

**NCDS**

**Age 62 Survey**

**Technical Report**

**Appendix A**

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# 1. Advance Letter

## a. Generic

GenAdv



Participant reference number:

Your interviewer on this study will be:

Dear \_\_\_\_\_

### Your invitation to take part in the NCDS 'Life in Your Early 60s' Survey

As you know, for over 60 years, the National Child Development Study has been following everyone in Britain born in the same week as you, from birth right through to the present day. I am now thrilled to be inviting you to take part in the next stage of this world renowned study – the 'Life in Your Early 60s' survey. As a valued and irreplaceable member of the cohort, we hope we can count on your support.

**Each time you take part, the information you provide becomes more useful.** With over 18,000 study members, NCDS is one of the most valuable studies of its kind anywhere in the world. Important findings have recently been drawn from NCDS on topics as varied as social mobility, childhood obesity, cognitive ability, and retirement planning.

### What happens next?

In the coming weeks, a trained interviewer from either NatCen Social Research or Kantar will contact you to discuss the survey with you and answer any questions you may have. If you are happy to do so, they will arrange an appointment for your interview at a time which suits you. The interview can take place in the evenings or at weekends if this is most convenient. The enclosed guide describes what the 'Life in Your Early 60s' Survey will involve.

Your safety is important to us so we are making sure that our interviewers abide by all the latest guidelines for COVID safety. The enclosed COVID-19 leaflet details how we are keeping you and our interviewers safe.

### Any questions?

If you have any questions or would prefer not to take part, please contact the NatCen research team by email at [ncds@natcen.ac.uk](mailto:ncds@natcen.ac.uk) or on Freephone 0800 652 4574 between 9:00am and 5:00pm (Monday to Friday).

Thank you and we hope you enjoy taking part.

Yours sincerely,

Alissa Goodman  
NCDS Director

T1\_NCDS61\_RMS\_AdvLet - Gen\_v01



## b. For video & in person



<CM\_Title> <CM\_Firstname> <CM\_Surname>  
<AddressLine 1>  
<AddressLine 2>  
<AddressLine 3>  
<Town>  
<County>  
<Postcode>

Our ref: <Agencyserial> <Checkletter>

<Month> <Year>

Dear <CM\_Firstname>

### Your invitation to take part in the NCDS 'Life in Your Early 60s' Survey

As you know, for over 60 years, the National Child Development Study has been following everyone in Britain born in the same week as you, from birth right through to the present day. I am now thrilled to be inviting you to take part in the next stage of this world-renowned study – the 'Life in Your Early 60s' survey. As a valued and irreplaceable member of the cohort, we hope we can count on your support. Many of you took part in our series of COVID-19 surveys in 2020 and 2021. We're enormously grateful about that. <WvText>

**Each time you take part, the information you provide becomes more useful.** With over 18,000 study members, NCDS is one of the most valuable studies of its kind anywhere in the world. Important findings have recently been drawn from NCDS on topics as varied as social mobility, childhood obesity, cognitive ability, and retirement planning.

<Advtext1>

The enclosed 'Survey Guide' describes what the survey will involve. Your interview will be carried out by a specially trained interviewer from either NatCen Social Research or Kantar Public. The interview can take place in the evenings or at weekends if this suits you better.

### What happens next?

In the coming weeks, your interviewer will contact you to discuss taking part and arrange a time for the interview. The interview can either be conducted in person or by video call. The interviewer will discuss this further with you when they contact you and will be able to answer any queries you have. We have added some further information about how video call interviewing will work on the back of this letter. Please also see the enclosed COVID-19 leaflet which details how we are keeping you and our interviewers safe during home visits.

### Any questions?

If you have any questions or would prefer not to take part, you can contact the NatCen research team by email at [ncds@natcen.ac.uk](mailto:ncds@natcen.ac.uk) or on Freephone 0800 652 4574 between 9:00am and 5:00pm (Monday to Friday). More information is also available on the study website: [www.ncds.info](http://www.ncds.info). Thank you and we hope you enjoy taking part.

Yours sincerely,

Alissa Goodman, NCDS Director

NCDS60\_RMS\_CAVI\_CAPI\_ADV\_LET\_V01



## Video Call Interviews

### Why are we doing interviews by video call?

Due to COVID-19 restrictions, we restarted the survey interviewing by video call using Microsoft Teams and received positive feedback. As a result of this feedback, we are continuing to conduct some interviews by video call.

### Do I have to take part via video call?

No. Please let the interviewer know if you would prefer an interviewer to visit you at home when they contact you.

### Will it be complicated?

No – taking part in a video call interview should be very straightforward for most people. The interviewer will telephone you and talk you through the process and will be able to help with any problems. If there are technical difficulties which stop you taking part via video call we can arrange to visit you at home to conduct your interview in person at a later date. If you do find anything difficult or confusing, please tell us. Your feedback is very important.

### Is video interviewing secure?

Yes. Video interviewing will take place using Microsoft Teams. This software has been approved by the UCL Information Security Team. The software uses end-to-end encryption and authentication process which provides the highest level of security. Interviewers will make sure that they conduct the interview in a place where nobody else will be able to see or hear the interview taking place. The interviewer will record your answers on their laptop and the information collected will then be processed in exactly the same way as the information we collect in face-to-face interviews.

### Will the video interview be recorded?

No, we will not be recording the video call interviews.

## c. For reissues

ReissueAdCom



Participant reference number:

Dear \_\_\_\_\_

### NCDS 'Life In Your Early 60s' Survey

For over 60 years, the National Child Development Study has been following everyone in Britain born in the same week as you, from birth right through to the present day. We are currently conducting the next stage of this world-renowned study – the Life in Your Early 60s Survey. We have previously invited you to take part in this latest survey, but we were either unable to reach you or you could not take part at the time. As a valued and irreplaceable member of the cohort, we would like to invite you again to take part and hope you will be able to.

**Each time you take part, the information you provide becomes more useful.** With over 18,000 study members, NCDS is one of the most valuable studies of its kind anywhere in the world. Important findings have recently been drawn from NCDS on topics as varied as social mobility, childhood obesity, cognitive ability, and retirement planning. We previously sent a 'Survey Guide' which describes what the survey will involve. If you did not receive this or no longer have a copy of this, you can access it online at: [ncds.info/home/surveys/life-in-your-early-60s-survey](http://ncds.info/home/surveys/life-in-your-early-60s-survey).

Your interview will be carried out by a specially trained interviewer from either NatCen Social Research or Kantar Public. The interview can take place in the evenings or at weekends if this suits you better.

### What happens next?

In the coming weeks, your interviewer will contact you to discuss taking part and arrange a time for the interview. The interview can either be conducted in person or by video call. The interviewer will discuss this further with you when they contact you and will be able to answer any queries you have. We have added some further information about how video call interviewing will work on the back of this letter.

### Any questions?

If you have any questions or would prefer not to take part, you can contact the NatCen research team by email at [ncds@natcen.ac.uk](mailto:ncds@natcen.ac.uk) or on Freephone **0800 652 4574** between 9:00am and 5:00pm (Monday to Friday). More information is also available on the study website: [www.ncds.info](http://www.ncds.info). Thank you and we hope you enjoy taking part.

Yours sincerely,

Professor George Ploubidis  
NCDS Director

Your interviewer on this study will be:

Contact number:

Email address:

53\_NCDS\_RMS\_ReissueAdwLet\_v01





## Video Call Interviews

### Why are we offering the option to be interviewed by video call?

Due to COVID-19 restrictions, we restarted the survey interviewing by video call using Microsoft Teams and received positive feedback. As a result of this feedback, we are continuing to offer the option of being interviewed by video call.

### Do I have to take part via video call?

No, we expect the majority of interviews to be conducted in person. Please let the interviewer know if you would prefer a video interview when they contact you.

### Is a video call complicated?

No – taking part in a video call interview should be very straightforward for most people. If you decide you would like to be interviewed over video call, the interviewer will telephone you and talk you through the process and will be able to help with any problems.

### Is video interviewing secure?

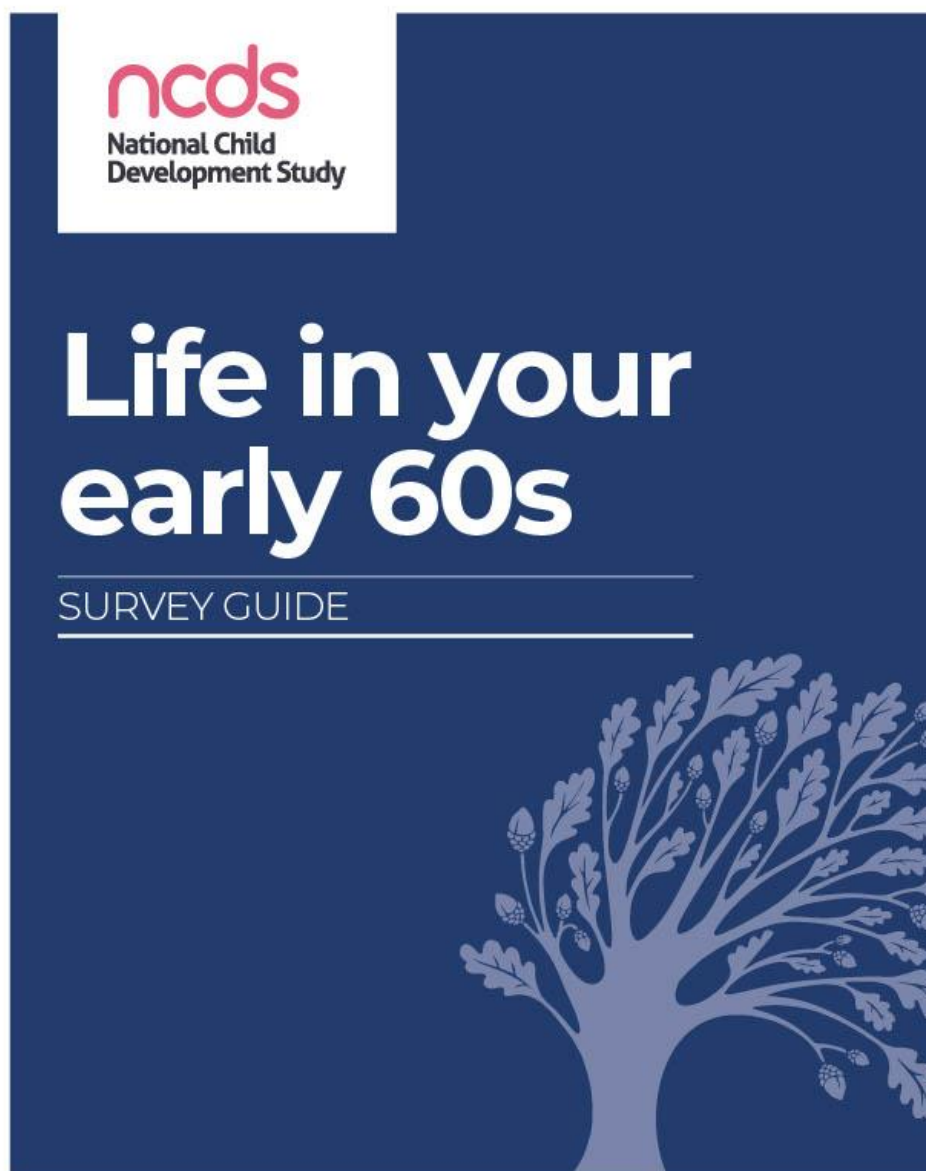
Yes. Video interviewing will take place using Microsoft Teams. This software has been approved by the UCL Information Security Team. The software uses end-to-end encryption and authentication process which provides the highest level of security. Interviewers will make sure that they conduct the interview in a place where nobody else will be able to see or hear the interview taking place. The interviewer will record your answers on their laptop and the information collected will then be processed in exactly the same way as the information we collect in face-to-face interviews.

### Will the video interview be recorded?

No, we will not be recording the video call interviews.



## 2. Survey leaflet



43\_NCDS\_Survey Leaflet\_v07

## Life in your early 60s

This booklet provides you with information about the survey and what it will involve. There are a number of different activities we would like you to take part in: an interview; some health measurements to be taken by a healthcare professional; an online questionnaire about diet and nutrition and a paper questionnaire, about your life now. You will also be asked to complete a second paper questionnaire about your childhood.

### WHY IS NCDS SO IMPORTANT?

For over 60 years, as you've journeyed through life, from childhood to middle age, we've never been too far away. Thanks to you, this amazing study that you are part of has become one of the longest running of its kind, anywhere in the world. The wealth of rich information we've collected about your individual lives over the years is a priceless resource for research, and it will become even more valuable over time. For 60 years, researchers have used data from the NCDS to make discoveries that are relevant to us all, and from which society will continue to benefit for generations to come.

Here are just a few examples of findings from recent research published using NCDS data.

#### Social mobility

In 2018 an important new book on social mobility was published, which used data from NCDS. The book, *Social Mobility and its Enemies*, explains how social mobility, or the extent to which our place on the social or economic ladder of life is based on our family origins, is falling in Britain. Apart from the USA, Britain has the lowest level of social mobility in the Western world. The authors compared the information that NCDS collected about your parents' jobs and earnings when you were young and information about you as adults with similar information collected from people born in 1970. They found that people born in 1970 are less likely than those from your generation to climb the social or economic ladder. The book explores the reasons for this, including the role of education and it proposes some possible solutions.

#### Childhood obesity, then and now

Recent research, using data from NCDS and three other British cohort, studies has shown how the relationship between social class and childhood and teenage weight has changed significantly in recent times. When you were young, there was very little association between social class and being overweight. This was also the case for people born in 1946 and in 1970. But amongst people born in 2001, those from less advantaged families were more likely to be overweight as children and teenagers than those from wealthier families. This growing difference in health between rich and poor could well have a lasting impact on today's less advantaged children.

#### Childhood adversity and mid-life wear-and-tear

At age 44 you were visited by a nurse who carried out a range of health measurements which can be combined to create a measure of overall wear-and-tear on the body. This is known as 'allostatic load'. A recent research project looked at the link between stressful or traumatic childhood events and wear-and-tear at age 44. For some there appeared to be no link but on average, people who had experienced these stressful or traumatic events as children showed greater wear-and-tear in adulthood.

#### Cognitive ability is linked to adult wages

Research using NCDS data found that those of you who performed best in the cognitive assessments we set you at age 11 had higher earnings at age 55. The researchers also examined the link between personality and adult earnings and found that those who were more open and those who were more conscientious had better paid jobs on average.

#### Working in your 50s and retirement planning

Longer life expectancies mean that many people will have to work for longer than in previous generations, and the majority of you are expecting to keep on working in your 60s. A report for Joseph Rowntree Foundation using NCDS showed that just over a third of men and a quarter of women think that they will still be working after your State Pension age of 66. Those of you in low earning jobs at 55 were most likely to expect to be working in your 60s and beyond the state pension age. On the other hand, quite a few of you stopped working in your early 50s, often because of poor health.

Find out more about NCDS research at [ncds.info](https://www.ncds.info)

### WHAT DOES THE SURVEY INVOLVE?

You will be contacted by an interviewer who will invite you to take part. Your participation is, of course, entirely voluntary.

The interviewer will arrange a convenient time to conduct the interview.

### THE INTERVIEW

The interview will collect information about lots of different topics, including your health, life with your family and friends, caring for elderly parents and grandchildren, and preparing for retirement. This will take around 90 minutes. During the interview the interviewer will also ask you to do a few tasks which will examine how you think.

As always, you can skip any question you do not wish to answer. For some questions, which might be more private, you will fill in the answers by yourself.

### 'YOUR LIFE NOW' PAPER QUESTIONNAIRE

Once you have arranged an appointment the interviewer will post you a paper 'Your Life Now' questionnaire. If possible, we would like you to complete it before your interview. The paper questionnaire will include questions about wellbeing, physical activity and leisure activities, and will take about 30 minutes to complete.



### CHILDHOOD QUESTIONNAIRE

You will also be asked to complete a paper questionnaire asking you about your childhood. This questionnaire will include questions on your health, your education, and family life as a child. It should take around 30 minutes to complete. The interviewer will provide you with more information about this when they contact you.



### THE HEALTH VISIT

We would like to follow up your interview with a visit from a healthcare professional. If you agree, a healthcare professional will visit you and ask to take a variety of measurements which will allow researchers to examine the causes and consequences of good and poor health in detail.

The health measurements include blood pressure, weight and grip strength measurements and the collection of a small blood sample (which will only be done with your written consent). You can skip any of the measurements you do not wish to do.

**The interviewer will provide you with a leaflet which tells you more about the health visit and will ask whether you are happy to be contacted by a healthcare professional.**



## ADDING OTHER INFORMATION ABOUT YOU

We would like to add some additional information about you from health records held by the National Health Service (NHS) and economic records held by Her Majesty's Revenue and Customs (HMRC) and the Department for Work and Pensions (DWP).

The information in these records is more detailed than the information we collect from you in the survey.

- The information in **health records** will help researchers find out what causes particular illnesses and conditions such as cancer and how they could be prevented.
- Your **economic records** include information about your earnings and benefits. This information will help researchers investigate how people's finances affect different aspects of life, in much more detail.

We will only obtain this information with your permission. The interviewer will provide you with more details about this during the interview.

Some of you may have already given permissions for us to collect this information about you. If you have already given permission we will not ask again.

We will also ask your partner (if you have one) for permission to add information from their records. This is because the circumstances of those you live with are so vitally important to your own experiences, so it will make our research more accurate.

You can change your permissions for us to add information from these records at any time without giving us a reason. Please contact us if you wish to do this (see contact details at the end of this booklet).

## WHO IS CARRYING OUT THE STUDY?

The study is run by the Centre for Longitudinal Studies (CLS), a research centre in the UCL Institute of Education, which is part of University College London. This latest survey is funded by the Economic and Social Research Council, the Medical Research Council, the Department for Work and Pensions and the U.S. National Institutes of Health. Your interview will be carried out by a trained interviewer from either NatCen or Kantar Public, which are independent research organisations. Then, with your consent, you will be visited by a registered healthcare professional from NatCen.

## ETHICAL APPROVAL

The National Child Development Study has been approved by an independent group of people called a Research Ethics Committee, to protect your safety, rights, wellbeing and dignity.



## CONFIDENTIALITY AND DATA SECURITY

The information you provide will be treated in strict confidence in accordance with the General Data Protection Regulations and used for research purposes only. This means that the data we collect from you is always kept separately from information which could identify you (such as your name and address). When reports based on the data are published, care is taken to ensure that no information which could identify an individual is included.

The data controller for this project is University College London (UCL). The UCL Data Protection Office provides oversight of UCL activities involving the processing of personal data, and can be contacted at: [data-protection@ucl.ac.uk](mailto:data-protection@ucl.ac.uk).

The legal basis used to process your personal data is performance of a task in the public interest.

If you are concerned about how your personal data is being processed, please contact the UCL Data Protection Office in the first instance using the email address above. If you remain unsatisfied, you may wish to contact the Information Commissioner's Office (ICO). Contact details, and details of data subject rights, are available on the ICO website at: <https://ico.org.uk/>

Your data will be stored securely and retained until no longer required by the Centre for Longitudinal Studies.

Participation in this research is not compulsory and you have the right to withdraw at any stage.

More information about privacy and confidentiality is available on the NCDS website: <https://ncds.info/faqs/#privacy-and-data-protection>

## WHO TO CONTACT IF YOU NEED MORE INFORMATION

We hope this booklet answers any questions you may have. Your interviewer will also be able to answer any further questions you might have when they contact you to make your appointment, but if you need more information or need to make a complaint please contact NatCen:

✉ [ncds@natcen.ac.uk](mailto:ncds@natcen.ac.uk)

☎ 0800 652 4574

For information about the National Child Development Study, you can visit:

🌐 [ncds.info](https://ncds.info)

or contact the NCDS team:

✉ [ncds@ucl.ac.uk](mailto:ncds@ucl.ac.uk)

☎ 0800 035 5761

✍ National Child Development Study, Centre for Longitudinal Studies, UCL Social Research Institute, 20 Bedford Way, London, WC1H 0AL.

## WHO TO CONTACT FOR EMOTIONAL SUPPORT AND PRACTICAL ADVICE

If you would like any emotional support or advice on any of the topics included in the survey then the following organisations may be able to help:

For emotional support: Supportline: 01708 765 200

For practical advice: Citizen's Advice Bureau: 03444 111 444





# Thank you again

FOR CONTINUING TO CONTRIBUTE  
TO THIS IMPORTANT STUDY, WE  
HOPE YOU FIND THE EXPERIENCE  
ENJOYABLE AND INTERESTING.



### 3. Appointment letter

#### a. In person

SCLettr



Date \_\_\_\_\_

## Life in Your Early 60s

Dear \_\_\_\_\_

Thank you for agreeing to participate in the National Child Development Survey this year. As part of the survey, we would like you to complete two questionnaires:

- The enclosed 'Your Life Now' questionnaire. This covers questions about your well-being, physical activity and leisure activities.
- 'Childhood' questionnaire which will be posted to you separately. This covers questions about health, education, and family life as a child.

It would be much appreciated if you could complete these questionnaires before your interview. Each questionnaire will take around 20-30 minutes to complete. Once you have completed them please put them in the enclosed envelope, seal the envelope and hand this to the interviewer during their visit.

The answers you provide will be treated in strictest confidence and all findings will be made anonymous in the reporting of results so that responses cannot be traced back to individuals.

Please read the instructions on the front page of the questionnaire about how to complete it.

If you have any concerns or queries about this, please contact NatCen Social Research on **Freephone 0800 652 4574** or email **ncds@natcen.ac.uk**.

The date and time which you have agreed for your interview is:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

If you need to re-arrange the interview for another time, please get in touch with your interviewer on the number below:

Interviewer: \_\_\_\_\_

Contact number: \_\_\_\_\_

We hope you enjoy taking part.

Yours sincerely,

Professor Alissa Goodman  
NCDS Director

22\_NCDS\_PaperSC Letter\_CAPI\_v01



## b. Video

SCLettrvA



Date \_\_\_\_\_

## Life in your early 60s

Dear \_\_\_\_\_

Thank you for agreeing to participate in the National Child Development Survey this year. As part of the survey, we would like you to complete the enclosed questionnaires:

- 'Your Life Now' questionnaire. This covers questions about your well-being, physical activity and leisure activities.
- 'Childhood' questionnaire. This covers questions about your health, education, and family life as a child.

It would be much appreciated if you could complete these questionnaires before your interview. Each questionnaire will take around 30 minutes to complete. Once you have completed them please post them both back to us using the large enclosed stamped addressed envelopes.

The answers you provide will be treated in strictest confidence and all findings will be made anonymous in the reporting of results so that responses cannot be traced back to individuals.

Please read the instructions on the front page of the questionnaire about how to complete it. If you have any concerns or queries about this please contact NatCen Social Research on **Freephone 0800 652 4574** or email [ncds@natcen.ac.uk](mailto:ncds@natcen.ac.uk).

We have also enclosed an envelope in this pack which has the instruction: 'To be opened during the interview'. **Please have this with you when it is time for your video call and please do not open it before the interviewer asks you to.** The interviewer will explain why this is required during your video call. Further instructions on what you will need for the video call and how to join the call are on the **back of this letter**.

The date and time which you have agreed for your interview is:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

If you need to rearrange the interview for another time, please get in touch with your interviewer on the number below:

Interviewer: \_\_\_\_\_ Contact number: \_\_\_\_\_

We hope you enjoy taking part.

Yours sincerely,

Professor Alissa Goodman  
NCDS Director

46\_NCDS\_YLN PaperSC LetterA\_VI



### TAKING PART IN A VIDEO CALL

You can join your Interview via a PC, laptop, tablet or smartphone. If you have the option, we suggest using a PC, laptop or tablet, as these devices will allow you to view on-screen text more easily. We would also advise that you take part from your home or somewhere you are comfortable and have some privacy. At one point you will be asked to write so you may want to be near a hard surface to lean on (you could also use a hard book to do this).

### JOINING THE VIDEO CALL

1. **Click on the "Click here to join the meeting" link** in your meeting Invite which has been e-mailed to you by the Interviewer.

- If you use a PC or laptop (and don't already have MS Teams Installed) you may prefer to join the call via your browser to avoid needing to download the Microsoft Teams app (supported browsers for MS Teams include Chrome and Edge).
- If you choose to join the call on your tablet or smartphone, you will need to download the MS Teams app when prompted.
- If prompted please accept the option to allow audio and video for the call.

2. **Enter your name and toggle on sound and/or video**

- You should then see a page where you choose your audio and video settings for the 'meeting'. You should see yourself on screen (if your video is toggled on) and a place to enter your name (so we know who it is that is joining). Make sure your microphone is toggled on. You can choose whether you start with your camera on or off. But it would be really nice to be able to see you!

3. **Join the call**

- When you are ready click 'Join now'.
- If you join early you will get a message that says 'When the meeting starts, we'll let people know you're waiting'. Your Interviewer will start the Interview shortly.
- Then the message will change to 'Connecting' and you will be admitted to the 'meeting'.

### FURTHER HELP AND SUPPORT

You can click on 'Learn more' on the meeting Invite for further instructions on how to join a video call.

Alternatively, you can type in the following into your browser:

<https://support.microsoft.com/en-us/teams>

If you click on 'Meetings and Calls', a number of links will appear with further guidance.

### c. For nurse visit

NApptLett



Date \_\_\_\_\_

## Life in Your Early 60s Survey

Dear: \_\_\_\_\_

Thank you for agreeing to participate in the NCDS nurse visit. The date and time which you have agreed for your visit is:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Please read the enclosed 'Nurse Visit Guide' which tells you more about what this visit involves and how you might want to prepare. We have revised the procedures for our nurse visits to reduce the risk of COVID-19 transmission. Please see the enclosed COVID-19 leaflet for more details. If you wish to do so, you can wear a face covering when the nurse is carrying out the measures. Nurses will not conduct any visits if they have any COVID-19 symptoms or have had recent contact with anyone who has the virus.

If you need to re-arrange the visit for another time, please get in touch with your nurse on the number below:

Nurse: \_\_\_\_\_

Contact number: \_\_\_\_\_

We hope you enjoy taking part.

Yours sincerely,

A handwritten signature in black ink that reads 'Allissa Goodman'.

Professor Allissa Goodman  
NCDS Director

n31\_NCDS\_Nurse Appointment Letter\_v01





## 4. Tracing

### a. Mover tracing letter

TracForw



Participant reference number

									OKL
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Date

Life in your early 60s

Dear

I am writing to let you know that the next stage of the National Child Development Study (NCDS) is now underway. I hope you would like to take part.

Interviews will be conducted by our partner organisations: NatCen Social Research and Kantar Public who are both independent research organisations.

An interviewer from one of these two organisations has visited the address we have on our files for you and found that you now live elsewhere.

The interviewer spoke to who did not wish to give your new address without your permission, but did agree to forward this letter to you on our behalf.

**I would be most grateful if you would let NatCen Social Research know your current address and any other contact details you are happy to give.** You can either email them at [ncds@natcen.ac.uk](mailto:ncds@natcen.ac.uk) or call on NatCen Freephone **0800 652 4574**. Alternatively, you can complete the reply slip at the bottom of this letter and return it in the enclosed FREEPOST envelope – you won't need a stamp.

By giving us your contact details you are not committing yourself to be interviewed. Once you have confirmed your new details you will be contacted by an interviewer who will provide you with information about this year's survey and invite you to take part. If you are willing, they will arrange a convenient time to visit you.

Without the ongoing commitment of irreplaceable study members like you, NCDS - a ground breaking study - could not continue. If you have any further queries about the study please do not hesitate to contact NatCen Social Research using the contact details above.

We look forward to talking to you soon.

**Thank you very much for your help.**

Yours sincerely,

Professor Alissa Goodman  
NCDS Director



NatCen  
Social Research

KANTAR  
PUBLIC



Participant reference number

									OKL
--	--	--	--	--	--	--	--	--	-----

Please complete this form using **BLOCK CAPITALS** and return in the **FREEPOST** envelope

Title First name Surname

Address

Postcode

Telephone Email

**THE INFORMATION YOU GIVE WILL BE TREATED IN STRICTEST CONFIDENCE**

07\_NCDS61\_TracForw\_v04

Please turn over





Please return the completed form in the enclosed Freepost envelope  
- you won't need a stamp if you post it in the UK.

If you have any questions about this form, or about the  
National Child Development Study please contact us:  
by email at [ncds@natcen.ac.uk](mailto:ncds@natcen.ac.uk) or on Freephone **0800 652 4574**.

**THANK YOU FOR YOUR HELP**

## b. Occupier tracing letter

TracOcc



Participant reference number

--	--	--	--	--	--	--	--	--	--

OKL

Date

Dear Sir/ Madam

We are trying to make contact with \_\_\_\_\_ who has taken part over many years in an important research study. According to our records they are living at this address. An interviewer from one of our partner organisations, NatCen Social Research or Kantar Public, has visited the address several times but has been unable to find anyone at home.

**If you are the person**, please let us know that you are still living here and we will ask the interviewer to try and make contact with you again. If this letter has been forwarded to you from a different address, please let us have the full details of your current address and any other contact details you are happy to give. By giving us your contact details, you are not agreeing to take part again; though, of course, we hope that you wish to do so.

**If you are not the person who took part in the study**, can you help by:

- forwarding this letter to them
- giving us details of their new address and any other contact details you have for them
- or, giving us the name and contact details of someone who can?

You can let NatCen Social Research know the new address and other contact details by either emailing at [cohort@natcen.ac.uk](mailto:cohort@natcen.ac.uk) or calling on Freephone **0800 652 4574**.

Alternatively, you can complete the reply slip at the bottom of this letter and return it in the enclosed FREEPOST envelope – you won't need a stamp.

If you do not know of any way of getting in touch with this person, please let us know so that we can avoid bothering you again.

**Thank you very much for your help.**

Yours sincerely,

Professor Alissa Goodman  
Study Director



**NatCen**  
Social Research

**KANTAR**  
PUBLIC

We are trying to contact \_\_\_\_\_

Participant reference number

--	--	--	--	--	--	--	--	--	--

OKL

Please tick the appropriate box below

- A.** I am the person named above ..... ☐
- B.** I am not the person named above, but I know a forwarding address for them ..... ☐
- C.** I am not the person named above, but I know someone who may be able to help ..... ☐
- D.** I do not know the whereabouts of the person named above ..... ☐

**THE INFORMATION YOU GIVE WILL BE TREATED IN STRICTEST CONFIDENCE**

09\_NCD661\_TracOcc\_v03

Please turn over

..... ✂  
Please give address details below using **BLOCK CAPITALS**

**Address:** .....

**Postcode:** ..... **Telephone:** .....

**Email:** .....

If you are the person named overleaf, please also complete the following:


**First name(s):** ..... **Surname:** .....

Please help by completing this form and returning it in the enclosed FREEPOST envelope – you don't need a stamp if you post it in the UK. If you have any questions, please email at [cohort@natcen.ac.uk](mailto:cohort@natcen.ac.uk) or call **0800 652 4574** (calls from landlines are free but costs from mobile phones may vary, check with your provider).

**THANK YOU FOR YOUR HELP**

### c. Stable contact tracing letter

TracStab



Participant reference number

CXL

Date

National Child Development Study

Dear

We are trying to make contact with  
so that we can invite them to take part in the latest stage of the National Child Development  
Study (NCDS), a major national study following the lives of over 17,000 individuals born one week  
in 1958.

Interviews will be conducted by our partner organisations: NatCen Social Research and Kantar  
Public who are both independent research organisations.

An interviewer from one of these organisations has been unable to contact them using the  
details we have on our files, so this information may have changed. This person has previously  
given us your details and permission to contact you to try and find out the best way for us to get  
in touch with them.


If you know how we can get in touch with them, please could you let NatCen Social Research know of  
any contact details you have for them. You can do so by either emailing them at [ncds@natcen.ac.uk](mailto:ncds@natcen.ac.uk)  
or calling on NatCen Freephone **0800 652 4574**. Alternatively, you can complete the reply slip at the  
bottom of this letter and return it in the enclosed FREEPOST envelope – you won't need a stamp.




By telling us their contact details, you are not committing them to taking part again. They will  
be able to decide this for themselves when we get in touch with them.

If you know their address but would prefer to pass this letter on to the study member and ask  
them to return it to us themselves, please do so. If the study member has any questions about  
the study, or would prefer not to be contacted again, please ask them to let us know.

**Thank you very much for your help.**

Yours sincerely,

  
Professor Alissa Goodman  
NCDS Director



Participant reference number

CXL

Please complete this form using **BLOCK CAPITALS** and return in the **FREEPOST** envelope

Title

First name

Surname

Address

Postcode

Telephone

Email

THE INFORMATION YOU GIVE WILL BE TREATED IN STRICTEST CONFIDENCE

08\_NCDS61\_TracStab\_v05

Please turn over

24

Please return the completed form in the enclosed Freepost envelope  
- you won't need a stamp if you post it in the UK.

If you have any questions about this form, or about the  
National Child Development Study please contact us:  
by email at [ncds@natcen.ac.uk](mailto:ncds@natcen.ac.uk) or on Freephone 0800 652 4574.

**THANK YOU FOR YOUR HELP**

08\_NCD581\_TracStab\_v05

d. Change of address card



# Change of address

PLEASE COMPLETE IN BLOCK CAPITALS

PERSONAL REF: (printed on all correspondence from the study)
TITLE:
FIRST NAME:
SURNAME:
DATE OF BIRTH (DD/MM/YY)



ADDRESS TO WHICH YOU'LL BE MOVING:
POSTCODE:
HOME TEL NO:
MOBILE TEL NO:
EMAIL ADDRESS:
DATE OF MOVE:

GUMMED EDGE GUMMED EDGE

GUMMED EDGE GUMMED EDGE

Once complete please moisten edges, fold along the dotted line, seal and return –  
**no stamp is needed.** If this is not convenient, or if you have any questions, please visit  
our website [ncds.info/home/contact-us](https://ncds.info/home/contact-us) or contact us on **Freephone 0800 035 5761.**

02\_NCD561\_Change Address Card\_v01

GUMMED EDGE GUMMED EDGE





211

Freepost RTKJ-BBSL-CJXR  
National Child Development Study  
UCL Institute of Education  
20 Bedford Way  
LONDON  
WC1H 0AL



## 5. Cognitive assessment booklet

### Cognitive module

#### INTERVIEWER RECORDING BOOKLET



Interviewer ID number

Participant first name

Participant date of birth

Participant gender

Participant reference number

### Word list - first recall

Please write down the words the respondent recalls in the space provided:

- Do NOT interrupt the respondent
- If respondent is saying words more quickly than you can write them down in full, just write down the first letter of the word
- Do NOT count any words the respondent says which are not on the list

Word List A	Word List A - responses
Hotel	
River	
Tree	
Skin	
Gold	
Market	
Paper	
Child	
King	
Book	

Word List B	Word List B - responses
Sky	
Ocean	
Flag	
Dollar	
Wife	
Machine	
Home	
Earth	
College	
Butter	

Word List C	Word List C - responses
Woman	
Rock	
Blood	
Corner	
Shoes	
Letter	
Girl	
House	
Valley	
Engine	

Word List D	Word List D - responses
Water	
Church	
Doctor	
Palace	
Fire	
Garden	
Sea	
Village	
Baby	
Table	

25\_NCD561\_Cognitive Assessment Booklet\_v02

## Animal names

**Please write down all the animal names given by the respondent in the space provided:**

- Do NOT interrupt the respondent
- If respondent is saying names more quickly than you can write them down in full, use abbreviations or a tally
- ONLY if the respondent asks for clarification, explain that animals include birds, insects, fish etc.
- If the respondent gets stuck, say "Can you think of any more?"

--	--

**Points to Remember:**

- Do NOT count repetitions
- Do NOT count redundancies (e.g. white cow, brown cow)
- Do NOT count named animals (e.g. Spot, Bambi)
- DO count different breeds (e.g. terrier, greyhound)
- DO count gender- or generation-specific names (e.g. bull, cow, heifer, calf)
- If the respondent names animals that are unfamiliar to you, give them the benefit of the doubt and count them (e.g. Kudu)

## Letter cancellation

EXAMPLE: G T G E ~~W~~ N R E ~~F~~ A Q B N D

→ A Y O V K S V S Y K W E Z J Z G V A U X C S H S P N K A A K  
 I Y N O L C S C L I U A O P F E G M Z T Y M F Y D U P U U O  
 O I T V L B U F V L N T H W T T N V D C H H X W A F A A M R  
 M I S V X V G H H F P Z G P X T D Q X R U Q E K I E M V C W  
 Q Z E I H B W M H A D B Y A S J Z L I H F Y K P Z X W J M C  
 R S U W Y E P U Y W U V H Q G N J E J A V K E J M S Y H G Y  
 S Y T I H E N V M U G M Q G J J C R Y N K T U D L H M F T V  
 N H L P L I X K P G G J X D Q H V E A T V H L I W G V T H B  
 L H V M J D T L M W P D W O A N E S T D G X Z D H C A N U W  
 A Q F H B B P N O K M E R U F R L F H T M J C N P T Y O I S  
 C D N E K E V J X V D Q W S U B M L C Y S N Z I Y Y N O R S  
 T R L I E T O L B T N O T R G M D M B J O Z H R Y J X U Y I  
 K L T F F T R S Y G N M D M P E I G O V D A B E S N Y P O S  
 L C I V X L F V O W C Z P P S W J F B J H P C E G N W K C O  
 J M R Y J F L X U H M E Z W K S P L S W J B K I K Q V B R P  
 Q S S W G W K V M C K Y C S M E D I G B G B C R D P K E J V  
 B K Q R Z Q X W I Z E O K O A M L G Z Z A L R X E L O X O P  
 O W Z A H X Q P H B B Z R V H Y X O W H A F K L Q L O R X T  
 G Q C F C V T Z B N Z K N A D L K W M X O Q L N S T U Q C Q  
 I T W D P W O B E K Q F S Z P L S X O C I Q N O K L K F T O  
 S Q X J W U T X F Z S S U K D T F O P U Y L E S P I B N W P  
 N S W S U T I P M X O D R C V D L N O F R V W W I N I C U O  
 D H T G I Z C M M H X X N K H W Q I T Z X X I O N C S V Y N  
 S O V B A B G D B I M T J G T E T L G N H C N Z D C C X U J  
 E K J O V C Q Y G D R P L M D R W L W D S H K R D L A R T T  
 X X Q U S U I Y C Q C B U O O B T Z P G Q G H C N L I I W Q

## Word list - second recall

Please write down the words the respondent recalls in the space provided:

- Do NOT interrupt the respondent
- If respondent is saying words more quickly than you can write them down in full, just write down the first letter of the word
- Do NOT count any words the respondent says which are not on the list

Word List A	Word List A - responses
Hotel	
River	
Tree	
Skin	
Gold	
Market	
Paper	
Child	
King	
Book	

Word List B	Word List B - responses
Sky	
Ocean	
Flag	
Dollar	
Wife	
Machine	
Home	
Earth	
College	
Butter	


Word List C	Word List C - responses
Woman	
Rock	
Blood	
Corner	
Shoes	
Letter	
Girl	
House	
Valley	
Engine	

Word List D	Word List D - responses
Water	
Church	
Doctor	
Palace	
Fire	
Garden	
Sea	
Village	
Baby	
Table	

Office use only - scoring letter cancellation

Row and column reached	Correct	Missed
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## 6. Online dietary questionnaire booklet



# Online dietary questionnaire

To login please go to: [www.ncdssurvey.co.uk](http://www.ncdssurvey.co.uk)

And enter this Login ID:

Attach Login ID label here

**Diary completion days:**

Day 1:  
Enter day (Mon-Sun)

Day Month Year

Day 2:  
Enter day (Mon-Sun)

Day Month Year



As part of this year's survey we would like you to complete an online dietary questionnaire which will ask you about what you eat and drink on two days over the next week.

### WHEN SHOULD I COMPLETE THE QUESTIONNAIRE?

We would like you to complete the questionnaire on two separate days which are noted on the front of this leaflet. **It is important to fill it on these particular days if you can.** Please log in to the questionnaire on these two days where you will be asked to record what you ate and drank **the previous day.**

The previous day covers the 24-hour period from midnight through to midnight.

The two days have been randomly selected. If the day you are completing the questionnaire about was not a typical day for you this does not matter – please fill in the questionnaire about that day anyway.

### HOW DO I ACCESS THE QUESTIONNAIRE?

To get started visit [www.ncdssurvey.co.uk](http://www.ncdssurvey.co.uk) and enter your unique ID for logging in - this is noted on the front page of this leaflet. Full instructions on how to complete the questionnaire will be provided on screen once you have logged in.

The survey can be completed on a computer (laptop or desktop), tablet, or smart phone.

### HOW LONG WILL THE QUESTIONNAIRE TAKE TO COMPLETE?

The questionnaire will take about 10-20 minutes to complete on each day.

### HOW WILL I REMEMBER TO COMPLETE THE QUESTIONNAIRE ON MY ALLOCATED DAYS?

You will receive a reminder text message and email on your allocated days, reminding you to log in and complete the questionnaire. This will include your Login ID.

### I'VE MISSED MY ALLOCATED DAY FOR COMPLETING THE QUESTIONNAIRE – WHAT SHOULD I DO?

Please go online as soon as you can and complete the questionnaire. All of the questions in the questionnaire ask about 'yesterday', so if you miss your allocated day please just answer about the day before the day on which you are completing it. If you miss your first allocated day please try to complete the questionnaire before your second allocated day. **You cannot complete the questionnaire more than once on any one day.**

### DO I HAVE TO DO IT?

No, it's up to you whether you want to complete the questionnaire or not. The success of the study depends on the goodwill and co-operation of those asked to take part. The more people who do complete the questionnaire, the more useful the results will be.

### IS THE QUESTIONNAIRE CONFIDENTIAL AND SECURE?

Yes. We take great care to protect the confidentiality of the information we are given, and take careful steps to ensure that the information is secure at all times. The study results will not be presented in a form which can reveal your identity. Your identity will only be known to certain members of the NatCen and Centre for Longitudinal Studies research teams. The information collected will be used for research purposes only and treated in strict confidence in accordance with the General Data Protection Regulation 2018.

### WHAT IF I HAVE ANY OTHER QUESTIONS?

If you have any further questions, or need technical help, please contact NatCen:

✉ [ncds@natcen.ac.uk](mailto:ncds@natcen.ac.uk)  
☎ 0800 652 4574

For information about the National Child Development Study, you can visit:

🌐 [ncds.info](http://ncds.info)

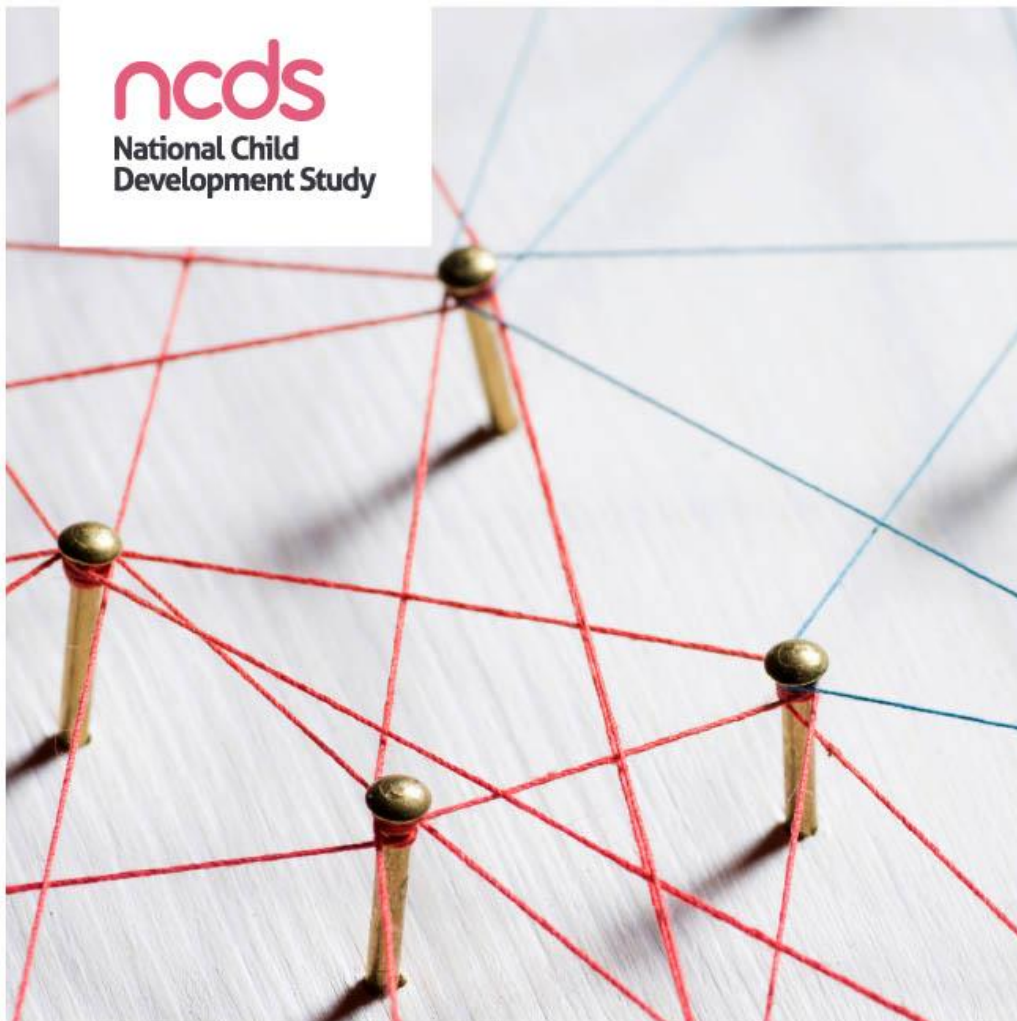
or contact the NCDS team:

✉ [ncds@ucl.ac.uk](mailto:ncds@ucl.ac.uk)  
☎ 0800 035 5761

**Thank you  
for your help**

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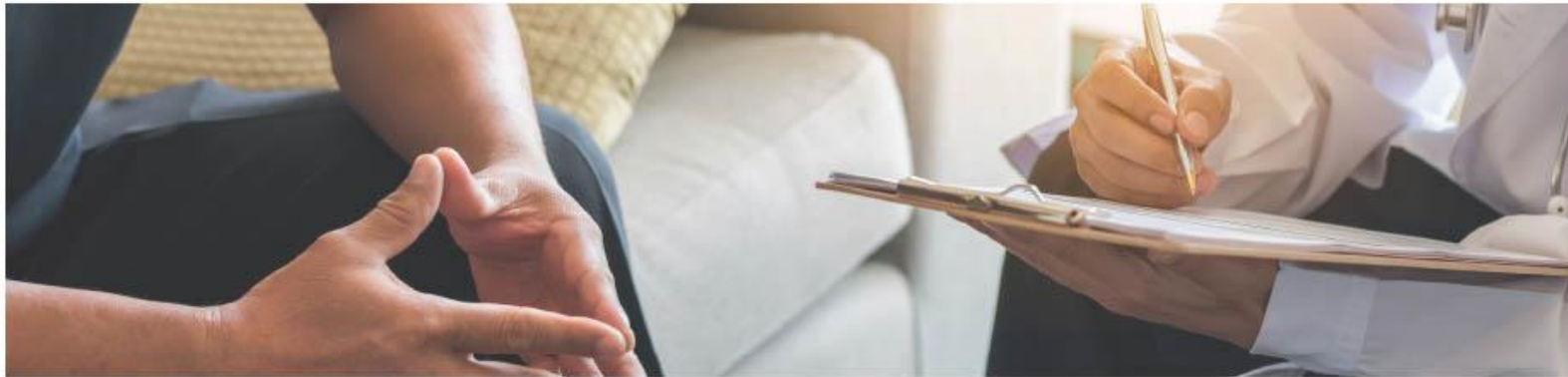
## 7. Data linkage leaflet



# Adding other information about you

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16\_NCDS\_DL- Leaflet\_v04



### ADDING OTHER INFORMATION ABOUT YOU

Government departments and agencies routinely collect information about all of us to help them plan and provide the services we need.

We would like to ask you and your partner (if you have one) for permission to add some of this information held about yourselves in administrative records to the information we collect from you as part of the study.

The information we would like to add is from administrative health and economic records.

We will only obtain this information with your permission.

### WHY ARE WE ASKING FOR YOUR PARTNER'S RECORDS?

The circumstances of people you live with have a big effect on you. If, for example, your partner were to become seriously ill, or were to experience a long period of unemployment, this could clearly have a significant impact on your life. We are only able to collect a very limited amount of information about your partner when we interview you, so adding information from their records will give us a much better understanding of your family circumstances. We can use this information to make our research more accurate.

### HAVE WE ASKED YOU (OR YOUR PARTNER) ABOUT THIS BEFORE?

Some of you may have already given permissions for us to add this information about you. This time, we are only asking about the permissions we have not previously collected from you.

**Your permissions can be changed at any time without giving us a reason. This applies to any permissions you may have given in the past.**

All information collected by NCDS, including information from administrative records, is treated in the strictest confidence in accordance with the Data Protection Act and the General Data Protection Regulation (GDPR). The information is collected and used for research purposes only. The lawful basis on which we process your personal information is a 'Task in the Public Interest'.





## WHAT INFORMATION IS IN THESE RECORDS?

### HEALTH RECORDS

National Health Service (NHS) records include admissions or attendances at hospital (such as dates of admission, discharge or attendance, diagnoses received, treatments given, surgical procedures), visits to your family doctor or other health professional (e.g. midwife), specific conditions (such as cancer or diabetes), and prescriptions given.

The medical and health records for all patients using the NHS health services throughout their lives are maintained by:

- NHS Digital in England;
- NHS Wales Informatics Service's Information Services Division (ISD);
- Information Services Division (ISD) of NHS National Services Scotland.

### ECONOMIC RECORDS

Records kept by the Department for Work and Pensions (DWP) include information about benefit claims and participation in employment programmes.

Records kept by Her Majesty's Revenue and Customs (HMRC) include information about employment, earnings, tax credits, occupational pensions and National Insurance Contributions.

### SOME ASSURANCES

Your decision whether or not to allow us to add information from your records will not affect your health treatment or any health insurance.

It will not affect your benefits, tax or pension.

Neither will it affect your future participation in the study.

## WHY IS ADDING THIS INFORMATION IMPORTANT?

The information in these records is more detailed than the information we collect from you in the survey.

Adding information stored in administrative records to the information you have given to NCDS over the years can help us understand much more about your experiences.

It helps us build a more complete picture of your life and makes the study an invaluable resource for researchers and policy makers, who use this information to improve public services.

Adding other information from your health records will allow us to carry out more detailed research on things like:

- What lifestyle factors are linked to particular illnesses
- How illness impacts people's lives

Adding extra information about your earnings and benefits from your economic records will allow us to carry out more detailed research on things like:

- How well prepared people are for retirement
- Who receives which benefits and the impact this has on people's lives
- How childhood circumstances affect income in adult life



## HOW THE PROCESS WORKS

1) With your permission, we securely send your unique study Identifier (unique ID), name, sex, address and date of birth to the named government departments and agencies that hold your records. If they are available, we may also send your NHS and National Insurance numbers to help identify your records.

*Your personal details will only be used to help identify your records accurately. We do not send your survey responses or other information about you.*

2) The government departments and agencies use your personal details to find your records.

*When your records have been identified, the file containing your personal details is destroyed. These organisations will not keep any of the personal information passed on to them.*

3) The government departments and agencies then send the information taken from your records, together with your unique ID, back to the NCDS team.

4) The NCDS team uses your unique ID to match the information from your administrative records to your survey responses.

5) The matched information containing survey answers and administrative information is made available to researchers.

*Your name, address, your NHS or National Insurance numbers will never be seen by researchers, which ensures that no one can be identified from the data.*

**If your partner gives written permission, the same process will occur and their records will be added to your study responses.**

## KEEPING YOUR INFORMATION SAFE

To keep your information safe, it is encrypted and sent via secure transfer systems, in line with the most up to date security rules and procedures.

### WHO WILL USE THE INFORMATION AND WHAT FOR?

**The matched survey and administrative information will be used for research purposes only.** Like your study responses, this information will be used by professional academic and social policy researchers for non-commercial research and statistics.

### WHO GETS TO SEE THE INFORMATION FROM YOUR RECORDS?

The information will be made available to researchers under restricted access arrangements via the UK Data Service (UKDS) or a similar organisation. This means that access to the data will only be granted in a secure research environment and after a successful application, assessed and approved by the NCDS team and by the named government department or agency (if required). This is to make sure this information is used responsibly and safely.

### WHEN DOES YOUR PERMISSION EXPIRE?

The information we would like to add relates to your past, present and future circumstances.

**We have not put an end date on the permissions that you give as we do not know exactly when we will add this information. We will collect these records on an ongoing basis unless you tell us to stop.**

**As our aim is to follow your whole life's journey, we have not set a time limit on how long we will keep your information.**

### WHAT IF YOU CHANGE YOUR MIND?

**You can change your mind about adding information from these records or withdraw any of your permissions at any time, without giving us a reason. This applies for any permissions that you may have given in the past.**

If we have already added some of your information, it will continue to be used for research purposes only, however we will not add any further information from your records.

See the back page for how you can change your permissions.

**For questions about adding other information in this year's survey, contact NatCen by:**

- emailing [ncds@natcen.ac.uk](mailto:ncds@natcen.ac.uk)
- calling the NatCen Freephone on 0800 652 4574

You can also find out more at **[ncds.info](https://ncds.info)**

**To change or ask questions about permissions you have previously given, contact the NCDS team by:**

- emailing [ncds@ucl.ac.uk](mailto:ncds@ucl.ac.uk)
- calling NCDS Freephone 0800 035 5761 (leave a message quoting your reference number)
- writing to FREEPOST RTKJ-BBSL-CJXR, National Child Development Study, UCL Institute of Education, 20 Bedford Way, London, WC1H 0AL

## 8. Covid booklet

### a. NatCen

**NatCen**  
Social Research that works for society

# OUR COVID-19 SAFETY MEASURES

As Britain's largest independent social research agency, we've worked, for the last 50 years, on behalf of government and charities to find out what people really think about important social issues and how Britain is run.

As leaders in social research, we know the impact of COVID-19 will shape society for years to come. Face-to-face data collection (i.e. interviewing in person) remains an essential method of data collection to ensure everyone's views are represented.

**We want to reassure you that we are working in line with government guidance to minimise the risk of COVID-19 transmission.**



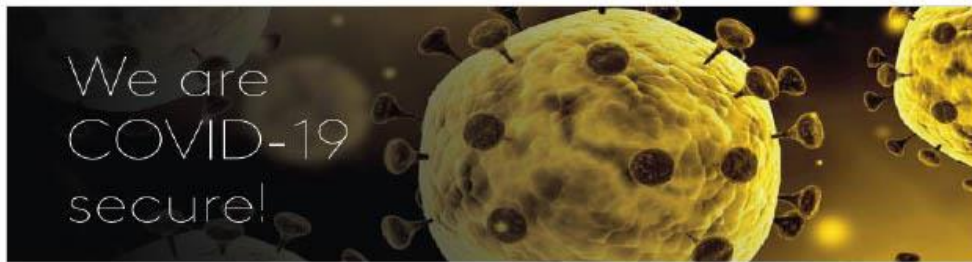
NatCen covid secure leaflet v4.0



### **What measures have the National Centre for Social Research introduced to ensure safe working during the COVID-19 pandemic?**

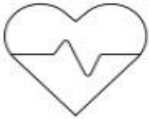
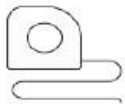
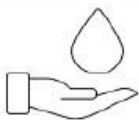

- ♥ Interviewers will self-assess their health before working and will re-arrange their working days if they are unwell or display symptoms of COVID-19
- ♥ Social distancing will be observed by our interviewers. Where possible contact and interviews will be carried out at a 2-metre social distance and 1-metre as a minimum
- ♥ Interviewers are supplied with face masks and will check whether you would like them to wear a face mask before entering your home
- ♥ Interviewers will sanitise their hands and equipment before entering your home, during the interview if they need to pass anything to you and after every interview
- ♥ Alternative interview options such as a remote telephone or video interview may be offered to you if you are unable to be interviewed in your home
- ♥ Our interviewer will carry out a household health screening questionnaire with you before making an appointment and in advance of any in-home visits
- ♥ Could we please ask for your support in ensuring a safe interviewing environment by;
  - ♥ Opening doors to reduce the contact our interviewer has with surfaces in your home
  - ♥ Choosing a place for the interview to take place that supports social distancing
  - ♥ Opening a window or external door to provide ventilation in the room where the interview will take place
- ♥ The interview can take place outdoors if you have a private garden or outside space

b. Kantar



Face-to-face data collection is a valuable method to ensure people's views are represented and we want to reassure you that we are working in line with Government and Market Research Society guidelines to minimise the risk of Covid-19 transmission.

How is Kantar working in a secure manner?

	<p>Our interviewers will self-assess their health at the start of every working day and will not be expected to work if they have displayed symptoms of Covid-19 in the last 5 days.</p>
	<p>Social distancing will be observed by interviewers. Interviews will be conducted with a 1 metre social distance.</p>
	<p>Interviewers are provided with face masks. Interviewers may choose to wear these whilst working and you will be asked prior to the interview if you would like the interviewer to wear a mask in your home. If this is your preference, the interviewer will wear a mask for the duration of the interview.</p> <p>The interviewer will sanitise their hands and equipment before entering your home and during the interview if we need to pass anything to you.</p>
	<p>The interviewer will arrange a suitable time with you to conduct the interview.</p> <p>Prior to the interview, to ensure we are working in a secure manner, we ask if you could please support us in making the interviewing environment safe by:</p> <ul style="list-style-type: none"><li>• Choosing a place for the interview to take place where you and the interviewer can sit at least 1 metre apart.</li><li>• Opening a window or door for 10 minutes, every hour to provide ventilation in the room where the interview will take place</li></ul>

Should you have any queries, please call 020 8433 4012 (during office hours, Mon-Fri, 9.00am - 5.30pm).

**KANTAR**

FTF In home Covid-19 leaflet V2 (issued April 2022)  
© Kantar 2021



## 9. Health screener



### Participant / Household Health Screener

**Fieldworker instruction:** Participant & household health screening must be carried out in advance of making an appointment for an in home visit **AND** immediately before entering a participants' home.

**Introduction to Health Screener:** I would like to firstly reassure you that I do not have any Covid-19 symptoms. I would now like to ask a few screening questions about you and other members of your household.

**Screening questions (fieldworker read out):**

- a) Are you or anyone in your household currently self-isolating?
- b) In the last 10 days have you or anyone in your household been diagnosed with Covid19?
- c) In the last 10 days have you or anyone in your household experienced flu-like or Covid19 symptoms
- d) Are you caring for someone who is vulnerable to Covid19?
- e) Do you have a serious underlying health condition that makes you high risk or vulnerable to Covid19?

**Fieldworker Instruction:**

If the response is "NO" to each of the above screener questions, you may make an appointment or carry out an in-home visit.

If any of screener questions a, b or c are answered "YES", you must **NOT CARRY OUT AN IN HOME VISIT** for a minimum period of 7 days. Appointments must be planned or re-scheduled accordingly or an option provided for a telephone or video conference interview.

If either of screening questions d or e are answered "YES", **YOU SHOULD** make arrangements to carry of the interview remotely by telephone or video conference where possible,

**Before proceeding with an in-home interview, please ask:**

- a) Are you happy to continue with an in-home interview?
- b) Would you like me to wear a face mask whilst I am interviewing in your home?

Version 0.5 April 2022

## 10. Mop-up survey

### a. Invite letter



<CM\_Title> <CM\_Firstname> <CM\_Surname>  
<AddressLine 1>  
<AddressLine 2>  
<AddressLine 3>  
<Town>  
<County>  
<Postcode>

Our ref: <SerialNumber>  
<LetMonth> <LetYear>




Dear <CM\_Firstname>

## Your invitation to take part in the NCDS 'Life in Your Early 60s' Survey

We wrote to you recently to invite you to take part in an online survey for the National Child Development Study (NCDS). If you have not already done so, there is still an opportunity to take part.

### HOW TO TAKE PART

**To complete the survey**, please visit the web link below and enter your online password:

-  Go to the survey website: <SurUriNCDS>
-  Enter your access code: <AccessCode>
-  Complete the survey

The survey should take around **20 minutes** to complete. If you have recently completed the survey, we are sorry for bothering you again.

By taking part you can help us to find new ways to make life better for your generation and the next.

#### WILL THE INFORMATION YOU GIVE REMAIN CONFIDENTIAL?

The information you give will be used for research purposes only and in accordance with the General Data Protection Regulation (GDPR). Your personal details will be kept strictly confidential and separate from the answers you give, so you can't be identified. More detail about privacy and confidentiality is available on the NCDS website: [ncds.info/home/privacy/](https://ncds.info/home/privacy/)

#### HOW TO FIND OUT MORE ABOUT THE STUDY?

Scan the QR code or visit the link below to find out more about the study from the NCDS Study Director.



[ncds.info/why-take-part-in-ncds/](https://ncds.info/why-take-part-in-ncds/)

#### ANY QUESTIONS?

If you have any questions please contact the NatCen research team by email at [ncds@natcen.ac.uk](mailto:ncds@natcen.ac.uk) or on Freephone **0800 652 4574** between 9:00am and 5:00pm (Monday to Friday). You can also get in touch using these contact details if you'd like to tell us that you don't wish to take part. You can keep up with the latest news from NCDS, including new findings, on our website: [www.ncds.info](https://www.ncds.info).

Thank you for your help with this important study.

Yours sincerely,

*George Ploubidis*

George Ploubidis,  
NCDS Director



 National Centre  
for Social Research

2\_NCDS\_NRS\_ReminderLetter\_v2\_PRINT

## b. Reminder letter

DLPartLet



Date \_\_\_\_\_

### **Adding information about you to the 1958 National Child Development Study**

Dear \_\_\_\_\_

We are lucky to count your partner as a member of the 1958 National Child Development Study (NCDS). For over 60 years the study has followed the lives of over 17,000 people born in the same week in Great Britain in 1958. The study seeks to understand how different aspects of life such as health, wealth, education, family circumstances and employment are inter-linked and how experiences during one stage of life can affect later life.

Findings from the study have had an important impact on the government's policies and services they provide across a whole range of areas including health, education and employment. You can find many examples of important research based on NCDS on the study website: [ncds.info](http://ncds.info).

Your partner recently took part in our latest survey and as part of this we asked them for some limited information about you. This is because your experiences and circumstances have a big effect on them. If, for example, you were to become seriously ill, or were to experience a long period of unemployment, this could have a hugely significant impact on their life.

**We asked your partner to pass this letter to you as we would like to collect some additional information about you from routine administrative records so that we can add it to the information we have collected about your partner over the years.** The information held in these records would give us a much better understanding of your circumstances and how these could affect your partner. It would make the study an even more valuable resource for researchers and policy makers, who use the data collected in NCDS to improve public services.

**We can only do this with your permission. The leaflet enclosed explains more about these records and what will happen if you give permission.**

**If you are happy to give NCDS permission, please complete the enclosed consent form(s) and return to us the top (coloured) sheet(s) in the Freepost envelope.** Alternatively, if your partner has agreed to a follow-up visit from a nurse, then the nurse will be able to collect the consent form(s) when they visit.

If you would like any further information before you make up your mind, please get in touch with us in any of the following ways:

- Calling NatCen Freephone: **0800 652 4574**
- Emailing: [ncds@natcen.ac.uk](mailto:ncds@natcen.ac.uk)

**Don't worry if you change your mind later, you can change your permissions at any time.**

Thank you for your help with this important study.

A handwritten signature in black ink that reads 'Alissa Goodman'.

Professor Alissa Goodman  
NCDS Director

17\_NCDS\_DL - PartLet\_v07



**NatCen**  
Social Research

**KANTAR**  
PUBLIC

NApptLett



Date \_\_\_\_\_

## Life in Your Early 60s Survey

Dear: \_\_\_\_\_

Thank you for agreeing to participate in the NCDS nurse visit. The date and time which you have agreed for your visit is:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Please read the enclosed 'Nurse Visit Guide' which tells you more about what this visit involves and how you might want to prepare. We have revised the procedures for our nurse visits to reduce the risk of COVID-19 transmission. Please see the enclosed COVID-19 leaflet for more details. If you wish to do so, you can wear a face covering when the nurse is carrying out the measures. Nurses will not conduct any visits if they have any COVID-19 symptoms or have had recent contact with anyone who has the virus.

If you need to re-arrange the visit for another time, please get in touch with your nurse on the number below:

Nurse: \_\_\_\_\_

Contact number: \_\_\_\_\_

We hope you enjoy taking part.

Yours sincerely,

A handwritten signature in black ink that reads 'Allssa Goodman'.

Professor Allssa Goodman  
NCDS Director

n31\_NCDS\_Nurse Appointment Letter\_v01





## c. Thank you letter



<CM\_Title> <CM\_Firstname> <CM\_Surname>  
<AddressLine 1>  
<AddressLine 2>  
<AddressLine 3>  
<Town>  
<County>  
<Postcode>

Our ref: P12358 - MS  
<SerialNumber>/RD  
<LetMonth> <LetYear>

Dear <CM\_Firstname>

## Thank you

Many thanks for taking part in the latest stage of the National Child Development Study. Your continued support has helped to make NCDS a study of true international importance. We very much appreciate the time you have given us, and hope you enjoyed this year's survey. You can keep up-to-date with the latest news about the study at [www.ncds.info](http://www.ncds.info).

### YOU ARE REALLY MAKING A DIFFERENCE

The information you have given us over the years has helped us to understand some complex questions about the lives of all of us. By speaking to you across your whole lives, we've been able to understand how what we do when we are younger can affect our later lives.

Researchers, charities and government are all taking notice of what we have found out, and the results will continue to have an impact on policy.

### STAY IN TOUCH

We'll be in touch to let you know about the latest findings and any upcoming surveys. In the meantime, if you move house or change your contact details we'd love you to update us. You can contact us via the website: [www.ncds.info](http://www.ncds.info), emailing us on [ncds@ucl.ac.uk](mailto:ncds@ucl.ac.uk) or calling on Freephone 0800 035 5761. Likewise, we'd love to hear any other feedback you have.

We appreciate the time you've given to us so far, and hope you continue to be part of the study for many years to come.

Yours sincerely,

A handwritten signature in black ink that reads 'George Ploubidis'.

George Ploubidis, NCDS Director


3\_NCDS\_NRS\_ThankYouLetter\_v1



## 11. Post-interview notifications and reminders

### a) Partner data linkage invite letter

DLPartLet




<CM\_Title><CM\_Firstname><CM\_Surname>  
<AddressLine1>  
<AddressLine2>  
<AddressLine3>  
<Town>  
<County>  
<Postcode>

Our ref: <Agencyserial> <Checkletter>  
<Month> <Year>

Dear < CM\_Firstname>

During your NCDS interview you told us you were happy to pass on some information to your partner about adding information from their administrative records to your NCDS data. If you are still happy to do so, please can you pass them this letter. The information on the second page will provide them with further information.

Thank you for your help with this special study.

  
Professor Alissa Goodman  
NCDS Director

&lt;PDLLogin&gt;

Your Unique login

### Adding information about you to the National Child Development Study

Dear &lt;PFNAME&gt;

We are lucky to count your partner as a member of the 1958 National Child Development Study (NCDS). For over 60 years the study has followed the lives of over 17,000 people born in the same week in Great Britain in 1958. The study seeks to understand how different aspects of life such as health, wealth, education, family circumstances and employment are inter-linked and how experiences during one stage of life can affect later life.

Findings from the study have had an important impact on the government's policies and services they provide across a whole range of areas including health, education and employment. You can find many examples of important research based on NCDS on the study website: [ncds.info](https://www.ncds.info).

Your partner recently took part in our latest survey and as part of this we asked them for some limited information about you. This is because your experiences and circumstances have a big effect on them. If, for example, you were to become seriously ill, or were to experience a long period of unemployment, this could have a hugely significant impact on their life.

**We asked your partner to pass this letter to you as we would like to collect some additional information about you from routine administrative records so that we can add it to the information we have collected about your partner over the years.** The information held in these records would give us a much better understanding of your circumstances and how these could affect your partner. It would make the study an even more valuable resource for researchers and policy makers, who use the data collected in NCDS to improve public services.

**We can only do this with your permission. The leaflet enclosed explains more about these records and what will happen if you give permission.**

Please visit <https://survey.natcen.ac.uk/NCDSadding> to record if you are happy or not to give your permission for us to collect this additional information. You will be asked to enter your unique login (at the top of this letter), then record which permissions you are happy to give. We will send you a confirmation of your decisions by post or email.

**Don't worry if you change your mind later, you can change your permissions at any time. If you have any questions or want to change your permissions please contact us using the details at the end of the leaflet.**

Thank you for your help with this special study.



Professor Alissa Goodman  
NCDS Director

17\_NCDS\_DL - PartLet\_v13

## b) Partner confirmation of data linkage – no consent given



<PR\_title> <PR\_Firstname> <PR\_Surname>  
<AddressLine1>  
<AddressLine2>  
<AddressLine3>  
<Town>  
<County>  
<Postcode>

Our ref: <Agencyserial> <Checkletter>

<Month> <Year>

### Your choices about adding other information about you to NCDS

Dear <PR\_Firstname>,

We asked you for permission to add information, from routine records, held about you in some government departments and agencies, to information we have collected from your partner during their participation in the National Child Development Study. We would like to apologise for the delay in sending this letter to you.

We would like to confirm that you chose **not** to give us permission to add information held by:

<PNHSref>

<PDWPref>

<PHMRCref>

Permissions for us to add other information from administrative records can be changed at any time. If you change your mind, please get in touch by writing to: **National Child Development Study, Centre for Longitudinal Studies, UCL Social Research Institute, 20 Bedford Way, London, WC1H 0AL**, or emailing NCDS at [ncds@ucl.ac.uk](mailto:ncds@ucl.ac.uk).

Thank you for your help with this important study,

A handwritten signature in black ink that reads 'Alissa Goodman'.

Professor Alissa Goodman  
NCDS Study Director

PConfLet\_NC



### c) Cohort member confirmation of data linkage – thank you letter



<CM\_title> <CM\_Firstname> <CM\_Surname>  
<AddressLine1>  
<AddressLine2>  
<AddressLine3>  
<Town>  
<County>  
<Postcode>

Our ref: <Agencyserial> <Checkletter>  
<Month> <Year>

#### Your choices about adding other information about you

Dear <CM\_Firstname>,

Thank you for taking part in the NCDS interview. During your interview, we asked for your permission to add information about you from routine records to the information collected about you in the study. We would like to apologise for the delay in sending this letter to you.

We would like to thank you for giving us permission in this interview to add information held by:

<NHSScon>  
<DWPcon>  
<HMRCcon>

<AnyRef>  
<NHSPref>  
<DWPref>  
<HMRCref>

We would like to remind you that:

- Your name, address, sex, and NI number (if provided), will be passed to the respective organisations so that your records can be identified and sent to the NCDS research team to be added to your study information, and used for research purposes only
- All information collected by NCDS, including information from administrative records, is treated in strict confidence in accordance with the Data Protection Act and the General Data Protection Regulation (GDPR)
- NCDS will add information from your administrative records on an ongoing basis and unless you tell us to stop.

You can change any of your permissions at any time by writing to: **National Child Development Study, Centre for Longitudinal Studies, UCL Social Research Institute, 20 Bedford Way, London, WC1H 0AL**, or emailing NCDS at [ncds@ucl.ac.uk](mailto:ncds@ucl.ac.uk).

Thank you for your help with this important study,

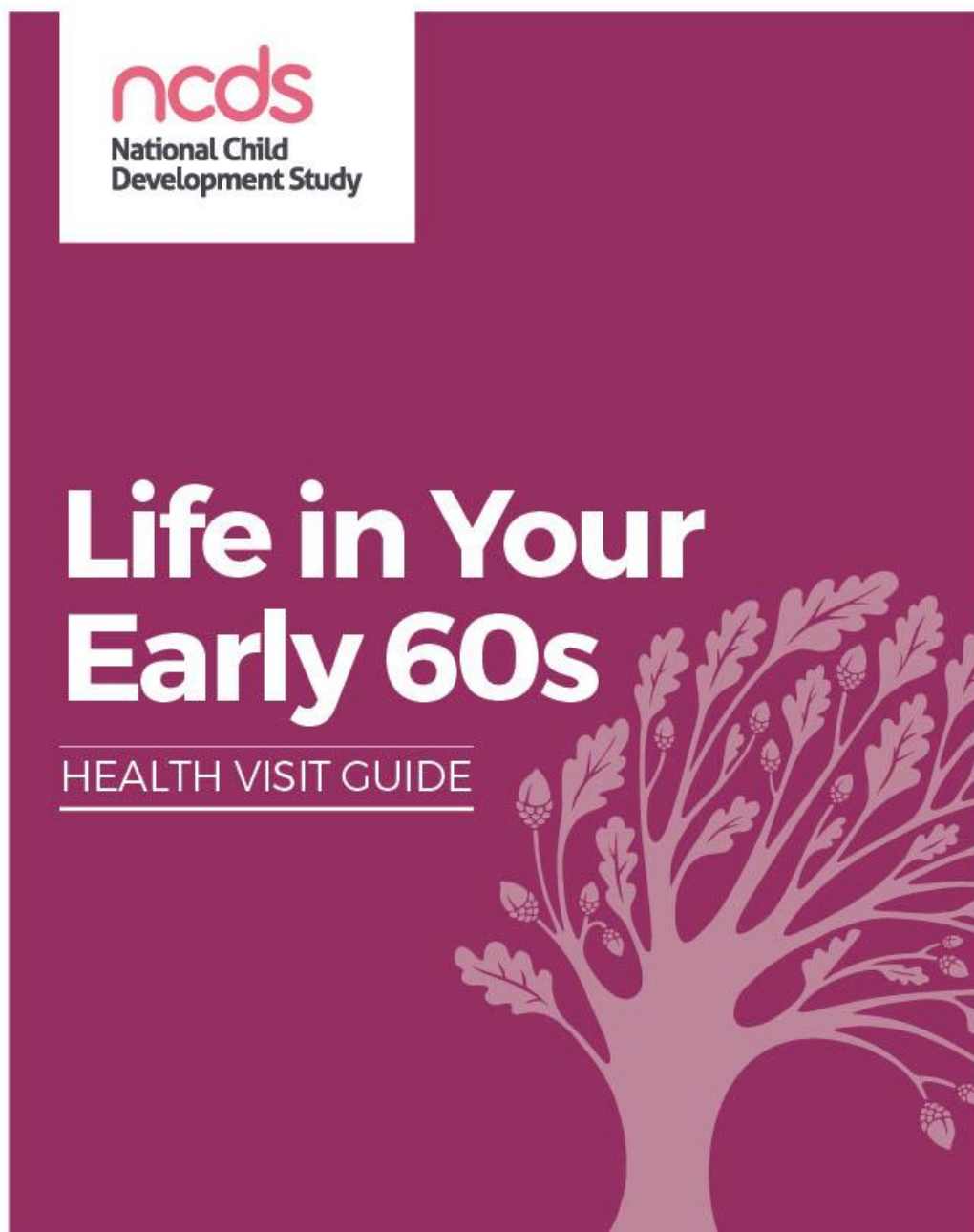
Professor Alissa Goodman  
NCDS Study Director

CMConfLet\_C





## 12. Health visit leaflet



Your healthcare professional's name is

n03\_NCDS\_HealthVisitGuide\_v07

# THE HEALTH VISIT

Thank you for taking part in the interview. We would also like to arrange for a healthcare professional to visit you and take some health measurements. We hope that you will agree to the visit, as it is an extremely valuable part of the survey, and will help provide a fuller picture of health in people your age.

This leaflet provides you with information about all the measurements we would like to take during the health visit. This visit is entirely voluntary and you can skip any measurement you do not wish to take part in.

The healthcare professional can give you a note of some of these measures to keep for your own records if you would like. The visit will take just over an hour to complete.



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# MEASUREMENTS

---

## **WEIGHT, BODY FAT, WAIST & HIP MEASUREMENTS**

Being overweight or obese is a growing health concern in today's society. Having excess weight is linked with a wide range of health conditions including type 2 diabetes. Special scales will be used which will also measure your body fat. This is useful since people of the same weight can differ in how much fat they have. We will also measure your waist and hip circumference since there is evidence that the distribution of fat in the body is important for health too.

## **BLOOD PRESSURE AND HEART RATE**

High blood pressure (also known as hypertension) is one of the biggest risk factors for health conditions such as heart disease and stroke. Collecting data on blood pressure, especially alongside the other types of

information collected in NCDS, is therefore extremely valuable in helping us to get a better understanding of what factors are linked to high blood pressure.

Blood pressure is measured using an inflatable cuff that goes around the upper arm.

We will ask to measure your blood pressure first while you are seated and rested, and then again while you are standing up.

The healthcare professional can tell you your seated blood pressure, along with an indication of its meaning, if you would like. Whilst a diagnosis cannot be made on measurements taken on a single occasion, we can send your blood pressure results to your GP (if you give us permission to do so), as they are best placed to interpret the results in light of your medical history.





**GRIP STRENGTH**

We would like to measure how strong a grip you have. Grip strength is an indicator of people's general health and it has also been shown to be linked to people's future health. Some studies have shown that grip strength is also linked to what people eat. In order to measure your grip strength we will ask you to grip and squeeze a handle on a small device for a few seconds.

**BALANCE**

Measuring your ability to balance involves asking you to perform a few simple movements. This measurement can be an indicator of overall health and some studies show there is a link between balance and future health. The healthcare professional will explain what we would like you to do when they visit.

**TIMED WALK**

A walking speed test, or timed walk, involves measuring how long it takes you to walk a short distance (8 feet, or 244cm) at your normal pace. The timed walk is designed to find out whether people find walking difficult and we can link this to other aspects of people's health and lifestyle. The healthcare professional will find a suitable space and place a measuring tape alongside the space where the walk would take place.



## **BLOOD SAMPLE COLLECTION**

The healthcare professional will ask you if you are willing to provide us with a blood sample. This is an important part of the survey, as blood samples will tell us a lot about the health of your generation.

With your written permission, the healthcare professional will take a small amount of blood from a vein in your arm. This will be no more than 25ml – just over four teaspoons.

Some of the blood samples we are taking need to be separated into their different components as soon as possible after the blood is taken. This is done by spinning the tubes using a portable centrifuge which the healthcare professional will do during the visit.

## **WHAT WILL THE BLOOD BE TESTED FOR?**

Part of the sample will be sent to a laboratory to be tested for the following:

- ***Total Cholesterol and High Density Lipoprotein (HDL) Cholesterol.***

Cholesterol is a type of fat present in the blood, related to diet. Too much cholesterol in the blood increases the risk of heart disease. However, there are two types of cholesterol; HDL is the 'healthy' type, which helps to keep 'bad' cholesterol levels lower.

- ***Glycated haemoglobin.***

This is an indicator of long term blood sugar levels and is linked with the risk of developing diabetes.

- ***Triglycerides.***

Triglyceride levels are associated with cardiovascular disease, and are also important to help us work out how much low-density lipoprotein (LDL) is in your blood. LDL is the 'bad' type of cholesterol.

- ***C-reactive protein (CRP)***

This is a measure of inflammation in the body, and can help predict the risk of developing diseases such as cardiovascular disease, diabetes and cancer, as well as mental health issues.

We would also like to store some of your blood sample for future analysis. This part of your sample will be sent to a specialist storage facility at the University of Bristol.



### **WHY DO WE WANT A DNA SAMPLE?**

We will ask for your written permission to extract, analyse and store DNA from your blood sample for research purposes. Research shows that an increasing number of illnesses have a genetic component. For example, previous research using DNA from the blood samples given by NCDS participants has led to important breakthroughs in our understanding of the role of genetics in common medical conditions such as diabetes, rheumatoid arthritis and coronary heart disease. Combining information about your genes with all of the other information we have collected about your health and your lifestyle will help researchers to identify which genes are linked to certain conditions. This will help with understanding who is most at risk, which may in turn lead to improved diagnosis, treatment and disease prevention.

Many of you gave permission for us to extract DNA from the blood sample you provided in 2002-4. A second DNA sample will give us a unique opportunity to do 'epigenetic' research. This involves investigating how genes are expressed (switched on and off) and the effect this may have on health and other aspects of life.

### **WHAT WILL THE STORED SAMPLES BE USED FOR?**

The samples will be used for research purposes only. They cannot be accessed by lawyers or insurance companies and will not be used for cloning. Any future analysis will be done at the specialist storage facility or at another laboratory, which may be outside the UK. This could include research by the commercial sector. We will not sell or make any profit from the samples you donate and they will only be used in research which meets ethical guidelines.

Researchers who want to use your blood sample or DNA will have to apply for permission to an independent committee which oversees access to the samples and resulting data. Permission to use the samples and resulting data is only given to genuine researchers who can explain the potential impact of the research and its wider value for society.

**The anonymised samples will be treated in strict confidence in accordance with the General Data Protection Regulations (GDPR).**

### **CAN YOU FIND OUT THE RESULTS?**

We can only send you your *total and HDL cholesterol*, and *glycated haemoglobin* results. If you wish, we can also send these results to your GP. We will need your permission to do this. The letter with your results will also say whether or not they are in the normal range. **It will not be possible to routinely feedback any results from genetic testing.**

### **WHAT HAPPENS TO YOUR BLOOD SAMPLE AFTER THE TESTS?**

If you give your permission, the blood sample and DNA will be stored securely and labelled with a unique ID number so we can link your blood tests to the other data we hold about you. Your name and address will not be attached to the blood sample when it is sent to the lab nor will it be stored with your samples. Researchers using your sample will not have access to your name and address.

### **WHAT IF YOU CHANGE YOUR MIND AFTER YOU HAVE GIVEN A SAMPLE?**

You can withdraw your consent for the use of your samples at any time, without giving any reasons, by writing to the Centre for Longitudinal Studies (see details at the end of this booklet). They will inform the laboratory and any remaining stocks of your samples will be destroyed.



### **WHAT ABOUT HYGIENE STANDARDS?**

Our healthcare professionals maintain the highest hygiene standards to reduce any risk of infection. We use a new, unused, sterile needle and tubes for every person.

### **IS ANY SPECIAL EQUIPMENT NEEDED?**

Before a needle is inserted into your vein, the healthcare professional will apply a tourniquet (a band put round your arm to control your blood flow). This keeps more blood in the vein, making it easier to see and access the vein.

### **WHAT IF YOU FEEL FAINT?**

You might feel faint during or immediately after giving a blood sample, although most people don't. If you begin to feel faint at all, tell the healthcare professional as soon as possible, if you can. They will be watching you for any signs of fainting, and if necessary will stop taking the blood sample.

If you experience any of the following after the health visit, you should seek further help, for instance from your GP or dialling the NHS 111 service (for England and Scotland) or NHS Direct Wales on 0845 46 47:

- severe pain
- numbness or persistent 'pins and needles' in the arm, hand or fingers
- a large swelling or swelling which is getting bigger
- painful redness or inflammation.



### **FINDING OUT WHAT YOU EAT AND DRINK**

We would like to collect information about your eating habits. The links between diet and health are well established, and information about what we eat and drink is an important part of helping understand health and illness. This information will be collected using an online questionnaire which we will ask you to complete on two days after the health visit. The healthcare professional will let you know on which days we would like you to complete the questionnaire. Completing the questionnaire will take 10-20 minutes on each of the two days.



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## MORE INFORMATION

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### CONFIDENTIALITY AND DATA SECURITY

The information you provide will be treated in strict confidence in accordance with the General Data Protection Regulations (GDPR), and used for research purposes only. This means that the data we collect from you is always kept separately from information which could identify you (such as your name and address). When reports based on the data are published, care is taken to ensure that no information which could identify an individual is included.

The data controller for this project is University College London (UCL). The UCL Data Protection Office provides oversight of UCL activities involving the processing of personal data, and can be contacted at: **[data-protection@ucl.ac.uk](mailto:data-protection@ucl.ac.uk)**.

The legal basis used to process your personal data is performance of a task in the public interest.

If you are concerned about how your personal data is being processed, please contact the UCL Data Protection Office in the first instance **using the email address above**. If you remain unsatisfied, you may wish to contact the Information Commissioner's Office (ICO). Contact details, and details of data subject rights, are available on the ICO website at: **[ico.org.uk](https://ico.org.uk)**

Your data will be stored securely and retained until it is no longer required by the Centre for Longitudinal Studies.

Participation in this research is not compulsory and you have the right to withdraw at any stage.

More information about privacy and confidentiality is available on the NCDS website: **[ncds.info/faqs/#privacy-and-data-protection](https://ncds.info/faqs/#privacy-and-data-protection)**



### **ETHICAL APPROVAL**

This year's survey has been approved by an independent group of people called a Research Ethics Committee, to protect your safety, rights, wellbeing and dignity.

### **INSURANCE COVER**

If you agree to your blood pressure or blood sample results being sent to your GP, then they may use them in medical reports about you. For example, if you apply for a new life assurance policy, or for a new job. When people apply for new policies, insurance companies may ask if they can obtain a medical report from your GP. But they cannot do this without your permission.

Having given your permission, you then have the right to see the report before your GP sends it to the insurance company, and you can ask for the report to be amended if you consider it to be incorrect or misleading.

### **WHO TO CONTACT IF YOU NEED MORE INFORMATION**

We hope this booklet answers any questions you may have. Your healthcare professional will also be able to answer any further questions you might have when they contact you to make your appointment, but if you need more information or need to make a complaint please contact NatCen:

 [ncds@natcen.ac.uk](mailto:ncds@natcen.ac.uk)

 0800 652 4574

For information about the National Child Development Study, you can visit:

 [ncds.info](http://ncds.info)

or contact the NCDS team:

 [ncds@ucl.ac.uk](mailto:ncds@ucl.ac.uk)

 0800 035 5761

 National Child Development Study, Centre for Longitudinal Studies, UCL Social Research Institute, 20 Bedford Way, London, WC1H 0AL

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# PREPARING FOR THE HEALTH VISIT

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If possible please do the following:


- for **30 minutes before the healthcare professional arrives**, DO NOT:
  - eat
  - drink alcohol or caffeine
  - smoke
  - exercise vigorously
- **wear light, non-restrictive clothing** and avoid tight clothing (e.g. lycra, tight jeans) and thick belts and very long garments
- wear trainers if you have them, otherwise please **wear shoes you can comfortably walk** in without slipping or tripping
- have your GP details to hand as the healthcare professional will ask you for these
- please have to hand any medication you take, as your healthcare professional will ask about any medication you are currently on
- **If you have not already given them back, please have ready:**
  - the 'Your Life Now' questionnaire
  - the 'Childhood' questionnaire



**NatCen**  
Social Research

**KANTAR**  
PUBLIC

## 13. Measurement record card



# Life in your early 60s

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## MEASUREMENT RECORD CARD

---

Participant reference number

									CKL
--	--	--	--	--	--	--	--	--	-----

Name

Healthcare professional's name

Date of visit

n06\_NCDS\_Health - MesRecCard\_v03

## BLOOD PRESSURE

	Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)
(i)	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
(ii)	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>

Summary of advice given by healthcare professional:

<input type="checkbox"/> Normal	<input type="checkbox"/> Raised
<input type="checkbox"/> Mildly raised	<input type="checkbox"/> Considerably raised

Visit your GP to have your blood pressure checked within:

\_\_\_\_\_

## GRIP STRENGTH (average)

Left Hand \_\_\_\_\_ kg

Right Hand \_\_\_\_\_ kg

## WEIGHT

\_\_\_\_\_ kg  
\_\_\_\_\_ st/lbs

## BODY FAT

\_\_\_\_\_ %

Further guidance on BMI and body fat measurements can be found on the NCDS website:

[ncds.info/faqs](https://www.ncds.info/faqs)

## WAIST AND HIP MEASUREMENT

Waist \_\_\_\_\_ cm \_\_\_\_\_ in

Hip \_\_\_\_\_ cm \_\_\_\_\_ in


## THANK YOU AGAIN

for continuing to take  
part in the National Child  
Development Study





# 14. Nurse consent booklet



# Life in your early 60s

## NURSE CONSENT BOOKLET

Participant reference number

CKL

Nurse number

Participant first name

Date of nurse visit

Day

Month

Year

### SUMMARY OF CONSENTS - RING CODE FOR EACH ITEM

	YES	NO
Blood pressure to GP	01	02
Sample of blood to be taken for analysis	03	04
Blood sample results to GP	05	06
Blood sample storage	07	08
Blood sample for DNA extraction and storage	09	10
Blood sample results to respondent	11	12

nc05\_NCDS\_Nurse - ConsentBooklet\_v03

**DISPATCH NOTE FOR BLOOD**  
(OFFICE COPY)

**1. PARTICIPANT REFERENCE NUMBER**

Attach Barcode label here

## 2. OUTCOME OF BLOOD SAMPLING

TUBE ORDER	TUBE DETAILS	SAMPLE OBTAINED? (Y/N)	SAMPLE SPUN? (Y/N)
TUBE 1	5 ml RST Orange (Bristol)		
TUBE 2	2.5 ml SST Gold (RVI)		n/a
TUBE 3	3 ml K2 EDTA Lilac (RVI)		n/a
TUBE 4	6 ml K2 EDTA Purple (Bristol)		n/a
TUBE 5	5 ml PPT EDTA White (Bristol)		

## 3. DATE BLOOD TAKEN

Day      Month        Year

## 4. DATE BLOOD DISPATCHED

Day      Month        Year

## BLOOD PRESSURE TO GP (OFFICE COPY)

1.

*I consent to NatCen Social Research informing my General Practitioner (GP) of my blood pressure results.*

*I am aware that the results of my blood pressure measurement may be used by my GP to help monitor my health and that my GP may wish to include the results in any future report about me.*

**Please tick or initial  
the box if you consent**

☐

**Tick or Initials**

**Print name (respondent):** .....

**Signed (respondent):** .....

**Date:** .....

**Print name (nurse):** .....

**Signed (nurse):** .....

**Date:** .....

## BLOOD PRESSURE TO GP (RESPONDENT COPY)

1.

*I consent to NatCen Social Research informing my General Practitioner (GP) of my blood pressure results.*

*I am aware that the results of my blood pressure measurement may be used by my GP to help monitor my health and that my GP may wish to include the results in any future report about me.*

**Please tick or initial  
the box if you consent**

☐

**Tick or Initials**

**Print name (respondent):** .....

**Signed (respondent):** .....

**Date:** .....

**Print name (nurse):** .....

**Signed (nurse):** .....

**Date:** .....

## BLOOD SAMPLE CONSENT (OFFICE COPY)

**Please tick or initial  
the box if you consent**

**1.**  
*I consent to a qualified NatCen Social Research nurse taking a sample of my blood on behalf of the Centre for Longitudinal Studies.*

☐

**Tick or initials**

**2.**  
*I consent to giving my blood for the analysis of cholesterol and glycated haemoglobin.*

☐

**Tick or initials**

**3.**  
*I consent to NatCen Social Research/the Centre for Longitudinal Studies informing my General Practitioner (GP) of the above blood sample analysis results.*

☐

**Tick or initials**

**4.**  
*I consent to any remaining blood being stored for future analysis.*

☐

**Tick or initials**

### CONFIRMATION

- I have read and understood the information provided in the "Nurse Visit Guide" about giving a blood sample for the National Child Development Study: Life in Your Early 60s Survey.
- I have discussed any outstanding questions with the nurse.
- I wish to provide a blood sample.
- I understand that I can decline to provide the blood sample at any point.
- I understand that my blood can be accessed and transported, including overseas, for future analysis.
- I understand that this consent remains valid unless revoked by me in writing and that I may withdraw my consent at any time by contacting the National Child Development Study in writing at FREEPOST RTKJ-BBSL-CJXR, National Child Development Study, Institute of Education, 20 Bedford Way, London WC1H 0AL.

**Print name (respondent):** .....

**Signed (respondent):** .....

**Date:** .....

**Print name (nurse):** .....

**Signed (nurse):** .....

**Date:** .....



## BLOOD SAMPLE CONSENT (RESPONDENT COPY)

**Please tick or initial  
the box if you consent**

**1.**  
*I consent to a qualified NatCen Social Research nurse taking  
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Studies.*

☐

**Tick or initials**

**2.**  
*I consent to giving my blood for the analysis of cholesterol and  
glycated haemoglobin.*

☐

**Tick or initials**

**3.**  
*I consent to NatCen Social Research/the Centre for Longitudinal  
Studies informing my General Practitioner (GP) of the above  
blood sample analysis results.*

☐

**Tick or initials**

**4.**  
*I consent to any remaining blood being stored for future analysis.*

☐

**Tick or initials**

### CONFIRMATION

- I have read and understood the information provided in the  
"Nurse Visit Guide" about giving a blood sample for the National  
Child Development Study: Life in Your Early  
60s Survey.
- I have discussed any outstanding questions with the nurse.
- I wish to provide a blood sample.
- I understand that I can decline to provide the blood sample  
at any point.
- I understand that my blood can be accessed and transported,  
including overseas, for future analysis.
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contacting the National Child Development Study in writing at  
FREEPOST RTKJ-BBSL-CJXR, National Child Development Study,  
Institute of Education, 20 Bedford Way, London WC1H 0AL.

**Print name (respondent):** .....

**Signed (respondent):** .....

**Date:** .....

**Print name (nurse):** .....

**Signed (nurse):** .....

**Date:** .....

## DNA CONSENT (RESPONDENT COPY)

Please tick or initial  
the box if you consent

1.  
*I consent to giving a sample of my blood for DNA extraction,  
analysis and storage for research purposes.*

☐

Tick or Initials

### CONFIRMATION

- I have read and understood the information provided in the "Nurse Visit Guide" about the extraction and storage of DNA from my blood sample for the National Child Development Study: Life in your Early 60s Survey.
- I have discussed any outstanding questions with the nurse.
- I am happy for a sample of DNA to be extracted from my blood sample and stored for future analysis.
- I understand that I can decline to provide the DNA sample at any point.
- I understand that this consent remains valid unless revoked by me in writing and that I may withdraw my consent at any time by contacting the National Child Development Study in writing at FREEPOST RTKJ-BBSL-CJXR, National Child Development Study, Institute of Education, 20 Bedford Way, London WC1H 0AL.

Print name (respondent): .....

Signed (respondent): .....

Date: .....

Print name (nurse): .....

Signed (nurse): .....

Date: .....

## DNA CONSENT (OFFICE COPY)

Please tick or initial  
the box if you consent

1.  
*I consent to giving a sample of my blood for DNA extraction,  
analysis and storage for research purposes.*

☐

Tick or Initials

### CONFIRMATION

- I have read and understood the information provided in the "Nurse Visit Guide" about the extraction and storage of DNA from my blood sample for the National Child Development Study: Life in your Early 60s Survey.
- I have discussed any outstanding questions with the nurse.
- I am happy for a sample of DNA to be extracted from my blood sample and stored for future analysis.
- I understand that I can decline to provide the DNA sample at any point.
- I understand that this consent remains valid unless revoked by me in writing and that I may withdraw my consent at any time by contacting the National Child Development Study in writing at FREEPOST RTKJ-BBSL-CJXR, National Child Development Study, Institute of Education, 20 Bedford Way, London WC1H 0AL.

Print name (respondent): .....

Signed (respondent): .....

Date: .....

Print name (nurse): .....

Signed (nurse): .....

Date: .....



## DISPATCH NOTE FOR BLOOD SAMPLES - TO LAB AT BRISTOL (LABORATORY COPY)

Complete all sections CLEARLY and LEGIBLY and enclose with samples to lab.

### 1. PARTICIPANT REFERENCE NUMBER

									CKL
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Attach Barcode label here

### 2. TUBES OBTAINED / CENTRIFUGED

TUBES DETAILS	SAMPLE OBTAINED? (Y/N)	SAMPLE SPUN? (Y/N)
5ml RST Orange (Bristol)		
6ml K <sub>2</sub> EDTA Purple (Bristol)		n/a
5ml PPT EDTA White (Bristol)		

### 3. DATE BLOODS TAKEN

Day		Month		Year		

### 4. NURSE NUMBER

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#### LAB USE ONLY

TUBES ENCLOSED	TICK IF REC'D
5ml RST      ORANGE	
6ml EDTA      PURPLE	
5ml PPT EDTA      WHITE	



## CHECKLIST FOR NURSES

### Before leaving the household, please check the following:

- ☐ Has the respondent initialled or ticked each consent and signed and dated each consent sheet?
- ☐ Have you countersigned and dated each consent sheet?
- ☐ Have you completed the office blood dispatch slip (page 2) and the two lab blood dispatch slips (pages 16 and 18) (if consent given)?
- ☐ Have you given the respondent their copies of the consent forms?
- ☐ Have you attached a barcode label to each of the blood tubes?

### If applicable:

Make sure you have collected the following documents if respondent has completed them and has not sent them back already:

- ☐ Your Life Now Questionnaire (Orange)
- ☐ Childhood Questionnaire (Green)
- ☐ Data Linkage Consent Form(s) (coloured top sheet)
- ☐ Respondent Nurse Feedback Form (Pink)

### After leaving the household, please do the following:

- ☐ Dispatch blood samples to the 2 labs
- ☐ Complete blood dispatch date on office dispatch form
- ☐ Send any documents collected from the interview to the office.