

## TEDS30 Questionnaire Coding

This document describes the variables and category coding as used in the TEDS30 raw data (from Qualtrics) and in the analysis dataset.

It is adapted from a document exported from the Qualtrics system for the final version of the TEDS30 questionnaire, as administered to the TEDS twins.

Text shown in this black font including the following:

- The wording of each question, as used in the Qualtrics questionnaire
- In category questions, the wording of all response options, as used in the Qualtrics questionnaire
- Heading, introductory text, and footers, as used in the Qualtrics questionnaire (although some of these are omitted if felt to be irrelevant for documentation of the variables)

For the purposes of this document, the presentation of the questions has been changed in many respects. For example, most category questions have been placed into tables for convenient presentation of the coding; tick boxes are not shown; page breaks have been removed; fonts and other formatting have been changed.

### Raw data

Text shown in this monospaced blue font indicate aspects of the raw data as exported from Qualtrics, including the following:

- Question names defined within Qualtrics, for example **identity\_gender** (in bold type). Although these names are not used in the raw data file, they have been retained in this document because they are used for the branching descriptions, and because the names themselves are descriptive. Most such names begin with a prefix denoting the block ('identity' in this example); this prefix may in some cases be followed by a second prefix denoting the section within the block, and in some cases the name may end with an item number.
- Variable names in the cleaned raw data file (also in bold type), beginning with "QID" and followed by a number. These are the names used in the first row of the raw data file. They were automatically assigned by Qualtrics, where they are referred to as "internal IDs". Note that these names do not generally follow a numeric sequence, because the ordering of measures and items was changed many times during the drafting of the questionnaire in Qualtrics.
- Value coding for category data in the raw data file (in bold type). For convenience, these numeric codes are usually shown in tabular form.
- Text boxes used for non-categorical data entry, shown as [text box .. ]. Text data have been coded into numeric categories as indicated in this document. After coding, the raw text responses have not been retained in the cleaned raw data.
- Block delimiters: "Start of Block" and "End of Block" followed by the block name. A block in Qualtrics is simply an organisational section within a questionnaire; in this questionnaire, each block is generally used to hold a single measure or a related set of questions.
- Branching instructions: "Display this question If .." or "Skip to .. If ..".
- Embedded data: "{\$ .. }", used to personalise the questionnaire in some of the initial questions.
- Timer elements: "[blockname]\_timer Timing". Timers were added to blocks that contain QC questions, but not to other blocks. A timer provides 4 raw variables (first\_click, last\_click, page\_submit, click\_count). Of these, only the 'page submit' variable has been retained in the raw data, as it is useful when screening for rapid responders in QC processing.
- Explanatory comments about the raw data.
- Headers and footers: these are sometimes used in Qualtrics to identify a section of text added before or after questions.

Note that a bold typeface is used to highlight variable names and value codes, while other raw data annotations are in normal, not bold, typeface.

### The dataset

Text shown in this monospaced red font are used to give details of dataset variables:

- Variable names, all prefixed with "z mw" (z=age 26+, mw=MHW study) followed by a measure prefix, followed by further letters and numbers identifying the variable. As with the raw data variable names, these may be shown either before the relevant question, or within a table for sets of similar questions.
- Value coding for categorical variables in the dataset. For convenience, the value codes are usually shown in tabular form. These value codes are often changed from those used in the raw data, but they are displayed whether changed or not.
- Explanatory comments. Such comments may be used to explain differences in coding between the raw data and the dataset.

In the raw data, many variables had "don't know", "prefer not to answer" and/or "none of the above" responses; these are routinely recoded to missing in the dataset, hence dataset value codes are not shown for such responses. Before such recoding, a "none of the above" response is used to ensure that relevant preceding items are coded to "no" responses.

From timer elements, only the raw page\_submit variable is retained (renamed) in the dataset; this variable holds a measurement of the time spent on the Qualtrics page before it was submitted by the participant. For measures spread over several pages, a time element was added for each page, and the times were summed into a single dataset variable rather than being retained as separate variables.

Every QC item variable is named with the "qc" suffix and is not numbered. This sometimes results in a change of item numbering from the raw data to the dataset variable names. Each QC item has been recoded into a simpler error-flag variable, coded 1=error 0=correct according whether it was answered correctly.

More generally, especially in long measures with many items, arbitrary changes in item numbering have often been made for the convenience of the dataset. (Note that in the raw data, especially in long measures, the item numbering is itself often arbitrary and sometimes non-consecutive.)

Some category variables had very rare, negligible, or even zero responses in some categories. Where appropriate, these have been recoded as shown in this document, to reduce identifiability and to remove statistically meaningless categories. In most such cases, the recoding has been done by grouping similar categories together.

Where raw text data were collected, the text have been coded into numeric categories in the cleaned raw data, and the original text responses have not been retained. Any such coding is explained in this document. In some cases, the text responses could be coded into existing category responses in nearby items (including 'other' categories); in other cases, where there were significant numbers of responses that formed a new category, the coding has created new category variables that were not in the original raw data.

As in all TEDS datasets, the twin variables are double entered. After double entry, a suffix of "1" (for the twin) or "2" (for the cotwin) is added to the variable name, but these suffixes are not shown in this document.

Start of Block: Consent

Q1

TEDS RESEARCH CENTRE Dept. Box No. P083 Freepost RTSS-XCUX-CHTR London SE5 8AF Freephone: 0800 317 029 Email: teds-project@kcl.ac.uk

**Consent form for participants in research project**

Welcome \${e://Field/RecipientFirstName}!

[embedded data showing the participant's forename]

Please complete this form after you have read the Information Sheet [link to TEDS30 Information Sheet] about the research. If you have any further questions, please contact us at teds-project@kcl.ac.uk. Please save a copy of the information sheet as a record of what you are consenting to if you take part in the study. Thank you for considering taking part in this research.

Q2

TEDS30 - Your mental health and wellbeing

Ethical review reference number: HR/DP-20/21-22060

[Each of these 7 items had to be ticked before proceeding; each coded with value 1.]

[These variables have not been retained in the cleaned raw data, and are not included in the dataset, because they are redundant: every twin who completed at least part of the questionnaire had consented and so value 1 was recorded in all 7 raw variables.]

Consent Form Version Number 2: 02/10/24	
I have read and understood the information sheet (Version 1: 16/09/24) for this study. I have had the opportunity to ask questions which have been answered to my satisfaction.	1
I understand that my participation is voluntary and that I am free to withdraw my data from this specific study for 1 month after I complete the questionnaire. I can also opt out of the current study or permanently withdraw from TEDS at any time, without having to give a reason and without my legal rights being affected.	1
I understand that if I decide to withdraw from this phase of TEDS data collection, it may not be possible for TEDS to delete data that I have provided in previous studies.	1
I consent to the processing of my personal information for the purposes explained to me in the information sheet. I understand that such information will be handled under the terms of UK data protection law, including the UK General Data Protection Regulation (UK GDPR) and the Data Protection Act 2018.	1
I understand that my information may be subject to review by responsible individuals from the TEDS admin team for monitoring and audit purposes.	1
I consent to my data being used for academic research. I understand that confidentiality and anonymity will be maintained, and it will not be possible to identify me in any research outputs.	1
I understand that my data may be shared with other researchers in a non-identifiable form for research purposes.	1

End of Block: Consent

Start of Block: Contact details

[Variables from this block have not been retained in the cleaned raw data and are not included in the dataset: they were used for admin purposes only.]

address\_check1

### Checking your postal address

According to our records, your permanent postal address is the one displayed here:

\${e://Field/Address} [embedded data showing the participant's address as recorded in the TEDS admin system at the start of data collection]

It is essential for TEDS to have a record of your postal address, so we can send you materials such as TEDS newsletters and paper questionnaires.

address\_check2

### Is this postal address correct?

If not, you will be asked to supply a new address so we can contact you by post in future.

Yes, this is my correct permanent address	1
No, this is not my permanent address	0

Skip To: email If address\_check2 = 1

Display This Question: If address\_check2 = 0  
new\_address

### New address details

Please enter your permanent postal address and postcode in the box below. Please do not record a temporary address. We may need to use your new address to contact you again in a year or more's time. Your address details will be kept confidential, will only be used by TEDS to contact you in connection with our research, and will not be shared with any third parties.

Address line 1 [text box: required field]

Address line 2 [text box: optional field]

Town/City [text box: required field]

County/District [text box: optional field]

Postcode [text box: required field]

Country [text box: required field]

Display This Question: If address\_check2 = 0  
parent\_address

Is the new address you have given above the same as the address of your parent(s)?

Yes, I live with my parent(s)	1
No, I do not live with my parent(s)	0

email

### Your email address

It is essential for TEDS to have a record of your email address, because email is now our main means of communicating with you. We will use this email address to send your reward voucher to you, when you have completed this questionnaire. Your email address will be kept confidential. It will only be used by TEDS to contact you in connection with our research, and it will not be shared with any third parties.

Please enter your email address in the box below:

[text box, with validation to ensure correct email address formatting]

phone

### Your mobile phone number

It is very useful for TEDS to have a record of your mobile phone number, if you live in the UK. This answer is optional. If you prefer not to provide your mobile phone number, or if you do not have a UK mobile number, please leave the box blank. Your mobile phone number will be kept confidential. It will only be used by TEDS to phone or text you in connection with our research, and it will not be shared with any third parties. Please record your UK mobile phone number in the box below. *This should start with 0, followed by 9 or 10 further digits, and without spaces.*

[text box, with validation to ensure correct UK phone number formatting]

End of Block: Contact details

Start of Block: CoTEDS

[Most variables from this block, with the exceptions of zmwchild and zmwpreg, are not retained in the cleaned raw data and are not included in the dataset: they were used for admin purposes (CoTEDS recruitment) only.]

[Embedded data field HasChild was used to determine whether or not each participant already had children recorded in the TEDS admin system at the start of data collection]

Display This Question:

If HasChild = 0 [embedded data: 0 indicates no children recorded]  
coteds\_1 [QID1216099098]

#### Your children

Are you the biological parent of any children?

Yes	1
No	0
Prefer not to answer	-11

Skip To: coteds\_6 If coteds\_1 != 1

z mw child: 0=no 1=yes: does the twin have children.

This dataset variable is recoded from embedded data field HasChild (one or more CoTEDS children recorded at the start of data collect, 0=no 1=yes), and item coteds\_1 above:

```
If HasChild = 1 then zmwchild = 1
If HasChild = 0 and coteds_1 = 1 then zmwchild = 1
If HasChild = 0 and coteds_1 = 0 then zmwchild = 0
If HasChild = 0 and coteds_1 = -11 then zmwchild is missing
```

Display This Question:

If coteds\_1 = 1
And HasChild = 0 [embedded data: 0 indicates no children recorded]  
coteds\_2

We have a new project called 'Children of TEDS' (CoTEDS). The aim of CoTEDS is to collect data on TEDS twins' children as they grow up. We would love for your children to be part of our research, just as you were when you were young! You are invited to register any of your biological children with whom you have regular, direct contact to take part in CoTEDS. Feel free to contact us if you have questions.

Are you interested in joining CoTEDS with your child(ren)?

Yes	1
Not at the moment	2
No	0

Skip To: coteds\_6 If coteds\_2 != 1

Display This Question:

If coteds\_2 = 1
coteds\_3

Please use the box below to record the full name, birth date and sex for each biological child that you wish to register in CoTEDS.

For example: John Smith, 01/01/2021, male. Jane Smith, 12/12/2020, female.

[text box, maximum length 200 characters]

Display This Question:

If HasChild = 1 [embedded data: 1 indicates at least one child recorded]  
coteds\_4

Thank you for being part of CoTEDS!

Our records show that you have the following children registered in the 'Children of TEDS' (CoTEDS) project:  
\${e://Field/Children} [embedded data showing the forenames of participant's children as recorded in the TEDS admin system at the start of data collection]

The aim of CoTEDS is to collect data on TEDS twins' children as they grow up. You are invited to register any of your biological children with whom you have regular, direct contact to take part in CoTEDS. Feel free to contact us if you have questions.

**Do you have any new children to register in CoTEDS?**

(please remember that these must be your biological children with whom you have regular, direct contact)

Yes	1	
No	0	

Skip To: coteds\_6 If coteds\_4 != 1

Display This Question:

If coteds\_4 = 1  
coteds\_5

Please use the box below to record the **full name, birth date and sex** for **each** new child that you wish to register in CoTEDS. *For example: John Smith, 01/01/2021, male. Jane Smith, 12/12/2020, female.*

[text box, maximum length 200 characters]

coteds\_6 [QID1216099103]

**zmwpreg**

Are you or your partner currently pregnant?

Yes	1	1
No	0	0
Prefer not to answer	-11	

Skip To: End of Block If coteds\_6 != 1

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Display This Question:

If coteds\_6 = 1  
coteds\_7

What is the expected due date of your baby(s)? Record the date in **dd/mm/yyyy** format. If you are unsure of the exact day, please enter an estimated date.

*Please note that this question is optional and can be left blank.*

[text box, with validation to ensure correct dd/mm/yyyy formatting]

End of Block: CoTEDS

Start of Block: Demographics

Q1

**Questions about you**

These questions are about you. There are no right or wrong answers. You can put "Prefer not to answer".

marital\_status [QID1216099106]

zmwrelst

What is your **current marital/relationship status?**

Separated/divorced/widowed responses were very rare, so they are grouped together.

Negligible responses for 'other', recoded to missing in dataset.

Single	1	1
Relationship (not living together)	2	2
Relationship (living together)	3	3
Married/civil partnership	4	4
Separated	5	5
Divorced	6	
Widowed	7	
Other	8	
Prefer not to answer	-11	

qualification [QID1216099107]

What is your **highest** level of qualification? (Tick one only)

Recoded into an ordinal variable as shown.

		zmwhqual
No qualifications	1	1
GCSEs with grades D-G	2	2
1-4 GCSEs with grades A-C	3	3
5 or more GCSEs with grades A-C	4	4
1 A-level pass (grades A-E)	5	5
2 or more A-level passes (Grades A-E), NVQ level 3	6	6
Higher National Certificate, Certificate of Higher Education	7	7
Foundation degree, Diploma of Higher Education, NVQ level 4	8	8
Bachelor's degree or equivalent taken in the UK	9	9
Master's degree, PGCE, Postgraduate diploma or certificate	10	10
Doctoral degree (PhD)	11	11
Other qualifications obtained outside of the UK *	12	
Other not listed *	13	
Prefer not to answer	-11	

\* The "other" responses are recoded to missing because they cannot be ordinally coded.

employment [QID1216099108]

**zmwempst** and **zmwneet** (NEET=not in education, employment or training)

What is your **current employment status?** (Please tick only one)

		<b>zmwempst</b>	<b>zmwneet</b>
In paid full-time employment	1	1	0
In paid part-time employment	2	2	0
Self employed	3	3	0
Unemployed	4	4	1
Looking after home and/or family	5	5	0
Unable to work because of sickness or disability	6	6	1
Doing unpaid or voluntary work	7	7	1
Full or part-time student	8	8	0
None of the above	-88		
Prefer not to answer	-11		

Display This Question:

If employment = 1

Or employment = 2

zero\_hours [QID1216099109]

**zmwempzh**

Are you currently employed on a zero-hours contract?

Yes	1	1
No	0	0
Prefer not to answer	-11	

Display This Question:

If employment = 1

Or employment = 2

Or employment = 3

salary [QID1216099110]

**zmwempinc**

In an **average month** approximately how much money have you earned through working, after taxes? If you are unsure, please estimate as accurately as possible.

£0-£500	1	1
£500-£1000	2	2
£1000 – £1500	3	3
£1500 – £2000	4	4
£2000 – £2500	5	5
£2500 – £3000	6	6
£3000 – £3500	7	7
£3500 – £4000	8	8
More than £4000	9	9
Prefer not to answer	-11	

benefits\_1 [QID1216099112]

**zmwbenf**

Do you receive any state benefits? E.g., Universal Credit

Yes	1	1
No	0	0
Prefer not to answer	-11	

Display This Question:

If benefits\_1 = 1

benefits\_2

What kind of benefits do you receive? (Please select all that apply)

[all coded 1 if ticked; ticking "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if "prefer not to answer" was ticked.

				Yes	No
Universal Credit (UC)	benefits_2_1	QID1216099113_1	zmbenfuc	1	1
Employment Support Allowance (ESA)	benefits_2_2	QID1216099113_2	zmbenfesa	1	1
Housing benefits	benefits_2_3	QID1216099113_3	zmbenfhb	1	1
Disability Living Allowance (DLA)	benefits_2_4	QID1216099113_4	zmbenfdla	1	1
Carer's Allowance	benefits_2_5	QID1216099113_5	zmbenfcar	1	1
Child Benefit	benefits_2_6	QID1216099113_6	zmbenfch	1	1
Maternity Allowance *	benefits_2_7	QID1216099113_7		1	
Personal Independence Payment	benefits_2_8	QID1216099113_8	zmbenfpip	1	1
Prefer not to answer	benefits_2_-11	QID1216099113_-11		1	

\* 'Maternity allowance' item not retained in dataset: negligible response.

Housing [QID201]

zmwous

Which of the following best describes where you live now?

Owned home, with or without mortgage	1	1
Rented home, with other tenants	2	2
Rented home, with no other tenants	3	3
Housing association/council	4	4
Parent's home, paying rent	5	5
Parent's home, not paying rent	6	6
Prefer not to answer	-11	

ethnicity [QID1216099114]

zmwethnic

What is your ethnic group?

*These are the government recommended categories for measuring ethnicity. However, we appreciate that they may not accurately represent everyone. Please feel free to use a text-box to self-define.*

**\* There were negligible responses for the marked response options: these are recoded into the closest 'other' categories in the dataset as indicated below.**

White		
English, Welsh, Scottish, Northern Irish or British	1	1
Irish	2	2
Gypsy or Irish Traveller * Any other White background	3	3
Any other White background	4	
Mixed or Multiple ethnic groups		
White and Black Caribbean	5	4
White and Black African * Any other Mixed ...	6	6
White and Asian	7	5
Any other Mixed or Multiple ethnic background	8	6
Asian or Asian British		
Indian	9	7
Pakistani	10	8
Bangladeshi * Any other Asian background	11	10
Chinese	12	9
Any other Asian background	13	10
Black, African, Caribbean or Black British		
African	14	11
Caribbean	15	12
Any other Black background * Any other ethnic group	16	13
Other ethnic group		
Arab * Any other ethnic group	17	
Any other ethnic group	18	
Prefer not to answer	-11	

End of Block: Demographics

There were text boxes associated with the five "other" category responses above:

- Any other White background
- Any other Mixed or Multiple ethnic background
- Any other Asian background
- Any other Black background
- Any other ethnic group

There were few such text responses, and these have been recoded into the existing numeric categories in the raw data, as shown in the table above; no significant new categories were found in the coding. The original text has not been retained in the cleaned raw data.

Start of Block: Updated identity

### Identity\_intro1

#### About you

These questions are about you. There are no right or wrong answers. We have asked similar questions before, but are asking again because people's identities can change over time. This will help us to understand how life experiences differ between people with different identities. We appreciate that many identities are experienced in ways which are beyond what can be captured in a questionnaire, and so some questions may not represent everyone. Please answer each question as best as you can. There will be opportunities to share your identity or experiences using free-text boxes.

### identity\_gender [QID1216571823]

#### zmwgender

Which of these options best describes your current gender identity?

There were negligible responses for 'prefer to self-define': these have been recoded so they form a single group along with 'nonbinary, genderfluid, genderqueer'. There were negligible responses for 'I am not sure' and these are recoded to missing.

Woman	1	1
Man	2	2
Nonbinary, genderfluid, genderqueer	3	3
I am not sure	-22	
Prefer not to answer	-11	
Prefer to self-define	6	3

There was a text box associated with the "prefer to self-define" response. Text responses here will be recoded after data collection, and any new codes will be shown in the table above.

### identity\_transgender [QID1216571824]

#### zmwtransg

Do you identify as transgender?

Yes	1	1
No	0	0
I am not sure	-22	2
Prefer not to answer	-11	

### identity\_attraction

Think about the people you are sexually attracted to. In general, are you attracted to...

	Men		Women	
	QID1216571825_1	zmwattrm	QID1216571825_2	zmwattrw
Not at all	1	0	1	0
Occasionally	2	1	2	1
Yes, somewhat	3	2	3	2
Yes, definitely	4	3	4	3
Not sure	-22	4	-22	4
Prefer not to answer	-11		-11	

identity\_sexuality [QID1216571826]

zmwsexor

Which of these terms **best** describes your sexual orientation?

Straight or heterosexual	1	1
Gay or homosexual	2	2
Lesbian or homosexual	3	3
Bisexual	4	4
Pansexual	5	5
Queer	6	6
Asexual	7	7
I am not sure	-22	9
Prefer not to answer	-11	
Prefer to self-define	8	8

There was a text box associated with the "prefer to self-define" response. Text responses here will be recoded after data collection, and any new codes will be shown in the table above.

identity\_freetext

We understand that there are many ways that people describe their sexual orientation and gender identity. If you use any other terms, to describe your sexual orientation and/or gender identity **which you haven't already shared with us**, please write them in the box below.

Text box. Text responses here will be recoded after data collection, and any new codes will be shown here is a new numeric variable.

Display This Question [applies to the introductory text below]:

If identity\_gender = 3 [non-binary] Or identity\_gender = 6 [self-define]  
Or identity\_transgender = 1 [yes]  
Or identity\_attraction [men] > 1 [any positive response]  
Or identity\_attraction [women] > 1 [any positive response]  
Or identity\_sexuality >= 1 [any clear response]

identity\_intro2

These questions are about your experiences in relationships. There are no right or wrong answers.

Please answer, as best as you can remember, the age at which you first experienced the following:

Display This Question:

If identity\_attraction [men] > 1 [any positive response]

Or identity\_attraction [men] = -22 [not sure]

identity\_age\_m [QID1216571830]

**zmwattrmage**

Age when you first realised you were attracted to **men**

N/A	-88	
Not sure	-22	
Prefer not to answer	-11	
31	31	22
30	30	
29	29	
28	28	
27	27	
26	26	
25	25	
24	24	
23	23	
22	22	
21	21	21
20	20	20
19	19	19
18	18	18
17	17	17
16	16	16
15	15	15
14	14	14
13	13	13
12	12	12
11	11	11
10	10	10
9	9	9
8	8	8
7	7	7
6	6	6
5	5	5
4	4	4
3	3	
2	2	
1	1	

Responses higher than 21 were rare and are grouped as 22='22 or higher'.

Similarly, responses less than 4 were very rare and are grouped as 4='4 or lower'.

Display This Question:

If identity\_attraction [women] > 1 [any positive response]

Or identity\_attraction [women] = -22 [not sure]

identity\_age\_f [QID1216571829]

**zmwattrwage**

Age when you first realised you were attracted to **women**

N/A	<b>-99</b>	
Not sure	<b>-22</b>	
Prefer not to answer	<b>-11</b>	
31	<b>31</b>	<b>28</b>
30	<b>30</b>	
29	<b>29</b>	
28	<b>28</b>	
27	<b>27</b>	<b>27</b>
26	<b>26</b>	<b>26</b>
25	<b>25</b>	<b>25</b>
24	<b>24</b>	<b>24</b>
23	<b>23</b>	<b>23</b>
22	<b>22</b>	<b>22</b>
21	<b>21</b>	<b>21</b>
20	<b>20</b>	<b>20</b>
19	<b>19</b>	<b>19</b>
18	<b>18</b>	<b>18</b>
17	<b>17</b>	<b>17</b>
16	<b>16</b>	<b>16</b>
15	<b>15</b>	<b>15</b>
14	<b>14</b>	<b>14</b>
13	<b>13</b>	<b>13</b>
12	<b>12</b>	<b>12</b>
11	<b>11</b>	<b>11</b>
10	<b>10</b>	<b>10</b>
9	<b>9</b>	<b>9</b>
8	<b>8</b>	<b>8</b>
7	<b>7</b>	<b>7</b>
6	<b>6</b>	<b>6</b>
5	<b>5</b>	<b>5</b>
4	<b>4</b>	<b>4</b>
3	<b>3</b>	
2	<b>2</b>	
1	<b>1</b>	

Responses higher than 28 were very rare and are grouped as 28='28 or higher'.

Similarly, responses less than 4 were very rare and are grouped as 4='4 or lower'.

Display This Question:

If identity\_attraction [men] > 1 [any positive response]  
Or identity\_attraction [men] = -22 [not sure]

identity\_exp\_m [QID1216571834]

As shown below, the raw responses have been recoded into two dataset variables.

zmwsexm is an ordinal variable indicating ages.

zmwsexm is a nominal variable to code whether the participant response indicated they had had consensual experience with a man: 0=no, 1=yes, 2=not sure.

Age of first consensual sexual experience with a man

		zmwsexm	zmwsexm
I have not had a consensual sexual experience with a man	-88		0
Not sure	-22		2
Prefer not to answer	-11		
31	31	28	1
30	30		
29	29		
28	28		
27	27		
26	26		
25	25		
24	24		
23	23		
22	22		
21	21	12	
20	20		
19	19		
18	18		
17	17		
16	16		
15	15		
14	14		
13	13		
12	12		
11	11		
10 or younger	10		

Responses higher than 28 were very rare and are grouped as 28='28 or higher' in zmwsexm.

Similarly, responses less than 13 were very rare and are grouped as 12='12 or lower'.

Display This Question:

If identity\_attraction [women] > 1 [any positive response]  
Or identity\_attraction [women] = -22 [not sure]

identity\_exp\_f [QID1216571833]

As shown below, the raw responses have been recoded into two dataset variables.

zmwsexwage is an ordinal variable indicating ages.

zmwsexw is a nominal variable to code whether the participant response indicated they had had consensual experience with a woman: 0=no, 1=yes, 2=not sure.

Age of first consensual sexual experience with a woman

		zmwsexwage	zmwsexw
I have not had a consensual sexual experience with a woman	-88		0
Not sure	-22		2
Prefer not to answer	-11		
31	31	29	1
30	30		
29	29		
28	28	28	
27	27	27	
26	26	26	
25	25	25	
24	24	24	
23	23	23	
22	22	22	
21	21	21	
20	20	20	
19	19	19	
18	18	18	
17	17	17	
16	16	16	
15	15	15	
14	14	14	
13	13	13	
12	12	12	
11	11		
10 or younger	10		

Responses higher than 29 were very rare and are grouped as 29='29 or higher' in zmwsexwage.

Similarly, responses less than 13 were very rare and are grouped as 12='12 or lower'.

Display This Question:

If identity\_sexuality > 1 [any positive response except straight/hetero]  
Or identity\_gender = 3 [Nonbinary, genderfluid, genderqueer]  
Or identity\_gender = 6 [Self-define]  
Or identity\_transgender = 1 [yes]

identity\_age\_lbgtq [QID1216571832]

As shown below, the raw responses have been recoded into two dataset variables.

zmwlgbtqage is an ordinal variable indicating ages.

zmmwlgbtq is a nominal variable to code whether the participant response indicated that they identified as LGBTQ+: 0=no, 1=yes, 2=not sure.

Age when you first started identifying as LGBTQ+

	zmwlgbtqage	zmmwlgbtq
I do not identify as LGBTQ+	-88	0
Not sure	-22	2
Prefer not to answer	-11	
31	31	29
30	30	
29	29	
28	28	28
27	27	27
26	26	26
25	25	25
24	24	24
23	23	23
22	22	22
21	21	21
20	20	20
19	19	19
18	18	18
17	17	17
16	16	16
15	15	15
14	14	14
13	13	13
12	12	12
11	11	
10	10	
9	9	
8	8	
7	7	
6	6	
5	5	
4	4	
3	3	
2	2	
1	1	

Responses higher than 29 were very rare and are grouped as 29='29 or higher' in zmwlgbtqage.

Similarly, responses less than 13 were very rare and are grouped as 12='12 or lower'.

Display This Question:

If identity\_sexuality > 1 [any positive response except straight/hetero]  
Or identity\_gender = 3 [Nonbinary, genderfluid, genderqueer]  
Or identity\_gender = 6 [Self-define]  
Or identity\_transgender = 1 [yes]

identity\_friend [QID1216571836]

As shown below, the raw responses have been recoded into two dataset variables.

zmwoutfrage is an ordinal variable indicating ages.

zmmwoutfr is a nominal variable to code whether the participant response indicated that they had come out to a friend: 0=no, 1=yes, 2=not sure.

Age when you first came out to a friend

		zmwoutfrage	zmmwoutfr
I have not come out to a friend	-88		0
Not sure	-22		2
Prefer not to answer	-11		
31	31	29	1
30	30		
29	29		
28	28		
27	27		
26	26		
25	25		
24	24		
23	23		
22	22		
21	21		
20	20		
19	19		
18	18		
17	17		
16	16		
15	15		
14	14		
13	13		
12	12	12	
11	11		
10	10		
9	9		
8	8		
7	7		
6	6		
5	5		
4	4		
3	3		
2	2		
1	1		

Responses higher than 29 were very rare and are grouped as 29='29 or higher' in zmwoutfrage.

Similarly, responses less than 13 were very rare and are grouped as 12='12 or lower'.

Display This Question:

If identity\_sexuality > 1 [any positive response except straight/hetero]  
Or identity\_gender = 3 [Nonbinary, genderfluid, genderqueer]  
Or identity\_gender = 6 [Self-define]  
Or identity\_transgender = 1 [yes]

identity\_family [QID1216571837]

As shown below, the raw responses have been recoded into two dataset variables.

zmwoutfamage is an ordinal variable indicating ages.

zmwoutfam is a nominal variable to code whether the participant response indicated that they had come out to a friend: 0=no, 1=yes, 2=not sure.

Age when you first came out to a **family member**

		zmwoutfamage	zmwoutfam
I have not come out to a family member	-88		0
Not sure	-22		2
Prefer not to answer	-11		
31	31	29	1
30	30		
29	29		
28	28		
27	27		
26	26		
25	25		
24	24		
23	23		
22	22		
21	21	21	1
20	20		
19	19		
18	18		
17	17		
16	16		
15	15		
14	14		
13	13		
12	12		
11	11	13	1
10	10		
9	9		
8	8		
7	7		
6	6		
5	5		
4	4		
3	3		
2	2		
1	1		

Responses higher than 29 were very rare and are grouped as 29='29 or higher' in zmwoutfamage.

Similarly, responses less than 13 were very rare and are grouped as 13='13 or lower'.

End of Block: Updated identity

Start of Block: Life Satisfaction

life\_satisfaction\_1

Below are five statements with which you may agree or disagree. Please indicate **your agreement** with each statement

In most ways my life is close to my ideal	<u>QID170_1</u>	<u>zmwlifsat1</u>
The conditions of my life are excellent	<u>QID170_2</u>	<u>zmwlifsat2</u>
I am satisfied with my life	<u>QID170_3</u>	<u>zmwlifsat3</u>
So far, I have got the important things I want in life	<u>QID170_4</u>	<u>zmwlifsat4</u>
If I could live my life over, I would change almost nothing	<u>QID170_5</u>	<u>zmwlifsat5</u>

**Responses for all five items above are coded as follows:**

Strongly disagree	<u>1</u>	<u>1</u>
Disagree	<u>2</u>	<u>2</u>
Slightly disagree	<u>3</u>	<u>3</u>
Neither agree or disagree	<u>4</u>	<u>4</u>
Slightly agree	<u>5</u>	<u>5</u>
Agree	<u>6</u>	<u>6</u>
Strongly agree	<u>7</u>	<u>7</u>

End of Block: Life Satisfaction

Start of Block: GAD-D

Q1

### Some questions about anxiety and nerves

```
gad-d_timer Timing
  First Click
  Last Click
  Page Submit [QID245_PAGE_SUBMIT] zmwganxtime [seconds, as a decimal number]
  Click Count
```

gad\_d

The following questions ask about thoughts, feelings and behaviours, often tied to concerns about family, health, finances, and work.

During the **PAST MONTH**...

I have felt moments of sudden terror, fear, or fright	QID1216099131_1	zmwganx01
I have felt anxious, worried, or nervous	QID1216099131_2	zmwganx02
I have had thoughts of bad things happening, such as family tragedy, ill health, loss of a job, or accidents	QID1216099131_3	zmwganx03
I have felt a racing heart, sweaty, trouble breathing, faint, or shaky	QID1216099131_4	zmwganx04
I have felt tense muscles, felt on edge or restless, or had trouble relaxing or trouble sleeping	QID1216099131_5	zmwganx05
I have avoided, or did not approach or enter situations about which I worry	QID1216099131_6	zmwganx06
I have left situations early or participated only minimally due to worries	QID1216099131_7	zmwganx07
I have spent a lot of time making decisions, putting off making decisions, or preparing for situations, due to worries	QID1216099131_13	zmwganx08
This is a quality control item, please select 'Most of the time'	QID1216099131_16	zmwganxqcer *
I have sought reassurance from others due to worries	QID1216099131_14	zmwganx09
I have needed help to cope with anxiety (e.g., alcohol or medications, superstitious objects)	QID1216099131_15	zmwganx10

\* QC item recoded into error flag zmwganxqcer: 1=error, 0=correct

Responses for items numbered 01-10 are all coded as follows:

Never	1	0
Occasionally	2	1
Half of the time	3	2
Most of the time	4	3
All of the time	5	4
Prefer not to answer	-11	

End of Block: GAD-D

Start of Block: MFQ-13

**mfq\_intro**  
**Your recent mood and feelings**

**mfq\_1**

These questions are about how you might have been **feeling** or **acting** recently. For each question, please check how you have been feeling or acting **in the past 2 weeks**

I felt miserable or unhappy	<a href="#">QID1216099124_1</a>	<a href="#">zmwmfq01</a>
I didn't enjoy anything at all	<a href="#">QID1216099124_2</a>	<a href="#">zmwmfq02</a>
I felt so tired I just sat around and did nothing	<a href="#">QID1216099124_3</a>	<a href="#">zmwmfq03</a>
I was very restless	<a href="#">QID1216099124_4</a>	<a href="#">zmwmfq04</a>
I felt I was no good anymore	<a href="#">QID1216099124_5</a>	<a href="#">zmwmfq05</a>
I cried a lot	<a href="#">QID1216099124_6</a>	<a href="#">zmwmfq06</a>
I found it hard to think properly or concentrate	<a href="#">QID1216099124_7</a>	<a href="#">zmwmfq07</a>

**mfq\_2**

The following questions are about how you might have been **feeling** or **acting** recently. For each question, please check how you have been feeling or acting **in the past two weeks**

I hated myself	<a href="#">QID1216099126_8</a>	<a href="#">zmwmfq08</a>
I felt I was a bad person	<a href="#">QID1216099126_9</a>	<a href="#">zmwmfq09</a>
I felt lonely	<a href="#">QID1216099126_10</a>	<a href="#">zmwmfq10</a>
I thought nobody really loved me	<a href="#">QID1216099126_11</a>	<a href="#">zmwmfq11</a>
I thought I could never be as good as other people	<a href="#">QID1216099126_12</a>	<a href="#">zmwmfq12</a>
I did everything wrong	<a href="#">QID1216099126_13</a>	<a href="#">zmwmfq13</a>

**Responses for all 13 items above are coded as follows:**

Not true	<a href="#">1</a>	<a href="#">0</a>
Sometimes	<a href="#">2</a>	<a href="#">1</a>
True	<a href="#">3</a>	<a href="#">2</a>
Prefer not to answer	<a href="#">-11</a>	

End of Block: MFQ-13

Start of Block: SDQ

Q1

**About you**

The naming and numbering of SDQ items is consistent with those used in the same measure in other TEDS studies.

Responses for all 25 SDQ items below (except the QC item) are coded as follows:

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

sdq\_timer\_1 Timing

First Click

Last Click

Page Submit [QID242\_PAGE\_SUBMIT] zmwsdqtime [seconds, as a decimal number]

Click Count

[zmwsdqtime is the sum of the three raw page-submit values from sdq\_timer\_1, \_2 and \_3 in this block]

sdq\_1

Please rate how true the following statements have been about you in the last six months:

I've tried to be nice to other people. I've cared about their feelings	QID1216357887_1	zmwsdqpro1
I've been restless, I've found it hard to sit down for long	QID1216357887_2	zmwsdqhyp1
I've had a lot of headaches, stomach-aches or sickness	QID1216357887_3	zmwsdqemo1
I have usually shared with others, for example food or drink	QID1216357887_4	zmwsdqpro2
I've been very angry and often lost my temper	QID1216357887_5	zmwsdqcon1
I would rather be alone than with other people	QID1216357887_6	zmwsdqper1
This is a quality control question, please select 'Very true'	QID1216357887_10	zmwsdqcer *
I've been generally willing to do what other people want	QID1216357887_7	zmwsdqcon2
I've worried a lot	QID1216357887_8	zmwsdqemo2

\* QC item recoded into error flag zmwsdqcer: 1=error, 0=correct

sdq\_timer\_2 Timing

First Click

Last Click

Page Submit [QID244\_PAGE\_SUBMIT]

Click Count

sdq\_2

In the last six months...

I've been helpful if someone was hurt, upset or feeling ill	QID1216357889_1	zmwsdqpro3
I have constantly been fidgeting or squirming	QID1216357889_2	zmwsdqhyp2
I've had at least one good friend	QID1216357889_3	zmwsdqper2
I've fought a lot. I could make other people do what I wanted	QID1216357889_4	zmwsdqcon3
I have often been unhappy, down-hearted or tearful	QID1216357889_5	zmwsdqemo3
Other people my age have generally liked me	QID1216357889_6	zmwsdqper3
I've been easily distracted, I've found it difficult to concentrate	QID1216357889_7	zmwsdqhyp3
I've been nervous in new situations. I've easily lost confidence	QID1216357889_8	zmwsdqemo4

sdq\_timer\_3 Timing  
 First Click  
 Last Click  
 Page Submit [QID243\_PAGE\_SUBMIT]  
 Click Count

sdq\_3

In the last six months...

I've been kind to children	QID1216357891_1	zmwsdqpro4
I've often been accused of lying or cheating	QID1216357891_2	zmwsdqcon4
Other people have picked on me or bullied me	QID1216357891_3	zmwsdqper4
I've often volunteered to help others (family members, friends, colleagues)	QID1216357891_4	zmwsdqpro5
I've thought before I've done things	QID1216357891_5	zmwsdqhyp4
I've taken things that are not mine from home, work or elsewhere	QID1216357891_6	zmwsdqcon5
I have got on better with older people than with people my own age	QID1216357891_7	zmwsdqper5
I've had many fears, I've been easily scared	QID1216357891_8	zmwsdqemo5
I've finished the work I have been doing. My attention has been good	QID1216357891_9	zmwsdqhyp5

End of Block: SDQ

Start of Block: General health

Q199

Your Health

gen\_health [QID58]

zmwhealth

In general, would you say your **health** is:

Excellent	5	5
Very good	4	4
Good	3	3
Fair	2	2
Poor	1	1
Prefer not to answer	-11	

End of Block: General health

Start of Block: Exercise

exercise\_intro

**Your Activities**

exercise\_timer Timing

First Click

Last Click

Page Submit [QID246\_PAGE\_SUBMIT] zmwexertime [seconds, as a decimal number]

Click Count

exercise

During a **typical week**, how many minutes on average do you do the following:

Strenuous exercise (heart beats rapidly - including running/jogging, football, swimming fast)?	<a href="#">QID1216572222_1</a>	zmwexer1
Moderate exercise (including walking fast, hiking, dancing, vigorous yoga)?	<a href="#">QID1216572222_2</a>	zmwexer2
This is a quality control item, please select '16-60 mins'	<a href="#">QID1216572222_4</a>	zmwexerqcer *
Mild exercise (minimal effort - light yoga, bowling)?	<a href="#">QID1216572222_3</a>	zmwexer3

\* QC item recoded into error flag zmwexerqcer: 1=error, 0=correct

Responses to items above, numbered 1-3, are all coded as follows:

0-15 mins	<a href="#">1</a>	1
16-60 mins	<a href="#">2</a>	2
61-120 mins (1-2 hours)	<a href="#">3</a>	3
121-180 mins (2-3 hours)	<a href="#">4</a>	4
181+ mins (3+ hours)	<a href="#">5</a>	5

End of Block: Exercise

Start of Block: Sedentary behaviours

Responses for all 14 items below are coded as follows:

None	0	0
Less than 1 hour	1	1
1-2 hours	2	2
3-4 hours	3	3
5-6 hours	4	4
7-8 hours	5	5
9+ hours	6	6

Display This Question:

If employment = 1 [FT work]  
 Or employment = 2 [PT work]  
 Or employment = 3 [self employed]

sed\_behav\_work

On an average **work day**, how many hours per day do you:

Sit and watch TV	<a href="#">QID60_1</a>	<a href="#">zmwsedbehw1</a>
Play video games on PC/laptop or games console	<a href="#">QID60_2</a>	<a href="#">zmwsedbehw2</a>
Use a computer or laptop (not for gaming)	<a href="#">QID60_3</a>	<a href="#">zmwsedbehw3</a>
Use your phone, tablet or e-book	<a href="#">QID60_4</a>	<a href="#">zmwsedbehw4</a>
Spend outdoors in summer	<a href="#">QID60_5</a>	<a href="#">zmwsedbehw5</a>
Spend outdoors in winter	<a href="#">QID60_6</a>	<a href="#">zmwsedbehw6</a>
Read books for pleasure	<a href="#">QID60_7</a>	<a href="#">zmwsedbehw7</a>

sed\_behav\_nonwork [displayed for all participants]

On an average **non workday**, how many hours per day do you:

Sit and watch TV	<a href="#">QID61_1</a>	<a href="#">zmwsedbehn1</a>
Play video games on PC/laptop or games console	<a href="#">QID61_2</a>	<a href="#">zmwsedbehn2</a>
Use a computer or laptop (not for gaming)	<a href="#">QID61_3</a>	<a href="#">zmwsedbehn3</a>
Use your phone, tablet or e-book	<a href="#">QID61_4</a>	<a href="#">zmwsedbehn4</a>
Spend outdoors in summer	<a href="#">QID61_5</a>	<a href="#">zmwsedbehn5</a>
Spend outdoors in winter	<a href="#">QID61_6</a>	<a href="#">zmwsedbehn6</a>
Read books for pleasure	<a href="#">QID61_7</a>	<a href="#">zmwsedbehn7</a>

End of Block: Sedentary behaviours

Start of Block: Sleep Quality

Q1

### Your sleep

sleep\_1 [QID1216572209]

zmwpsq1

During the **past month**, how would you rate your sleep quality overall?

Very good	4	1
Fairly good	3	2
Fairly bad	2	3
Very bad	1	4

Display This Question:

If sleep\_1 = 2 [fairly bad]

Or sleep\_1 = 1 [very bad]

sleep\_2 [QID1216572210]

zmwpsq12

Have your sleep difficulties interfered with your daily life?

Not at all	1	0
A little bit	2	1
Moderately	3	2
Quite a bit	4	3
Extremely	5	4

End of Block: Sleep Quality

Start of Block: 2-Way Social Support

Responses for all 23 items below (except the QC item) are coded as follows:

Never	0	0
Very rarely	1	1
Rarely	2	2
Occasionally	3	3
Very frequently	4	4
Always	5	5

social\_timer\_1 Timing

First Click

Last Click

Page Submit [QID247\_PAGE\_SUBMIT] zmwsocsuptime [seconds, as a decimal number]  
Click Count

[zmwsocsuptime is the sum of the two raw page-submit values from social\_timer\_1 and \_2 in this block]

social\_support\_1

### People in Your Life

Please indicate the degree to which each statement is **true** for you...

There is someone I can talk to about the pressures in my life	QID123_1	zmwsocsup01
There is at least one person that I can share most things with	QID123_2	zmwsocsup02
When I am feeling down there is someone I can lean	QID123_3	zmwsocsup03
There is someone in my life I can get emotional support from	QID123_4	zmwsocsup04
There is at least one person that I feel I can trust	QID123_5	zmwsocsup05
There is someone in my life that makes me feel worthwhile	QID123_6	zmwsocsup06
This is a quality control item, please select 'Rarely'	QID123_12	zmwsocsupqcer *
I feel that I have a circle of people who value me	QID123_7	zmwsocsup07
I am there to listen to others' problems	QID123_8	zmwsocsup08
I look for ways to cheer people up when they are feeling down	QID123_9	zmwsocsup09
People close to me tell me their fears and worries	QID123_10	zmwsocsup10

\* QC item recoded into error flag zmwsocsupqcer: 1=error, 0=correct

social\_timer\_2 Timing  
 First Click  
 Last Click  
 Page Submit [QID248\_PAGE\_SUBMIT]  
 Click Count  
 social\_support\_2

Please indicate the degree to which each statement is **true** for you...

I give others a sense of comfort in times of need	QID124_1	zmwsocsup11
People confide in me when they have problems	QID124_2	zmwsocsup12
If stranded somewhere there is someone who would get me	QID124_3	zmwsocsup13
I have someone to help me if I am physically unwell	QID124_4	zmwsocsup14
There is someone who would give me financial assistance	QID124_5	zmwsocsup15
There is someone who can help me fulfil my responsibilities when I am unable	QID124_6	zmwsocsup16
There is someone who can give me practical advice (e.g. about housing, finances, employment)	QID124_13	zmwsocsup17
I help others when they are too busy to get everything done	QID124_7	zmwsocsup18
I have helped someone with their responsibilities when they were unable to fulfil them	QID124_8	zmwsocsup19
When someone I lived with was sick I helped them	QID124_9	zmwsocsup20
I am a person others turn to for help with tasks	QID124_10	zmwsocsup21
I give financial assistance to people in my life	QID124_11	zmwsocsup22
I help others by giving practical advice (e.g. about housing, finances, employment)	QID124_12	zmwsocsup23

End of Block: 2-Way Social Support

Start of Block: Cognitive Flexibility

cfi

Please use the scale below to indicate the extent to which you **agree or disagree** with the following statements:

I consider multiple options before making a decision	<a href="#">QID114_3</a>	<a href="#">zmwcfi01</a>
When I encounter difficult situations, I feel like I am losing control	<a href="#">QID114_4</a>	<a href="#">zmwcfi02</a>
I like to look at difficult situations from many different angles	<a href="#">QID114_5</a>	<a href="#">zmwcfi03</a>
I seek additional information not immediately available before attributing causes to behaviour	<a href="#">QID114_6</a>	<a href="#">zmwcfi04</a>
When encountering difficult situations, I become so stressed that I can not think of a way to resolve the situation	<a href="#">QID114_7</a>	<a href="#">zmwcfi05</a>
I try to think about things from another person's point of view	<a href="#">QID114_8</a>	<a href="#">zmwcfi06</a>
When I encounter difficult situations, I just don't know what to do	<a href="#">QID114_11</a>	<a href="#">zmwcfi07</a>
I often look at a situation from different viewpoints	<a href="#">QID114_14</a>	<a href="#">zmwcfi08</a>
I consider all the available facts and information when attributing causes to behaviour	<a href="#">QID114_16</a>	<a href="#">zmwcfi09</a>
When I encounter difficult situations, I stop and try to think of several ways to resolve it	<a href="#">QID114_18</a>	<a href="#">zmwcfi10</a>

**Responses for all 10 items above are coded as follows:**

Strongly disagree	<a href="#">1</a>	<a href="#">1</a>
Disagree	<a href="#">2</a>	<a href="#">2</a>
Somewhat disagree	<a href="#">3</a>	<a href="#">3</a>
Neutral	<a href="#">4</a>	<a href="#">4</a>
Somewhat agree	<a href="#">5</a>	<a href="#">5</a>
Agree	<a href="#">6</a>	<a href="#">6</a>
Strongly agree	<a href="#">7</a>	<a href="#">7</a>

End of Block: Cognitive Flexibility

Start of Block: GAD7

[gad7\\_intro](#)

**Some questions about anxiety and nerves**

Some of these questions are similar to ones you have previously answered. They have been included for comparative purposes.

[gad\\_7](#)

Over the **last 2 weeks**, how often have you been bothered by any of the following problems?

Select ONE for each of the following statements:

Feeling nervous, anxious, or on edge	<a href="#">QID1216099139_1</a>	<a href="#">zmgad71</a>
Not being able to stop or control worrying	<a href="#">QID1216099139_2</a>	<a href="#">zmgad72</a>
Worrying too much about different things	<a href="#">QID1216099139_3</a>	<a href="#">zmgad73</a>
Trouble relaxing	<a href="#">QID1216099139_4</a>	<a href="#">zmgad74</a>
Being so restless that it is hard to sit still	<a href="#">QID1216099139_5</a>	<a href="#">zmgad75</a>
Becoming easily annoyed or irritable	<a href="#">QID1216099139_6</a>	<a href="#">zmgad76</a>
Feeling afraid as if something awful might happen	<a href="#">QID1216099139_7</a>	<a href="#">zmgad77</a>

**Responses for all 7 items above are coded as follows:**

Not at all	<a href="#">0</a>	<a href="#">0</a>
Several days	<a href="#">1</a>	<a href="#">1</a>
More than half the days	<a href="#">2</a>	<a href="#">2</a>
Nearly every day	<a href="#">3</a>	<a href="#">3</a>
Prefer not to answer	<a href="#">-11</a>	

End of Block: GAD7

Start of Block: PHQ9

phq\_intro

**Your recent mood and feelings**

Some of these questions are similar to ones you have previously answered. They have been included for comparative purposes.

phq\_9\_timer Timing

First Click

Last Click

Page Submit [QID249\_PAGE\_SUBMIT] zmwphq9time [seconds, as a decimal number]

Click Count

phq\_9

Over the **last 2 weeks**, how often have you been bothered by any of the following problems?

Little interest or pleasure in doing things	QID1216099128_1	zmwphq91
Feeling down, depressed or hopeless	QID1216099128_2	zmwphq92
Trouble falling or staying asleep, or sleeping too much	QID1216099128_3	zmwphq93
This is a quality control item, please select 'Nearly every day'	QID1216099128_10	zmwphq9qcer *
Feeling tired or having little energy	QID1216099128_4	zmwphq94
Poor appetite or overeating	QID1216099128_5	zmwphq95
Feeling bad about yourself - or that you are a failure or have let yourself or your family down	QID1216099128_6	zmwphq96
Trouble concentrating on things, such as reading the newspaper or watching television	QID1216099128_7	zmwphq97
Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual	QID1216099128_8	zmwphq98
Thoughts that you would be better off dead, or of hurting yourself in some way	QID1216099128_9	zmwphq99

\* QC item recoded into error flag zmwphq9qcer: 1=error, 0=correct

Responses for items 1-9 above (not the QC item) are coded as follows:

Not at all	0	0
Several days	1	1
More than half the days	2	2
Nearly every day	3	3
Prefer not to answer	-11	

End of Block: PHQ9

Start of Block: Self-Harm Screener

sh\_intro

The following section is about (thoughts of) suicide and hurting yourself on purpose, also sometimes referred to as 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.

The following questions ask specifically about the **past year**. If you find answering these questions too distressing, please select 'Prefer not to answer' for each question and move on to the next page.

sh\_screener\_1 [QID1216099146]

**zmwslfhm01**

In the **past year**, have you ever thought about killing yourself, even if you would not really do it?

No	0	0
Yes, once or twice	1	1
Yes, 3-5 times	2	2
Yes, 6-10 times	3	3
Yes, 11-20 times	4	4
Yes, more than 20 times	5	5
Prefer not to answer	-11	

sh\_screener\_2 [QID1216099147]

**zmwslfhm02**

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

No	0	0
Yes, once or twice	1	1
Yes, 3-5 times	2	2
Yes, 6-10 times	3	3
Yes, 11-20 times	4	4
Yes, more than 20 times	5	5
Prefer not to answer	-11	

End of Block: Self-Harm Screener

Start of Block: Self-harm - Past year

Display This Block:

If sh\_screener\_2 [zmwslfhm02] is between 1 and 5 ['yes' responses]  
[see Self-Harm Screener block above]

The item numbering in dataset variable names below (from 03) continues from the self-harm items in the previous block (numbered 01 and 02).

Responses to the 11 items below (numbered 03-13) are all coded as follows:

No, not in the past year	0	0
Yes, once or twice	1	1
Yes, 3-5 times	2	2
Yes, 6-10 times	3	3
Yes, 11-20 times	4	4
Yes, more than 20 times	5	5
Prefer not to answer	-11	

sh\_1 [QID1216099148] zmwslfhm03

In the past year, have you ever hurt or harmed yourself on purpose **without intending to kill yourself?** (e.g. by taking an overdose of pills, or by cutting yourself)?

sh\_2 [QID1216099149] zmwslfhm04

In the past year, on any of the occasions you have hurt or harmed yourself on purpose, **have you ever wanted to kill yourself?**

sh\_3 [QID1216099150] zmwslfhm05

In the past year, did you hurt yourself because you wanted to show how desperate you were feeling?

sh\_4 [QID1216099151] zmwslfhm06

In the past year, did you hurt yourself because you wanted to die?

sh\_5 [QID1216099152] zmwslfhm07

In the past year, did you hurt yourself because you wanted to punish yourself?

sh\_6 [QID1216099153] zmwslfhm08

In the past year, did you hurt yourself because you wanted to frighten someone?

sh\_7 [QID1216099154] zmwslfhm09

In the past year, did you hurt yourself because you wanted to get relief from a terrible state of mind?

sh\_8 [QID1216099155] zmwslfhm10

In the past year, have you swallowed pills or something poisonous?

sh\_9 [QID1216099156] zmwslfhm11

In the past year, have you harmed your skin (e.g., by cutting, scratching, pinching yourself)?

sh\_10 [QID1216099157] zmwslfhm12

In the past year, have you burnt or scalded yourself (e.g., with a cigarette or hot water)?

sh\_11 [QID1216099158] zmwslfhm13

In the past year, have you scratched or bruised yourself, pulled your hair, headbutted, hit or punched something to the point of feeling pain?

sh\_12

After hurting yourself **on purpose** in the past year, did you ever seek medical help/first aid from...

Your GP (family doctor)?	<a href="#">QID1216099159_1</a>	<a href="#">zmwslfhm14a</a>
Hospital causality/emergency department?	<a href="#">QID1216099159_2</a>	<a href="#">zmwslfhm14b</a>
Another healthcare professional?	<a href="#">QID1216099159_3</a>	<a href="#">zmwslfhm14c</a>

**Responses to the 3 items above are all coded as follows:**

No	<a href="#">0</a>	<a href="#">0</a>
Yes	<a href="#">1</a>	<a href="#">1</a>

End of Block: Self-harm - Past year

## Start of Block: Life Events

### life\_events\_intro

#### Events in your life

Listed below are a number of events that may have brought substantial changes to you, both positive and negative. Have any of these occurred **in the last year**, and if so, how did they affect you?

As some events in this list could be either positive or negative, and we need to have the same answer options for all these questions, we give both options in the response sets.

All items in this block are recoded into ordinal measures of either positive (suffix p) or negative (suffix n) life events. For most items, only one variable (positive or negative) has been coded because responses in the other direction were insignificant or even non-existent. Such variables are coded as follows:

- Positive-only events: 0=did not happen, 1=no effect (or, very rarely, negative effect), 2=somewhat positive, 3=very positive
- Negative-only events: 0=did not happen, 1=no effect (or, very rarely, positive effect), 2=somewhat negative, 3=very negative

In each of four items where there were significant numbers of BOTH positive and negative responses, both variables are included and have been coded as follows:

- Positive item: 0=did not happen, 1=no effect, 2=somewhat positive, 3=very positive (with negative responses recoded to missing).
- Negative item: 0=did not happen, 1=no effect, 2=somewhat negative, 3=very negative (with positive responses recoded to missing).

In such cases, the recoding of opposite-meaning responses to missing is used to avoid double-counting of responses in derived variables (which count numbers of positive and negative responses).

### life\_events\_1

In the last year...

		Positive or negative?	Dataset variables	No, did not happen	Yes, negatively affected me a lot	Yes, negatively affected me somewhat	Yes, but did not affect me	Yes, positively affected me somewhat	Yes, positively affected me a lot	Prefer not to answer
				0	1	2	3	4	5	-11
You became homeless	QID1216099162_1	Negative	zmwlifev01n	0	3	2	1	1	1	
You left home	QID1216099162_2	Both	zmwlifev02n	0	3	2	1			
			zmwlifev02p	0			1	2	3	
You or your partner became pregnant or had a baby	QID1216099162_4	Both	zmwlifev03n	0	3	2	1			
			zmwlifev03p	0			1	2	3	
You entered into a new relationship	QID1216099162_23	Both	zmwlifev04n	0	3	2	1			
			zmwlifev04p	0			1	2	3	
Outstanding personal achievement	QID1216099162_24	Positive	zmwlifev05p	0	1	1	1	2	3	

Q4

Listed below are a number of events that may have brought substantial changes to you, both positive and negative. Have any of these occurred in the last year, and did they affect you?

[life\\_events\\_2](#)

In the last year...

		Positive or negative?	Dataset variables	No, did not happen	Yes, negatively affected me a lot	Yes, negatively affected me somewhat	Yes, but did not affect me	Yes, positively affected me somewhat	Yes, positively affected me a lot	Prefer not to answer
				0	1	2	3	4	5	-11
A family member was admitted to hospital or became seriously ill	<a href="#">QID1216099165_1</a>	Negative	<a href="#">zmwlifev06n</a>	0	3	2	1	1	1	
You were admitted to hospital or became seriously ill	<a href="#">QID1216099165_2</a>	Negative	<a href="#">zmwlifev07n</a>	0	3	2	1	1	1	
You got engaged to be married/to enter a civil partnership	<a href="#">QID1216099165_3</a>	Positive	<a href="#">zmwlifev08p</a>	0	1	1	1	2	3	
You got married or entered a civil partnership	<a href="#">QID1216099165_4</a>	Positive	<a href="#">zmwlifev09p</a>	0	1	1	1	2	3	
You lost your job	<a href="#">QID1216099165_5</a>	Negative	<a href="#">zmwlifev10n</a>	0	3	2	1	1	1	
You got into serious financial problems	<a href="#">QID1216099165_10</a>	Negative	<a href="#">zmwlifev11n</a>	0	3	2	1	1	1	
You were divorced or separated from a partner	<a href="#">QID1216099165_6</a>	Negative	<a href="#">zmwlifev12n</a>	0	3	2	1	1	1	
You were in trouble with the law	<a href="#">QID1216099165_7</a>	Negative	<a href="#">zmwlifev13n</a>	0	3	2	1	1	1	

Q7

Listed below are a number of events that may have brought substantial changes to you, both positive and negative. Have any of these occurred in the last year, and did they affect you?

life\_events\_3

In the last year...

		Positive or negative?	Dataset variables	No, did not happen	Yes, negatively affected me a lot	Yes, negatively affected me somewhat	Yes, but did not affect me	Yes, positively affected me somewhat	Yes, positively affected me a lot	Prefer not to answer
				0	1	2	3	4	5	-11
Someone close to you died	QID1216099168_4	Negative	zmwlifev14n	0	3	2	1	1	1	
You attempted suicide	QID1216099168_5	Negative	zmwlifev15n	0	3	2	1	1	1	
You or your partner had an abortion	QID1216099168_2	Negative	zmwlifev16n	0	3	2	1	1	1	
You were responsible for a road accident	QID1216099168_6	Negative	zmwlifev17n	0	3	2	1	1	1	
You started a new job	QID1216099168_3 QID1216099168_7	Both	zmwlifev18n zmwlifev18p	0	3	2	1		2	3
Your parents separated or divorced	QID1216099168_8	Negative	zmwlifev19n	0	3	2	1	1	1	
You came out (e.g. to friends or family) as a member of the LGBTQ+ community	QID1216099168_4	Positive	zmwlifev20p	0	1	1	1	2	3	

End of Block: Life Events

Start of Block: Brief COPE

```
brief_cope_timer Timing
  First Click
  Last Click
  Page Submit [QID253_PAGE_SUBMIT] zmwcopeitime [seconds, as a decimal number]
  Click Count
```

### brief\_cope

#### Coping with Difficult Situations

The following questions ask how you have sought to cope with a hardship in your life. Read the statements and indicate how much you have been using each coping style.

I've been concentrating my efforts on doing something about the situation I'm in.	QID1217032961_2	zmwcope01
I've been getting emotional support from others.	QID1217032961_14	zmwcope02
I've been taking action to try to make the situation better.	QID1217032961_1	zmwcope03
I've been getting help and advice from other people.	QID1217032961_16	zmwcope04
I've been trying to see it in a different light, to make it seem more positive.	QID1217032961_5	zmwcope05
I've been trying to come up with a strategy about what to do.	QID1217032961_4	zmwcope06
I've been getting comfort and understanding from someone.	QID1217032961_13	zmwcope07
I've been looking for something good in what is happening.	QID1217032961_6	zmwcope08
I've been making jokes about it.	QID1217032961_9	zmwcope09
This is a quality control item, please select 'I've been doing this a lot'.	QID1217032961_17	zmwcopeqcer *
I've been accepting the reality of the fact that it has happened.	QID1217032961_8	zmwcope10
I've been trying to find comfort in my religion or spiritual beliefs.	QID1217032961_11	zmwcope11
I've been trying to get advice or help from other people about what to do.	QID1217032961_15	zmwcope12
I've been learning to live with it.	QID1217032961_18	zmwcope13
I've been thinking hard about what steps to take.	QID1217032961_3	zmwcope14
I've been praying or meditating.	QID1217032961_12	zmwcope15
I've been making fun of the situation.	QID1217032961_10	zmwcope16

\* QC item recoded into error flag zmwcopeqcer: 1=error, 0=correct

Responses for items 01-16 above (not the QC item) are coded as follows:

I haven't been doing this at all	0	0
I've been doing this a little bit	1	1
I've been doing this a medium amount	2	2
I've been doing this a lot	3	3
I've been doing this a great deal	4	4

End of Block: Brief COPE

Start of Block: Social Media

[social\\_media\\_intro](#)

## Social Media

[social\\_media\\_1 \[QID212\]](#)

[zmwsocmed1](#)

Do you regularly use any social media platforms (e.g. Facebook, Instagram, Snapchat, Whatsapp, TikTok)?

Yes	1	1
No	0	0

[Skip To: End of Block If social\\_media\\_1 = 0](#)

---

[social\\_media\\_2 \[QID203\]](#)

[zmwsocmed2](#)

On a normal day, how many hours do you spend on social media networking or messaging sites or apps on the internet such as Facebook, X, Instagram, Whatsapp?

Less than half an hour	1	1
Half an hour to less than 1 hour	2	2
1 hour to less than 2 hours	3	3
2 hours to less than 3 hours	4	4
3 hours to less than 5 hours	5	5
5 hours to less than 7 hours	6	6
7 hours or more	7	7

[social\\_media\\_pos1](#)

What have been your positive experiences of using social media?

*Please tick all that apply.*

[all coded 1 if ticked; ticking "prefer not to answer" caused all other response to be unticked]

**Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if "prefer not to answer" was ticked.**

Connecting with friends	<a href="#">QID208_1</a>	<a href="#">zmwsocmedpos1</a>
Viewing enjoyable content	<a href="#">QID208_2</a>	<a href="#">zmwsocmedpos2</a>
Learning new things	<a href="#">QID208_3</a>	<a href="#">zmwsocmedpos3</a>
Accessing support	<a href="#">QID208_4</a>	<a href="#">zmwsocmedpos4</a>
Engaging positively with current issues	<a href="#">QID208_5</a>	<a href="#">zmwsocmedpos5</a>
Other	<a href="#">QID208_6</a>	<a href="#">zmwsocmedpos6</a>
Prefer not to answer	<a href="#">QID208_-11</a>	

[social\\_media\\_pos2 \[QID210\\_TEXT\]](#)

What have been your other positive experiences of using social media?

[Text box]

Text responses here will be recoded after data collection, and any new coded numeric variables will be documented here.

### **social\_media\_neg1**

What have been your negative experiences of using social media?

*Please tick all that apply.*

[all coded 1 if ticked; ticking "I have had no .." or "prefer not to answer" caused all other response to be unticked]

**Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if "prefer not to answer" was ticked. "I have had no negative experiences" results in 0=no responses in all preceding items.**

People being unpleasant about you	<b>QID209_1</b>	<b>zmwsocmedneg1</b>
People bullying you	<b>QID209_2</b>	<b>zmwsocmedneg2</b>
Seeing upsetting content	<b>QID209_3</b>	<b>zmwsocmedneg3</b>
Seeing sexually explicit images	<b>QID209_4</b>	<b>zmwsocmedneg4</b>
Regrettably posting something online	<b>QID209_5</b>	<b>zmwsocmedneg5</b>
Other	<b>QID209_6</b>	<b>zmwsocmedneg6</b>
I have had no negative experiences	<b>QID209_0</b>	<b>zmwsocmedneg7</b>
Prefer not to answer	<b>QID209_-11</b>	

### **social\_media\_neg2 [QID211\_TEXT]**

What have been your other negative experiences of using social media?

[Text box]

Text responses here will be recoded after data collection, and any new coded numeric variables will be documented here.

Display This Question:

If social\_media\_neg1 = 1 [People being unpleasant about you]

Or social\_media\_neg1 = 2 [People bullying you]

online\_bullying

In the last 12 months...

How often has someone sent you a nasty text (excluding family or partner)?	<b>QID207_1</b>	<b>zmwsocmedbul1</b>
How often has someone said something mean about you on a social networking site, such as Facebook or Instagram (excluding family or partner)?	<b>QID207_2</b>	<b>zmwsocmedbul2</b>
How often has someone written something spiteful about you in a chat room (excluding family or partner)?	<b>QID207_3</b>	<b>zmwsocmedbul3</b>
How often has someone written nasty things to you using instant messenger, such as Facebook Messenger, Whatsapp, Snapchat (excluding family or partner)?	<b>QID207_4</b>	<b>zmwsocmedbul4</b>

Responses for all 4 online bullying items above are coded as follows:

Not at all	<b>1</b>	<b>0</b>
Once	<b>2</b>	<b>1</b>
More than once	<b>3</b>	<b>2</b>
Prefer not to answer	<b>-11</b>	

End of Block: Social Media

Start of Block: Alcohol Use

```
audit_timer_1 Timing
  First Click
  Last Click
  Page Submit [QID1217005164_PAGE_SUBMIT] zmwalctime [seconds, as a decimal number]
  Click Count
[zmwalctime is the sum of the five raw page_submit values from audit_timer_1, _2, _3, _4
and _5 in this block]
```

audit\_intro

### Alcohol

The questions in the next section are about drinking alcohol (this includes beer, wine, alcopops, cider, and spirit drinks like vodka).

audit\_1 [QID1217005166]
zmwalco1

Have you ever had a whole drink? (For example: a small bottle or half a pint of beer, a small glass of wine, or a shot of whisky, gin or vodka).

Yes	1	1
No	0	0
Prefer not to answer	-11	

Skip To: End of Block If audit\_1 = 0 [no] Or -11 [prefer not to answer]

audit\_2 [QID1217005167]

How old were you the first time you had a whole drink?

zmwalco2

Less than 10	1	1
10-12	2	2
13-15	3	3
16-18	4	4
Over 18	5	5
Prefer not to answer	-11	

audit\_3

**zmwalco3 (estimated total number of units)**

Think about the occasion on which you drank the most alcohol you ever had **in a 24-hour period**. On that occasion, how many of **each** of the following did you drink? An estimate is fine (Choose from the options below, for example: 3-5 pints of beer and 1-2 shots).

**The four parts below were combined as a sum into a single dataset variable zmwalco3, which is an estimated total number of alcohol units.**

**The estimated number of units from each response is shown in the table below.**

**Each 'standard glass of wine' and each 'pint of lager/beer/cider' is assumed to be 2 alcohol units on average, while each 'alcopop' and each 'shot of spirit' is assumed to be 1 alcohol unit on average.**

		0	1-2	3-5	6-10	11-15	16-20	21-25	Prefer not to answer
		0	1	2	3	4	5	6	-11
<b>Assumed no. units for sum:</b>									
Standard glass of wine (175ml)	<a href="#">QID1217005168_1</a>	0	3	8	16	26	36	46	
Pint of larger / beer / cider	<a href="#">QID1217005168_2</a>	0	3	8	16	26	36	46	
Alcopop	<a href="#">QID1217005168_3</a>	0	1.5	4	8	13	18	23	
Single shot of spirit	<a href="#">QID1217005168_4</a>	0	1.5	4	8	13	18	23	

audit\_footer [repeated at the end of each page in this block, but not repeated in this document]

For confidential advice and information on drinking Drinkline can be reached on 0300 123 1110 weekdays between 9-8 and weekends between 11-4.

audit\_timer\_2 Timing

First Click

Last Click

Page Submit [[QID1217005170\\_PAGE\\_SUBMIT](#)]

Click Count

audit\_4 [[QID1217005171](#)]

**zmwalco4**

How often do you have a drink containing alcohol?

Never / Almost never	0	0
Monthly or less	1	1
2-4 times a month	2	2
2-3 times per week	3	3
4 or more times per week	4	4
Prefer not to answer	-11	

audit\_5  
zmwalco5 (estimated total number of units)

Thinking about a **typical day** when you are drinking how many of the following do you drink?

The four parts below were combined as a sum into a single dataset variable **zmwalco5**, which is an estimated total number of alcohol units.

The estimated number of units from each response is shown in the table below.

Each 'standard glass of wine' and each 'pint of lager/beer/cider' is assumed to be 2 alcohol units on average, while each 'alcopop' and each 'shot of spirit' is assumed to be 1 alcohol unit on average.

		0	1-2	3-5	6-10	11-15	16-20	21-25	Prefer not to answer
		0	1	2	3	4	5	6	-11
<b>Assumed no. units for sum:</b>									
Standard glass of wine (175ml)	QID1217005172_1	0	3	8	16	26	36	46	
Pint of larger / beer / cider	QID1217005172_2	0	3	8	16	26	36	46	
Alcopop	QID1217005172_3	0	1.5	4	8	13	18	23	
Single shot of spirit	QID1217005172_4	0	1.5	4	8	13	18	23	

audit\_timer\_3 Timing

First Click

Last Click

Page Submit [QID1217005174\_PAGE\_SUBMIT]

Click Count

audit\_6

Please answer the following questions about your drinking in the past year

During the past year, how often have you had <b>six or more units</b> of alcohol on one occasion? This would be drinking either a bottle of wine, 3 pints of beer/lager/cider, 6 shots of spirit or 6 alcopops.	QID1217005175_1	zmwalco6a
During the past year, how often have you found that you were not able to stop drinking once you had started?	QID1217005175_2	zmwalco6b
This is a quality control question, please select 'Less than monthly'	QID1217005175_3	zmwalco6qcer *
During the past year, how often have you failed to do what was normally expected of you because of drinking (e.g., go to college / university / work, play sport or go out with family and friends)?	QID1217005175_7	zmwalco6c

\* QC item recoded into error flag zmwalco6qcer: 1=error, 0=correct

Responses for items 6a-6c above (not the QC item) are coded as follows:

Never /almost never	0	0
Less than monthly	1	1
Monthly	2	2
Weekly	3	3
Daily /almost daily	4	4
Prefer not to answer	-11	

audit\_timer\_4 Timing  
 First Click  
 Last Click  
 Page Submit [QID1217005177\_PAGE\_SUBMIT]  
 Click Count

audit\_7

Please answer the following questions about your drinking in the past year

During the past year, how often have you needed a first drink in the morning to get yourself going after a heavy drinking session?	QID1217005178_5	zmwalco6d
During the past year, how often have you had a feeling of guilt or remorse after drinking?	QID1217005178_6	zmwalco6e
During the past year, how often have you been unable to remember what happened the night before because you had been drinking?	QID1217005178_7	zmwalco6f

Responses for items 6d-6f above are coded as follows:

Never /almost never	0	0
Less than monthly	1	1
Monthly	2	2
Weekly	3	3
Daily /almost daily	4	4
Prefer not to answer	-11	

audit\_timer\_5 Timing  
 First Click  
 Last Click  
 Page Submit [QID1217005180\_PAGE\_SUBMIT]  
 Click Count

audit\_8

Please answer the following questions about your drinking in the past year

During the past year have you, or has someone else, been injured as a result of your drinking?	QID1217005181_1	zmwalco7a
During the past year has anyone (e.g., a relative, friend or doctor) been concerned about your drinking or suggested you cut down?	QID1217005181_2	zmwalco7b

Responses for items 7a and 7b above are coded as follows:

No	0	0
Yes, but not in the past year	1	1
Yes, once	2	2
Yes, a couple of times	3	3
Yes, frequently	4	4
Prefer not to answer	-11	

End of Block: Alcohol Use

Start of Block: Smoking Behaviours TEDS21 adapted

smoking\_intro

**Nicotine Use**

smoke\_1 [QID1216177814]

zmwsmol

Have you ever smoked a cigarette (including roll-ups) or tried an e-cigarette/vape (even one or two puffs)?

Yes	1	1
No	0	0

Skip To: End of Block If smoke\_1 = 0 [no]

smoke\_2 [QID1216177815]

zmwsmocig1

Do you currently smoke cigarettes (factory made or roll-ups)?

Yes	1	1
No	0	0
Prefer not to answer	-11	

Skip To: vape\_1 If smoke\_2 = 0 [no] Or -11 [prefer not to answer]

Display This Question: If smoke\_1 = 1 [yes]

smoke\_3 [QID1216177816]

zmwsmocig2

How many cigarettes have you smoked altogether in your lifetime?

**Response categories combined as shown because of rare responses at lower levels.**

1-10	1	1
11-50	2	
51-100	3	2
101-250	4	
251-500	5	3
501-1000	6	4
Over 1000	7	5

Display This Question: If smoke\_1 = 1

smoke\_age [QID1216177817]

zmwsmocig3

How old were you when you first smoked a whole cigarette?

Responses of 19 or higher were very rare and have been combined into a single category.

12 or younger	12	12
13	13	13
14	14	14
15	15	15
16	16	16
17	17	17
18	18	18
19	19	19
20	20	
21	21	
22	22	
23	23	
24	24	
25	25	
26	26	
27	27	
28	28	
29	29	
30	30	
31	31	

smoke\_4 [QID1216177818]

zmwsmocig4

How often do you smoke cigarettes?

Recoded as shown in the table: responses in the first category were negligible and have been combined with the second category.

I've only tried once/a few times	1	1
Less than once a month	2	
At least once a month	3	2
At least once a week	4	3
At least once a day	5	4
Every few hours	6	5

smoke\_5 [QID1216177819]

zmwsmocig5

On days when you smoke, how many cigarettes do you smoke?

Recoded as shown in the table: responses in the last category were negligible, so the last two categories are combined as 3='21 or more'.

10 or fewer	1	1
11-20	2	2
21-30	3	3
31 or more	4	

smoke\_6 [QID1216177820]

zmwsmocig6

In the past 30 days, how often did you have a strong urge to smoke a cigarette?

Several times a day	1	4
Every day or most days	2	3
At least once a week	3	2
Less than once a week	4	1
Never	5	0
Don't know	-22	
Prefer not to answer	-11	

Display This Question: If smoke\_2 = 1 [applies to footer]

smoke\_footer\_1

[repeated at the end of each page in this block, if the participant answered "yes" to smoking or vaping, but not repeated in this document]

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).

vape\_1 [QID1216177822]

zmwsmovap1

Do you currently use e-cigarettes/vapes?

Yes	1	1
No	0	0
Prefer not to answer	-11	

Skip To: End of Block If vape\_1 = 0 [no] Or = -11 [prefer not to answer]

vape\_age [QID1216177823]

zmwsmovap2

How old were you when you first used an electronic cigarette or vape?

Responses of 29 or higher, and responses of 17 or lower, were very rare and have been combined into ranges as shown: 17=17 or less, 29=29 or more.

12 or younger	12	17
13	13	
14	14	
15	15	
16	16	
17	17	
18	18	18
19	19	19
20	20	20
21	21	21
22	22	22
23	23	23
24	24	24
25	25	25
26	26	26
27	27	27
28	28	28
29	29	29
30	30	
31	31	

vape\_2 [QID1216177824]

zmwsmovap3

How long have you used electronic cigarettes for?

Less than one month	1	1
1-3 months	2	2
3-6 months	3	3
6 months - 1 year	4	4
1-2 years	5	5
More than 2 years	6	6

Display This Question:

If vape\_1 = 1 [yes: currently uses vapes]

vape\_3 [QID1216177825]

zmwsmovap4

How often do you use electronic cigarettes?

I've only tried once/a few times	1	1
Less than once a month	2	2
At least once a month	3	3
At least once a week	4	4
At least once a day	5	5
Every few hours	6	6

vape\_4

Which of the following TYPES of e-cigarettes/ vaping devices have you ever tried?

[each response is coded 1 if ticked; ticking "don't know" or "prefer not to answer" caused all other responses to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if "prefer not to answer" or "don't know" was ticked.

Disposable (not refillable or rechargeable) ecigarette/vaping device	<a href="#">QID1216177827_1</a>	<a href="#">zmwsmovap5a</a>
E-cigarette/vaping device with replaceable prefilled cartridges or pods	<a href="#">QID1216177827_2</a>	<a href="#">zmwsmovap5b</a>
E-cigarette/vaping device with a tank that you fill with liquid	<a href="#">QID1216177827_3</a>	<a href="#">zmwsmovap5c</a>
Don't know	<a href="#">QID1216177827_-22</a>	
Prefer not to answer	<a href="#">QID1216177827_-11</a>	

vape\_5 [[QID1216177829](#)]

[zmwsmovap6](#)

Do you vape nicotine?

Yes	<a href="#">1</a>	<a href="#">1</a>
No	<a href="#">0</a>	<a href="#">0</a>

Skip To: [vape\\_7](#) If [vape\\_5](#) = 0 [no]

vape\_6a

How much nicotine do the e-cigarettes, cartridges, pods, or e-liquids you currently use contain?

[vape\\_6](#) [[QID1216177832](#)]

[zmwsmovap7](#)

Percentage:

1% or lower (10mg/mL or lower)	<a href="#">1</a>	<a href="#">1</a>
1.1% to 2% (11-20 mg/mL)	<a href="#">2</a>	<a href="#">2</a>
2.1% to 5% (21-50mg/mL)	<a href="#">3</a>	<a href="#">3</a>
5.1% or higher (51 mg/mL or higher)	<a href="#">4</a>	<a href="#">4</a>

Display This Question:

If [vape\\_5](#) = 1 [yes, vapes nicotine]

[vape\\_7](#) [[QID1216177834](#)]

[zmwsmovap8](#)

Is using e-cigarettes/vaping less harmful, about the same, or more harmful than smoking cigarettes?

A lot more harmful than "regular" tobacco cigarettes	<a href="#">1</a>	<a href="#">1</a>
A little more harmful than "regular" tobacco cigarettes	<a href="#">2</a>	<a href="#">2</a>
As harmful as "regular" tobacco cigarettes	<a href="#">3</a>	<a href="#">3</a>
A little less harmful than "regular" tobacco cigarettes	<a href="#">4</a>	<a href="#">4</a>
A lot less harmful than "regular" tobacco cigarettes	<a href="#">5</a>	<a href="#">5</a>

End of Block: Smoking Behaviours TEDS21 adapted

Start of Block: GCPS-R - Pain

[pain\\_intro](#)

### Experiences of Pain

[gcps-r\\_1](#) [QID105]

[zmwgcps1](#)

In the past **3 months**, how often did you have pain?

Never	0	0
Some days	1	1
Most days	2	2
Every day	3	3
Prefer not to answer	-11	

Skip To: End of Block If [gcps-r\\_1](#) = 0 [never] Or = -11 [prefer not to answer]

[gcps-r\\_2](#) [QID106]

[zmwgcps2](#)

Over the past 3 months, **how often did pain limit your life or work activities?**

Never	0	0
Some days	1	1
Most days	2	2
Every day	3	3

[pain\\_intro\\_1](#)

*Now think about pain you have had during the past week*

[gcps-r\\_3](#) [QID107]

[zmwgcps3](#)

What number best describes your **pain on average** in the **past week**?

0 (No pain)	0	0
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10 (Pain as bad as you can imagine it)	10	10
Prefer not to answer	-11	

Display This Question:

If gcps-r\_3 != 0 And gcps-r\_3 != -11  
[any pain response between 1 and 10 in question 3 above]

gcps-r\_4 [QID111]

**zmwgcps4**

What number best describes how, during the **past week**, pain has interfered with your **enjoyment of life**?

Display This Question:

If gcps-r\_3 != 0 And gcps-r\_3 != -11  
[any pain response between 1 and 10 in question 3 above]

gcps-r\_5 [QID112]

**zmwgcps5**

What number best describes how, during the **past week**, pain has interfered with your **general activity**?

**Both questions above, zmwgcps4 and zmwgcps5, have responses coded as follows:**

0 (Does not interfere)	0	0
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10 (Completely interferes)	10	10

Display This Question:

If gcps-r\_3 != 0 And gcps-r\_3 != -11  
[any pain response between 1 and 10 in question 3 above]

gcps-r\_6 [QID113]

**zmwgcps6**

Are you **not working or unable to work** due to pain or pain condition?

Yes (no working or unable to work due to pain)	1	1
No	0	0

End of Block: GCPS-R - Pain

Start of Block: Optimism

optimism\_timer Timing  
First Click  
Last Click  
Page Submit [QID251\_PAGE\_SUBMIT] zmwoptimtime [seconds, as a decimal number]  
Click Count

optimism\_1

To what extent do the following statements describe you?

In uncertain times, I usually expect the best	QID169_1	zmwoptim1
If something can go wrong for me, it will	QID169_2	zmwoptim2
I'm always optimistic about my future	QID169_3	zmwoptim3
I hardly ever expect things to go my way	QID169_4	zmwoptim4
I rarely count on good things happening to me	QID169_5	zmwoptim5
This is a quality control item, please select 'Disagree'	QID169_7	zmwoptimqcer *
Overall, I expect more good things to happen to me than bad	QID169_6	zmwoptim6

\* QC item recoded into error flag zmwoptimqcer: 1=error, 0=correct

Responses for items 1-6 above (not the QC item) are coded as follows:

Strongly disagree	1	1
Disagree	2	2
Neutral	3	3
Agree	4	4
Strongly agree	5	5

End of Block: Optimism

Start of Block: Recontact question

recontact [QID202]

[This variable was collected for admin reasons and is not retained in the dataset]

Sometimes it can be helpful for the TEDS team to follow up with smaller groups of individuals (e.g. people with anxiety) to take part in specific studies. Would you be happy to be invited to participate in future TEDS studies based on the information you have provided in this questionnaire and other information that we hold on you?

Yes, please feel free to invite me based on information I have provided in this questionnaire and other information that you hold for me.	1
No thank you, please do not contact me based on my responses.	0

End of Block: Recontact question

Start of Block: Voucher preference

voucher [QID1216756902]

**Your reward**

[This variable was collected for admin reasons and is not retained in the cleaned raw data or in the dataset]

**Thank you so much for taking the time to complete this questionnaire!**

Please indicate below whether you would like to receive the £10 Love2Shop reward code or whether you would like to donate it back to TEDS for further research. After making your selection, please submit your questionnaire by **pressing the arrow below**:

I would like to receive the £10 reward	1
I do not require a reward, please donate the £10 back to TEDS for further research	2

End of Block: Voucher preference