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# Wave 1 Adult Self-Completion Questionnaire

**closer:sourceFileName**

us1\_asc

## Instrument Locations

- [https://discovery.closer.ac.uk/files/instruments/us1\\_asc-fa05891544e7b29106aea549b4bc07f3.pdf](https://discovery.closer.ac.uk/files/instruments/us1_asc-fa05891544e7b29106aea549b4bc07f3.pdf)

### us1\_asc

Label us1_asc	Location Sequence
Type Sequence	Order InOrderOfAppearance

### s\_intro\_i

Name s_intro_i	Location Sequence › us1_asc
Type Statement	

#### Statement Text

ADULT SELF-COMPLETION QUESTIONNAIRE (AGED 16+)

### s\_intro\_ii

Name s_intro_ii	Location Sequence › us1_asc
Type Statement	

#### Statement Text

Completing the questionnaire

### s\_intro\_iii

Name s_intro_iii	Location Sequence › us1_asc
Type Statement	

**Statement Text**

Please answer questions by ticking the box next to the answer, as in the example below. Some questions have instructions that show which question to answer next. If there are no instructions, just answer the next question.

s_intro_iv	
Name s_intro_iv	Location Sequence › us1_asc
Type Statement	

**Statement Text**

Please tick only one box for each question.

s_intro_v	
Name s_intro_v	Location Sequence › us1_asc
Type Statement	

**Statement Text**

Returning the questionnaire

s_intro_vi	
Name s_intro_vi	Location Sequence › us1_asc
Type Statement	


**Statement Text**

If the interviewer is still in your home when you have completed the questionnaire, please hand it back to them. If not, please return the completed questionnaire in the pre-paid envelope as soon as you possibly can.

s_intro_vii	
Name s_intro_vii	Location Sequence › us1_asc
Type Statement	

**Statement Text**


Now please go to Q1 and start filling in your answers

 qi\_1 - 1

Name	Label	Location
qi_1	1	Sequence › us1_asc
Type		
Date		

**Question**

Please write in your date of birth:

 qi\_2 - 2

Name	Label	Location
qi_2	2	Sequence › us1_asc
Type	Selection Type	Display Style
Multiple Choice	SelectOne	

**Question**

Are you male or female?

**Choices**

1	Male
2	Female

 s\_q3

Name	Location
s_q3	Sequence › us1_asc
Type	
Statement	

**Statement Text**

The first questions are about how you have been feeling recently.

 qi\_3 - 3

Name	Label	Location
qi_3	3	Sequence › us1_asc
Type	Selection Type	Display Style
Multiple Choice	SelectOne	

**Question**

Have you recently... ..been able to concentrate on whatever you're doing?

**Choices**

1	Better than usual
2	Same as usual
3	Less than usual

4	Much less than usual
---	----------------------

 qi\_4 - 4

Name	Label	Location
qi_4	4	Sequence › us1_asc
Type	Selection Type	Display Style
Multiple Choice	SelectOne	

**Question**

Have you recently... ..lost much sleep over worry?

**Choices**

1	Not at all
2	No more than usual
3	Rather more than usual
4	Much more than usual

 qi\_5 - 5

Name	Label	Location
qi_5	5	Sequence › us1_asc
Type	Selection Type	Display Style
Multiple Choice	SelectOne	

**Question**

Have you recently... ..felt that you were playing a useful part in things?

**Choices**

1	More so than usual
2	Same as usual
3	Less so than usual
4	Much less than usual

 qi\_6 - 6

Name	Label	Location
qi_6	6	Sequence › us1_asc
Type	Selection Type	Display Style
Multiple Choice	SelectOne	

**Question**

Have you recently... ..felt capable of making decisions about things?

**Choices**

1	More so than usual
---	--------------------

2	Same as usual
3	Less so than usual
4	Much less capable

 qi\_7 - 7

Name qi_7	Label 7	Location Sequence > us1_asc
Type Multiple Choice	Selection Type SelectOne	Display Style

**Question**

Have you recently... ..felt constantly under strain?

**Choices**

1	Not at all
2	No more than usual
3	Rather more than usual
4	Much more than usual

 qi\_8 - 8

Name qi_8	Label 8	Location Sequence > us1_asc
Type Multiple Choice	Selection Type SelectOne	Display Style

**Question**

Have you recently... ..felt you couldn't overcome your difficulties?

**Choices**

1	Not at all
2	No more than usual
3	Rather more than usual
4	Much more than usual

 qi\_9 - 9

Name qi_9	Label 9	Location Sequence > us1_asc
Type Multiple Choice	Selection Type SelectOne	Display Style

**Question**

Have you recently... ..been able to enjoy your normal day-to-day activities?

**Choices**

1	More so than usual
2	Same as usual
3	Less so than usual
4	Much less than usual

**qi\_10 - 10**

Name qi_10	Label 10	Location Sequence > us1_asc
Type Multiple Choice	Selection Type SelectOne	Display Style

**Question**

Have you recently... ..been able to face up to problems?

**Choices**

1	More so than usual
2	Same as usual
3	Less able than usual
4	Much less able

**qi\_11 - 11**

Name qi_11	Label 11	Location Sequence > us1_asc
Type Multiple Choice	Selection Type SelectOne	Display Style

**Question**

Have you recently... ..been feeling unhappy or depressed?

**Choices**

1	Not at all
2	No more than usual
3	Rather more than usual
4	Much more than usual

**qi\_12 - 12**

Name qi_12	Label 12	Location Sequence > us1_asc
Type Multiple Choice	Selection Type SelectOne	Display Style

**Question**

Have you recently... ..been losing confidence in yourself?

**Choices**

1	Not at all
2	No more than usual
3	Rather more than usual
4	Much more than usual

 qi\_13 - 13

Name qi_13	Label 13	Location Sequence › us1_asc
Type Multiple Choice	Selection Type SelectOne	Display Style

**Question**

Have you recently... ..been thinking of yourself as a worthless person?

**Choices**

1	Not at all
2	No more than usual
3	Rather more than usual
4	Much more than usual

 qi\_14 - 14

Name qi_14	Label 14	Location Sequence › us1_asc
Type Multiple Choice	Selection Type SelectOne	Display Style

**Question**

Have you recently... ..been feeling reasonably happy, all things considered?

**Choices**

1	More so than usual
2	About the same as usual
3	Less so than usual
4	Much less than usual

 s\_q15



Name s_q15	Location Sequence › us1_asc
Type Statement	

**Statement Text**

The following questions relate to your usual sleep habits during the last month. Please indicate the most accurate reply for the majority of days and nights in the past month.

qi_15 - 15		
Name qi_15	Label 15	Location Sequence › us1_asc
Type Integer	Low 0	High

**Question**

How many hours of actual sleep did you usually get at night during the last month? ... Hours : ... Minutes Hours of sleep per night

**Instructions**

This may be different than the actual number of hours you spent in bed.

qg_16 - 16		
Name qg_16	Label 16	Location Sequence › us1_asc
Type Question Grid		

**Question**

During the past month, how often have you had trouble sleeping because you...

**Rows**

1	...cannot get to sleep within 30 minutes?
2	...wake up in the middle of the night or early in the morning?
3	...cough or snore loudly?

**Columns**

	Code
--	------

qi_17 - 17		
Name qi_17	Label 17	Location Sequence › us1_asc
Type Multiple Choice	Selection Type SelectOne	Display Style

**Question**

During the past month, how often have you taken medicine (prescribed or "over the counter") to help you sleep?

**Choices**

1	Not during the past month
2	Less than once a week
3	Once or twice a week
4	Three or more times a week

 qi\_18 - 18

Name qi_18	Label 18	Location Sequence › us1_asc
Type Multiple Choice	Selection Type SelectOne	Display Style

**Question**

During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?

**Choices**

1	Not during the past month
2	Less than once a week
3	Once or twice a week
4	Three or more times a week

 qi\_19 - 19

Name qi_19	Label 19	Location Sequence › us1_asc
Type Multiple Choice	Selection Type SelectOne	Display Style

**Question**

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

**Choices**

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

 s\_q20\_i

Name	Location
s_q20_i	Sequence › us1_asc
Type	
Statement	

**Statement Text**

The next questions are about your opinions on the environment.

 s\_q20\_ii

Name	Location
s_q20_ii	Sequence › us1_asc
Type	
Statement	

**Statement Text**

For each of the following statements please tick the answer that is closest to your view

 qi\_20 - 20

Name	Label	Location
qi_20	20	Sequence › us1_asc
Type	Selection Type	Display Style
Multiple Choice	SelectOne	

**Question**

Which of these best describes how you feel about your current lifestyle and the environment?

**Choices**

1	I'm happy with what I do at the moment
2	I'd like to do a bit more to help the environment
3	I'd like to do a lot more to help the environment

 qi\_21 - 21

Name	Label	Location
qi_21	21	Sequence › us1_asc
Type	Selection Type	Display Style
Multiple Choice	SelectOne	

**Question**

And which of these would you say best describes your current lifestyle?

**Choices**

1	I don't really do anything that is environmentally-friendly
---	---

2	I do one or two things that are environmentally-friendly
3	I do quite a few things that are environmentally-friendly
4	I'm environmentally-friendly in most things I do
5	I'm environmentally-friendly in everything I do

qi_22 - 22		
Name	Label	Location
qi_22	22	Sequence > us1_asc
Type	Selection Type	Display Style
Multiple Choice	SelectOne	

**Question**

Do you agree or disagree that being green is an alternative lifestyle, it's not for the majority?

**Choices**

1	Agree strongly
2	Agree
3	Disagree
4	Disagree strongly

qg_23 i - 23 i		
Name	Label	Location
qg_23_i	23 i	Sequence > us1_asc
Type		
Question Grid		

**Question**

Please tick whether, on the whole, you personally believe or do not believe each of the following statements

**Rows**

1	I don't believe my behaviour and everyday lifestyle contribute to climate change
2	I would be prepared to pay more for environmentally friendly products
3	If things continue on their current course, we will soon experience a major environmental disaster
4	The so-called 'environmental crisis' facing humanity has been greatly exaggerated
5	Climate change is beyond control - it's too late to do anything about it

**Columns**

	Code
--	------

 qg\_23\_ii - 23\_ii

Name	Label	Location
qg_23_ii	23_ii	Sequence › us1_asc
Type		
Question Grid		

**Question**

Please tick whether, on the whole, you personally believe or do not believe each of the following statements

**Rows**

1	The effects of climate change are too far in the future to really worry me
2	Any changes I make to help the environment need to fit in with my lifestyle
3	It's not worth me doing things to help the environment if others don't do the same
4	It's not worth Britain trying to combat climate change, because other countries will just cancel out what we do
5	People in the UK will be affected by climate change in the next 30 years
6	People in the UK will be affected by climate change in the next 200 years

**Columns**

	Code
--	------

 s\_q24

Name	Location
s_q24	Sequence › us1_asc
Type	
Statement	

**Statement Text**

Next, here are some statements about neighbourhoods

 qg\_24 - 24

Name	Label	Location
qg_24	24	Sequence › us1_asc

Type		
Question Grid		

**Question**

Please tick the box that indicates how strongly you agree or disagree with each statement.

**Rows**

1	I feel like I belong to this neighbourhood.
2	The friendships and associations I have with other people in my neighbourhood mean a lot to me.
3	If I needed advice about something I could go to someone in my neighbourhood.
4	I borrow things and exchange favours with my neighbours.
5	I would be willing to work together with others on something to improve my neighbourhood.
6	I plan to remain a resident of this neighbourhood for a number of years.
7	I like to think of myself as similar to the people who live in this neighbourhood.
8	I regularly stop and talk with people in my neighbourhood.

**Columns**

	Code
--	------

 qi_25 - 25		
Name	Label	Location
qi_25	25	Sequence > us1_asc
Type	Selection Type	Display Style
Multiple Choice	SelectOne	

**Question**

Generally speaking would you say that most people can be trusted, or that you can't be too careful in dealing with people?

**Choices**

1	Most people can be trusted
2	Can't be too careful
3	Depends

 s_q26
---

Name s_q26	Location Sequence › us1_asc
Type Statement	

**Statement Text**

Here are some questions about how you feel about your life

qg_26 - 26		
Name qg_26	Label 26	Location Sequence › us1_asc
Type Question Grid		

**Question**

Please tick the number which you feel best describes how dissatisfied or satisfied you are with the following aspects of your current situation. 1 = Completely Dissatisfied, 7 = Completely Satisfied

**Rows**

1	Your health
2	The income of your household
3	The amount of leisure time you have
4	Your life overall

**Columns**

	Code
--	------

qg_27 - 27		
Name qg_27	Label 27	Location Sequence › us1_asc
Type Question Grid		

**Question**

Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the last 2 weeks.

**Rows**

1	I've been feeling optimistic about the future
2	I've been feeling useful
3	I've been feeling relaxed
4	I've been dealing with problems well
5	I've been thinking clearly
6	I've been feeling close to other people

7	I've been able to make up my own mind about things
---	--

**Columns**

	Code
--	------

 qi\_28 - 28

Name qi_28	Label 28	Location Sequence › us1_asc
Type Multiple Choice	Selection Type SelectOne	Display Style

**Question**

Are you generally a person who is fully prepared to take risks or do you try to avoid taking risks?

**Choices**

0	0: Avoid taking risks
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10: Fully prepared to take risks

 qi\_29 - 29

Name qi_29	Label 29	Location Sequence › us1_asc
Type Multiple Choice	Selection Type SelectOne	Display Style

**Question**

Are you generally a person who is fully prepared to take risks in trusting strangers or do you try to avoid taking such risks?

**Choices**

0	0: Avoid taking risks in trusting strangers
1	1



2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10: Fully prepared to take risks in trusting strangers

 qi\_30 - 30

Name qi_30	Label 30	Location Sequence › us1_asc
Type Multiple Choice	Selection Type SelectOne	Display Style

**Question**

Are you married or living with a partner?

**Choices**

1	Yes
2	No

 qg\_31 - 31

Name qg_31	Label 31	Location Sequence › us1_asc
Type Question Grid		

Condition  
If Yes to question 30

**Question**


Please indicate on each question the box which best describes your relationship with your partner at the moment. Please tick one box only for each question.

**Rows**

1	Have a stimulating exchange of ideas
2	Calmly discuss something
3	Work together on a project

**Columns**

	Code
--	------

 **qg\_32 - 32**

Name <b>qg_32</b>	Label <b>32</b>	Location Sequence › us1_asc
Type Question Grid		
Condition If Yes to question 30		

**Question**

Please indicate on each question the box which best describes your relationship with your partner at the moment. Please tick one box only for each question.

**Rows**

	1	How often do you discuss or have you considered divorce, separation or terminating your relationship?
	2	Do you ever regret that you married or lived together?
	3	How often do you and your partner quarrel?
	4	How often do you and your partner "get on each others nerves"?
	5	Do you kiss your partner?

**Columns**

	Code
--	------

 **qi\_33 - 33**

Name <b>qi_33</b>	Label <b>33</b>	Location Sequence › us1_asc
Type Multiple Choice	Selection Type SelectOne	Display Style
Condition If Yes to question 30		

**Question**

Do you and your partner engage in outside interests together?

**Choices**

	1	All of them
	2	Most of them
	3	Some of them

4	Very few of them
5	None of them

qi_34 - 34		
Name qi_34	Label 34	Location Sequence › us1_asc
Type Multiple Choice	Selection Type SelectOne	Display Style
Condition If Yes to question 30		

**Question**

The boxes on the following line represent different degrees of happiness in your relationship. The middle point, "happy", represents the degree of happiness of most relationships. Please tick the box which best describes the degree of happiness, all things considered, of your relationship.

**Choices**

1	Extremely unhappy
2	Fairly unhappy
3	A little unhappy
4	Happy
5	Very Happy
6	Extremely happy
7	Perfect

s_outro_i	
Name s_outro_i	Location Sequence › us1_asc
Type Statement	

**Statement Text**

Thank you very much for taking the time to answer our questions.

s_outro_ii	
Name s_outro_ii	Location Sequence › us1_asc
Type Statement	

**Statement Text**

Please give the questionnaire either to the interviewer or post it back in the envelope provided.