

## TEDS Covid-19 Phase 1 Questionnaire, with coding

This document displays the questions, response categories, variable names and response value codes.

The questionnaire was administered exclusively via the web. The web layout and formatting of the questions and responses cannot be reproduced in this document. In this document, formatting decisions were generally made for the purpose of clear presentation of variable names, response codes and so on.

However, the actual wording of the questions and response options, and the ordering of the questions, is the same in this document as in the web version.

The web version displayed varying numbers of items on each screen, which do not correspond to the number of items per page in this document. Other differences between the web version and this version include introductory instructions (appearing at the start and after each section), the presence of a web progress bar to show the extent of completion, the initial consent form and information sheet, the message shown to participants at the end of the questionnaire, and so on.

In this document, questions are numbered within some sections, mainly for the purpose of improving readability. The same question numbers were generally not displayed on screen in the web version: questions were usually shown without numbering (with some exceptions).

This red font is used to present variable names and value codes as used in the analysis dataset.

This blue font is used to present variable names in the raw data file, and value codes in the raw data where these differ from the coding in the analysis dataset.

Where the same value coding was used both in the raw data file and the analysis dataset, this coding is shown only once, in the red font.

Many measures are tabulated and have consistent responses and response value coding for all items. In these cases the coding is for the entire section is often tabulated rather than repeating the coding for every single item.

By default, yes/no responses are coded 1=yes, 0=no both in the raw data and in the dataset. "Prefer not to answer" responses are coded 9 in the raw data, but are recoded to missing in the dataset. Other response sets are coded 1, 2, 3, etc (in the order shown) in the raw data, and this coding may have been retained in the dataset. If the responses are ordinal starting with "no"/"never"/"not at all", etc, then this response is recoded to 0 in the analysis dataset, following the usual TEDS coding convention.

In the web version, the questionnaire was divided into sections. Data were saved at the end of each section, if completed; if not completed, no data were saved from that section. This was explained to participants in the web instructions, and the end-of-section "save points" were clearly shown. In this document, each section is marked by a heading, and is labelled with the section number in the red font.

The web version included logical branching points, where the response to a question determined whether or not a set of follow-up questions should be answered (enabled). If not, the follow-up question(s) were disabled and did not appear on screen for the participant. At points where these branch points occurred, they are explained in this blue font. Where follow-up questions were skipped because of branching, their values are missing both in the raw data and in the analysis dataset.

## **BACKGROUND [section 1]**

### **1. How many people currently live in your home (excluding yourself)?**

*This should be the home that you are living in right now.*

	<b>ucv1back1</b>	<b>background__qspeople</b>
0	0	1
1	1	2
2	2	3
3	3	4
4	4	5
5	5	6
More than 5	6	7

### **2. Please specify your relationship to the people in your home.**

*Check all that apply.*

**All coded 1=yes (ticked/selected), 0=no (not ticked/selected)**

Partner/spouse <b>[*]</b>	<b>ucv1back2a</b>	<b>background__qsrelationships1</b>
Parent(s)	<b>ucv1back2b</b>	<b>background__qsrelationships2</b>
Grandparent(s)	<b>ucv1back2c</b>	<b>background__qsrelationships3</b>
Co-twin	<b>ucv1back2d</b>	<b>background__qsrelationships4</b>
Siblings (other than your co-twin)	<b>ucv1back2e</b>	<b>background__qsrelationships5</b>
Children	<b>ucv1back2f</b>	<b>background__qsrelationships6</b>
Other relatives	<b>ucv1back2g</b>	<b>background__qsrelationships7</b>
Unrelated person <b>[**]</b>	<b>ucv1back2h</b>	<b>background__qsrelationships8</b>

**[\*] Branch point:** if "Partner/spouse" selected, enable the six parts of question 5 in the Relationships section, otherwise disable.

**[\*\*] Branch point:** if "Unrelated person" selected, enable the next question (2b), otherwise disable it.

### **2b. Please specify your relationship to the unrelated person(s) in your home.**

*Check all that apply.*

**[see branch point above]**

**All coded 1=yes (ticked/selected), 0=no (not ticked/selected)**

Fellow students	<b>ucv1back2h1</b>	<b>background__qsrelOther1</b>
Colleagues	<b>ucv1back2h2</b>	<b>background__qsrelOther2</b>
Friends	<b>ucv1back2h3</b>	<b>background__qsrelOther3</b>
Other tenants	<b>ucv1back2h4</b>	<b>background__qsrelOther4</b>
Other, not listed above	<b>ucv1back2h5</b>	<b>background__qsrelOther5</b>

### **3. How many rooms (total) are in your home?**

	<b>ucv1back3</b>	<b>background__qsrooms</b>
1	1	
2	2	
3	3	
4-5	4	
6-9	5	
10 or more	6	

### **4. Do you have access to a private or communal garden?**

	<b>ucv1back4</b>	<b>background__qsgarden</b>
Yes	1	
No	0	

## COVID-19 HEALTH/EXPOSURE STATUS [section 2]

During the PAST MONTH...

### 1. ... have you been exposed to someone likely to have Coronavirus/COVID-19?

*Check all that apply.*

All coded 1=yes (ticked/selected), 0=no (not ticked/selected)

Yes, someone with positive test	ucv1health1a	health_pg1q11
Yes, someone with medical diagnosis, but no test	ucv1health1b	health_pg1q12
Yes, someone with possible symptoms, but no diagnosis by doctor	ucv1health1c	health_pg1q13
No		health_pg1q14

### 2. ... have you been suspected of having Coronavirus/COVID-19 infection?

	ucv1health2	health_pg1q2
Yes, have positive test	1	
Yes, medical diagnosis, but no test	2	
Yes, have had some possible symptoms, but no diagnosis by doctor	3	
No symptoms or signs	4	

### 3. ... have you had any of the following symptoms?

*Check all that apply.*

All coded 1=yes (ticked/selected), 0=no (not ticked/selected)

Fever	ucv1health3a	health_pg1q31
Cough	ucv1health3b	health_pg1q32
Shortness of breath	ucv1health3c	health_pg1q33
Sore throat	ucv1health3d	health_pg1q34
Fatigue	ucv1health3e	health_pg1q35
Loss of taste or smell	ucv1health3f	health_pg1q36
None of the above		health_pg1q37

### 4. ... has anyone in your family been diagnosed with (or tested positive for) Coronavirus/COVID-19?

*Check all that apply.*

All coded 1=yes (ticked/selected), 0=no (not ticked/selected)

Yes, member of household	ucv1health4a	health_pg1q41
Yes, non-household member	ucv1health4b	health_pg1q42
No		health_pg1q43

### 5. ... have any of the following happened to your family members because of Coronavirus/COVID-19?

*Check all that apply.*

All coded 1=yes (ticked/selected), 0=no (not ticked/selected)

Fallen ill physically	ucv1health5a	health_pg1q51
Hospitalised	ucv1health5b	health_pg1q52
Put into self-isolation with symptoms	ucv1health5c	health_pg1q53
Put into self-isolation without symptoms (e.g., due to possible exposure)	ucv1health5d	health_pg1q54
Lost job	ucv1health5e	health_pg1q55
Reduced ability to earn money	ucv1health5f	health_pg1q56
Passed away	ucv1health5g	health_pg1q57
None of the above		health_pg1q58

Note that 'none of the above' parts in items 1, 3, 4 and 5 are redundant and have been dropped from the dataset.

During the PAST MONTH, how worried have you been about...

.... being infected?

	ucv1worr1	health_pg2q6
Not at all	0	1
Slightly	1	2
Moderately	2	3
Very	3	4
Extremely	4	5

.... friends or family being infected?

	ucv1worr2	health_pg2q7
Not at all	0	1
Slightly	1	2
Moderately	2	3
Very	3	4
Extremely	4	5

.... your *physical health* being influenced by Coronavirus/COVID-19?

	ucv1worr3	health_pg2q8
Not at all	0	1
Slightly	1	2
Moderately	2	3
Very	3	4
Extremely	4	5

.... your *mental/emotional health* being influenced by Coronavirus/COVID-19?

	ucv1worr4	health_pg2q9
Not at all	0	1
Slightly	1	2
Moderately	2	3
Very	3	4
Extremely	4	5

How much are you reading, or talking about Coronavirus/COVID-19?

	ucv1worr5	health_pg3q10
Never	0	1
Rarely	1	2
Occasionally	2	3
Often	3	4
Most of the time	4	5

Has the Coronavirus/COVID-19 crisis in your area led to any positive changes in your life?

	ucv1worr6	health_pg3q11
None	0	1
Only a few [*]	1	2
Some [*]	2	3

[\*] Branch point: if "only a few" or "some", enable the next question, otherwise disable it.

Please specify. [see branch point above]

Optional. Maximum 100 characters

Free text response: health\_pg3q11b.

For the dataset, this has been coded into 15 binary numeric category variables, as outlined in the table below. Each variable is coded 1=yes 0=no. Detailed definitions of the coding categories are given in a separate document. The categories can overlap and need not be exclusive, for example "hiking" would be coded both for physical health and for more time outdoors.

Variable	Category of positive change	Brief definition/examples (full definitions are documented elsewhere)
ucvlworr6wrk	Work change	Any type of benefit related to work
ucvlworr6uni	University change	Includes benefits to education or studies generally, not just at university
ucvlworr6fin	Financial benefits	Reduced spending, more saving, etc
ucvlworr6lif	Major life change	Any significant type of life event
ucvlworr6phy	Physical health	Improved exercise, diet, etc
ucvlworr6out	More time outdoors	Includes hobbies/exercise if outdoors
ucvlworr6mnh	Mood/mental health	Reduced anxiety/stress, positive mood, etc
ucvlworr6int	Introspection	More time to reflect, appreciation, etc
ucvlworr6slf	Time to self	Less busy, more time to relax, etc
ucvlworr6hob	Interests and hobbies	Any new or increased pastimes including learning for leisure
ucvlworr6rel	Interpersonal relationships	More time with family, friends, housemates, at home or online
ucvlworr6vcm	Increased virtual communication	Increases in various forms of online interaction
ucvlworr6lcr	Less crowded	Includes transport and noise changes
ucvlworr6cns	Covid-related conscientiousness	Mention of lifestyle changes that reduce or prevent infection
ucvlworr6com	Community benefits	Volunteering, improvements in community life, environmental benefits, etc

[section 3: "changes"]

**1. Are you in full-time or part-time education?**

ucvledul      changes\_\_pg1q1

Yes [\*]      1

No            0

[\*] Branch point: if "yes", enable the next question (2), otherwise disable questions 2, 3 and 4 and skip to employment questions.

[see branch point in question 1]

**2. Has your college/university building been closed?**

ucv1edu2      changes\_\_pg1q2

Yes [\*\*]      1

No [\*\*]       0

[\*\*] Branch point: if "no", enable question 3 (a, b) but disable question 4 (a-c); if "yes", disable question 3 but enable question 4.

[see branch point in question 2]

**3a. Are classes in session?**

changes\_\_pg1q3a

Yes            1

No             0

**3b. Are you attending classes in person?**

changes\_\_pg1q3b

Yes            1

No             0

[these two variables have been suppressed in the dataset due to lack of variability: there were very few responses (after the 'no' branch in Q2) and those who responded nearly all answered 'yes' in 3a and 'no' in 3b.]

[see branch point in question 2]

**4a. Have classes resumed online?**

	ucv1edu4a	changes__pg1q4a
Yes	1	
No, scheduled classes have not resumed online	2	
No, the term has finished	3	

**4b. Do you have easy access to the internet and a computer?**

[suppressed in dataset due to lack of variability: hardly any twins responded 'no']

		changes__pg1q4b
Yes		1
No		0

**4c. Are there assignments for you to complete?**

	ucv1edu4c	changes__pg1q4c
Yes	1	
No	0	

**5. Are you in full-time or part-time employment?**

	ucv1emp1	changes__pg2q5
Yes [*]	1	
No	0	

[\*] Branch point: if "yes", enable the next question (6), otherwise disable questions 6-9 and skip to the next set of questions.

[see branch point in question 5]

**6. Has your workplace closed?**

	ucv1emp2	changes__pg2q6
Yes [**]	1	
No [**]	0	

[\*\*] Branch point: if "no", enable question 7 but disable questions 8 and 9; if "yes", disable question 7 but enable question 8.

[see branch point in question 6]

**7. How stressful has it been for you to commute?**

	ucv1emp3	changes__pg2q7
Not at all	0	1
Slightly	1	2
Moderately	2	3
Very	3	4
Extremely	4	5
Not applicable	[missing]	6

[see branch point in question 6]

**8. Have you been able to work from home?**

	ucv1emp4	changes__pg2q8
Yes [***]	1	
No	0	

[\*\*\*] Branch point: if "yes", enable question 9; If "no", disable question 9 and skip to the next section.

[see branch point in question 8]

**9. How stressful has it been for you to work from home?**

	ucv1emp5	changes__pg2q9
Not at all	0	1
Slightly	1	2
Moderately	2	3
Very	3	4
Extremely	4	5

During the PAST MONTH...

10 ... how many people, from outside of your household, have you had an in-person conversation with?

	ucv11fst01	changes__pg3q10
0	0	1
1	1	2
2	2	3
3-4	3	4
5-6	4	5
7-10	5	6
More than 10	6	7

11. ... how much time have you spent going outside of the home (e.g., going to shops, parks, etc.)?

	ucv11fst02	changes__pg3q11
Not at all	0	1
1-2 days per week	1	2
A few days per week	2	3
Several days per week	3	4
Every day	4	5
Several times per day	5	6

12. ... how stressful have the restrictions on leaving home been for you?

	ucv11fst03	changes__pg3q12
Not at all	0	1
Slightly	1	2
Moderately	2	3
Very	3	4
Extremely	4	5

13. ... have your in-person contacts with people outside of your home changed relative to *before* the Coronavirus/COVID-19 crisis in your area?

	ucv11fst04	changes__pg3q13
A lot less	1	
A little less	2	
About the same	3	
A little more	4	
A lot more	5	

14. ... have your online contacts with people outside of your home changed relative to before the Coronavirus/COVID-19 crisis in your area?

	ucv11fst05	changes__pg3q14
A lot less	1	
A little less	2	
About the same	3	
A little more	4	
A lot more	5	

15. ... how much difficulty have you had following the recommendations for keeping away from close contact with people?

	ucv11fst06	changes__pg4q15
None	0	1
A little	1	2
Moderate	2	3
A lot	3	4
A great amount	4	5

16. ... has the quality of the relationships between you and members of your family changed?

	ucv11fst07	changes__pg4q16
A lot worse	1	
A little worse	2	
About the same	3	
A little better	4	
A lot better	5	

17. ... how stressful have these changes in family contacts been for you?

	ucv11fst08	changes__pg4q17
Not at all	0	1
Slightly	1	2
Moderately	2	3
Very	3	4
Extremely	4	5

18. ... has the quality of your relationships with your friends changed?

	ucv11fst09	changes__pg4q18
A lot worse	1	
A little worse	2	
About the same	3	
A little better	4	
A lot better	5	

19. ... how stressful have these changes in social contacts been for you?

	ucv11fst10	changes__pg4q19
Not at all	0	1
Slightly	1	2
Moderately	2	3
Very	3	4
Extremely	4	5

20. ... how much has cancellation of important events (such as graduation, birthday celebrations, holiday, etc.) in your life been difficult for you?

	ucv11fst11	changes__pg5q20
Not at all	0	1
Slightly	1	2
Moderately	2	3
Very	3	4
Extremely	4	5

21. ... to what degree have changes related to the Coronavirus/COVID-19 crisis in your area created financial problems for you or your family?

	ucv11fst12	changes__pg5q21
Not at all	0	1
Slightly	1	2
Moderately	2	3
Very	3	4
Extremely	4	5

22. ... to what degree have you been concerned about the stability of your living situation?

	ucv11fst13	changes__pg5q22
Not at all	0	1
Slightly	1	2
Moderately	2	3
Very	3	4
Extremely	4	5



23. ... did you worry whether your food would run out because of a lack of money?

	<code>ucv11fst14</code>	<code>changes__pg5q23</code>
Yes	1	
No	0	

24. ...how hopeful are you that the Coronavirus/COVID-19 crisis in your area will end soon?

	<code>ucv11fst15</code>	<code>changes__pg5q24</code>
Not at all	0	1
Slightly	1	2
Moderately	2	3
Very	3	4
Extremely	4	5

25. During the **THREE MONTHS PRIOR** to the onset of the Coronavirus/COVID-19 crisis in your area, how many hours per night did you sleep on average?

	<code>ucv11fst16</code>	<code>changes__pg5q25</code>
<6 hours	1	
6-8 hours	2	
8-10 hours	3	
>10 hours	4	

26. During the last month, how many hours per night have you been sleeping on average?

	<code>ucv11fst17</code>	<code>changes__pg5q26</code>
<6 hours	1	
6-8 hours	2	
8-10 hours	3	
>10 hours	4	

## RELATIONSHIPS [section 4]

The next set of questions are about your parent-figures. Please note that they do not have to be biologically related to you (for example they could be step-parents).

[screening question: not included in dataset]

1. Please select the option below that best applies to you.

	<code>relationships__pg1q1</code>
Both my parent-figures are alive [*]	1
Only my mother-figure is alive [*]	2
Only my father-figure is alive [*]	3
Neither of my parents are alive [*]	4
Prefer not to say [*]	9

[\*] Branch point:

If "both my parent-figures are alive": enable both question 2 and question 3;

If "only my mother-figure is alive": enable question 2, disable question 3;

If "only my father-figure is alive": disable question 2, enable question 3;

If "neither or my parents are alive" or "prefer not to say": disable both questions 2 and 3 and skip to the next set of questions.

[see branch point in question 1]

2. The following questions are about your mother or mother-figure.

2a. Are you currently living with your mother-figure during lockdown?

	<b>ucv1conm1</b>	<b>relationships_pg1q2a</b>
Yes	1	
No <b>[**]</b>	0	

**[\*\*]** Branch point: if "no", enable question 2b;

If "yes", disable 2b and skip to next enabled question (depending also on response in question 1)

[see branch point in question 2a]

2b. During the last month, about how often have you communicated with your mother (in person, by phone, email, Skype, etc.)?

	<b>ucv1conm2</b>	<b>relationships_pg1q2b</b>
Prefer not to say	<b>[missing]</b>	9
Every day	5	1
More than once a week	4	2
About once a week	3	3
Several times	2	4
About once	1	5
Not at all	0	6

[see branch point in question 1]

3. The following questions are about your father or father-figure.

3a. Are you currently living with your father-figure during lockdown?

	<b>ucv1conf1</b>	<b>relationships_pg1q3a</b>
Yes	1	
No <b>[**]</b>	0	

**[\*\*]** Branch point: if "no", enable question 3b;

If "yes", disable 3b and skip to next section

[see branch point in question 3a]

3b. During the last month, about how often have you communicated with your rather (in person, by phone, email, Skype, etc.)?

	<b>ucv1conf2</b>	<b>relationships_pg1q3b</b>
Prefer not to say	<b>[missing]</b>	9
Every day	5	1
More than once a week	4	2
About once a week	3	3
Several times	2	4
About once	1	5
Not at all	0	6

4. How much do you agree with the following statements?

- a. I am happy with my love life **ucv1rela1 Relationships\_pg2q4a**
- b. I have the level of intimacy in my life that I want **ucv1rela2 relationships\_pg2q4b**
- c. I feel loved **ucv1rela3 relationships\_pg2q4c**

Responses and coding in all three items above:

Prefer not to say	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
9	1	2	3	4	5
<b>[missing]</b>	1	2	3	4	5

[See branch point in Background question 2 above: the six parts of question 5 are only enabled if the respondent stated they were living with a partner/spouse]

5. During the last month, to what extent do you agree that the following statements describe your experiences with your current partner/spouse?

- |  |           |                      |
|--|-----------|----------------------|
| a. Your partner got very jealous or tried to control your life   | ucv1parv1 | relationships_pg3q5a |
| b. Your partner tried to keep you away from your family or friends   | ucv1parv2 | relationships_pg3q5b |
| c. Your partner sometimes said insulting things or threatened you  | ucv1parv3 | relationships_pg3q5c |
| d. You were afraid to disagree with your partner because you thought they might hurt you or other family members | ucv1parv4 | relationships_pg3q5d |
| e. Your partner pushed, hit, kicked, or otherwise physically hurt you  | ucv1parv5 | relationships_pg3q5e |
| f. Your partner made you feel scared or frightened   | ucv1parv6 | relationships_pg3q5f |

Responses and coding in all six items above:

Prefer not to say	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
9	1	2	3	4	5
[missing]	1	2	3	4	5

If you are affected by any of the issues raised in this section you may wish to contact the Women's Aid 24hr national helpline on 0808 2000 247 or visit their website: [www.womensaid.org.uk](http://www.womensaid.org.uk); or alternatively the Men's Advice Line on 0808 801 0327 or visit their website: [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)

6. How often during the last month has someone (excluding family and partner) done these things to you?

- |  |            |                      |
|--|------------|----------------------|
| a. Punched me  | ucv1vict01 | relationships_pg4q6a |
| b. Called me names   | ucv1vict02 | relationships_pg4q6b |
| c. Sent me nasty texts   | ucv1vict03 | relationships_pg4q6c |
| d. Kicked me   | ucv1vict04 | relationships_pg4q6d |
| e. Made fun of me because of my appearance   | ucv1vict05 | relationships_pg4q6e |
| f. Said something mean about me on social media (e.g., Facebook, Instagram)                          | ucv1vict06 | relationships_pg4q6f |
| g. Hurt me physically in some way  | ucv1vict07 | relationships_pg4q6g |
| h. Made fun of me for some reason  | ucv1vict08 | relationships_pg4q6h |
| i. Written spiteful things about me in a chat room   | ucv1vict09 | relationships_pg4q6i |
| j. Beaten me up  | ucv1vict10 | relationships_pg4q6j |
| k. Sworn at me   | ucv1vict11 | relationships_pg4q6k |
| l. Written nasty things to me using instant messenger (e.g., Facebook Messenger, Whatsapp, Snapchat) | ucv1vict12 | relationships_pg4q6l |

Responses and coding in all twelve items above:

Prefer not to say	Not at all	Once	More than once
9	1	2	3
[missing]	0	1	2

For information on bullying, the National Bullying Helpline can be reached on 0845 22 55 787 or 07734 701221.

Questions 7 to 11 below were included in the questionnaire for admin purposes, namely for CoTEDS recruitment. Most of these questions are therefore omitted from the dataset.

7. How many children do you have?

[responses are very rare in the later categories, so recoded to 3="3 or more"]

	ucv1child	relationships_pg5q7
0 [*]	0	1
1	1	2
2	2	3
3	3	4
4	3	5
5 or more	3	6
Prefer not to answer [*]	[missing]	9

[\*] Branch point: if "0" or "prefer not to say", disable questions 8 and 9, Otherwise enable questions 8 and 9.

[see branch point in question 7]

8. Do your children (or child) live with you?

[not included in the dataset]

	relationships_pg5q8
Yes, all the time	1
Yes, some of the time	2
No	3
Not the same answer for all my children	4
Prefer not to answer	9

[see branch point in question 7]

9. Are you the biological parent of your children (or child)?

[not included in the dataset]

	relationships_pg5q9
Yes [**]	1
No	2
Not the same answer for all my children [**]	3
Prefer not to answer	9

[\*\*] Branch point: if "yes" or "not the same for all my children", enable question 11; otherwise, disable question 11 subject to the additional branch point in question 10.

10. Are you or your partner currently pregnant?

	ucv1preg	relationships_pg5q10
Yes [***]	1	1
No	0	0
Prefer not to answer	[missing]	9

[\*\*\*] Branch point: if "yes", enable question 11;

Otherwise, see branch point above in question 9.

[see branch points above in questions 9 and 10]

11. TEDS have a new study called Children of TEDS (CoTEDS). The aim of CoTEDS is to collect data on TEDS twins' children as they grow up. Would you like any of your children (or child) to be involved?

We will contact you separately if you are interested, unless you are already part of CoTEDS.

[not included in the dataset]

	relationships_pg5q11
Yes, I am interested	1
Yes, I am already involved in CoTEDS	2
Not at the moment	3
No, I am not interested	4

## THOUGHTS AND ATTITUDES [section 5]

How important are the following for you?

- |  |                           |                                    |
|--|---------------------------|------------------------------------|
| 1. How important is it for you to have a close relationship?               | <a href="#">ucv1goal1</a> | <a href="#">thoughts_pg1goals1</a> |
| 2. How important is it for you to exert influence?                         | <a href="#">ucv1goal2</a> | <a href="#">thoughts_pg1goals2</a> |
| 3. How important is it for you to have an active social life?              | <a href="#">ucv1goal3</a> | <a href="#">thoughts_pg1goals3</a> |
| 4. How important is it for you to give love and affection?                 | <a href="#">ucv1goal4</a> | <a href="#">thoughts_pg1goals4</a> |
| 5. How important is it for you to have trusting relationships with others? | <a href="#">ucv1goal5</a> | <a href="#">thoughts_pg1goals5</a> |
| 6. How important is it for you to continuously improve yourself?           | <a href="#">ucv1goal6</a> | <a href="#">thoughts_pg1goals6</a> |
| 7. How important is it for you to receive recognition?                     | <a href="#">ucv1goal7</a> | <a href="#">thoughts_pg1goals7</a> |
| 8. How important is it for you to receive love and affection?              | <a href="#">ucv1goal8</a> | <a href="#">thoughts_pg1goals8</a> |
| 9. How important is it for you to reach a prestigious position?            | <a href="#">ucv1goal9</a> | <a href="#">thoughts_pg1goals9</a> |

Responses and coding in all nine items above:

Prefer not to say	Not important	Slightly important	Somewhat important	Important	Very important
9	1	2	3	4	5
<a href="#">[missing]</a>	0	1	2	3	4

Please rate where you fall on a scale of 1 to 5 on the following descriptions of your thoughts and attitudes.

[\[presented in web version using a horizontal 5-point slider rather than using numbers\]](#)

1. I feel my personal existence is... <a href="#">thoughts_pg2pi11</a> <a href="#">ucv1pi11</a>	Utterly meaningless, without purpose	1 2 3 4 5	Purposeful and meaningful
2. In achieving life goals I've... <a href="#">thoughts_pg2pi12</a> <a href="#">ucv1pi12</a>	Made no progress whatsoever	1 2 3 4 5	Progressed to complete fulfilment
3. As I view the world in relation to my life, the world... <a href="#">thoughts_pg2pi13</a> <a href="#">ucv1pi13</a>	Completely confuses me	1 2 3 4 5	Fits meaningfully with my life
4. If I should die today, I'd feel that my life has been... <a href="#">thoughts_pg2pi14</a> <a href="#">ucv1pi14</a>	Completely worthless	1 2 3 4 5	Very worthwhile
5. I have discovered... <a href="#">thoughts_pg2pi15</a> <a href="#">ucv1pi15</a>	No mission or purpose in life	1 2 3 4 5	A satisfying life purpose

Please rate how strongly you agree or disagree with the following statement about health care.  
It is important that health care be provided for everyone...

	<b>ucv1bsag</b>	<b>thoughts__pg3healthcare</b>
Strongly disagree	<b>1</b>	
Disagree	<b>2</b>	
Neither disagree nor agree	<b>3</b>	
Agree	<b>4</b>	
Strongly agree	<b>5</b>	

How strongly do you agree or disagree with the following statements about your neighbourhood?

I enjoy living in my neighbourhood	<b>ucv1comm1</b>	<b>thoughts__pg4nb1</b>
I would prefer to move to a different area if I could	<b>ucv1comm2</b>	<b>thoughts__pg4nb2</b>
I feel a sense of belonging in my neighbourhood	<b>ucv1comm3</b>	<b>thoughts__pg4nb3</b>
I feel like an outsider in my neighbourhood	<b>ucv1comm4</b>	<b>thoughts__pg4nb4</b>
I feel safe in my neighbourhood	<b>ucv1comm5</b>	<b>thoughts__pg4nb5</b>

**Responses and coding in all five items above (same coding in raw data):**

Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

Please state how strongly you agree or disagree with the following statement about your finances.  
Money is there to be spent

	<b>ucv1mona</b>	<b>thoughts__pg5moneyAttitude</b>
Strongly disagree	<b>1</b>	
Disagree	<b>2</b>	
Neither disagree nor agree	<b>3</b>	
Agree	<b>4</b>	
Strongly agree	<b>5</b>	

In the last month...

You lost your job or got into serious financial problems

	<b>ucv1lfev</b>	<b>thoughts__pg6moneyProblems</b>
Prefer not to say	<b>[missing]</b>	<b>9</b>
No, did not happen	<b>0</b>	<b>1</b>
Yes, but didn't affect me at all	<b>1</b>	<b>2</b>
Yes, mildly affected me	<b>2</b>	<b>3</b>
Yes, moderately affected me	<b>3</b>	<b>4</b>
Yes, affected me a lot	<b>4</b>	<b>5</b>

How much do you agree with the following statement about your fun and recreation?

Leisure time is important to my quality of life

	<b>ucv1leis</b>	<b>thoughts__pg7leisure</b>
Strongly disagree	<b>1</b>	
Disagree	<b>2</b>	
Neither disagree nor agree	<b>3</b>	
Agree	<b>4</b>	
Strongly agree	<b>5</b>	

## **SUBSTANCE USE** [section 6]

These questions are about drinking **alcohol** in the **last month**.

**1. In the last month**, how often have you had a drink containing alcohol (this includes beer, wine, alcopops, cider, and spirit drinks like vodka)?

	<b>ucv1alco1</b>	<b>substanceuse__pg1q1</b>
Prefer not to say [*]	<b>[missing]</b>	<b>9</b>
Never [*]	<b>0</b>	<b>1</b>
Once	<b>1</b>	<b>2</b>
2-4 times	<b>2</b>	<b>3</b>
2-3 times per week	<b>3</b>	<b>4</b>
4 or more times per week	<b>4</b>	<b>5</b>

[\*] Branch point: if "prefer not to say", disable questions 2 and 3;  
If "never", disable question 2 but enable question 3;  
Otherwise enable questions 2 and 3.

[see branch point above in question 1]

**2. In the last month**, on a typical day when you were drinking how many of the following did you drink?

Standard glass of wine	<b>substanceuse__pg1q2a</b>
Pint of lager/beer/cider	<b>substanceuse__pg1q2b</b>
Alcopop	<b>substanceuse__pg1q2c</b>
Single shot of spirit	<b>substanceuse__pg1q2d</b>

**ucv1alco2: total number of alcohol units consumed.**

**When summing the four raw responses to calculate the total units, it has been assumed that a standard measure of wine of beer is 2 units, while a standard measure of alcopop or spirit is 1 unit.**

<b>Response categories</b>	<b>Assumed no. units for wine and beer</b>	<b>Assumed no. units for alcopop and spirit</b>	<b>Raw response codes</b>
Prefer not to say			<b>9</b>
0	<b>0</b>	<b>0</b>	<b>1</b>
1-2	<b>3</b>	<b>1.5</b>	<b>2</b>
3-5	<b>8</b>	<b>4</b>	<b>3</b>
6-10	<b>16</b>	<b>8</b>	<b>4</b>
11-15	<b>26</b>	<b>13</b>	<b>5</b>
16-20	<b>36</b>	<b>18</b>	<b>6</b>
21-25	<b>46</b>	<b>23</b>	<b>7</b>
26 or more	<b>60</b>	<b>30</b>	<b>8</b>

[see branch point above in question 1]

**3. In the last month**, how much alcohol have you been drinking compared to a typical month?

	<b>ucv1alco3</b>	<b>substanceuse__pg1q3</b>
Prefer not to say	<b>[missing]</b>	<b>9</b>
A lot less	<b>1</b>	<b>1</b>
A little less	<b>2</b>	<b>2</b>
About the same	<b>3</b>	<b>3</b>
A little more	<b>4</b>	<b>4</b>
A lot more	<b>5</b>	<b>5</b>

For confidential advice and information about drinking, **Drinkline** runs a free helpline. Their number is: 0300 123 1110 (weekdays 9am-8pm, weekends 11am-4pm).

These questions are about **smoking**.

4. Have you ever smoked a cigarette (including roll-ups)?

	ucv1smok1	substanceuse__pg2q4
Prefer not to say	[missing]	9
Yes [*]	1	1
No	0	0

[\*] Branch point: if "yes", enable question 5,  
Otherwise disable questions 5 and 6 and skip to question 7.

[see branch point above in question 4]

5. During the past month, have you smoked?

	ucv1smok2	substanceuse__pg2q5
Prefer not to say	[missing]	9
Yes [**]	1	1
No	0	0

[\*\*] Branch point: if "yes", enable question 6;  
Otherwise disable question 6 and skip to question 7.

[see branch point above in question 5]

6. In the last month, on a typical day how many cigarettes a day did you smoke?

	ucv1smok3	substanceuse__pg2q6
Prefer not to say	[missing]	9
10 or less	1	1
11-20	2	2
21-30	3	3
31 or more	3	4

[responses are very rare in the last category,  
so recoded to 3="21 or more"]

7. Have you ever vaped/used an electronic cigarette (also known as e-cigarettes or e-cigs)?

	ucv1smok4	substanceuse__pg2q7
Prefer not to say	[missing]	9
Yes [*]	1	1
No	0	0

[\*] Branch point: if "yes", enable question 8,  
Otherwise disable questions 8 and 9 and skip to question 10.

[see branch point above in question 7]

8. During the past month, have you vaped/used an electronic cigarette?

	ucv1smok5	substanceuse__pg2q8
Prefer not to say	[missing]	9
Yes [**]	1	1
No	0	0

[\*\*] Branch point: if "yes", enable question 9;  
Otherwise disable question 9 and skip to question 10.

[see branch point above in question 8]

9. In the last month, how often have you used electronic cigarettes?

	ucv1smok6	substanceuse__pg2q9
Prefer not to say	[missing]	9
Less than once a week	1	1
At least once a week	2	2
At least once a day	3	3
Every few hours	4	4

For confidential advice and information on smoking, including giving up smoking, **Smokefree National Helpline** can be reached on 0300 123 1044 (weekdays 9am-8pm, weekends 11am-4pm).



These questions are about **cannabis**. Please remember that your answers to all these questions are confidential.

10. Have you ever tried cannabis (also called marijuana, hash, dope, pot, blow, skunk, puff, grass, draw, marijuana, spliff, joint, smoke, weed)?

	ucv1cann1	substanceuse__pg3q10
Prefer not to say	[missing]	9
Yes [*]	1	1
No	0	0

[\*] Branch point: if "yes", enable question 11,  
Otherwise disable questions 11 and 12 and skip to the next section.

[see branch point above in question 10]

11. During the past month, have you smoked cannabis?

	ucv1cann2	substanceuse__pg3q11
Prefer not to say	[missing]	9
Yes [**]	1	1
No	0	0

[\*\*] Branch point: if "yes", enable question 12;  
Otherwise disable question 12 and skip to the next question.

[see branch point above in question 11]

12. When you have smoked cannabis, on a typical day during the last month, how many joints/spliffs/pipes or bongs did you have?

	ucv1cann3	substanceuse__pg3q12
Prefer not to say	[missing]	9
1	1	1
2-3	2	2
4-5	3	3
6-10	4	4
More than 10	4	5

[responses are very rare in the last two categories,  
So both recoded to 4="6 or more"]

## **WELLBEING** [section 7]

These questions are about the **last month**.

In the **last month**...

I've tried to be nice to other people. I've cared about their feelings

**ucv1sdqpro1** [wellbeing\\_pg1sdq1](#)

I've been restless, I've not been able to stay still for long

**ucv1sdqhyp1** [wellbeing\\_pg1sdq2](#)

I've had a lot of headaches, stomach-aches or sickness

**ucv1sdqemo1** [wellbeing\\_pg1sdq3](#)

I have usually shared with others

**ucv1sdqpro2** [wellbeing\\_pg1sdq4](#)

I've been very angry and often lost my temper

**ucv1sdqcon1** [wellbeing\\_pg1sdq5](#)

I have usually been on my own. I have generally kept to myself

**ucv1sdqper1** [wellbeing\\_pg1sdq6](#)

I've usually done as I am told

**ucv1sdqcon2** [wellbeing\\_pg1sdq7](#)

I've worried a lot

**ucv1sdqemo2** [wellbeing\\_pg1sdq8](#)

I've been helpful if someone was hurt, upset or feeling ill

**ucv1sdqpro3** [wellbeing\\_pg1sdq9](#)

I have constantly been fidgeting or squirming

**ucv1sdqhyp2** [wellbeing\\_pg2sdq10](#)

I've had one good friend or more

**ucv1sdqper2** [wellbeing\\_pg2sdq11](#)

I've fought a lot

**ucv1sdqcon3** [wellbeing\\_pg2sdq12](#)

I have often been unhappy, down-hearted or tearful

**ucv1sdqemo3** [wellbeing\\_pg2sdq13](#)

Other people my age have generally liked me

**ucv1sdqper3** [wellbeing\\_pg2sdq14](#)

I've been easily distracted, I've found it difficult to concentrate

**ucv1sdqhyp3** [wellbeing\\_pg2sdq15](#)

I've been nervous in new situations. I've easily lost confidence

**ucv1sdqemo4** [wellbeing\\_pg2sdq16](#)

I've been kind to others

**ucv1sdqpro4** [wellbeing\\_pg2sdq17](#)

I've often been accused of lying or cheating

**ucv1sdqcon4** [wellbeing\\_pg3sdq18](#)

Other people have picked on me or bullied me

**ucv1sdqper4** [wellbeing\\_pg3sdq19](#)

I've often volunteered to help others

**ucv1sdqpro5** [wellbeing\\_pg3sdq20](#)

I've thought before I've done things

**ucv1sdqhyp4** [wellbeing\\_pg3sdq21](#)

I've taken things that are not mine

**ucv1sdqcon5** [wellbeing\\_pg3sdq22](#)

I have got on better with older adults than with people my own age

**ucv1sdqper5** [wellbeing\\_pg3sdq23](#)

I've had many fears, I've been easily scared

**ucv1sdqemo5** [wellbeing\\_pg3sdq24](#)

I've finished the work I have been doing. My attention has been good

**ucv1sdqhyp5** [wellbeing\\_pg3sdq25](#)

**Responses and coding in all twenty-five items above:**

Not true	Quite true	Very true
<b>0</b>	<b>1</b>	<b>2</b>
<b>1</b>	<b>2</b>	<b>3</b>

These questions are about the **past 7 days**.

In the **past 7 days**...

I have felt moments of sudden terror, fear, or fright	ucv1ganx01	wellbeing_pg4anx1
I have felt anxious, worried, or nervous	ucv1ganx02	wellbeing_pg4anx2
I have had thoughts of bad things happening, such as family tragedy, ill health, loss of a job, or accidents	ucv1ganx03	wellbeing_pg4anx3
I have felt a racing heart, sweaty, trouble breathing, faint, or shaky	ucv1ganx04	wellbeing_pg4anx4
I have felt tense muscles, felt on edge or restless, or had trouble relaxing or trouble sleeping	ucv1ganx05	wellbeing_pg4anx5
I have avoided, or did not approach or enter situations about which I worry	ucv1ganx06	wellbeing_pg4anx6
I have left situations early or participated only minimally due to worries	ucv1ganx07	wellbeing_pg4anx7
I have spent a lot of time making decisions, putting off making decisions, or preparing for situations, due to worries	ucv1ganx08	wellbeing_pg4anx8
I have sought reassurance from others due to worries	ucv1ganx09	wellbeing_pg4anx9
I have needed help to cope with anxiety (e.g., alcohol or medications, superstitious objects)	ucv1ganx10	wellbeing_pg4anx10

**Responses and coding in all ten items above:**

Never	Occasionally	Half of the time	Most of the time	All of the time
0	1	2	3	4
1	2	3	4	5

Please rate how true the following statements have been about you **in the past two weeks**.

In the **past two weeks**...

I felt miserable or unhappy	ucv1mfq1	wellbeing_pg5mfq1
I felt so tired I just sat around and did nothing	ucv1mfq2	wellbeing_pg5mfq2
I was very restless	ucv1mfq3	wellbeing_pg5mfq3
I cried a lot	ucv1mfq4	wellbeing_pg5mfq4
I found it hard to think properly or concentrate	ucv1mfq5	wellbeing_pg5mfq5
I hated myself	ucv1mfq6	wellbeing_pg5mfq6
I felt lonely	ucv1mfq7	wellbeing_pg5mfq7
I thought I could never be as good as other people	ucv1mfq8	wellbeing_pg5mfq8

**Responses and coding in all eight items above:**

Not true	Quite true	Very true
0	1	2
1	2	3

If you are affected by any of the issues raised in the questions above, you may wish to contact the mental health charity **Mind** on 0300 123 3393 or visit their website: [www.mind.org.uk](http://www.mind.org.uk).

The following question is about hurting yourself on purpose, also sometimes referred to as deliberate self-harm. We know this is a sensitive subject, but it is important to ask about it now, as it is not uncommon. By finding out about self-harm we can try to find ways of helping people.

**In the past month**, have you hurt yourself on purpose in any way (e.g. by taking an overdose of pills, or by cutting yourself)?

	ucv1slfh	wellbeing_pg6selfharm
Prefer not to say	[missing]	9
No	0	1
Yes, once or twice	1	2
Yes, 3-5 times	2	3
Yes, 6-10 times	3	4
Yes, more than 10 times	3	5

[responses are very rare in the last two categories,  
So both recoded to 3="6 or more times"]

If you would like to talk to a trained professional about any of the issues raised with this question, you can call the **Samaritans** for free on 116 123 (24 hours a day, 365 days a year) from any phone.

## PHYSICAL ACTIVITY [section 8]

During the **last month**, how many minutes on **average per week** have you done the following:

Strenuous exercise (heart beats rapidly – including running/jogging)	<b>ucv1actv1</b>	<b>activity__pg1phy1</b>
Moderate exercise (including walking fast, dancing, vigorous yoga)	<b>ucv1actv2</b>	<b>activity__pg1phy2</b>
Mild exercise (minimal effort - light yoga, stretches)	<b>ucv1actv3</b>	<b>activity__pg1phy3</b>

**Responses and coding in all three items above (same coding in raw data):**

0-15 mins	16-60 mins	61-120 mins (1-2 hours)	121-180 mins (2-3 hours)	181+ mins (3+ hours)
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

## **ONLINE BEHAVIOUR**

During the **last month**, how often have you...

Played online games by yourself, with other people in the same room, or with other people online?	<b>ucv1medu1</b>	<b>activity__pg2onl1</b>
Checked your social media account (such as Facebook, Instagram, Twitter, etc)?	<b>ucv1medu2</b>	<b>activity__pg2onl2</b>
Posted status updates or photos?	<b>ucv1medu3</b>	<b>activity__pg2onl3</b>
Attended online social gatherings or meetings?	<b>ucv1medu4</b>	<b>activity__pg2onl4</b>

**Responses and coding in all four items above:**

Never	Once this month	Several times this month	Several times a week	Several times a day	Several times an hour
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>

## **VOLUNTEERING**

During the **last month**...

How often have you given unpaid help to a charity, group, or organisation (outside of your main employment)?	<b>ucv1voln1</b>	<b>activity__pg3vol1</b>
How often have you given unpaid help to other people (e.g. a friend, neighbour or someone else but <b>not</b> a relative)?	<b>ucv1voln2</b>	<b>activity__pg3vol2</b>
How often have you given unpaid help to a <b>relative</b> ?	<b>ucv1voln3</b>	<b>activity__pg3vol3</b>

**Responses and coding in all three items above:**

Never	Once or twice	3 to 6 times	7 to 12 times	13 times or more
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>