# BCS70 age 46 follow up – Summary of questionnaire content

| Introduction | Introduction  
|--------------|-------------|
|              | Confirmation of name, sex, date of birth etc.  
|              | Whether interview through an interpreter  
|              | Type of accommodation  

**Confirmation of contact details**  
- Home address  
- Home telephone number  
- Mobile telephone number  
- Email address

| Relationships | Information collected about all co-habiting relationships since previous interview (up to and including current partner):  
|---------------|---------------------------------------------------------------------------------------------------------------------------------|
|               | When started living together  
|               | Whether male or female  
|               | Age of partner when started living together  
|               | Legal status of partner when moved in together  
|               | Whether got married  
|               | When got married  
|               | When stopped living together (ex-partners only)  
|               | Whether got divorced (ex-partners only)  
|               | When got divorced (ex-partners only)  
|               | When partner died (ex-partners only)  

| Children | Information collected about all cohort member’s children (including non-biological children):  
|----------|---------------------------------------------------------------------------------------------------------------------------------|
|          | Sex of child  
|          | Date of birth  
|          | Child’s relationship to cohort member  
|          | Whether child lives with cohort member  
|          | When child started living with cohort member  
|          | When child last lived with cohort member (if no longer)  

| Other household members | Information collected about all other household members:  
|-------------------------|---------------------------------------------------------------------------------------------------------------------------------|
|                         | Sex  
|                         | Date of birth  
|                         | Relationship to cohort member  
|                         | When started living with cohort member  
|                         | When stopped living with cohort member (if no longer)  

| Family | Non-cohabitating relationship:  
|--------|-----------------------------------------------------------------|
|        | Length of relationship  
|        | Sex of partner  

<table>
<thead>
<tr>
<th><strong>Grandchildren:</strong></th>
<th>Number of grandchildren</th>
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</table>
| **Parents:**        | Whether mother is still alive  
|                     | Whether father is still alive  
|                     | Age of cohort member when mother died  
|                     | Age of cohort member when father died  |
|                     | Frequency of meeting up with family members  
|                     | Frequency of meeting up with friends  
|                     | Whether anyone would be willing to listen to cohort member’s problems |

### Housing

- **Housing history:**
  - Whether living at same address as at last interview

- **Details of all previous addresses:**
  - Date of move
  - Reasons for moving
  - Postcode/Town/County of previous address
  - Periods of having no fixed address

- **Current address:**
  - Date moved to current address
  - Type of accommodation (eg house, flat)
  - Number of rooms in home
  - Tenure
  - Whose name accommodation is held in (if has partner)

### Employment

- **Economic Activity History:**
  - Details of all periods of economic activity:
    - Dates
    - If employed: Job details to derive SOC
    - Reason for changing job

  **If currently an employee:**
  - Job details to derive SIC
  - Organisation type
  - Gross pay
  - Net pay
  - Hours (including overtime)
  - Whether does shift work
  - Whether has a zero hours contract

  **If self-employed:**
  - Whether runs own business or works for others
  - Take home income in last year
  - Hours

  - Whether main job involves shift work
  - Job satisfaction
  - Frequency of working at night between 10pm and 4am
  - Frequency of working in the early morning between 4am and 7am
<table>
<thead>
<tr>
<th><strong>Other jobs:</strong></th>
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</thead>
<tbody>
<tr>
<td>Number of jobs</td>
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<tr>
<td>Frequency of hours worked at other job</td>
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<thead>
<tr>
<th><strong>Partner</strong></th>
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<tbody>
<tr>
<td>Current main economic activity</td>
</tr>
<tr>
<td>Whether working full or part-time</td>
</tr>
<tr>
<td>Whether temporarily or long-term sick or disabled</td>
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<thead>
<tr>
<th><strong>Income</strong></th>
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<tbody>
<tr>
<td>Sources of income (cohort member and partner)</td>
</tr>
<tr>
<td>Total take home income after tax and deductions</td>
</tr>
<tr>
<td>How well cohort member is managing financially</td>
</tr>
<tr>
<td>Savings and investments</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th><strong>Debt:</strong></th>
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<tbody>
<tr>
<td>Type of debt (except mortgages)</td>
</tr>
<tr>
<td>Total amount of debts</td>
</tr>
</tbody>
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<thead>
<tr>
<th><strong>Education</strong></th>
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<tbody>
<tr>
<td>Whether obtained any recognised qualifications since last interview</td>
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<tr>
<td>Qualifications achieved in reference period</td>
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</table>

**For each type of qualification:**
- Number of qualifications
- Grade / level
- Date qualification achieved
- Who paid fees

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<tr>
<th><strong>Health</strong></th>
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<tbody>
<tr>
<td>Self-rating of general health</td>
</tr>
<tr>
<td>Self-rating of general health compared to a year ago</td>
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Any physical or mental health conditions or illnesses lasting or expected to last 12 months
Whether illnesses/conditions reduce ability to carry out day to day activities
Length of time ability to carry out day to day activities has been reduced

Health problems since last interview (21 broad conditions with follow-up questions to identify specific conditions plus details of any ‘other’ conditions)

**For each health problem:**
- Whether health problem diagnosed by a doctor

Rose Angina Scale
- Whether taking any medicines

**For each medication:**
- Name of medication
- Purpose of medication (if name not given)
- Whether used medication in last 7 days

Whether respondent has any long acting medication

**For each long acting medication:**
- Name of long-acting medication
<table>
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<tr>
<th>Category</th>
<th>Questions</th>
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</table>
| Purpose of long-acting medication (if name not given) | How often respondent has long acting medication  
Whether respondent has taken medication in last period  
How many times attended hospital/clinic as out-patient  
Whether been in hospital/clinic as in-patient  
Days spent in hospital/clinic as in-patient  
Self-rating of dental health |
| Smoking and drinking          | **Smoking:**  
Whether smokes (or used to smoke)  
Number of cigarettes smoked per day  
Age started smoking regularly  
Age when quit smoking  
Whether uses electronic cigarette  
Whether partner smokes (or used to smoke)  
**Drinking:**  
Type of drink consumed in last week  
Amount of beer drank in last week  
Amount of spirits drank in last week  
Amount of wine drank in last week  
Number of alcopops in last week |
| Diet                           | Number of days per week eats breakfast                                                      |
| Exercise                       | Number of days in a typical week does 30 mins or more of exercise                           |
| Height and weight              | Self-assessment height  
Self-assessment weight  
Cohort member's assessment of their weight (underweight to overweight)  
Whether trying to lose weight, gain weight or stay about the same |
| Sleep                          | Average time it takes to fall asleep  
Average number of hours of sleep had per night over the last 4 weeks  
Frequency of waking and having trouble falling back asleep in last 4 weeks  
Frequency of getting enough sleep to feel rested on waking in last 4 weeks  
Whether snores |
| Computer Assisted Self-Interview | **Attitudes and actions about work:**  
Whether has to work very fast  
Whether has to work very intensively  
Whether has enough time to do everything  
Whether learns new things through work  
Whether work demands a high level of skill/expertise  
Whether has choice in deciding how to do work  
Whether has choice in deciding what to do at work  
Whether job provides variety of interesting things  
Whether different groups demand different things  
Work life balance satisfaction  
Satisfaction with partner’s work life balance |
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<tr>
<th>Cognitive function</th>
<th>Word-list recall test</th>
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<tbody>
<tr>
<td></td>
<td>Animal naming task</td>
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<td>Letter cancellation task</td>
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Relationship satisfaction  
Rating of partner's health  

AUDIT-PC (problematic drinking):  
Frequency of having an alcoholic drink  
Number of alcoholic drinks consumed on a typical day when drinking  
Frequency of not being able to stop drinking once started over last year  
Frequency of failing to do what was expected due to drinking in last year  
Has a relative/friend/health worker been concerned about their drinking  

Mental health:  
Whether seen a doctor or specialist for a mental health problem  
(5 broad mental health symptoms and one “other” category)  
Whether still suffers from mental health problem  
Whether seen a doctor or specialist for the mental health problem in the last 12 months  
Details of any children who have died  

Pregnancy (women only):  
Unsuccessful pregnancies and terminations  

Menopause (women only):  
Use of contraception  
Whether has had hysterectomy or oophorectomy  
Age had operation (if applicable)  
Whether has had period or menstrual bleeding in last 12 months  
Reason periods have stopped (if applicable)  
Whether has had period in last 3 months  
Date of last period  
Whether regularity of periods has changed in last few years  
When change in regularity of periods was noticed  
Whether has experienced symptoms of menopause in the last 12 months  
Whether currently on HRT  
Whether has ever had HRT  
When HRT started (if applicable)  
Whether periods had stopped before starting HRT  
Date of last period before HRT  

Voting behaviour and party support:  
Whether voted in last general election  
Who voted for  

Number of cars or vans owned  

Life satisfaction  
Expected life satisfaction in 10 years’ time  

| **Paper self-completion (Pre-interview)** | **Warwick-Edinburgh Mental Wellbeing Scale**  
A series of questions to measure wellbeing at a population level focusing on positive feelings.  
**SF-36 scale:** physical functioning, role limitations due to physical health, role limitations due to emotional problems, energy/fatigue, emotional well-being, social functioning, pain, general health  
**Modified Cambridge EPIC physical activity questionnaire full scale:**  
A series of questions asking about physical activity in everyday life  
**Social participation:**  
Whether a member of a range of social groups (e.g., political parties, neighbourhood watch, evening classes, gym classes)  
Frequency of participation  
**Malaise scale:**  
A series of questions designed to detect levels of emotional disturbance, well-being and stress |
| **Nurse visit** | **Anthropometry**  
Height  
Weight  
Body fat percentage  
Water percentage  
Hip circumference  
Objective Waist circumference  
**Blood pressure**  
Systolic blood pressure reading  
Diastolic blood pressure reading  
**Maximal grip strength**  
**Leg raise / balance**  
Blood sample  
Placement of ActivPal accelerometer |
| **Online Diet Questionnaire** | **Oxford WebQ** - 24 hour recall of food and drink consumption on 2 days randomly selected from the 7 days following nurse visit.  
Nutrient intake automatically derived. |