



# **1970 BRITISH COHORT STUDY**

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# Age 42 Survey 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 [⊠]. If you make a mistake or change your mind please completely fill the box to show the mistake [■] and then cross the correct answer. Sometimes you will be asked to write a number in a box like this: Image: Please keep your answer within the boxes. Your answers will be treated in the strictest confidence and all findings will be made anonymous in the reporting of results so that responses cannot be traced back to individuals.

When you have completed the questionnaire please seal it inside the envelope provided and hand it back to the interviewer when they visit.

#### INTERVIEWER TO ENTER Respondent details

					Serial number				First name
]	Male		F	emale					Date of Birth

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

# CROSS (X) ONE BOX ON EACH ROW

	At least once a week	At least once a month	Several times a year	At least once a year	Less Often	Never
Play a musical instrument				_ D		
Performing arts (singing in a group or choir, acting, dance/ballet, comedy)						
Painting, drawing, printmaking or sculpture						
Photography, film or video making as an artistic activity (not family or holidays)						
Textile crafts, wood crafts or any other crafts, such as embroidery, knitting, wood turning, furniture making, pottery or jewellery						
Writing stories, plays or poetry						
Go to the theatre to watch a play/drama						
Go to the theatre to watch a pantomime or musical						
Go to an opera, classical music concert or ballet						
Go to another type of concert						
Go to the cinema						
Visit an art exhibition / gallery						
Visit a museum						
Visit a historical site / stately home						
Visit a theme park						
Visit a zoo, wildlife park or aquarium						
Go to a library						
Go to a book club (to discuss a book that you have read)						
Have a meal in a restaurant, cafe or pub						
Go for a drink at a pub or club						
Work in the garden						
Do DIY, home maintenance or car repairs						
Attend meetings for local groups/voluntary organisations						
Do unpaid voluntary work						
Attend meetings or events organised by a trade union						
Attend meetings or events organised by a political party						

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

# CROSS (X) ONE BOX ON EACH ROW

Every day	4-5 days a week	2-3 days a week	Once a week	2-3 times a month	Less often	Not in the last 12 months
		Every days a weekImage: Constraint of the systemImage: Constraint of the sy	Every daysdays a weekdays a weekII	Every daysdays a weekdays a weekOnce a weekIII <tdi< td=""></tdi<>	Every days a days a weekdays a weekOnce a monthImage: days a days a weekImage: days a monthImage: days a monthImage: days a monthImage: days a 	Every days a daydays a weekOnce a weektimes a monthLess oftenImage: line set of the se

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Below is a list of opinions on different topics. Please read each one, decide how much you agree or disagree and select the option that most corresponds with your answer.

#### Neither Strongly agree nor Strongly agree Agree disagree Disagree disagree Private schools should be abolished П П П П I would not mind if a family from another race moved in next door to me Problems in the environment are not as П П П serious as people claim For some crimes the death penalty is the П П most appropriate sentence People who never have children are missing an important part of life Politicians are mainly in politics for their own П П benefit and not for the benefit of the community All women should have the right to choose П an abortion if they wish All in all, family life suffers when the mother П П П has a full time job People with very strong religious beliefs are П П П П П often too intolerant of others Having almost any job is better than being П П П unemployed

#### CROSS (X) ONE BOX ON EACH ROW

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How interested would you say you are in politics?

#### CROSS (X) ONE BOX

- Very interested
- Fairly interested
- Not very interested
- Not at all interested

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#### And in the last 12 months have you done the following things?

#### CROSS (X) <u>ONE</u> BOX ON <u>EACH</u> ROW

	_	
Attended a public meeting or rally		
Taken part in a public demonstration or protest		
Signed a petition		

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6 Which party did you vote for in the last Gene CROSS (2	ral Election in May 2010? X) <u>ONE</u> BOX
Conservative	
Labour	ā
Liberal Democrats	
Plaid Cymru	
Green Party	
UK Independence Party	
Other (please write in box)	
7 Which party did you vote for in the General E	lection in May 2005?
CROSS (2	X) <u>ONE</u> BOX
Conservative	
Labour	
Liberal Democrats	
Plaid Cymru	
Scottish National Party	
Green Party	
UK Independence Party	
Other (please write in box)	
DID NOT VOTE	
8 Are you currently a member of any of the foll	owing organisations?
CROSS (X) <u>ALL</u> BO	
Political party	
Trade union	
Environmental group	
Parents'/School association	
Tenants'/Residents' group or neighbourhood watch	
Religious group or church organisation	
Voluntary service group	
Other community or civic group	
Social club/Working men's club	
Sports club	
Women's Institute / Townswomen's Guild	
Women's group / Feminist organisation	
Professional organisation	
Scouts/Guides organisation	
Any other organisation	
NO - NONE OF THESE	

NO - NONE OF THESE 5

9 Generally speaking, would you say that can't be too careful in dealing with people can't be too careful in dealing with people can be trusted Can't be too careful It depends		trusted, or that	you
<b>10</b> How many hours do you spend watchir Blu-ray? Please include time spent wat	ching programmes o		puter.
	as than hour1 hour to less than 3 hoursImage: Image of the second seco	3 hours to less than 5 hours	5 or more hours
11 Which of the following types of television CROSS (X) A News and current affairs Sport Comedy Documentaries Dramas Soaps Music Reality TV programmes General entertainment (including quiz programmes, lifestyle programmes and chat shows) Religious programmes Other DO NOT WATCH TELEVISION	on programme do yo	· · · · · · · · · · · · · · · · · · ·	?

12 How often do you read books in your spare time, not for work or study (including in electronic format)?

## CROSS (X) ONE BOX

Every day or almost every day

- Several times a week
  - Once or twice a week
  - At least once a month
    - Every few months
    - At least once a year
      - Less often or never

#### 13 Which of the following types of fiction books do you usually read?

#### CROSS (X) ALL BOXES THAT APPLY

- Action / Adventure / War Fiction
  - Comics / Graphic Novels
  - Crime / Thrillers / Mystery
    - Classic Fiction
  - Contemporary Literary Fiction
    - Historical Fiction
      - Humour
        - Horror
        - Poetry
      - Romance
    - Science Fiction / Fantasy
      - Other Fiction
- DO NOT READ FICTION BOOKS

#### 14 Which of the following types of factual books do you usually read?

#### CROSS (X) ALL BOXES THAT APPLY

- Art / Photography
  - Autobiography
    - Biography 🔲
- Career-specific / Industry-specific / Professional
  - Computing / Technology
  - Cookery / Food and Drink
    - Family and Parenting
  - Health / Wellbeing / Self-help / Psychology
    - DIY / Interiors / Gardening
      - Music
      - Religion / Philosophy
        - Science 🔲
          - Sport
    - Politics / Economics / Current Affairs
      - Travel
      - History
      - Other factual
      - DO NOT READ FACTUAL BOOKS

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#### How often do you read newspapers (including online newspapers)?

#### CROSS (X) ONE BOX

Every day or almost every day	
Several times a week	

Several times a week Once or twice a week

At least once a month

Every few months

At least once a year

Less often or never

#### Which of the following newspapers have you read in the last month? 16

#### CROSS (X) ALL BOXES THAT APPLY

The Daily Telegraph / Sunday Telegraph		
Financial Times		
The Times / The Sunday Times		
The Guardian / The Observer		
The Independent / Independent on Sunday / i		
Daily Express / Sunday Express		
Daily Mail / Mail on Sunday		
The Sun	ŏ	
The Daily Mirror / Sunday Mirror		
The Daily Star / Daily Star Sunday		
The Daily Sport / Sunday Sport	ö	
The People	H	
The Herald / Sunday Herald		
The Scotsman	H	
Daily Record	H	
Free local / regional newspaper	H	
Local / regional newspaper that you purchase	H	
Other		
NONE		
NONE		

17	Do you have a computer at home?	

#### CROSS (X) ONE BOX

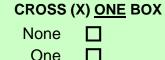
Yes	
No	

Are you able to access the internet at home? Please include access to the internet 18 via computers, mobile phones, television, games consoles and other devices.

#### CROSS (X) ONE BOX

/es	
No	

19 In total, how many cars or vans are owned, or are available for use, by one or more members of your household?



00	
Two	
Three	
or more	

Four or more

Below are some more opinions on different topics. Please read each one, decide how 20 much you agree or disagree and select the option that most corresponds with your answer.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
I would not mind if my child went to a school where half the children were of another race					
We should tackle problems in the environment even if this means slower economic growth					
The law should be obeyed, even if a particular law is wrong					
Unless you have children you'll be lonely when you get old					
None of the political parties would do anything to benefit me					
Couples who have children should not separate					
A pre-school child is likely to suffer if his or her mother works					
Looking around the world, religions bring more conflict than peace					
If I didn't like a job I'd pack it in, even if there was no other job to go to					
The time has come for everyone to arrange their own private health care and stop relying on the National Health Service					

## CROSS (X) ONE BOX ON EACH ROW

#### 21 Thinking of your childhood, were you raised according to any particular religion? If so, please select which one.

#### CROSS (X) ONE BOX

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- NO NOT RAISED ACCORDING TO ANY RELIGION Christian, no denomination Roman Catholic
  - Church of England/Anglican
  - United Reformed Church (URC) / Congregational
    - Baptist
    - Methodist
    - Presbyterian / Church of Scotland
      - Other Christian
        - Hindu
        - Jewish
        - Muslim □ Sikh □
          - Sikh 🔲 ddhist 🔲
        - Buddhist Other
- 22 Do you now see yourself as belonging to any particular religion? If so, please select which one.

## CROSS (X) ONE BOX

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- NO DO NOT BELONG TO ANY RELIGION
  - Christian, no denomination
    - Roman Catholic
  - Church of England/Anglican
- United Reformed Church (URC) / Congregational
  - Baptist
  - Methodist
  - Presbyterian / Church of Scotland
    - Other Christian
      - Hindu
      - Jewish
      - Muslim
      - Sikh
      - Buddhist Other

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23	How often, if ever, do you attend any kind of religious service or meeting? CROSS (X) <u>ONE</u> BOX
	Once a week or more
	Once a month or more
	Sometimes but less than once a month 🛛 🔲
	Never or very rarely
24	Which of these statements below comes closest to expressing what you believe about God?
	CROSS (X) <u>ONE</u> BOX
	an a
I.1	
	on't know whether there is a God and I don't believe there is any way to find out
	don't believe in a personal God, but I do believe in a Higher Power of some kind
	I find myself believing in God some of the time, but not at others $\Box$
	While I have doubts, I feel that I do believe in God 🛛 🔲
	I know God really exists and I have no doubts about it
25	Do you believe in life after death?
	CROSS (X) <u>ONE</u> BOX
	Yes - definitely
	· _
	Yes - probably
	No - probably not
	No - definitely not
26	On how many days in a <u>typical week</u> do you eat breakfast?
	WRITE NUMBER OF DAYS IN BOX. IF IN A TYPICAL WEEK YOU DO NOT EAT BREAKFAST
	WRITE '0'
27	How often do you eat ready-meals? By ready-meals we mean a pre-packaged meal
	that only needs to be heated up in an oven or microwave, for example a chicken
	curry or a lasagne.
	CROSS (X) <u>ONE</u> BOX
	More than once a day
	Once a day 🔲
	Several times a week
	Once or twice a week
	Once or twice a week
	Less often
	Never 🗖

#### 28 How often do you eat other convenience foods, frozen or packaged, such as fishfingers, burgers, chips or ready-made pizzas?

#### CROSS (X) ONE BOX

More than once a day Once a day Several times a week Once or twice a week At least once a month Less often Never	
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#### 29 How often do you eat take-aways including those bought from a restaurant or fastfood outlet?

#### CROSS (X) ONE BOX

More than once a day	
Once a day	
Several times a week	
Once or twice a week	
At least once a month	
Less often	
Never	

30 How often do you eat a home-cooked meal made from basic ingredients? By basic ingredients we mean things like raw or fresh meat or fish or fresh, frozen or tinned vegetables or pulses.

#### CROSS (X) ONE BOX

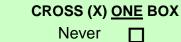
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- More than once a day
  - Once a day
- Several times a week
- Once or twice a week
- At least once a month
  - Less often
    - Never

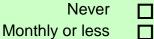
#### 31 Below are some statements about feelings and thoughts. For each statement, please choose the option that best describes your experience of each over the last 2 weeks.

	CROSS	(X) <u>ONE</u>	BOX ON	I <u>EACH</u> F	ROW
	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future					
		<u> </u>			<u> </u>
l've been feeling useful					
l've been feeling relaxed					
I've been feeling interested in other people					
l've had energy to spare					
I've been dealing with problems well					
l've been thinking clearly					
l've been feeling good about myself					
I've been feeling close to other people					
l've been feeling confident					
I've been able to make up my own mind about things					
l've been feeling loved					
I've been interested in new things					
l've been feeling cheerful					

32	How often do you have a drink containing alcohol?
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2-4 times a month

- 2-3 times a week
- 4 or more times a week

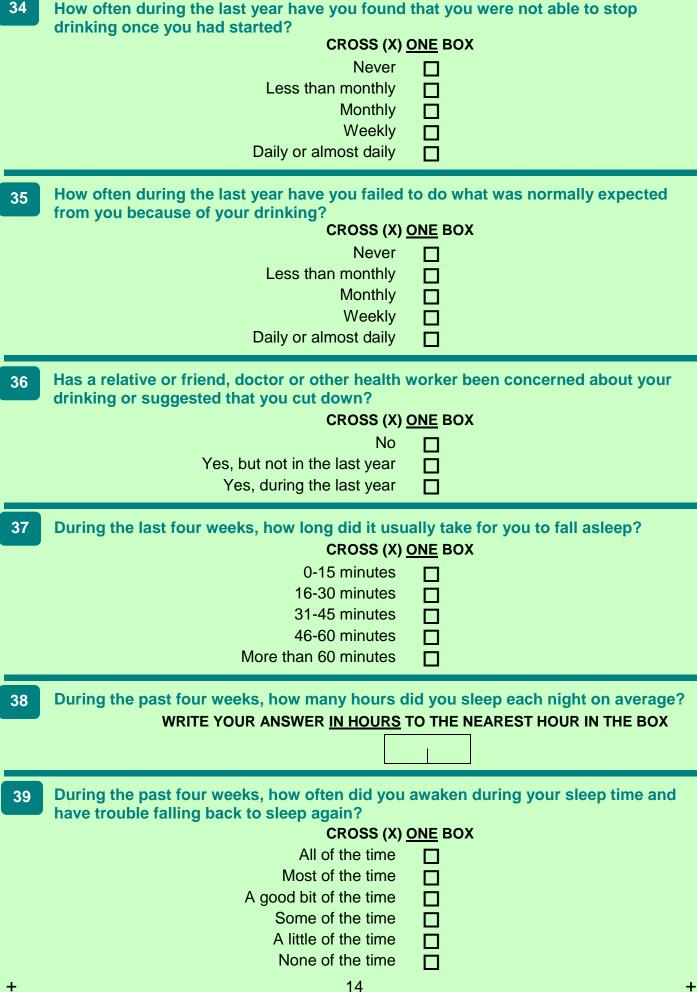
How many drinks containing alcohol do you drink on a typical day when you are 33 drinking?



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During the past four weeks, how often did you get enough sleep to feel rested upon waking in the morning?

#### CROSS (X) ONE BOX

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All of the time	
Most 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

#### 41 The next questions are about your feelings generally.

#### CROSS (X) ONE BOX ON EACH ROW

	Yes	No
Do you feel tired most of the time?		
Do you often feel miserable or depressed?		
Do you often get worried about things?		
Do you often get in a violent rage?		
Do you often suddenly become scared for no good reason?		
Are you easily upset or irritated?		
Are you constantly keyed up and jittery?		
Does every little thing get on your nerves and wear you out?		
Does your heart often race like mad?		

Below is a list of things that people value. For each one we'd like to know on a scale 42 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	tant							in	Very nportant
	1	2	3	4	5	6	7	8	9	10
Your health										
Having a lot of money										
Having children										
Having a fulfilling job										
Being independent										
Owning your own home										
Having a good marriage or partnership										
Having good friends										

**43** Below are some more opinions on different topics. Please read each one, decide how much you agree or disagree and select the option that most corresponds with your answer.

CROSS (X) ONE BOX ON EACH ROW

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	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
Censorship of films and magazines is necessary to uphold moral standards					
It does not really make much difference which political party is in power in Britain					
Divorce is too easy to get these days					
Overall modern science does more harm than good					
Once you've got a job it's important to hang on to it even if you don't really like it					
Big business benefits owners at the expense of the workers					
We trust too much in science and not enough in religious faith					
There is one law for the rich and one for the poor					
Government should redistribute income from the better off to those who are less well off					

44 The last few questions are to do with how you feel about your life so far. For each of the following three pairs of statements, please select which one is more true for you?

#### CROSS (X) ONE BOX FOR EACH PAIR OF STATEMENTS

PAIR 1	{	I never really seem to get what I want out of life I usually get what I want out of life	
PAIR 2	{	I usually have a free choice and control over my life Whatever I do has no real effect on what happens to me	
PAIR 3	{	Usually I can run my life more or less as I want to I usually find life's problems just too much for me	

Many thanks for completing the questionnaire. It is much appreciated. Please seal it in the envelope provided and give to your interviewer when they come to visit you.