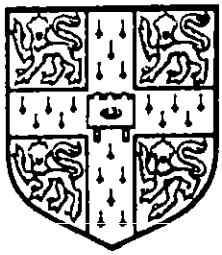


Office of the Regius Professor of Phys
Cambridge University
School of
Clinical Medicine

HEALTH AND LIFESTYLE SURVEY

USERS' MANUAL

HEALTH AND LIFESTYLE SURVEY

The survey, funded by the Health Promotion Research Trust, was conducted from th Office of the Regius Professor of Physic, Cambridge University School of Clinica Medicine, by the following team -

B D Cox, PhD (Director)
M Blaxter, MA
A L J Buckle, PhD
N Fenner, BSc
J Golding, PhD
J Nickson
S Stark, BSc
R Stepney, PhD (during design stage)
M E J Wadsworth, PhD (Consultant)
M J Whichelow, MA

Secretarial and Assistant Staff -
Mr M Brown, Mrs S Boutle, Miss L Dunball, Miss C Hall, Miss E Paul

The psychology and mental health dimension was added to the survey in a separate but closely integrated study

Felicia A Huppert, PhD)
Sir Martin Roth, MD, ScD, FRCP, FRCPsych) Co-directors
Jane Selby, PhD
Mauvis Gore, PhD

The principle aims of the studies were

1 To investigate, in a representative national sample, the four habits or behaviours most often implicated in studies of ill health smoking, alcohol consumption, diet and physical exercise

2. To consider the association of these and other components of lifestyles, both singly and in combination, with various aspects of health in the individual

3 To investigate whether health behaviour in these four areas of life reflect the individuals' beliefs about, attitudes towards, and experience of health

4. To examine the distribution of a number of simple measures of physiological status, and seek for associations between these measures and lifestyles and reported health

5. To examine the distribution of measures of cognitive function, personality and psychiatric status, and consider associations between these and lifestyles and reported health

The data consist of:

1. An interview, carried out in the respondent's home, and lasting approximately one hour, on the topics of (a) basic socio-economic, education, family and housing data, (b) self-reported health, (c) health attitudes and beliefs, (d) dietary habits, (e) leisure, work and exercise, (f) smoking and (g) alcohol consumption.

2. A separate home visit by a nurse for a series of physiological measures: height, weight, girth and hips, blood pressure, pulse rate, respiratory function, environmental and exhaled carbon monoxide, and ambient room temperature. At the same visit, simple tests of cognitive function (reaction time, memory and reasoning) were also carried out by the nurse.

3. A self-completion questionnaire, introduced by the nurse and returned by mail assessing personality and psychiatric status.

METHOD

The fieldwork was conducted by Social and Community Planning Research (SCPR Researcher Patricia Prescott-Clarke). The questionnaire was designed and piloted by the study team, with advice in the later stages from SCPR. Briefing of interviewers began in August 1984 and data collection was completed in July 1985. Interviewing was carried out in three waves (Autumn 1984, Winter - Spring 1985, and Summer 1985) with each region represented in at least two waves, and most in all three, in order to ensure that different times of year were represented in each area.

Interviewers provided potential respondents with an introductory letter (Appendix A). At the close of each interview they introduced the second part of the study, the visit by a nurse, and passed to the nurse the names and addresses of all interviewed subjects who did not express an unwillingness to be further involved. The nurse visit, also accompanied by an introductory letter (Appendix B) was made a week or so later. At the end of the nurse visit the self-completion booklet was given to the respondent together with a reply-paid envelope, and the method of completing it was explained.

SCPR provided coded data on magnetic tape for each of the three parts of the study. To this team members added the coding of the many open-ended or "verbatim" questions which were a particular feature of the survey method, and as far as possible dealt with answers which the interviewers had been unable to code in pre-coded questions. Consistency and wild code checks were performed and the data rigorously "cleaned". Certain coding transformations were made in order to improve logic and accuracy and to facilitate analysis: these are noted at relevant points in the manual.

SAMPLE

The population is defined as individuals of eighteen and over living in private households, in England, Wales and Scotland. The sample was selected by SCPR. In order to obtain a sample of the required size, a total of 12672 addresses was randomly selected from English, Welsh and Scottish Electoral Registers using a three-stage design. Parliamentary constituencies were allocated within Standard Regions to one of three population density bands, and 198 constituencies were then selected with probability proportional to the size of the electorate. Two wards were selected from each of the sampled constituencies, again with probability

proportional to the electorate. Each of the addresses selected was visited, and 12254 were found which could be included in the study (Table 1). 'In each household, the interviewers selected one person aged eighteen and over from all those resident, applying a pre-determined method to ensure random selection of an individual This procedure is necessary because Electoral Registers are not usually sufficiently up to date to provide a reliable list of individuals

Response Rate

The 12254 addresses yielded interviews with 9003 individuals, a response rate of 73 Table 2 shows the reasons for non-response A high proportion of those interviewed agreed to a subsequent visit from a study nurse, and measurements were carried out on 82.3% (7414) of those who had been interviewed. Again, a high proportion of those who received a self-completion booklet from the nurse returned it (88.6%) (Table 3) The highest response rates were achieved in Scotland, Wales and Northern Region, and the lowest in Greater London Table 4 gives the numbers of individuals, for each of the three parts of the study in each Standard Region, and the response rates achieved related to the original random sample.

Representativeness of Sample

The study population was compared with data from the Census 1981. Comparability by age, gender and regional distribution for each of the three samples is shown in Tables 5 and 6. The study population has a slight excess of women, and some differences from the Census population at the extremes of the age spectrum, with a slight under-representation of single persons These are likely to be accounted for by differences in availability for interview. Older women, but not men, are particularly under-represented in the measured and self-completion samples.

Employment status is well represented, with 60.6% of the study population "economically active" by Census definitions, compared with 61 6% in Census 1981, and 39 4% of the study population "economically inactive", compared with 38.3%.

Available data on ethnic differences are difficult to compare, since the Census question was concerned with "country of birth" and does not differentiate native-born white and non-white, whereas the survey interviewers were asked to judge ethnic group from their own observation Nevertheless, Table 7 shows that taking these differences in the definition of ethnicity into account, the sample appears to represent ethnic minorities well.

Characteristics of the Samples

It may be useful to potential users of the data to know the distribution of some basic demographic variables for the interviewed, measured and self-completion samples "Marital status", Table 9, includes those who are cohabiting among the "married",and is derived from Q. 82 a-i (See Schedule, P 113); otherwise the categories are defined as shown in the manual for Q 82a. "Working status", Table 10, is defined as shown in the manual for Q. 66a; it should be noted that the category "household duties" includes only those under 60 years (F) or, in a few cases, 65 years (M) All those of retirement age and over who are economical. inactive are categorised as "retired" In Table 13, "Household Type" (given for th

interviewed sample only) is derived from the household matrix, Q. 1d, together with marital status. Tables 14 and 15 give distributions, for the interviewed sample, of various social class and socio-economic group classifications, derived from the occupational and family questions. The numbers available for each Standard Region are shown in Table 4.

TABLE 1 REASONS FOR EXCLUSION OF ADDRESSES FROM THE STUDY

	Number	%
Total number of addresses selected	12672	100 0
Reasons addresses not included in the study		
Vacant address/holiday home/derelict	338	
Business or industrial premises	15	
Demolished	14	
Institution without private household(s)	12	
No-one aged 18 or over	1	
Untraced	38	
Total exclusions --	418	3 3
Total number of addresses included	12254	96.7

TABLE 2. REASONS FOR NOT CARRYING OUT INTERVIEWS AT THE SELECTED ADDRESSES

	Number	%
Total requests for interview	12254	100.0
Total interviews achieved	9003	73.5
Reasons for not interviewing		
(a) Refusal	2341	19.1
Personal refusal	1462	
Refusal by other household member on behalf of individual selected	373	
Complete refusal to all information at that address	316	
Broken appointment and failure to recontact	190	
(b) Failure to establish contact	646	5.3
No contact at this address after 4 or more attempts	267	
Selected person not contacted	231	
Selected person absent during whole study period	148	
(c) Other reasons	264	2.1
Senile or incapacitated	120	
Too ill during study period	81	
Inadequate English	26	
Incompleted interview not included in analysis	16	
Other reasons	21	

TABLE 3. RESPONSE FOR MEASUREMENTS AND SELF-COMPLETION BOOKLET

	No	%
MEASUREMENTS		
Total interviewed at first visit	9003	100.0
Total measured	7414	82 3
Reasons why measures were not achieved		
(a) Not attempted by nurse	511	5 7
Refusal of nurse visit	456	
Other reasons, including moved house, died	55	
(b) Refusal	880	9 8
Personal refusal	651	
Refusal by other household member on behalf of selected individual	125	
Broken appointment and failure to recontact	104	
(c) Failure to establish contact	139	1 5
No contact established	116	
Selected person absent during whole study period	23	
(d) Other reasons	59	0 7
Too ill during study period	18	
Other reasons	41	
SELF-COMPLETION BOOKLET		
Total accepting booklet	7304	100 0
Total returned	6572	90 0
Non-return	842	11 4

TABLE 4. RESPONSE RATES FOR INTERVIEW, MEASUREMENTS AND SELF-COMPLETION BOOKLET BY REGION

Standard Region	INTERVIEW			MEASUREMENTS			SELF-COMPLETION	
	Population	Achieved		Population	Achieved		Achieved	
	Number	Number	%	Number*	Number	%	Number	%
Scotland	1160	925	79.7	1160	745	64.2	649	55.9
Wales	626	500	79.9	624	394	63.1	349	55.9
North	681	542	79.6	681	452	66.4	407	59.8
North West	1498	1098	73.3	1497	900	60.1	780	52.1
Yorks/Humber	1106	812	73.4	1105	673	60.9	594	53.8
W. Midlands	1112	827	74.4	1111	662	59.6	571	51.4
E. Midlands	877	685	78.1	877	574	65.4	519	59.2
E. Anglia	433	333	76.9	433	289	66.7	270	62.3
S. West	987	721	73.0	986	588	59.6	534	54.2
S. East	2303	1615	70.1	2300	1389	60.4	1260	54.8
Greater London	1471	945	64.2	1468	748	51.0	639	43.5
TOTAL	12254	9003	73.5	12242	7414	60.6	6572	53.7

* Excluding those who died or moved between interview and proposed nurse visit

TABLE 5 AGE BY GENDER, COMPARISON OF CENSUS AND STUDY POPULATIONS (%)

	MALES Census	Inter-viewed	Meas-ured	Self-compl.	FEMALES Census	Inter-viewed	Meas-ured	Self-compl	BOTH Census	Inter-viewed	Meas-ured	Self-compl.
Age, years												
18-20	6 9	5 8	5 8	5 7	6 1	5 0	4 8	4.9	6.5	5 4	5 2	5.2
21-29	17 9	17 2	16 5	15 6	16 1	16 4	16 6	16 5	16 9	16 7	16 6	16 1
30-39	19 6	19 8	20.8	20 8	17 7	20 6	22 8	23 1	18 6	20.3	21 9	22 1
40-49	16 0	16 6	17 0	16 5	14 5	16.7	17 4	17 1	15 2	16 6	17 2	16 9
50-59	16 1	15 1	15 3	15 8	15 3	14 7	14 7	15.0	15 7	14.8	14 9	15 4
60-69	13 2	13.9	13 7	14 4	14 1	14 5	13 7	14.3	13 7	14 2	13 7	14 3
70-74	5 0	5 7	5 6	5 9	6 3	5.3	4 5	4 4	5 7	5.5	4 9	5 1
75+	5.2	5 9	5 3	5 3	9 9	6.7	5.6	4.8	7 7	6 4	5 5	5 0
TOTAL = 100%	18,993,335	3905	3321	2914	20,794,675	5098	4093	3658	39,788,010	9003	7414	6572
All ages	47 7	43 3	44 8	44 3	52 3	56 6	55 2	55 7				

TABLE 6. REGIONAL DISTRIBUTION OF INTERVIEWED, MEASURED AND SELF-COMPLETION SAMPLES COMPARED WITH CENSUS DATA %

Standard Region	Census		Interviewed		Measured		Self-completion	
	M	F	M	F	M	F	M	F
Scotland	9.1	9.4	10.4	10.2	10.5	9.7	10.0	9.7
Wales	5.1	5.1	5.5	5.6	5.3	5.3	5.6	5.1
North	5.7	5.7	5.4	6.5	5.5	6.6	5.6	6.7
N. West	11.7	11.8	11.1	13.1	11.1	13.0	10.8	12.8
Yorks/Humber	8.9	8.9	8.9	9.1	9.0	9.2	8.9	9.1
W. Midlands	9.5	9.2	9.3	9.1	8.9	8.9	8.7	8.6
E. Midlands	7.1	6.9	7.7	7.5	7.7	7.8	7.9	7.9
E. Anglia	3.5	3.4	3.5	3.9	3.8	4.0	5.7	4.2
S. West	8.0	8.1	8.3	7.8	8.4	7.6	8.5	7.9
S. East	18.6	18.5	18.6	17.5	19.1	18.4	19.5	18.9
Greater London	12.6	12.9	11.3	9.9	10.8	9.6	10.5	9.1
TOTAL = 100%	18,993,335	20,794,675	3905	5098	3321	4093	2914	3658

TABLE 7 CENSUS DATA ON "COUNTRY OF BIRTH" COMPARED WITH INTERVIEWERS OBSERVATION OF "ETHNIC GROUP" FOR THE INTERVIEWED AND MEASURED SAMPLES %

	Census	Interviewed	Measured	Self-completion
European	96 0	96 8	96 9	97 6
India, Pakistan, Bangladesh	1.2	1 4	1 4	1 0
Africa, W Indies	1 1	1 0	0.9	0 8
All other non-European	1 7	0 7	0 7	0 6
N = 100%	53,556,911	9003	7414	6572

TABLE 8. DISTRIBUTION OF THE SAMPLES BY AGE

AGE	INTERVIEWED			MEASURED			SELF-COMPLETION		
	M	F	Both	M	F	Both	M	F	Both
	Number		%	Number		%	Number		%
18-24	535	625	12.9	445	477	12.4	366	428	12.1
25-34	724	976	18.9	618	836	19.6	543	749	19.7
35-44	745	1007	19.5	664	884	20.9	569	784	20.6
45-54	594	792	15.4	507	654	15.7	446	590	15.8
55-64	628	762	15.4	534	589	15.2	491	542	15.7
65-74	448	592	11.6	375	424	10.8	346	389	11.2
75+	231	344	6.4	178	227	5.5	153	176	5.0
TOTAL	3905	5098	100	3321	4093	100	2914	3658	100

TABLE 9 DISTRIBUTION BY MARITAL STATUS

Status	MALES						FEMALES					
	Interviewed		Measured		Self-compl		Interviewed		Measured		Self-compl	
	Number	%	Number	%	Number	%	Number	%	Number	%	Number	%
Single	745	19 1	614	18 5	534	18 3	682	13 4	502	12 3	453	12 4
Married*	2830	72 5	2427	73 1	2154	73 9	3486	68 4	2885	70 4	2611	71 4
Div/Sep	163	4 2	137	4 1	108	3 7	318	6.2	263	6 4	228	6 2
Widowed	165	4 3	143	4 2	118	4 0	612	12 0	443	10 9	366	10.0
Not known	2	-	-	-	-	-	-	-	-	-	-	-

* Includes cohabiting

TABLE 10. DISTRIBUTION BY WORKING STATUS

Status	MALES						FEMALES					
	Interviewed		Measured		Self-compl.		Interviewed		Measured		Self-compl.	
	Number	%	Number	%	Number	%	Number	%	Number	%	Number	%
Employed F/T	2549	65.3	2203	66.3	1929	66.1	1353	26.5	1091	26.7	998	27.3
Employed P/T	88	2.2	79	2.4	69	2.4	1002	19.7	856	20.9	767	21.0
Unemployed	334	8.5	270	8.1	221	7.6	120	2.4	96	2.3	87	2.4
Permanently sick	122	3.1	107	3.2	93	3.2	66	1.3	53	1.3	48	1.3
Retired	752	19.3	611	18.4	557	19.1	1246	24.4	901	22.0	792	21.6
FIT student	51	1.3	43	1.3	39	1.3	58	1.1	45	1.1	43	1.2
Household duties	9	0.2	8	0.2	8	0.3	1252	24.6	1050	25.6	922	25.2
Not known	-	-	-	-	-	-	1	-	1	-	1	-

TABLE 11 DISTRIBUTION OF HOUSEHOLD INCOMES

Income	Interviewed		Measured		Self-compl	
	Number	%	Number	%	Number	%
Less than £230/month	961	10 7	747	10 1	634	9.6
£231 - 415	1862	20.7	1503	20.3	1316	20.0
£416 - 750	2311	25 7	1995	26 9	1812	27.6
£751 - 995	1000	11 1	885	12 0	799	12 2
£996+	1063	11 8	923	12.4	837	12.7
Not known (personal income may be available)	1806	20.1	1361	18 3	1174	17.9

TABLE 12 DISTRIBUTION OF EDUCATIONAL QUALIFICATIONS

Qualifications	Interviewed		Measured		Self-compl.	
	Number	%	Number	%	Number	%
No school-leaving qualifications	4470	50 0	3561	48 0	3090	47 0
CSE, O Level and equiv	2417	26 8	2021	27 3	1808	27.5
A Level and equiv	954	10 6	829	11 2	748	11 4
Higher below degree	382	4 2	333	4.5	310	4 7
Degree and professional	716	8 0	625	8 4	576	8 8
Other and not known	64	0 7	45	0.6	40	0 6

TABLE 13. DISTRIBUTION OF INTERVIEWED SAMPLE BY HOUSEHOLD TYPE

HOUSEHOLD	MALE Number	%	FEMALE Number	%
One person alone	387	9.9	715	14.0
One person with relatives	545	13.9	429	8.4
One person with unrelated other adults	79	2.0	84	1.6
One person with dependent child(ren)	18	0.5	189	3.7
One person with adult child(ren)	43	1.1	177	3.5
One person with dependent child(ren) and related or unrelated other adults	8	0.2	31	0.6
Couple	1158	29.7	1302	25.5
Couple with dependent child(ren)	1143	29.2	1535	30.2
Couple with child(ren) 16+ and no dependent child(ren)	438	11.2	552	10.8
Couple without children with related or unrelated other adults.	61	1.6	66	1.3
Not known and other	25	0.6	18	0.4
TOTAL	3905	100	5098	100

TABLE 14 DISTRIBUTION OF INTERVIEWED SAMPLE BY SOCIAL CLASS (REGISTRAR GENERAL SC, DEFINED BY OCCUPATION/FORMER OCCUPATION)

	MALES		FEMALES					
			Single by own occpn.		Ever-married by own occpn*		by "head of household" occpn‡	
	Number	%	Number	%	Number	%	Number	%
SC I	189	4 8	11	1 5	25	0.6	255	5.8
SC II	860	22 0	138	18 8	765	17 5	1010	23 2
SC III non-man	473	12 1	286	38 9	1506	34 5	506	11.6
SC III man	1427	36 5	91	12 4	370	8 5	1576	36 1
SC IV	652	16 7	138	18 8	1082	24 8	723	16.6
SC V	227	5.8	21	2 9	373	8 6	228	5 2
Student	30	2.0	29	6 9	0	5.5	0	1.5
Armed Services	20		0		7		43	
Unclassifiable	27		22		234		21	
TOTAL	3905	100	736	100	4362	100	4362	100

* Past or present

‡ ie husband's, past or present, for most married women, but may be own in some cases

TABLE 15. DISTRIBUTION OF INTERVIEWED SAMPLE BY SOCIO-ECONOMIC GROUP (BASED ON OWN OCCUPATION)

		Number		
		M.	F.	T.
SEG	1 Employers/managers, large	316	85	401
	2 Employers/managers, small	343	204	547
	3 Self-employed profnl.	32	4	36
	4 Employed profnl.	156	29	185
	5 Intermed. non-manual	321	706	1027
	6 Junior non-manual	348	1690	2038
	7 Personal service	58	637	695
	8 Foremen, supervisors	211	40	251
	9 Skilled manual	971	201	1172
	10 Semi-skilled manual	526	622	1148
	11 Unskilled manual	207	387	594
	12 Own account trades	195	147	342
	13 Farmers, employers	36	4	40
	14 Farmers, own account	24	3	27
	15 Agricultural workers	57	43	100
	16 Armed services	21	7	28
Unclassified		83	289	372
	TOTAL	3905	5098	9003

For each variable, on pages facing those of the interview schedule, nurse proforma, and self-completion booklet, the following information is given Card/column number, with the first two digits being the card number brief title which has been used for the variable range of values and identification of missing values any relevant instructions given to the interviewer or nurse coding frames for open-ended questions or notes of any alterations made to the original coding as it appears in the schedule notes on the use of the variable Question numbers prefixed "M" refer to the Measurement proforma, and "SC" to the self-completion booklet

Missing values

Missing values are in general represented by 9, but not exclusively so It should be noted that "not applicable" (ie "skip"), "missing value", and "don't know" have been distinguished for certain variables where the distinction is important, but for for all. The following abbreviations are used

MV Missing value
NA Not applicable
DK Don't know
DV Derived variable

Derived variables

A few standard derived variables have been added to the data file see e g Q. 25, Q. 68, M 14-16, M 18-21 Many other questions were designed for the formation of derived scales or scores these derived variables are not included, since it is presumed that users will wish to form their own

Administrative and Interviewer's Variables

Variables 0101-0159 and 1601-1620 are used for administration, sample selection, etc., and are omitted from the manual Users may, however, require.

Card/col no	Short title	Range	
0105-5	SERNO	00001 -12672	Respondent serial number The first 5 columns of each card repeat
0111-2	REGION	00-10	Standard Region 00 Wales 01 North 02 N. West 03 Yorks/Humber 04 W. Midlands 05 E Midlands 06 E. Anglia 07 S West 08 S East 09. Greater London 10 Scotland
0129-30	OUTCOME	01-25	Outcome 01-25 Interview completed 11, 21-25 Nurse visit completed· 21,22. Self-completion booklet returned

SOCIAL AND COMMUNITY PLANNING RESEARCH
Head Office 35 Northampton Square London EC1V 0AX Tel 01 250 1866
Northern Field Office Charazel House Gainford Darlington Co Durham DL2 3EG Tel 0325 730 888

P 793 HEALTH AND LIFESTYLE 1984/85

SERIAL NUMBER | | | | | | CONSTITUENCY/WARD | | | | |

INTERVIEW START TIME

CARD 01
CONTINUED

		Col/ Code	Skip to
1	I would like to start by collecting some brief information about you and your household		
a)	First, what is your date of birth? DAY	(160-65)	
	MONTH	(166-67)	
	YEAR		
b)	So can I check, on your last birthday you were aged .? AGE		
c)	RECORD RESPONDENT'S SEX	(168)	
	Male	1	
	Female	2	
d)	In addition to you, how many other people live in this household?	(169-70)	
	NUMBER OF OTHER PEOPLE		e)
	No other people	00	Q 2

	(HOUSEHOLD GRID)			
1e	0208	RELHOU01	1-6	Interviewer instructions
	0213	RELHOU02	9: MV	Check that the number of rows you complete at
	0218	RELHOU03		e) equals your entry at d). Make sure that
	0223	RELHOU04		you do not include the respondent here.
	0228	RELHOU05		
	0233	RELHOU06		
	0238	RELHOU07		
	0243	RELHOU08		
	0248	RELHOU09		
	0253	RELHOU10		
	0258	RELHOU11		
	0263	RELHOU12		
	0209	RELSEX01	1,2	
	0214	RELSEX02	9: MV	
	0219	RELSEX03		
	0224	RELSEX04		
	0229	RELSEX05		
	0234	RELSEX06		
	0239	RELSEX07		
	0244	RELSEX08		
	0249	RELSEX09		
	0254	RELSEX10		
	0259	RELSEX11		
	0264	RELSEX12		
	0210-11	RELAGE01	00-98	
	0215-16	RELAGE02	99: MV	
	0220-21	RELAGE03		
	0225-26	RELAGE04		
	0230-31	RELAGE05		
	0235-36	RELAGE06		
	0240-41	RELAGE07		
	0245-46	RELAGE08		
	0250-51	RELAGE09		
	0255-56	RELAGE10		
	0260-61	RELAGE11		
	0265-66	RELAGE12		
	0212	RELWK01	1-3	
	0217	RELWK02	9: MV	
	0222	RELWK03		
	0227	RELWK04		
	0232	RELWK05		
	0237	RELWK06		
	0242	RELWK07		
	0247	RELWK08		
	0252	RELWK09		
	0257	RELWK10		
	0262	RELWK11		
	0267	RELWK12		
2a	0268	KIDOFF	0,1 9: MV	
2b	0269	KIDOTH	1-8 9	Coding 8: 8 or over 9: Not applicable

IF 'OTHER PEOPLE IN HOUSEHOLD' AT d)

CARD 02

e) Who lives in this household with you?

RECORD BELOW DETAILS OF ALL IN HOUSEHOLD APART FROM RESPONDENT

Col

RELATIONSHIP TO RESPONDENT						SEX	AGE LAST BIRTHDAY	IF AGED 16 OR OVER WORKING STATUS			
Spouse	Living as married	Child	Parent (inc in-laws)	Other relatives (inc. in-laws	Non-relative	MALE FEMALE	(YEARS)	In work	Seeking Work	Not Working	
1	2	3	4	5	6	1 2		1	2	3	208-212
1	2	3	4	5	6	1 2		1	2	3	213-217
1	2	3	4	5	6	1 2		1	2	3	218-222
1	2	3	4	5	6	1 2		1	2	3	223-227
1	2	3	4	5	6	1 2		1	2	3	228-232
1	2	3	4	5	6	1 2		1	2	3	233-237
1	2	3	4	5	6	1 2		1	2	3	238-242
1	2	3	4	5	6	1 2		1	2	3	243-247
1	2	3	4	5	6	1 2		1	2	3	248-252
1	2	3	4	5	6	1 2		1	2	3	253-257
1	2	3	4	5	6	1 2		1	2	3	258-262
1	2	3	4	5	6	1 2		1	2	3	263-267

f) CHECK NUMBER OF ROWS COMPLETED IN GRID = ENTRY AT d)

		Col./ Code	Skip to
2 a)	Do you have any (other) children of your own who are not living with you?	(268)	
	(CHILDREN OF ANY AGE) Yes	1	b)
	IF 'YES' (CODE 1 AT a) No	0	Q.3
	b) *How many* (other) children do you have?	(269)	
	NUMBER OF (OTHER) CHILDREN		Q 3

General note to Attitudes and Beliefs Section

For the most part, the questions in this section were designed to be used in combination, for the formation of complex derived variables categorising general beliefs and orientations towards health. In isolation, the answers to single questions will not necessarily be found to be consistent in the individual respondent, nor were they expected to be.

3a	2108 -125, 2127	BEL1 BEL18, BEL20	For each 1,9 No MV	Interviewer instructions There are no "correct" answers to these questions. This can be important to stress to some respondents. (a) If the respondent in reply, starts to talk about why people are less healthy, say "I will ask you about that next, but (repeat question)". Note This "open" question was coded into the categories shown opposite. Multiple answers are possible. The objective of this question was to elicit the area of life that people's minds turned to, not their precise beliefs. Several answers can therefore be either negative or positive, eg BEL3, "because people eat less" or "because people eat more", both coded (1). Note Col 2126 is not used and there is no BEL19.

HEALTH ATTITUDES AND BELIEFS

3. Before asking you questions about your own health, I am going to ask you some general questions about health and your opinions about it. There are no right or wrong answers We just want to know what you think.

a) What do you think causes people to be healthier now than in your parents' time?

RECORD VERBATIM DO NOT PROBE, ACCEPT SPONTANEOUS ANSWER
BUT IF REPLY ABOUT 'Less healthy' REPEAT QUESTION.

Coding for verbatim replies

BEL1	No reply, don't know, can't think	(2108)
BEL2	Nothing, people are not healthier now (If doubt was expressed "they are not healthier but . " both were coded)	(2109)
BEL3	Diet and food, any mention of eating habits	(2110)
BEL4	Alcohol consumption	(2111)
BEL5.	Smoking less or lower tar in cigarettes	(2112)
BEL6.	Exercise, people are more active, take more exercise, more sport, keepfit and jogging	(2113)
BEL7.	Physical environment is better, less pollution, cleaner air or water	(2114)
BEL8.	Employment, working conditions are better, there are fewer unhealthy or dangerous jobs, shorter working hours	(2115)
BEL9	Unemployment or earlier retirement	(2116)
BEL10	Social environment, family, friends and communities	(2117)
BEL11	People have less stress and worry	(2118)
BEL12	Better health services and care, more doctors, advances in medical science, immunisation and screening	(2119)
BEL13	Better medicines, more drugs	(2120)
BEL14	Changes in disease patterns	(2121)
BEL15	Better and more health education, health knowledge and health publicity	(2122)
BEL16	Standards of living improved, more prosperity, more money, better housing	(2123)
BEL17	Hygiene, cleanliness	(2124)
BEL18	Better or more facilities, amenities/activities are now provided	(2125)
BEL20.	Other	(2127)

3b	2128 -47	BELNOT1 - BELNOT20	For each 1,9 No MV	See notes for Q. 3a

b) What do you think causes people to be less healthy now than in your parents' time?

RECORD VERBATIM DO NOT PROBE, ACCEPT SPONTANEOUS ANSWERS.

Coding for verbatim replies

BELNOT1	No reply, don't know	(2128)
BELNOT2	Nothing, people are healthier now, thats not true (as in 3a if doubt expressed, both were recorded)	(2129)
BELNOT3:	Eating habits, diet, junk food, overeating (note not food additives or production methods - coded 17)	(2130)
BELNOT4	Alcohol - drinking more	(2131)
BELNOT5	Smoking	(2132)
BELNOT6	Less exercise or activity, not getting out, too much use of cars, too much TV	(2133)
BELNOT7.	The external environment - pollution, fumes, water, nuclear waste	(2134)
BELNOT8	Work - less healthy because of conditions, stress, pace of jobs	(2135)
BELNOT9	Unemployment	(2136)
BELNOT10.	Social environment, families less close, communities less caring, more isolation	(2137)
BELNOT11	More stress and worry, pace of life, states of mind leading to illness	(2138)
BELNOT12.	Medical care, standards declining, too much reliance on medical care (note special code for too much medicine taking)	(2139)
BELNOT13.	Illegal drug taking	(2140)
BELNOT14	Changes in disease patterns	(2141)
BELNOT15	Too much medicine taking - prescribed or not	(2142)
BELNOT16	Standard of living - too much prosperity, people have too easy a life	(2143)
BELNOT17	Food additives and food production methods - processed food, chemicals used in agriculture (refers to what is done to food, not people's eating habits)	(2144)
BELNOT18	Residual category for vague statements about the world	(2145)
BELNOT19	Residual category for vague statements about behaviour eg neglect, overindulgence, everything to excess	(2146)
BELNOT20	Other	(2147)

4a	0270	CONHALSX	1,2,3 No MV	Interviewer instructions Pause after the first sentence. Respondents need time to think. Then ask "Who are you thinking of? Is it a man or a woman?". Coding No reply included with (3)
4b	0271	CONHALAG	1-7 9: MV	
			For each	
4c	2148 -57	CONHAL1 - CONHAL10	1,9	Interviewer instructions Avoid prompting in any way. Do not use words like "Well, what makes them fit?" You are then putting ideas into their heads. We have no definition of "healthy" - we want to hear how people describe it. Coding Only positive replies are coded. The coding frame given opposite was derived from the first 200 subjects, and checked and adjusted on the following 1,000. Multiple answers are possible.

		Col./ Code	Skip to
4 a)	Think of someone you know who is very healthy PAUSE TO GIVE TIME TO THINK Who are you thinking of, is it a man or a woman?	(270)	
	Man	1	b)
	Woman	2	b)
	IF THOUGHT OF SOMEONE (CODES 1 OR 2 AT a) Can't think of anybody	3	Q 5
	b) And how old are they? (IF DK) About how old?	(271)	
	0 - 12	1	
	13 - 18	2	
	CODE ONE ONLY 19 - 25	3	
	26 - 40	4	
	41 - 60	5	
	61 - 75	6	
	76+	7	
	c) What makes you call them healthy? RECORD VERBATIM DO NOT PROBE OR PROMPT IN ANY WAY		

Coding for verbatim replies

CONHAL1	No answer or don't know	(2148)
CONHAL2	Never ill, no disease, never sees doctor, never off work	(2149)
CONHAL3	Is fit, strong, energetic - does exceptionally active things like running marathons, playing sports	(2150)
CONHAL4	The person works, keeps busy, gets out and about, has a fairly high level of general activity	(2151)
CONHAL5	Habits and things done to maintain health - not smoking, drinking, good eating habits, generally taking care of themselves, doing things in moderation	(2152)
CONHAL6	Psychological characteristics of how people appear to feel - happy, relaxed, coping, flexible, dynamic, not stressed, reacting well to stress	(2153)
CONHAL7	Appearance - healthy, takes pride in appearance	(2154)
CONHAL8	The person is fit or active for their age (Note. there may be another code here, ie "he is fit for his age and never has a day's illness" = both codes (2) and (8). But "he is marvellous for his age and walks to the shops every day" = code (8), because the walking to the shops is only relevant to his age	(2155)
CONHAL9	Environment - the person lives in the country or has an out-door job	(2156)
CONHAL10	Other	(2157)

5	2158 -65	CONHALS1 - CONHALS8	For each 1,9 No MV	Interviewer instructions Again it is vital to avoid prompting. Do not rephrase the question if asked for an explanation. You will turn it into what you think we mean. Repeat the question, if you cannot then get a response, write down what the person says. Notes See Q. 4
6	0272	OWNH	1-4, 8 No MV	Coding No reply coded with (8)

5 At times people are healthier than at other times Describe what its like when you are healthy?
PROBE VERBATIM. DO NOT PROBE OR PROMPT IN ANY WAY.
REPEAT QUESTION IF ASKED What do you mean?

Coding for verbatim replies

CONHALS1.	Don't know, can't explain, can't express it, I don't know because I'm never healthy, or no reply	(2158)
CONHALS2.	No disease, never ill, never need a doctor	(2159)
CONHALS3	Emphasises physical energy - I am fit, strong, energetic, have a lot of energy and vitality	(2160)
CONHALS4	Being able to do things, work, get about, be active, do the things I want to	(2161)
CONHALS5	"I have healthy habits (or when I have healthy habits)" - not smoking, drinking, am eating properly, taking care of myself, have moderate habits	(2162)
CONHALS6	Feelings or attitudes - I feel happy, great, full of beans, not stressed, feeling I am coping, on top of the world	(2163)
CONHALS7	Appearance - how I look	(2164)
CONHALS8	Other	(2165)

6 Would you say that for someone of your age your own health in general is READ OUT

CODE ONE ONLY

	(272)
excellent	1
good	2
fair	3
or poor?	4
(Don't know)	8

7a	0273	HPB	1,2 No MV	Note MV included in 2, ie only positive replies coded.
7b				Interviewer instructions The question asks for 3 things, but if the respondent offers only one or two, accept just those. If more than three codes are possible, code the first 3 categories mentioned.
	0308	HPB1	1,9 No MV for each	
	0309	HPB2		
	0310	HPB3		
	0311	HPB4		
	0312	HPB5		
	0313	HPB6		
	0314	HPB7		
	0315	HPB8		
	0316	HPB9		
	0317	HPB10		This was coded if a particular sport was mentioned
	0318	HPB11		This was coded when non-specific exercise was mentioned
	0319	HPB12		Note this did not include housework which had a separate code (HPB7)
	0320	HPB13		
	0321	HPB14		
	0322	HPB15		
	0323	HPB16		
	0324	HPB17		
	0325	HPB18		Coding Other
	0326	HPB19		Drinking alcohol
	0327	HPB20		
				Note Col 0328 has been used in Q. 18b.
8b	0329	HPBNOT	1,0 No MV	Note MV included in 0, ie only positive replies coded.

			Col./ Code	Skip to
7 a)	Do you do anything at the moment to keep yourself healthy or improve your health?		(273)	
		Yes	1	b)
		No	2	Q 8
	IF 'YES' (CODE 1 AT a)			
	b) What are the three most important things you do to keep or improve your health? DO NOT PROMPT. CODE 3 ITEMS BELOW ACCEPT ONE OR TWO IF NO MORE OFFERED		CARD 03	
	DIET — Keep to a medical/slimming diet	1	(308)	
	DIET — Other dietary habits	1	(309)	
	DRINKING — Stopped or reduced drinking	1	(310)	
	SMOKING — Stopped or reduced smoking	1	(311)	
	MEDICINES — Take medicines	1	(312)	
	MEDICINES — Do not take medicines	1	(313)	
	PHYSICAL ACTIVITIES — Housework	1	(314)	
	PHYSICAL ACTIVITIES — Gardening	1	(315)	
	PHYSICAL ACTIVITIES — Walking	1	(316)	
	PHYSICAL ACTIVITIES — Play particular sport(s)	1	(317)	
	PHYSICAL ACTIVITIES — Physical leisure activities generally	1	(318)	
	JOB — Job/work keeps healthy	1	(319)	
	SLEEP — Type of sleeping habits	1	(320)	
	SOCIAL — Type of social activities	1	(321)	
	MENTAL STATE — Mental attitude, lack of stress	1	(322)	
	MENTAL STATE — Use special techniques - yoga/meditation etc	1	(323)	
	HOUSING/AREA — Housing/area conditions	1	(324	
	FRESH AIR — Get (more) fresh air	1	(325)	
	OTHER (SPECIFY) 1 _____	1	(326)	
	2 _____	2	(327)	
	3 _____	3	(328)	
8 a)	Are there any things you would like to do to keep yourself healthy but don't do?		(329)	
		Yes	1	b)
		No	0	Q 9

continued

8b	0330	HPBNOT1	For each 1,9 No MV	Interviewer instructions Code up to 3 items. If more than 3 codes are possible, code the first 3 mentioned.
	0331	HPBNOT2		
	0332	HPBNOT3		
	0333	HPBNOT4		
	0334	HPBNOT5		
	0335	HPBNOT6		
	0336	HPBNOT7		
	0337	HPBNOT8		Coding Other
	0338	HPBNOT9		
	0339	HPBNOT10	2,9	Get out more, get about more (where it is not clear that this related to physical exercise, but is more generally about activity)
	0341	HPBNOT12	8,9	Don't know
				Note Col 0340 used for BELSG10, Q. 17b.
9a	0342	LIVHERE	1-5 9: MV	Coding "Don't know" included with (9)
9b	0343	BORNHERE	0,1,8 9: MV	
10	0344	PARTHERE	0,1,8 9: MV	
11a	0345	FAMCI1	For each 0,1,2,3,8 9: MV	
11b	0346	FAMCI2		
11c	0347	FAMCI3		
11d	0348	FRECI1		
11e	0349	FRECI2		
11f	0350	FRECI3		

			Col./ Code	Skip to
	Q 8 Continued			
	IF 'YES' (CODE 1 AT a) b) What would you like to do? CODE UP TO THREE THINGS	Sport/exercise	1 (330)	
		Diet/nutrition generally	1 (331)	
		Lose weight	1 (332)	
		Cut down or give up smoking	1 (333)	
		Cut down or give up alcohol	1 (334)	
		Pursue hobbies	1 (335)	
		Change/get job	1 (336)	
		Change social life	1 (337)	
	Other (SPECIFY) 1 _____		1 (338)	
	2 _____		1 (339)	
	3 _____		1 (340)	
		Don't know	8 (341)	
9	ASK ALL		(342)	
a)	How long have you lived in this area?	Less than 1 year	1	
		1 year, less than 2 years	2	
		2 years, less than 10 years	3	
		10 years, less than 20 years	4	
		20 or more years	5	
b)	Were you born in this area?		(343)	
		Yes	1	
		No	0	
		Don't know/can't remember	8	
10	Do you feel part of the community?		(344)	
		Yes	1	
		No	0	
		Don't know	8	
11	In the past 2 weeks how many times have you *gone out to visit family?*			

REPEAT FOR EACH ITEM BELOW IN TURN IF NECESSARY, SAY AN ESTIMATE WILL DO

		Not at all	Once or twice	3 to 6 times	More than 6 times	(No family/ friends)	Col./ Code
a)	Gone out to visit family	0	1	2	3	8	(345)
b)	Had family to visit you	0	1	2	3	8	(346)
c)	Had contact by 'phone' or letter with family	0	1	2	3	8	(347)
d)	Gone out to visit friends	0	1	2	3	8	(348)
e)	Had friends to visit you	0	1	2	3	8	(349)
f)	Had contact by 'phone' or letter with friends	0	1	2	3	8	(350)

12				Interviewer instructions a) Everybody should be asked, there should be no exceptions to this rule. If somebody at Q. 11 says they have no family you should nevertheless ask Question 12 exactly as written. Q. 11 is about family visiting. It is quite possible that someone who has no family to visit, lives with a member of their family or even that they will recall family members ignored at Q. 11. b) This question is intended to include the family lived with as well as those elsewhere - so that spouses and children are family. c) If someone then says they have no family, repeat the question for friends instead (eg 'well what about your friends? There are friends who make me feel loved. Is this . . . ?
			For each	
12a	0351	PSSI1	1,2,3 9: MV	
12b	0352	PSSI2		
12c	0353	PSSI3		
12d	0354	PSSI4		
12e	0355	PSSI5		
12f	0356	PSSI6		
12g	0357	PSSI7		

12	I would now like you to think about your family, by family we mean those you live with as well as those elsewhere Here are some comments people have made about their family I'd like you to say how far each statement is true for you SHOW CARD A Use this card to give your reply CODE ONE ONLY FOR EACH QUESTION	Col./ Code	Skip to
a)	There are members of my family (friends) who make me feel loved Is this . READ OUT	(351)	
	. not true	1	
	partly true	2	
	or, certainly true?	3	
b)	Do things to make me feel happy	(352)	
	not true	1	
	partly true	2	
	or, certainly true	3	
c)	There are members of my family (friends) who can be relied on no matter what ,happens	(353)	
	not true	1	
	partly true	2	
	or, certainly true	3	
d)	Would see that I am taken care of if I needed to be	(354)	
	not true	1	
	partly true	2	
	or, certainly true	3	
e)	There are members of my family (friends) who accept me just as I am	(355)	
	not true	1	
	partly true	2	
	or, certainly true	3	
f)	Make me feel an important part of their lives	(356)	
	not true	1	
	partly true	2	
	or, certainly true	3	
g)	Give me support and encouragement Is this	(357)	
	not true	1	
	partly true	2	
	or, certainly true	3	

13a	0358	GUILT	1,0,8 9: MV	
			For each	Coding
13b	2166	GUILT1	1,9 No MV	Bad eating habits, wrong food, overeating
	2167	GUILT2		Alcohol
	2168	GUILT3		Smoking
	2169	GUILT4		Not taking exercise, but note "not being active" is more likely to mean activity in a general way and is coded separately (GUILT8)
	2170	GUILT5		Bad sleep or rest habits
	2171	GUILT6		Lack of hygiene /cleanliness
	2172	GUILT7		Overwork and physical exhaustion
	2173	GUILT8		Lack of activity, not keeping going, not keeping occupied, spending too much time alone.
	2174	GUILT9		Stress (which is imposed on people from outside) - living a life full of strain, the general pace of life
	2175	GUILT10		Over-using or not using medical care, either over dependence on medicine or not following medical advice.
	2176	GUILT11		Use of illegal drugs
	2177	GUILT12		Residual category for vague statements that imply that ill health is self inflicted, eg neglecting yourself, not being moderate in habits, over-indulgence
	2178	GUILT13		Temperament, constitution, attitudes, being a worrier, being a hypochondriac
	2179	GUILT14		Not taking sensible home care or self care of minor or early illness signs
	2180	GUILT15		Other
14				
			For each	Interviewer instruction
14a	0359	LOCI1	1-5 No MV	Note that Card B has both the statements and the answers on it. Also note that "all depends" is a category given to respondents to choose if they wish to. So if the response is "it depends" or "sometimes yes and sometimes no" or "don't know", accept it and ring Code 3.
14b	0360	LOCI2		Coding Items (a), (d) and (f) have been recoded to reverse the score, ie (5) recoded as (1), (4) recoded as (2), (2) recoded as (4), (1) recoded as (5).
14c	0361	LOCI3		
14d	0362	LOCI4		Note This grid was designed as a Likert scale, and was statistically tested on the first 1200 respondents (for another use see Blaxter, M., Q.J. Social Affairs, 1,2, 131-71, 1985). Low ("agree") scores on (b), (c), (e), (g), (h), were found to cluster with high ("disagree") scores on (a), (d), (f), hence the reversal of coding above. With the revised coding, low total scores are taken to mean low feelings of control over health; high total scores a high feeling of control.
14e	0363	LOCI5		
14f	0364	LOCI6		
14g	0365	LOCI7		
14h	0366	LOCI8		

		Col./ Code	Skip to
13 a)	Do you think it is ever people's own fault if they get ill?	(358)	
	Yes	1	b)
	No	0	Q.14
	Don't know/Not sure	8	Q.14
	IF 'YES' (CODE 1 AT a)		
	b) Why do you think its their fault if they get ill? RECORD VERBATIM DO NOT PROBE OR PROMPT		

14 SHOW CARD B On this card are things people have said about health. I'd like you to say how far you agree with each statement The answers you can give are shown on top of the card READ OUT EACH ITEM AND CODE

	STATEMENT	Strongly Agree	Agree	All depends (Don't know)	Disagree	Strongly Disagree	Col
a)	It's sensible to do exactly what the doctors say	1	2	3	4	5	(359)
b)	To have good health is the most important thing in life	1	2	3	4	5	(360)
c)	Generally health is a matter of luck	1	2	3	4	5	(361)
d)	If you think too much about your health, you are more likely to be ill	1	2	3	4	5	(362)
e)	Suffering sometimes has a divine purpose	1	2	3	4	5	(363)
f)	I have to be very ill before I'll go to the doctor	1	2	3	4	5	(364)
g)	People like me don't really have time to think about their health	1	2	3	4	5	(365)
h)	The most important thing is the constitution (the health) you are born with	1	2	3	4	5	(366)

15	0367	LIKELY	1-4, 8 9: MV	
16				Interviewer instructions Do not offer any prompts or probe 'anything else' at this question. The precodes are not "correct" answers - just what we think will be said most often. Code or note all spontaneous answers. Note For all diseases where there are entries under "other" which simply describe the symptoms of the disease or another description of it, eg "the cause of stroke is blocked arteries" - the coding is left as "other".
			For each	Coding
16a	0408	ETULC1	1,9 No MV	Worry/tension/stress, also includes overwork and rushing around
	0409	ETULC2		
	0410	ETULC3		
	0411	ETULC4		
	0412	ETULC5		
	0413	ETULC6		Irregular meals/shift work, also includes other aspects of how the person eats - eg rushed meals, eating too quickly
	0414	ETULC7		
	0415	ETULC8		
	0416	ETULC9		Other
	0417	ETULC10	2	Smoking
	0418	ETULC11	8	Don't know
			For each	Coding
16b	0419	ETBRON1	1,9 No MV	
	0420	ETBRON2		
	0421	ETBRON3		
	0422	ETBRON4		Damp weather or clothes, also includes any mention of damp, eg damp housing
	0423	ETBRON5		
	0424	ETBRON6		Air pollution, also includes general references to the environment, eg "city living"
	0425	ETBRON7		
	0426	ETBRON8		Other
	0428	ETBRON10	8,9	Don't know
				Note Col 0427 is used for ETSTK13 in Q. 16g.

		Col./ Code	Skip to
15	How likely is it that healthy women/men (ASK APPROPRIATE TO SEX OF RESPONDENT) of your age might develop a serious disease over the next 10 years? READ OUT is it	(367)	
	very likely,	1	
	fairly likely,	2	
	CODE ONE ONLY — fairly unlikely,	3	
	or very unlikely?	4	
	(Don't know)	8	
		CARD 04	
16	I'm now going to read out some different kinds of disease and ask you what in your opinion causes them?		
a)	What do you believe causes stomach ulcers? DO NOT PROMPT		
	Worry/Tension/Stress	1	(408)
	Alcohol	1	(409)
	CODE ALL THAT APPLY — Bad diet	1	(410)
	Fried/fatty foods	1	(411)
	'Acid' foods	1	(412)
	Irregular meals/shift work	1	(413)
	Lack of exercise	1	(414)
	Family or heredity	1	(415)
	Other (SPECIFY) i) _____	1	(416)
	ii) _____	2	(417)
	Don't know	8	(418)
b)	What do you believe causes chronic bronchitis? DO NOT PROMPT		
	Smoking	1	(419)
	CODE ALL THAT APPLY — Overweight	1	(420)
	Family or heredity	1	(421)
	Damp weather or clothes	1	(422)
	Weak chest/lungs	1	(423)
	Air pollution	1	(424)
	Working conditions	1	(425)
	Other (SPECIFY) i) _____	1	(426)
	ii) _____	2	(427)
	Don't know	8	(428)

Continued

			For each	Coding
16c	0429	ETHBP1	1,9 No MV	
	0430	ETHBP2		
	0431	ETHBP3		
	0432	ETHBP4		
	0433	ETHBP5		
	0434	ETHBP6		
	0435	ETHBP7		
	0436	ETHBP8		
	0437	ETHBP9		
	0438	ETHBP10		Other
	0439	ETHBP11	2,9 No MV	Physical overwork or over exercise
	0440	ETHBP12	8,9 No MV	Don't know
			For each	Coding
16d	0441	ETOWT1	1,9 No MV	Worry, tension, stress, also boredom
	0442	ETOWT2		
	0443	ETOWT3		
	0444	ETOWT4		
	0445	ETOWT5		
	0446	ETOWT6		
	0447	ETOWT7		Glands or hormones, also includes metabolism
	0448	ETOWT8		Other
	0450	ETOWT10	8,9 No MV	Don't know
				Note Col 0449 used for ETMIG9 in Q. 16e.
			For each	Coding
16e	0451	ETMIG1	1,9 No MV	
	0452	ETMIG2		
	0453	ETMIG3		
	0454	ETMIG4		
	0455	ETMIG5		
	0456	ETMIG6		
	0457	ETMIG7		Other
	0458	ETMIG8	2,9 No MV	Eyestrain, lights, too much TV
	0449	ETMIG9	2,9 No MV	Periods, menstruation, menopause
	0459	ETMIG10	8,9 No MV	Don't know
			For each	Coding
16f	0460	ETLIV1	1,9 No MV	
	0461	ETLIV2		
	0462	ETLIV3		
	0463	ETLIV4		
	0464	ETLIV5		
	0465	ETLIV6		
	0466	ETLIV7		Other
	0467	ETLIV8	2,9 No MV	Smoking
	0468	ETLIV9	8,9 No MV	Don't know

Q 16 CONTINUED

			Col / Code	Skip to
c)	What do you believe causes high blood pressure? DO NOT PROMPT CODE ALL THAT APPLY	Smoking	1	(429)	
		Worry/Tension/Stress	1	(430)	
		Alcohol	1	(431)	
		Type of diet	1	(432)	
		Salt	1	(433)	
		Overweight	1	(434)	
		Lack of exercise	1	(435)	
		Family or heredity	1	(436)	
		Age	1	(437)	
	Other (SPECIFY) i) _____		1	(438)	
	ii) _____		2	(439)	
		Don't know	8	(440)	
d)	What do you believe causes obesity or being overweight? DO NOT PROMPT CODE ALL THAT APPLY	Worry/Tension/Stress	1	(441)	
		Alcohol	1	(442)	
		Overeating	1	(443)	
		Eating wrong foods	1	(444)	
		Lack of exercise	1	(445)	
		Family or heredity	1	(446)	
		'Glands' or hormones	1	(447)	
	Other (SPECIFY) i) _____		1	(448)	
	ii) _____		2	(449)	
		Don't know	8	(450)	
e)	What do you believe causes migraine? DO NOT PROMPT CODE ALL THAT APPLY	Worry/Tension/Stress	1	(451)	
		Alcohol	1	(452)	
		Food, food allergy	1	(453)	
		Family or heredity	1	(454)	
		Pollution	1	(455)	
		Environment (housing/local conditions)	1	(456)	
	Other (SPECIFY) i) _____		1	(457)	
	ii) _____		2	(458)	
		Don't know	8	(459)	
f)	What do you believe causes liver trouble? DO NOT PROMPT CODE ALL THAT APPLY	Worry/Tension/Stress	1	(460)	
		Alcohol	1	(461)	
		Diet	1	(462)	
		Overweight	1	(463)	
		Family or heredity	1	(464)	
		Pollution	1	(465)	
	Other (SPECIFY) i) _____		1	(466)	
	ii) _____		2	(467)	
		Don't know	8	(468)	

			For each	Coding
16g	0508	ETSTK1	1,9	Worry/tension/stress, also includes overwork
			No MV	(NB 'heavy work' has separate coding (ETSTK10)
	0509	ETSTK2		
	0510	ETSTK3		
	0511	ETSTK4		
	0512	ETSTK5		
	0513	ETSTK6		
	0514	ETSTK7		
	0515	ETSTK8		
	0516	ETSTK9		
	0517	ETSTK10		Sudden/over exercise, also "heavy work'
	0518	ETSTK11		Other
	0519	ETSTK12	2,9	Smoking
			No MV	
	0427	ETSTK13	2,9	Luck/fate/it just happens
	0520	ETSTK14	8,9	Don't know
			No MV	
			For each	Coding
16h	0521	ETCAN1	1,9	
			No MV	
	0522	ETCAN2		
	0523	ETCAN3		
	0524	ETCAN4		
	0525	ETCAN5		
	0526	ETCAN6		
	0527	ETCAN7		
	0528	ETCAN8		
	0529	ETCAN9		
	0530	ETCAN10		Other
	0531	ETCAN11	2,9	Working conditions
			No MV	
	0532	ETCAN12	8,9	Don't know
			No MV	
			For each	Coding
16i	0533	ETCARD1	1,9	
			No MV	
	0534	ETCARD2		
	0535	ETCARD3		
	0536	ETCARD4		
	0537	ETCARD5		
	0538	ETCARD6		
	0539	ETCARD7		
	0540	ETCARD8		
	0541	ETCARD9		
	0542	ETCARD10		
	0543	ETCARD11		
	0544	ETCARD12		Other
	0546	ETCARD14	8,9	Don't know
				Note
				Col 0545 used for ETPILE9 in Q. 16k. There is no ETCARD13.

Q 16 CONTINUED

			Col./ Code	Skip to
g)	What do you believe causes a stroke? DO NOT PROMPT CODE ALL THAT APPLY	Worry/Tension/Stress	1	(508)
		Alcohol	1	(509)
		Diet	1	(510)
		Overweight	1	(511)
		Lack of exercise	1	(512)
		Family or heredity	1	(513)
		Environment (housing/local conditions)	1	(514)
		Old age	1	(515)
		High blood pressure	1	(516)
		Sudden/over exercise	1	(517)
		Other (SPECIFY) i) _____	1	(518)
		ii) _____	2	(519)
		Don't know	8	(520)
h)	What do you believe causes lung cancer? DO NOT PROMPT CODE ALL THAT APPLY	Smoking	1	(521)
		Alcohol	1	(522)
		Diet	1	(523)
		Overweight	1	(524)
		Lack of exercise	1	(525)
		Family or heredity	1	(526)
		Air pollution	1	(527)
		Other pollution/chemicals	1	(528)
		Environment (housing/local conditions)	1	(529)
		Other (SPECIFY) i) _____	1	(530)
		ii) _____	2	(531)
		Don't know	8	(532)
i)	What do you believe causes a heart trouble? DO NOT PROMPT CODE ALL THAT APPLY	Smoking	1	(533)
		Worry/Tension/Stress	1	(534)
		Alcohol	1	(535)
		Wrong diet	1	(536)
		Fatty foods	1	(537)
		Overeating	1	(538)
		Obesity/Overweight	1	(539)
		Lack of exercise	1	(540)
		Over-exertion/sudden exercise	1	(541)
		Family or heredity	1	(542)
		Overworking	1	(543)
		Other (SPECIFY) i) _____	1	(544)
		ii) _____	2	(545)
		Don't know	8	(546)

			For each	Coding
16j	0547	ETDEP1	1,9 No MV	Worry, tension, stress, also includes overwork
	0548	ETDEP2		
	0549	ETDEP3		
	0550	ETDEP4		Financial problems, also includes 'your circumstances', your environment', 'the way you live'
	0551	ETDEP5		
	0552	ETDEP6		
	0553	ETDEP7		
	0554	ETDEP8		
	0555	ETDEP9		
	0556	ETDEP10		
	0557	ETDEP11		
	0558	ETDEP12		Other
	0559	ETDEP13	2,9 No MV	Being ill, have medical problems
	0560	ETDEP14	8,9 No MV	Don't know
			For each	Coding
16k	0561	ETPILE1	1,9 No MV	Constipation, also anything to do with bowels
	0562	ETPILE2		
	0563	ETPILE3		
	0564	ETPILE4		
	0565	ETPILE5		Sitting on cold surfaces, also sitting on wet surfaces
	0566	ETPILE6		Too much sitting, standing, having a sedentary job, too little exercise
	0567	ETPILE7		Other
	0568	ETPILE8	2,9 No MV	Hereditary or family tendency
	0545	ETPILE9	2,9 No MV	Mechanical strain, lifting heavy weights
	0569	ETPILE10	8,9 No MV	Don't know
17a	0570	BELSG	0,1,8 No MV	
			For each	Coding
17b	0571	BELSG1	1,9 No MV	
	0572	BELSG2		
	0573	BELSG3		
	0574	BELSG4		
	0575	BELSG5		
	0576	BELSG6		
	0577	BELSG7		Behaviour (not smoking, drinking, exercise etc), also included keep-fit, sports
	0578	BELSG8		
	0579	BELSG9		Other
	0340	BELSG10	3,9 No MV	Religion

Q 16 CONTINUED

			Col./ Code	Skip to
j)	What do you believe causes severe depression? DO NOT PROMPT			
	CODE ALL THAT APPLY	Worry/Tension/Stress 1	(547)	
		Family or heredity 1	(548)	
		Loneliness 1	(549)	
		Financial problems 1	(550)	
		Attitude/give in to things 1	(551)	
		Bereavement 1	(552)	
		Marital Problems/Divorce/Separation 1	(553)	
		Family relationships 1	(554)	
		Menopause 1	(555)	
		Childbirth 1	(556)	
		Unemployment 1	(557)	
		Other (SPECIFY) i) _____ 1	(558)	
		ii) _____ 2	(559)	
		Don't know 8	(560)	
k)	What do you believe causes piles and haemorrhoids? DO NOT PROMPT			
	CODE ALL THAT APPLY	Constipation 1	(561)	
		Diet-low fibre/roughage 1	(562)	
		Other bad diet 1	(563)	
		Pregnancy 1	(564)	
		Sitting on cold surfaces 1	(565)	
		Sitting on wet surfaces 1	(566)	
		Other (SPECIFY) i) _____ 1	(567)	
		ii) _____ 2	(568)	
		Don't know 8	(569)	

HEALTH

17	Now I would like to ask you about your health		(570)	
a)	Are there any things about your life now that has a good effect on your health?	Yes	1	b)
		No	0	Q 18
		Don't know	8	Q 18
	IF 'YES' (CODE 1 AT a)			
	b) What are they?			
	CODE ALL THAT APPLY	Able to get about 1	(571)	
		Environment/housing 1	(572)	
		Work 1	(573)	
		Financial/Standard of living/Income 1	(574)	
		Family/Marital relationships 1	(575)	
		Friends/neighbours/social activity 1	(576)	
		Behaviour (smoking, drinking, exercise, etc) 1	(577)	
		Contentment 1	(578)	
		Other (SPECIFY) _____ 1	(579)	
		_____		

18a	0608	BELSB	0,1,8 No MV	
			For each	Coding
18b	0609	BELSB1	1,9 No MV	
	0610	BELSB2		
	0611	BELSB3		Work, also unemployment
	0612	BELSB4		
	0613	BELSB5		
	0614	BELSB6		
	0615	BELSB7		
	0616	BELSB8		
	0617	BELSB9		
	0328	BELSB10	3,9 No MV	Stage of life, menopause, middle age, being elderly or old
				Coding
19a	0618	LIFHAL	1,2,3,4, 8 No MV	No reply included with (8)
			For each	
19b	0619	BELSL1	1,9 No MV	
	0620	BELSL2		
	0621	BELSL3		
	0622	BELSL4		
	0623	BELSL5		
	0624	BELSL6		
	0625	BELSL7		
	0626	BELSL8		
	0627	BELSL9		
	0628	BELSL10		
	0629	BELSL11		
	0630	BELSL12		
	0631	BELSL13		
	0632	BELSL14		
	0633	BELSL15		
	0634	BELSL16		
	2208	BELSL17		Happiness, contentment, all mention of mental state
	2209	BELSL18		Because I am ill, don't feel well, am handicapped or physically limited
	2210	BELSL19		Keeping busy, keeping active, keeping going (distinguished from taking physical exercise)
	2211	BELSL20		Religion
				Note 4 extra codings added at cols 2208-11

		Col./ Code	Skip to
18 a)	Are there any things about your life now that has a bad effect on your health?	(608)	
	Yes	1	b)
	No	0	Q 19
	Don't know	8	Q 19
	IF 'YES' (CODE 1 AT a)		
	b) What are they?		
	CODE ALL THAT APPLY — Unable to get about	1 (609)	
	Environment/Housing	1 (610)	
	Work	1 (611)	
	Financial/Standard of living/Income	1 (612)	
	Family or marital problems/relationships	1 (613)	
	Friends/neighbours/social activity	1 (614)	
	Behaviour (smoking/drinking/exercise, etc)	1 (615)	
	Stress and worry	1 (616)	
	Other (SPECIFY) _____	1 (617)	
	_____		
19 a)	Do you feel that you lead READ OUT	(618)	
	a very healthy life,	1	
	a fairly healthy life,	2	
	a not very healthy life,	3	
	CODE ONE ONLY or, an unhealthy life?	4	
	(Don't know)	8	
b)	What makes you say this? DO NOT PROMPT		
	CODE ALL THAT APPLY — GENERAL — Never ill	1 (619)	
	Feel fit	1 (620)	
	EXERCISE — Take exercise	1 (621)	
	Too little exercise	1 (622)	
	DIET — Good diet	1 (623)	
	Bad diet	1 (624)	
	HABITS — Moderate habits generally	1 (625)	
	Don't smoke (much)	1 (626)	
	Smoke too much	1 (627)	
	Don't drink (to excess)	1 (628)	
	Drink too much	1 (629)	
	WORK/JOB — Nature of job	1 (630)	
	Bad work environment	1 (631)	
	ENVIRONMENT — City environment	1 (632)	
	Fresh air	1 (633)	
	Other (SPECIFY) _____	1 (634)	
	_____		

20a	0635	DRUG	0,1 No MV	Coding 0: No and no reply Note For the proportion of the sample on which measurements were made, the nurse also recorded medication (taken "today").
20b	0636	TONIC	1,2 No MV	Coding 0: No and no reply
20c	0637	PILL	0,1 9	Interviwer instructions If the respondent has only just stopped taking an oral contraceptive, code this as 'Yes'. Coding 9: Not applicable and no reply
20d	0638	PREG	0,1,8 9	Coding 9: Not applicable and no reply 8: Don't know, maybe
20e	0639	PREGLONG	0-9	Coding Systematic recodes have been performed to produce the following coding: 0: Pregnant (or may be) but don't know how long, MV 1: Less than 1.5 months 2-7: Number of months, to nearest month 8: More than 7.5 months 9: Not applicable or not pregnant
21a	0640	DIS	0,1 No MV	Interviewer instructions If asked for a definition, explain "any chronic illness, any condition you were born with, any disabling condition because of illness or injury". The definition of 'longstanding' should be left to the respondent.
21b	2212 -44	DISCON1 - DISCON33	For each 1,9 No MV	Coding This open-ended question is coded into the categories shown opposite. For each 1: Yes, this condition declared 9: Condition not declared (including all those with negative answer at DIS). Note This coding frame is a compromise between a systematic (ICD) classification, and a wish to select out conditions which are common and may be associated with lifestyles, taking into account the necessity to use respondents' own vocabulary and the fact that, eg, "heart trouble" is often not differentiated.

			Col./ Code	Skip to
20.a)	At the moment do you have anything on prescription (IF FEMALE UNDER 50 Other than an oral contraceptive)?		(635)	
		Yes	1	
b)	At the moment do you take any tonics, vitamin pills or anything similar?	No	0	
			(636)	
		Yes	1	
	CHECK RESPONDENT SEX AND AGE (SEE Q 1b/c)	No	2	
		Female aged 49 or less	A	c)
		Female aged 50 or more	B	Q.21
	IF 'FEMALE AGED 49 OR LESS' (CODE A AT b)	Male	C	
	c) Do you usually take an oral contraceptive?		(637)	
		Yes	1	d)
	IF 'JUST STOPPED', CODE 'YES'	No	0	
	d) Are you pregnant at the moment?		(638)	
		Yes	1	e)
	IF 'YES' (CODE 1 AT d)	No	0	Q 21
	e) How many months pregnant are you?		(639)	
		NUMBER OF MONTHS (TO NEAREST MONTHS)		Q 21
21 a)	Do you have any long-standing illness, disability or infirmity?		(640)	
		Yes	1	b)
	IF 'YES' (CODE 1 AT a)	No	0	Q 22
	b) What is the matter with you? RECORD IN FULL			

2212	Arthritis/rheumatism	2228	Thyroid disease and other endocrine
2213	Back trouble (incl slipped disc, lumbago, etc)	2229	Hay fever/allergic conditions
2214	Hernia	2230	Skin disease, eczema, dermatitis
2215	Orthopaedic condition (excl back trouble)	2231	Sinusitis
2216	Heart disease, angina, heart attack,	2232	Blindness, partial sight, eye disease
2217	High blood pressure etc	2233	Deafness, hard of hearing, ear disease
2218	Stroke, arterial disease		
2219	Bronchitis, emphysema	2234	Migraine, chronic headache
2220	Asthma	2235	Liver disease
2221	Respiratory TB	2236	Varicose veins
2222	Respiratory disease, other than bronchitis, TB	2237	Anaemia, blood disorder
		2238	Kidney disease
2223	Stomach ulcer	2239	Paraplegia, hemiplegia
2224	Gastro-intestinal disease, other	2240	Epilepsy, convulsions
2225	Genito-urinary disease, than ulcer bladder trouble	2241	Other disease of nervous system
		2242	Mental disorders, depression
2226	Diabetes	2243	Cancer
2227	Gout	2244	Other

21c	0641	HANDCP	0,1 9 No MV	Coding 9: Not applicable (no condition declared)
			For each	
21d	0642	HANDCP1	0,1	Coding
21e	0643	HANDCP2	9	9: Not applicable (no condition declared)
21f	0644	HANDCP3	No MV	In each case no reply, don't know, is coded as a "not handicapped" answer (ie 0 at d, e, f, j: 1 at g, h, i).
21g	0645	HANDCP4		
21h	0646	HANDCP5		
21i	0647	HANDCP6		
21j	0648	HANDCP7		Note These hierachical questions are intended to identify degrees and types of handicap. It should be noted that handicap is represented by a positive answer for some and a negative answer for others.

		(641)	
c) Does it limit your activities in any way compared with people of your own age?	Yes	1	d)
	No	0	Q 22
IF 'YES' (CODE 1 AT c)			
d) How does it affect you, do you have to take special care some of the time?		(642)	
	Yes	1	e)
	No	0	
e) Are you limited in the amount of work, or the kind of work you can do, or in your social life?		(643)	
	Yes	1	f)
	No	0	
f) Are you unable to work (or do housework)?		(644)	
	Yes	1	g)
	No	0	
g) Can you climb stairs?		(645)	
	Yes	1	h)
	No	0	
h) Can you walk around outside without help or aids?		(646)	
	Yes	1	Q 22
IF 'NO' (CODE 0 AT h)	No	0	i)
i) Can you walk around the house (flat) without help or aids?		(647)	
	Yes	1	j)
	No	0	
j) Do you have to have help with things like dressing or feeding?		(648)	
	Yes	1	Q 22
	No	0	

22a,	0649	PASTDS1	PASTDS:	Interviewer instructions
b,d	0650	PARDS1	0,1,2	'Treated' includes treatment by a doctor, hospital, or
	0651	PASTDS2	No MV	other health worker (e.g. physiotherapist, homeopathist,
	0652	PARDS2		etc). If illness was self-treated by buying over-the -
	0653	PASTDS3		counter medicine, code as "not treated".
	0654	PARDS3		
	0655	PASTDS4	PARDS:	Note
	0656	PARDS4	1,9	This question was unfortunately worded rather
	0657	PASTDS5		ambiguously, since it is not clear whether conditions
	0658	PARDS5		already declared at Q. 21b are to be declared again.
	0659	PASTDS6		Much higher rates are reported than were voluntarily
	0660	PARDS6		offered for the open-ended question, but they must be
	0661	PASTDS7		presumed to include a high proportion of conditions which
	0662	PARDS7		are in the past. Analysis has shown, however, that the
	0663	PASTDS8		majority of the conditions declared at Q. 21b are
	0664	PARDS8		repeated here. The variable should therefore be defined
	0665	PASTDS9		as "Having or ever having had" the named condition
	0666	PARDS9		(despite the rather misleading variable name).
	0667	PASTDS10		
	0668	PARDS10		
	0669	PASTDS11		
	0670	PARDS11		
	0671	PASTDS12		
	0672	PARDS12		
	0673	PASTDS13		
	0674	PARDS13		
	0675	PASTDS14		
	0676	PARDS14		
	0677	PASTDS15		
	0678	PARDS15		
	0679	PASTDS16		
	0680	PARDS16		
	0708	PASTDS17		Note that PARDS17/18 and PASTDS17/18 were inadvertently
	0777	PARDS17		not allocated a card/col number and were given
	0709	PASTDS18		numbers 0777/8 and 0708/9.
	0778	PARDS18		
22c	0710	PARDS	1,0,8	Note
			9: MV	Show card C consists of the list of conditions.

22 a) Have you ever had *asthma*?

IF YES, PROBE
b) Has it ever been treated by a doctor or hospital?
REPEAT a) AND b) FOR EACH ITEM LISTED BELOW

	a/b RESPONDENT			d) RING CODES IF EITHER PARENT HAS HAD	
	No	Yes, treated	Yes, not treated		
Asthma	0	2	1	1	(649-50)
Chronic Bronchitis	0	2	1	1	(651-52)
Other chest trouble	0	2	1	1	(653-54)
Diabetes	0	2	1	1	(655-56)
Stomach or other digestive disorder	0	2	1	1	(657-58)
Piles or haemorrhoids	0	2	1	1	(659-60)
Liver trouble	0	2	1	1	(661-62)
Rheumatic disorder or arthritis	0	2	1	1	(663-64)
Heart trouble	0	2	1	1	(665-66)
Lung cancer	0	2	1	1	(667-68)
Other cancer	0	2	1	1	(669-70)
Severe depression or other nervous illness	0	2	1	1	(671-72)
Varicose veins	0	2	1	1	(673-74)
High blood pressure	0	2	1	1	(675-76)
Stroke	0	2	1	1	(677-78)
Migraine	0	2	1	1	(679-80)
					CARD 07
Back trouble	0	2	1	1	(708)
Epilepsy/fits	0	2	1	1	(709)

c) Have either of your parents had any of these conditions? USE SHOW CARD C IF REQUIRED

(710)

Yes	1	d)
No	0	Q 23
Don't know	8	Q 23

IF 'YES' (CODE 1 AT c)
d) Which of these conditions have either of your parents had? CODE IN COLUMN d) ABOVE

			For each	
23	0711	SYMPT1	0,1	Coding
	0712	SYMPT2	No MV	0: No and no reply
	0713	MSYMPT1		
	0714	SYMPT3		
	0715	SYMPT4		
	0716	SYMPT5		
	0717	MSYMPT2		
	0718	SYMPT6		
	0719	SYMPT7		
	0720	MSYMPT3		
	0721	SYMPT8		
	0722	SYMPT9		
	0723	MSYMPT4		
	0724	SYMPT10		
	0725	SYMPT11		
	0726	MSYMPT5		
	0727	SYMPT12		
	0728	SYMPT13		
	0729	SYMPT14		
	0730	SYMPT15		
	0731	SYMPT16		0: No, no reply, and not applicable

				Col./ Code	Skip to
23	Within the last month have you suffered from any problems with	Yes	No		
	.... . Headaches?	1	0	(711)	
	Hay fever?	1	0	(712)	
	Difficulty sleeping?	1	0	(713)	
	Constipation?	1	0	(714)	
	Trouble with eyes?	1	0	(715)	
	Within the last month have you suffered from any problems with				
	. . A bad back?	1	0	(716)	
	Nerves?	1	0	(717)	
	Colds and flu?	1	0	(718)	
	Trouble with feet (CORNS, BUNIONS, ATHLETE'S FOOT, ETC.)	1	0	(719)	
	Always feeling tired?	1	0	(720)	
	Within the last month have you suffered from any problems with				
	. Kidney or bladder trouble	1	0	(721)	
	Painful joints	1	0	(722)	
	Difficulty concentrating	1	0	(723)	
	Palpitations or breathlessness	1	0	(724)	
	Trouble with ears	1	0	(725)	
	Within the last month have you suffered from any problems with				
	Worrying over every little thing	1	0	(726)	
	Indigestion or other stomach trouble	1	0	(727)	
	Sinus trouble or catarrh	1	0	(728)	
	Persistent cough	1	0	(729)	
	Faints or dizziness	1	0	(730)	
	ASK WOMEN UNDER 60 ONLY				
	Within the last month have you suffered from any trouble with				
	Periods or the menopause	1	0	(731)	

24a	0732	MSYMPT6	0-3 No MV	Coding No reply coded as 0
24b	0733	MSYMPT7	0-3 No MV	
24c	0734	MSYMPT8	0-3 No MV	
25a	0735	FT	4-7 9: MV	
	0736 -7	INCHES	00-11, 98 99: MV	
25b	0738 -9	ST	00-30 99: MV	
	0740 -1	LBS	00-13, 98 99: MV	
DV	1558 -61	SELFHT	0001- 9997 9990: MV	Height in cm with one decimal place
DV	1562 -5	SELFWT	0001-9997 9990: MV	Weight in kg with one decimal place
25c	0742	ASSWT	1-3, 8 9: MV	

			Col./ Code	Skip to
24 a)	How often do you feel that you are under so much strain that your health is likely to suffer CODE ONE ONLY		(732)	
		always	3	
		often	2	
		sometimes	1	
		or, never?	0	
b)	How often do you feel bored READ OUT CODE ONE ONLY		(733)	
		always	3	
		often	2	
		sometimes	1	
		or, never?	0	
c)	How often do you feel lonely READ OUT CODE ONE ONLY		(734)	
		. always	3	
		often	2	
		sometimes	1	
		or, never?	0	
25 a)	How tall are you? ROUND ↓" DOWN IF GIVEN IN CENTIMETRES, RECORD HERE	HEIGHT FEET ☐ INCHES ☐☐	(735-37)	
		Don't know	998	
b)	How much do you weigh? IF GIVEN IN KILOS, RECORD HERE	WEIGHT STONES ☐☐ POUNDS ☐☐	(738-41)	
		Don't know	9998	
c)	Would you say that for your height you are READ OUT CODE ONE ONLY		(742)	
		about the right weight?	1	
		too heavy,	2	
		or too light?	3	
		(Don't know)	8	

26a	0743	LOSWT	0,1 9: MV	
26b	0744 -5	LOSWTA	01-97 98,99 No MV	Coding No reply, for those who replied "yes" at Q. 26a, is coded 98. 99: Not applicable
26c	0746 -7	LOSWTT	01-88 98 99 No MV	Coding No reply, for those who replied "yes" at Q. 26a, is coded 98. 99: Not applicable
26d	0748	LOSWTY	0,1,8 9 No MV	Coding 8: Don't know, or no reply although coded "yes" at Q. 26a 9: Not applicable
26e	0749 -50 0751 -2	STML LBML	01-98 00: MV 00-13 98: DK MV: 99	Note When STML and LBML are combined, 9999: MV. To find weight lost (in lb.) a derived variable has to be used: weight lost = ((STML* 14) + LBML), but if ((STML = 99) and (LBML = 98 or 99)) weight lost = 9999.
26f	0753 -4	LOSWTAG	01-97 99 No MV	Coding 09: Don't know, or no reply although coded "yes" at Q. 26a 99: Not applicable
26g	0755	LOSWTDR	0,1 8: DK 9: MV	
27a	0756	GAIWT	0,1 9: MV	
27b	0757 -8	GAIWTA	01-98 99 No MV	Coding 98: Don't know, or no reply although coded "yes" at Q. 27a 99: Not applicable
27c	0759	GAIWTY	0,1,8 9 No MV	Coding 8: Don't know, or no reply although coded "yes" at Q. 27a 9: Not applicable
27d	0760 -1 0762 -63	STMG LBMG	01-98 99: MV 00-13 98: DK 99: MV	See note for STML above
27e	0764 -5	GAIWTAG	01-97 98,99 No MV	Coding 98: Don't know, or no reply although coded "yes" at Q. 27a 99: Not applicable
27f	0766	GAIWTDR	0,1 8: DK 9: MV	

			Col./ Code	Skip to
26 a)	Have you ever seriously tried to lose weight?		(743)	
		Yes	1	b)
		No	0	g)
	IF 'YES' (CODE 1 AT a)		(744-45)	
	b) How old were you when you first tried seriously to lose weight?	AGE		c)
		Can't remember	98	
	c) How many times have you seriously tried to lose weight?		(746-47)	
		NUMBER OF TIMES		d)
		Lots of times	88	
		(Can't remember)	98	
	d) Have you ever managed to lose weight and stay at the new weight for 6 months or more?		(748)	
		Yes	1	e)
		No	0	
	e) What was the most weight that you have ever lost?			
	(KILOS _____) WEIGHT STONES ☐☐ POUNDS ☐☐		(749-52)	f)
			(753-54)	
	f) How old were you when you lost this weight?	AGE		g)
g)	Has a doctor ever suggested that you should lose weight?		(755)	
		Yes	1	Q 27
		No	0	
27 a)	Have you ever seriously tried to gain weight?		(756)	
		Yes	1	b)
		No	0	f)
	IF 'YES' (CODE 1 AT a))		(757-58)	
	b) How old were you when you first tried seriously to gain weight?	AGE		c)
		Can't remember	98	
	c) Have you ever managed to gain weight and stay at the new weight for 6 months or more?		(759)	
		Yes	1	d)
		No	0	
	d) What was the most weight that you have ever gained?			
	(KILOS _____) WEIGHT STONES ☐☐ POUNDS ☐☐		(760-63)	e)
			(764-65)	
	e) How old were you when you gained this weight?	AGE		f)
f)	Has a doctor ever suggested that you should gain weight?		(766)	
		Yes	1	Q.28
		No	0	

28a	0767	DIET	0,1 9: MV	Interviewer instructions This includes not only a diet prescribed by a doctor or hospital but also self imposed diets slimming or food allergy.
28b	0768 0769 0770 0771 0772 0773 0774 0775 0776	DIETILL1 DIETILL2 DIETILL3 DIETILL4 DIETILL5 DIETILL6 DIETILL7 DIETILL8 DIETILL9	For each 1 9: MV or NA	Coding These replies are recoded into DIETILLO
	2245	DIETILLO	1-8 9: MV or NA	Coding 1: High blood fat or cholesterol 2: Constipation, haemorrhoids, piles 3: Diverticulitis, colitis, Crohn's disease 4: Migraine 5: Arthritis 6: Hiatus hernia, heartburn, dyspepsia 7: Cancer 8: Other 9: MV, not relevant
28c				Interviewer instructions Probe for clarification where necessary. Record answers verbatim.
28d	0808 0809 0810 0811 0812 0813 0814 0815 0816	DIETMED1 DIETMED2 DIETMED3 DIETMED4 DIETMED5 DIETMED6 DIETMED7 DIETMED8 DIETMED9	For each 1 9: MV or NA	Coding Code the answer(s) given at c) into the listed categories. If an answer does not fit a precode code 'other'. Interviewer instructions No food containing wheat Coding These replies are recoded into DIETMEDO
	2246 -7	DIETMEDO	01-05, 08 99: MV or NA	01: No cheese, chocolate, coffee, tea, sugar, alcohol, chemicals, preservatives 02: Low acid 03: High protein 04: High calorie 05: Lots of fruit and vegetables 08: Other 09: MV, not relevant

FOOD AND DRINK

			Col./ Code	Skip to
28	Now I would like to ask about what you eat		(767)	
a)	Are you on a special diet of any sort for health reasons?	Yes	1	b)
		No	0	Q 29

IF 'YES' (CODE 1 AT a)

b) What are the health reasons?

CODE ALL THAT APPLY

Obesity	1	(768)	
High blood pressure/heart disease	1	(769)	
Ulcers (gastric, peptic, stomach, ouodenal)	1	(770)	
Gall stones	1	(771)	
Kidney failure	1	(772)	
Diabetes	1	(773)	
Food allergy	1	(774)	
Coeliac disease	1	(775)	
Other (SPECIFY) _____	1	(776)	

c) What is the special diet?
RECORD VERBATIM PROBE FOR CLARIFICATION

CARD 08

d) CODE BELOW ANSWERS RECORDED AT c) USE 'OTHER' IF DOES NOT FIT A PRECODE

CODE ALL THAT APPLY

Low calorie	1	(808)
Low carbohydrate	1	(809)
Low fat	1	(810)
Low salt	1	(811)
High fibre	1	(812)
Low protein	1	(813)
Gluten free	1	(814)
Avoid dairy products	1	(815)
Other	1	(816)

29a	0817	DIETREL	0,1 9: MV	
29b				Note This question was designed to identify those whose religious or other beliefs governed their diet, eg Jews, Hindus, and vegetarians and vegans. In the event, apart from these it produced a large number of bizarre and irrelevant replies, coded under 'other' at 29b and recoded 'other' at DIETBELO. Replies about alcohol were eliminated as this is covered in another section.
			For each	
29c	0818	DIETBEL1	1	
	0819	DIETBEL2	9: MV	
	0820	DIETBEL3	or NA	
	0821	DIETBEL4		
	0822	DIETBEL5		
	0823	DIETBEL6		Coding These replies recoded into DIETBELO
	2248	DIETBELO	1,2,8 9: MV or NA	Coding 1: Beef 2: Other specified meats 8: Other
30	0824	DIETAM	1-3, 8 9: MV	Notes The very few respondents who replied 'sometimes too much, sometimes too little' were coded as 'yes'.
31	0825	BREAKTIM	1-6 9: MV	Interviewer instructions Emphasise something to eat. Just a cup of tea or coffee does not count. Note This question was posed, rather than "Do you eat breakfast" because previous experience in pilot surveys had shown that the respondents' view of what constituted 'breakfast' varied widely.
32	0826	BREAKHOT	0-4 9: MV or NA	Interviewer instructions A 'cooked breakfast' means one including bacon and/or egg and/or sausage, etc. Just porridge or toast does not count.

			Col./ Code	Skip to
29a)	Are there any foods you do not eat or drink because of your beliefs or circumstances, such as religious or vegetarian?		(817)	
		Yes	1	b)
		No	0	Q 30
	IF 'YES' (CODE 1 AT a)			
	b) What don't you eat or drink? PROBE FOR CLARIFICATION RECORD VERBATIM			
	c) CODE BELOW ANSWERS RECORDED AT b)			
	CODE ALL THAT APPLY	No pork or pig products	1	(818)
		No meat of any kind	1	(819)
		No shellfish	1	(820)
		No fish of any kind	1	(821)
		No animal products of any kind	1	(822)
		Other answers	1	(823)
30	Would you say that you usually eat the right amount of food for you? IF 'NO', PROBE Do you eat too much or too little?		(824)	
		Yes	1	
		No - too much	2	
		No - too little	3	
		Don't know	8	
31	On weekdays (workdays) how soon after you get up do you usually have something to eat?		(825)	
		Less than ½ hour	1	
	NOTE This meal would normally be breakfast but count first food eaten If breakfast in bed, count this	½ hour, but less than 1 hour	2	
		1 hour, but less than 2 hours	3	
		2 hours, but less than 3 hours	4	
		3 hours, but less than 4 hours	5	
		4 hours or more	6	
32	How often do you have a cooked breakfast? (First meal after getting up)		(826)	
		Every day	4	
		Most days (3-6)	3	
	CODE ONE ONLY	Once or twice a week	2	
		Less than once a week	1	
		Never	0	

33a	0827	COOK	0-8 9: MV	Interviewer instructions Entries should always be in terms of numbers of meals per day. This rule applies to shift workers and those with erratic lives. Note Ideas about what constitutes a 'main' or'proper meal' vary widely, but the definition given of 'a main course, with one or more vegetables' covers most concepts.
33b	0828	LIGHTEAT	0-8 9: MV	Interviewer instructions as for "Cook" above. Note It is acknowledged that the distinctions between a 'main meal' and a 'light meal' and a 'snack' are'grey areas'.
34	0829	MEALAWAY	0-5 9: MV	Interviewer instructions If a respondent spends part of the time living away from home (e.g. on an oil rig) and part of the time at home, code meals eaten away from home during the time he/she lives at home.
35	0830	SNACKS	0-3 9: MV	Interviewer instructions If eats a snack less than once a day, code as 'never'.
36	0831	REGEAT	1-3 9: MV	
37	0832	FRIFOOD	0-5 9: MV	

		Col./ Code	Skip to
33a)	Apart from breakfast, how many main or cooked meals, that is a meal that has a main course with one or more vegetables, do you usually have during the day? NOTE FOR SHIFT WORKERS AND OTHERS WITH ERRATIC LIVES, ASK FOR MEALS EATEN IN PREVIOUS WEEK	(827)	
	NUMBER OF MAIN MEALS PER DAY		
b)	Apart from breakfast, how many other lighter meals do you usually have during the day? NOTE FOR SHIFT WORKERS AND OTHERS WITH ERRATIC LIVES, ASK FOR MEALS EATEN IN PREVIOUS WEEK	(828)	
	NUMBER OF LIGHT MEALS PER DAY		
34	(Including meals taken to work) How often do you have a meal away from home? CODE ONE ONLY	(829)	
	More than once a day	5	
	Once a day	4	
	Most days (3-6)	3	
	Once or twice a week	2	
	Less than once a week	1	
	Never	0	
35	How many times a day do you have a snack or something to eat between meals or before going to bed? CODE ONE ONLY	(830)	
	Once or twice	1	
	Three or four	2	
	More than four	3	
	Never	0	
36	Do you eat regularly, that is have the same number of meals and snacks at roughly the same time each day?	(831)	
	Yes	1	
	No	2	
	Varies	3	
37	How often do you eat fried food, don't count chips CODE ONE ONLY	(832)	
	More than once a day	5	
	Once a day	4	
	Most days (3-6)	3	
	Once or twice a week	2	
	Less than once a week	1	
	Never	0	

38	0833 0834 0835 0836 0837 0838 0839 0840	BREAD1 BREAD2 BREAD3 BREAD4 BREAD5 BREAD6 BREAD7 BREAD8	For each 1-3 9: MV	Interviewer instructions Do not read out bread types. Note Very few items were entered here, and most could be recoded into other BREAD categories. Gluten free bread was coded as BREAD1.
	0841	NOBREAD	0 9: MV	
39a	0842 -3	BREADSL1	00-98 99: MV	Interviewer instructions We want to record the total amount of bread eaten in a day. We therefore, do not want any double counting. If someone sometimes, for instance, eats slices of bread in a sandwich and at other times eats a roll, record either the number of slices or the number of rolls (not both).
39b	0844 -5	BREADROL	00-98 99: MV	
40a	0846	SPREAD	0-7 9: MV	Interviewer instructions If more than one type used, code the one most often used. Coding In some instances the interviewer coded more than one spread, so additional codings to those on the questionnaire were added. 5: Butter and soft margarine 6: Butter and soft and hard margarine 7: Hard and soft margarines All were recoded into ISPREADO. Where more than one spread was mentioned (col 0846) butter took preference over margarine, and hard over soft margarine.
	2249	ISPREADO	0: 1: 2: 3: 4: 5: 6: 9:	None Butter Hard margarine Ordinary soft margarine Other - eg dripping Soft margarine - high in polyunsaturated fats Low fat spreads MV
40b	0847	SPREADAM	1-4 9: MV or NA	

		Col./ Code	Skip to
38	What sort of bread do you eat? IF RESPONDENT MENTIONS MORE THAN ONE SORT, RING "1" FOR SORT EATEN MOST OFTEN, THEN "2" AND "3" FOR OTHERS AS APPROPRIATE IF OVER 3 TYPES, USE CODE 3 FOR REMAINDERS		
	1st 2nd 3rd White 1 2 3	(833)	
	Granary/Wheatmeal/Brown 1 2 3	(834)	
	Wholemeal 1 2 3	(835)	
	Crispbreads 1 2 3	(836)	
	Pitta-white 1 2 3	(837)	
	Pitta-wholemeal 1 2 3	(838)	
	Nan, chapatis 1 2 3	(839)	
	Other (SPECIFY) _____ 1 2 3	(840)	
	Does not eat any bread 0	(841)	
39	I am going to ask you how much bread you usually eat in a day		
a)	First, how many slices of bread or crispbread do you usually eat each day, including toast and sandwiches?	(842-43)	
	None	00	
	NUMBER OF SLICES		
b)	In addition, how many rolls or similar types of bread do you usually eat each day?	(844-45)	
	None	00	
	(IF SOMETIMES EAT ROLLS AND SOMETIMES BREAD SLICES, RECORD AT a) ONLY) NUMBER OF ROLLS		
40 a)	Do you <u>usually</u> spread soft margarine, hard margarine or butter on bread? <u>IF 'SOFT' ASK</u> What brand?	(846)	
	Butter	1	
	Hard margarine	2	b)
	CODE ONE ONLY — Soft margarine (BRAND) _____	3	
	Other (SPECIFY) _____	4	
	Nothing	0	Q 41
	<u>IF 'SPREADS SOMETHING ON BREAD' (CODES 1-4 AT a)</u>	(847)	
	b) Do you spread this READ OUT — thick	1	
	medium	2	Q 41
	CODE ONE ONLY — thin	3	
	or just a scrape?	4	

41	0848	SAND	0-5 9: MV	
42a	0849	TEA	0-4 9: MV	
42b	0850	TEASUG	0-3 9: MV or NA	Interviewer instructions Sugar substitutes are not sugar and should be ignored
43a	0851	COFFEE	0-4 9: MV	
43b	0852	COFFSUG	0-3 9: MV or NA	Interviewer instructions Sugar substitutes are not sugar and should be ignored.
44	0853	MILKTOT	0-4, 8 9: MV	

		Col./ Code	Skip to
41	On weekdays (workdays) how often do you have sandwiches or similarly filled types of bread or rolls? CODE ONE ONLY	(848)	
	More than once a day	5	
	Every day	4	
	Most days (3-6)	3	
	Once or twice a week	2	
	Less than once a week	1	
	Never	0	
42	How many cups of tea do you usually drink in a day READ OUT CODE ONE ONLY	(849)	
	. one or two	1	b)
	three or four	2	b)
	five or six	3	b)
	more than six	4	b)
	or none?	0	Q 43
	IF 'DRINKS TEA' (CODES 1-4 AT a)		
	b) How much sugar do you usually have in tea? CODE ONE ONLY	(850)	
	1 or less teaspoons	1	Q.43
	Over 1, to 2 teaspoons	2	Q.43
	More than 2 teaspoons	3	Q.43
	None	0	Q.43
43 a)	How many cups of coffee do you usually drink in a day READ OUT CODE ONE ONLY	(851)	
	one or two	1	b)
	three or four	2	b)
	five or six	3	b)
	more than six	4	b)
	or none?	0	Q 44
	IF 'DRINKS COFFEE' (CODES 1-4 AT a)		
	b) How much sugar do you usually have in coffee? CODE ONE ONLY	(852)	
	1 or less teaspoons	1	Q 44
	Over 1, to 2 teaspoons	2	Q 44
	More than 2 teaspoons	3	Q 44
	None	0	Q 44
44	How much milk do you usually have each day? Please include milk used in drinks, on cereal and in cooking (e g custard, milk puddings)? CODE ONE ONLY	(853)	
	Less than ½ pint	1	
	½-1 pint	2	
	Over 1, to 2 pints	3	
	More than 2 pints	4	
	None	0	
	Don't know	8	

45	0854	MILKTYP1	1 9: MV	Interviewer instructions Includes all "ordinary" milks
	0855	MILKTYP2	1 9: MV	
	0856	MILKTYP3	1 9: MV	
	0857	MILKTYP4	1 9: MV	
	0858	MILKTYP5	1 9: MV	Coding Recoded into MILKPOWD
	0859	MILKTYP6	1 9: MV	Coding Recoded into MILKO
	2250	MILKPOWD	1 9: MV	Notes Insufficient details were given for the few items not known to be low fat brands, so all were coded assuming they were low fat. Thus MILKTYP5 identical with MILKPOWD.
	2251	MILKO	1,2,4,6 9: MV	1: Green top, unpasteurized, 'straight from the farm' 2: Soya 4: Condensed 6: Goat
46			For each	
	0860	FRUITSUM	0-5	Interviewer instructions
	0861	FRUITWIN	9: MV	If respondent has difficulty in deciding how often a particular type of food is eaten ask him/her to think back over the last week or so.
	0862	SALADSUM		
	0863	SALADWIN		
	0864	TINFRUIT		
	0865	CHIPS		If the respondent says something like "I eat vegtables of some sort every day" do not ring 4 or 5 for each type of vegetable. Get him/her to try and average each type across the week (so that your codes add up to a week's intake).
	0866	POTS		
	0867	ROOTVEG		
	0868	PULSES		
	0869	GREENVEG		
	0870	OTHERVEG		
	0871	NUTS		All soups should be recorded under "other" cols 922 to 925.
	0872	CRISPS		
	0873	SWEETS		Green vegetables are green leaf vegetables (eg spinach, cabbage and broccoli). The category peas and beans includes all pulses.
	0874	PASTA		
	0875	CEREAL		

15 What sort of milk do you usually use?
IF 'Don't know', CODE AS 'Silver Top'

CODE ALL THAT APPLY

		Col./ Code	Skip to
Sterilised/Pasteurised/UHT/Milk in carton/Silver Top	1	(854)	
Gold Top	1	(855)	
Skimmed or semi-skimmed milk	1	(856)	
Evaporated milk	1	(857)	
Powdered milk (SPECIFY) _____	1	(858)	
Other (SPECIFY) _____	1	(859)	

46. SHOW CARD D I am going to read out a list of foods Using this card, please tell me how often you eat each of them
READ OUT EACH FOOD IN TURN AND CODE IN GRID

	MORE THAN ONCE A DAY	ONCE A DAY	MOST DAYS (3-6)	ONCE OR TWICE A WEEK	LESS THAN ONCE A WEEK	NEVER	Cols.
Fresh fruit in summer	5	4	3	2	1	0	(860)
Fresh fruit in winter	5	4	3	2	1	0	(861)
Salads or raw veg in summer	5	4	3	2	1	0	(862)
Salads or raw veg in winter	5	4	3	2	1	0	(863)
Tinned fruit	5	4	3	2	1	0	(864)
Chips	5	4	3	2	1	0	(865)
Potatoes (NOT CHIPS)	5	4	3	2	1	0	(866)
Root vegetables like carrots, turnips and parsnips	5	4	3	2	1	0	(867)
Peas and beans (ALL KINDS, INC BAKED BEANS, LENTILS)	5	4	3	2	1	0	(868)
Green vegetables	5	4	3	2	1	0	(869)
Other cooked vegetables, including onions and mushrooms	5	4	3	2	1	0	(870)
Nuts	5	4	3	2	1	0	(871)
Potato crisps or similar snacks	5	4	3	2	1	0	(872)
Sweets, chocolates	5	4	3	2	1	0	(873)
Pasta (spaghetti, noodles), or rice	5	4	3	2	1	0	(874)
Breakfast cereal (inc porridge)	5	4	3	2	1	0	(875)

/Continued

			For each	
46	0908	BISCUIT	0-5	
Con	0909	CAKE	9: MV	
	0910	PUDS		
	0911	YOG		
	0912	SQUASH		
	0913	JUICE		
	0914	JAM		
	0915	CHEESE		
	0916	EGGS		
	0917	CREAM		
	0918	FISH		
	0919	POULTRY		
	0920	SAUSAGE		
	0921	REDMEAT		
	0922	OTHEAT1)		
	0923	OTHEAT2)		Coding:
	0924	OTHEAT3)		Food item mentioned recoded into (EATO1
	0925	OTHEAT4)		(EATO2
				(EATO3
				(EATO4
			For each	Coding - the same for EATO1, EATO2, EATO3 and EATO4
	2252	EATO1	01-38	01: Fresh fruit in summer
	-3		99: MV	02: Fresh fruit in winter
	2254	EATO2		03: Salads or raw vegetables in summer
	-5			04: Salads or raw vegetables in winter
	2256	EATO3		05: Tinned fruit
	-7			06: Chips
	2258	EATO4		07: Potatoes (excluding chips)
	-9			08: Root vegetables
				09: Peas, beans, lentils - all pulses
				10: Green vegetables
				11: Other cooked vegetables, including chinese food
				12: Nuts
				13: Potato Crisps
				14: Sweets, chocolates
				15: Pasta and rice
				16: Breakfast cereal including porridge
				17: Biscuits
				18: Cakes
				19: Puddings and pies
				20: Ice cream, yoghurt, milk puddings etc, drinks made with cocoa, Ovaltine etc
				21: Soft drinks
				22: Fruit juice
				23: Jam, preserves
				24: Cheese
				25: Eggs
				26: Cream
				27: Fish
				28: Poultry
				29: Sausages, paté, pasties etc
				30: Beef, lamb, pork including curries unless vegetable curry specified
				31: Soup
				32: Shellfish/seafood
				33: Pizza
				34: Dried fruit
				35: Offal
				36: Yorkshire pudding, pancakes, batter
				37: Soya meat
				38: Peanut butter

Q 46 Continued .

Cols

And how often do you eat these foods . READ OUT ...

	MORE THAN ONCE A DAY	ONCE A DAY	MOST DAYS (3-6)	ONCE OR TWICE A WEEK	LESS THAN ONCE A WEEK	NEVER	CARD 09
Biscuits	5	4	3	2	1	0	(908)
Cakes of all kinds	5	4	3	2	1	0	(909)
Sweets or puddings, fruit pies and flans and tarts	5	4	3	2	1	0	(910)
Ice cream, mousse, yoghurt, milk puddings	5	4	3	2	1	0	(911)
Soft drinks like squash or colas	5	4	3	2	1	0	(912)
Pure fruit juice	5	4	3	2	1	0	(913)
Jam/marmalade/golden syrup/honey	5	4	3	2	1	0	(914)
Cheese	5	4	3	2	1	0	(915)
Eggs	5	4	3	2	1	0	(916)
Cream	5	4	3	2	1	0	(917)
Fish	5	4	3	2	1	0	(918)
Poultry	5	4	3	2	1	0	(919)
Sausages/tinned meat/paté/ meat pies/pasties, etc	5	4	3	2	1	0	(920)
Beef/lamb/pork/ham/bacon	5	4	3	2	1	0	(921)
Can you think of any other sorts of food which you eat regularly? (SPECIFY)							
1 _____	5	4	3	2	1	0	(922)
2 _____	5	4	3	2	1	0	(923)
3 _____	5	4	3	2	1	0	(924)
4 _____	5	4	3	2	1	0	(925)

N B The question about the fibre content of foods is on page 146 and 147 in the measurement proforma

47a	0926	ALSELF	1-4 9: MV	Interviewer instructions Non-drinker: never drinks alcohol Very special occasions drinker: only at Christmas, weddings, etc Occasional drinker: does not drink regularly but more frequently than a special occasions drinker. Note The skips in this section were not always correctly followed. Respondents coded (2) here who were nevertheless asked Q. 49, and declared some consumption, were recoded as (3) for consistency in the forming of categories of drinker.
47b	0927	ALEX	0,1, 9: MV	Coding 9: Missing value and not applicable (occasional/regular drinker) Note Question was not always correctly applied. It should be used with ALSELF to distinguish ex-drinkers.
47c	0928 -9	ALEXAGE	00-99	Coding 99: Not applicable 00: MV, no reply, don't know
48a	0930	ALSELFQ	1-3,8 9: MV	Note It should be noted that this variable refers both to current regular drinkers and to ex-drinkers. To distinguish them, it has to be used in conjunction with ALSELF.
48b	0931	ALCUTBY	0-4 9: MV	Note See note for ALSELFQ.
48c	0932	ALCUT	0,1 9: MV	Note See note for ALSELFQ.
48d	0933	ALCUTRY	00-99 No MV	Coding 00: Never and no reply 01-96: Number of times 97: A lot of times 98: Don't know 99: Not applicable. (Never tried to cut down)
48e	0935	ALCUTSUC	0,1,9 No MV	Note See note for ALSELFQ. Coding 0: No and no reply 1: Yes 9: Not applicable (Never tried to cut down)
48f	2260	ALCUTRE	0-6,9 No MV	Note See note for ALSELFQ Coding The answers to this open-ended question were coded as follows: 0: No reply, no reason, don't know 1: Health 2: Pressure from friends/family 3: Expense 4: Social consequences of drinking 5: Self-respect, to show I could 6: Other 9: Not applicable (Never tried to cut down)

DRINKING

		Col./ Code	Skip to
47 a)	Now I would like to ask you about alcoholic drinks Would you say that you are READ OUT . a non drinker	(926) 1	b)
	a very special occasions drinker	2	
	CODE ONE ONLY an occasional drinker	3	Q.48
	or, a regular drinker?	4	
	IF 'NON-DRINKER' or 'SPECIAL OCCASIONS DRINKER' (CODES 1 OR 2 AT a)	(927)	
	b) Have you always been a non or special occasions drinker? Yes	1	Q 51
	No	0	c)
	IF 'NO' (CODE 0 AT b)	(928-29)	
	c) How old were you when you gave up more regular drinking? AGE GAVE UP	___ YEARS	Q.48
48.	IF 'OCCASIONAL/REGULAR DRINKER' (CODE 3/4 AT Q 47a) OR 'PREVIOUS REGULAR DRINKER' (CODE 0 AT Q 47b)	(930)	
a)	Would you say that you are (were) . READ OUT . a light drinker	1	
	a moderate drinker	2	
	CODE ONE ONLY or a heavy drinker?	3	
	(Don't know)	8	
b)	Has a doctor or anyone else ever suggested that you should cut down on drinking? IF YES, PROBE Who suggested it?	(931)	
	No	0	
	Yes, Doctor	1	
	CODE ONE ONLY GIVE PRIORITY TO HIGHEST IN LIST — Yes, Relative/spouse	2	
	Yes, Workmate/friend	3	
	Yes, Other	4	
c)	Have you ever felt you ought to cut down on your drinking?	(932)	
	Yes	1	a)
	No	0	Q 49
	IF 'YES' (CODE 1 AT c)	(933-34)	
	d) How many times have you seriously tried to cut down? Never	00	f)
	NUMBER OF TIMES	___	e)
	IF 'HAS TRIED TO CUT DOWN AT LEAST ONCE' AT d)	(935)	
	e) Have you ever succeeded in cutting down for at least a month?		
	Yes	1	f)
	No	0	
	f) Why did you decide (you ought) to cut down on your drinking? *PROBE FULLY AND RECORD VERBATIM*		Q 49
			77

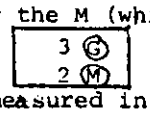
49a	0936	ALPROB1	0,1 9: MV and NA	Interviewer instructions (48a,b,c) If respondent thinks these questions are odd or feels indignant about them, say that the survey is designed to cover all sorts of people with all sorts of habits. Coding 0: No 1: Yes 9: MV and not applicable (not regular drinker or ex-drinker) Note Note that 49a,b,c apply to both current drinkers and ex-drinkers. To distinguish them, the variables have to be used in conjunction with ALSELF.
49b	0937	ALPROB2	0,1, 9: MV and NA	As ALPROB1
49c	0938	ALPROB3	0,1, 9: MV and NA	As ALPROB1
49d	0939	ALDRINK	0,1, 9: MV and NA	Coding 9: MV and not applicable (not regular drinkers or ex-drinkers) Note Note that the question was asked of both- regular current drinkers and ex-drinkers. Code 0 does not therefore necessarily mean a current drinker who did not drink last week: it can indicate someone who does not now drink at all.
49e	0940	DAYDRINK	1-7 9: MV and NA	Coding 9: MV and not applicable
49f	2261 -3	ALQ	000-997 No MV 998: No reply 999: NA	Interviewer instructions We want you to complete a Drink Diary (on page 81) for all those who had at least one alcoholic drink in the preceding seven days. At e), ring the day of the week into which yesterday fell. Go to the Drink Diary and start with that day of week and work backwards through the week. Thus, if yesterday was Thursday, you start at Thursday, then ask about the previous day (Wednesday), then Tuesday and round through to the previous Friday. For each day ask first about drinks consumed in the daytime: "Did you have anything to drink yesterday in the morning or afternoon?". Then about the evening: "Did you drink anything yesterday evening?". The Diary should be completed in respect of alcoholic drinks only. If nothing was drunk during a period, ring code 0 in the first column. If something has been drunk, establish what type of drink it was and how much of that type was drunk. Enter the amount drunk in the relevant type column. The amounts drunk should be established in: Pints (P), Pub measures (M) or Glasses (G), where the equivalent pub measure is not known. Ring the letter in the box you are entering the amount in to show what type of measure you are using.

49			Col./ Code	Skip to
	IF 'OCCASIONAL/REGULAR DRINKER' (Q 47a CODES 3/4) OR 'PREVIOUS REGULAR DRINKER' (Q 47b) CODE 0)		(936)	
a)	Have (Did) people ever annoy(ed) you by criticising your drinking?	Yes	1	
		No	0	
			(937)	
b)	Have (Did) you ever felt (feel) bad or guilty about your drinking?	Yes	1	
		No	0	
			(938)	
c)	Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?	Yes	1	
		No	0	
			(939)	
d)	Have you had any alcoholic drinks during the past week?	Yes	1	e)
		No	0	Q 50
	IF 'YES' (CODE 1 AT d)		(940)	
	e) I would now like to learn what you had to drink last week Let's start with yesterday and work backwards Yesterday was (NAME DAY OF WEEK AND CODE)	Monday	1	f)
		Tuesday	2	
		Wednesday	3	
		Thursday	4	
		Friday	5	
		Saturday	6	
		Sunday	7	
	f) COMPLETE DRINK DIARY ON OPPOSITE PAGE START WITH RELEVANT DAY OF WEEK (YESTERDAY) AND WORK BACKWARDS THROUGH PAST WEEK FIRST ASK ABOUT DRINK CONSUMED IN DAYTIME AND THEN IN EVENING PROBE Anything else? FOR EACH TYPE OF DRINK CONSUMED, RECORD AMOUNT DRUNK ASK FOR AMOUNTS IN PUB MEASURES (P = pints, M = measures, G = glasses) RING P, G OR M TO SHOW MEASURE USED IF OTHER/MIXED, ENTER AMOUNT RING G OR M SPECIFY UNDERNEATH TYPE OF DRINK IF ESTIMATE, INDICATE BY 'E' IF 'NIP', 'SPOONFUL', WRITE IN			

For example, if someone had two gin and tonics in the pub, enter '2' in the 'Spirits' column and ring M.

If instead they had drunk two gin and tonics in a friend's home and had no idea how much gin they were given, enter '2' as before but ring G.

If someone drinks more than one type of spirit in, say, an evening, add up the total amount drunk (eg 2 gin and tonics plus 2 vodkas in the pub = 4M).

If someone drinks some in the pub and then some elsewhere and you cannot convert the total amount into measures enter the number of measures by the M (which you ring) and the number of glasses by the G (which you also ring). Eg, 

Drinks like beer, stout, Guinness, lager should always be measured in pints. A large can of beer (etc) should be recorded as 1 pint, a small can of beer (etc) should be recorded as ½ pint.

If someone says "I just have a couple of spoonfuls of brandy in my coffee to help me sleep", do not ignore. Write in the details - eg in the spirits column write '2 spoonfuls'.

There are some drinks that people like to think are not really alcoholic - these are drinks like Peppermint Cordial, Ginger Wine. These drinks are alcoholic and should be treated accordingly.

Coding
The drink diaries are converted into standard units of alcohol (1 unit = ½ pint beer, a single measure of spirits, 1 glass of wine, and equivalents).
000: Drinker with no consumption last week
001 - 997: Number of alcohol units consumed last week
998: Drank last week, but amount not known
999: Not applicable (declared non or only special occasions drinker).

49f	2264	ALQEV	1-3 9	Coding This variable, TIME OF DAY OF DRINKING is derived from the drink diaries. 1: Predominantly evening drinking 2: Predominantly daytime drinking 3: Both or erratic 9: Not applicable - no drinking " Predominantly" is interpreted as "solely, or solely with the exception of one occasion among at least four occasions".
49f	2265	ALQWE	1-3 9 No MV	Coding This variable, TIME OF WEEK OF DRINKING, is derived from the drink diaries. 1: Weekend (Sat/Sun) only 2: Weekday only 3: Both 9: Not applicable - no drinking
49f	2266	ALTYPE	1-4 9 No MV	Coding This variable, TYPE OF ALCOHOL CONSUMED, is derived from drink diaries. 1: Predominantly spirits 2: Predominantly beer 3: Predominantly wine 4: Mixed or other 9: Not applicable - no drinking "Predominantly" is interpreted as for ALQEV. Note The exact number of units of each type of alcohol is unfortunately not available without further coding from the interview schedules.

DAY		NONE IN THAT PERIOD	BEER, CIDER, LAGER, SHANDY, STOUT, etc	SHERRY VERMOUTH	WINES	SPIRITS e g Whisky, gin, rum, vodka	LIQUERS e.g brandy, tia maria, southern comfort	OTHER/MIXED (specify type as well as amount)
MONDAY	DAY Amount	O	P	G	G	G M	G M	Amount G M Type
	EVE Amount	O	P	G	G	G M	G M	Amount G M Type
TUESDAY	DAY Amount	O	P	G	G	G M	G M	Amount G M Type
	EVE Amount	O	P	G	G	G M	G M	Amount G M Type
WEDNESDAY	DAY Amount	O	P	G	G	G M	G M	Amount G M Type
	EVE Amount	O	P	G	G	G M	G M	Amount G M Type
THURSDAY	DAY Amount	O	P	G	G	G M	G M	Amount G M Type
	EVE Amount	O	P	G	G	G M	G M	Amount G M Type
FRIDAY	DAY Amount	O	P	G	G	G M	G M	Amount G M Type
	EVE Amount	O	P	G	G	G M	G M	Amount G M Type
SATURDAY	DAY Amount	O	P	G	G	G M	G M	Amount G M Type
	EVE Amount	O	P	G	G	G M	G M	Amount G M Type
SUNDAY	DAY Amount	O	P	G	G	G M	G M	Amount G M Type
	EVE Amount	O	P	G	G	G M	G M	Amount G M Type

50	0941	ALTYPIC	1-3 9: MV *and NA*	Coding 9: MV and not applicable: these have not been distinguished.
51	0942	ALPA	0-4, 8 9: MV	Interviewer instructions (Q. 51,52) This applies to the greater part of their lives.
52	0943	ALMA	0-4, 8 9: MV	
53	0944	SMOTHER	0,1,2 9: MV	
54	0945	PARSMO	0-3, 8 9: MV	

		Col./ Code	Skip to
50	IF 'OCCASIONAL/REGULAR DRINKER' (Q.47a CODES 3/4)OR 'PREVIOUS REGULAR DRINKER' (Q 47b CODE 0) Was this last week's drinking .. READ OUT CODE ONE ONLY reasonably typical of your usual pattern, rather less than usual, or rather more than usual?	(941) 1 2 3	
51.	ASK ALL Would you describe your father as a (having been) READ OUT . CODE ONE ONLY FATHER = Stepfather, foster father, guardian a non-drinker? a special occasions drinker? an occasional drinker? a regular drinker? or a heavy drinker? (Don't know)	(942) 0 1 2 3 4 8	
52	Would you describe your mother as a (having been) READ OUT CODE ONE ONLY MOTHER = Stepmother, foster mother, guardian a non-drinker? a special occasions drinker? an occasional drinker? a regular drinker? or a heavy drinker? (Don't know)	(943) 0 1 2 3 4 8	
	SMOKING	(944)	
53	I would now like to ask you some questions about smoking I'm not asking about your smoking at the moment but does anyone else in this household smoke regularly? By regularly, I mean smoking at least one cigarette, or one pipe, or one cigar a day Yes No Lives on own	 1 0 2	
54	Have either of your parents ever smoked? IF YES, ASK "Which?" CODE ONE ONLY PARENTS = Step parents, foster parents, guardians No, neither Mother only Father only Both parents Don't know	(945) 0 1 2 3 8	

55a	0946	REGFAG	0,1 9: MV	Interviewer instructions Q. 55-60. Follow the routing carefully. The questions allow for all the variations in past and present smoking habits. If you follow the skip instructions in the "skip to" column, you will always ask the correct question. Note The routing is very complex and the 'skip to' instructions were not always adhered to, resulting in quite a few missing values. In the Smoking Section MV includes not applicable.
55b	0947	OCFAG	0,1 9: MV	
55c	0948	EXFAG	0,1 9: MV	
56a	0949 -50	FAGDAY	01-97 99: MV	
56b	0951 -2	FAGMAX	01-97 98: DK 99: MV	
56c	0953	DEFAG	0,1 9: MV	
56d	0954 -5	DEFAGNO	01-97 98: DK 99: MV	Coding 97: Lots of times/too many to count.
56e	0956	DEFAGAD	0,1 9: MV	
56f	0957	DEFAGWHO	1-5 9: MV	Note So few respondents replied 'other', no recodes were carried out.

			Col./ Code	Skip to
55	Now do <u>you</u> regularly smoke cigarettes, that is do you regularly smoke at <u>least</u> one cigarette a day?		(946)	
		Yes	1	Q.56
		No	0	b)
	<u>IF 'NO' (CODE 0 AT a)</u>		(947)	
	b) Do you smoke cigarettes, but fewer than one a day?	Yes	1	Q.57
		No	0	c)
	<u>IF 'NO' (CODE 0 AT b)</u>		(948)	
	c) Have you ever smoked at least one cigarette a day for as long as six months?	Yes	1	Q 60
		No	0	Q 61
56	<u>IF 'SMOKES AT LEAST ONE CIGARETTE A DAY' (Q 55a CODE 1)</u>		(949-50)	
	How many cigarettes do you generally smoke in a day? IF RANGE GIVEN, ESTABLISH AVERAGE NO PER DAY	NUMBER PER DAY		
		97 or more	97	
	What is the maximum number of cigarettes you have regularly smoked in a day?		(951-52)	
		NUMBER PER DAY		
		97 or more	97	
	Have you ever seriously tried to give up cigarette smoking altogether?		(953)	
		Yes	1	d)
		No	0	e)
	<u>IF 'YES' (CODE 1 AT c)</u>			
	d) How many times have you seriously tried to give up cigarette smoking altogether?		(954-55)	
		NUMBER OF TIMES		e)
	Has anyone ever said you should stop smoking completely?		(956)	
		Yes	1	f)
	<u>IF 'YES' (CODE 1 AT e)</u>	No	0	Q 58
	f) Who said you should stop?		(957)	
	CODE ONE ONLY GIVE PRIORITY TO HIGHEST IN LIST	Doctor	1	Q 58
		Spouse/Partner	2	
		Relative	3	
		Friend/Workmate	4	
	Other (SPECIFY) _____		5	

57a	0958 -59	OCFAGMON	01-97 99: MV	Coding Those smoking less than 1/day, but smoking heavily when they smoke, giving average of more than 1/day, were recoded into REGFAG.
57b	0960	PREOC	0,1 9: MV	
57c	0961 -62	PREOCNO	00-98 99: MV	98: DK
57d	0963 -64	PREOCREG	00-98 99: MV	98: DK
57e	0965	EXREGY1	1 9: MV	Coding
	0966	EXREGY2	1 9: MV	
	0967	EXREGY3	1 9: MV	
	0968	EXREGY4	1 9: MV	
	0969	EXREGY5	1 9: MV	
	0970	EXREGY6	1 9: MV	
	0971	EXREGY7	1: 2: 3: 4: 9: MV	Other Pregnancy Lost interest/did not like it anymore Changed to pipe or cigar
58a	0972 -73	FAGAGE	00-98 99: MV	98: DK
58b	0974	INHALFAG	0,1 9: MV	
58c	0975	FAGTYP	1: 2: 3: 4: 9: MV	Filter tipped Plain (untipped) Hand rolled Filter and hand rolled
58d	0976 -77	FAGOZ	00-98 99: MV	

		Col./ Code	Skip to
57 a)	IF 'SMOKES FEWER THAN ONE CIGARETTE A DAY' (Q 55b CODE 1) How many cigarettes do you usually smoke in a month?	(958-59)	
	NUMBER IN MONTH	___	
	Less than one a month	00	
b)	Were you ever a regular smoker, that is smoking at least one cigarette a day for 6 months or more?	(960)	
	Yes	1	c)
	No	0	Q 58
	IF 'YES' (CODE 1 AT b)		
	c) How many cigarettes did you generally smoke in a day?	(961-62)	
	(WHEN A REGULAR SMOKER) NUMBER PER DAY	___	d)
	97 or more	97	
	d) How long ago did you stop being a regular cigarette smoker?	(963-64)	
	NUMBER OF YEARS AGO	___	e)
	Less than 1 year ago	00	
	e) What made you decide to give up being a regular cigarette smoker?		
	Ill health at time of decision	1 (965)	
	Fear of ill health in future	1 (966)	
	CODE ALL Expense	1 (967)	
	THAT APPLY "Dirty habit"	1 (968)	Q 58
	Social pressure/Others didn't like my smoking	1 (969)	
	Need to establish will power/self control/ didn't like being addicted	1 (970)	
	Other (SPECIFY) _____	1 (971)	
58	'IF SMOKES AT PRESENT' (Q 55a CODE 1 OR Q 55b CODE 1)	(972-73)	
a)	How old were you when you started to smoke cigarettes? AGE		
b)	Do you inhale the smoke (take it into your lungs)?	(974)	
	Yes	1	
	No	0	
c)	What sort of cigarettes do you smoke nowadays READ OUT	(975)	
	filter tipped	1	Q 59
	IF SMOKES MORE THAN ONE SORT, ASK FOR MOST FREQUENTLY SMOKED plain (untipped)	2	
	or handrolled?	3	d)
	IF 'HAND ROLLED' (CODE 3 AT c)		
	d) How many ounces of roll-your-own tobacco do you use per week?	(976-977)	
	OUNCES	___	Q 61

59a	1008 -10	FAGBRAND	000-998 999- MV	Note Despite interviewer instructions to record all details on cigarette packet, insufficient information was given in the majority of cases for the cigarette smoked to be identified. This question is therefore of no use.
59b	1011	PAKCHECK	0,1 9: MV	Note As this applies to Q. 59a it is redundant
	1012	TARLEV	1-6, 8 9: MV	Note Despite the interviewer instructions to ask 59bii only if the packet was not seen, replies to 59bii were obtained in most cases. Coding 6: Herbal 8: DK
59c	1013	TARLOWER	0,1,8 9: MV	
60a	1014 -5	EXFAGAGE	00-97, 98 99: MV	Coding 98: DK
60b	1016 -7	EXFAGDAY	00-96, 97,98 99: MV	Coding 97: 97 or more 98: DK
60c	1018 -9	EXFAGMAX	00-96, 97,98 99: MV	97: 97 or more 98: DK
60d	1020	EXFAGINH	1,2 9: MV	
60e	1021 -3	EXFAGBRA	000-998 999: MV	Notes As with Q. 59a (FAGBRAND) insufficient information was given to identify cigarette smoked. This question is therefore of no use.

		Col./ Code	Skip to
59	IF 'SMOKES FILTER TIPPED OR PLAIN' (Q 58c) CODES 1/2)	CARD 10	
a)	What brand of cigarettes do you usually smoke?	(1008-10)	
	No regular brand	000	
	NAME OF BRAND _____ OUO	BRAND	
b)	What is the tar level of the cigarette you usually smoke? If you let me have a look at the packet, I can take it down from that	(1011)	
	IF PACKET CHECK NOT POSSIBLE, TAKE RESPONDENT'S ASSESSMENT CODE i) AND ii) BELOW — i) PACKET CHECK Seen	1	
	Not seen	2	
	IF NO REGULAR BRAND, TAKE PRESENT PACKET — ii) TAR LEVEL High	(1012) 1	Q 61
	Middle High	2	
	Middle	3	
	Low Middle	4	c)
	Low	5	
	Not known	8	
	IF CODES 2-8 AT b)	(1013)	
	c) Have you purposely switched to cigarettes lower in tar than the ones you used to smoke? Yes	1	
	No	0	Q 61
	Don't know	8	
60	IF 'EX-SMOKER' (Q 55c) CODE 1)	(1014-15)	
a)	How old were you when you started to smoke cigarettes? AGE		
b)	Over the period you were a smoker, roughly how many cigarettes did you generally smoke in a day?	(1016-17)	
	(IF RANGE GIVEN, ESTABLISH AVERAGE) NUMBER PER DAY		
	97 or more	97	
c)	What was the maximum number of cigarettes you ever regularly smoked in a day?	(1018-19)	
	NUMBER PER DAY		
	97 or more	97	
d)	Did you inhale the smoke (take it into your lungs)?	(1020)	
	Yes	1	
	No	2	
e)	What was the brand name of the last brand of cigarette you regularly smoked?	(1021-23)	
	No regular brand	000	
	NAME OF BRAND _____ OUO		
	Smoked hand-rolled	777	
	Don't know	888	

/Continued

60f	1024 -5	EXFAGAN	00-98 99: MV	98: DK
60g	1026	KDEFAGAD	0,1 9: MV	
60h	1027	KDEFAGOO	1-4 9: MV	
60i	1028	DEFAGAID	0,1,8 9: MV	
			For each	
60j	1029	DEFAGY1	1	
	1030	DEFAGY2	9: MV	
	1031	DEFAGY3		
	1032	DEFAGY4		
	1033	DEFAGY5		
	1034	DEFAGY6		
	1035	DEFAGY7	0-8 9: MV	Coding 0: Cigarettes unavailable or in short supply 1: Other 2: Pregnancy 3: Lost interest/did not like it any more 4: Changed to pipe or cigar 5: Religious reasons 6: Health Education/advice from others 7: For a bet 8: To improve performance at sports or get fit
60k	1036	DEFAGEN	0,1 9: MV	
			For each	
60l	1037	DEFAGN1	1	
	1038	DEFAGN2	9: MV	
	1039	DEFAGN3		
	1040	DEFAGN4		
	1041	DEFAGN5		
			For each	
60m	1042	YDEFAGN1	1	
	1043	YDEFAGN2	9: MV	
	1044	YDEFAGN3		
	1045	YDEFAGN4		
	1046	YDEFAGN5		

Q 60 Continued

		Col./ Code	Skip to
f)	How long ago did you completely stop smoking cigarettes?	(1024-25	
	NUMBER OF YEARS AGO	___	
	Less than 1 year	00	
g)	Did anyone say that you should stop smoking cigarettes completely?	(1026)	
	Yes	1	h)
	No	0	j)
	IF 'YES' (CODE 1 AT g)	(1027)	
	h) Who said you should stop?		
	CODE ONE ONLY GIVE PRIORITY TO HIGHEST IN LIST		
	Doctor	1	i)
	Spouse/Partner	2	
	Relative	3	
	Friend/Workmate	4	
	i) Did this advice help persuade you to stop?	(1028)	
	Yes	1	j)
	No	0	
	Don't know	8	
j)	What reasons made you decide to give up smoking cigarettes?		
	CODE ALL THAT APPLY		
	Ill health at time of decision	1 (1029)	k)
	Fear of ill health in future	1 (1030)	
	Expense	1 (1031)	
	"Dirty habit"	1 (1032)	
	Social pressure/others didn't like my smoking	1 (1033)	
	Need to establish willpower/self control, didn't like being addicted	1 (1034)	
	Other (SPECIFY) _____	1 (1035)	
		(1036)	
k)	Since you stopped smoking cigarettes has anyone ever encouraged you to start again?		
	Yes	1	l)
	No	0	Q 61
	IF 'YES' (CODE 1 AT k)		
	l) Who encouraged you to start again?		
	CODE ALL THAT APPLY		
	Doctor	1 (1037)	m)
	Spouse/partner	1 (1038)	
	Relative	1 (1039)	
	Friend/workmate	1 (1040)	
	Other (SPECIFY) _____	1 (1041)	
	m) Why did they encourage you to start again?		
	Bad temper (difficult to live with)	1 (1042)	Q.61
	Nervous/anxious	1 (1043)	
	Putting on weight	1 (1044)	
	To be sociable	1 (1045)	
	Other (SPECIFY) _____	1 (1046)	

61	1047	CIGEV	0-2 9: MV	Interviewer instructions If cigars at Christmas only code as 'yes'.
62a	1048	CIGSMO	0-2 9: MV	
62b	1049 -50	CIGSTOP	00-98 99: MV	Coding 01 includes up to 1 year
62c	1051	REGCIGSM	0,1 9: MV	
62d	1052 -3	CIGWEEK	00-95 96, 97, 98 99: MV	Coding 96 and above Does not smoke regularly/Less than 1 per week DK
62e	1054	CIGINHAL	0,1 9: MV	
62f	1055 -6	CIGAGE	00-98 99: MV	
63	1057	PIPEV	0-2 9: MV	
64a	1058	PIPSMO	0-2 9: MV	
64b	1059 -60	PIPSTOP	00-98 99: MV	Coding 01 includes up to 1 year
64c	1061	REGPIPSM	0,1 9: MV	
64d	1062 -3	PIPWEEK	00-96 97, 98 99: MV	Interviewer instructions Code ½ oz as 1 oz Coding 97: Less than ½ oz per week/does not smoke regularly 98: DK
64e	1064	PIPINHAL	0,1 9: MV	
64f	1065 -6	PIPAGE	00-98 99: MV	

			Col./ Code	Skip to
61	ASK ALL Have you ever smoked cigars?	Yes	(1047) 1	Q.62
		No	0	Q 63
		Tried once or twice only	2	
62	IF 'EVER SMOKED CIGARS' (Q 61 CODE 1)		(1048)	
a)	Do you smoke cigars at present?	Yes	1	c)
		No	0	b)
		Tried once or twice only	2	Q 63
	IF 'NO' (CODE 0 AT a)		(1049-50)	
	b) How long ago did you stop smoking cigars?	NUMBER OF YEARS AGO		c)
c)	Do (Did) you regularly smoke cigars, that is, at least one cigar a day?		(1051)	
		Yes	1	d)
		No	0	
d)	How many cigars do (did) you regularly smoke in a week?		(1052-53)	
		NUMBER PER WEEK		e)
e)	Do (did) you inhale the smoke, take it into your lungs?		(1054)	
		Yes	1	f)
		No	0	
f)	How old were you when you first started to smoke cigars?		(1055-56)	
		AGE		Q 63
63	ASK ALL Have you ever smoked a pipe?		(1057)	
		Yes	1	Q 64
		No	0	Q 65
		Tried once or twice only	2	
64	IF 'EVER SMOKED A PIPE' (Q 63 CODE 1)		(1058)	
a)	Do you smoke a pipe at present?	Yes	1	c)
		No	0	b)
		Tried once or twice only	2	Q 65
	IF 'NO' (CODE 0 AT a)		(1059-60)	
	b) How long ago did you stop smoking a pipe?	NUMBER OF YEARS AGO		c)
c)	Do (Did) you smoke a pipe regularly, that is at least one bowl of tobacco a day?		(1061)	
		Yes	1	d)
		No	0	
d)	How many ounces of pipe tobacco do (did) you regularly smoke in a week?		(1062-63)	
		OUNCES PER WEEK		e)
e)	Do (Did) you inhale the smoke, take it into your lungs?		(1064)	
		Yes	1	f)
		No	0	
f)	How old were you when you first started to smoke a pipe?		(1065-66)	
		AGE		Q 65

65a	1067	ENOEX	0,1,8 9: MV	
65b	1068	COMPACT	1,2,3,8 9: MV	
66a	1069 -70	WORKSTAT	01,02,04, 06-10 99: MV	Interviewer instuctions If respondent is engaged on a government scheme such as YTS or Community Programme, count as working. This should be done even if respondent is currently engaged in the training, rather than the working part of YTS. Coding 01: Full-time employed 02: Part-time employed 04: Unemployed 06: Permanently sick or disabled 07: Retired 08: Full-time student 09: Keeping house 10: Other 99: MV Note The categories offered to the interviewer were anomalous and the schedules have been individually examined and recoded into the list above. They are now defined as follows: Employed includes temporarily off sick. Unemployed is defined as in the labour market but not working, whether or not claiming to be looking for work or not. Permanently sick is confined to those not in the labour market. Retired includes all of retirement age (60+F, 65+M) who are not working outside the home and are not seeking work, plus those below that age who state that they are retired and not seeking work. (Eg "retired" takes precedence over "household duties" for those over retirement age). Keeping house includes only women below retirement age (and a few men) who give this as their occupation and are out of the labour market. There are only 4 individuals whose status remained unknown or unclassifiable.
66b	1071	EXWKLEIS	1,2,3,8 9: NA and MV	Note This question does not allow for those who consider that they do not get any exercise.
66c	1072 -3	WORKHRS	1-96, 97,98 99: NA and MV	Coding If respondent worked for 97 hours or more during the week code 97 was recorded. If respondent did not know how many hours worked or that the time varied, code 98 was recorded.
66d	1074	WORKSHFT	1,0 9: NA and MV	If respondent had indicated that they worked full time (code 01 Q. 66a) but the number of hours worked had not been recorded, they were coded as having worked 30 hours. (code 30 Q. 66c)

EXERCISE, WORK AND LEISURE

		Col./ Code	Skip to
65 a)	Now let's talk about exercise, work and leisure activities. Overall, do you think you get enough exercise?	(1067)	
	Yes	1	
	No	0	
	Don't know	8	
b)	In general, compared with men/women (AS APPROPRIATE) of your own age, are you physically READ OUT	(1068)	
	more active	1	
	CODE ONE ONLY — less active,	2	
	or, about average?	3	
	(Don't know)	8	
66 a)	At the present time are you in paid employment, include work through a government scheme?	1069-70	
	IF YES, PROBE Do you work 30 or more hours a week?		
	IF NO, PROBE Are you looking for work, looking after the house, or doing something else?		
	NOTE Full-time student has priority over working		
	In work - full-time (30+ hrs)	01	b)
	- part time (less than 30 hrs)	02	b)
	Waiting to start a job already obtained	03	Q 67
	Unemployed and looking for work	04	Q 67
	CODE ONE ONLY — Out of work as temporarily sick	05	Q 67
	Permanently sick or disabled	06	Q 67
	Wholly retired from work	07	Q 67
	Full-time student	08	Q 67
	Keeping house	09	Q 67
	Other (SPECIFY) _____	10	Q 67
	IF 'WORKING' (CODES 01-02 AT a)	(1071)	
b)	Where do you get most of your exercise READ OUT		
	at work?	1	c)
	CODE ONE ONLY — outside of work?	2	c)
	or, is it evenly divided?	3	c)
	(Don't know)	8	c)
c)	How many hours do you normally work in a week?	1072-73	
	HOURS A WEEK		d)
d)	Do you do shift work?	(1074)	
	Yes	1	e)
	No	0	e)

/Continued

66e	1075	JOBEFF	0,1,2,3 9: NA and MV	Coding Don't know recoded to 1
66f	1076	JOBOB	0,1 9: NA and MV	Don't know recoded to 0
66g	1077	JOBREATH	1,2,3 9: NA and MV	Don't know recoded to 1. NR (even if yes at 66f) also recoded to 1
67a	1078	EVERWKD	0,1,8 9: NA	Coding Revised by systematic recodes: 1: Not working, yes, ever had paid job 0: Not working, no, never had paid job 8: Don't know and MV 9: Working, question not applicable
67b	1079	TIMUNEMP	0,1-8 9: MV	0: Not applicable, never worked Note Some individuals are included here who are defined as employed at WORKSTAT -largely those who have just started a job. Also some housewives were asked the question and gave a time since they were last employed outside the home. If length of time of unemployment of the "really" unemployed is required, the variable has to be used in conjunction with WORKSTAT.

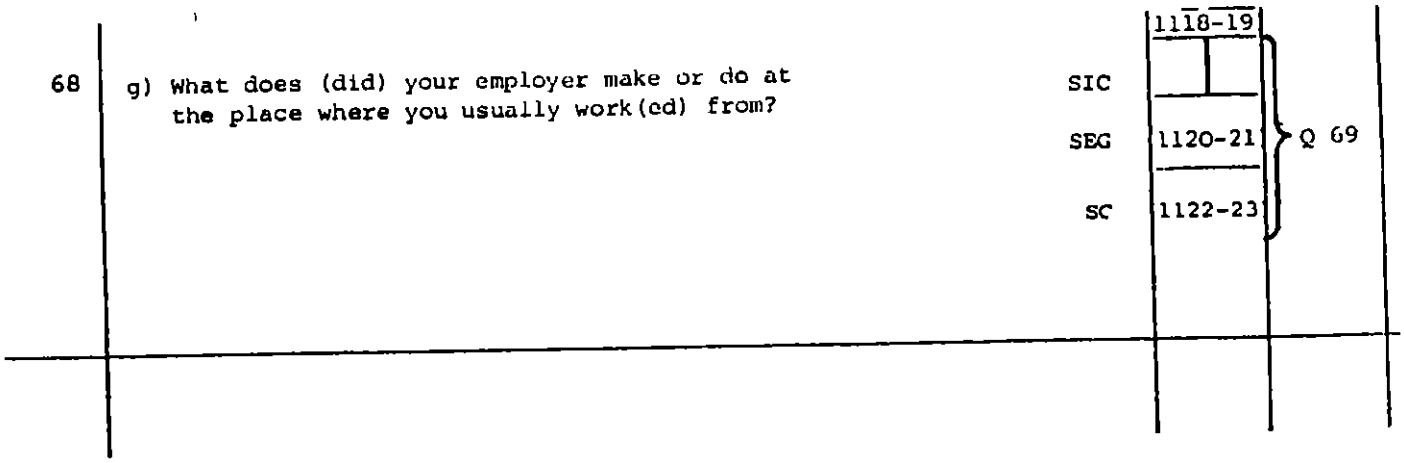
			Col./ Code	Skip to
	e) How much physical effort is involved in your job, is there READ OUT CODE ONE ONLY		(1075)	
		none,	0	Q.68
		a little,	1	f)
		some,	2	
		or a lot?	3	
		(Don't know)	8	
	IF 'A LITTLE, SOME, A LOT OR DK' - CODES 1-8 AT e)		(1076)	
	f) Does any part of your job make you out of breath, because of the physical effort involved?	Yes	1	g)
		No	0	Q 68
		(Don't know)	8	
	IF 'YES' (CODE 1 AT f)		(1077)	
	g) For how much of the day would that be READ OUT	a little?	1	Q 68
		some?	2	
		or a lot?	3	
		(Don't know)	8	
67	IF 'NOT IN PAID EMPLOYMENT' (Q 66a CODES 03-10)		(1078)	
a)	Have you ever had a regular paid job?	Yes	1	a)
		No	0	Q 69
		Don't know	8	
	IF 'YES' (CODE 1 AT a)		(1079)	
	b) How long is it since you were last in paid employment? CODE ONE ONLY	Under 3 months	1	Q 68
		4 - 6 months	2	
		7 -11 months	3	
		1 year to 2 years	4	
		Over 2 years, to 4 years	5	
		5 - 9 years	6	
		10-19 years	7	
		20 or more years	8	

68a	1108 -12	OCCUP	00109 -16129, 99819, 99829 99929: MV 99999: NA	Interviewer instructions The occupation codes are those of the Classification of Occupations as used for the 1981 Census. See Classification of Occupations 1980, OPCS, HMSO, London. The fifth digit (col 12) is in most cases left blank, ie it appears as 9. Extra codes: 9981(9): Foremen (engineering and allied) 9982(9): Trainee craftsmen (engineering and allied) 9991(9): Inadequately described 9992(9): Not stated, MV 9999(9): Not applicable, never worked Note These occupations may be past or present. Respondents on strike included as at work.
68b				Not coded
68c				Not coded
68d	1113	SUPER	1-3, 8 9: MV and NA	Coding 8: Don't know 9: MV and not applicable (never worked)
68e	1114	EMPSELF	1-3, 8 9: MV and NA	Coding 8: Don't know 9: MV and not applicable (never worked)
	1115 -6	ES	01-11 99: MV and NA	Coding (Employment status) 01: Self-employed (25+ employees) 02: Self-employed (1-24 employees) 03: Self-employed (No employees) 04: Self-employed (DK number) 05: Manager (establishment of 25+ employees) 06: Manager (establishment of 1-24 employees) 07: Manager (DK size) 08: Foreman/supervisor 09: Other employee 10: Employee (NK whether manager/foreman/other) 11: Insufficient information to code specifically 99: MV and not applicable
68f	1117	EMPNO	1-3, 8 9: MV and NA	Coding 8: Don't know 9: MV and not applicable (never worked)
68g				Not coded

			Col./ Code	Skip to
68	IF 'WORKING' (Q 66a CODES 01/02) OR 'HAS WORKED IN PAST (Q 67 CODE 1) • *if currently in work, ask about current job* • *if not currently in work, ask about last main job.*		CARD 11	
a)	I would like to ask you about your present/(last) job What is(was) the name or title of your job?		1108-12	
		OCCUPATION		
b)	What kind of work do (did) you do in your job? IF RELEVANT What are(were) the materials made of?			
c)	What training or qualifications are(were) needed for your job?			
d)	Do (did) you supervise or have management responsibility for the work of other people? IF YES How many?		(1113)	
		None	1	
		1 to 24	2	
		25 or more	3	
e)	Are (were) you READ OUT		(1114)	
		an employee	1	f)
		working as a temp for an agency	2	f)
		or, self-employed?	3	Q 69
	IF 'EMPLOYEE' OR 'TEMP' (CODES 1 OR 2 AT e)		1115-16	
	f) How many people are (were) employed at the place where you work(ed) (from)? Is it READ OUT	ES	(1117)	
		None	1	g)
		1 to 24	2	g)
		25 or more	3	g)

68	1118 -9	SIC	01-98 99: MV and NA	Coding (Industry Code) See Industrial Classification for the 1981 Census, Summary of Classes (Appendix D), Classification of Occupations 1980, OPCS, HMSO, London. 99: MV and not applicable (never worked)
DV	1120 -1	SEG	01-17 99: MV and NA	Coding (Socio-economic Group) Standard codes 01-17, see Classification of Occupations 1980. 99: MV and not applicable (never worked) Note This variable gives SEG by own occupation (past or present) for both M and F. Condensed SEG groups 1-6 can be derived from it.
DV	1122 -3	SC	11,12, 21,22, 31,32, 41,42, 51,52, 81,82,88, 91,92 99: MV and NA	Coding (Social Class) 11. S.C.I non-manual 12. S.C.I manual 21. S.C.II non-manual 22. S.C.II manual 31. S.C.III non-manual 32. S.C.III manual 41. S.C.IV non-manual 42. S.C.IV manual 51. S.C.V non-manual 52. S.C.V manual 81. Not classified non-manual 82. Not classified manual 88. Armed Services 91. No information non-manual 92. No information manual 99. MV and not applicable (never worked) Note This variable gives S.C by own occupation (past or present) for both M and F. " Own occupation" S.C. of course omits a proportion of married women.
DV	171 -2	SHTSEG	01-06 09,11 99: MV	Coding 01. SEG 1 (Professional) 02. SEG2 (Employers, managers) 03. SEG3 (Other non-manual) 04. SEG4 (Skilled manual, foremen, o/a) 05. SEG5 (Semi-skilled, personal service) 06. SEG6 (Unskilled) 09. Unclassifiable or never occupied 11. Armed Services Note This variable, derived from SEG and SEGP for different working and marital status groups, gives "Head of Household" socioeconomic group for both men and women.
DV	173 -4	RGSC	01-06, 09,10, 11,12	Coding 01. SCI 02. SCII 03. SCIII non-manual 04. SCIII manual 05. SCIV 06. SCV 09. Unclassifiable 10. Student, never been occupied 11. Armed Services 12. Respondent/Spouse never been occupied Note This variable, derived from SC and SCP for different working and marital status groups, gives Registrar General Social Class classifying married women by husband's occupation, widowed by ex-husband's occupation, single and divorced women by own occupation.

68 g) What does (did) your employer make or do at the place where you usually work(ed) from?



69a	1124 -5	WALKHR	00-16 99: MV	Interviewer instructions For all estimates of walking (Q. 69) do not include walking around the house.
	1126 -7	WALKMIN	00-59 99: MV	Coding Don't know coded as 1 minute. This applied to both walking during the week (Q. 69a) and at weekends (Q. 69b).
69b	1128 -9	WALKWEHR	00-16 99: MV	
	1130 -1	WALKWEMN	00-59 99: MV	Note Some respondents tended to assess the total amount of walking they did all through the day rather than the set walking the question intended to measure.
70a	1132	HWORK	0-7 9: MV	
70b	1133	HWORKOB	1,0,8 9: MV and NA	Coding NR (even if yes at 70a) coded as 0
71a	1134	GARD	1,0 9: MV and NA	Don't know recoded as 0
71b	1135 -6	GARDHR	00-80 88: DK 99: MV and NA	NR (even if yes at 71a) coded as 1 minute.
	1137 -8	GARDMIN	00-59 88 99: MV and NA	
71c	1139	GARDOB	1,0,8 9: MV and NA	NR (even if yes at 71a) coded 0
72a	1140	DIY	1,0 9: MV	Coding Don't know recoded as 0
72b	1141 -2	DIYHR	00-80 88: DK 99: MV and NA	NR (even if yes at 72a) coded as 1 minute
	1143 -4	DIYMIN	00-59, 88: DK 99: MV and NA	
72c	1145	DIYOB	1,0,8 9: MV and NA	NR (even if yes at 72a) coded 0

		Col./ Code	Skip to
69 a)	ASK ALL On weekdays (working days) when not at work, how much time on average per day do you spend walking - to work, shopping, walking the dog, for pleasure and so on? TIME PER DAY ☐☐ HOURS ☐☐ MINS Don't know	(1124-27) 8888	
b)	At weekends (rest days) how much time on average per day do you spend walking? TIME PER DAY ☐☐ HOURS ☐☐ MINS Don't know	(1128-31) 8888	
70 a)	In the last 7 days, on how many days did you do any housework? CODE OR RECORD NUMBER OF DAYS None	(1132) 0	Q 71
	IF 'ON AT LEAST ONE DAY' (1-7 ENTERED AT a) b) Did any of this housework make you out of breath? Yes No Don't know	(1133) 1 0 8	b) Q.71
71 a)	In the last 7 days, have you done any gardening (outside of work - IF APPLICABLE)? Yes No Don't know	(1134) 1 0 8	b) Q 72
	IF 'YES' (CODE 1 AT a) b) How much time, overall, did you spend gardening in the last 7 days? TOTAL TIME IN LAST 7 DAYS ☐☐ HOURS ☐☐ MINS Don't know	(1135-38) 8888	c)
	c) Did any of this gardening make you out of breath? Yes No Don't know	(1139) 1 0 8	Q 72
72 a)	In the last 7 days, have you done any DIY (outside of work - IF APPLICABLE), by DIY, I mean house and car maintenance, building, carpentry, etc? Yes No Don't know	(1140) 1 0 8	b) Q 73
	IF 'YES' (CODE 1 AT a) b) How much time, overall, did you spend on DIY in the last 7 days? TOTAL TIME IN LAST 7 DAYS ☐☐ HOURS ☐☐ MINS Don't know	(1141-44) 8888	c)
	c) Did any of this DIY make you out of breath? Yes No Don't know	(1145) 1 0 8	Q 73

73a	1146	ACTFORT	0,1 9: MV	Interviewer instructions Present show card E (list of activities) coding 1 in Q. 73b against every activity performed. (See interview instruction - Q. 75b.)
			For each activity	
73b	1147	KEEPFIT	1 9: MV and NA	Note See below for column numbers for other activities.
			For each activity	Note
73c	1148 -9	KFNO	00-90 99: MV and NA	KFNO refers to the number of times Keep-fit was performed in the 2 weeks prior to interview. This applies to activities listed in Q. 73c. If respondent had indicated that they had performed Keep-fit in Q. 73b but NR to 73c, they were coded as performing it once (code 01). This applies to all the activities listed in Q. 73c.
			For each activity	Note
73d	1150 -1	KFHR	00-16	KFHR and KFMN combined refer to the time in hours and minutes spent doing Keep-fit on average each time it was performed in the 2 weeks prior to interview. (NB it is not the total time) This applies to all the activities listed in Q. 73d. If NR to 73d, despite a positive answer to 73b, respondent coded as performing for 46 minutes (code 0046). This applied to all the activities listed in Q. 73d except jogging when 21 minutes was coded (code 0021).
	1152 -3	KFMN	00-59	
			9999: MV and NA	
			For each activity	
73f	1154	KFOB	1 9: MV and NA	If answered YES to Q. 73e interviewer instructed to code in column (f) in the grid against particular activity (ies).

Column numbers for activities

1155 CYCLING	1156-7 CYCNO	1158-9 CYCHR	1160-1 CYCMN	1162 CYCOB
1163 GOLF	1164-5 GOLFNO	1166-7 GOLFHR	1168-9 GOLFMN	1170 GOLFOB
1171 JOG	1172-3 JOGNO	1174-5 JOGHR	1176-7 JOGMN	1178 JOGOB
1208 SWIM	1209-10 SWIMNO	1211-2 SWIMHR	1213-4 SWIMN	1215 SWIMOB
1216 TABTEN	1217-8 TTNO	1219-20 TTHR	1221-2 TTMN	1223 TTOB
1224 BBALL	1225-6 BBNO	1227-8 BBHR	1229-30 BBMN	1231 BBOB
1232 FOOTBALL	1233-4 FTNO	1235-6 FTHR	1237-8 FTMN	1239 FOOTOB
1240 RUGBY	1241-2 RUGNO	1243-4 RUGHR	1245-6 RUGMN	1247 RUGOB
1248 BADMIN	1249-50 BADNO	1251-2 BADHR	1253-4 BADMN	1255 BADOB
1256 TENNIS	1257-8 TENNO	1259-60 TENHR	1261-2 TENMN	1263 TENOB
1264 ESQUASH	1265-6 SQNO	1267 SQHR	1269-70 SQMN	1271 SQUOB
1272 CRICKET	1273-4 CRNO	1275-6 CRHR	1277-8 CRMN	1279 CRICKOB
1308 SAIL	1309-10 SAILNO	1311-2 SAILHR	1312-4 SAILMN	1315 SAILOB
1316 SELFDEF	1317-8 SDNO	1319-20 SDHR	1321-2 SDMN	1323 SELFDOB
1324 BACKPACK	1325-6 BPNO	1327-8 BPHR	1329-30 BPMN	1331 BACKOB
1332 DANCING	1333-4 DNO	1335-6 DHR	1337-8 DMN	1339 DANCEOB

73e	1340	ACTIVOB	0,1 9: NA 7: MV	If respondent had performed any of the activities in Q. 73 but had not indicated that any of the activities had made them out of breath or not (73e), code 7 was registered as a missing value.

73a) SHOW CARD E In the last fortnight have you done any of the activities on this card? (outside of work - IF APPLICABLE)

	Col./ Code	Skip to
	(1146)	
Yes	1	b)
No	0	Q.74

IF 'YES' (CODE 1 AT a)

b) Which of these activities have you done in the last fortnight? RING CODE 1 IN COLUMN b) OF GRID FOR EACH DONE

FOR EACH DONE THEN ASK
c) How many times have you ..(ACTIVITY) in the last fortnight? ENTER NUMBER IN COLUMN c) OF GRID
d) On average, how long did you spend doing it each time? IF ACTIVITY DONE FOR DIFFERENT LENGTHS OF TIMES, GET ESTIMATED AVERAGE TIME ENTER IN COLUMN d) OF GRID

	b) DONE	c) NO. OF TIMES IN FORTNIGHT	d) AVERAGE TIME EACH TIME DONE Hours	Minutes	f) ACTIVITIES MAKE OUT OF BREATH	
Keep fit, yoga, etc	1				1	(1147-54)
Cycling	1				1	(1155-62)
Golf	1				1	(1163-70)
Jogging, Running	1				1	(1171-78)
Swimming	1				1	CARD 12 (1208-15)
Table tennis	1				1	(1216-23)
Basketball	1				1	(1224-31)
Football	1				1	(1232-39)
Rugby	1				1	(1240-47)
Badminton	1				1	(1248-55)
Tennis	1				1	(1256-63)
Squash, Fives, Rackets	1				1	(1264-71)
Cricket	1				1	(1272-79)
Windsurfing, Sailing	1				1	CARD 13 (1308-15)
Self defence, Boxing, Wrestling	1				1	(1316-23)
Back-packing, Hiking, etc	1				1	(1324-31)
Dancing	1				1	(1332-39)

e) Did any of these activities make you out of breath?

	Col./ Code	Skip to
	(1340)	
Yes	1	f)
No	0	Q 74

IF 'YES' (CODE 1 AT e)

f) CODE WHICH IN COLUMN f) OF GRID ABOVE

74a	1341	OTHERACT	0,1 9: MV	
			For each	
74b	2267 -3	OTHRACT1	01-74 99: MV	Note The coding is shown opposite. Activities with *
	2269 -70	OTHRACT2	and NA	have only been offered as an "other activity", ie not previously recorded.
	2271 -2	OTHRACT3		
	2273 -4	OTHRACT4		
			For each	
74c	1342 -3	OACT1NO	00-90 99: MV	If respondent had indicated that they had performed a particular activity at 74b but no reply to 74c,
	1349 -50	OACT2NO	and NA	they were coded as performing it once.
	1356 -7	OACT3NO		
	1363 -4	OACT4NO		
			For each	
74d	1344 -5	OACT1HR	00-16 00-59	If respondent had indicated that they had performed a particular activity at 74c but no reply to 74d,
	1346 -7	OACT1MN		they were coded as performing it for 46 minutes (0046). This applies to all activities except
	1351 -2	OACT2HR		jogging (code 04) when 21 minutes was coded (0021)
	1353 -4	OACT2MN	9999: MV and	
	1358 -9	OACT3HR	NA	
	1360 -1	OACT3MN		
	1365 -6	OACT4HR		
	1367 -8	OACT4MN		
74e	1370	OTHACTOB	0,1 7: MV 9: NA	
			For each	
74f	1348	OTHOB1	1	
	1355	OTHOB2	9: MV	
	1362	OTHOB3	and NA	
	1369	OTHOB4		

		Col./ Code	Skip to
74a)	Have you done any other physical activities in the last fortnight?	(1341)	
	Yes	1	b)
	No	0	Q 75

IF 'YES' (CODE 1 AT a)

b) What did you do? RECORD EACH BELOW AND ASK FOR EACH

c) How many times have you .. (ACTIVITY) in the last fortnight? ENTER NUMBER IN COLUMN c) OF GRID

d) On average, how long did you spend doing it each time? IF ACTIVITY DONE FOR DIFFERENT LENGTHS OF TIME, GET ESTIMATED AVERAGE TIME. ENTER IN COLUMN d) OF GRID

OTHER ACTIVITIES	c) NO OF TIMES IN FORTNIGHT	d) AVERAGE TIME EACH TIME DONE Hours	Minutes	f) ACTIVITIES MAKE OUT OF BREATH	
1				1	(1342-48)
2.				1	(1349-55)
3.				1	(1356-62)
4				1	(1363-69)

e) Did this (any of these) activity make you out of breath?		(1370)	
	Yes	1	f)
	No	0	Q.75

IF 'YES' (CODE 1 AT e)

f) CODE WHICH IN COLUMN f) of GRID ABOVE Q 75

01*-Keep-fit, yoga 02*-cycling(+static cycle) 03*-golf 04*-jogging, running, orienteering 05*-swimming 06*-table tennis 07*-basketball, netball 08*-football 09*-rugby 10*-badminton 11*-tennis(+swingball) 12*-squash, fives, rackets 13*-cricket 14*-windsurfing, sailing 15*-self defence, boxing, wrestling 16*-back packing, hiking 17*-parties, dances, socials 18-camping/caravaning 19-indoor/outdoor bowls, 10 pin, boules, crown green, skittles 20-field studies/ sports (birdwatching, shooting, butterflies, clay pigeon, archery) 21-mountaineering/ potholing 22-horse riding 23-athletics 24-gymnastics 25-rowing(+indoor)/canoeing 26-snow sports, throwing snowballs 27-hockey + roller hockey 28-motor sports 29-ice skating, roller skating 30-air sports (ballooning, hanggliding, gliding) 31-fishing 32-exercises, calisthenics (post-natal exercises etc) 41*-walking 42-military training (T.A), scouts, guides, brownies 43-weight training, circuit training (refer to code 65) 44-volleyball 45-playing with children 46-playing musical instrument 47-moving house, furniture moving, cleaning garage 48*-DIY 49-chopping wood, carrying coal, shovelling snow, lifting hay bales 50-car boot sale 51-sweeping outside 52-operating locks on canals 53-pedalling harmonium 54-winding church clock + bell ringing 55-skipping 56*-gardening 57-trampolining 58-drama, singing 59-working on small holding, helping on farm 60-pushing car, pushing wheelchair 61-car cleaning 62-relaxation 63-physiotherapy 64-fencing 65-circuit training (if already performs weight training) 66-organising and refereeing sportsday 67-cruising 68-frisbee throwing 69-grooming horses 70-rounders 71-helping to rebuild aeroplane 72-tug-o-war 73-shopping 74-hula hooping

75a	1371	LEISACT	1,0,8 9: MV	Interviewer instruction Presented show card F, coding 1 in Q. 75b against every activity performed.
			For each	Interviewer instruction
75b	1372	FISHING	1 9: NA and MV	Questions 73 and 75: If response at a) is 'Yes' it is very important that you probe 'anything else' until 'No' at b). You must be sure the respondent has looked at everything on card E or F, and has told you all the things they have done. If the respondent lives in the countryside or by the coast, this category should only be considered done if the person made this sort of trip elsewhere.
	1373	PARTY		
	1374	DARTS		
	1375	COAST		
	1376	MUSEUM		
	1377	ACTING		
	1378	CINEMA		
	1379	SPECTATE		
	1380	KNIT		
	1408	HOBBY		
	1409	SOCWK		
	1410	SKLGAME		
	1411	BETTING		
	1412	PUB		
	1413	BINGO		
	1414	CHURCH		
	1415	LECTURE		

75a)	SHOW CARD F. In the past fortnight have you done any of the activities on this card (outside of work - IF APPLICABLE)?		(1371)	
		Yes	1	b)
		No	0	Q 76
	IF 'YES' (CODE 1 AT a)	Don't know	8	
	b) Which of these have you done in the last fortnight? RING CODE 1 FOR EACH ACTIVITY DONE.			
	Fishing	1	(1372)	
	Parties, dances, socials	1	(1373)	
	Darts, billiards, snooker	1	(1374)	
	Visited coast, rivers, parks, countryside (other than fishing)	1	(1375)	
	Visited historic buildings, museum, exhibitions or zoos	1	(1376)	
	Amateur music, acting or singing	1	(1377)	
	Gone to cinema, theatre, concert	1	(1378)	
	Gone to watch a sports event	1	(1379)	
	Knitting or sewing	1	(1380)	
	Hobbies, crafts, creative arts or collecting things	1	(1408)	(CARD 14)
	Community, social or voluntary work	1	(1409)	
	Played games of skill (computer games, chess, cards, scrabble, etc)	1	(1410)	
	Betting, football pools, other gambling	1	(1411)	
	Been to a pub	1	(1412)	
	Been to a social club or bingo	1	(1413)	
	Been to church or other place of worship	1	(1414)	
	Been to a class or lecture (other than to do with work, school or college)	1	(1415)	

76	1416	SLEEPHRS	1-7, 8 9: MV	Interviewer instructions Include sleep taken in day as well as at night (including 'naps')
77a	1417	PARACT	1,0,8 9: NA and MV	Interviewer instructions 'Energetic activities' means any pastime requiring physical effort.
77b	1418	FAMACT	1,0,8 9: NA and MV	
78	1419	ACCOM	1-7 9: MV	Interviewer instructions 'Four-in-a-block' properties in Scotland should be given code 3.

		Col./ Code	Skip to
76.	About how many hours of sleep do you usually get?	(1416)	
	Less than 6 hours	1	
	6 hours, less than 7 hours	2	
	7 hours, less than 8 hours	3	
	8 hours, less than 9 hours	4	
	CODE ONE ONLY — 9 hours, less than 10 hours	5	
	10 hours	6	
	More than 10 hours	7	
	Don't know	8	
77a)	When you were a child did either of your parents take part in any energetic activities in their leisure time?	(1417)	
	Yes	1	b)
	No	0	Q 78
	Don't know/Can't remember	8	Q 78
	IF 'YES' (CODE 1 AT a)		
	b) As a child did you take part with your parents in any energetic activities?	(1418)	
	Yes	1	
	No	0	Q 78
	Don't know/Can't remember	8	Q 78
	BACKGROUND INFORMATION		
78	CODE TYPE OF ACCOMMODATION LIVED IN	(1419)	
	Whole house	1	
	Bungalow	2	
	Purpose built flat, maisonette, bedsitter	3	
	Self-contained flat, maisonette, bed-sitter in converted house	4	
	Room(s) not self-contained	5	
	Caravan, mobile home, houseboat	6	
	Other (SPECIFY) _____	7	

79a	1420	HOUSEOWN	1,2 9: MV	
79b and c	1421	OTHOWN	1-7, 9	Coding 9: MV and not applicable
79d	1422	FURN	1,2, 9	Coding 9: MV and not applicable Note The four parts of Q. 79 have to be combined to form catagories of housing.
80a	1423	LIVROOM	0, 1-8 9: MV	Interviewer instructions Count all rooms 'lived in' apart from bedsitting rooms or bedrooms. These could be playrooms, studies, etc. Count rooms suchas 'kitchen/diners' as one room. Coding 8: 8 or more living rooms
80b	1424	BEDROOM	0, 1-98 99: MV	
80c	1426	BATH	0,1 9: MV	
80d	1427	WC	0,1 9: MV	
80e	1428	SHARELOO	0,1 9: MV	
81	1429	GARDEN	1-4 9: MV	Interviewer instructions 'Its own garden' takes priority over 'shared garden'. Thus if someone has a shared front garden but does not share the back garden, they should be coded 2.

		Col./ Code	Skip to
79.	Finally, a few questions about your household.		
a)	In whose name is this accommodation owned or rented?	(1420)	
	Respondent and/or Spouse	1	b)
	Other person (ie not respondent or spouse)	2	c)
	IF 'RESPONDENT OR SPOUSE' (CODE 1 AT a)		
b)	Do you own or rent this accommodation? IF RENTED, PROBE Who from? CODE BELOW		
	IF 'OTHER PERSON' (CODE 2 AT a)		
c)	Does (the person responsible for it) own or rent it? IF RENTED, PROBE Who from? CODE BELOW	(1421)	
	Owned (include buying)	1	Q.80
	Rented from - local authority/new town	2	d)
	- housing association/charitable trust	3	
	- relative	4	
	- private landlord or employer	5	
	Squatting	6	Q.80
	Other (SPECIFY) _____	7	d)
	IF 'RENTED' (CODES 2-5 OR 7 AT c)	(1422)	
d)	Is it rented furnished or unfurnished? Furnished	1	Q 80
	Unfurnished/partly furnished	2	
80a)	Apart from bedsitting rooms, how many living rooms do you have in this accommodation? (INCLUDE KITCHEN IF LIVED IN)	(1423)	
	ENTER LIVING ROOMS	___	
	OR NONE	0	
b)	How many bedrooms, including bed sitting rooms, do you have?	(1424-25)	
	BEDROOMS	___	
c)	Do you have the use of a bathroom?	(1426)	
	Yes	1	
	No	0	
d)	Do you have the use of an indoor WC?	(1427)	
	Yes	1	
	No	0	
e)	(Can I just check) does your household share any rooms, including a kitchen, bathroom or WC, with any other household?	(1428)	
	Yes	1	
	No	0	
81	(Can I just check) does your accommodation have READ OUT UNTIL 'YES'	(1429)	
	a shared garden	1	
	its own garden	2	
	CODE ONE ONLY a back yard	3	
	or, neither?	4	

				Interviewer instructions a) Note the order of the 'read-outs'. This is deliberate in order to ensure that those who say 'single' are those who have never been married. Follow the skip instructions carefully. c/f/i) Just look at the Household Grid. If you have ringed a code 2 'living as married', then ring 1 at this question. There is no need to ask.
82a	1430	MARITAL	1-5 9: MV	Coding 1: Widowed 2: Legally divorced 3: Married but permanently living away from spouse 4: Married and living with spouse 5: Single Note The coding of this question was badly worded, and the definition of "separated" or the categorising of those temporarily away from a spouse caused difficulties. Schedules have been individually examined to remove anomalies. Code 3 is defined as a permanent separation (though not necessarily a legal one - spouse may be in institution, etc). Code 4 includes temporary separations - eg spouse away from home at present. Codes 1,2,3 and 5 include those who are cohabiting: if actual household is required, the household grid (Q. 1e) should be used.
82b	1431	WIDOWT	1-5 9 No MV	Coding 5: Don't know, can't remember, no reply 9: Not applicable (not widowed)
82c	1432	COHABW	0,1 9 No MV	9: Not applicable (not widowed)
82d	1433	EMPWID	1,0 9: MV	9: MV and not applicable (not widowed)
82e	1434	SEPT	1-5 9 No MV	5: Don't know, can't remember, no reply 9: Not applicable (not sep/div)
82f	1435	COHABD	0,1 9 No MV	9: Not applicable (not sep/div)
82g	1436	EMPDIV	1-4 9 No MV	4: Refused, not known, no reply 9: Not applicable (not sep/div)
82h	1437	MARITALN	1-3 9: MV	9: MV and not applicable (never married)
82i	1438	COHABS	0,1 9 No MV	9: Not applicable (not single)

		Col./ Code	Skip to
82.a)	(Can I just check) at the moment are you ... READ OUT . .	(1430)	
	. widowed	1	b)
	CODE ONE ONLY — divorced	2	e)
	separated	3	e)
	married and living with your husband/wife	4	h)
	or single and never been married?	5	i)
	IF 'WIDOWED' (CODE 1 AT a)	(1431)	
b)	When did your husband/wife die? Less than a year ago	1	
	1 - 2 years ago	2	
	Over 2 years, up to 5 years ago	3	c)
	Over 5 years ago	4	
	Can't remember	5	
c)	CHECK HOUSLHOLD GRID ON PAGE 1 AND CODE	(1432)	
	Living as married	1	Q.83
	Not living as married	0	d)
	IF 'NOT LIVING AS MARRIED' (CODE 0 AT c)	(1433)	
d)	Can I check did your husband/wife ever work in paid employment? Yes	1	Q 84
	No	0	Q 85
	IF 'SEPARATED OR DIVORCED' - CODES 2 OR 3 AT a)	(1434)	
e)	When did you separate/divorce? Less than a year ago	1	
	1 - 2 years ago	2	
	Over 2 years, up to 5 years ago	3	f)
	Over 5 years ago	4	
	Can't remember	5	
f)	CHECK HOUSEHOLD GRID ON PAGE 1 AND CODE	(1435)	
	Living as married	1	Q 83
	Not living as married	0	g)
	IF 'NOT LIVING AS MARRIED' (CODE 0 AT f)		
g)	Is your (ex) husband/wife in paid employment at the present time? IF NO, PROBE Has he/she ever been in paid employment?	(1436)	
	In work at present	1	Q 84
	Previously worked	2	Q 84
	Never worked	3	Q 85
	Information refused/not known	4	Q 85
	IF 'MARRIED' (CODE 4 AT a)	(1437)	
h)	Is this your first marriage? IF NO, PROBE FOR DETAILS First	1	
	Second	2	Q.83
	Third or subsequent	3	Q.83
	IF 'SINGLE' (CODE 5 AT a)	(1438)	
i)	CHECK HOUSEHOLD GRID ON PAGE 1 AND CODE Living as married	1	Q 83
	Not living as married	0	Q.85

83a	1439 -40	PARTEMP	00-02, 04, 06-10	Coding 00: Person with no partner 01: In work full time 02: In work part time 04: Unemployed 06: Permanently sick or disabled 07: Retired 08: Full time student 09: Keeping house 10: Other 99: MV Note See WORKSTAT, Q. 66a
83b	1441	PARTEVWK	0,1,8 9: MV	Coding 9: MV and not applicable (no partner)
83c	1442	PTIMUNEM	1-5,8 9: MV	9: MV and not applicable (no partner)
				Interviewer instructions The previous questions you have asked will have told you who you are asking about at this question. Eg, if your respondent is a widow (Q. 82a, Code 1) who is 'living as married' (Q. 82c), Code 1) and whose partner is working (Q. 83a) Code 01), you are asking about the current job of that respondent's partner.
84a	1443 -7	POCCUP	00109 -16129 99819, 99829, 99999 99929: MV	See OCCUP, Q. 68a Note These occupations may be the past or present occupations of a dead or divorced partner. If only current partners are required, respondents must be selected on marital status etc.
84b				Not coded

83.	IF 'MARRIED' (Q 82a CODE 4) OR 'LIVING AS MARRIED' (SEE HOUSEHOLD GRID)	Col./ Code	Skip to
a)	At the present time is your husband/wife/partner in paid employment (include work through a government scheme), looking for work, a full-time student or doing something else?	1439-40	
	In work - full-time (30 hrs +)	01	Q 84
	- part-time (less than 30 hrs)	02	
	CODE ONE ONLY — Waiting to start a job already obtained	03	
	Unemployed and looking for work	04	
	Out of work as temporarily sick	05	
	Permanently sick or disabled	06	b)
	Wholly retired from work	07	
	Full-time student	08	
	Keeping house	09	
	Other (SPECIFY) _____	10	
	IF 'NOT IN PAID EMPLOYMENT' (CODES 03 - 10 AT a)	(1441)	
	b) Has he/she ever had a regular paid job? Yes	1	c)
	No	0	Q 85
	Don't know	8	
	IF 'YES' (CODE 1 AT b)	(1442)	
	c) How long is it since he/she was last in paid employment? Under 1 year	1	
	1 year to 4 years	2	
	CODE ONE ONLY — 5 - 9 years	3	
	10 - 19 years	4	Q 84
	20 years or more	5	
	Don't know	8	
84	IF 'SPOUSE /PARTNER/EX-SPOUSE IN WORK OR HAS WORKED' (Q 82d CODE 1, Q82g CODES 1/2, Q83a CODES 01/02, Q83b CODE 1)		
	NOTE i) ASK ABOUT CURRENT SPOUSE OR PARTNER IF NO CURRENT PARTNER, ASK ABOUT EX-SPOUSE. ii) ASK ABOUT PRESENT JOB IF IN WORK LAST JOB IF NOT IN WORK.		
		1443-47	
a)	I would like to ask about your (ex) husband's/wife's/partner's present (last) job? What is (was the name or title of his/her job? INCLUDE RANK OR GRADE	OCCUPATION	
b)	What kind of work does (did) he/she do in that job? IF RELEVANT, what are the materials made of?		

Continued

84c				Note This question (included as aid to interviewer in categorising jobs) was not coded.
84d	1448	PARSUPER	1-3 9: MV and NA	Note For Qs. 84 d-g, 9: MV and not applicable (no partner)
84e	1449	PARSEMP	1-3 9: MV and NA	
	1450 -1	PES	1-11 99: MV and NA	Note Partner's employment status. For coding see Q. 68e.
84f	1452	EMPART	1-3, 8 9: MV and NA	
84g	1453 -4	SICP	01-98 99: MV and NA	Coding Industry classification (first 2 digits only): see Classification of Occupations 1980, OPCS, HMSO London 98: Personal and domestic services 99: MV and not applicable (no partner) Note "SC" is a misprint in schedule for "SIC"
DV	1455 -6	SEGP	01-17 99: MV and NA	Coding See SEG, Q. 68 99: MV and not applicable (no partner) Note This is socio-economic group of partner by partner's own occupation, whatever the partner's marital or working status - ie partner with "household duties" will have no SEG. Note SEGP can apply to partners of widowed, divorced and separated, as well as married.
DV	1457 -8	SCP	11-52 88,91 92 99: MV and NA	Coding See SC, Q. 68 99: MV and not applicable (no partner) Note See SEGP above

Q84 continued		Col./ Code	Skip to
What training or qualifications are (were) needed for his/her job?			
Does (did) he/she supervise or have management responsibility for the work of other people?		(1448)	
IF YES How many?	None	1	
	1 to 24	2	
	25 or more	3	
		(1449)	
Is (was) he/she .. READ OUT ..	... an employee	1	f)
	working as a temp for an agency	2	f)
	or, self-employed	3	Q 85
		(1450-51)	
IF 'AN EMPLOYEE' OR 'TEMP' (CODES 1 OR 2 AT e)	ES		
f) How many people are (were) employed at the place where he/she works(ed) (from)?		(1452)	
Is it . READ OUT	.. None	1	g)
	1 to 24	2	g)
	25 or more	3	g)
	(Can't estimate)	8	g)
g) What does (did) his/her employer make or do at the place where he/she usually works(ed) (from)?		(1453-54)	
	SC		
	SEG	(1455-56)	
	SC	(1457-58)	

85a	1459 -60	INCH	01-12, 97,98 99: MV	Interviewer instructions The question is intended to collect present income. If someone is currently on strike, take their present income not the income when working. Coding Card G is reproduced below:

Card G Q. 85

Net Weekly	Code number	Net monthly
Less than £25	03	Less than £110
£25 - £53	06	£110 - £230
£54 - £78	09	£231 - £340
£79 - £96	04	£341 - £415
£97 - £134	11	£416 - £580
£135 - £173	12	£581 - £750
£174 - £192	01	£751 - £830
£193 - £230	08	£831 - £995
£231 - £288	05	£996 - £1250
£289 - £346	10	£1251 - £1500
£347 - £480	02	£1501 - £2080
£481 or more	07	£2081 or more

85b	1461 -2	INCP	01-12, 97,98 99: MV	Coding See Q. 85a, INCH Note Total refusals are given by ((INCH = 97) OR (INCP = 97)) Total missing value is given by ((INCP = 98) OR (INCP = 99)) "Personal" and "household" incomes are not of course really comparable. Household income is available for approximately 80% of the sample, and personal income for approximately another 10%.

85 ASK ALL

SHOW CARD G. I have here a card showing various categories of weekly and monthly income Into which category does the total income of your household fall - that is income after tax but including any benefit, pensions or other income you receive. Just tell me the number in the middle of the card that applies.

1459-60

INCOME CODE ---

Refused 97

Can't estimate 98 → b)

→ Q 86

IF 'CAN'T ESTIMATE' (CODE 98 AT a)

b) Could you show me instead in which category your own personal income comes, that is income after tax, but including any benefits, pension or other income you receive?

1461-62

INCOME CODE ---

Refused 97

Can't estimate 98

→ Q 86

86	1463 -4	SCHT	00-11 99:MV	Interviewer instructions Note we want the type of school as it was called at the time the respondent went to school. If the type of school attended is not recorded here, note down its exact type under 'other'. Irish schools are not included in this list and will have to be recorded under 'other'. Primary/Elementary Schools were State or Church schools controlled by local education authorities (see above) for children aged 5 to school leaving age. They were renamed and re-organised after 1944. After that date, children up to the age of 11 attended 'primary' schools, and children over 11 attended 'secondary' schools. There were still, for some years after 1944, a number of un-reorganised all-age schools, especially in rural districts, taking children for both the primary and secondary stages in their schooling. Central, Intermediate, Higher Elementary and Senior schools are pre-1944 schools in the general class of 'elementary' schools. Secondary Modern schools do not select their pupils but receive those who do not gain admission to either grammar or technical schools. In Scotland these non-selected children sometimes proceed to the 'advanced' division of an all-age school. Comprehensive schools are for children over the age of 11: there is no selective entry. They were established soon after 1944. Multilateral and Bilateral schools are combinations of two or more of the types of school, grammar, technical and modern, sharing a common site and facilities and working under a centralised direction. Direct Grant/Grant-Aided schools are schools having 25% at least of their pupils recruited from state primary schools with free places. The rest of the places are fee-paying. These schools get their money directly from the Central Government and not from a local education authority. Sometimes informants are not certain if a school was a Direct Grant school. In such cases, please code 'Direct Grant' but also write in the name of the school and the location. Senior Secondary Schools is a Scottish category of school. In some areas of Scotland they may be similar to English grammar schools: in other areas they are more nearly equivalent to the English comprehensive. Independent fee-paying schools include both the public schools and other private fee-paying schools. 'Fee-paying' refers to the school, not the student, i.e. a school in which most students pay fees though the informant may not have done so. Special Schools are for children who are handicapped in such a way or to such a degree as not to be suitably educated in ordinary state schools (e.g. Open Air, Blind, Deaf, ESN, mal-adjusted). Foreign schools use this category for all overseas schools with the exception of those in Ireland (details of which should be recorded under 'other'). Note "Other" has been individually examined and recoded if possible.
87	1465	AGLSCH	0,1-7 9: MV	Coding 0: Never went to school

		Col./ Code	Skip to
86.	Turning to school days, what type of school did you last attend full-time? Say the type of school as it was when you were at school. PROBE AS NECESSARY. IF UNSURE OF CODE, DESCRIBE FULLY AT 'OTHER'.	1463-64	
	NO SCHOOLING AT ALL	00	Q.88
	Primary/elementary	01	
	CODE ONE ONLY Secondary modern / Junior secondary modern / Vocational school	02	
	Senior school / Higher elementary	03	
	Central / Intermediate	04	
	Technical school	05	Q.87
	Comprehensive/VIth Form College/Multi (Bi)lateral	06	
	Grammar / Direct Grant/Grant aided / Senior secondary school	07	
	Independent fee-paying (eg private or public)	08	
	Special school	09	
	Foreign school	10	
	Other type (GIVE FULL DETAILS Age range in school? Fee paying? etc?) _____	11	
87	IF 'ATTENDED A SCHOOL' (CODES 01-11 AT Q 86)	(1465)	
	What age were you when you left school or 6th form college?		
	Under 14	1	
	14	2	
	CODE ONE ONLY 15	3	
	16	4	Q 88
	17	5	
	18	6	
	19 or over	7	

88a	1466 -7	LHQ	00-13 99: MV	Interviewer instructions Code 10 should only be used for a Professional Qualification that leads to membership of a professional institute - eg chartered accountancy, electrical engineering. Use code 12 where the qualification is work specific - eg a certificate to show completion of a hair-colouring course or a photo-copying course. Note Card H contains the list of qualifications.
88b	1468	MEDQUAL	0,1 9: MV and NA	
88c	1469	HQ	1-5, 9: MV and NA	Note "Other" entries have been checked individually and retained only if genuinely health professional qualifications.
89a	1470	APPRENT	0,1 9: MV	
89b	1471	APPRENT1	1,2 9: MV and NA	
89c	1472 -3	APPRENT2	00-10, 98, 99: MV and NA	Coding 00: Less than 1 year 98: Don't know

		Col./ Code	Skip to
88.	ASK ALL		
a)	SHOW CARD H. What is the highest qualification you have obtained, either while at school or gained after you left school?	1466-67	
	NO QUALIFICATIONS OBTAINED	00	Q.89
	CODE ONE ONLY CSE Grades 2-5	01	
	CODE QUALIFICATION RESPONDENT THINKS IS HIGHEST. IF TWO OR MORE ARE EQUAL, TAKE MOST USEFUL OR MOST RECENT OF THESE. IF STILL STUDYING TAKE HIGHEST TO DATE CSE Grade 1 GCE 'O' level School Certificate Scottish (SCE) Lower City and Guilds Craft/Ordinary Level	02	
	GCE 'A' level/'S' level Higher Certificate Matriculation Scottish (SCE) Higher	03	
	Overseas School Leaving Exam/Certificate	04	
	ONC/OND/City & Guilds Advanced/Final level	05	b)
	HNC/HND/City & Guilds Full Technological Certificate	06	
	RSA/Other clerical and commercial	07	
	Teachers training qualification	08	
	Nursing qualification	09	
	Professional qualification (membership awarded by professional institute)	10	
	Degree, including higher degree	11	
	Other work-related qualifications/certificate	12	
	Other (PLEASE SAY WHAT) _____	13	
	IF 'QUALIFICATIONS OBTAINED' (CODES 01-13 AT a)		
	b) Are you qualified as a doctor or nurse or any other kind of health professional?	(1468)	
	Yes	1	c)
	No	0	Q 89
	IF 'YES'(CODE 1 AT b)	(1469)	
	c) What are you qualified as? Doctor/dentist	1	
	Nurse	2	
	Physiotherapist/Occupational therapist/Radiographer	3	Q.89
	Dietitian	4	
	Other (specify) _____	5	
89a)	Have you done any other kind of full-time or part-time training or apprenticeship?	(1470)	
	Yes	1	b)
	No	0	Q.90
	IF 'YES' (CODE 1 AT a)	(1471)	
	b) Was it a full or part-time training or apprenticeship? Full-time	1	c)
	Part-time	2	
		1472-73	
	c) How many years did you spend doing it? YEARS	----	Q.90
	less than a year	00	

90a	1474	PADEAD	0,1,8 9: MV	
90b	1475 -6	PAGE	33-97, 98 99: MV	Coding 97: 97 years and over
90c	1477 -8	PAGED	16-97, 98 99: MV	97: 97 years and over
90d	2225 -6	PAUTOP	01-57, 88 99: MV and NA	Coding Cancers:- 1: lung/chest 2: stomach 3: liver 4: leukemia/blood 5: breast 6: ovarian/cervical/ womb 7: prostate 8: brain 9: rectum/cecum/ bowel/colon/ intestinal 10: throat 11: bladder 12: kidney 13: eye 14: other (carcinoma, tumour,malignancy, combinations) Other conditions:- 15: heart attack/ failure/coronary/ bad heart/trouble/ angina 16: atherosclerosis/ arterial disease/ hardening of the arteries 17: stroke/brain / cerebral haemorrhage 18: embolism/thrombosis blood clot 19: hypertension/blood pressure 20: gangrene 21: blood poisoning/tetanus 22: anaemia 23: other cardio-vascular disease 24: pneumonia/ pneumonicosis 25: tuberculosis 26: emphysema/ bronchitis 27: silicosis 28: other chest and lung 29: ulcers 30: peritonitis/ appendicitis 31: other gastro-intestinal 32: liver failure 33: kidney " 34: prostate gland 35: ovarian 36: other genito urinary 37: diabetes 38: other endocrine 39: arthritis 40: other bones/ joints/muscles 41: dementia/senile 42: other psychiatric and emotional, /broken heart/longing 43: multiple sclerosis 44: Parkinsons disease 45: cerebral palsy 46: polio 47: scarlet fever 48: whooping cough 49: meningitis 50: diphtheria 51: accident 52: suicide 53: violence/ war 54: childbirth 55: old age* 56: other disease of nervous system 57: other infections 88: don't know 99: MV and NA (still alive) * If cause of death is vague but age 70+ code 55
91a	1508	MADEAD	0,1,8 9: MV	
91b	1509 -10	MAGE	33-97, 98 99: MV	Coding 97: 97 years and over
91c	1511 -2	MAGED	16-97, 98 99: MV	97: 97 years and over
91d	2277 -8	MAUTOP		Coding See above Q. 90d

			Col./ Code	Skip to
			(1474)	
90	Turning now to your parents			
a)	(Can I just check) is your father still alive?	Yes	1	b)
	(TAKE NATURAL FATHER)	No	0	c)
		Don't know	8	Q.91
	IF 'STILL ALIVE' (CODE 1 AT a)			
	b) How old was your father on his last birthday?		(1475-76	
		AGE	----	Q 91
		Don't know	98	
	IF 'NO' (CODE 0 AT a)			
	c) How old was your father when he died?		(1477-78	
		AGE	----	d)
		Don't know	98	
	d) What did he die of? PROBE IF NECESSARY, E.G , WHAT WAS ON THE DEATH CERTIFICATE.			Q.91
			CARD 15	
91a)	(Can I just check) is your mother still alive?		(1508)	
	(TAKE NATURAL MOTHER)	Yes	1	b)
		No	0	c)
		Don't know	8	Q.92
	IF 'STILL ALIVE' (CODE 1 AT a)			
	b) How old was your mother on her last birthday?		(1509-10	
		AGE	----	Q 92
		Don't know	98	
	IF 'NO' (CODE 0 AT a)			
	c) How old was your mother when she died?		(1511-12	
		AGE	----	d)
		Don't know	98	
	d) What did she die of? PROBE IF NECESSARY, E.G , WHAT WAS ON THE DEATH CERTIFICATE.			Q.92

92				Not Coded
93	1513 -15	INTLEN	001-998 999:MV	
94	1516	LANGPROB	0, 1 9: MV	
95	1517	ETHNIC	1-4 9: MV	
96	1518	TAREA	1-5 9: MV	
97	1519 -23	PRESENT1 - PRESENT5	For each 0-4 9: MV	

92. That is the last question Thank you very much indeed. You have been very helpful.

This research study falls into two parts, the first being the questionnaire you have just answered. The Cambridge University Medical School very much hope you will also help with the second part - not now but in a week or so's time. The second part would take up less of your time and is quite different. A qualified nurse would contact you and ask your permission to visit you at home in order to take some simple measurements - things like weight and blood pressure

To make it easy for the nurse to contact you to see if you are agreeable or not (you can decide that at the time - the nurse will be able to explain better than I what it is about), do you have a telephone number where she could reach you

Number given and recorded on NURSE LIAISON SHEET	1
Number refused	2
No telephone access	3

What times of day are most convenient for you - obviously it would be sensible if the nurse suggested times that are best for you when she gets in touch RECORD DETAILS ON NURSE LIAISON SHEET

IF MORE INFORMATION WANTED, EXPLAIN the researchers want to look at the distribution in the population of things like height, weight and blood pressure

93. TIME AT CLOSE OF INTERVIEW

TOTAL INTERVIEW LENGTH IN MINUTES (1513-15) ___

FOR COMPLETION AFTER INTERVIEW

94 Was there a language problem during this interview? IF YES DESCRIBE (1516)

Yes	1
No	0

95 CODE FROM OBSERVATION ETHNIC GROUP (1517)

Indian (inc E African), Pakistani, Bangladeshi	1
Black, African, West Indian	2
Other non-white	3
White/European	4

96 Is this house/flat situated in a (1518)

High rise development (THIS CODE TAKES PRIORITY)	1
In a built up area with no open space adjacent	2
In a built up area with adjacent open space or large garden	3
In a country district	4
Elsewhere (SPECIFY) _____	5

97 Was anyone else, other than interviewer and respondent present at the interview IF SO, WHO? (1519)

NO	0
Spouse or partner	1
Child (children)	2
Parent(s)	3
Others	4

Date of interview ____/____/____ INTERVIEWER _____

NUMBER ___

Anthropometry

All variables involving weights or body mass calculations exclude pregnant women and those with missing limbs.

M2	1910 -1	AGEM	18-98 99: MV	There are some inconsistencies with "AGYRS" in the Questionnaire due to the intervention of birthdays or inaccurate reporting by respondents.
M3	1917 -20	CLOWEIGH	0250-1800 8888: MV 9999: MV	Respondents weighted in indoor clothing - shoes or jackets etc removed. MV includes those with missing limbs or pregnant. Weights recorded in kilograms in 0.5 kilogram steps. (One decimal place is implied ie 130.5 k)
M4	1921	WEAR	1-2 9: MV	
	1923 -6	WEIGHTM	0250-2000 9999: MV	Assessed nude weight in kilograms, derived from "CLOWEIGH" minus a standard allowance for light or heavy clothing ("WEAR"):- Light clothing: Males = - 0.9 kg Females = - 0.6 kg Heavy clothing: Males = - 1.5 kg Females = - 0.9 kg NB: Use this variable for analyses involving body weight (One decimal place is implied ie 130.5 k)
M5	1928 -31	HEIGHTM	0800-2400 9999: MV	Measured height in bare or stockinged feet in centimetres. (One decimal point is implied ie 175.3 cm)
DV	1933 -6	BMI	1000-5000 9999: MV	Body Mass Index or Quetelet's Index - calculated by WEIGHTM over HEIGHTM squared:- WT/HT^2 (Two decimal places are implied ie 25.50)
M6a	1939 -42	GIRTH	0400-2000 9999: MV	Measured girth at waist in centimetres, missing values include pregnant women. (One decimal place is implied ie 120.5 cm)
M6b	1944 -7	HIPS	0400-2000 9999: MV	Hip measurement at top of iliac crest in centimetres (excluding pregnant women), this measurement is only available for two thirds of the data file as was introduced after the beginning of the data collection. Missing values include pregnant women. (One decimal place is implied ie 110.4 cm)

SOCIAL AND COMMUNITY PLANNING RESEARCH

HEALTH AND LIFESTYLE STUDY 1984/85

P 793

MEASUREMENT PROFORMA - PART 1

SERIAL NUMBER | | | | | | CONSTITUENCY | | | | WARD | |

CARD 19

1 SEX
Male 1
Female 2

2 AGE Can I check, what was your age last birthday?
| | | YEARS

3. WEIGHT kg | | | . | |

4 CLOTHES WORN
Light 1
Heavy 2

5 HEIGHT cm | | | . | |

6a) GIRTH cm | | | . | |

b) HIPS cm | | | . | |

Carbon Monoxide and Heating Systems

The measurement of carbon monoxide in the breath of the respondent and the environment of the room in which the Measurements' procedures were performed was made using a portable meter.

Heating Systems and Appliances

Systems or appliances which might contribute carbon monoxide to the domestic environment. If there was more than one system or heating in use, that which was more likely to give rise to carbon monoxide pollution was recorded. For example a radiant fire which was operating would be recorded in preference to electric storage heaters.

M22	1954 -5	TEMP	05-35 99: MV	Temperatures of room in which the measurements were made - usually main living room - was recorded in centimetres.
M7	1956	HEATON	0,1,2 9: MV	Room heating in operation in room mainly lived in 0: Nil record, non-operation of carbon monoxide detector 1: Heating on 2: Heating no on
M8	1957	HEATYP	0-8 9: MV	Heating typeoperating (combustive processed recorded in preference to non-combustive) 0: Not in use 1: Electricity 2: Gas 3: Coke/anthracite 4: Coal 5: Wood 6: Oil/parrafin 7: Calor 8: Communal (water circulation)
M9	1958	HEATDEV	0-7 9: MV	Appliance by which heat is transmitted to the living room 0: Nil appliance in operation 1: Radiators (units containing water or oil) 2: Air duct 3: Stove 4: Open fire 5: Storate 6: Radiant 7: Other (wall, floor or ceiling panels) Specific combinations of HEATYP and DEVICE enable identification of selected heating units:- Portable calorgas heater:- HEATYP = 7 HEATDEV = 6 Portable paraffin heater:- HEATYP = 6 HEATDEV = 6 Living gas flame heaters:- HEATYP = 2 HEATDEV = 4 Aga type oil burning stoves:- HEATYP = 6 HEATDEV = 3

22. AMBIENT ROOM TEMPERATURE — [ ][ ] °C

7. ROOM HEATING IN ROOM MAINLY LIVED IN

On [1] → COMPLETE 8 & 9

Not on [2] → GO TO 10

8. HEATING TYPE ON *(IN ROOM MAINLY LIVED IN)*

CODE ONE ONLY

Electricity	1
Calor/Gas	2
Coke/Anthracite	3
Coal	4
Wood	5
Oil/Paraffin	6
Other (SPECIFY)_____	8

IF ADDITIONAL HEATING, SPECIFY TYPE NOT CODED ABOVE

9. HEATING DEVICE ON *(IN ROOM MAINLY LIVED IN)*

CODE ONE ONLY

Radiators	1
Air Duct	2
Stove/backboiler	3
Open fire	4
Storage	5
Radiant	6
Other (SPECIFY)_____	7

IF ADDITIONAL HEATING, SPECIFY DEVICE NOT CODED ABOVE

M10	1959	WATHEAT	0-8 9: MV	Means by which water is heated in the household 0: CO measurements not done 1: Electric immersion heater 2: Gas boiler 3: Gas geyser 4: Other 5: Back boiler (to fires or stoves 6: Oil boiler 7: Nil water heater (uses kettle) 8: Communal supply
M11	1961 -3	COAIR	000-200 888: MV 999: MV	Carbon monoxide values in the ambient air in ppm
M12	1965 -7	COBRA	000-200 888: MV 999: MV	Carbon monoxide levels in the respondent's breath
M13	1969 -70	TIMCIGHR	00-23,66 77,88,99 99: MV	Time since last cigarette/pipe/cigar in hours and minutes Special codes:-
	1972 -3	TIMCIGMN	00-59,66 77,88,99 99: MV	TIMCIGHR TIMCIGMN 00 00 Smoking during measurement visit 66 66 Exposure to CO from source outside home - workplace 77 77 Exposure to CO from source within home 88 88 Smoked more than 24 hours ago 99 99 If measurements done = non-smoking respondent, otherwise missing value Guidelines = 66,66 or 77,77 do not use COAIR or COBRA values in analyses involving heating system or smoking habits.
				Medications The nurses were asked to record any prescribed medications taken on the day of the measurements. The principal objective was to obtain information on those medications wich might affect blood pressure or respiratory function measurements and as a check of those respondents taking prescribed drugs.
DV	1974	PILLS1	0-8 9: MV	PILLS1 and PILLS2 allow for two medication types taken by the respondent on the day of measurement to be recorded. (If more than two medications were being taken only those with an effect princ-ipally on blood pressure or respiratory function were recorded). 0: Nil medication 2: Non-beta blocker anti-hypertensive agents (some with cardiac effects) eg diuretics 3: Beta-blocking agents for both hypertension and cardiac problems 4: Cardiac drugs - not anti-hypertensive agents 5: Broncho dilators and anti-asthmatic preparations 6: Tranquilisers and sedatives 7: Anti-inflammatory agents 8: Oral contraceptives 9: Other preparations
DV	1975	PILLS 2	0-8 9: MV	

10. WATER HEATING

CODE ONE ONLY

Gas boiler	2
Gas geyser	3
Back boiler	5
Oil boiler	6
Electric immersion	1
Other (SPECIFY)_____	4

11. CO IN AIR ppm [ ][ ][ ]

SPARE

12. CO IN BREATH ppm [ ][ ][ ]

SPARE

13. TIME AFTER LAST CIGARETTE / CIGAR / OR PIPE

[ ][ ] HOURS [ ][ ] MINUTES

RECORD 99 99 FOR NON SMOKER

88 88 IF MORE THAN 24 HOURS AGO

00 00 IF SMOKING DURING INTERVIEW

P.T.O

17. MEDICATION. Today, have you taken any (prescribed) pills etc. for hayfever, asthma, high or low blood pressure, angina, etc?

RING CODE

Yes	1
No	2

IF YES, LIST ALL MEDICATION BELOW AND WHAT IT IS PRESCRIBED FOR

_____

_____

_____

Blood Pressure Measurements

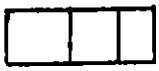
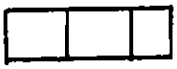
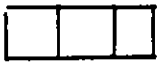
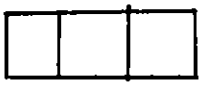
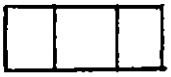
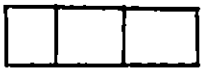
Blood pressure measurements were carried out using an "Accutorr" automatic blood pressure measuring instrument. Four serial recordings were made at one minute intervals. The object of taking four serial measurements was to allow the respondent an opportunity to relax and to monitor changes occurring during the time period.

It was assumed that the lowest blood pressure and pulse rate values would occur when the respondent was least apprehensive and most relaxed. The lowest values were selected and are found in LOWSYS, LOWMAP, LOWDIAS and LOWPULSE.

M18	2009 -11	SYS1	050-250 888: MV 999: MV	Systolic blood pressure at one minute intervals in mmHg
	2013 -5	SYS2		
	2017 -9	SYS3		
	2021 -3	SYS4		
M19	2025 -7	MEANART1	040-240 888: MV 999: MV	Mean arterial blood pressure at one minute intervals mmHg
	2029 -31	MEANART2		
	2033 -5	MEANART3		
	2037 -9	MEANART4		
M20	2041 -3	DIAST1	030-200 888: MV 999: MV	Diastolic blood pressure at one minute intervals in mmHg
	2045 -7	DIAST2		
	2049 -51	DIAST3		
	2053 -5	DIAST4		
M21	2057 -9	PULSE1	020-150 888: MV 999: MV	Pulse rate at one minute intervals in beats per minute
	2061 -3	PULSE2		
	2065 -7	PULSE3		
	2069 -71	PULSE4		

Lowest Blood Pressure Values

DV	2309 -11	LOWSYS	050-250 888: MV 999: MV	Lowest systolic pressure in mmHg
DV	2313 -15	LOWMAP	040-240 888: MV 999: MV	Lowest mean arterial pressure in mmHg

BLOOD PRESSURE	1st reading	2nd reading	3rd reading	4th reading
18. Systolic				
19. Mean				
20 Diastolic				
21 Heart Rate				

DV	2317 -19	LOWDIAS	030-200 888: MV 999: MV	Lowest diastolic pressure in mmHg
DV	2321 -23	LOWPULSE	020-150 888: MV 999: MV	Lowest pulse rate in beats per minute
DV	2324 -5	BPCAT	01-10 99: MV	Blood pressure categories derived from actual measurements and information concerning past (PASTDS9 and PASTDS14) and current (DISCON6) medical history and current medication (PILLS1 and PILLS2). Classification of blood pressure values follows the WHO criteria. 01: Normotensive, no past or current history or medications 02: Normotensive, past history of high BP - no medications 03: Borderline hypertensive by measurement only 04: Borderline measure - past or current history of high BP 05: Hypertension by measurement only - no PH or medication 06: Hypertensive measure and PH of high BP - no medication 07: Hypertensive measure and anti-hypertensive medication 08: Borderline measure and anti-hypertensive medication 09: Normotensive but anti-hypertensive therapy and PH 10: Normotensive measure, no past history but on potential anti-hypertensive drugs.

Respiratory Function

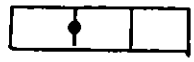
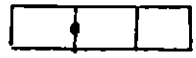
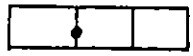
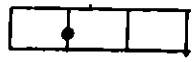
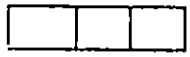
Respiratory function was measured using a portable electronic spirometer and three principle parameters were measured:-

i) Forced expiratory volume in one second (FEV1)
ii) Forced vital capacity (FVC)
iii) Peak expiratory flow rate (PEF)

This spirometer was found to be accurate in respect of FEV1 and FVC but may have under-recorded in respect of PEF. A total of three values were recorded for each parameter following a single trial run. The respiratory function procedures required the active co-operation and understanding of the respondent, and in some instances the values obtained are lower than the respondent was technically able to achieve. In many instances it was evident that respondents needed more than the single trial to enable satisfactory measurements to be made. The values recorded on file are the maximum values obtained for each parameter. Where evidence form the nurses' comments indicated that the respondent was unable to perform the measurement satisfactorily the values have been omitted. Other factors affecting the respondent's performance were chronic respiratory problems or acute respiratory infections.

				Where acute infections were noted by the nurse the values obtained have been omitted from the file. Chronic respiratory problems can be identified by reference to the responses to past or current disease in the questionniares or by reference to the variable RESPCAT which has been generated from information from the questionnaire and from the nurses' comments on the measurement proforma. Use of the respiratory function results must take into consideration the subject's sex, stature and age (HEIGHTM and AGEM) and should not be used without reference to these variables. For each individual a predicted value for each parameter is normally derived using regression equations found in standard respiratory physiology textbooks.
DV	2344 -6	HYFEV1	020-750 888: MV 999: MV	Forced expiratory volume in one second in litres - this is the most reliable of the respiratory function parameters. (Two decimal places are implied ie 3.45 litres)
DV	2348 -50	FEVPRED	020-750 999: MV	Predicted FEV1 for stature, age and sex - these values have been calculated using the equations derived by Knudsen et al 1976 (Am Rev Respir Dis 113, 587. 1976) (As for HYFEV1 two decimal places are implied) Respiratory function declines with age following a plateau between the age of 18 and 25. Thus these linear equations can give an over-estimate of predicted function for those subjects under the age of 25 and are inaccurate over the age of 65.
DV	2352 -4	HYFVC	030-800 888: MV 999: MV	Forced vital capacity in litres - may be less than achievable if respondent has given a short hard blow rather than a long hard, fast expiration of air continuing until the lungs feel empty. (As for HYFEV1 two decimal places are implied)
DV	2356 -8	FVCPRED	030-800 999: MV	Predicted forced vital capacity using the Knudsen et al equations. (As for HYFEV1 two decimal places are implied)
DV	2360 -2	HYPEF	020-850 888: MV 999: MV	Peak expiratory flow rate in litres - least satisfactory of the respiratory measures. Subject to greater error due to non-compliance.
DV	2363 -4	RESPCAT	01-10 99: MV	Respiratory history derived from past and current disease responses and from nurses' comments 01: Nil 02: Asthma - past or present sufferer 03: Asthma and bronchitis 04: Asthma and other chest problems 05: Asthma, bronchitis and other chest problems 06: Bronchitis 07: Bronchitis and other chest problems 08: Other chest problems - unspecified 09: Past or current reports of TB 10: Past or current reports of lung cancer
DV	2370 -2	FEV25	150-800 999: MV	Predicted FEV1 at age 25 years in relation to sex and height. This variable can be used in comparison with obtained FEV1 (HYFEV1) to assess the deterioration in respiratory function with age. (As for HYFEV1 two decimal places are implied)

RESPIRATORY FUNCTION

	1st attempt	2nd attempt	3rd attempt
14. FEV_1			
16 FVC			
15. PEF			

COMMENTS

				Note Throughout this section, missing values of 8,88 etc. indicate that the respondent participated in the measurement section but a missing value was recorded for a specific item. Values of 9,99 etc. indicate that the nurse did not visit the respondent.
M(2)a	1621	NOFING	1-5 8: MV 9: NA	Coding 1: No use of fingers 2: Machine out of order 3: Blind/poor sight 4: Other stated reason for not measuring reaction time 5: No stated reason
M(2)c1	1622 -5	RTMEAN	0000- 1999 8888: MV 9999: NA	Note This is a measure of simple reaction time (or psycho-motor speed) i.e. the time taken to respond to a known signal in this case the number '0'. Coding Mean of simple reaction time in seconds and milliseconds e.g. 0269 = 0.269 sec 1002 = 1.002 sec Note Values less than 0150 have been recoded to 8888 since it is impossible to have a valid reaction time less than 0.150.
M(2)c2	1626 -8	RTDEV	000-800 888: MV 999: NA	Coding Standard deviation of simple reaction time in milliseconds 800: 800 milliseconds (0.800 sec) or more
M(2)d	1629	UNIMAN	1-3 8: MV 9: NA	Coding 1: One hand non-functional (reasons other than stroke) 2: One hand not functional due to stroke 3: Other reason for not measuring choice reaction time (e.g. machine failure at this stage, task too difficult)

SCPR
SOCIAL AND COMMUNITY PLANNING RESEARCH
Head Office 35 Northampton Square London EC1V 0AX Tel 01 250 1866
Northern Field Office Charazel House Gainford Darlington Co Durham DL2 3EG Tel 0325 730 888

HEALTH AND LIFESTYLE STUDY (P793) 1984/85

MEASUREMENT PROFORMA - PART 2

SERIAL NUMBER ☐☐☐☐☐ CARD NUMBER 16 CONSTITUENCY ☐☐☐ WARD ☐

MEASUREMENT DATE Day ☐☐ Month ☐☐ Year 198☐

NURSE NUMBER ☐☐☐☐☐

Col

REACTION TIME

(IF RESPONDENT HAS NO USE OF ANY FINGERS, RING CODE 1 AND GO TO PART 3) 1621

a) SWITCH ON. PRESS RESET BUTTON

I would like to see how quick your reactions are
Put your finger on this key marked 'O' and look at the screen This is the only key you will need to use Everytime you see a 'O' on the screen press the key once as quickly as you can We will start with a practice run to make sure you know what to do Are you clear about it?

I am going to start the machine now, so look for the 'O's and press firmly as soon as you see one.

b) PRESS START BUTTON

CORRECT ANY ERROR DURING 8 PRACTICE TRIALS

WHEN 'WAIT' INDICATOR APPEARS? SAY

That was fine. Now we can time your reactions. Everytime you see a 'O' on the screen, press the 'O' key as quickly as you can

c) PRESS START BUTTON (20 'O's WILL BE DISPLAYED IN TURN)

WHEN DISPLAY FLASHES

- Press Key 1 AND RECORD MEAN TIME ☐.☐☐☐ 1622-25
- Press Key 2 AND RECORD STANDARD DEVIATION ☐.☐☐☐ 1626-28

d) I am now going to give you a slightly harder test. This time the numbers 1, 2, 3, or 4 will appear on the screen. I want you to press the key that has the same number as that on the screen If you see a 4 on the screen, press key 4 as quickly as possible If you see a 1, press key 1, and so on

Use both hands to do this Put your 2nd and 3rd fingers of each hand on the four keys (1, 2, 3, and 4) (OTHER FINGERS CAN BE USED IF NECCESSARY. IF RESPONDENT HAS A NON-FUNCTIONAL HAND, RING THIS CODE 1 AND GO TO PART 3) 1629

				Note This is a measure of choice reaction time or decision speed i.e. the time taken to respond when it is not known which signal will appear (in this case the number 1,2,3 or 4) and a decision has to be made.
M(2)f1	1630 -3	CRTMEAN	0000 -1999 8888: MV 9999: NA	Coding Mean choice reaction time in seconds and milliseconds for correct responses only Note Values less than 0150 are invalid and have been recoded to 8888.
M(2)f2	1634 -6	CRTDEV	000-800 888: MV 999: NA	Coding Standard deviation of choice reaction time for correct responses in milliseconds 800: 800 msec (0.800 sec) or more
M(2)f3	1637 -9	ERRNUM	000-040 888: MV 999: NA	Coding Number or errors on choice reaction time task Note Where 1 error was recorded but ERRMEAN was less than 0150, these were classed as anticipations and recoded to 000.
M(2)f4	1640 -3	ERRMEAN	0000 -1999 8888 9999: NA	Coding Mean reaction time in seconds and milliseconds for errors only 8888: No value recorded or no errors made Note Values less than 0150 are invalid and have been recoded to 8888.
M(2)f5	1644 -6	ERRDEV	000-800 888 999: NA	Coding Standard deviation in milliseconds for errors 800: 800 msec (0.800 sec) or more 888: No value recorded or 0 or 1 error Note 1. Although simple reaction time is normally shorter than choice reaction, the reverse was found for a small number of respondents. This is probably because the simple reaction time test was always administered first and some individuals may have been slow to learn the task. These values have been retained, as there is no independant reason to suspect their validity. 2. In a very few cases, the standard deviation is greater than the mean. These values have also been retained.

I am going to start the machine again. Remember to press the same number as the number on the screen. This is another practice run.

e) PRESS START BUTTON

CORRECT ANY ERROR DURING 8 PRACTICE TRIALS

WHEN 'WAIT' INDICATOR APPEARS, SAY

Now lets do it as a proper test. Everytime you see a number on the screen quickly press the key with the same number Remember to press firmly.

f) PRESS START BUTTON (40 NUMBERS WILL BE DISPLAYED IN TURN)

WHEN DISPLAY FLASHES

- PRESS Key 1 AND RECORD — MEAN TIME (CORRECT) — (1630-33)
- PRESS Key 2 AND RECORD — STANDARD DEVIATION (CORRECT) — (1634-36)
- PRESS Key 0 AND RECORD — NUMBER OF ERRORS — 0 — (1637-39)
- PRESS Key 3 AND RECORD — MEAN TIME (ERRORS) — (1640-43)
- PRESS Key 4 AND RECORD — STANDARD DEVIATION (ERRORS) — (1644-46)

SWITCH OFF MACHINE

GO TO PART 3

M(3)1	1547 1548 1549 1550 1551 1552 1553 1554 1555 1556	FIB1 FIB2 FIB3 FIB4 FIB5 FIB6 FIB7 FIB8 FIB9 FIB10	For each 0,7,8 9: MV	→ Note These questions about 5 foods containing fibre (digestive biscuits, potatoes, Weetabix, white bread and apples) and 5 fibre free-foods (roast meat, eggs, orange juice, grilled fish and cheese) served two purposes. They were used to test the respondents' knowledge of the fibre content of foods, and to test memory. MV includes those who refused the nurse's visit as well as the very few where an answer was omitted.
M(3)2	1557	FATDOWN	0,1,8 9: MV	Note This was a "filler" question to facilitate the "memory" question No 3. Many respondents reported never eating much fried or fatty foods, or cutting down a long time ago. It is therefore not a very useful question.

MEASUREMENT PROFORMA - PART 3

1. There is a lot of talk these days about fibre in our food. I am going to read out a list of foods. For each one tell me whether you think it has fibre in it or not. RING CODES 1, 0 OR 8 BELOW

FOOD	Does this contain fibre? Yes	No	Don't know		Col
Roast meat	7	0	8		(1547)
Digestive Biscuits	7	0	8		(1548)
Potatoes	7	0	8		(1549)
Eggs	7	0	8		(1550)
Orange Juice	7	0	8		(1551)
Grilled Fish	7	0	8		(1552)
Weetabix	7	0	8		(1553)
White Bread	7	0	8		(1554)
Cheese	7	0	8		(1555)
Apples	7	0	8		(1556)

2. There has also been a lot said about fatty and fried foods Have you recently tried to cut down on fatty and fried foods?

Yes	1
No	0
Don't know	8

(1557)

			For each	Instructions to nurse
M(3)1a	1647	MEM1	1,2 8: MV 9: NA	This is a memory test but do NOT tell the respondent this in advance. Most of the time when we remember something, it is not something which we deliberately set out to learn - it is something we learnt incidentally, by reading it, hearing it, etc. It is this everyday type of memory which we want to measure, so it is important not to tell the person that this is a memory test. If correct food is recalled (eg Digestive Biscuits), tick the box beside Code 2. If not quite right (eg Biscuits, or Rich Tea biscuits), tick the box beside Code 1 for the relevant food (ie (other) biscuits). As far as possible we want no more than a minute to be spent on this question. Coding 1: Partial recall 2: Complete recall
	1648	MEM2		
	1649	MEM3		
	1650	MEM4		
	1651	MEM5		
	1652	MEM6		
	1653	MEM7		
	1654	MEM8		
	1655	MEM9		
	1656	MEM10		
M(3)1b	1679	EXMEMNUM	1-5 8: MV 9: NA	Instructions to nurse If something totally different is mentioned (eg peanuts) enter in box at foot of column. Coding 1-4: Number of extra (totally different) foods mentioned 5: 5 or more
M(3)1c	1680	EXMEMTYP	0-7 8: MV 9: NA	Coding: The type of extra food mentioned 0: More than one type 1: Dairy products 2: Fruit and vegetables 3: High fibre foods 4: Meats 5: Sweets 6: Drinks (excluding dairy) 7: Other items Note Codes 1-7 were used only when one extra food was mentioned. In the very few cases where a person mentioned more than one extra food, Code 0 was used, ie the types of food were not specified.
M(3)1d	1658	NOMEM	0 8: MV 9: NA	Coding 0: Nothing remembered

1. There is a lot of talk these days about fibre in our food. I am going to read out a list of foods. For each one tell me whether you think it has fibre in it or not RING CODES 1, 0 OR 8 BELOW.

FOOD		RECALL		Col
Roast meat		Roast Meat Meat, Roast beef/lamb/etc	2 1	(1647)
Digestive Biscuits		Digestive Biscuits (Other) Biscuits	2 1	(1648)
Potatoes		Potatoes Other 'potato' answers	2 1	(1649)
Eggs		Eggs Other 'Egg' answers	2 1	(1650)
Orange Juice		Orange Juice (Other) Fruit juice, Orange	2 1	(1651)
Grilled Fish		Grilled Fish Fish, Cooked Fish, etc	2 1	(1652)
Weetabix		Weetabix (Other) Breakfast cereal	2 1	(1653)
White Bread		White Bread Bread/other bread	2 1	(1654)
Cheese		Cheese Other 'cheese' answers	2 1	(1655)
Apples		Apples Other 'apple' answers	2 1	(1656)
		Other type given not listed originally (SPECIFY)_____		

2 There has also been a lot said about fatty and fried foods. Have you recently tried to cut down on fatty and fried foods?

Yes	1	(1657)
No	0	
Don't know	8	

3 We're often being told things and unless we concentrate they just go in one ear and out the other. As a matter of interest, I wonder how many foods you can remember from the list I read out?

RING CODES IN GRID FOR 'REMEMBERED FOODS'

IF CAN'T REMEMBER ANYTHING, RING → THIS CODE [0] (1658)

WHEN EVERYTHING 'REMEMBERED', SAY 'That's fine'

IF ASKED 'How am I doing', SAY 'Fine, can you remember anything else?'

IF GAP, COUNT SLOWLY UP TO 10, IF NO MORE RESPONSE, SAY 'Good - now let's do something else'

M(4)a	1659 -60	BLOK1	For each 1-87 88: MV 99: NA	Note This is a test of visual-spatial reasoning. The respondent's sheet has large clear drawings and is headed "HOW MANY BLOCKS ARE CONTAINED IN EACH OF THESE PILES?" The nurse is instructed that the piles are solid (that is the blocks you can't see should be counted as well as the ones actually drawn). Coding Score is the number of blocks reported 87: 87 or more Note Correct response is 9.
M(4)b	1661 -2	BLOK2		Correct response is 8.
M(4)c	1663 -4	BLOK3		Correct response is 18.
M(4)d	1665 -6	BLOK4		Correct response is 15.
M(4)e	1667 -8	BLOK5		Correct response is 10.
M(4)f	1669 -70	BLOK6		Correct response is 27.

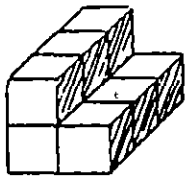
ENTER SERIAL NUMBER AT FOOT OF SEPARATE BLOCKS SHEET

GIVE TO RESPONDENT WITH PENCIL AND EXPLAIN WHAT TO DO

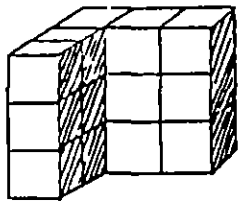
"I want you to do something on your own while I pack my things together These pictures show piles of blocks Write in the number of blocks contained in each of these piles "

DO NOT LET RESPONDENT DISCUSS IT WITH ANYONE ELSE

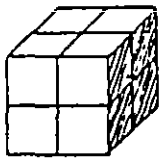
WHEN DONE, ASK "Please read out the number you have written down for each pile of blocks" ENTER CAREFULLY BELOW PIN SEPARATE SHEET TO BACK OF THESE PROFORMAS



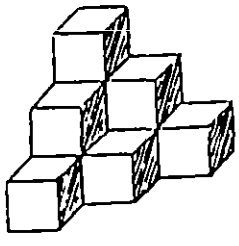
a) (1659-60) ☐☐



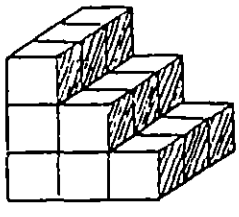
d) (1665-66) ☐☐



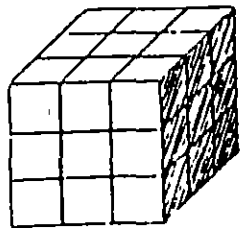
b) (1661-62) ☐☐



e) (1667-68) ☐☐



c) (1663-64) ☐☐



f) (1669-70) ☐☐

SELF-COMPLETION

ENTER SERIAL NUMBER ON FRONT OF SELF-COMPLETION QUESTIONNAIRE

EXPLAIN THAT RESPONDENT IS ASKED TO DO ON OWN AND POST BACK IN ENVELOPE

GIVE QUESTIONNAIRE AND ENVELOPE RING CODE BELOW

(1671)

Self-Completion accepted	1
Self-completion not accepted	
- refusal	2
- cannot read	3
- other reason (SPECIFY)	4

GP REFERRAL

Respondent

(1672)

- Referred to GP and wishes GP to be informed	1 →	GP Report Form completed and sent to Cambridge
- Referred to GP but does not want GP informed	2	
- Not referred to GP	3	

Signature _____

AMBRIDGE UNIVERSITY SCHOOL OF CLINICAL MEDICINE
nd
OCIAL AND COMMUNITY PLANNING RESEARCH

SN [ ][ ][ ][ ][ ] CD17

(1701-05) (1706-07)

Health and Lifestyle Survey

In this booklet are three sets of questions - a Behaviour Pattern Questionnaire, a General Health Questionnaire and an EPI Questionnaire.

We would like you to answer each question by ticking the box giving the answer which is most right for you. It is your thoughts we want. Please do not consult anyone else about how to answer a question.

We want your first thoughts. Work through each question quickly. Answer each in turn. Be sure to answer all of them. If you are not sure which answer to give, tick the box which is closest. If you work quickly, the questions won't take long to answer.

When you have completed all the questions put this booklet in the envelope provided and post it to us the next time you go out. Please let us have this back as soon as you can. Thank you for helping us again.

If you have any queries, please contact

Patricia Prescott-Clarke
Social and Community Planning Research
35 Northampton Square
London EC1V OAX

Telephone: 01 250 1866

				Note Items 1-9 are measures of Type A or "Coronary-prone" behaviour. Individuals who fit the descriptions are supposed to be at risk for coronary heart disease. The items are taken from the Framingham Study (Haynes, S.G., Levine, S., Scotch, N., Feinleib, M., and Kannel, W.B. The relationship of psychosocial factors to coronary heart disease in the Framingham study I. Methods and risk factors American Journal of Epidemiology 1978 107, 362-383).
SC1	1708	DRIVE	For each 1-4, 8: MV 9: NA	For each Coding 1: Very well 2: Fairly well 3: Somewhat 4: Not at all Throughout the self-completion section the following convention has been used for missing values: 8: No value recorded 9: Not applicable (no self-completion section)
SC2	1709	HURRY		
SC3	1710	BOSSY		
SC4	1711	EXCELL		
SC5	1712	GOBBLE		
SC6	1713	ANTSY		Note This item should be recoded as a dichotomy to conform to the Framingham scoring.
SC7	1714	OBSESS	For each 1-2 8: MV 9: NA	For each Coding 1: Yes 2: No
SC8	1715	STRETCH		
SC9	1716	DOUBT		

BEHAVIOUR PATTERN QUESTIONNAIRE

Here are some ways of describing how people feel or act. Please indicate how well each description fits you by ticking the answer which most nearly applies to you.

		VERY WELL	FAIRLY WELL	SOMEWHAT	NOT AT ALL	
1.	Being ambitious and competitive	☐	☐	☐	☐	(1708)
		VERY WELL	FAIRLY WELL	SOMEWHAT	NOT AT ALL	
2.	Usually pressed for time	☐	☐	☐	☐	(1709)
		VERY WELL	FAIRLY WELL	SOMEWHAT	NOT AT ALL	
3	Being bossy or dominant	☐	☐	☐	☐	(1710)
		VERY WELL	FAIRLY WELL	SOMEWHAT	NOT AT ALL	
4	Having a strong need to do extremely well in most things	☐	☐	☐	☐	(1711)
		VERY WELL	FAIRLY WELL	SOMEWHAT	NOT AT ALL	
5	Eating too quickly	☐	☐	☐	☐	(1712)
		VERY WELL	FAIRLY WELL	SOMEWHAT	NOT AT ALL	
6	Getting upset when you have to wait for anything	☐	☐	☐	☐	(1713)

The next questions are about work, paid or unpaid If you no longer work, think about your past jobs If housework has been your work, think about that Tick 'YES' or 'NO' to show whether the feelings apply to you.

		YES	NO	
7	Has your work stayed with you so you were thinking about it after working hours?	☐	☐	(1714)
		YES	NO	
8	Has work often stretched you to the very limits of your energy and capacity?	☐	☐	(1715)
		YES	NO	
9	Have you often felt uncertain, uncomfortable or dissatisfied with how well you were doing?	☐	☐	(1716)

				Note Items 1-30 comprise the 30-item version of the General Health Questionnaire (Goldberg, D.P. The Detection of Psychiatric Illness by Questionnaire. Oxford University Press, 1972). They provide a measure of recent psychiatric symptoms, and are widely used as a screening instrument for psychiatric illness.
SCG1	1717	GHQ1	For each 1-4 8: MV 9: NA	Coding 1: First box ticked 2: Second box ticked 3: Third box ticked 4: Last box ticked
SCG2	1718	GHQ2		
SCG3	1719	GHQ3		
SCG4	1720	GHQ4		
SCG5	1721	GHQ5		
SCG6	1722	GHQ6		
SCG7	1723	GHQ7		
SCG8	1724	GHQ8		
SCG9	1725	GHQ9		

GENERAL HEALTH QUESTIONNAIRE

We should like to know if you have had any medical complaints, and how your health has been in general, *over the past few weeks*. Please answer ALL the questions on the next three pages by ticking the answer which you think most nearly applies to you Remember that we want to know about present and recent complaints, not those that you had in the past.

It is important that you try to answer ALL the questions.

HAVE YOU RECENTLY.					
	BETTER THAN USUAL	SAME AS USUAL	LESS THAN USUAL	MUCH LESS THAN USUAL	
- been able to concentrate on whatever you're doing?	☐	☐	☐	☐	(1717)
	NOT AT ALL	NO MORE THAN USUAL	RATHER MORE THAN USUAL	MUCH MORE THAN USUAL	
- lost much sleep over worry?	☐	☐	☐	☐	(1718)
	NOT AT ALL	NO MORE THAN USUAL	RATHER MORE THAN USUAL	MUCH MORE THAN USUAL	
- been having restless, disturbed nights?	☐	☐	☐	☐	(1719)
	MORE SO THAN USUAL	SAME AS USUAL	RATHER LESS THAN USUAL	MUCH LESS THAN USUAL	
- been managing to keep yourself busy and occupied?	☐	☐	☐	☐	(1720)
	MORE SO THAN USUAL	SAME AS USUAL	LESS THAN USUAL	MUCH LESS THAN USUAL	
- been getting out of the house as much as usual?	☐	☐	☐	☐	(1721)
	BETTER THAN MOST	ABOUT THE SAME	RATHER LESS WELL	MUCH LESS WELL	
- been managing as well as most people would in your shoes?	☐	☐	☐	☐	(1722)
	BETTER THAN USUAL	ABOUT THE SAME	LESS WELL THAN USUAL	MUCH LESS WELL	
- felt on the whole you were doing things well?	☐	☐	☐	☐	(1723)
	MORE SATISFIED	ABOUT SAME AS USUAL	LESS SATISFIED THAN USUAL	MUCH LESS SATISFIED	
- been satisfied with the way you've carried out your task?	☐	☐	☐	☐	(1724)
	BETTER THAN USUAL	ABOUT SAME AS USUAL	LESS WELL THAN USUAL	MUCH LESS WELL	
- been able to feel warmth and affection for those near to you?	☐	☐	☐	☐	(1725)

PLEASE TURN OVER

SCG10	1726	GHQ10
SCG11	1727	GHQ11
SCG12	1728	GHQ12
SCG13	1729	GHQ13
SCG14	1730	GHQ14
SCG15	1731	GHQ15
SCG16	1732	GHQ16
SCG17	1733	GHQ17
SCG18	1734	GHQ18
SCG19	1735	GHQ19
SCG20	1736	GHQ20

HAVE YOU RECENTLY:

		BETTER THAN USUAL	ABOUT SAME AS USUAL	LESS WELL THAN USUAL	MUCH LESS WELL	
10.	- been finding it easy to get on with other people?	☐	☐	☐	☐	(1726)
		MORE TIME THAN USUAL	ABOUT SAME AS USUAL	LESS TIME THAN USUAL	MUCH LESS THAN USUAL	
11	- spent much time chatting with people?	☐	☐	☐	☐	(1727)
		MORE SO THAN USUAL	SAME AS USUAL	LESS USEFUL THAN USUAL	MUCH LESS USEFUL	
12	- felt that you are playing a useful part in things?	☐	☐	☐	☐	(1728)
		MORE SO THAN USUAL	SAME AS USUAL	LESS SO THAN USUAL	MUCH LESS CAPABLE	
13.	- felt capable of making decisions about things?	☐	☐	☐	☐	(1729)
		NOT AT ALL	NO MORE THAN USUAL	RATHER MORE THAN USUAL	MUCH MORE THAN USUAL	
14	- felt constantly under strain?	☐	☐	☐	☐	(1730)
		NOT AT ALL	NO MORE THAN USUAL	RATHER MORE THAN USUAL	MUCH MORE THAN USUAL	
15.	- felt you couldn't overcome your difficulties?	☐	☐	☐	☐	(1731)
		NOT AT ALL	NO MORE THAN USUAL	RATHER MORE THAN USUAL	MUCH MORE THAN USUAL	
16.	- been finding life a struggle all the time?	☐	☐	☐	☐	(1732)
		MORE SO THAN USUAL	SAME AS USUAL	LESS SO THAN USUAL	MUCH LESS THAN USUAL	
17.	- been able to enjoy your normal day-to-day activities?	☐	☐	☐	☐	(1733)
		NOT AT ALL	NO MORE THAN USUAL	RATHER MORE THAN USUAL	MUCH MORE THAN USUAL	
18	- been taking things hard?	☐	☐	☐	☐	(1734)
		NOT AT ALL	NO MORE THAN USUAL	RATHER MORE THAN USUAL	MUCH MORE THAN USUAL	
19	- been getting scared or panicky for no good reason?	☐	☐	☐	☐	(1735)
		MORE SO THAN USUAL	SAME AS USUAL	LESS ABLE THAN USUAL	MUCH LESS ABLE	
20	- been able to face up to your problems?	☐	☐	☐	☐	(1736)

SCG21	1737	GHQ21
SCG22	1738	GHQ22
SCG23	1739	GHQ23
SCG24	1740	GHQ24
SCG25	1741	GHQ25
SCG26	1742	GHQ26
SCG27	1743	GHQ27
SCG28	1744	GHQ28
SCG29	1745	GHQ29
SCG30	1746	GHQ30

HAVE YOU RECENTLY:

		NOT AT ALL	NO MORE THAN USUAL	RATHER MORE THAN USUAL	MUCH MORE THAN USUAL	
21	- found everything getting on top of you?	☐	☐	☐	☐	(1737)
22.	- been feeling unhappy and depressed?	☐	☐	☐	☐	(1738)
23	- been losing confidence in yourself?	☐	☐	☐	☐	(1739)
24	- been thinking of yourself as a worthless person?	☐	☐	☐	☐	(1740)

		MORE SO THAN USUAL	ABOUT SAME AS USUAL	LESS SO THAN USUAL	MUCH LESS HOPEFUL	
25.	- felt that life is entirely hopeless?	☐	☐	☐	☐	(1741)
26	- been feeling hopeful about your own future?	☐	☐	☐	☐	(1742)

		NOT AT ALL	NO MORE THAN USUAL	RATHER MORE THAN USUAL	MUCH MORE THAN USUAL	
27.	- been feeling reasonably happy, all things considered?	☐	☐	☐	☐	(1743)
28.	- been feeling nervous and strung-up all the time?	☐	☐	☐	☐	(1744)
29	- felt that life isn't worth living?	☐	☐	☐	☐	(1745)
30.	- found at times you couldn't do anything because your nerves were too bad?	☐	☐	☐	☐	(1746)

PLEASE TURN OVER

© General Practice Research Unit 1978

				Note Items 1-57 comprise the Eysenck Personality Inventory (Eysenck, H.J., and Eysenck, S.B.G. Manual of the Eysenck Personality Inventory Hodder and Stoughton 1964). The inventory incoporates 3 scales, neuroticism, extraversion and a "lie" scale. The neuroticism score is a good measure of trait anxiety.
			For each	
SCE1	1808	EPI1	1-2	Coding
			8: MV	1: Yes
SCE2	1809	EPI2	9: NA	2: No
SCE3	1810	EPI3		
SCE4	1811	EPI4		
SCE5	1812	EPI5		
SCE6	1813	EPI6		
SCE7	1814	EPI7		
SCE8	1815	EPI8		
SCE9	1816	EPI9		
SCE10	1817	EPI10		
SCE11	1818	EPI11		
SCE12	1819	EPI12		
SCE13	1820	EPI13		
SCE14	1821	EPI14		
SCE15	1822	EPI15		
SCE16	1823	EPI16		
SCE17	1824	EPI17		
SCE18	1825	EPI18		
SCE19	1826	EPI19		
SCE20	1827	EPI20		
SCE21	1828	EPI21		
SCE22	1829	EPI22		
SCE23	1830	EPI23		
SCE24	1831	EPI24		
SCE25	1832	EPI25		
SCE26	1833	EPI26		
SCE27	1834	EPI27		

E.P.I.

Here are some questions regarding the way you behave, feel and act. After each question is a space for answering 'YES' or 'NO'.

Try to decide whether 'YES' or 'NO' represents your usual way of acting or feeling. Then put a tick in the box under the column headed 'YES' or 'NO'.

Work quickly and remember to answer every question. There are no right or wrong answers, and this isn't a test of intelligence or ability, but simply a measure of the way you behave?

		YES	NO	
1.	Do you often long for excitement?			(1808)
2.	Do you often need understanding friends to cheer you up?			(1809)
3	Are you usually carefree?			(1810)
4	Do you find it very hard to take no for an answer?			(1811)
5.	Do you stop and think things over before doing anything?			(1812)
6	If you say you will do something do you always keep your promise, no matter how inconvenient it might be to do so?			(1813)
7	Does your mood often go up and down?			(1814)
8	Do you generally do and say things quickly without stopping to think?			(1815)
9	Do you ever feel "just miserable" for no good reason?			(1816)
10	Would you do almost anything for a dare?			(1817)
11.	Do you suddenly feel shy when you want to talk to an attractive stranger?			(1818)
12	Once in a while do you lose your temper and get angry?			(1819)
13	Do you often do things on the spur of the moment?			(1820)
14	Do you often worry about things you should not have done or said?			(1821)
15.	Generally, do you prefer reading to meeting people?			(1822)
16	Are your feelings rather easily hurt?			(1823)
17	Do you like going out a lot?			(1824)
18	Do you occasionally have thoughts and ideas that you would not like other people to know about?			(1825)
19	Are you sometimes bubbling over with energy and sometimes very sluggish?			(1826)
20.	Do you prefer to have few but special friends?			(1827)
21	Do you daydream a lot?			(1828)
22	When people shout at you, do you shout back?			(1829)
23	Are you often troubled about feelings of guilt?			(1830)
24	Are *all* your habits good and desirable ones?			(1831)
25	Can you usually let yourself go and enjoy yourself a lot at a lively party?			(1832)
26	Would you call yourself tense or "highly-strung"?			(1833)
27	Do other people think of you as being very lively?			(1834)

SCE28	1835	EPI28
SCE29	1836	EPI29
SCE30	1837	EPI30
SCE31	1838	EPI31
SCE32	1839	EPI32
SCE33	1840	EPI33
SCE34	1841	EPI34
SCE35	1842	EPI35
SCE36	1843	EPI36
SCE37	1844	EPI37
SCE38	1845	EPI38
SCE39	1846	EPI39
SCE40	1847	EPI40
SCE41	1848	EPI41
SCE42	1849	EPI42
SCE43	1850	EPI43
SCE44	1851	EPI44
SCE45	1852	EPI45
SCE46	1853	EPI46
SCE47	1854	EPI47
SCE48	1855	EPI48
SCE49	1856	EPI49
SCE50	1857	EPI50
SCE51	1858	EPI51
SCE52	1859	EPI52
SCE53	1860	EPI53
SCE54	1861	EPI54
SCE55	1862	EPI55
SCE56	1863	EPI56
SCE57	1864	EPI57

		YES	NO	
48	After you have done something important, do you often come away feeling you could have done better?			(1835)
49	Are you mostly quiet when you are with other people?			(1836)
50	Do you sometimes gossip?			(1837)
51.	Do ideas run through your head so that you cannot sleep?			(1838)
52	If there is something you want to know about, would you rather look it up in a book than talk to someone about it?			(1839)
53.	Do you get palpitations or thumping in your heart?			(1840)
54	Do you like the kind of work that you need to pay close attention to?			(1841)
55.	Do you get attacks of shaking or trembling?			(1842)
56	Would you always declare everything at the customs, even if you knew that you could never be found out?			(1843)
57	Do you hate being with a crowd who play jokes on one another?			(1844)
58	Are you an irritable person?			(1845)
59	Do you like doing things in which you have to act quickly?			(1846)
60	Do you worry about awful things that might happen?			(1847)
61	Are you slow and unhurried in the way you move?			(1848)
62	Have you ever been late for an appointment or work?			(1849)
63	Do you have many nightmares?			(1850)
64	Do you like talking to people so much that you never miss a chance of talking to a stranger?			(1851)
65	Are you troubled by aches and pains?			(1852)
66	Would you be very unhappy if you could not see lots of people most of the time?			(1853)
67	Would you call yourself a nervous person?			(1854)
68	Of all the people you know, are there some whom you definitely do not like?			(1855)
69	Would you say that you were fairly self-confident?			(1856)
70	Are you easily hurt when people find fault with you or your work?			(1857)
71	Do you find it hard to really enjoy yourself at a lively party?			(1858)
72	Are you troubled with feelings of inferiority?			(1859)
73	Can you easily get some life into a rather dull party?			(1860)
74	Do you sometimes talk about things you know nothing about?			(1861)
75	Do you worry about your health?			(1862)
76	Do you like playing pranks on others?			(1863)
77	Do you suffer from sleeplessness?			(1864)

PLEASE CHECK TO SEE THAT YOU HAVE ANSWERED ALL THE QUESTIONS.

Copyright © 1963 H J Eysenck and Sybil B G Eysenck

THANK YOU VERY MUCH FOR ANSWERING THESE QUESTIONS.

Health and Lifestyle Survey

University of Cambridge Clinical School

Addenbrooke's Hospital
Hills Road
Cambridge CB2 2QQ
Telephone: 0223 211644

P.793/L4

APPENDIX A

HEALTH AND LIFESTYLE STUDY - STAGE 2

Thank you for helping with the first part of this study. We hope you will give a little more of your time to help with the second part, and will allow our nurse to visit you at home to carry out some simple measurements, like height, weight and blood pressure.

This extra information is of great value to the study. For example, we will be able to see if blood pressure differs from one part of the country to another. We will also be able to compare this with other things we have learned from different people taking part in this study.

The information the nurse collects will be treated as absolutely confidential. It will not be shown to anyone outside the research team without getting your permission in writing.

If there is anything else you would like to know about the study, please get in touch with us.

Thank you again for your help.

Yours sincerely,

Brian D Cox

John Butterfield

B D Cox, MA, BSc, PhD
Survey Director

W J H Butterfield, OBE, MA, MD, DM, FRCP
Regius Professor of Physic

Health and Lifestyle Survey
University of Cambridge Clinical School
Addenbrooke's Hospital
Hills Road
Cambridge CB2 2QQ
Telephone 0223 211644

P 793/L2
APPENDIX B

HEALTH AND LIFESTYLE STUDY - STAGE 2

We are very grateful to you for agreeing to take part in the second stage of this study. When the nurse visits you she will carry out some simple measurements, like height, weight and blood pressure.

This extra information is of great value to the study. For example, we will be able to see if blood pressure differs from one part of the country to another. We will also be able to compare this with other things we have learned from the different people taking part in the study

The information the nurse collects will be treated as absolutely confidential. It will not be shown to anyone outside the research team without getting your permission in writing.

If there is anything else you would like to know about the study, please get in touch with us.

Thank you again for your help.

Yours sincerely,

B D Cox, MA, BSc, PhD
Survey Director

W J H Butterfield, OBE, MA, MD, DM, FRCP
Regius Professor of Physic

Appointment Confirmation

As arranged, the nurse ( )
will be calling on . . . . . .
at about . . . . . If you are unable to keep this appointment, please let the nurse know.
(Telephone number . . . . .)

P.793/L3

APPENDIX C

HEALTH AND LIFESTYLE STUDY

I am the nurse working in your area on the Health and Lifestyle Survey. I would like to visit you on ..... at about ..... to carry out some simple measurements. If this is not convenient, please ring me on ..... and I can make another appointment.

I enclose a letter from the research team in Cambridge about the second part of the study.

I look forward to meeting you.

Yours sincerely,

Survey Nurse

Enc:

HALS PUBLICATIONS/REPORTS BY PRINCIPAL INVESTIGATORS

1985

Cox B.D. & Whichelow M.J.(1985): Carbon monoxide levels in the breath of smokers and non-smokers: effect of domestic heating systems. J. Epid.Comm.Health. 39:75-78

1986

Whichelow M.J., Golding J.F., Blaxter M., Cox B.D & Nickson J. (1986): Dietary habits of smokers, Brit.J.Addiction, 81:714

1987

Cox B.D., Blaxter M., Buckle A.L.J., Fenner N.P., Golding J.F., Gore M., Huppert F.A., Nickson J., Roth M., Stark J.S., Wadsworth M.E.J., & Whichelow M.J. (1987):"The Health and Lifestyle Survey", London: The Health Promotion Research Trust.

Blaxter M (1987). Evidence on inequality in health from a national survey.
Lancet ii. 30-33.

1988

Huppert F A, Gore M & Elliott B J (1988). The value of an improved scoring system (CGHQ) for the General Health Questionnaire in a representative community sample. Psychological Medicine 18: 1001.

Whichelow M J (1988). Which foods contain dietary fibre? The beliefs of a random sample of the British population. European Journal of Clinical Nutrition 42: 945-951.

Whichelow M J, Golding J F & Treasure F P (1988). Comparison of some dietary habits of smokers and non-smokers. British Journal of Addiction 83: 295-304
.

1989

Cox B.D. (1989): The Relationship of Smoking Habits to Waist/Hip Ratio in the Health and Lifestyle Survey. Int.J.Obesity. 13:S1.80.

Cox B.D. (1989): Association of Leisure and Sporting Activities with Health in the Health & Lifestyle Survey. Symposium Volume "Fit for Life", London: The Health Promotion Research Trust, pp.3-27.

Huppert F A, Walters D E, Day N E & Elliott B J (1989). The factor structure of the General Health Questionnaire (GCGQ-30): a reliability study on 6317 community residents. British Journal of Psychiatry 155: 178-185.

Whichelow M J (1989). Choice of spread by a random sample of the British population. European Journal of Clinical Nutrition 43: 1-10.

1990

Blaxter M (1990). Health and lifestyles. London, Routledge.

Whichelow M J & Erzinclioglu S W (1990). Is there a North/South divide? Regional variations in the diet of British adults. Proceedings of the Nutrition Society 49: 76A.

Whichelow M J & Erzinclioglu S W (1990). Comparison of the diet of smokers and non-smokers. Proceedings of the Nutrition Society 49: 42A.

Whichelow M J & Treasure F P (1990). Diet and health in a random sample of British adults. Proceedings of the Nutrition Society 49: 57A.

Wessely S. Nickson J. & Cox B.D.(1990): Symptoms of Low Blood Pressure: a Population Study. Brit.Med.J. 301:361-365

Cox B.D. & Whichelow M.J. (1990): Body Mass Index, Waist/Hip Ratio and Pulse Rate in Non-Smokers, Smokers & Ex-Smokers relative to time of Quitting. Int.J.Obesity 14:S2.IP69

Huppert F A, Walters D E, Day N E & Elliot J B (1990). Reliability of GHQ factor structures. British journal of Psychiatry 156: 131-132.

1991

Whichelow M.J., Erzinclioglu S.W. & Cox B.D.(1991): Comparison of the Diet of Smokers and Non-Smokers. Brit.J.Addiction 86:71-81

Cox B.D., Erzinclioglu S.W., Walters D.E. & Whichelow M.J. (1991): Fruit Consumption and Lung Function. Proc.Nutr.Soc. 50:1.34A

Whichelow M.J. Erzinclioglu S.W. & Cox B.D. (1991): Some Regional Variations in Dietary Patterns in a Random Sample of British Adults. Eur.J.Clin.Nutr. 45:253-262

Strachen D.P., Cox B.D., Erzinclioglu ,S.W., Walters D.E., & Whichelow M.J. (1991): Ventilatory Function and Winter Fresh Fruit Consumption in a Random Sample of British Adults. Thorax 46:624-629

Huppert F A (1991). Age-related changes in memory: learning and remembering new information. In: Handbook of Neuropsychology Vol 5. Booller F and Grafman J (Eds) Elsevier Science Publishers.

Elliot B J & Huppert F A (1991). In sickness and in health: associations between physical and mental wellbeing, employment and parental status in a British, nationwide sample of married women. Psychological Medicine 21: 515-524.

1993

Cox B.D. Huppert F.A. & Whichelow M.J. .(Ed) (1993). "The Health and Lifestyle Survey: Seven years on". Aldershot: Dartmouth Publishing Company Ltd.

Cox B D, Huppert F A & Whichelow M J (Eds) (1993). The Health and Lifestyle Survey: Seven Years On. Aldershot, Dartmouth Publishing Company Ltd.

Chapters:

1.Cox B D & Whichelow M J. Sample structure, data collection and tracing procedures. pp.3-12.

2.Whichelow M J, Swain V J & Cox B D. Demographic changes. pp.13-32

3.Blaxter M & Prevost A T. Patterns of mortality. pp.33-46.

4.Swain V J. Changes in self-reported health. pp.49-72.

5.Cox B D. Trends in blood pressure and respiratory function. pp.73-102.

6.Cox B D. Changes in body measurements. pp.103-117.

7.Cox B D. Prescribed medications. pp.119-130.

8.Huppert F A & Whittington J E. Longitudinal changes in mental state and personality measures. pp.133-154.

9.Huppert F A & Whittington J E. Changes in cognitive function in a population sample. pp.153-172.

10.Whittington J E & Huppert F A. The impact of life events on well being. pp.172-194.

11.Whichelow M J. Changes in dietary habits. pp.197-220.

12.Whichelow M J & Cox B D. Alterations in smoking patterns. pp.221-236.

13.Whichelow M J. Trends in alcohol consumption. pp.235-255.

14.Cox B D & Whichelow M J. Changes in exercise and leisure activites. pp.258-277.

15.Swain V J. Social relationships and health. pp.282-302.

16.Swain V J. Changing views on health and ill-health. pp.302-323.

17.Blaxter M. Implications for health policy. pp.327-332.

Cox B.D.(1993): Changes in Respiratory Function and its association with Smoking Behaviour and Social Factors in the Health and Lifestyle Surveys. J.Epid.Comm.Health 47:395

Anderson J, Huppert F A & Rose G (1993). Normality, deviance and minor psychiatric morbidity in the community. Psychological Medicine 23: 475-485.

Huppert F A & Whittington J E (1993). Changes in cognitive function in a social context. Journal of Epidemiology and Community Health 47: 396.

Prevost A T & Blaxter M (1993). Indicators of mortality in Health and Lifestyle Survey respondents. Journal of Epidemiology and Community Health 47: 396.

Swain V J (1993). Seven year changes in self reported health association with social and demographic factors. Journal of Epidemiology and Community Health 47: 395.

Whittington J E & Huppert F A (1993). Life events in a population sample: associations with health, personality and social factors. Journal of Epidemiology and Community Health 47: 396.

Whichelow M J (1993). Influence of health promotion on eating habits in Health and Lifestyle Survey respondents between 1984/5 and 1991/2. Journal of Epidemiology and Community Health, 47:395.

1994

Cox B.D. & Whichelow M.J.(1994): A greater than expected increase in obesity in 7 years in a national sample of British adults. Int.J.Obesity 18:S2.53

Green S & Whichelow M J (1994). Longitudinal validity of the CAGE questionnaire. Addiction Research 2: 195-201.

1995

Green S J & Whichelow M J (1995). Alcoholic liver disease. Lancet 345: 651.

Huppert F A & Whittington J E (1995). Symptoms of psychological distress predict 7-year mortality. Psychological Medicine 25: 1073-1076.

1996

Cox B.D., Whichelow M.J. , Ashwell M.A., & Prevost A.T. (1996): Comparison of anthropometric indices as predictors of mortality in British adults. Int.J.Obesity 20:S4.141

Cox B.D, & Whichelow M.J. (1996): Ratio of waist circumference to height is better predictor of death than body mass index. Brit.Med.J. 313:1487

LeJeune M.A., Ashwell M.A., Cox B.D., & Whichelow M.J. (1996): Waist:height ratio is a simple anthropometric index which is closely associated with blood pressure in middle-aged British adults. Proc. Nutr. Soc. 55:230A .

Cox B.D., Whichelow M.J. , Ashwell M.A., & Prevost A.T. (1996): Anthropometric indices which include Waist are better than Body Mass Index as predictors of all-cause and cardio-vascular mortality. J.Epid.Comm.Health 50:592

Emery C F, Huppert F A & Schein R L (1996). Health and personality predictors of psychological functioning in a 7-year longitudinal study. Personality and Individual Differences 20: 567-573.

Emery C F, Huppert F A & Schein R L (1996). Do pulmonary function and smoking behaviour predict congnitive function ? Findings from a British sample. Psychology and Health 12: 265-275.

Whichelow M J & Prevost A T (1996). Changes over seven years in dietary patterns in the Health and Lifestyle Survey population. Proceedings of the Nutrition Society 55: 78A.

Whichelow M J & Prevost A T (1996). Dietary patterns and their association with demographic, lifestyle and health parameters in a random sample of British adults. British Journal of Nutrition 76: 17-30.

Whittington J E & Huppert F A (1996). Changes in the prevalence of psychiatric disorder in a community are related to changes in the mean level of psychiatric symptoms. Psychological Medicine 26: 1253-1260.

1997

Cox B.D., Whichelow M.J., Ashwell M.A., Prevost A.T., & Lejeune S.R.A (1997): Association of anthropometric indices with elevated blood pressure and frank hypertension in British adults. Int.J.Obesity 21:674-680

Cox B.D., Prevost A.T., & Whichelow M.J. (1997): Associations of smoking with prescribed medications, arthritis/rheumatism and back problems in the British Health and Lifestyle Survey Follow-up respondents. Europ. J. Public Health 7:311-317.

Whichelow M.J. & Cox B.D. (1997) Beer,Wine and Spirits and Cardiovascular Disease in British adults. J. Epid. Comm.Health 51: 585.

Prevost A.T., Whichelow M.J., & Cox B.D. (1997) Dietary changes: association with lifestyle, socio-demographic circumstances and health parameters. Proc. Nutr. Soc. 56:65A.

Cox B.D., Prevost A.T., & Whichelow M.J. (1997) Smoking and Alzheimer's disease. An alternative hypothesis. J. Epid. Comm.Health 51: 579.

Prevost A.T., Whichelow M.J., & Cox B.D. (1997) Longitudinal dietary changes between 1984/5 and 1991/2 in British adults: associations with socio-demographic, lifestyle and health factors. Br.J.Nutr. 78: 873-888

Cox B.D., & Whichelow M.J. (1997) Frequent consumption of red meat is not a risk factor for cancer. BMJ 315:1018.

Whittington J E & Huppert F A (1997). Smoking and cognitive decline. Human Psychopharmacology 12: 467-480.

Whittington J E & Huppert F A (1997). Neuroticism, psychiatric symptoms and life events. Personality and Individual Differences 24: 97-102.

Whittington J E & Huppert F A (1997). Creating invariant subscales of the GHQ-30. Social Science and Medicine 46: 1429-1440.

1998

Cox B.D., & Whichelow M.J. (1998) Seasonal fruit consumption in relation to the development of, or death from, cardiovascular disease. Proc. Nutr. Soc. 57:61A.

Cox B.D., Whichelow M.J., & Prevost A.T.(1998): The development cardiovascular disease in relation to anthropometric indices and hypertension in British adults. Int.J.Obesity 22: 966-973

1999

Cox B.D., & Whichelow M.J.(1999): Increasing obesity over 17 years (1980-1996) in English adults. Int.J.Obesity 23:S5.501

Cox B.D., & Whichelow M.J.(1999): Obesity trends in English adults from 1980 to 1996 - a present and post millennium problem. J. Epid. Comm.Health : 53: 656

2000

Cox B.D., Whichelow M.J., & Prevost A.T.(2000): Seasonal consumption of salad vegetables and fruit in relation to the development of cardiovascular disease and cancer.
J. Public Health Nutr. 3:19-29

OTHER REFERENCES/REPORTS BASED ON THE HALS DATA

1989

Gratton C & Tice A (1989). Sports Participation and Health. Leisure Studies 8: 77-92.

Graham, H. (1989) 'The changing patterns of women's smoking' Health Visitor, vol. 62, January.

1990

Carr-Hill R A, Maynard A & Slack R (1990). Morbidity variation and RAWP. Journal of Epidemiology and Community Health 44: 271-273.

Heyman B, Bell B, Kingham M R & Handyman E C (1990). Social Class and the prevalence of handicapping conditions. Disability, Handicap & Society
5: 167-184.

Humphreys K & Carr-Hill R (with assistance from G Hardman) (1990). Area variations in health outcomes: artefact or ecology? In: Lifestyle, health and health promotion. Cambridge, The Health Promotion Research Trust. pp 25-62.

Krause N, Liang J & Keith V (1990). Personality, social support and psychological distress in later life. Psychology and Aging 5: No. 2.

Swan A V & Papacosta 0 (1990). How much can health promotion achieve? In: Lifestyle, health and health promotion. Cambridge. Health Promotion Research Trust.

Thorogood M & Vessey M P (1990). Trends in use of oral contraceptives in Britain. British Journal of Family Planning, 16: 41-53.

1991

Cramer D (1991). Neuroticism, psychological distress and conjugal bereavement. Personality and Individual Differences 12: 1147-1149.

Cramer D (1991). Type A behaviour pattern, extraversion, neuroticism and psychological distress. British Journal of Medical Psychology 64: 73-83.

Cramer D (1991). Social support and psychological distress in British women and men: Interview and questionnaire measures of the Health and Lifestyle Survey. British Journal of Medical Psychology 64: 147-158.

Humphreys K & Carr-Hill R (1991). Area variations in health outcomes: artefact or ecology? International Journal of Epidemiology 20: 251-258.

Huppert F A & Weinstein Garcia A (1991). Qualitative difference in psychiatric symptoms between high risk groups assessed on a ,screening test (GHQ-30). Social Psychiatry and Psychiatric Epidemiology 26: 252-258.

Warburton D M, Revell A D & Thompson D H (1991) Smokers of the future. British Journal of Addiction 86: 621-625.

1992

Bartley M, Popay J & Plewis I (1992). Domestic conditions, paid employment and women's experience of ill-health. Sociology of Health and Illness 143:

Benzeval M, Judge K & Soloman M (1992). The health status of Londoners: a comparative perspective. London: King's Fund London. Initiative, Working Paper No. 1.

Mays N, Chinn S & Ho K M (1992). Inter-regional variations in measures of health from The Health and Lifestyle Survey and their relation with indicators of health care need in England. Journal of Epidemiology and Community Health, 44: 38-47.

Thompson D H & Warburton D M (1992). Lifestyle differences between smokers, ex-smokers and non-smokers, and implications for their health. Psychology and Health 7: 311-321.

Thornton A J & Lee P N (1992). Differences between active smokers, ex-smokers, those exposed to environmental tobacco smoke, and those not exposed to tobacco smoke. Submission to Indoor Air Quality and Total Human Exposure Committee, Science Advisory Board, U.S. EPA.

1993

Campanelli P, Gray R, Prescott-Clarke P & Deepchand K. (1993). Seven years on: impact of attrition on a follow up of the 1984/85 Health and Lifestyle Survey sample. Journal of Epidemiology and Community Health, 47:396.

Cramer D (1993). Personality, socioeconomic status and age disparity in marriage. Personality and Individual Differences. 15: 725-727 .

Cramer D (1993). Personality and marital dissolution. Personality and Individual Differences 14: 605-607.

Cramer D (1993). Living alone, marital status, gender and health. Journal of Community & Applied Social Psychology 3: 1-15.

Duncan C, Jones K & Moon G (1993). Blood pressure, age and gender.
In:G Woodhouse (ed) A guide to ML3 for new users: second edition. London, University of London, Institute of Education, pp 55-82.

Duncan C, Jones K & Moon G (1993). Do places matter? A multi-level analysis of regional variations in health-related behaviour in Britain. Social Science and Medicine 37: 725-733.

Jones A M (1993). Health, addiction, social interaction and the decision to quit smoking. Dept. of Econometrics & Soc. Stats, Univ. of Manchester.

Lee P N (1993). An assessment of the epidemiological evidence relating lung cancer risk in never smokers to environmental tobacco smoke exposure. In: Environmental Tobacco Smoking pp 28-70. New York, Springer-Verlag. Ed. Kasuga H.

Nickson J (1993). The Health and Lifestyle Surveys 1984/5 and 1991/2 - methodology and access to the data. Journal of Epidemiology and Community Health 47: 395.

Pill R, Peters T J & Robling M R (1993). Factors associated with health behaviour among mothers of lower socio-economic status: A British example. Social Science and Medicine 36: 1137-44.

Pill R, Peters T J & Robling M R (1993). How important is health behaviour to the health of mothers of lower socioeconomic status? Journal of Public Health Medicine 15: 77-82.

Thompson D H & Warburton D M (1993). Dietary and mental health differences between never-smokers living in smoking and non-smoking households.
Journal of Smoking-Related Diseases 4: 203-211.

1994

Croft P R & Rigby A S (1994). Socioeconomic influences on back problems in the community in Britain. Journal of Epidemiology and Community Health
48: 166-170.

Lee P N (1994). Environmental tobacco smoke and lung cancer: are the conclusions of the US EPA justified? In:Indoor Air Quality and Respiratory Disease. London, Indoor Air International Unit. pp.106-121.

Lee P N (1994). The need for caution in interpreting low level risks reported by epidemiologists. In: Preventionitis: the exaggerated claims of Health Promotion. Ed.J LeFanu. The Social Affairs Unit, pp 36-45.

Thornton A, Lee P & Fry J (1994). Differences between smokers, ex-smokers, passive smokers and non-smokers. Journal Clinical Epidemiology 47: 1143-1162.

Lee, P.N. (1994) 'An assessment of the epidemiological evidence relating lung cancer risk in never smokers to environmental tobacco smoke exposure' In H. Kasuga (ed.) Environmental tobacco smoke, Springer-Verlag.

1995

Emery C F, Huppert F A & Shein R L (1995). Relationships among age, exercise, health and cognitive function in a British sample.
The Gerontologist 35: 378-385.

Myers L (1995). Obesity and the Health and Lifestyle Surveys in 1984/85 and 1991/92: good or bad news for the Government? (report for MSc Medical Demography) London School of Hygiene and Tropical Medicine, University of London.

Pill R, Peters T J & Robling M R (1995). Social class and preventative health behaviour: A British example. Journal of Epidemiology and Community Health 49: 28-32.

1996

Gray R, Campanelli P, Deepchand K & Prescott-Clarke P (1996). Exploring survey non-response: the effect of attrition on a follow-up of the 1984-85 Health and Lifestyle Survey. The Statistician 45: 163-183.

Judge P. (1996) Inequalities in access to exercise and leisure activities among third agers, Tourism and Leisure Research Project paper, Centre for Tourism and Leisure Studies, Canterbury Christ Church College.

Grainge, M. (1996) Social support and personality: the Health and Lifestyle Survey, research paper, Department of Epidemiology and Public Health, University of Leicester.

King's Fund Policy Institute (1996) 'Education, economic prosperity and health' Society and Health 3, Summer, pp. 1-5.

1997

Krause, N. (1997 Received support, anticipated support, social class and mortality, research paper, School of Public Health and Institute of Gerontology, University of Michigan, USA.

1998

Tomlinson, M. (1998)Lifestyles and social class, CRIC Discussion Paper No. 9, Centre for Research on Innovation and Competition, University of Manchester.

Chandola T (1998). Social inequality in CHD: A comparison of occupational classification schemes. Social Science and Medicine 47: 525-535.

Tomlinson M (1998). Changes in taste in Britain, 1985-1992. British Food Journal 100: 295-301.

Tomlinson, M. and McMeekin, A. (1998) Does the 'social' have a role in the evolution of consumption, CRIC Discussion Paper No.14, Centre for Research on Innovation and Competition, University of Manchester.

Carey I.M., Strachan D.P. and Cook D.G. (1998) Effects of changes in fresh fruit consumption on ventilatory function in healthy British adults. American Journal of Respiratory Critical Care Medicine 158: 728-733.

1999

Carey I.M., Cook D.G. and Strachan D.P. (1999) The effects of environmental tobacco smoke exposure on lung function in a longitudinal study of British adults. Epidemiology 10: 319-326.

Cooper, H., Ginn, J. and Arber, S. (1999) Health-related behaviour and attitudes of older people : secondary analysis of national datasets, London: HEA.

Bellaby, P. and Bellaby, F. (1999) 'Unemployment and ill-health: local labour markets and ill health in Britain' Sociology, 13(3), pp.461-482.

Carey I.M., Cook D.G. and Strachan D.P. (1999) The effects of adiposity and weight change on forced expiratory volume decline in a longitudinal study of adults. International Journal of Obesity 23: 979-985.

2000

Grainge, M.J., Brugha, T.S. and Spiers, N. (2000) 'Social support, personality and depressive symptoms over 7 years: the Health and Lifestyle cohort' Social Psychiatry and Psychiatric Epidemiology, vol.35, pp.366-374.