	Less than usual	Much less than usual	<input type="checkbox"/>
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GHQ14.C

14	felt constantly under strain?	More than usual	Same as usual	Less than usual	Much less than usual	<input type="checkbox"/>
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GHQ15.C

15	felt you couldn't overcome your difficulties?	More than usual	Same as usual	Less than usual	Much less than usual	<input type="checkbox"/>
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GHQ16.C

16	been finding life a struggle all the time?	More than usual	Same as usual	Less than usual	Much less than usual	<input type="checkbox"/>
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GHQ17.C

17	been able to enjoy your normal day-to-day activities?	More than usual	Same as usual	Less than usual	Much less than usual	<input type="checkbox"/>
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GHQ18.C

18	been taking things hard?	More than usual	Same as usual	Less than usual	Much less than usual	<input type="checkbox"/>
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GHQ19.C

19	been getting scared or panicky for no good reason?	More than usual	Same as usual	Less than usual	Much less than usual	<input type="checkbox"/>
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GHQ20.C

20	been able to face up to your problems?	More than usual	Same as usual	Less than usual	Much less than usual	<input type="checkbox"/>
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GHQ21.C

21	found everything getting on top of you?	More than usual	Same as usual	Less than usual	Much less than usual	<input type="checkbox"/>
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22	GHQ22.C been feeling unhappy and depressed?	More than usual	Same as usual	Less than usual	Much less than usual	<input type="checkbox"/>
23	GHQ23.C been losing confidence in yourself?	More than usual	Same as usual	Less than usual	Much less than usual	<input type="checkbox"/>
24	GHQ24.C been thinking of yourself as a worthless person?	More than usual	Same as usual	Less than usual	Much less than usual	<input type="checkbox"/>
25	GHQ25.C felt that life is entirely hopeless?	More than usual	Same as usual	Less than usual	Much less than usual	<input type="checkbox"/>
26	GHQ26.C been feeling hopeful about your own future?	More than usual	Same as usual	Less than usual	Much less than usual	<input type="checkbox"/>
27	GHQ27.C been feeling reasonably happy, all things considered?	More than usual	Same as usual	Less than usual	Much less than usual	<input type="checkbox"/>
28	GHQ28.C been feeling nervous and strung-up all the time?	More than usual	Same as usual	Less than usual	Much less than usual	<input type="checkbox"/>
29	GHQ29.C felt that life isn't worth living?	More than usual	Same as usual	Less than usual	Much less than usual	<input type="checkbox"/>
30	GHQ30.C found that at times you couldn't do anything because your nerves were too bad?	More than usual	Same as usual	Less than usual	Much less than usual	<input type="checkbox"/>