Institute of Education

UCL

Wellbeing research using the CLS cohorts

CENTRE FOR LONGITUDINAL STUDIES

This workshop is funded by

What Works Wellbeing

E·S·R·C ECONOMIC & SOCIAL RESEARCH COUNCIL

Workshop today

10.00-10.45 Introductory session

10:45 – 11:10 Tea/Coffee break

11.10 -13.00 New wellbeing research using cohort studies

13:00 – 14:00 Lunch (provided)

14:00 – 15:00 Option A. Methods and data workshop

14:00 – 15:30 Option B. Research Q&A

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What you will learn

- Get to know CLS and other longitudinal data sources
- What have we measured on wellbeing in the CLS studies?
- How to access our data

- Option A: Use stata to analyse cohort data
- Option B: Questions about your own research

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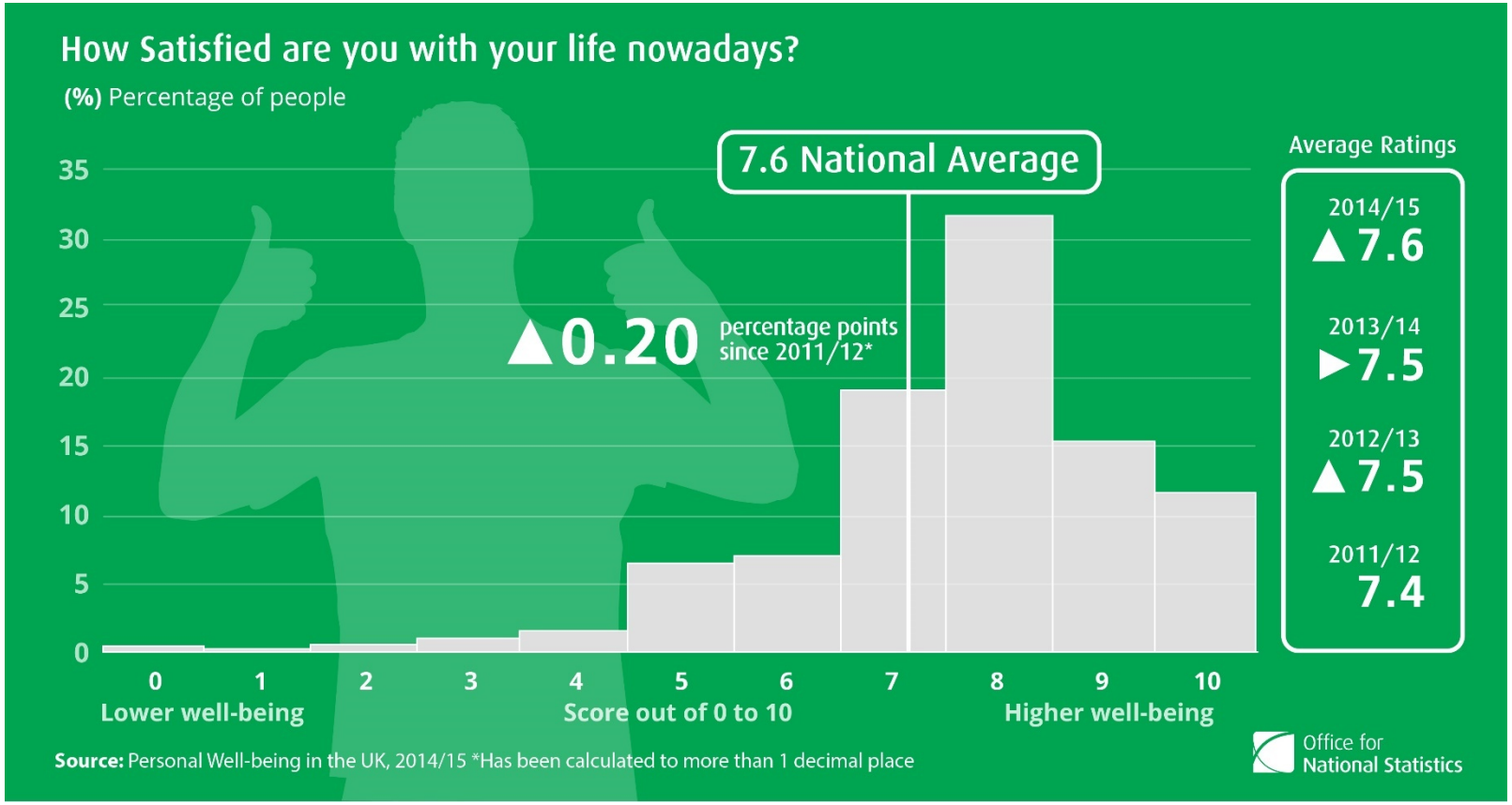
LONGITUDINAL
STUDIES

Why use longitudinal data?

Cross-sectional surveys tell us about reported levels of wellbeing



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Why use longitudinal data?

- How does an individual's wellbeing change over time?
- What are the predictors/ causes of wellbeing (and change)?
- What are the consequences of (change in) wellbeing?
- What are the effects of policy interventions?
- The changing experience of different cohorts

CLS Studies

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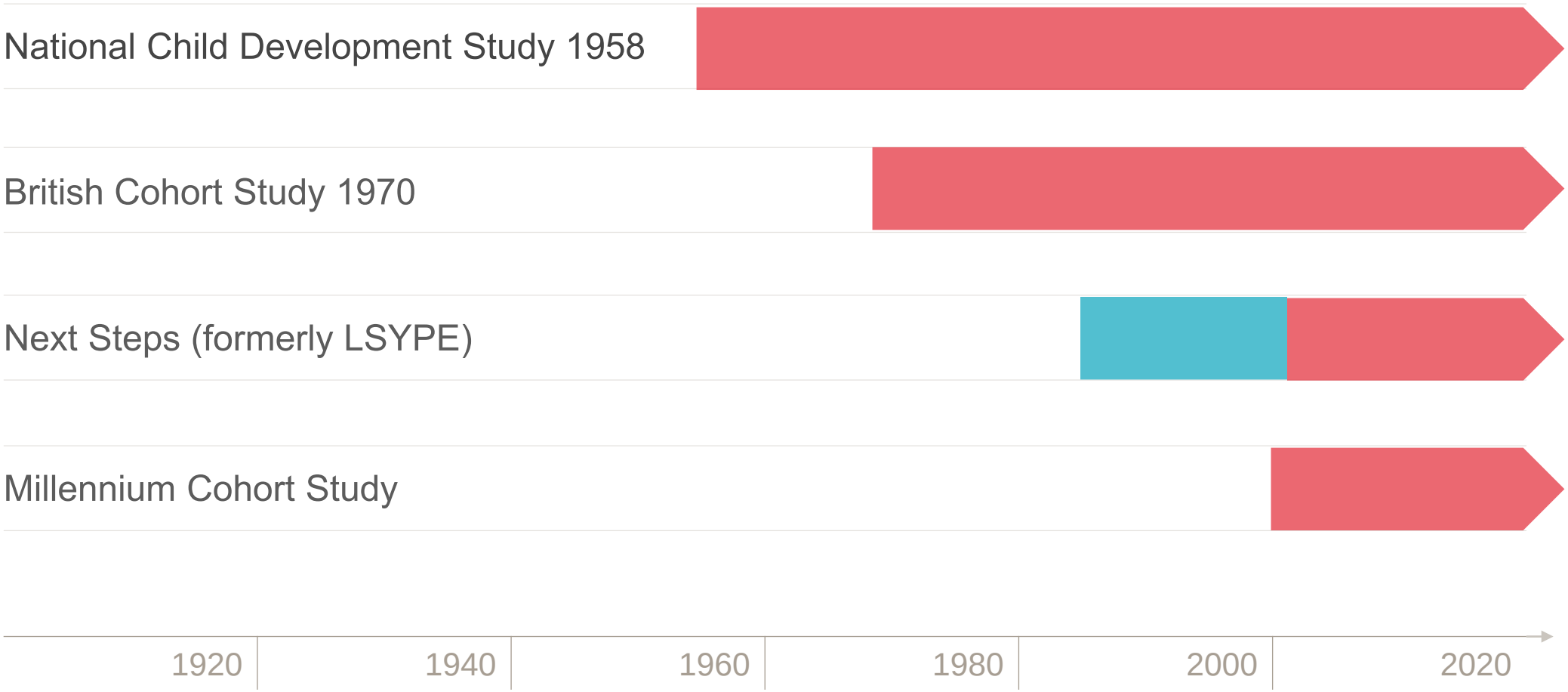

CLS Studies

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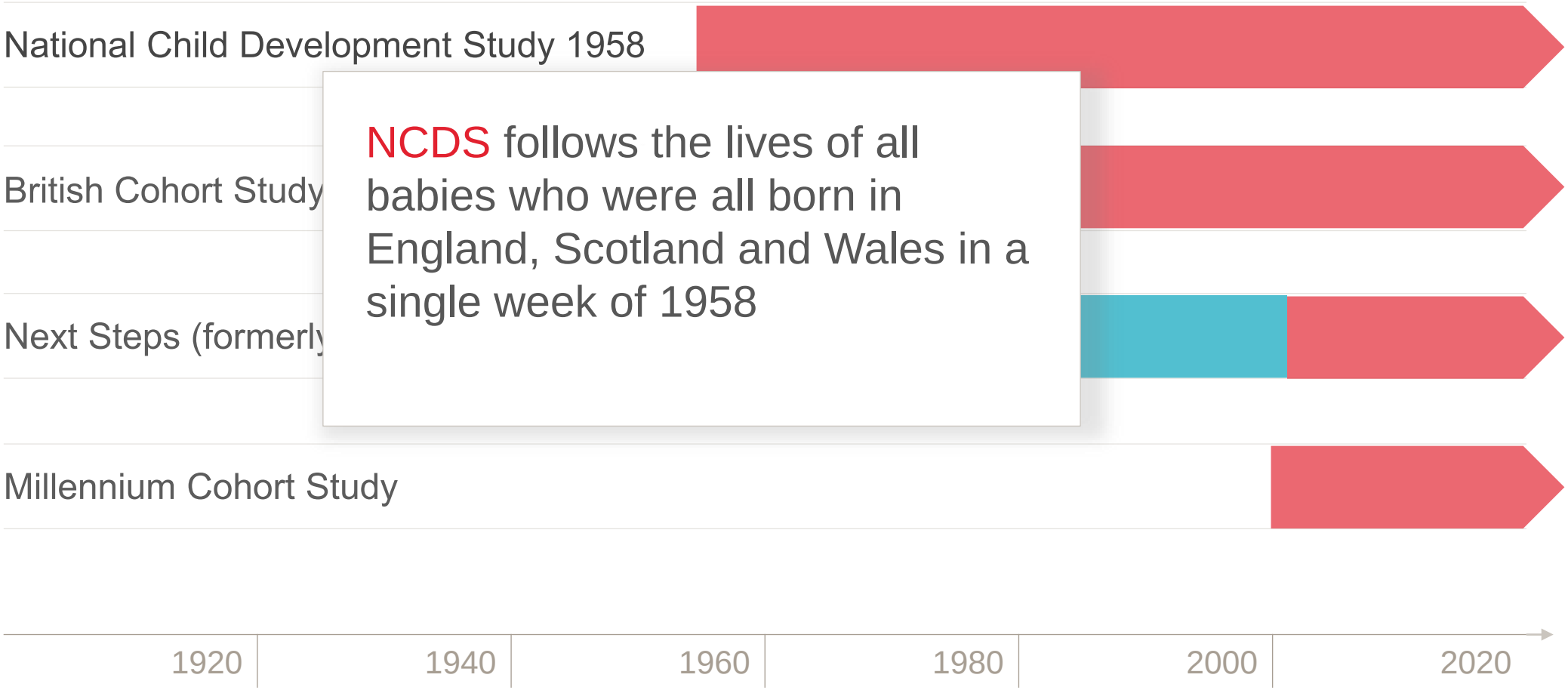

NCDS follows the lives of all babies who were all born in England, Scotland and Wales in a single week of 1958

CLS Studies

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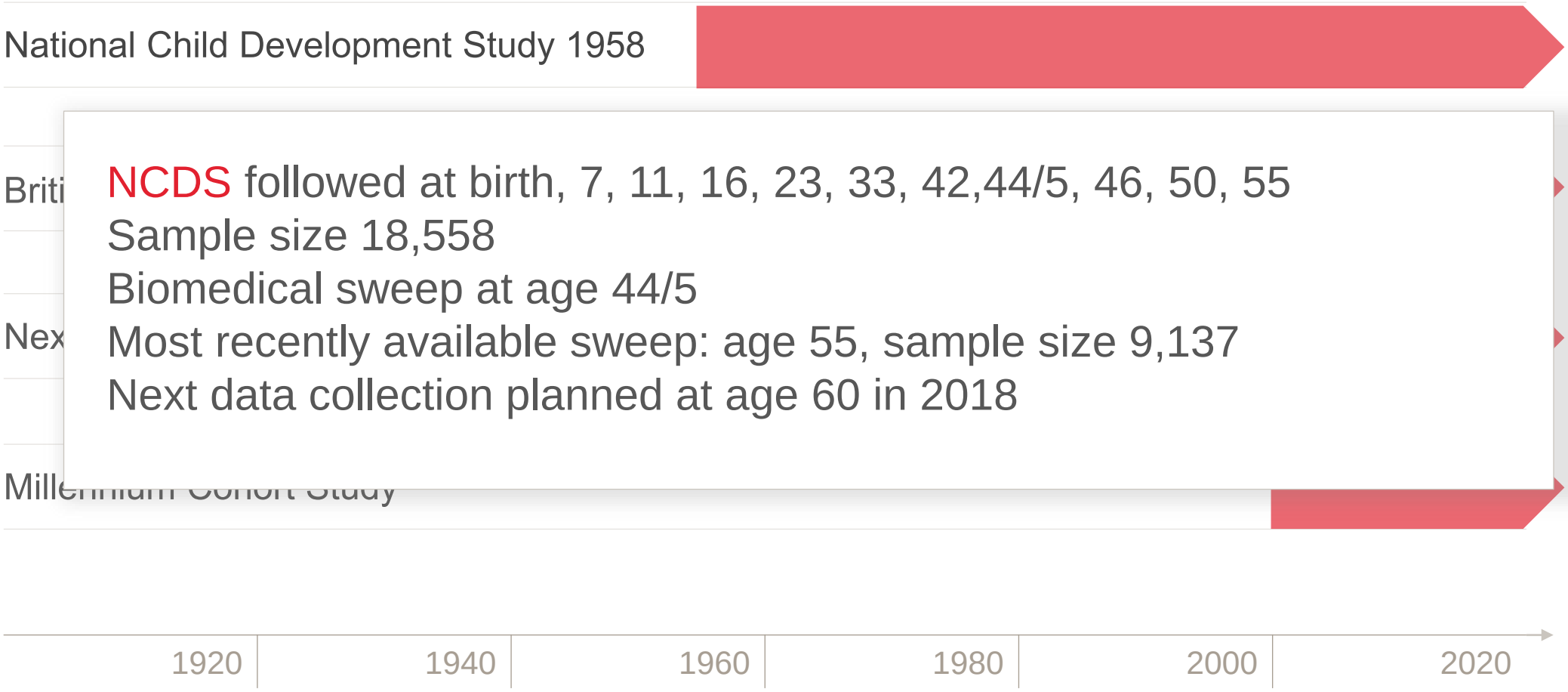

CLS Studies

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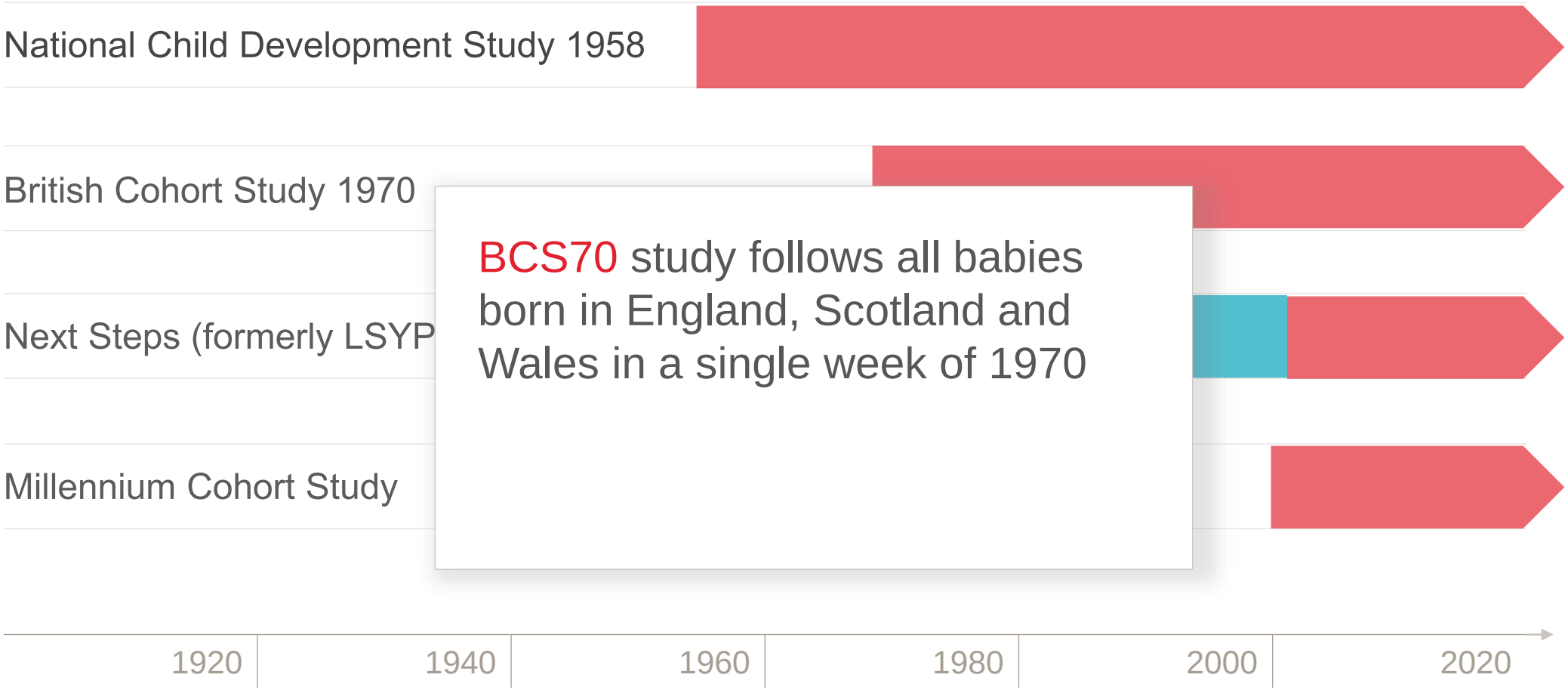

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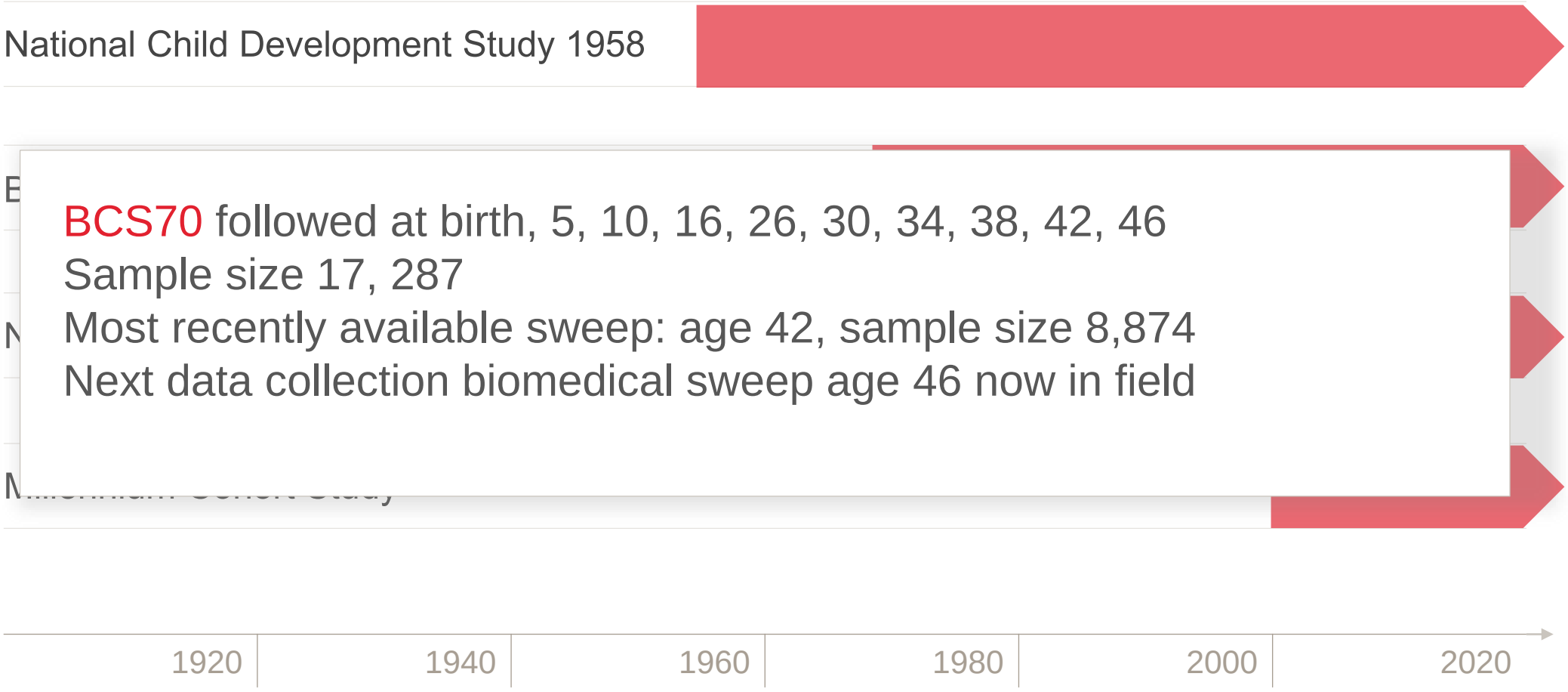

CLS Studies

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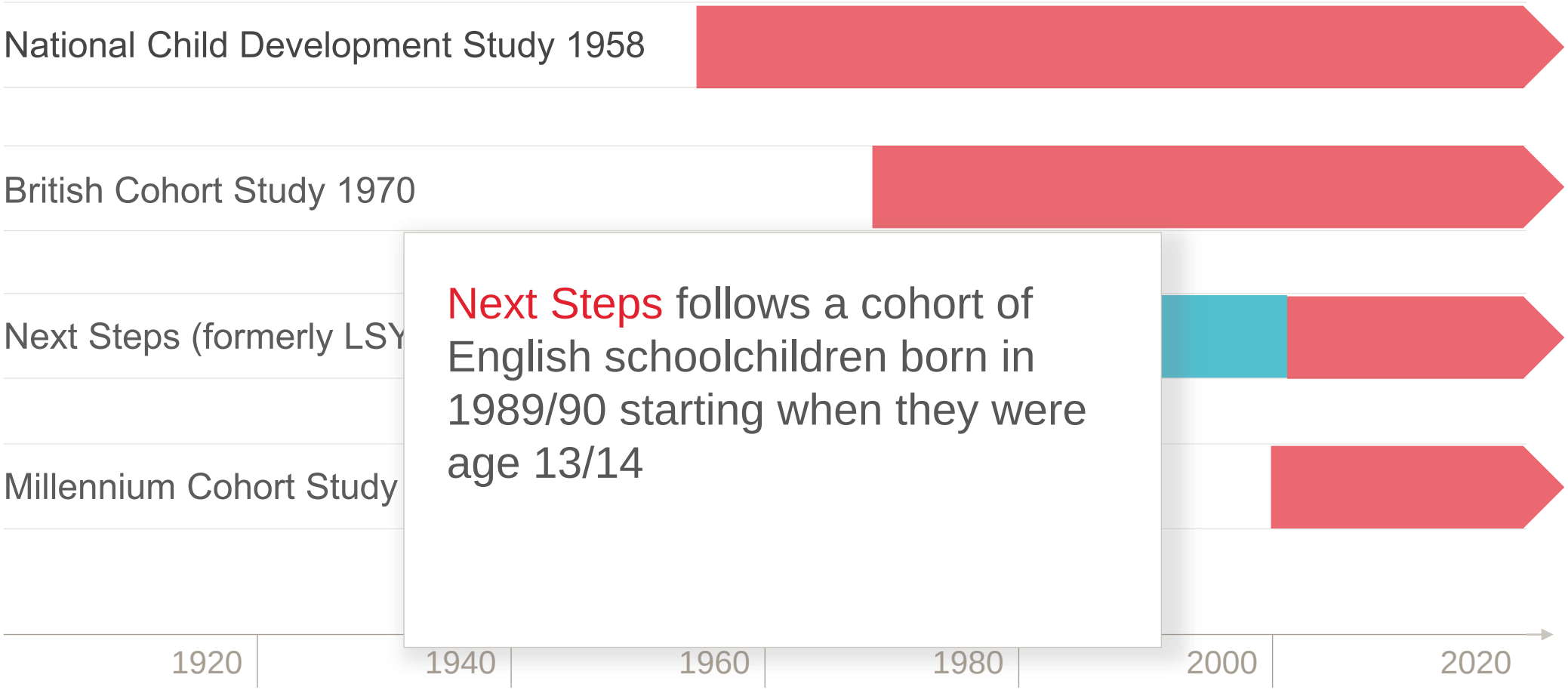

Next Steps follows a cohort of English schoolchildren born in 1989/90 starting when they were age 13/14

CLS Studies

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National Child Development Study 1958

Next Steps followed at ages 13,14,15,16,17,18,19, and 25
Sample size 15,770
Initial focus on education and school/ family context – now broadened
Most recent sweep age 25 available March 2017, sample size 7,707

CLS Studies

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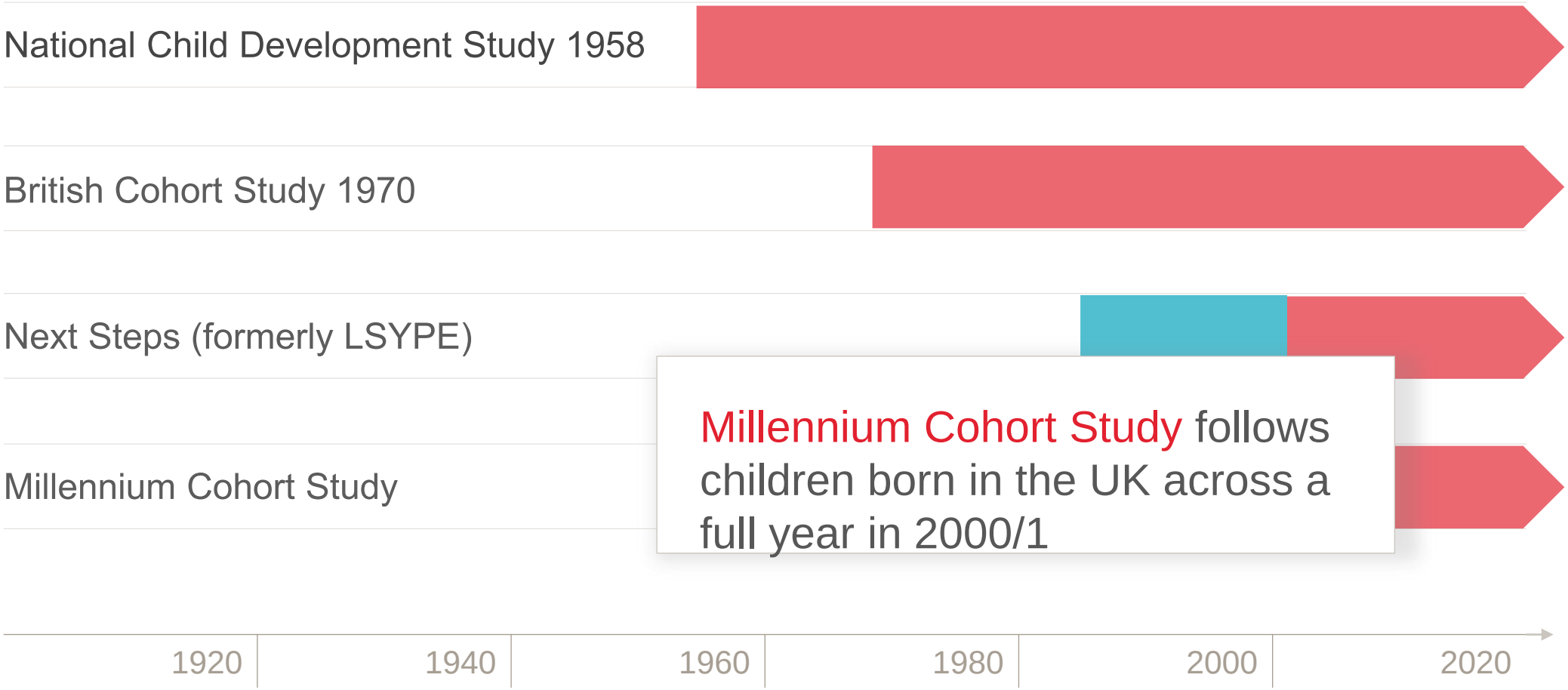

CLS Studies

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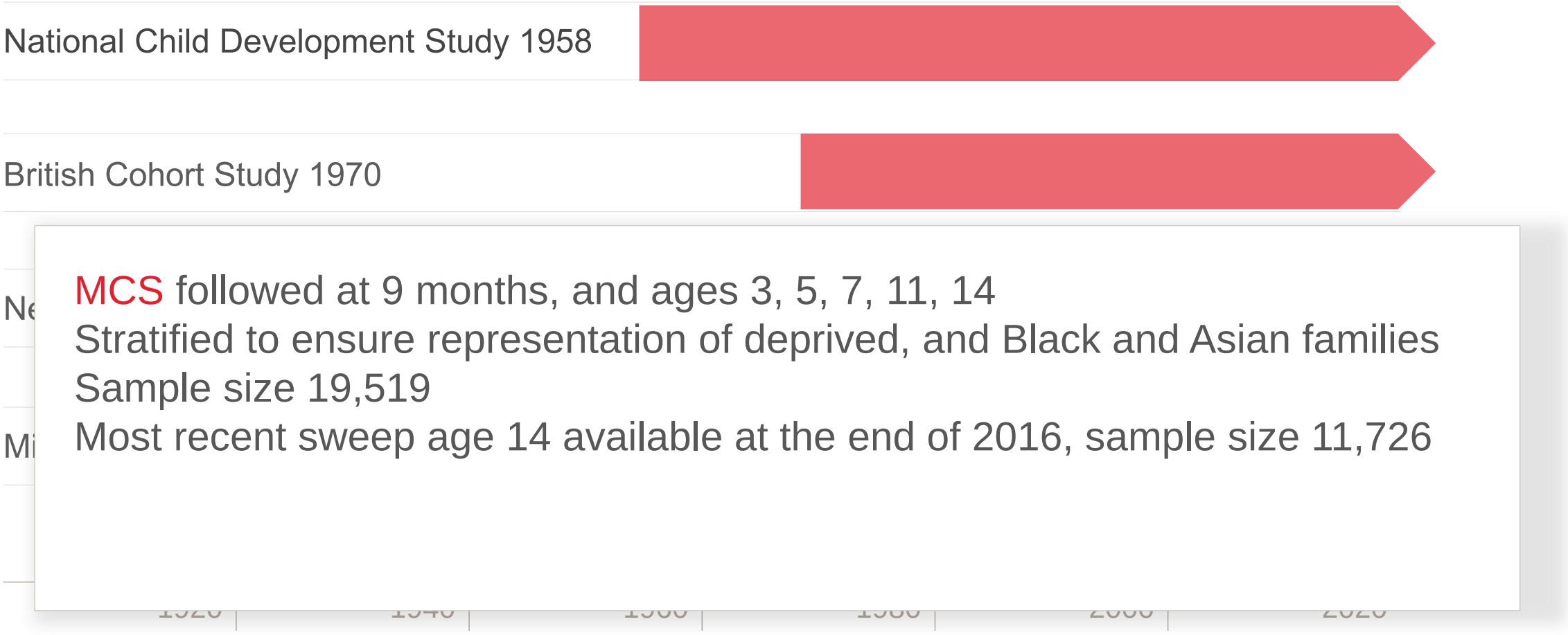

MCS followed at 9 months, and ages 3, 5, 7, 11, 14
Stratified to ensure representation of deprived, and Black and Asian families
Sample size 19,519
Most recent sweep age 14 available at the end of 2016, sample size 11,726

Types of information covered: an adult cohort

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Birth	School years	Adult
Household composition	Household composition	Household composition
Parental social class	Parental social class	Employment
Obstetric history	Parental employment	Social class
Smoking in pregnancy	Financial circumstances	Income
Pregnancy	Housing	Housing
Labour	Health	Health
Birthweight, length	Cognitive tests	Well-being and mental health
	Emotions and behaviour	Health-related behaviour
	School	Training and qualifications
	Views and expectations	Basic skills
	Attainment	Cognitive tests
		Views and expectations

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Social class of origin and adult well-being

Types of information covered: an adult cohort

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	Attainment	

Childhood predictors of life satisfaction

MCS Age 14: Data out very soon

Plans for Initial Findings

- Mental health and wellbeing
- Overweight/obesity
- Language development (cross-cohort)
- Risky behaviours, bullying + victimisation
- Aspirations

- *Common thread → focus on understanding longitudinal patterns, trajectories and correlates*

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Other UK longitudinal studies including wellbeing

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National Survey of Health and Development

ELSA

Understanding Society

Measures of wellbeing in the CLS studies

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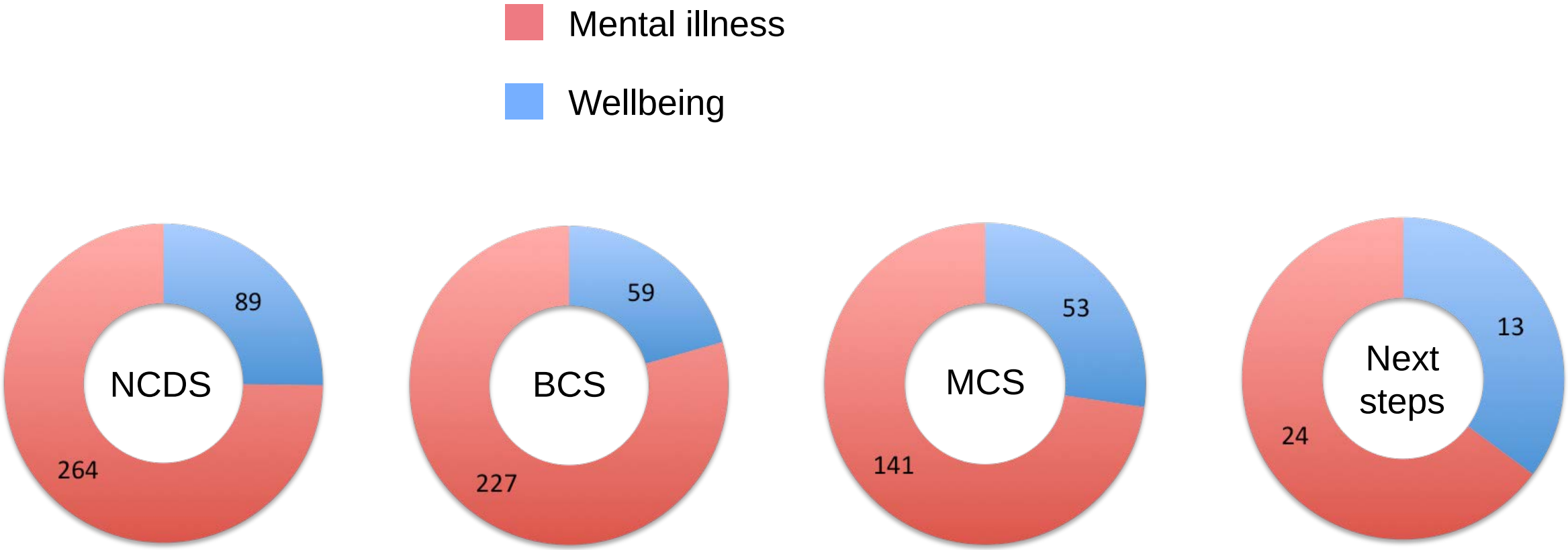

Variable overview for wellbeing

CENTRE FOR LONGITUDINAL STUDIES

Wave	Year	Age CM	Subject	Dataset	Variable name	Scale	Description
3	1974	16	Parent	5565	n2417		Satisfaction with school
3	1974	16	Cohort member	5565	n2877		Satisfaction places to meet
5	1991	33	Child (Mother report)	5567	n516834		Happy at school
5	1991	33	Child (Mother report)	5567	n516843		Satisfaction with school
5	1991	33	Cohort member	5567	n509769	Self efficacy	Self efficacy
5	1991	33	Cohort member	5567	n509770	Self efficacy	Self efficacy
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Variable overview for wellbeing

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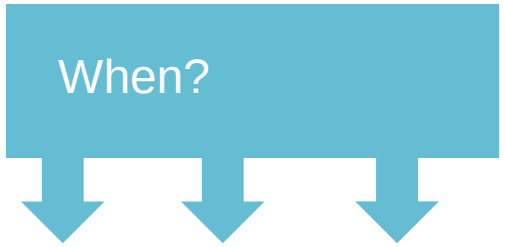

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Variable overview for wellbeing

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More details

Item	Response categories	Approx. nr. cases
To what extent has the parent been satisfied with child's education at present school?	1 = satisfied, 2 = satisfied in some ways but not in others, 3 = dissatisfied	11492
How satisfied are you with places for young people to meet in your neighborhood?	1 = satisfied, 2 = uncertain, 3 = dissatisfied, 4 = Not bothered	11931
Is child happy at his/her school?	1 = Yes, 2 = No	2671
Overall, have you been satisfied with child's education at present school?	1 = very satisfied, 2 = satisfied, 3 = neither, 4 = dissatisfied, 5 = very dissatisfied	2705

Types of variables on wellbeing

CENTRE FOR LONGITUDINAL STUDIES

General wellbeing	Domain specific wellbeing
Single items, e.g.: - Life satisfaction "On a scale 0 to 10 …" "All things considered, how happy are you?" Scales, e.g.: - WEMWBS - Quality of Life (CASP) - GHQ - SF-36 - Compared with others - Happiness and wellbeing	Single items, e.g.: - Job satisfaction - Satisfaction with work/life balance - Relationship satisfaction - Satisfaction with housing - Happy at school (Child) / Satisfaction with school (Parent) - Satisfaction with area you live in Scales, e.g.: - Self efficacy - What am I like (self esteem) - Rosenberg's self esteem scale

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Life satisfaction: NCDS and BCS

Life satisfaction

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“Here is a scale from 0 to 10, where '0' means that you are completely dissatisfied and '10’ means that you are completely satisfied. Please enter the number which corresponds with how satisfied or dissatisfied you are with the way life has turned out so far.”

Measured in several cohort studies:

- NCDS: Age 33, 42, 46, 50
- BCS: Age 26, 30, 34, 42
- MCS: Parent life satisfaction at all waves

Life satisfaction over the life course (NCDS)

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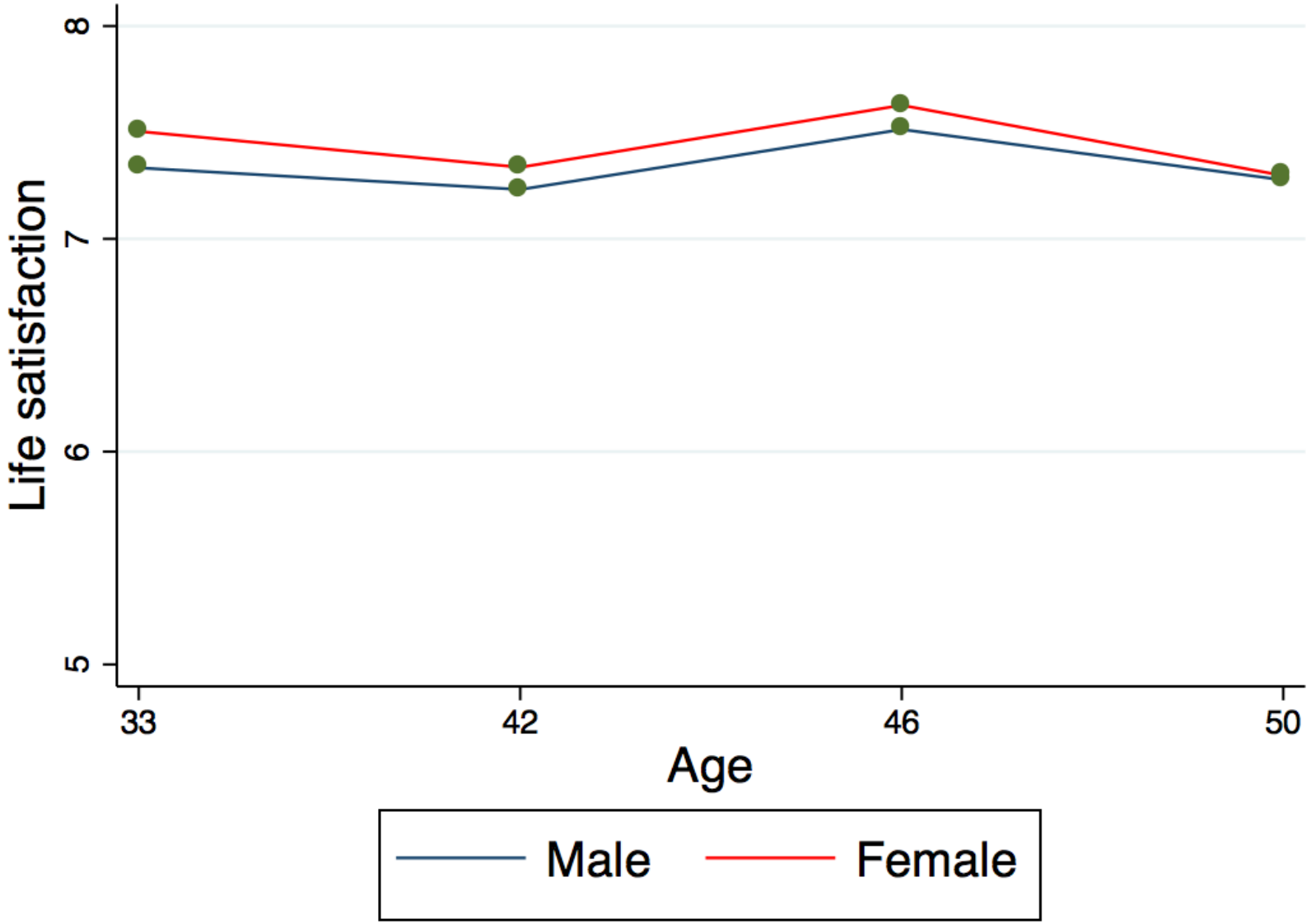

Life satisfaction by childhood social class (NCDS)

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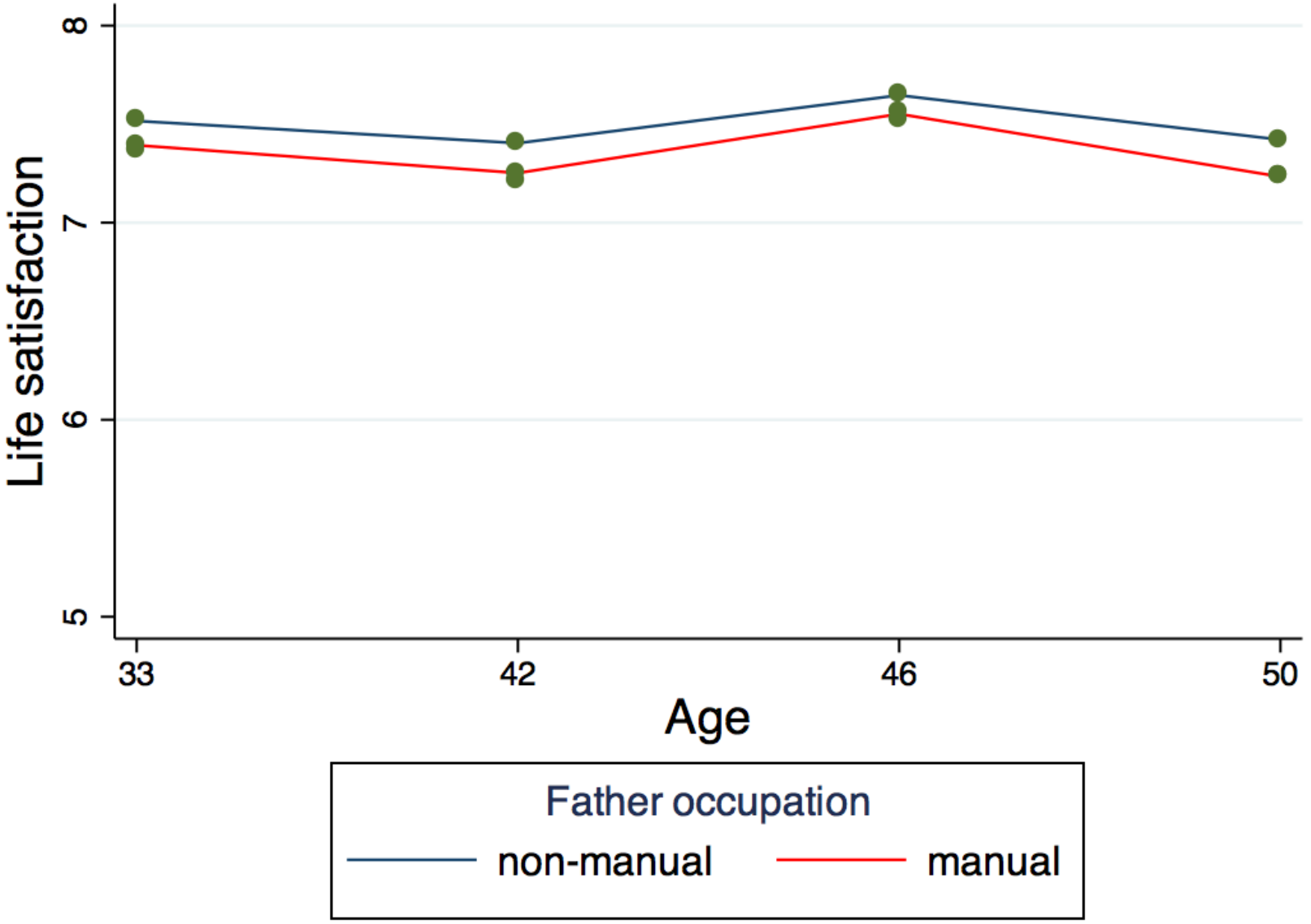

Social class measured as father's type of occupation at age 11

Life satisfaction by childhood social class (NCDS)

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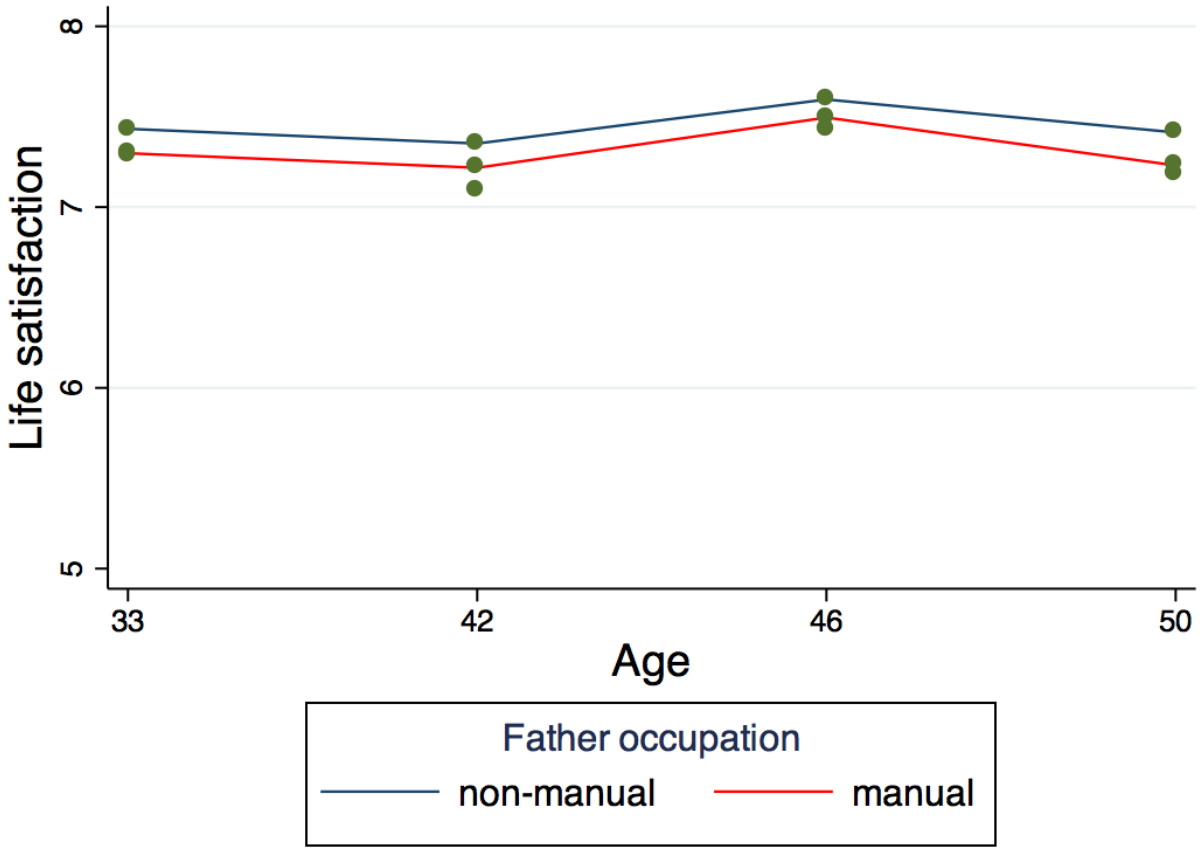
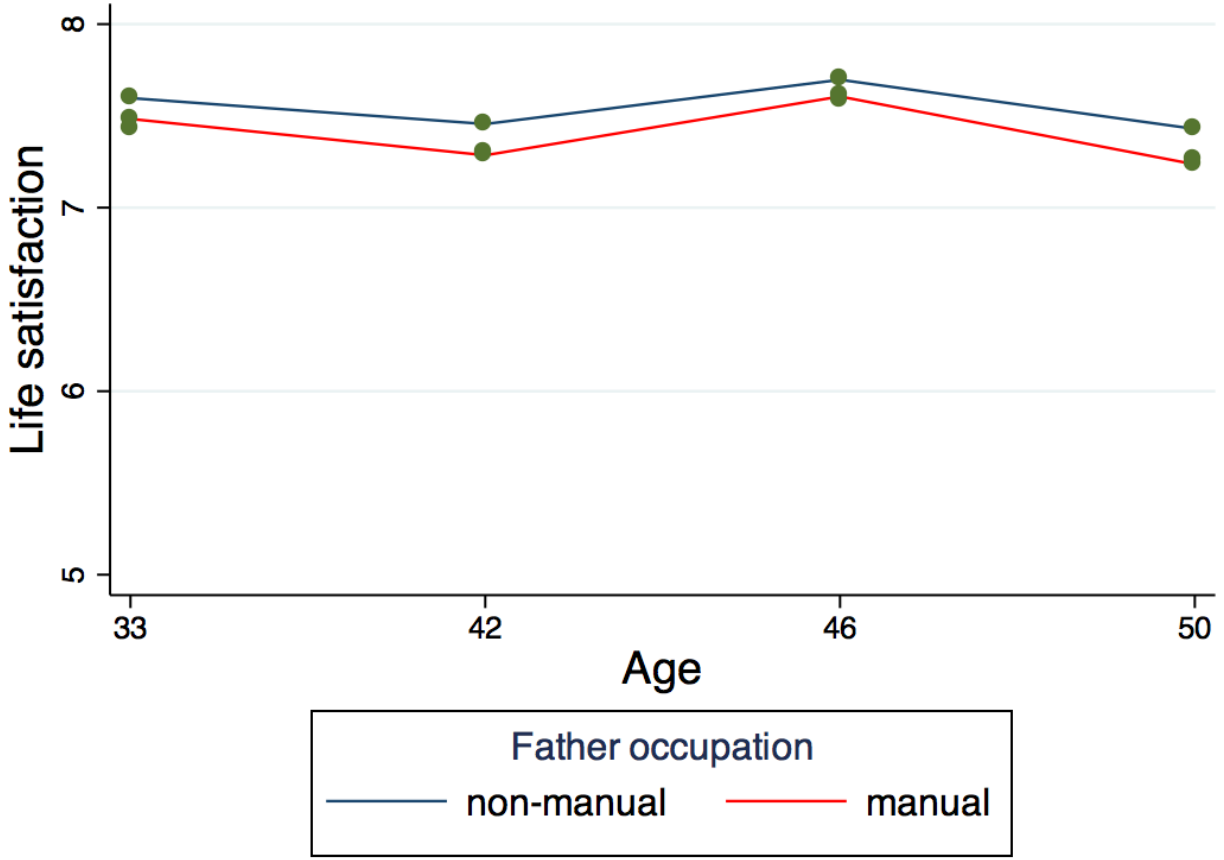
Men



Women



Life satisfaction by number of children (NCDS)

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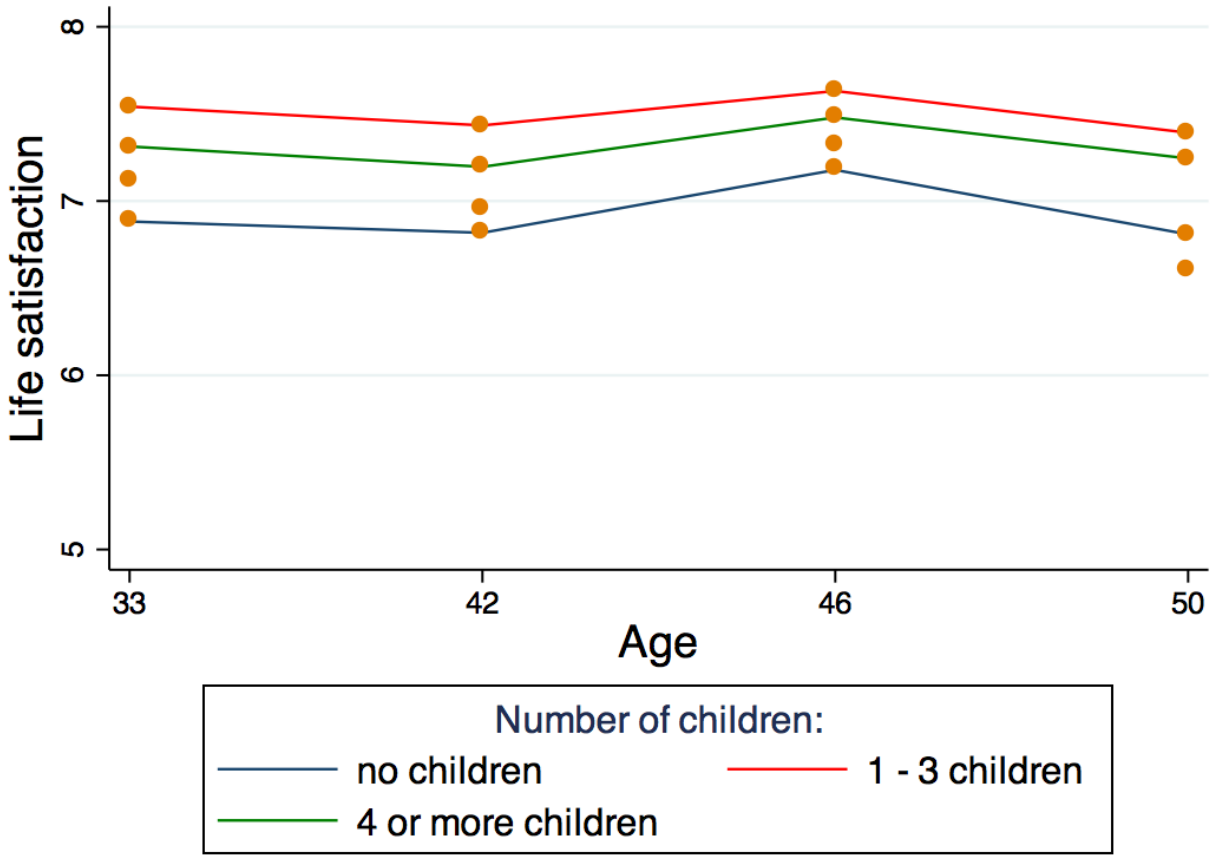
Men



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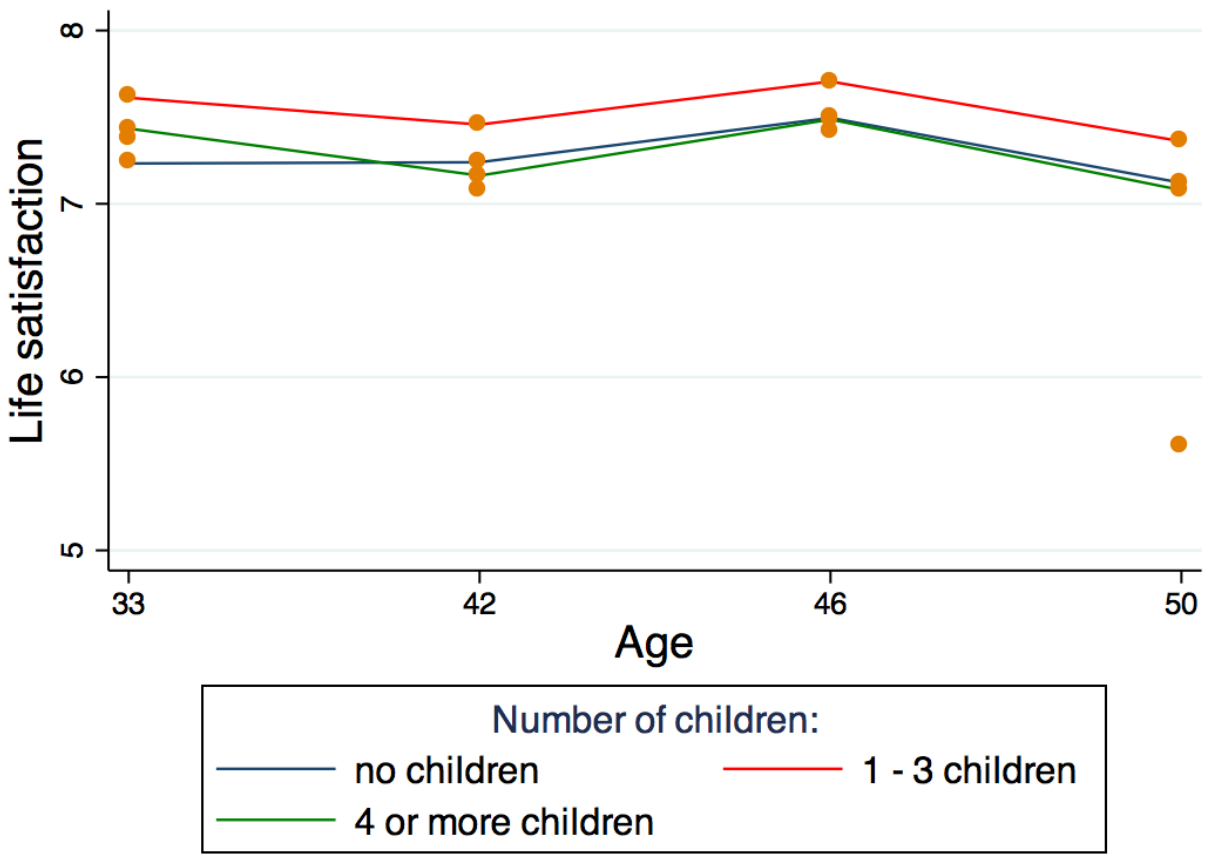

Life satisfaction over the life course: Comparing cohorts NCDS and BCS

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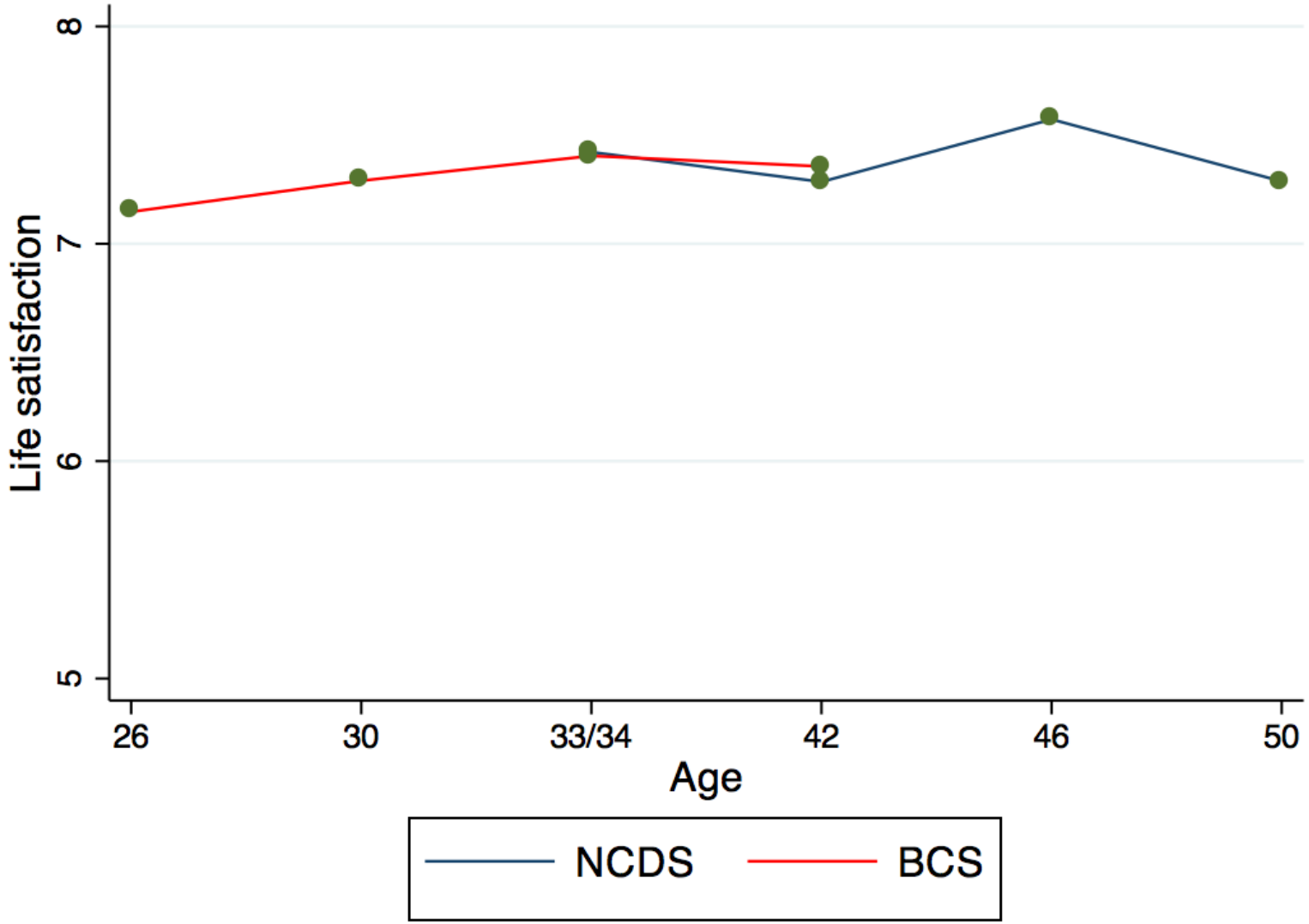

Job satisfaction over the life course: Comparing cohorts NCDS and BCS

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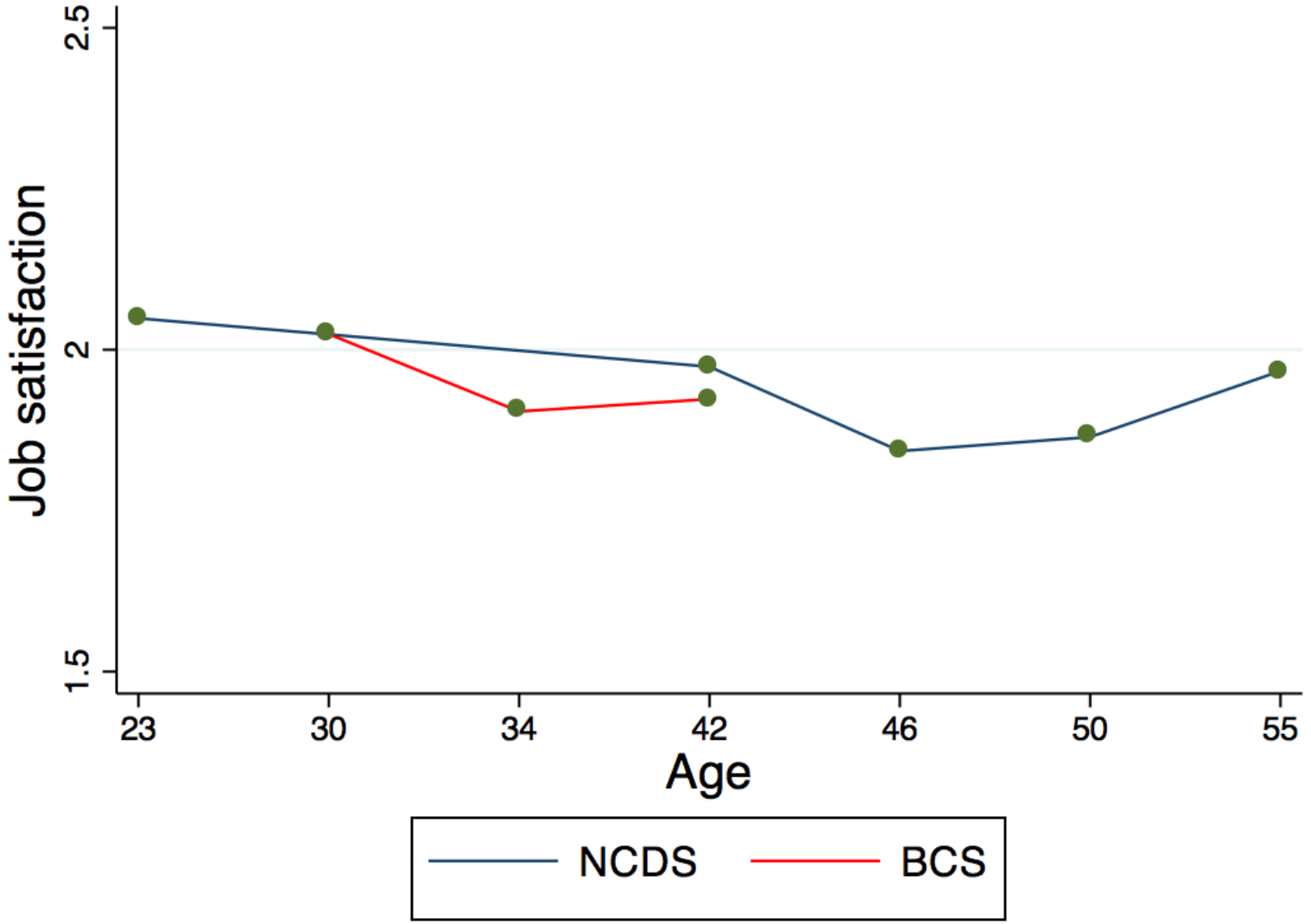

Types of variables on wellbeing

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Wellbeing:
MCS at age 11

Happiness and wellbeing

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- Developed for the youth service of the British Household Panel Study
- 6 areas of life: “How do you feel about …”

  school work / appearance / family / friends / school / life as a whole
- Measured in MCS at age 11 and 14

Happiness and wellbeing: MCS at age 11

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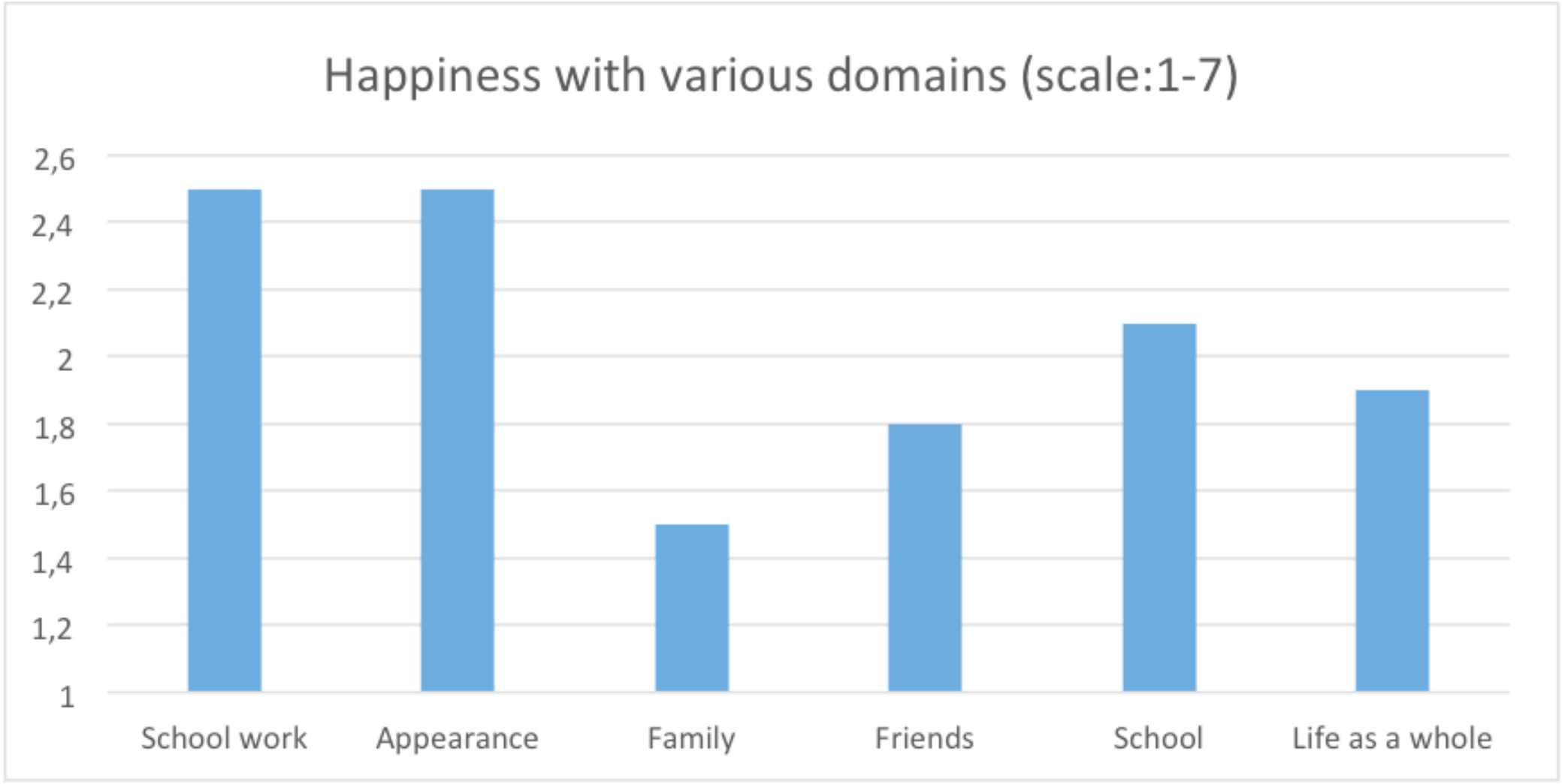

Happiness and wellbeing: MCS at age 11

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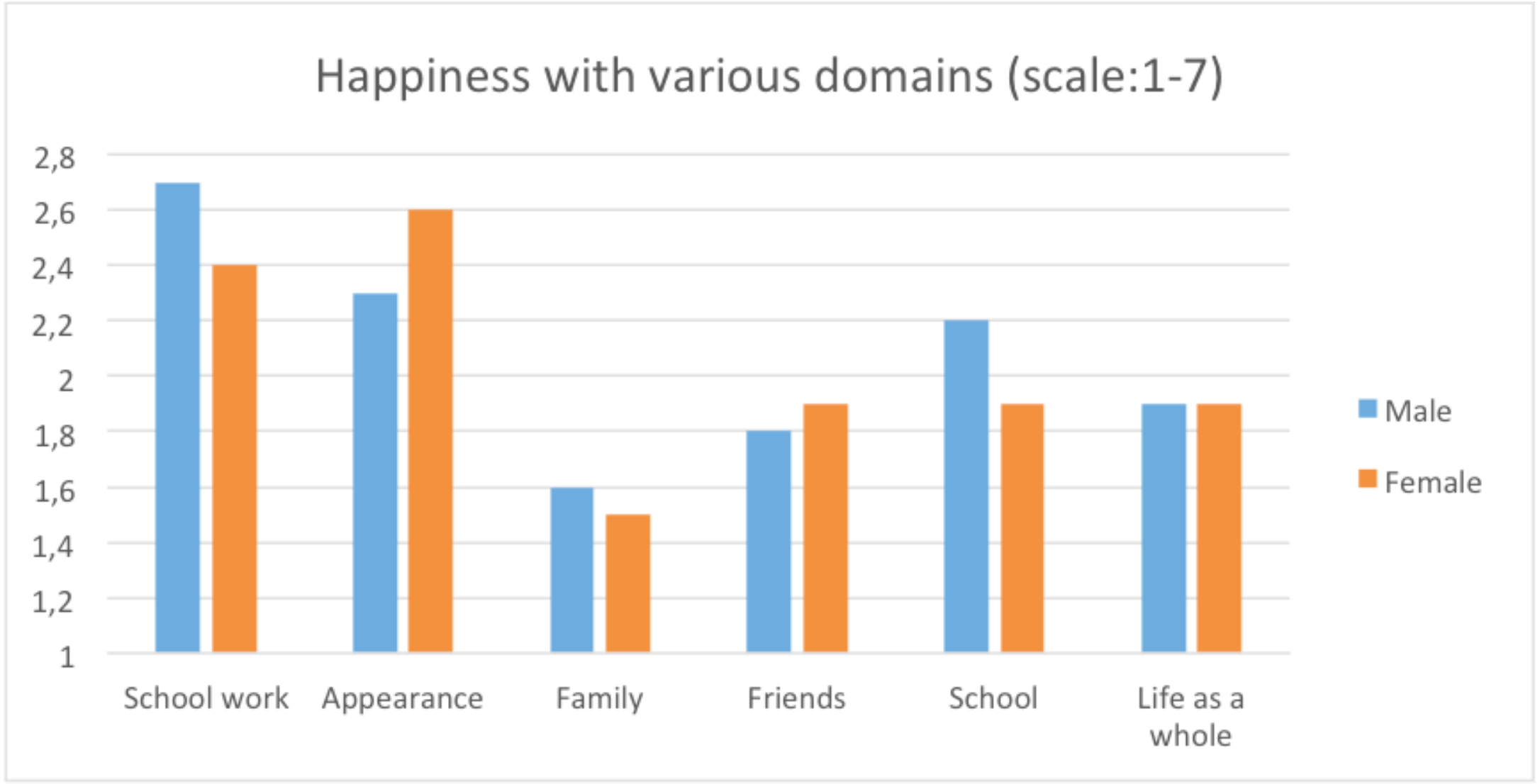

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For parents in MCS: at all waves

Parent life satisfaction over the life course (MCS)

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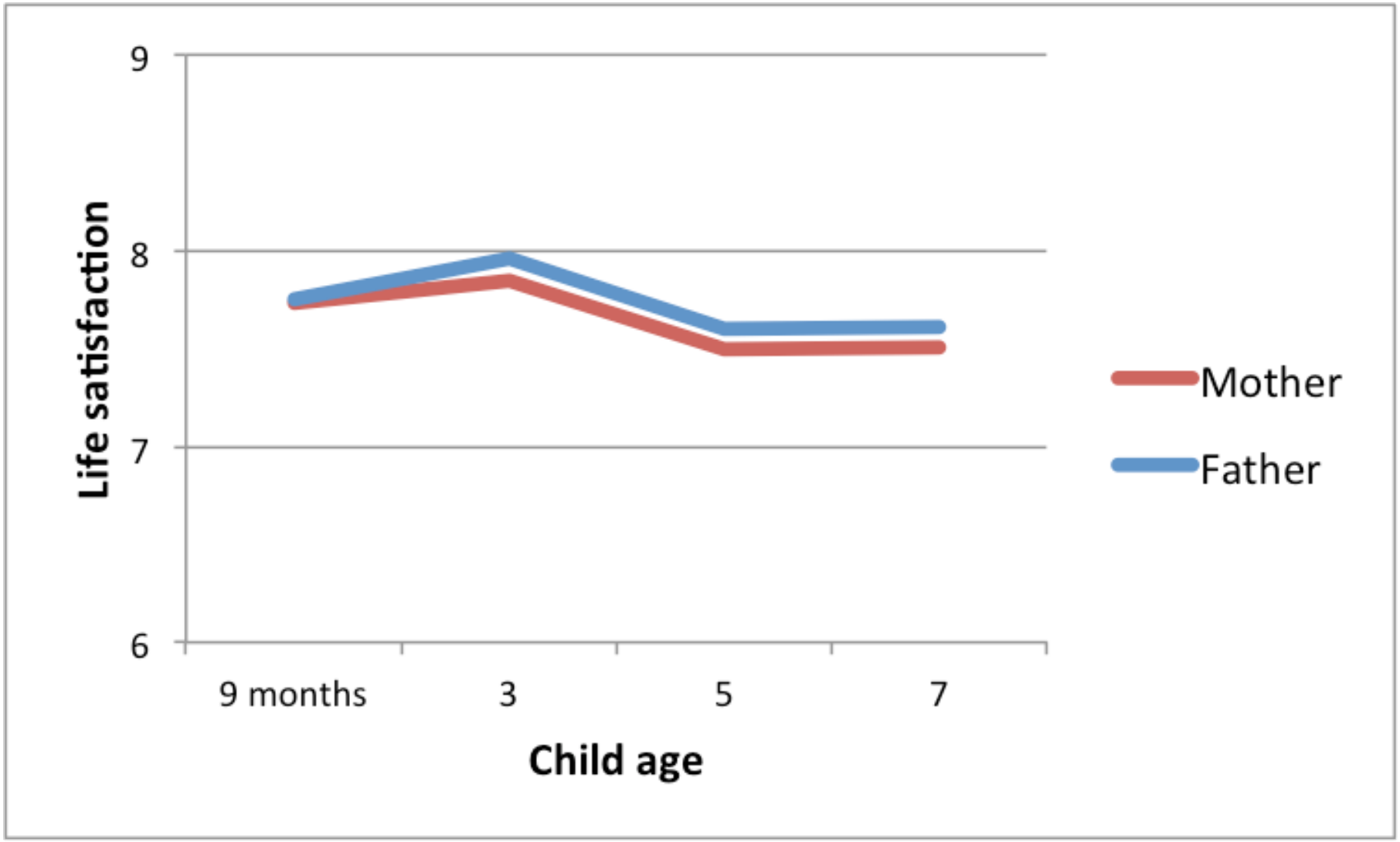

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Next steps at 19-20 years old

Life satisfaction by physical activity (Next steps 19-20)

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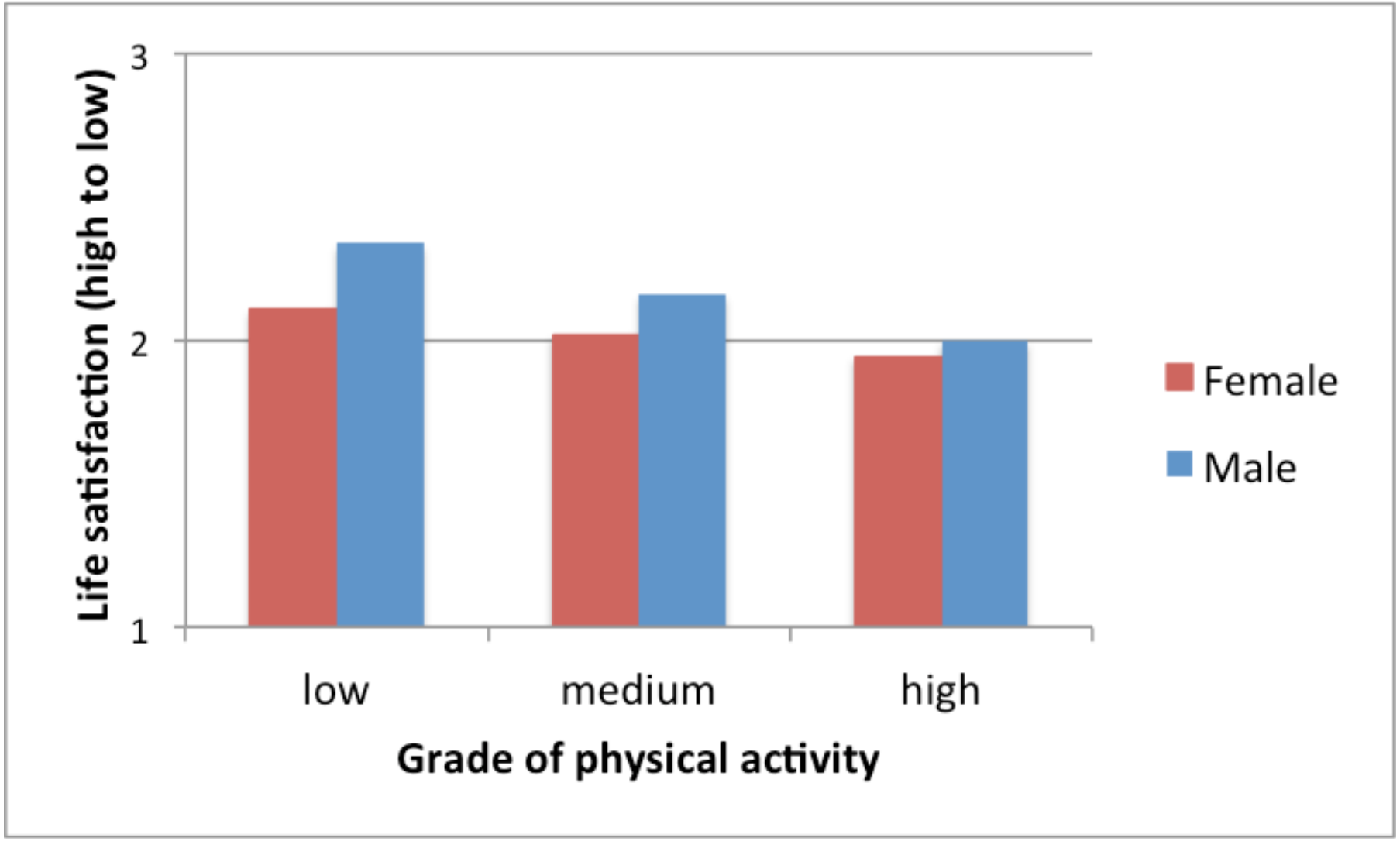
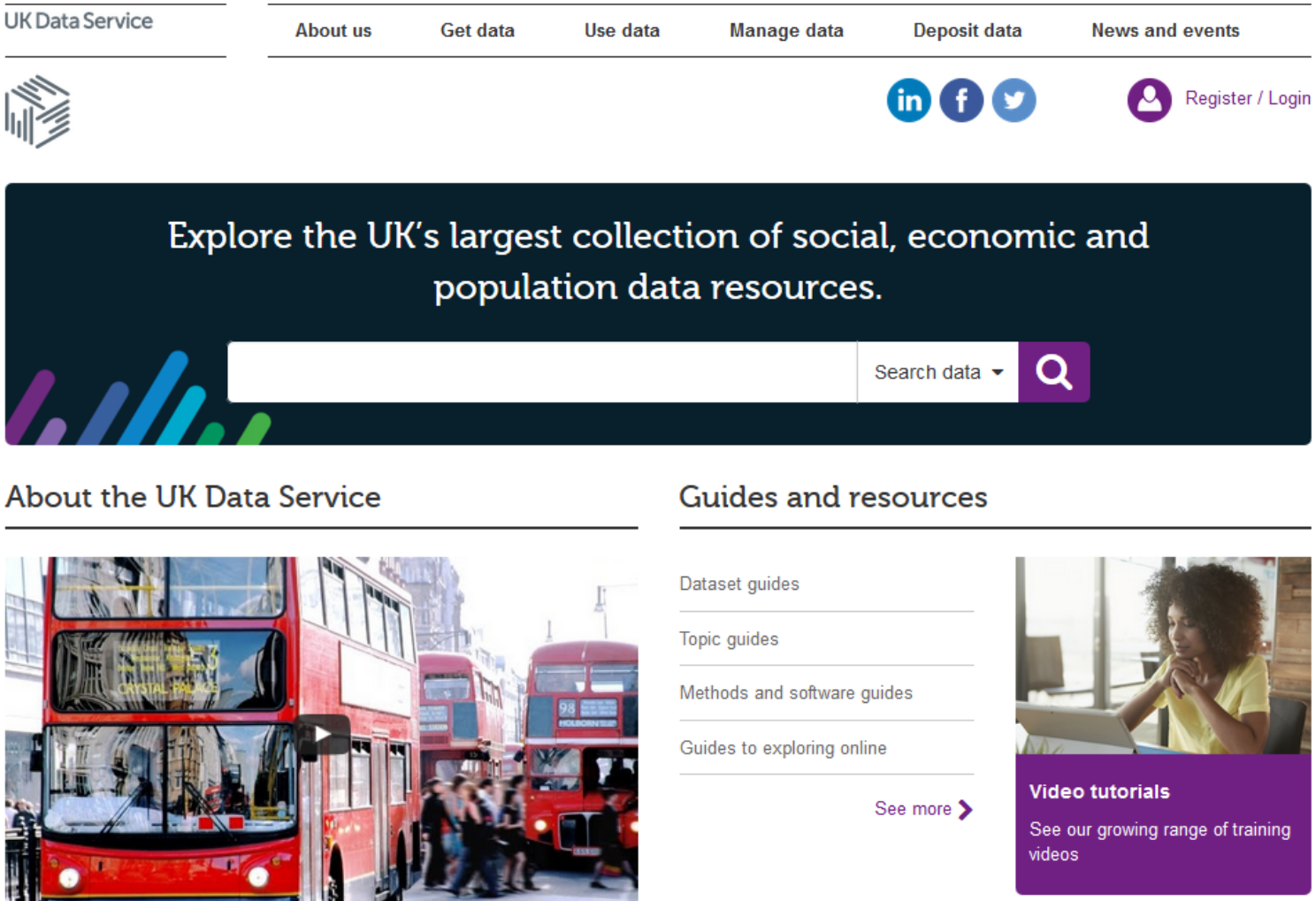


CLS and other data freely available to researchers, government analysts and third sector



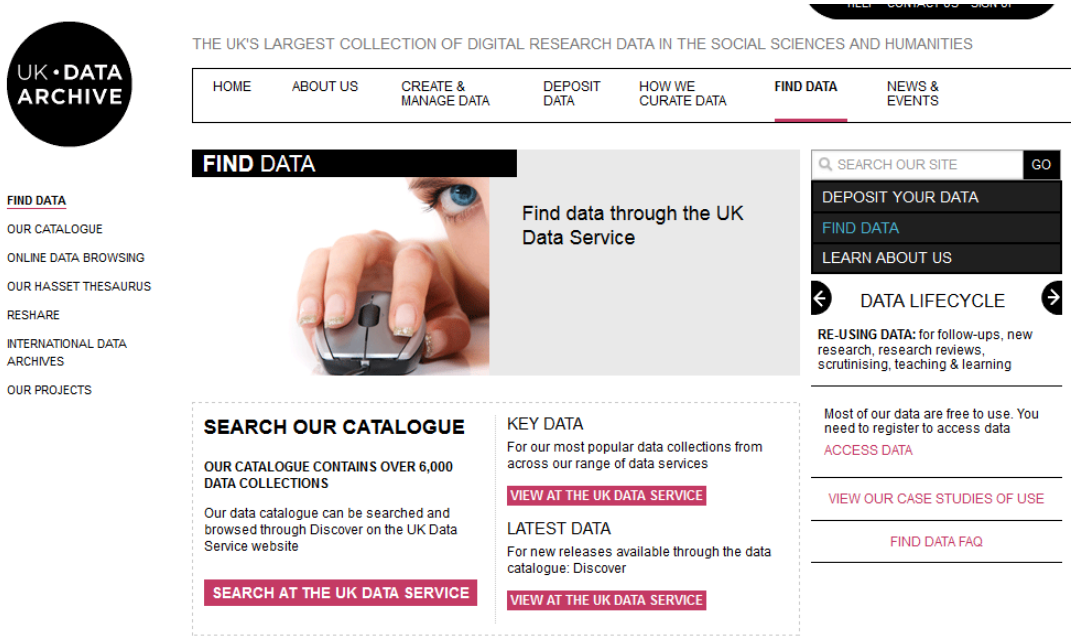
CENTRE FOR LONGITUDINAL STUDIES

ukdataservice.ac.uk

Access from…UKDA (UK Data Archive)

1. Need to create an account
2. State the purpose of the project
3. Find datasets of interest
4. Agree to data security and other policies
5. Download the data and related supporting document

- *(in SPSS or STATA)*



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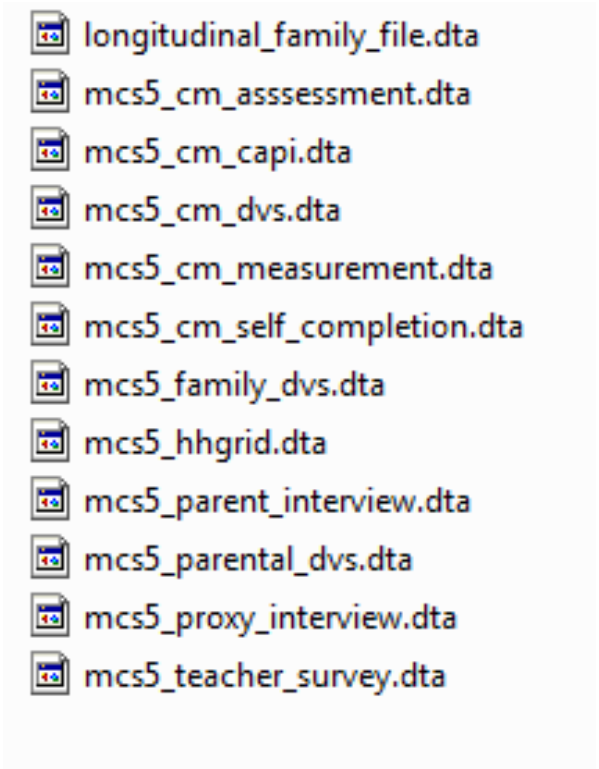
Data files



- Data are available separately by Sweep (i.e. cross-sectional datasets)
- Per sweep multiple files are available: household grid, child self-completion, assessements, parent capi etc.
- Guidance on how to merge files is available in the guidance and supporting documentation

MCS Data and Documentation

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- Data and Documentation for MCS1-MCS5 available from UK Data Service **www.ukdataservice.ac.uk**

- Documentation available from CLS website **http://www.cls.ioe.ac.uk/studies.asp?section=0001000200010015**

- Guides to Initial findings (MCS1/MCS2/MCS3/MCS4/MCS5) available from CLS website **http://www.cls.ioe.ac.uk/studies.asp?section=0001000200010012**

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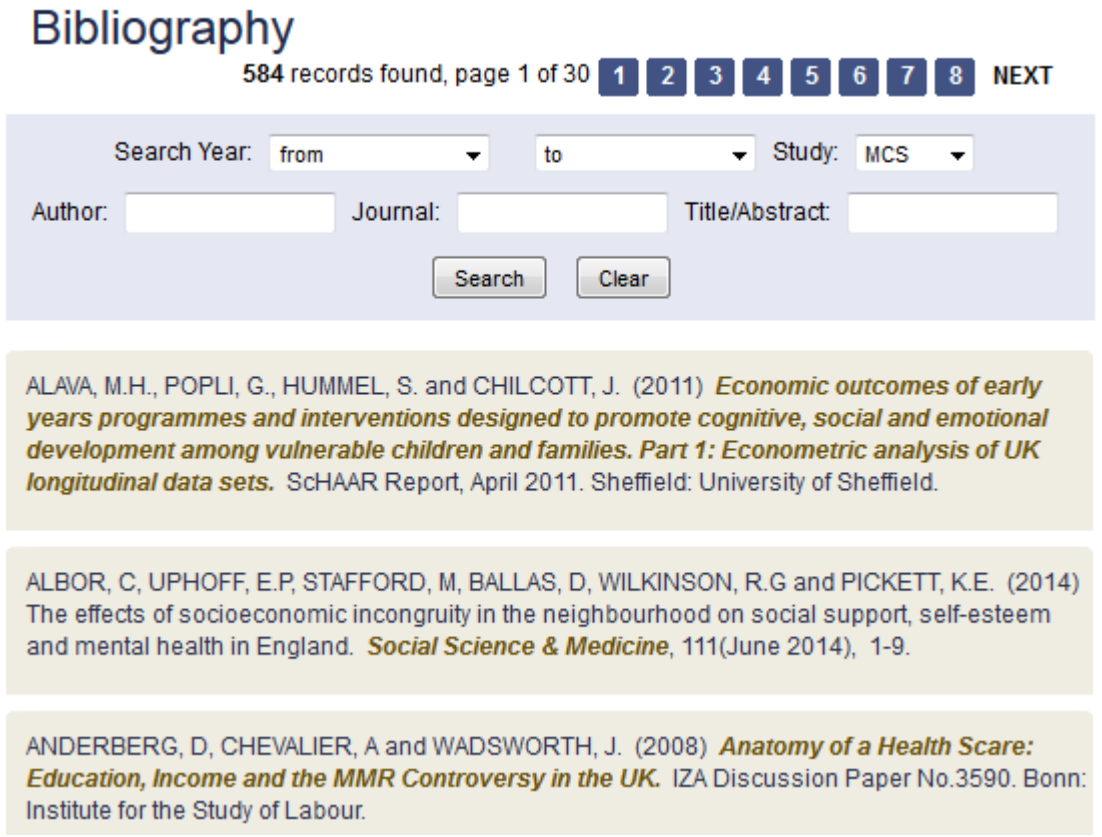
All *known* publications based on CLS cohort studies are searchable in an online database: www.cls.ioe.ac.uk/bibliography.



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Thank you

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