



## What is it like to be a twin?

At TEDS, we are really interested in what it is like to be a twin, particularly in your teenage years. This questionnaire has been designed, in association with the Twins and Multiple Births Association (TAMBA), to find out about your personal experience of being a twin and how being a twin affects your life.

Thank you so much for completing this questionnaire, we really appreciate your help!

Full name:

*Most of the questions below are multiple choice. For each one, please tick the answer that best applies to you in the checkbox provided.*

*All your answers will remain strictly confidential.*

**Dataset variable names and value coding are annotated in this red font. All twin variables are double entered in the usual way, with "1" or "2" appended to the variable name to denote twin and cotwin respectively.**

**Additional background variables in the dataset:**

<b>Variable name</b>	<b>Meaning</b>	<b>Values</b>
<b>tmbdata</b>	<b>Data flag to show presence or absence of data</b>	<b>1=yes, 0=no</b>
<b>tmbage</b>	<b>Twin age when questionnaire returned</b>	<b>Years (decimal)</b>

## At School

1. Do you and your twin attend the same school?

**tmbsch1**

Yes **1**     No **0**

If 'no', please skip to question 3

2. How many of the subjects that you study at school are you and your twin in the same class for?

**tmbsch2**

None **0**     Less than half **1**     Around half **2**     More than half **3**     All **4**

3. Knowing that my twin was planning to study a particular optional subject/course (such as an optional GCSE) made me want to study it...

**tmbsch3**

Much more **4**     A bit more **3**     No more or less **2**     A bit less **1**     Much less **0**

4. When thinking about how I am doing in my school work, I compare myself with..

	Never	Rarely	Sometimes	Often	All the time
	0	1	2	3	4
My year-group at school					
My close friends					
My twin					
My own ambitions					

## Now and Then

We are interested in how your experience of being a twin has changed over time. In the following questions, we ask you about how something is **now** (over the last year) as compared to **5 years ago** (when you were in primary school).

5. How often do the following people confuse you with your twin?

		Never	Rarely	Sometimes	Often	All the time
		0	1	2	3	4
Close friends and relatives	Now	tmbnat5a				
	5 years ago	tmbnat5b				
Other people that I am less close to (e.g. teachers)	Now	tmbnat5c				
	5 years ago	tmbnat5d				
People that have only met me once or twice	Now	tmbnat5e				
	5 years ago	tmbnat5f				

6. How often do...

		Never	Rarely	Sometimes	Often	All the time
		0	1	2	3	4
..adults compare you with your twin	Now	tmbnat6a				
	5 years ago	tmbnat6b				
..people of your own age compare you with your twin	Now	tmbnat6c				
	5 years ago	tmbnat6d				

7. I feel close to my twin..

		Not at all true	A little true	Somewhat true	Pretty true	Really true
		0	1	2	3	4
Now	tmbnat7a					
5 years ago	tmbnat7b					

8. Are you happy with how much your twin needs and relies on you?

No, I wish my twin needed me more	Yes, I am happy with how much my twin needs me	No, I wish my twin needed me less
0	1	2

Now **tmbnat8a**

5 years ago **tmbnat8b**

9. Do you feel that being a twin makes it more difficult for you to form friendships with other people of your own age?

No	Sometimes	Yes
0	1	2

Now **tmbnat9a**

5 years ago **tmbnat9b**

10. Which of these descriptions fits you best?

I like to spend as much time with my twin as possible	I like to spend most of my time with my twin	I don't really care how much time I spend with my twin	I like to spend most of my time apart from my twin	I like to spend as little time with my twin as possible
4	3	2	1	0

Now **tmbnat10a**

5 years ago **tmbnat11a**

## You and Your Twin

Thinking about your relationship with your twin **over the past year**, please answer the following questions.

11. My activities and interests are...

**tmbyyt11**

Completely different to those of my twin	Mostly different to those of my twin	About half the same and half different to those of my twin	Mostly the same as those of my twin	Completely the same as those of my twin
0	1	2	3	4

12. I have the same friends as my twin.

**tmbyyt12**

Not at all true, none of our friends are the same	Only slightly true, just one or two of our friends are the same	Partly true, some of our friends are the same	Mostly true, most of our friends are the same	Completely true, all of our friends are the same
0	1	2	3	4

13. Thinking about the relationship between you and your twin **over the past year**, how often do you...

Never	Rarely	Sometimes	Most of the time	All the time
0	1	2	3	4

Fight/argue with your twin **tmbyyt13a**

Feel proud of your twin **tmbyyt13b**

Feel jealous of your twin **tmbyyt13c**

Seek your twin's advice/opinion when making an important decision **tmbyyt13d**

14. Overall, compared with your friends, do you think that having a twin adds extra pressures or problems to your life?

tmbyyt14

Yes 2       No 0       Sometimes 1

15. Overall, compared with your friends, do you think that having a twin means that you have an extra source of support?

tmbyyt15

Yes 2       No 0       Sometimes 1

**Text responses from the following questions have not been retained in the dataset.**

16. What do you think are the main advantages and disadvantages of having a twin during your teenage years?

Advantages:.....      Disadvantages:.....  
.....  
.....

17. What advice would you like to give to parents, teachers and friends of teenage twins?

.....  
.....

18. If you would like to, please add any extra comments about life as a teenage twin.

.....  
.....

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

**If you would like further information about life as a twin then you might be interested in the  
Twins and Multiple Births Association (TAMBA): [www.tamba.org.uk](http://www.tamba.org.uk)**