

Wellbeing Study Parent Activities

In the web implementation of these activities, actual twin names were substituted for the placeholders [elder twin] and [younger twin] where these are shown below. Parents completed each activity by clicking on a radio button (equivalent to a tick box) for each item, then clicking on a submit button at the bottom of the screen.

Other than the initial consent form, there were just two parent activities (SHS and Life Events). These activities were unchanged from the pilot study to the main study.

Subjective Happiness Scale (SHS)

(Lyubomirsky & Lepper, 1999)

Repeated in weeks 0, 3, 6 and 9. In the web implementation, parents were required to respond to at least 6 of the 8 items.

For each of the following statements and/or questions, **please select the point on the scale** that you feel is most appropriate in describing each of your twins.

1. In general, I consider each of my twins to be:

	1	2	3	4	5	6	7
[elder twin]	Not a very happy person						A very happy person
[younger twin]	Not a very happy person						A very happy person

2. Compared to most of his/her peers, I consider each of my twins to be:

	1	2	3	4	5	6	7
[elder twin]	Less happy					More happy	
[younger twin]	Less happy					More happy	

3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this describe each of your twins?

	1	2	3	4	5	6	7
[elder twin]	Not at all					A great deal	
[younger twin]	Not at all					A great deal	

4. Some people are generally not very happy. Whatever is going on, they never seem as happy as they might be. To what extent does this describe each of your twins?

	1	2	3	4	5	6	7
[elder twin]	Not at all					A great deal	
[younger twin]	Not at all					A great deal	

Life Events

Completed only once, in week 0. In the web implementation, parents were required to respond "yes" or "no" to at least 32 of the 64 items. In any given item, if the response to the first part was "yes", then a response was also required in the second part.

This questionnaire relates to events that might have happened in your twins' lives recently. Please answer each question separately for each of your twins.

For each question, please select either 'No' or 'Yes' if the event has happened to that twin **in the past year**. If the event has happened to them then please indicate **what it was like for them**, choosing one of the options given, ranging from 'very unpleasant' to 'very pleasant'.

		If Yes ...					
		No	Yes	Very unpleasant	Moderately unpleasant Neither unpleasant nor pleasant	Moderately pleasant	Very pleasant
Starting at a new school/college	[elder twin] [younger twin]						
The loss of a job by their father or mother	[elder twin] [younger twin]						
Being accepted into important extra curricular activity	[elder twin] [younger twin]						
Marital separation of their parents	[elder twin] [younger twin]						
Starting a new romantic relationship	[elder twin] [younger twin]						
Becoming involved with drugs	[elder twin] [younger twin]						
Special recognition for good schoolwork	[elder twin] [younger twin]						
The death of a close friend or relative	[elder twin] [younger twin]						
Brother/sister leaving home	[elder twin] [younger twin]						
Being hospitalised for illness or injury	[elder twin] [younger twin]						
Beginning a new job	[elder twin] [younger twin]						
Being sent away from home	[elder twin] [younger twin]						
Making a significant new friend	[elder twin] [younger twin]						
Breaking up with a boyfriend/girlfriend	[elder twin] [younger twin]						
Special recognition for doing well in an activity (like sports, music or art)	[elder twin] [younger twin]						
The hospitalisation of their brother or sister	[elder twin] [younger twin]						

		If Yes ...						
		No	Yes	Very unpleasant	Moderately unpleasant	Neither unpleasant nor pleasant	Moderately pleasant	Very pleasant
Moving out of family home	[elder twin] [younger twin]							
Suspension from school/college	[elder twin] [younger twin]							
Birth of a new brother/sister	[elder twin] [younger twin]							
Failing an important exam	[elder twin] [younger twin]							
Taking up a significant new activity/hobby	[elder twin] [younger twin]							
The marriage of a parent to a stepparent	[elder twin] [younger twin]							
New person living in the house	[elder twin] [younger twin]							
Hospitalisation of a parent	[elder twin] [younger twin]							
New stepbrother/ stepsister	[elder twin] [younger twin]							
Being responsible for a road accident	[elder twin] [younger twin]							
Achieving something outstanding	[elder twin] [younger twin]							
Parent's partner moving in	[elder twin] [younger twin]							
A major decrease in parental income	[elder twin] [younger twin]							
Moving to a new area	[elder twin] [younger twin]							
Getting pregnant or fathering a pregnancy	[elder twin] [younger twin]							
Becoming a member of a church or religious group	[elder twin] [younger twin]							