

MCS7 (age 17) survey consultation: activities and daily life

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Overview and overarching issues ...

Activities and daily life section:

1. Education and employment
2. Family and relationships.
3. Activities / lifestyle.
4. Behaviours – risky / healthy.

Survey needs:

- Continuity - from previous waves (hopefully to future follow-ups).
- Age-appropriate items.
- Comparability - with other studies (harmonised / core questions).
- Responsiveness - to new issues.

1. Education and employment

Education and Employment

(NPD and ILR will give detailed and accurate information about current education engagement)

- Main focus on future plans advice gained and attitudes to education
 - When you have finished Year 13/training position what are you planning on doing.....
 - A Level subjects choices
 - Awareness of Apprenticeships and required GCSEs
 - Careers advice received
 - Outside school study supports
 - Attitudes to value of time at school
 - Assessment of quality of secondary school
 - Assessment of own self-belief/confidence as a learner

Education and Employment

- Employment Topics in other studies
 - Waiting to start a new course or job
 - Currently in employment, self-employment or seeking work
 - Hours worked or pt-time vs ft-time
 - Employer firm size
 - Paid as trainee/internship or regular employee, wage and pay period
 - Did your family do any of the following to help you get your job or how found job including relatives
 - Financial support from family
 - Desired broad area of occupation to be attained in next few years

2. Family and relationships

Living situation

- Parental / step-parental home
- Looked after
- Other
 - Institutional
 - university / armed forces / hospital ... prison ...
 - +/- back home
 - Own home
 - No home

Parents / family – structure and relationships

Age 14 –

Parent

- Household grid
- Dates / reasons household members moved in an
- Work status of household members
- Parental marital status
- Reasons for relationship breakdown
- Non-resident parents – closeness, relationships, contact

**HOW
(MUCH)
TO
INCLUDE?**

Cohort member

- Closeness of relationships with parents
- Parental monitoring; discipline.
- Contact with absent parents and grandparents

Parents / family – structure and relationships – additional suggestions

- **Experiences of bereavement – add to household grid, if death**
 - Cause
 - Was death expected by cohort member
- **More on relationships**
 - With step-parents and step-siblings
- **More on process of family separation**
 - Whether informed about parental separation
 - Whether involved in decisions made
 - Sources of support and advice at the time
 - Views on current living arrangements and contact
- **Caring responsibilities**

Friends / peers

Age 14 – characteristics of close friends, time with friends, sources of support, current boy/girlfriend, victim/bully items.

- Highlighted as important in MCS7 proposals.
- **Very few** consultation responses.
 - Engagement in and quality of romantic partnership
 - Victim/bully 'because of ethnic group'.
- **So what else should we be asking?**

3. Activities / lifestyle

Social media use

Age 14 – single item – weekday hours do you spend on social networking or messaging sites or Apps on the internet such as ...Facebook, Twitter and WhatsApp? Plus use to contact absent parent.

- Highlighted as a key issue but **no** consultation responses.
- Questionnaires available – e.g.
 - Facebook frequency (how often ...) and psychological involvement (time thinking about Facebook; use to forget personal problems).
 - OFCOM 'Adults' Media Use and Attitudes' (*includes* mobile, games, internet and related attitudes).
 - Or ...?

Youth culture and related activities

Age 14 – activities grid (cinema, watch sport, play music, read, youth clubs, cultural visits, religious attendance) and time with friends (no adults) ‘hanging out’.

- Youth culture as **identity** and as **activities**.
- Identification with ... Goth; Skater; Clubber; etc.
- Activities ... shopping; cinema; restaurants; clubbing; skateparks; gym attendance; volunteering; music gigs; sports events; bars and pubs; house parties; coursework.
- Hanging out with friends; visiting family.
- Reading **books**.

4. Behaviours – risky / healthy

Smoking

Age 14 – never-regular smoker; age started; never-daily e-cig use.

Options

- Age-appropriate comparisons – young adult Health Survey smoking items?
- Maybe more detailed e-cig items?

Drinking

Age 14 – ever; age; drinks in past 12 months; in past 4 weeks; 5+ at a time; age; how often.

Options

- Retain as above - BUT
- Greater detail on consumption more age appropriate and comparable with Health Surveys.
- Measuring hazardous drinking can be quick (AUDIT-C - how often drink alcohol; units on typical drinking day; how often binge) but probably not appropriate.

Illicit drugs

Age 14 - ever and frequency of cannabis and 'any other illegal drug'.

Options

- As above but more examples in 'any other' - e.g.
 - More detail (e.g. Crime Survey includes long list of individual substances with ever and past year frequency)
 - Include new psychoactive substances (e.g. Crime Survey includes *"There are a range of substances that are described as 'legal highs'. By this we mean herbal or synthetic substances which you take to get a 'high' and are not illegal to purchase. The following question asks whether or not you have used one of these substances."*)
- Include items on attitudes / social norms.

Sexual behaviour

Age 14 - adapted Adolescent Sexual Activity Index - hierarchy of ten romantic/ sexual activities, from ALSPAC.

Options

- Repeat these.
- And / or items from other surveys (NATSAL, HSE) – e.g. first sexual experiences, sexual competence, contraception, pregnancy, chlamydia testing, local sexual health clinic.
- Items on experience of school Sex and Relationships Education.

Crime, offending, risky and anti-social behaviour

Age 14 – items on public rudeness, shoplifting, graffiti, vandalism, weapon carrying, housebreaking, violence, contact with CJS, street gang membership, cyber crime.

ALSO on being a victim of insults/threats, physical violence, weapon, theft, unwelcome sexual approach.

- Good lists!
- Longitudinal dataset will allow analyses of how earlier experiences relate to future crime and offending.
- Possibility of linking to Police National Computer Records?

Gambling

Age 14 - fruit machines; private bet; betting shop; other.

Why ask?

- Gambling at pathological level = health risk; interferes with other behaviours; impacts on finances; associated with other risk behaviours.
- Population prevalence of gambling quite low **but** young people = highest risk for gambling problems.

Options

- Repeat age 14 list.
- British Gambling items for adults - list of activities; problem gambling.

Diet and eating patterns

Age 14 – Eating Choices Index (breakfast; fruit; bread; milk); veg; diet drinks; sugary drinks; fast foods.

- Another good list!
- Plus dietary weight-loss practices (less food, fewer calories, low fat foods)

Physical activity AND sedentary behaviour

Age 14 – single PA item; TV/computer etc use; bike use; exercise to lose weight PLUS accelerometer.

- **Both** should be included - not opposite ends of a single continuum.
- ?? Accelerometry at 17
- Difficult to measure well via self-report – **but...**
 - Brief validated questionnaires e.g. self-complete short form International Physical Activity Questionnaire (IPAQ) – four items including one on sitting.
 - HBSC items.
 - HSE items.
- Active travel.
- Exercise to lose weight.

Sleep

Age 14 – time got to sleep and hours slept on school/non-school days plus time taken to sleep and waking in the night.

- Associated with several health outcomes (metabolism and weight; mood; stress-related disorders).

Options

- Retain (altering school as appropriate).
- Other brief standard questionnaires available (e.g. trouble falling asleep; staying asleep; waking up several times; feeling tired and worn out).

A thought to end on

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• **PRIORITIES!**