1970 BRITISH COHORT STUDY: LIFE IN YOUR EARLY 50s

Self-completion Questionnaire

HOW TO FILL IN THE QUESTIONNAIRE

- · Please complete the questionnaire using black or blue ink.
- The questionnaire will be read by a scanner, so please mark your answers by putting a cross in the appropriate box X.
- Sometimes you will be asked to write in a box like this: 24 Answer . Please keep your answer within the boxes.
- If you make a mistake or change your mind please completely fill the box to show the mistake [] and then cross the correct answer.
- You may skip any questions that you prefer not to answer.

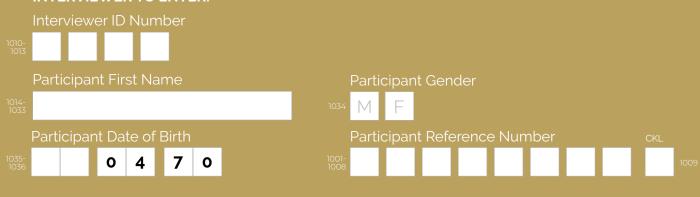
HOW TO RETURN THE QUESTIONNAIRE

When you have completed the questionnaire please seal it inside the envelope provided and send it back to us or hand it to the interviewer if you have arranged for them to visit you. Your responses will be treated in the strictest confidence.

ANY QUESTIONS?

If you have any questions about this questionnaire, or about the British Cohort Study, please contact us: by email at bcs70@natcen.ac.uk or on Freephone 0800 526 397

INTERVIEWER TO ENTER:



BATCH 1037-1047 CARD 1042

SPARE 1043-1048



LEISURE ACTIVITIES

How often have you done each of the following activities in the last 12 months?

CROSS (X) ONE BOX ON EACH ROW At least At least Several At least once a once a times a Less once a week month vear often Never vear a) Play a musical instrument b) Performing arts (singing in a group or choir, acting, 1050 dance/ballet, comedy) c) Painting, drawing, printmaking or sculpture, photography, film or video making as an artistic activity (not family or holidays) d) Textile crafts, wood crafts or any other crafts, such as embroidery, knitting, wood turning, furniture making, pottery or jewellery e) Writing stories, plays or poetry f) Go to the theatre to watch a play/drama g) Go to the theatre to watch a pantomime or musical h) Go to an opera, classical music concert or ballet i) Go to another type of concert Go to the cinema k) Go to watch live sports U) Visit an art exhibition/gallery or a museum

		once a week	once a month	times a year	once a year	Less often	Never
m)	Visit a historical site/stately hom	e	2	3	4	5	6 1061
n)	Visit a theme park	1	2	3	4	5	6 1062
	Visit a zoo, wildlife park or aquarium	1	2	3	4	5	6 1063
p)	Go to a library	1	2	3	4	5	6 1064
	Have a meal in a restaurant, cafe or pub	1	2	3	4	5	6 1065
r)	Go for a drink at a pub or club	1	2	3	4	5	6 1066
s)	Do unpaid voluntary work	1	2	3	4	5	6 1067
t)	Play card or board games	1	2	3	4	5	6 1068
u)	Play computer games (including on a games console smartphone, or tablet)	e,	2	3	4	5	6 1069
2	Which, if any, of these pets	•	•	e at prese XES THAT			
			A dog	1			
			A cat	2			
	Some other furry pet (e.g.			3			
	.		A bird	4			
	Some other pet (6			5			
			NONE	6			1070-1075

SCREEN TIME AND READING

How many <u>hours</u> do you spe device such as a laptop, tab spent watching DVDs, Blu-r	let or sma									
	CROSS (X) ONE BOX ON EACH ROY Less than 1 to 2 2 to 3 3 to 2									
	None	Less than 1 hour a day	1 to 2 hours a day	2 to 3 hours a day	3 to 4 hours a day	More than 4 hours a day				
a) On a typical weekday	1	2	3	4	5	6 1076				
b) On a typical day at the weekend	d l	2	3	4	5	6 1077				
How often do you read bool for work or study)?		_		nat, in your	spare tir	me (not				
	C	CROSS (X) <u>(</u> —	<u>NE</u> BOX							
Every day or a	lmost eve	ry day	1							
Sever	al times a	week	2							
Once	or twice a	week	3							
At leas	st once a r	month	4							
Ev	ery few m	nonths	5							
At le	east once	a year								
	s often or	, <u> </u>]] ₇			1078				
_						1070				
5 How often do you read new										
		CROSS (X) <u>C</u>	ONE BOX							
Every day or a	lmost eve	ry day	1							
Sever	al times a	week	2							
Once	or twice a	week	3							
At leas	st once a r	month	4							
Ev	ery few m	nonths	5							
At le	east once	a year								
	s often or	,				1079				

SPARE 1080-1088

PARTICIPATION

6

Are you currently a member of any of the following organisations?

PLEASE INDICATE WHETHER YOU ARE A MEMBER OF EACH ORGANISATION. IF YOU ARE A MEMBER, RECORD HOW OFTEN YOU TAKE PART IN ITS ACTIVITIES.

		MEMB	ERSHIP	HOW OFTEN YOU TAKE PART						
		Yes	No	At least once a week	About once a month	Less than once a month	Never			
a)	Political party	1	2 1089	1	2	3	4	109		
b)	Trade union	1	2 1091	1	2	3	4	109:		
c)	Environmental group	٦	2 1093	1	2	3	4	109		
d)	Parents'/school association	1	2 1095	1	2	3	4	109		
e)	Tenants/residents group or neighbourhood watch	1	2 1097	1	2	3	4	1098		
f)	Religious group or church organisation	1	2 1099	1	2	3	4	1100		
g)	Voluntary service group	1	2 1101	1	2	3	4	1102		
h)	Other community or civic group	1	2 1103	1	2	3	4	1104		
i)	Social club/working men's club	1	2 1105	1	2	3	4	1106		
j)	Sports club	1	2 1107	1	2	3	4	1108		
k)	Women's Institute/ Townswomen's Guilds	1	2 1109	1	2	3	4	1110		
l)	Women's group/feminist organisation	1	2	1	2	3	4	1112		
m)	Professional organisation	1	2 1113	1	2	3	4	1114		
n)	Pensioners group/ organisation	1	2 1115	1	2	3	4	1116		
0)	Scouts/Guides organisation	1	2 1117	1	2	3	4	1118		
p)	Any other organisation	1	2 1119	1	2	3	4	1120		
q)	None	1	2 1121	1	2	3	4	1122		

SLEEP

7 During the last 4 weeks, how long did	lit usua	lly take t	for you to	fall asle	en?	
	(X) ONI	-	ioi you to	rati aste	· CP .	
0-15 minutes	1	_				
16-30 minutes	2					
31-45 minutes	3					
46-60 minutes	4					
More than 60 minutes	5					1123
During the past 4 weeks, how many he	ours dia	l vou sle	on each i	niaht on	average	2
WRITE IN NUI		-	-	iigiit oii	average	•
		hr	S			1124-1128
_						
9 <u>During the past 4 week</u> s, how often di	id you					
	CI	ROSS (X)	ONE BO	X ON <u>EA</u>	<u>.CH</u> ROW	1
	All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
a)awaken during your sleep time and have trouble falling back to sleep again?	1	2	3	4	5	6 1129
b)get enough sleep to feel rested upon waking in the morning?	1	2	3	4	5	6 1130
HEARING If you normally use a hearing aid, anso Do you have difficulty following a con TV, radio, children playing? CROSS No Yes, slight difficulty Yes, moderate difficulty		on if thei				
Yes, great difficulty	4					1131

DRINKING

11	How often do you have a drink containing alcohol?
	CROSS (X) <u>ONE</u> BOX
	Never
	Monthly or less 2
	2-4 times per month 3
	2-3 times per week 4
	4 or more times a week 5
12	How many drinks containing alcohol do you have on a typical day when you are drinking?
	CROSS (X) ONE BOX
	1 - 2
	3 - 4 2
	5 - 6
	7 - 9 4
	40.
	Do not drink alcohol 6
13	How often during the last year
	CROSS (X) <u>ONE</u> BOX ON <u>EACH</u> ROW
	Less than Daily or Never monthly Monthly Weekly almost daily
a)	have you found that you were not able to stop drinking once you had started?
b)	have you failed to do what was normally expected of you because of your drinking?
14	drinking or suggested that you cut down? CROSS (X) ONE BOX
	No Yes, but not in the last year Yes, during the last year

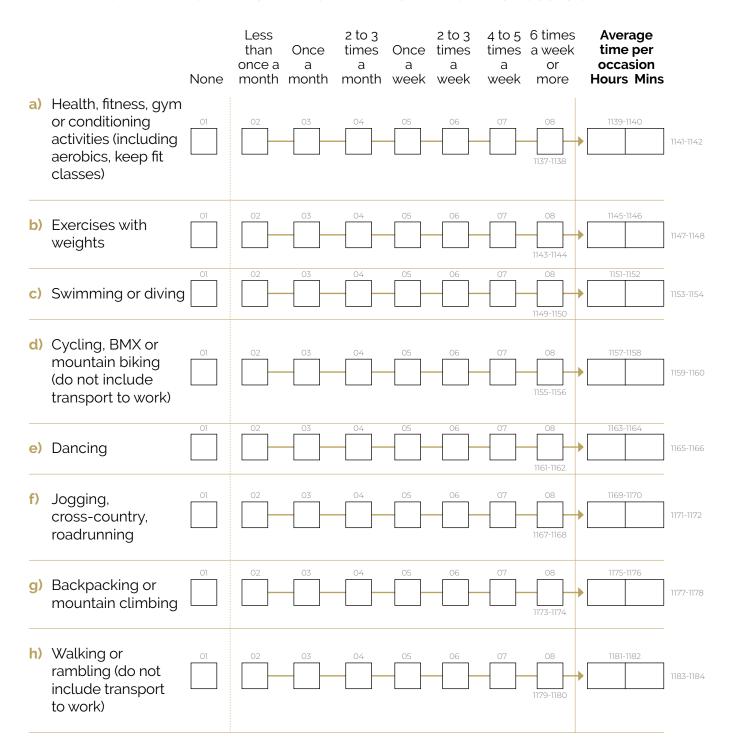
ACTIVITIES

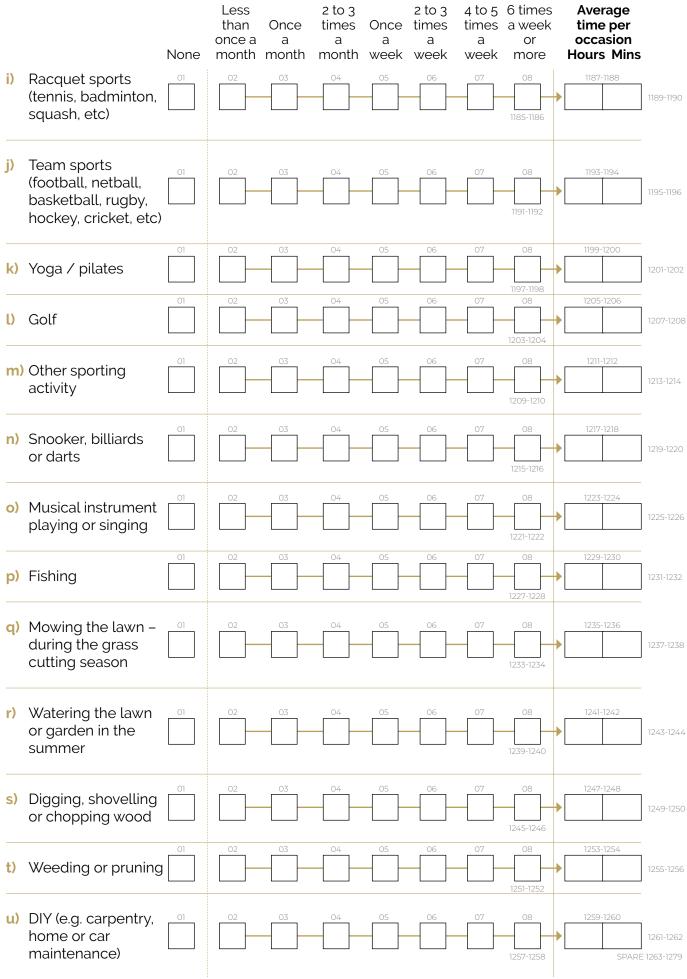
15

The following questions ask about how you have spent your leisure time. Please indicate how often you did each activity on <u>average over the last 12 months</u> AND the average length of time you spent doing the activity on each occasion.

FOR ACTIVITIES THAT ARE SEASONAL, E.G. CRICKET OR MOWING THE LAWN, PLEASE PUT THE AVERAGE FREQUENCY DURING THE SEASON WHEN YOU DID THE ACTIVITY.

CROSS (X) <u>ONE</u> BOX ON <u>EACH</u> ROW <u>AND</u> FOR EACH ACTIVITY YOU HAVE DONE RECORD THE AVERAGE LENGTH OF TIME SPENT DOING THE ACTIVITY ON EACH OCCASION.





HEALTH

The following items are about activities you might do during a typical day. Does your health limit you in these activities? If so, how much?

CROSS (X) $\underline{\mathsf{ONE}}$ BOX ON $\underline{\mathsf{EACH}}$ ROW

a)	Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports	Yes, limited a lot	Yes, limited a little	No, not limited at all
b)	Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf	1	2	3 1281
c)	Lifting or carrying groceries	1	2	3 1282
d)	Climbing several flights of stairs	1	2	3 1283
e)	Climbing one flight of stairs	1	2	3 1284
f)	Bending, kneeling or stooping	1	2	3 1285
g)	Walking more than one mile	1	2	3 1286
h)	Walking half a mile	1	2	3 1287
i)	Walking 100 yards	1	2	3 1288
 j)	Bathing or dressing yourself	1	2	3 1289

During the past 4 weeks, have you had any of the following problems or other regular daily activities as a result of your physical health?	s with you	ır work
Have you		
CROSS (X) ONE BO	OX ON <u>EA</u>	<u>CH</u> ROW
a) Cut down the amount of time you spent on work or other activities?	Yes	No 2 1290
b) Been limited in the kind of work or other activities you were able to do?	1	2 1291
c) Accomplished less than you would like?	1	2 1292
d) Had difficulty performing work or other activities (for example, it took extra effort)?	1	2 1293
During the past 4 weeks, have you had any of the following problems or other regular daily activities as a result of any emotional problems depressed or anxious)? Have you CROSS (X) ONE BC	(such as	feeling
b) Accomplished less than you would like?	1	2 1295
c) Not done your work or other activities as carefully as usual?	1	2 1296
During the past 4 weeks, to what extent has your physical health or e problems interfered with your normal social activities with family, frie or groups?		

Quite a bit

Extremely

1297

20	How much bodily pain have	you had	during the	past 4 we	eeks?						
		(CROSS (X)	<u>ONE</u> BOX							
			None	1							
		Ver	y mild	2							
			Mild	3							
		Мо	derate	4							
		9	Severe	5							
		Very s	severe	6			1298				
21	<u>During the past 4 weeks,</u> ho (including both work outsid	e the hon	ne and hou CROSS (X)	sework)?	-	mal work					
		No	ot at all	1							
	Slightly 2										
	Moderately 3										
		Quit	e a bit	4							
		Extr	emely	5			1299				
22	These questions are about the past 4 weeks. For each of to the way you have been fe	question,									
	How much time during the	past four	weeks								
			CROSS (X) <u>ONE</u> B	OX ON <u>EAC</u>	CH ROW					
		All of the time	Most of the time	Some of the time	A good bit of the time	A little of the time	None of the time				
a) Di	id you feel full of life?	1	2	3	4	5	6 1300				
	ave you been a very ervous person?	1	2	3	4	5	6 1301				
dι	ave you felt so down in the umps nothing could cheer ou up?	1	2	3	4	5	6 1302				
d) Ha	ave you felt calm and cheerful	?	2	3	4	5	6 1303				

		All of the time	Most of the time	Some of the time	A good bit of the time	A little of the time	None of the time			
e)	Did you have a lot of energy?	1	2	3	4	5	6 1304			
f)	Have you felt downhearted and low?	1	2	3	4	5	6 1305			
g)	Did you feel worn out?	1	2	3	4	5	6 1306			
h)	Have you been a happy person?	1	2	3	4	5	6 1307			
i)	Did you feel tired?	1	2	3	4	5	6 1308			
j)	Has your health limited your social activities (like visiting friends, relatives, etc.)?	1	2	3	4	5	6 1309			
For each of the following statements please choose one answer that best describes how true or false it is for you. CROSS (X) ONE BOX ON EACH ROW										
2	₹									
2	₹									
a)	₹		CRO	OSS (X) <u>OI</u> Mostly	<u>NE</u> BOX ON Don't	N <u>EACH</u> R Mostly	OW Definitely			
a)	how true or false it is for you. I seem to get ill a little easier tha	n	CRO	OSS (X) <u>OI</u> Mostly	<u>NE</u> BOX ON Don't	N <u>EACH</u> R Mostly	OW Definitely false			
a) b)	how true or false it is for you. I seem to get ill a little easier tha other people	n	CRO	OSS (X) <u>OI</u> Mostly	<u>NE</u> BOX ON Don't	N <u>EACH</u> R Mostly	Definitely false			
a) b)	I seem to get ill a little easier tha other people I am as healthy as anybody I kno	n	CRO	OSS (X) <u>OI</u> Mostly	<u>NE</u> BOX ON Don't	N <u>EACH</u> R Mostly	Definitely false 5 1310 5 1311			
a) b) c)	I seem to get ill a little easier tha other people I am as healthy as anybody I kno I expect my health to get worse	n w	CRO	OSS (X) <u>OI</u> Mostly	<u>NE</u> BOX ON Don't	N <u>EACH</u> R Mostly	Definitely false 5 1310 5 1311 5 1312			

PERSONALITY

25

Please use the rating scale to describe how accurately these phrases describe you:

CROSS (X) ONE BOX ON EACH ROW

		Very inaccurate	Moderately inaccurate		Moderately accurate	Very accurate
a)	I am the life of the party	1	2	3	4	5 1317
b)	I sympathise with others' feelings	1	2	3	4	5 1318
c)	I get chores done right away	1	2	3	4	5 1319
d)	I have frequent mood swings	1	2	3	4	5 1320
e)	I have a vivid imagination	1	2	3	4	5 1321
f)	I don't talk a lot	1	2	3	4	5 1322
g)	I am not interested in other people's problems	1	2	3	4	5 1323
h)	I often forget to put things back in their proper place	1	2	3	4	5 1324
i)	I am relaxed most of the time	1	2	3	4	5 1325
j)	I am not interested in abstract ideas	1	2	3	4	5 1326
k)	I talk to a lot of different people at parties	1	2	3	4	5 1327
L)	I feel others' emotions	1	2	3	4	5 1328
m)	I like order	1	2	3	4	5 1329
n)	I get upset easily	1	2	3	4	5 1330
0)	I have difficulty understanding abstract ide	eas 🔃	2	3	4	5 1331

	Very inaccurate	Moderately inaccurate	Neither inaccurate or accurate	Moderately accurate	Very accurate
p) I keep in the background	1	2	3	4	5 1332
q) I am not really interested in others	1	2	3	4	5 1333
r) I make a mess of things	1	2	3	4	5 1334
s) I seldom feel blue	1	2	3	4	5 1335
t) I do not have a good imagination	1	2	3	4	5 1336

VALUES

Below is a list of things that people value. For each one we'd like to know on a scale from 1 to 10 how important each one is to you, where '1' equals 'Not important at all', and '10' equals 'Very important'.

CROSS (X) ONE BOX ON EACH ROW

	Not import at all	ant								Very porta	ınt
	1	2	3	4	5	6	7	8	9	10	
a) Health											
	01	02	03	04	05	06	07	08	09	10	1337-1338
b) Having a lot of money											
	01	02	03	04	05	06	07	08	09	10	1339-1340
c) Having children											
	01	02	03	04	05	06	07	08	09	10	1341-1342
d) Having a fulfilling job											
	01	02	03	04	05	06	07	08	09	10	1343-1344
e) Being independent											
	01	02	03	04	05	06	07	08	09	10	1345-1346
f) Owning your own home											
	01	02	03	04	05	06	07	08	09	10	1347-1348
g) Having a good marriage or partners	hip										
	01	02	03	04	05	06	07	08	09	10	1349-1350
h) Having good friends	01	02	03	04	05	06	07	08	09	10	1351-1352

ATTITUDES

Here is a list of opinions on different topics.
How much do you agree or disagree with the following statements?

CROSS (X) ONE BOX ON EACH ROW

		Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
a)	For some crimes the death penalty is the most appropriate sentence	1	2	3	4	5 1353
b)	Problems in the environment are not as serious as people claim	1	2	3	4	5 1354
c)	People who never have children are missing an important part of life	1	2	3	4	5 1355
d)	Politicians are mainly in politics for their own benefit and not for the benefit of the community	1	2	3	4	5 1356
e)	All women should have the right to choose an abortion if they wish	1	2	3	4	5 1357
f)	Ordinary working people do not get their fair share of the nation's wealth	1	2	3	4	5 1358
g)	We should tackle problems in the environment even if this means slower economic growth	1	2	3	4	5 1359
h)	Couples who have children should not separate	1	2	3	4	5 1360
i)	None of the political parties would do anything to benefit me	1	2	3	4	5 1361
j)	People who break the law should be given stiffer sentences	1	2	3	4	5 1362
k)	There is one law for the rich and one for the poor	1	2	3	4	5 1363

		Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
L)	It does not make much difference which political party is in power in Britain	1	2	3	4	5 1364
m)	School should teach children to obey authority	1	2	3	4	5 1365
n)	Management will always try to get the better of employees if it gets the chance	1	2	3	4	5 1366
	RAVEL TO AND FROM W		L TO YOU	IR JOB. IF \	OU HAVE	MORE
	IAN ONE JOB PLEASE THINK ABOUT YOU OST HOURS.	JR MAIN JO	OB, I.E. TH	IE ONE WH	IERE YOU	WORK
W	RITE NUMBER IN BOX. IF YOU WORK FRO	M HOME F	PLEASE W	VRITE 'o'		
2	8 Roughly how many minutes does it ta	ake to trave	el from yo	our home t	o your job	? 1367- 1369
2	How many times a week do you trave	el from hon	ne <u>to</u> you	rjob?		1370- 1372
3	How often do you use each of the following methods of transport to travel to your job? CROSS (X) ONE BOX ON EACH ROW					
			Always	<u> </u>	Occasional	
a)	Car		1	2	3	4 1373
b)	Public transport		1	2	3	4 1374
c)	Bicycle		1	2	3	4 1375
d)	Walking		1	2	3	4 1376

NEIGHBOURHOOD

31	Please indicate how strongly you agree of belong to this neighbourhood.	or disagree with this statement: I feel like I	
	CROSS	(X) <u>ONE</u> BOX	
	Strongly agree	1	
	Agree	2	
	Neither agree nor disagree	3	
	Disagree	4	
	Strongly disagree	5	1377
32	How often do you talk to any of your neig	hbours? Is it	
	CROSS	(X) <u>ONE</u> BOX	
	On most days	1	
	Once or twice a week	2	
	Once or twice a month	3	
	Less than once a month	4	
	Never	5	1378
FEE	ELINGS		
33	If you needed to talk about your problem people around you be willing to listen?	s and private feelings, how much would the	
	CROSS	(X) <u>ONE</u> BOX	
	Not at all	1	
	A little	2	
	Somewhat	3	
	A great deal	4	1379
34	How often do you feel lonely?		
	CROSS	(X) <u>ONE</u> BOX	
	Hardly ever or never	1	
	Some of the time	2	
	Often	3	1380

Below are some statements about feelings and thoughts. Please choose the option that best describes your experience of each <u>over the last 2 weeks</u>.

CROSS (X) ONE BOX ON EACH ROW

	None of the time	Rarely	Some of the time	Often	All of the time
a) I've been feeling optimistic about the future	9	2	3	4	5 1381
b) I've been feeling useful	1	2	3	4	5 1382
c) I've been feeling relaxed	1	2	3	4	5 1383
d) I've been dealing with problems well	1	2	3	4	5 1384
e) I've been thinking clearly	1	2	3	4	5 1385
f) I've been feeling close to other people	1	2	3	4	5 1386
g) I've been able to make up my own mind about things	1	2	3	4	5 1387
Generally speaking, would you say the be too careful in dealing with people	•	eople can	be trusted	, or that y	ou can't
CROSS	S (X) <u>ONE</u> E	BOX			
Most people can be trusted	1				
Can't be too careful	2				
It depends	3				1388

Overall, how satisfied are you with your life nowadays, where 0 means 'not at all' and 10 means 'completely'?

IMAGINE LIFE AT 60

38	Imagine that you are now 60 years old please write a few lines about the life you are leading (your interests, your home life, your health and well-being and any work you may be doing).

SPARE 1392-1500

THANK YOU FOR COMPLETING THIS QUESTIONNAIRE!

PLEASE NOW SEAL IT INSIDE THE ENVELOPE PROVIDED AND SEND IT BACK TO US OR HAND IT TO THE INTERVIEWER IF A VISIT HAS BEEN ARRANGED.



NatCen Social Research

KANTAR