

## TEDS Covid-19 Phase 3 Questionnaire, with coding

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

This questionnaire is very similar to the Covid-19 Phase 2 questionnaire but has a small number of important differences: a few items were removed, a few were added, and a few were modified in their structure. This document contains notes identifying added items and modified items, and mentioning removed items.

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 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]

[Question 1 was not included in phase 1 but was added in phase 2]

### 1. Where are you currently located?

	ucv3backuk	background_qlslocation
UK [*]	1	1
Outside the UK	0	2

[Question 1b, asking for a postcode, not in phase 1 but added in phase 2, is omitted here in phase 3]

[In the following questions 2-5, the variable names are numbered 1-4 to match the names of equivalent variables in phase 1 and phase 2]

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

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

	ucv3back1	background_qlspeople
0	0	1
1	1	2
2	2	3
3	3	4
4	4	5
5	5	6
More than 5	6	7

### 3. 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 [*]	ucv3back2a	background_qlsrelationships1
Parent(s)	ucv3back2b	background_qlsrelationships2
Grandparent(s)	ucv3back2c	background_qlsrelationships3
Co-twin	ucv3back2d	background_qlsrelationships4
Siblings (other than your co-twin)	ucv3back2e	background_qlsrelationships5
Children	ucv3back2f	background_qlsrelationships6
Other relatives	ucv3back2g	background_qlsrelationships7
Unrelated person [**]	ucv3back2h	background_qlsrelationships8

[\*] Branch point: if "Partner/spouse" selected, enable the six parts of question 2 in the Relationships section, otherwise disable.

[\*\*] Branch point: if "Unrelated person" selected, enable the next question (3b), otherwise disable it.

### 3b. 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	ucv3back2h1	background_qlsrelOther1
Colleagues	ucv3back2h2	background_qlsrelOther2
Friends	ucv3back2h3	background_qlsrelOther3
Other tenants	ucv3back2h4	background_qlsrelOther4
Other, not listed above	ucv3back2h5	background_qlsrelOther5

4. How many rooms (total) are in your home?

	ucv3back3	background__qsrooms
1	1	
2	2	
3	3	
4-5	4	
6-9	5	
10 or more	6	

5. Do you have access to a private or communal garden?

	ucv3back4	background__qsgarden
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	ucv3health1a	health_pg1q11
Yes, someone with medical diagnosis, but no test	ucv3health1b	health_pg1q12
Yes, someone with possible symptoms, but no diagnosis by doctor	ucv3health1c	health_pg1q13
No, not to my knowledge		health_pg1q14

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

	ucv3health2	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	

[Question 2b was new in phase 2 and retained in phase 3, but not included in phase 1]  
[\*] Branch point: if "Yes, have positive test" selected, enable the next question (2b), otherwise disable.

#### 2b. Please specify the type of test(s) used to determine your positive COVID-19 status.

[see branch point above]

Recoded into two binary dataset variables (virus and antibody)

	ucv3health2bv	ucv3health2ba	health_pg1q2b
Virus test (swab)	1	0	1
Antibody test (blood)	0	1	2
Both virus (swab) and antibody (blood) tests	1	1	3

[Question 3 was changed from phase 1 to phase 2: severity responses replaced simply yes/no responses, the "Eye infection" symptom was added, and the "None of the above" part was removed. The phase 3 version is identical to the phase 2 version.]

### 3 ... have you had any of the following symptoms, and if so please indicate their severity:

Fever	ucv3health3a	health_pg1q3a
Cough	ucv3health3b	health_pg1q3b
Shortness of breath	ucv3health3c	health_pg1q3c
Sore throat	ucv3health3d	health_pg1q3d
Fatigue	ucv3health3e	health_pg1q3e
Loss of taste or smell	ucv3health3f	health_pg1q3f
Eye infection	ucv3health3g	health_pg1q3g

Responses and coding in all seven items 3a-3g above:

No	Yes, slightly	Yes, moderately	Yes, very	Yes, extremely
1	2	3	4	5
0	1	2	3	4

### 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	ucv3health4a	health_pg1q41
Yes, non-household member	ucv3health4b	health_pg1q42
No		health_pg1q43

[In question 5, there was one change from phase 1 to phase 2: the "Furloughed from job" item was added. The dataset variable for this new item is numbered 5h, while 5a-g keep the same numbering for the same items as used in phase 1. The phase 3 version is identical to the phase 2 version.]

**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	ucv3health5a	health_pg1q51
Hospitalised	ucv3health5b	health_pg1q52
Put into self-isolation with symptoms	ucv3health5c	health_pg1q53
Put into self-isolation without symptoms (e.g., due to possible exposure)	ucv3health5d	health_pg1q54
Lost job	ucv3health5e	health_pg1q55
Furloughed from job	ucv3health5h	health_pg1q56
Reduced ability to earn money	ucv3health5f	health_pg1q57
Passed away	ucv3health5g	health_pg1q58
None of the above		health_pg1q59

Note that 'no' or 'none of the above' parts in questions 1, 4 and 5 above are redundant and have been dropped from the dataset.

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

**.... being infected?**

	ucv3worr1	health_pg2q6
Not at all	0	1
Slightly	1	2
Moderately	2	3
Very	3	4
Extremely	4	5

**.... friends or family being infected?**

	ucv3worr2	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?**

	ucv3worr3	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?**

	ucv3worr4	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?**

	<b>ucv3worr5</b>	<b>health_pg3q10</b>
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?**

	<b>ucv3worr6</b>	<b>health_pg3q11</b>
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\_pg3q11bmax100.**

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)
ucv3worr6wrk	Work change	Any type of benefit related to work
ucv3worr6uni	University change	Includes benefits to education or studies generally, not just at university
ucv3worr6fin	Financial benefits	Reduced spending, more saving, etc
ucv3worr6lif	Major life change	Any significant type of life event
ucv3worr6phy	Physical health	Improved exercise, diet, etc
ucv3worr6out	More time outdoors	Includes hobbies/exercise if outdoors
ucv3worr6mnh	Mood/mental health	Reduced anxiety/stress, positive mood, etc
ucv3worr6int	Introspection	More time to reflect, appreciation, etc
ucv3worr6slf	Time to self	Less busy, more time to relax, etc
ucv3worr6hob	Interests and hobbies	Any new or increased pastimes including learning for leisure
ucv3worr6rel	Interpersonal relationships	More time with family, friends, housemates, at home or online
ucv3worr6vcm	Increased virtual communication	Increases in various forms of online interaction
ucv3worr6lcr	Less crowded	Includes transport and noise changes
ucv3worr6cns	Covid-related conscientiousness	Mention of lifestyle changes that reduce or prevent infection
ucv3worr6com	Community benefits	Volunteering, improvements in community life, environmental benefits, etc

## LIFE CHANGES DUE TO CORONAVIRUS/COVID-19 CRISIS IN THE LAST MONTH

[section 3]

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

	ucv3edu1	changes__pg1q1
Yes [*]	1	
No	0	

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

[Note: significant changes in the following education questions have been made from earlier phases. Question 2 below replaces the longer, multi-part questions 2, 3 and 4 that were in phases 1 and 2 (about college closure, attending classes in person, and attending classes online). Phase 2 question 5, about exams, has been dropped for phase 3. Question 3 below (about stress) is similar to question 6 that was introduced in phase 2, but with changes in wording.]

[see branch point in question 1]

[Variable is numbered 3 to match similar variables in phases 1 and 2]

### 2. How are you now attending classes?

	ucv3edu3	changes__pg1q2
I am attending all my classes in person	1	
I am attending some classes in person and some online	2	
I am attending all my classes online	3	

[see branch point in question 1]

[Variable is numbered 6 to match the equivalent variable in phase 2]

### 3. Since the start of this term, how stressful have changes in college/university been?

	ucv3edu6	changes__pg1q3
Not applicable: my situation has not changed	[missing]	1
Not at all	0	2
Slightly	1	3
Moderately	2	4
Very	3	5
Extremely	4	6

[Note: questions 4 to 10 below, about employment, are similar to those in phase 2 but with changes in wording. The response options have been changed in question 4 but are unchanged in questions 5 to 10. The numbering of questions below, for phase 3, matches the numbering of the equivalent questions in phase 2. The employment questions in phase 1 were significantly different and are documented elsewhere.]

**4. Which statement best describes your job situation now, in comparison with your job situation during lockdown?**

[Note: in phase 2, question 4 was similar but compared the job situation at the start of the crisis, and had different response options.]

ucv3emp1a changes\_\_pg2q4

- [\*] I have continued working at the same job 1
- [\*] I was furloughed but have now resumed work 2
- [\*] I have a new job 3
- I am still on furlough 4
- I have lost my job and am unemployed 5
- I was and remain unemployed 6

[\*] Branch point: if employed (response number 1, 2 or 3), enable questions 6 and 7 below; otherwise disable questions 6-10 and skip to the next set of questions after answering question 5.

[Note: questions 5 to 10 are largely unchanged from phase 2 except that the wording in phase 3 now refers to the time since the end of lockdown.]

**5. How stressful have you found changes in your job situation since the end of lockdown?**

ucv3emp1b changes\_\_pg2q5

- Not applicable: my situation has not changed [missing] 1
- Not at all stressful 0 2
- Slightly stressful 1 3
- Moderately stressful 2 4
- Very stressful 3 5
- Extremely stressful 4 6

[see branch point in question 4]

**6. In your current work, are you considered a key (critical) worker\*?**

ucv3emp1c changes\_\_pg2q6

- Yes 1
- No 0

\*A key worker is someone whose work is critical to the COVID-19 response and includes those who work in key sectors, such as:

- Health and social care
- Education and childcare
- Key public services
- Local and national government
- Food and other necessary goods
- Public safety and national security
- Transport
- Utilities, communication and financial services
- Other work that is critical to the COVID-19 response

[see branch point in question 4 above]

**7. Have you been going to your workplace since lockdown ended?**

ucv3emp2 changes\_\_pg2q7

- Yes [\*\*] 1
- No [\*\*] 0

[\*\*] Branch point: if "yes", enable question 8 but disable questions 9 and 10; if "no", disable question 8 but enable question 9.

[see branch point in question 7]

**8. How stressful has it been for you to commute since the end of lockdown?**

ucv3emp3 changes\_\_pg2q8



Not at all	0	1
Slightly	1	2
Moderately	2	3
Very	3	4
Extremely	4	5
Not applicable (I am not commuting)	[missing]	6

[see branch point in question 7]

9. Have you been able to work from home since the end of lockdown?

	ucv3emp4	changes__pg2q9
Yes [***]	1	
No	0	

[\*\*\*] Branch point: if "yes", enable question 10;  
If "no", disable question 10 and skip to the next section.

[see branch point in question 9]

10. How stressful has it been for you to work from home since the end of lockdown?

	ucv3emp5	changes__pg2q10
Not at all	0	1
Slightly	1	2
Moderately	2	3
Very	3	4
Extremely	4	5

**During the PAST MONTH...**

[Note: the questions in this section are unchanged from phase 2, except that:

- The visible numbering, in the web presentation, has changed (now shown as 11-28)
- Question 13 has an added response option

The variables are numbered 01 to 17 as for the equivalent variables in phases 1 and 2.]

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

	ucv31fst01	changes__pg3q11
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

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

	ucv31fst02	changes__pg3q12
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

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

[Note: the "not applicable" response was not present in phases 1 and 2, and was added for phase 3]

	ucv31fst03	changes__pg3q13
Not applicable: I have not been restricted from leaving the home	[missing]	1
Not at all	0	2
Slightly	1	3
Moderately	2	4
Very	3	5
Extremely	4	6

[Note: question 14 below was added in phase 2 and is retained in phase 3, but was not included in phase 1. The variable is therefore numbered 03a, so the following unchanged items 04-15 have the same variable numbering as in phase 1.]

**14. ...how many times have you NOT followed the government lockdown recommendations?**

	ucv31fst03a	changes__pg3q14
Daily	5	1
Several times per week	4	2
Once a week	3	3
Once a fortnight	2	4
Once a month	1	5
Never	0	6

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

	ucv31fst04	changes__pg3q15
A lot less	1	
A little less	2	
About the same	3	
A little more	4	
A lot more	5	

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

	ucv31fst05	changes__pg3q16
A lot less	1	
A little less	2	
About the same	3	
A little more	4	
A lot more	5	

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

	ucv31fst06	changes__pg4q17
None	0	1
A little	1	2
Moderate	2	3
A lot	3	4
A great amount	4	5

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

	ucv31fst07	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 family contacts been for you?

	ucv31fst08	changes__pg4q19
Not at all	0	1
Slightly	1	2
Moderately	2	3
Very	3	4
Extremely	4	5

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

	ucv31fst09	changes__pg4q20
A lot worse	1	
A little worse	2	
About the same	3	
A little better	4	
A lot better	5	

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

	ucv31fst10	changes__pg4q21
Not at all	0	1
Slightly	1	2
Moderately	2	3
Very	3	4
Extremely	4	5

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

	ucv31fst11	changes__pg5q22
Not at all	0	1
Slightly	1	2
Moderately	2	3
Very	3	4
Extremely	4	5

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

	ucv31fst12	changes__pg5q23
Not at all	0	1
Slightly	1	2
Moderately	2	3
Very	3	4
Extremely	4	5

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

	ucv31fst13	changes__pg5q24
Not at all	0	1
Slightly	1	2
Moderately	2	3
Very	3	4
Extremely	4	5

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

	ucv31fst14	changes__pg5q25
Yes	1	
No	0	

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

	ucv31fst15	changes__pg5q26
Not at all	0	1
Slightly	1	2
Moderately	2	3
Very	3	4
Extremely	4	5

[Note: a question from phase 1 was dropped here, but the following item 27 was retained in phase 2 and phase 3. The variable item numbering (17) has therefore been retained so it has the same numbering as the same question in phase 1.]

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

	ucv31fst17	changes__pg6q27
<6 hours	1	
6-8 hours	2	
8-10 hours	3	
>10 hours	4	

**28. If you wish to explain or give context to any of the answers that you provided in your answers to the questions so far, please do so here.**

*Optional. Maximum 100 characters.*

Free text response: changes\_\_pg6q28max100.

[Not in dataset]

Some of the questions included in the following sections are of a sensitive nature which may cause distress. For sensitive questions, we have included a 'prefer not to answer' option, and links to relevant sources of help are included.

**RELATIONSHIPS** [section 4]

**1. How much do you agree with the following statements?**

- a. I am happy with my love life ucv3rela1 [relationships\\_\\_pg1q1a](#)
- b. I have the level of intimacy in my life that I want ucv3rela2 [relationships\\_\\_pg1q1b](#)
- c. I feel loved ucv3rela3 [relationships\\_\\_pg1q1c](#)

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
[missing]	1	2	3	4	5

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

**2. 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 ucv3parv1 [relationships\\_\\_pg2q2a](#)
- b. Your partner tried to keep you away from your family or friends ucv3parv2 [relationships\\_\\_pg2q2b](#)
- c. Your partner sometimes said insulting things or threatened you ucv3parv3 [relationships\\_\\_pg2q2c](#)
- d. You were afraid to disagree with your partner because you thought they might hurt you or other family members ucv3parv4 [relationships\\_\\_pg2q2d](#)
- e. Your partner pushed, hit, kicked, or otherwise physically hurt you ucv3parv5 [relationships\\_\\_pg2q2e](#)
- f. Your partner made you feel scared or frightened ucv3parv6 [relationships\\_\\_pg2q2f](#)

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.mensadvice.org.uk](http://www.mensadvice.org.uk)

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

- |  |                   |                                      |
|--|-------------------|--------------------------------------|
| a. Punched me  | <b>ucv3vict01</b> | <a href="#">relationships_pg3q3a</a> |
| b. Called me names   | <b>ucv3vict02</b> | <a href="#">relationships_pg3q3b</a> |
| c. Sent me nasty texts   | <b>ucv3vict03</b> | <a href="#">relationships_pg3q3c</a> |
| d. Kicked me   | <b>ucv3vict04</b> | <a href="#">relationships_pg3q3d</a> |
| e. Made fun of me because of my appearance   | <b>ucv3vict05</b> | <a href="#">relationships_pg3q3e</a> |
| f. Said something mean about me on social media (e.g., Facebook, Instagram)                          | <b>ucv3vict06</b> | <a href="#">relationships_pg3q3f</a> |
| g. Hurt me physically in some way  | <b>ucv3vict07</b> | <a href="#">relationships_pg3q3g</a> |
| h. Made fun of me for some reason  | <b>ucv3vict08</b> | <a href="#">relationships_pg3q3h</a> |
| i. Written spiteful things about me in a chat room   | <b>ucv3vict09</b> | <a href="#">relationships_pg3q3i</a> |
| j. Beaten me up  | <b>ucv3vict10</b> | <a href="#">relationships_pg3q3j</a> |
| k. Sworn at me   | <b>ucv3vict11</b> | <a href="#">relationships_pg3q3k</a> |
| l. Written nasty things to me using instant messenger (e.g., Facebook Messenger, Whatsapp, Snapchat) | <b>ucv3vict12</b> | <a href="#">relationships_pg3q3l</a> |

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

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

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

### **THOUGHTS AND ATTITUDES** [section 5]

How important are the following for you?

- |  |                  |                                    |
|--|------------------|------------------------------------|
| 1. How important is it for you to have a close relationship?               | <b>ucv3goal1</b> | <a href="#">thoughts_pg1goals1</a> |
| 2. How important is it for you to exert influence?                         | <b>ucv3goal2</b> | <a href="#">thoughts_pg1goals2</a> |
| 3. How important is it for you to have an active social life?              | <b>ucv3goal3</b> | <a href="#">thoughts_pg1goals3</a> |
| 4. How important is it for you to give love and affection?                 | <b>ucv3goal4</b> | <a href="#">thoughts_pg1goals4</a> |
| 5. How important is it for you to have trusting relationships with others? | <b>ucv3goal5</b> | <a href="#">thoughts_pg1goals5</a> |
| 6. How important is it for you to continuously improve yourself?           | <b>ucv3goal6</b> | <a href="#">thoughts_pg1goals6</a> |
| 7. How important is it for you to receive recognition?                     | <b>ucv3goal7</b> | <a href="#">thoughts_pg1goals7</a> |
| 8. How important is it for you to receive love and affection?              | <b>ucv3goal8</b> | <a href="#">thoughts_pg1goals8</a> |
| 9. How important is it for you to reach a prestigious position?            | <b>ucv3goal9</b> | <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
<b>9</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>[missing]</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

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="#">ucv3pi11</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="#">ucv3pi12</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="#">ucv3pi13</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="#">ucv3pi14</a>	Completely worthless	1 2 3 4 5	Very worthwhile
5. I have discovered... <a href="#">thoughts_pg2pi15</a> <a href="#">ucv3pi15</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...**

- [ucv3bsag](#)      [thoughts\\_pg3healthcare](#)
- Strongly disagree      1
  - Disagree      2
  - Neither disagree nor agree      3
  - Agree      4
  - Strongly agree      5

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

- I enjoy living in my neighbourhood      [ucv3comm1](#)      [thoughts\\_pg4nb1](#)
- I would prefer to move to a different area if I could      [ucv3comm2](#)      [thoughts\\_pg4nb2](#)
- I feel a sense of belonging in my neighbourhood      [ucv3comm3](#)      [thoughts\\_pg4nb3](#)
- I feel like an outsider in my neighbourhood      [ucv3comm4](#)      [thoughts\\_pg4nb4](#)
- I feel safe in my neighbourhood      [ucv3comm5](#)      [thoughts\\_pg4nb5](#)

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

- Strongly disagree      Disagree      Neither agree nor disagree      Agree      Strongly agree
- 1                                  2                                  3                                  4                                  5

Please state how strongly you agree or disagree with the following statement about your finances.

**Money is there to be spent**

	ucv3mona	thoughts__pg5moneyAttitude
Strongly disagree	1	
Disagree	2	
Neither disagree nor agree	3	
Agree	4	
Strongly agree	5	

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

**Leisure time is important to my quality of life**

	ucv3leis	thoughts__pg6leisure
Strongly disagree	1	
Disagree	2	
Neither disagree nor agree	3	
Agree	4	
Strongly agree	5	



## **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)?

	ucv3alco1	substanceuse__pg1q1
Prefer not to say [*]	[missing]	9
Never [*]	0	1
Once	1	2
2-4 times	2	3
2-3 times per week	3	4
4 or more times per week	4	5

[\*] 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	substanceuse__pg1q2a
Pint of lager/beer/cider	substanceuse__pg1q2b
Alcopop	substanceuse__pg1q2c
Single shot of spirit	substanceuse__pg1q2d

ucv3alco2: 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.

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

[see branch point above in question 1]

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

	ucv3alco3	substanceuse__pg1q3
Prefer not to say	[missing]	9
A lot less	1	1
A little less	2	2
About the same	3	3
A little more	4	4
A lot more	5	5

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)?

	ucv3smok1	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?

	ucv3smok2	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?

	ucv3smok3	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)?

	ucv3smok4	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?

	ucv3smok5	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?

	ucv3smok6	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)?

	ucv3cann1	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?

	ucv3cann2	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?

	ucv3cann3	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

**ucv3sdqpro1** [wellbeing\\_pg1sdq1](#)

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

**ucv3sdqhyp1** [wellbeing\\_pg1sdq2](#)

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

**ucv3sdqemo1** [wellbeing\\_pg1sdq3](#)

I have usually shared with others

**ucv3sdqpro2** [wellbeing\\_pg1sdq4](#)

I've been very angry and often lost my temper

**ucv3sdqcon1** [wellbeing\\_pg1sdq5](#)

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

**ucv3sdqper1** [wellbeing\\_pg1sdq6](#)

I've usually done as I am told

**ucv3sdqcon2** [wellbeing\\_pg1sdq7](#)

I've worried a lot

**ucv3sdqemo2** [wellbeing\\_pg1sdq8](#)

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

**ucv3sdqpro3** [wellbeing\\_pg1sdq9](#)

I have constantly been fidgeting or squirming

**ucv3sdqhyp2** [wellbeing\\_pg2sdq10](#)

I've had one good friend or more

**ucv3sdqper2** [wellbeing\\_pg2sdq11](#)

I've fought a lot

**ucv3sdqcon3** [wellbeing\\_pg2sdq12](#)

I have often been unhappy, down-hearted or tearful

**ucv3sdqemo3** [wellbeing\\_pg2sdq13](#)

Other people my age have generally liked me

**ucv3sdqper3** [wellbeing\\_pg2sdq14](#)

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

**ucv3sdqhyp3** [wellbeing\\_pg2sdq15](#)

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

**ucv3sdqemo4** [wellbeing\\_pg2sdq16](#)

I've been kind to others

**ucv3sdqpro4** [wellbeing\\_pg2sdq17](#)

I've often been accused of lying or cheating

**ucv3sdqcon4** [wellbeing\\_pg3sdq18](#)

Other people have picked on me or bullied me

**ucv3sdqper4** [wellbeing\\_pg3sdq19](#)

I've often volunteered to help others

**ucv3sdqpro5** [wellbeing\\_pg3sdq20](#)

I've thought before I've done things

**ucv3sdqhyp4** [wellbeing\\_pg3sdq21](#)

I've taken things that are not mine

**ucv3sdqcon5** [wellbeing\\_pg3sdq22](#)

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

**ucv3sdqper5** [wellbeing\\_pg3sdq23](#)

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

**ucv3sdqemo5** [wellbeing\\_pg3sdq24](#)

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

**ucv3sdqhyp5** [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	ucv3ganx01	wellbeing_pg4anx1
I have felt anxious, worried, or nervous	ucv3ganx02	wellbeing_pg4anx2
I have had thoughts of bad things happening, such as family tragedy, ill health, loss of a job, or accidents	ucv3ganx03	wellbeing_pg4anx3
I have felt a racing heart, sweaty, trouble breathing, faint, or shaky	ucv3ganx04	wellbeing_pg4anx4
I have felt tense muscles, felt on edge or restless, or had trouble relaxing or trouble sleeping	ucv3ganx05	wellbeing_pg4anx5
I have avoided, or did not approach or enter situations about which I worry	ucv3ganx06	wellbeing_pg4anx6
I have left situations early or participated only minimally due to worries	ucv3ganx07	wellbeing_pg4anx7
I have spent a lot of time making decisions, putting off making decisions, or preparing for situations, due to worries	ucv3ganx08	wellbeing_pg4anx8
I have sought reassurance from others due to worries	ucv3ganx09	wellbeing_pg4anx9
I have needed help to cope with anxiety (e.g., alcohol or medications, superstitious objects)	ucv3ganx10	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	ucv3mfq1	wellbeing_pg5mfq1
I felt so tired I just sat around and did nothing	ucv3mfq2	wellbeing_pg5mfq2
I was very restless	ucv3mfq3	wellbeing_pg5mfq3
I cried a lot	ucv3mfq4	wellbeing_pg5mfq4
I found it hard to think properly or concentrate	ucv3mfq5	wellbeing_pg5mfq5
I hated myself	ucv3mfq6	wellbeing_pg5mfq6
I felt lonely	ucv3mfq7	wellbeing_pg5mfq7
I thought I could never be as good as other people	ucv3mfq8	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)?

	ucv3slfh	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>ucv3actv1</b>	<b>activity_pg1phy1</b>
Moderate exercise (including walking fast, dancing, vigorous yoga)	<b>ucv3actv2</b>	<b>activity_pg1phy2</b>
Mild exercise (minimal effort - light yoga, stretches)	<b>ucv3actv3</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>ucv3medu1</b>	<b>activity_pg2onl1</b>
Checked your social media account (such as Facebook, Instagram, Twitter, etc)?	<b>ucv3medu2</b>	<b>activity_pg2onl2</b>
Posted status updates or photos?	<b>ucv3medu3</b>	<b>activity_pg2onl3</b>
Attended online social gatherings or meetings?	<b>ucv3medu4</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>ucv3voln1</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>ucv3voln2</b>	<b>activity_pg3vol2</b>
How often have you given unpaid help to a <b>relative</b> ?	<b>ucv3voln3</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>