

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

Feelings and opinions

2007 visit

This booklet contains some sets of questions about your feelings and opinions. It will help us greatly if you could **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, date of birth and postcode before starting to fill in the booklet

SCSEX_E
Sex

male **1**

female **2**

Date of Birth

SCDOBD_E SCDOBM_E SCDOBY_E

Day Month

1 9

Post code

FOPCD1_E FOPCD2_E FOPCD3_E FOPCD4_E

SCIDNO_E

Office Use Only

Respondent Serial Number Cohort(1, 3 or 5) ID

Interviewer Number SCCOH_E SCIVNO_E

Post code SCPCD1_E SCPCD2_E SCPCD3_E SCPCD4_E

Date of Interview SCIVDY_E SCIVMT_E SCIVYR_E

Day Month Year

2 0

Respondent Serial Number correct? (tick box) FOSNC_E

Post Code correct? (tick box) FOPCC_E

Part 1

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_E

a) I feel tense or 'wound up'

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

HADS2_E

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_E

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_E

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_E

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_E

f) I feel cheerful

- never1
- not often2
- sometimes3
- most of the time4

HADS7_E

g) I can sit at ease and feel relaxed

- nearly all the time1
- usually2
- not often3
- never4

HADS8_E

h) I feel as if I am slowed down

- nearly all the time1
- very often2
- sometimes3
- never4

HADS9_E

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

- never1
- occasionally2
- quite often3
- very often4

HADS10_E

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_E

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

- very much indeed1
 quite a lot2
 not very much3
 never4

HADS12_E

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_E

m) I get sudden feelings of panic

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

HADS14_E

n) I can enjoy a book or TV program

- often1
 sometimes2
 not often3
 hardly at all4
-

Part 2

Please **only answer this section if you have a paid job at the moment.** If you are not in paid work at the moment leave these questions blank and go to part 3.

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.

KARA1_E

a) My job requires that I learn new things.

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA2_E

b) My job involves a lot of repetitive work.

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA3_E

c) My job requires me to be creative.

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA4_E

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

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA5_E

e) My job requires a high level of skill.

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA6_E

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

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA7_E

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

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA8_E

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

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA9_E

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

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA10_E

j) My job requires working very fast.

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA11_E

k) My job requires working very hard.

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA12_E

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

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA13_E

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

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA14_E

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

strongly agree	agree	disagree	strongly disagree
1	2	3	4

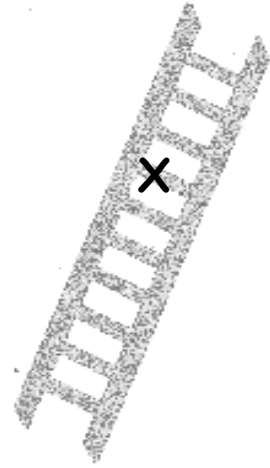
Part 3

Think of the ladders below as representing where people stand in **British society**.

At the **top** of the ladder are the people who are best off – those with the most money, most education and best jobs. At the **bottom** are the people who are worst off – who have the least money, least education, and the worst jobs or no job.

The higher up you are on this ladder, the closer you are to the people at the very top and the lower you are, the closer you are to the people at the very bottom.

For each of the questions below, please draw a large X onto a rung (not in between) to show where you see yourself in each of the different situations **(See example of marking the ladder to the right)**



Q1 a) LADBRIT_E

Think of where you see yourself in relation to others in Britain **at the present time** -

Where would you place yourself on the ladder on the right?

Please place a large "X" on the rung (not in between) where you think you stand.



Q1 b) LADKID_E

Thinking back to your **childhood**, when you were about 15, and your family's standing relative to others at that time in society - Where would you place yourself on the ladder on the right?

Please place a large "X" on the rung (not in between) where you think you stood.



I'm now going to ask you about where you see yourself in relation to other people in your local area (or neighbourhood).

Think of the ladder below as representing the social standing of other people in your **local area**.

Remember that the higher up you are on this ladder, the closer you are to the people at the very top and the lower you are, the closer you are to the people at the very bottom.

Q1 c) LADLOC_E

Think of where you see yourself in relation to other people in your local area **at the present time** - Where would

you place yourself on the ladder on the right?

Please place a large "X" on the rung (not in between) where you think you stand.



Part 4

I'd like you to answer a few questions about how well you sleep. Could you answer the questions thinking about your sleep over the last 4 weeks only. Your answers should indicate the most accurate reply for the majority of days or nights in the past 4 weeks.

Q1 a) During the last 4 weeks, when have you usually gone to bed at night? (use a 12 hour clock)

BDTMHR_E BDTMMN_E

Hr M

b) During the last 4 weeks, how long has it usually taken you to fall asleep each night? (write the number of minutes)

Minutes

c) During the last 4 weeks, when have you usually got up in the morning? (use a 12 hour clock)

UPTMHR_E UPTMMN_E

Hr M

d) During the last 4 weeks, how many hours of sleep did you get, on average, each night (this may be different from the number of hours you spent in bed)?

SLHRS_E SLMNS_E

Hrs Mns

(write in the number of hours and minutes, calculate to the nearest 30 minutes)

SLTR30_E

Q2 a) During the last 4 weeks how often have you had trouble sleeping because you couldn't get to sleep within 30 minutes? (ring the answer that applies)

- not in the last 4 weeks 1
- less than once a week 2
- once or twice a week 3
- three or more times a week 4

SLTRWK_E

b) During the last 4 weeks how often have you had trouble sleeping because you wake up in the middle of the night or early morning?

- not in the last 4 weeks 1
- less than once a week 2
- once or twice a week 3
- three or more times a week 4

SLQUAL_E

Q3 During the last 4 weeks how would you rate your sleep quality overall?

- very good 1
- fairly good 2
- fairly bad 3
- very bad 4

SLMED_E

Q4 During the last 4 weeks, how often have you taken medicine (prescribed or 'over the counter) to help you sleep?

- not in the last 4 weeks 1
- less than once a week 2
- once or twice a week 3
- three or more times a week 4

WAKETR_E

Q5 During the last 4 weeks, how often have you had trouble staying awake while driving, eating meals or engaging in social activity?

- not in the last 4 weeks 1
- less than once a week 2
- once or twice a week 3
- three or more times a week 4

Part 5

SCHLTH_E

Q1 Over the last twelve months, would you say your health on the whole has been good, fairly good, or not good? (ring the answer that applies)

- good 1
- fairly good 2
- not good 3

**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 closely 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 face up to your problems?

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

		Better than usual	Same as usual	Less than usual	Much less than usual	Office use only
1	GHQ1.E been able to concentrate on whatever you're doing?					<input type="checkbox"/>
2	GHQ2.E lost much sleep over worry?	Not at all	No more than usual	Rather more than usual	Much more than usual	<input type="checkbox"/>
3	GHQ3.E felt that you are playing a useful part in things?	More so than usual	Same as usual	Less useful than usual	Much less useful	<input type="checkbox"/>
4	GHQ4.E felt capable of making decisions about things?	More so than usual	Same as usual	Less so than usual	Much less capable	<input type="checkbox"/>
5	GHQ5.E felt constantly under strain?	Not at all	No more than usual	Rather more than usual	Much more than usual	<input type="checkbox"/>
6	GHQ6.E 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"/>
7	GHQ7.E 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"/>
8	GHQ8.E been able to face up to your problems?	More so than usual	Same as usual	Less able than usual	Much less able	<input type="checkbox"/>
9	GHQ9.E been feeling unhappy and depressed?	Not at all	No more than usual	Rather more than usual	Much more than usual	<input type="checkbox"/>
10	GHQ10.E been losing confidence in yourself?	Not at all	No more than usual	Rather more than usual	Much more than usual	<input type="checkbox"/>
11	GHQ11.E 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"/>
12	GHQ12.E 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"/>

Don't fill in this section until the interviewer tells you to

AH4

Use this page and the next 2 pages to record the answers to the AH4. Do the practice questions first, they are on page 1 of the AH4 question booklet, record the answers below. (Some of questions in the practice section already have the answers written in to show you how to answer them).

Take your time over this part, ask the interviewer to explain anything you don't understand.

Once you have done that the interviewer will give you the correct answers so you can check you have understood what to do.

The main part of the measure takes exactly 10 minutes. Tell the interviewer when you are ready to start. He or she will start the 10 minute timer. Turn to page 2 and begin to answer the questions.

We don't expect you to reach the end in 10 minutes, do as many as you can, try to answer all the questions, if you are really stuck with a question put a cross in the answer box. Please be careful that you put your answers to the questions in the correct boxes.

EXAMPLES

Q1	9
Q2	
Q3	2
Q4	
Q5	16
Q6	
Q7	2
Q8	
Q9	4
Q10	
Q11	1
Q12	

When you have finished doing the examples turn to the next page

AH4 Answers

Questions on page 3

Q1	AH1_E
Q2	AH2_E
Q3	AH3_E
Q4	AH4_E
Q5	AH5_E
Q6	AH6_E
Q7	AH7_E
Q8	AH8_E
Q9	AH9_E
Q10	AH10_E
Q11	AH11_E
Q12	AH12_E
Q13	AH13_E
Q14	AH14_E
Q15	AH15_E

Questions on page 4

Q16	AH16_E
Q17	AH17_E
Q18	AH18_E
Q19	AH19_E
Q20	AH20_E
Q21	AH21_E
Q22	AH22_E
Q23	AH23_E
Q24	AH24_E
Q25	AH25_E
Q26	AH26_E
Q27	AH27_E
Q28	AH28_E
Q29	AH29_E
Q30	AH30_E

**Questions on
page 5**

Q31	AH31_E
Q32	AH32_E
Q33	AH33_E
Q34	AH34_E
Q35	AH35_E
Q36	AH36_E
Q37	AH37_E
Q38	AH38_E
Q39	AH39_E
Q40	AH40_E
Q41	AH41_E
Q42	AH42_E
Q43	AH43_E
Q44	AH44_E
Q45	AH45_E

**Questions on
page 6**

Q46	AH46_E
Q47	AH47_E
Q48	AH48_E
Q49	AH49_E
Q50	AH50_E
Q51	AH51_E
Q52	AH52_E
Q53	AH53_E
Q54	AH54_E
Q55	AH55_E
Q56	AH56_E
Q57	AH57_E
Q58	AH58_E
Q59	AH59_E
Q60	AH60_E

**Questions on
Page 7**

Q61	AH61_E
Q62	AH62_E
Q63	AH63_E
Q64	AH64_E
Q65	AH65_E

THANK YOU FOR FILLING IN THESE QUESTIONS