



## **APPENDIX A: FIELDWORK DOCUMENTS**

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# The 2020 Scottish Health Survey

The Scottish Health Survey is an annual survey of around 7,000 people in Scotland. It is carried out for the Scottish Government by ScotCen Social Research, the MRC Social and Public Health Sciences Unit at the University of Glasgow and academics from the Universities of Aberdeen and Edinburgh.

## Why take part?

The information you provide will help to develop ways of improving people's health in your area and across Scotland. It will also help improve the services people need at times of ill health.

By taking part, you are helping to provide a better understanding of the health and lifestyles of people in Scotland during these challenging times. The information you provide will also help with planning and improving health services beyond the Covid-19 pandemic.

## What is it about?

There will be questions about your general health, eating habits, physical activity, smoking and drinking. There are some questions about diseases of the heart, lungs and chest, as this remains one of the leading causes of death in Scotland. There are also questions to help understand the impact of Covid-19 and the associated restrictions on you and your health.

The survey also asks you to provide your height and weight measurements, but only if you are happy to do so. Some personal details such as age, sex and employment are also included to help us interpret this information.

## What happens to the information I provide?

Your answers are treated with care and with full respect for your privacy. The Scottish Government and ScotGen guarantee that the survey results will not be published in a form that can reveal your identity and that they will make no attempt to identify you from your answers. The information collected is used for statistical and research purposes only and will be dealt with in accordance with data protection legislation. The information collected in the survey (but no information that would allow you to be identified) is made available via the UK Data Service for use by researchers and academics.

If you take part in the survey, and agree, some information will be linked to your survey answers from your NHS health records on the following:

- Visits to hospital and length of stay.
- Information about diagnosis, treatments and hospital stays for cancer, heart disease, stroke, diabetes and psychiatric episodes.
- Details about registration with a general practitioner and, if you pass away, the date and cause of death.

This is done in such a way that no data which can identify you or any other individual is released, and really increases the value of the information you provide. If you wish your survey results not to be linked to your health records, please tell the interviewer when you take part.

For further information on how the information you provide will be used please see the privacy information on the Scottish Government's website here: <http://www2.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/faqs>

## Who will we want to speak to?

We would like to interview every adult (aged 16 and over) who lives at your household.

## How does it work?

The survey is currently being completed over the phone, as due to the COVID-19 pandemic we cannot interview people in their homes. Taking part involves these 3 simple steps:

### STEP 1

Get in touch through **one** of these ways

<b>Visiting</b>	<a href="https://survey.natcen.ac.uk/shes">survey.natcen.ac.uk/shes</a>
<b>Emailing</b>	<a href="mailto:Scottishhealthsurvey@scotcen.org.uk">Scottishhealthsurvey@scotcen.org.uk</a>
<b>Calling</b>	0800 652 4568

You will need:

- The unique 8-digit number found in the top right-hand corner of the letter you received with this leaflet
- A phone number (mobile or landline) for your address, and your postcode

### STEP 2

Get a **Call** from an experienced interviewer

An experienced interviewer from ScotGen Social Research will call you on the number provided at a time that is convenient for you. The interviewer will then complete the questionnaire with you, it should take around 35 minutes.

Any other adult(s) in your household can then take part on the same call, or arrange a good time for a call back.

### STEP 3

Get a **£10 Voucher** as a thank you for taking part

Every adult in your household who takes part in the survey will receive a **£10 Love2Shop voucher** as a thank you.

This can be spent at over 20,000 stores, restaurants, and attractions ([www.love2shop.co.uk/where-to-spend](http://www.love2shop.co.uk/where-to-spend)).

## **Why has my household been chosen?**

To include every household in Scotland is expensive and time consuming. Instead we select a sample of addresses in such a way that all addresses in the country have a chance of being chosen. Yours is one of those chosen for the 2020 survey. Your address was chosen at random from the Postcode Address File, a list of every address in the UK, held by the Post Office and available to the public.

## **What happens if I agree to be contacted about further research?**

If you give your permission, your name, contact details and relevant survey answers may be passed on to the Scottish Government or research agencies for the purpose of further research among particular groups of people to improve health or health services.

This information will only be released for statistical and research purposes carried out by reputable research organisations and you will not be identifiable in any published results. Any information passed to any other organisation will be treated in accordance with data protection legislation and will not be used for any purposes other than further research about health or health services.

## **Is the survey compulsory?**

No. In all our surveys we rely on voluntary co-operation. The success of the survey depends on the goodwill and co-operation of those asked to take part. The more people who do take part, the more useful the results will be. You are free to withdraw from any part of the survey at any time, and you do not have to answer all the questions.

## **How will taking part in the survey benefit me?**

Benefits from the survey will be indirect and in due course, will come from any improvements in health and in health services in

Scotland which result from the survey. You will also receive a **£10 voucher** for taking part, as a thank you.

### Who has reviewed the study?

The study has been looked at by an independent group of people called a Research Ethics Committee, to protect your safety, rights, wellbeing and dignity. This study has been given a favourable opinion by Wales REC 3 on behalf of the NHS. The Public Benefit and Privacy Panel will be reviewing the process for linkage of the survey data with information from the NHS health records.

### What if I have any other questions?

We hope this leaflet answers the questions you may have, and that it shows the importance of the survey. If you have any other questions about the survey, please do not hesitate to call **0131 240 0210** to speak to either Joanne McLean, Victoria Wilson, or Joe Rose, or visit **[www.scottishhealthsurvey.org](http://www.scottishhealthsurvey.org)**.

If you have any concerns about how your information is being used, you can contact the Scottish Government's Data Protection Officer by emailing: **[DataProtectionOfficer@gov.scot](mailto:DataProtectionOfficer@gov.scot)**

Your co-operation is very much appreciated. Thank you very much for your help with this survey.

For further information and advice on healthy living please see the Healthier Scotland website: **[www.takelifeon.co.uk](http://www.takelifeon.co.uk)**

Information about common health conditions is available here: **[www.nhsinform.scot](http://www.nhsinform.scot)**

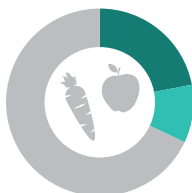
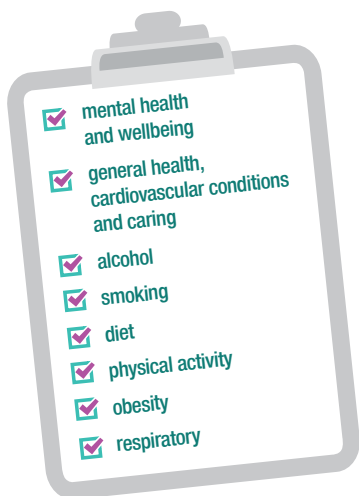
**ScotCen**  
Social Research



Scottish  
Government  
[gov.scot](http://gov.scot)

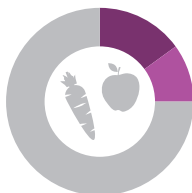
**NHS**  
SCOTLAND

# In 2018 we found that...



**22% of adults** met the 5-a-day recommendation.

**10%** did not consume any fruit or vegetables on previous day.



**15% of children** met the 5-a-day recommendation.

**10%** of children did not consume any fruit or vegetables on previous day.



**32%**   **16%**

Men continued to be twice as likely than women to drink at hazardous or harmful levels.



**13%**   **19%**

Men continued to be less likely than women to be non-drinkers.

Average consumption of fruit and vegetables has remained fairly constant since 2008.



Adults who assessed their general health to be 'good' or 'very good' varied by age:





The Resident

<Add1>  
<Add2>  
<Add3>  
<Add4>  
<Postcode>

Code: <Serial>/<CHK>

## Help improve health services in <healthboard>

Dear Sir or Madam,

Your household has been chosen to take part in the Scottish Health Survey, an important annual study used to help improve health services in your area and across Scotland. By taking part, you are helping to provide a better understanding of the health and lifestyles of people in Scotland during these challenging times. It is also important to look to the future, and the information you provide will help plan, and improve, health services beyond the pandemic.

We rely on the goodwill of the people who take part to make the study a success and need to speak to as many different people as possible. Last year more than 7,000 people took part – now you have an opportunity to join in as well. We're sure you will find it interesting.



### Taking part is easy

We would like to hear from the adults (aged 16 and over) in your household. The simple steps to taking part are:

#### STEP 1

##### Get in Touch

Contact us **one** of these ways:

**Visit** [survey.natcen.ac.uk/shes](https://survey.natcen.ac.uk/shes)

**Email** [scottishhealthsurvey@scotcen.org.uk](mailto:scottishhealthsurvey@scotcen.org.uk)

**Call** 0800 652 4568

You will need the code at the top of this letter and your contact details

#### STEP 2

##### Get a call

An experienced interviewer from ScotCen Social Research will get in touch to complete the telephone interview with you.

#### STEP 3

##### Enjoy your thank you!

As a thank you, each adult who takes part will receive a **£10 Love2Shop gift voucher**.

This can be used at over 20,000 shops, restaurants and attractions.



### Further info

Answers to some questions you may have are on the back of this letter, in the enclosed leaflet and at [www.scottishhealthsurvey.org](http://www.scottishhealthsurvey.org). If you would like to talk to someone about the study, please phone free on **0800 652 4568**.

**Julie Landsberg**

Survey Manager, Scottish Government

## How did you choose my address?

We chose your address at random from the Postcode Address File. This file is held by the Post Office and is available to the public. Only the addresses chosen at random have the opportunity to take part. Your address is one of 11,000 addresses which has been contacted this time.

---

## What will happen to any information I give?

The information you provide will help the survey team understand more about health conditions and lifestyles. This, in turn, will help policy-makers to develop policies aimed at improving people's health in Scotland.

Your answers are treated with care and with full respect for your privacy. The information is used for statistical and research purposes only and is dealt with in accordance with data protection legislation. We will not publish the survey results in a form that can reveal your identity and no attempts will be made to identify you from your answers.

For further information on how the information you provide will be used, please see the privacy information on the Scottish Government's website here:

**[www2.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/faqs](http://www2.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/faqs)**.

More information is also available in the enclosed survey leaflet.

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## Who is carrying out the survey?

The Scottish Government has asked ScotCen Social Research (ScotCen) to carry out the survey.

ScotCen is independent of all government departments and political parties.

For more information about ScotCen please visit **[www.scotcen.org.uk](http://www.scotcen.org.uk)**.

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## What is the interview about?

The interview covers a range of health topics, including general health and lifestyles.

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## Where can I find out more?

See the enclosed leaflet, visit **[www.scottishhealthsurvey.org](http://www.scottishhealthsurvey.org)** or phone us free on **0800 652 4568**.

Hear more about the real difference the study makes at **[www.scotcen.org.uk/healthvideo](http://www.scotcen.org.uk/healthvideo)**

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## How to get in touch?

In response to recent government advice, this study will only be conducted over the phone. As your household was chosen at random, we only have details of your address. We kindly ask that you contact us by going to **[survey.natcen.ac.uk/shes](http://survey.natcen.ac.uk/shes)** or by using the e-mail or freephone details provided above, so that we can get in touch. Please give your name, phone number, postcode, and the **8-digit code** found in the top right-hand corner of this letter.

We will then securely log your details and aim to call you back within 10 days to arrange an appointment at a convenient time. We would like to talk to you and, if possible, to each adult in your household.

The Resident

<Add1>  
<Add2>  
<Add3>  
<Add4>  
<Postcode>

Code: <Serial>/<CHK>

## Your chance to help improve health services in Scotland

We wrote to you recently asking for your help with an important study called the Scottish Health Survey. If you haven't taken part yet you still have time to do so. Thank you to those of you who very kindly contacted us to take part. If you have been in touch then please ignore the rest of this letter.

The survey is especially important during the **COVID-19 outbreak** to provide a better understanding of the health and lifestyles of people in Scotland.



### Its easy to take part

The simple steps to getting involved are:

#### STEP 1

##### Get in Touch

Contact us **one** of these ways:

**Visit** [survey.natcen.ac.uk/shes](http://survey.natcen.ac.uk/shes)

**Email** [scottishhealthsurvey@scotcen.org.uk](mailto:scottishhealthsurvey@scotcen.org.uk)

**Call** 0800 652 4568

You will need the code at the top of this letter and your contact details

#### STEP 2

##### Get a call

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#### STEP 3

##### Enjoy your thank you!

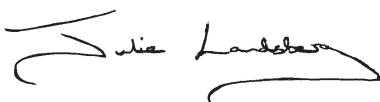
As a thank you, each adult who takes part will receive a **£10 Love2Shop gift voucher**.

This can be used at over 20,000 shops, restaurants and attractions.



### Help improve health services in your area

We've only contacted a handful of people in your area, so we hope you'll join them in taking part in this important annual study used to help improve health services in your area and across Scotland.



**Julie Landsberg**

Survey Manager, Scottish Government

## How did you choose my address?

We chose your address at random from the Postcode Address File. This file is held by the Post Office and is available to the public. Only the addresses chosen at random have the opportunity to take part. Yours is one of 11,000 addresses which has been contacted this time.

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## What will happen to any information I give?

The information you provide will help the survey team understand more about health conditions and lifestyles. This, in turn, will help policy-makers to develop policies aimed at improving people's health in Scotland.

Your answers are treated with care and with full respect for your privacy. The information is used for statistical and research purposes only and is dealt with in accordance with data protection legislation. We will not publish the survey results in a form that can reveal your identity and no attempts will be made to identify you from your answers.

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We will then securely log your details and aim to call you back within 10 days to arrange an appointment at a convenient time. We would like to talk to you and, if possible, to each adult in your household.

The Resident

<Add1>  
<Add2>  
<Add3>  
<Add4>  
<Postcode>

Code: <Serial>/<CHK>

## Last chance to help improve health services in Scotland



### We'd really like to hear from you

If you have not yet taken part in the Scottish Health Survey, we would be very grateful if you could do so as soon as you can. Thank you to those of you who very kindly contacted us to take part. If you have then please ignore the rest of this letter.

Taking part will help provide a better understanding of the health and lifestyles of people in Scotland. The information you provide will help plan, and improve, health services both now, and beyond the **COVID-19 pandemic**.



### Taking part is easy

The simple steps to getting involved are:

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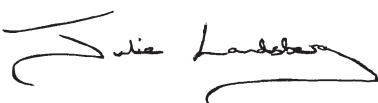
As a thank you, each adult who takes part will receive a **£10 Love2Shop gift voucher**.

This can be used at over 20,000 shops, restaurants and attractions.



### Thank you

As a thank you, everyone in your household will receive a **£10 shopping voucher** when they take part.



**Julie Landsberg**  
Survey Manager, Scottish Government

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The interview covers a range of health topics, including general health and lifestyles.

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We will then securely log your details and aim to call you back within 10 days to arrange an appointment at a convenient time. We would like to talk to you and, if possible, to each adult in your household.

## Useful Contacts Sheet

This sheet contains some contact details for organisations that you may find useful. A Useful Contacts Sheet has been sent to every household contacted as part of the Scottish Health Survey.

Organisation	Phone number	Website address
NHS 24	111	<a href="http://www.nhs24.scot">www.nhs24.scot</a>
NHS Inform (dedicated to Covid-19 at time of issue)	0800 22 44 88	<a href="http://www.nhsinform.scot">www.nhsinform.scot</a>
NHS Inform (stop smoking)		<a href="http://www.nhsinform.scot/healthy-living/stopping-smoking">www.nhsinform.scot/healthy-living/stopping-smoking</a>
Take Life On		<a href="http://www.takelifeon.co.uk">www.takelifeon.co.uk</a>
Alzheimer Scotland	0808 808 3000	<a href="http://www.alzscot.org">www.alzscot.org</a>
Alcoholics Anonymous	0800 9177 650	<a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a>
Narcotics Anonymous	0300 999 1212	<a href="http://www.ukna.org">www.ukna.org</a>
Gamblers Anonymous Scotland	0370 050 8881	<a href="https://gascotland.org">https://gascotland.org</a>
Victim Support line	<a href="tel:08001601985">0800 160 1985</a>	<a href="http://www.victimsupportsco.org.uk">www.victimsupportsco.org.uk</a>
Scotland Domestic Abuse and Forced Marriage Helpline	0800 027 1234	<a href="http://www.sdafmh.org.uk">www.sdafmh.org.uk</a>
Refuge (domestic abuse helpline)	0808 2000 247	<a href="http://www.refuge.org.uk">www.refuge.org.uk</a>
LGBT Helpline Scotland	0300 123 2523	<a href="http://www.lgbthealth.org.uk">www.lgbthealth.org.uk</a>
The Samaritans	116 123	<a href="http://www.samaritans.org">www.samaritans.org</a>
Breathing Space Scotland	0800 83 85 87	<a href="http://www.breathingspace.scot">www.breathingspace.scot</a>
NHS Living Life	0800 328 9655	<a href="http://www.nhs24.scot/our-services/living-life">www.nhs24.scot/our-services/living-life</a>
SANE	020 3805 1790	<a href="http://www.sane.org.uk">www.sane.org.uk</a>
Supportline	01708 765 200	<a href="http://www.supportline.org.uk">www.supportline.org.uk</a>
NSPCC	0808 800 5000	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
Future Pathways	0808 164 2005	<a href="http://www.future-pathways.co.uk">www.future-pathways.co.uk</a>
NAPAC (The National Association for People Abused in Childhood)	0808 801 0331	<a href="http://www.napac.org.uk">www.napac.org.uk</a>
Relationships Scotland	0345 119 2020	<a href="http://www.relationships-scotland.org.uk">www.relationships-scotland.org.uk</a>
Cruse Bereavement Care Scotland	0845 600 2227	<a href="http://www.crusescotland.org.uk">www.crusescotland.org.uk</a>
Parentline Scotland: Children 1 <sup>st</sup>	08000 28 22 33	<a href="http://www.children1st.org.uk">www.children1st.org.uk</a>
Citizens Advice Scotland	0800 028 1456	<a href="http://www.cas.org.uk">www.cas.org.uk</a>
Carers Scotland	0808 808 7777	<a href="http://www.carersuk.org/scotland">www.carersuk.org/scotland</a>

Other helplines in Scotland for people who have experienced abuse can be found on [www.mygov.scot/childhood-abuse](http://www.mygov.scot/childhood-abuse)

# **Scottish Health Survey 2020 (Telephone survey)**

## **Questionnaire documentation**

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<b>Notes on how to use this documentation</b>	<b>2</b>
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## Notes

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### Background

Individual interviews with eligible participants (adults aged 16+) with some detail collected about the household from the first interviewed participant in the household. There was only one version of the questionnaire which begins on page 3 of this document.

1. This is an edited documentation of the computer programme used in the SHeS 2020 telephone survey household and individual interviews. Instead of being numbered each question has a variable name; these are identified here in square brackets, e.g.: [varname].
2. Not all variables that appear here will be on the final data file (those that are not are marked with a '\*'). Similarly, not all derived variables that will be on the data file are mentioned here. There will be a separate documentation of derived variables when the data is released.
3. Routing instructions appear above the questions. A routing instruction should be considered to stay in force until the next routing instruction.
4. Sections of text in brackets and italics were filled in as appropriate on the interviewers' computers.
5. Individual codes marked 'EDIT ONLY' were used by the editors to reclassify 'other' answers and are not visible during the main interviews.
6. For some questions, respondents could give a different answer to the main options they were presented with. Such answers are recorded verbatim and were examined during the editing process to see whether they could be 'back-coded' to one of the existing answer categories. These will not be available on the data file and have been indicated within this documentation with a '\*'.
7. Some questions allowed respondents to give more than one answer (indicated within this documentation with the instruction: 'CODE ALL THAT APPLY'). In these cases each individual answer option will have its own variable name which is shown in square brackets to the right of the answer.

<p><b>Important note for data users: You are advised to use the documentation accompanying the final dataset released by the UK Data Archive as there may be updates or corrections to the documentation between the publication of the annual report and the release of the final dataset.</b></p>
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## Household questions

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**[Point]\***

SAMPLE POINT NUMBER:

Range: 1..997

**[Address]\***

ADDRESS NUMBER:

Range: 1..97

**[Hhold]\***

HOUSEHOLD NUMBER:

Range: 1..3

**[AdrField]\***

PLEASE ENTER THE FIRST TEN CHARACTERS OF THE FIRST LINE OF THE ADDRESS TAKEN FROM A.R.F. ADDRESS LABEL. MAKE SURE TO TYPE IT EXACTLY AS IT IS PRINTED.

Text: Maximum 10 characters

**[First]\***

INTERVIEWER: For information, you are in the questionnaire for:

Org: (*ScotCen=3*)

Sample: (*sample type indicator, all = 1 in telephone interview*)

Point no: (*Point number*)

Address no: (*Address number*)

Household no: (*Household number*)

- TO COMPLETE A STARTED INDIVIDUAL SESSION, PRESS <CTRL, ENTER>.
- TO OPEN A NEW INDIVIDUAL SESSION, PRESS <CTRL, ENTER>.
- TO GO DIRECTLY TO 'ADMIN,' PRESS <CTRL, ENTER>.
- OTHERWISE PRESS 1 AND <ENTER> TO CONTINUE.

**[BEFDIAL]**

The named adult in this household is <FIR\_NAME> <SUR\_NAME>

Have you already interviewed this adult?

- 1 Yes (Go to PerOTav)
- 2 No (Go to Per1AV)

ASK IF BEFDIAL = 2/DK/REF

**[Per1av]**

Good morning/afternoon/evening. My name is....  
and I am calling from ScotCen Social Research [the Office for National Statistics] about  
the Scottish Health Survey.

Please could I speak with <FIR\_NAME> <SUR\_NAME>?

- 1 Speaking (Go to IntroA)
- 2 Yes, did not answer phone but available now (Go to IntroA)
- 3 No / not available now (Go to CallbackA)

ASK IF BEFDIAL = 1

**[PerOTav]**

Good morning/afternoon/evening. My name is [NAME] and I am calling from ScotCen  
Social Research [the Office for National Statistics] about the Scottish Health Survey.

Some people in the household have already taken part in the Scottish Health Survey. I'm  
hoping to speak with any other adults (aged 16+) who live at {Interviewer read address}, and  
who have not yet taken part.

- 1 Yes, speaking (Go to IntroA)
- 2 Yes, did not answer phone but available now (Go to IntroA)
- 3 No-one else aged 16+ available right now (Go to CallbackA)
- 4 No-one else aged 16+ living here/ No-one else wants to take part. (Go to CallEndA)

ASK IF [Per1av] = 3/DK/REF or [PerOTav] = 3/DK/REF

**[CAIIBackA]**

No problem. When is a good day and time to call back { *Textfill if [Per1av] = 3/DK/REF: And  
speak to <FIR\_NAME>?*

- 1 Time given – INTERVIEWER RECORD MANUALLY
- 2 No specific day/time given

ASK IF [CAIIBackA] = 1, 2

Readprompt

Before I call back please could you { *Textfill if [Per1av] = 3/DK/REF: ask <FIR\_NAME> to / if Perotav = 3: ask those aged 16 or over to* } read the letter and information leaflet sent your address? It is important that anyone who takes part has read these before doing so. If you don't still have the letter and leaflet that's fine, you can also read the information at [www.scotcen.org.uk/scottishhealthsurvey](http://www.scotcen.org.uk/scottishhealthsurvey).

INTERVIEWER – IF RESPONDENT WISHES TO RECORD THE WEBSITE ADDRESS PLEASE MAKE SURE THEY DO SO CORRECTLY BEFORE MOVING ON.

1Continue

ASK IF BEFDIAL=1 AND [Per1av] = 3/DK/REF

[OthAdA]

Is there anyone else who lives at this address and is 16 or over that I can speak to just now about taking part in the Scottish Health Survey?

- 1 Speaking
- 2 Yes, did not answer phone but available now
- 3 No-one else aged 16+ available right now (Go to CallbackA)
- 4 No-one else aged 16+ living there/ No-one else wants to take part.

ASK IF [OthAdA] = 3/4/DK/REF OR PerOTav = 4

[CallEndA]

No problem. {*text fill if OthAdA=3 AND CallBackA = 1 "I will call back as arranged" / if CallBackA = 2 "I will call back another time".* Thanks for your time.

ASK IF Per1av = (1 or 2) OR PerOTav = (1 or 2) or OthAdA = (1 or 2)

[INTROA]

{*Textfill if Per1Av=2 or PerOTav=2 or OthAdA = 2*} - Good morning/afternoon/evening. My name is...

*I am calling from ScotCen social research [the Office for National Statistics] about the Scottish Health Survey.*

We sent your household a letter recently about taking part in the survey. It can be completed now or at another time depending on what is convenient for you.

- 1 Complete now
- 2 Complete another time (go to callbackb)
- 3 Does not wish to take part (code as individual refusal and LOOP BACK TO OthAdA)

ASK IF INTROA = 2

[CallBackB]

No problem. When is a good day and time to call back { *Textfill if [Per1av] = 3/DK/REF: And speak to <FIR\_NAME>* }?

1 Time give – INTERVIEWER RECORD MANUALLY

2 No time given [LOOP BACK TO OthAdA]

ASK IF INTROA = 1

[INTROC]

Have you had a chance to read the letter and information leaflet about the survey that we sent to your address recently?

- 1 Yes, have read (Go to CarryOn)
- 2 No, not read (Go to IntroLeaf)

ASK IF [INTROC]=2

[IntroLeaf]

The letter and leaflet outline some key things you might like to know about the survey before you take part. It is important that you are aware of this information in advance so you fully understand what taking part involves.

1 and enter

[FindLeaf]

Are you able to find the letter and leaflet just now? I am happy to wait while you locate it.

- 1 Yes – found and has letter and leaflet to hand (Go to ReadNow)
- 2 No – looked but couldn't find (Go to IntRead)
- 3 Didn't look for it (Go to IntRead)

If FindLeaf=1

[ReadNow]

Could you read the letter and leaflet now and let me know when you've finished? Again, I'm happy to wait while you do this.

INTERVIEWER: CODE BELOW IF HAPPY TO READ NOW

- 1 Participant reads letter and leaflet now while you wait (then go to CarryOn)
- 2 Participant prefers to go away and read it and get a call back.(loop back to CallBackB)
- 3 Participant decides does not want to read now or later as no longer wants to take part (code as individual refusal and LOOP BACK TO OthAdA)

If [FindLeaf]=2,3,DK,REF

[IntRead]

I can summarise the key information on the letter and leaflet for you now if you prefer. Shall I begin?

Yes (go to ReadOut)

No - prefer to go away and read for self (loop back to CallBackB)

No – no longer want to take part (code as individual refusal and LOOP BACK TO OthAdA)

If IntRead=yes

[ReadOut]

I have quite a lot to read out to you so do please bear with me and listen carefully. At the end I will ask you if you are happy to proceed.

The Scottish Health Survey is an annual survey carried out to gather information used to help develop ways to improve people's health across Scotland. It is carried out for the Scottish Government by ScotCen Social Research, an independent research institute, and academics from the Universities of Glasgow, Aberdeen and Edinburgh. Last year around 7000 people took part.

Your address was chosen at random from the publicly available Postcode Address File, a list of every address in Scotland, held by the Post Office. Yours is one of 11,000 addresses being contacted this time.

**There will be questions about your general health, eating habits, physical activity, smoking and drinking. There are some questions about diseases of the heart, lungs and chest, and questions to help understand the impact of COVID-19 and the associated restrictions on you and your health.**

You will also be asked to provide some personal details such as age, sex, employment, height and weight to help interpret the answers you give. If you do not wish to answer any questions you do not have to.

**You will receive a £10 high street voucher as a thank you for taking part.**

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The study has been approved by an independent Research Ethics Committee to protect your safety, rights, wellbeing and dignity. It has been given a favourable opinion by Wales Research Ethics Committee on behalf of the NHS.

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[DataProtectionOfficer@gov.scot](mailto:DataProtectionOfficer@gov.scot)

If you have any questions about the survey, you can ask me or call the freephone number 0800 652 4568. Alternatively, you can email [Scottishhealthsurvey@scotcen.org.uk](mailto:Scottishhealthsurvey@scotcen.org.uk) or visit

[www.scottishhealthsurvey.org](http://www.scottishhealthsurvey.org).

1 and enter

If IntroC=1 or ReadNow=1 or INTREAD = 1

[CarryOn]

{TEXTFILL if IntroC=1 or ReadNow=1 textfill=read the information. If INTREAD = 1 textfill=heard this}

Having *{read the information/heard this}* are happy to proceed?

1 Yes (go to IntDate)

2 No (Go TO CallbackC)

If carryon=2

[callbackc]

Shall I call back another time?

1 Yes (loop back to CallBackB)

2 No – don't want to take part (code as individual refusal and LOOP back to OthAdA)

ASK IF [CarryOn]=1

**[IntDate]\***

PLEASE ENTER THE DATE OF THIS INTERVIEW.

Date:

**[WhoHere]\***

INTERVIEWER: COLLECT THE NAMES OF THE PEOPLE IN THIS HOUSEHOLD STARTING WITH THE RESPONDENT.

1 Continue

**IF First person in household OR More=Yes THEN**

**[Name]\***

What is the name of *(person number)*

**[More]\***

Is there anyone else in this household?

1 Yes

2 No

***(Name and More repeated for up to 12 household members)***

**[SizeConf]\***

So, can I check, altogether there are *((x) number)* people in your household?

1 Yes

2 No, more than *(x)*

3 No, less than *(x)*

**HOUSEHOLD COMPOSITION GRID FOR ALL HOUSEHOLD MEMBERS (MAXIMUM 12)**

**[Person]**

***Person number in Household Grid.***

***Range: 0..12***

**[Name]\***

**First name from WhoHere**

**[Sex]**

**Interviewer, ask if necessary:**

(Is name of household member), are you male or female?

- 1 Male
- 2 Female

**[DoB]\***

And can I ask, hat is (*name of household member's*) date of birth?

**Enter Day of month in numbers, Name of month in numbers, Year in numbers,  
e. g. 02/01/1972.**

**[Age] AgeOf**

Can I check, what was (*name of household member's*) age last birthday?

Range: 0..120

**IF AgeOf=Dk/Ref THEN**

**[AgeEst]\***

INTERVIEWER CODE: ASK IF NECESSARY ARE YOU (THEY), AGED 16 YEARS OR OLDER? IF NOT KNOWN OR NO TERMINATE INTERVIEW

IF YES, TRY TO GET BEST ESTIMATE.

- 1 16-64 years
- 2 65 years or older
- 3 DK

**[Marital12] Marital**

What is your legal marital or same-sex civil partnership status?

INTERVIEWER: READ OUT AND CODE FIRST THAT APPLIES.

- 1 Never married and never registered a same-sex civil partnership
- 2 Married
- 3 In a registered same-sex civil partnership
- 4 Separated, but still legally married
- 5 Separated, but still legally in a same-sex civil partnership
- 6 Divorced
- 7 Formerly in a same-sex civil partnership which is now legally dissolved
- 8 Widowed
- 9 Surviving partner from a same-sex civil partnership

**IF more than one person aged 16+ in household AND marital status=code 1, 4, 5, 6, 7, 8 or 9 THEN**

**[Couple]**

May I just check, are you living with someone in this household as a couple?

- 1 Yes
- 2 No
- 3 SPONTANEOUS ONLY - same sex couple



## END OF HOUSEHOLD COMPOSITION GRID

**[HRP]\***

INTERVIEWER: THE HOUSEHOLD REFERENCE PERSON IS:

*(Displays name of Household Reference Person)*

PRESS <1> AND <Enter> TO CONTINUE.

ASK ALL

READCON

INTERVIEWER DO NOT READ OUT:

Please confirm that the respondent has informed you that they have read the letter and leaflet themselves, or that you have read out the key survey information from your screen to the respondent.

- 1 Respondent confirmed read materials themselves
- 2 Respondent listened to me read out key information
- 3 Respondent neither read themselves or had read out to them

Ask if readcon = 3

Reread

'The letter and leaflet we sent to your address outlined some key things you might like to know about the survey before you take part. It is important that you are aware of this information so you fully understand what taking part involves so I will read this out to you now.

I have quite a lot to read out to you so do please bear with me and listen carefully.

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1 and continue

Ask if readcon = 3

[CarryOnB]

Having heard this are happy to proceed?

1 Yes (go to IntDate)

2 No (go to CallbackA)

**ASK ALL**

**[OwnORent08] OwnORent**

In which of these ways do you occupy this accommodation?

READ OUT. PROBE FOR DETAILS

1 Buying it with mortgage or loan

2 Own it outright

3 Pay part rent/part mortgage

4 Rent (including rents paid by housing benefit)

5 Live here rent free

## EMPLOYMENT DETAILS OF HOUSEHOLD REFERENCE PERSON

### ASK ALL

#### [EmpNow]

**Which of these would you say best describes your current situation?**

READ OUT AND SELECT ONE ANSWER.

- 1 Employed and working full time
- 2 Employed and working part time
- 3 Employed but on furlough
- 4 Employed but on paid leave (not including furlough)
- 5 Employed and on unpaid leave
- 6 Apprenticeship
- 7 In unpaid/voluntary work.
- 8 Self-employed and currently working
- 9 Self-employed but not currently working and receiving government support
- 10 Self-employed but not currently working and not receiving government support
- 11 Unemployed and seeking work
- 12 Unemployed and not seeking work
- 13 Permanently sick or disabled
- 14 Looking after home or family
- 15 In education at school/college/university
- 16 Retired

**Ask if currently working (including self-employed and volunteers) and not on furlough or leave (paid/unpaid) (EmpNow = 1, 2 ,6, 7 or 8)**

#### [EmpWher]

**Where are you currently working?**

READ OUT AND SELECT ONE ANSWER.

- 1 Working from home
- 2 Working outside of your home
- 3 Both (working from home and working outside of your home)

**Ask if currently working (including self-employed and volunteers) and not on furlough or leave (paid/unpaid) (EmpNow = 1, 2 ,6, 7 or 8)**

#### [KeyWork]

**Are you working as a key worker in any of the key sectors below (including as a volunteer)?**

READ OUT AND SELECT ALL THAT APPLY - EXCEPT CODE 9 (SINGLE CODE)

- 1 Health and social care
- 2 Education and childcare
- 3 Key public services
- 4 Local and national government
- 5 Food and other necessary goods
- 6 Public safety and national security
- 7 Transport
- 8 Utilities, communications and financial services
- 9 No, I am not working as a key worker

## General health module – (ALL)

### ASK ALL

#### [GenHelf]

How is your health in general? Would you say it was ...READ OUT...

- 1 ...very good,
- 2 good,
- 3 fair,
- 4 bad, or
- 5 very bad?

#### [LongII12] LongIII

Do you have a physical or mental health condition or illness lasting, or expected to last, 12 months or more?

- 1 Yes
- 2 No

(Up to six long-standing illnesses are recorded in the program).

### IF LongII12=Yes OR More=Yes THEN

[IIIcode]\* (*variable names IIIcode1 to IIIcode6*)<sup>1</sup> IllsM [1] to [6]

What (*other*) condition(s) or illness(es) do you have?

INTERVIEWER: RECORD FULLY. PROBE FOR DETAIL.

- 1 Cancer (neoplasm) including lumps, masses, tumours and growths and benign (non-malignant) lumps and cysts
- 2 Diabetes
- 3 Other endocrine/metabolic
- 4 Mental illness/anxiety/depression/nerves (nes)
- 5 Mental handicap
- 6 Epilepsy/fits
- 7 Migraine/headache
- 8 Other problems of nervous system
- 9 Cataract/poor eye sight/blindness
- 10 Other eye complaints
- 11 Poor hearing/deafness
- 12 Tinnitus/noises in the ear
- 13 Meniere's disease/ear complaints causing balance problems
- 14 Other ear complaints
- 15 Stroke/cerebral haemorrhage/cerebral thrombosis
- 16 Heart attack/angina
- 17 Hypertension/high blood pressure/blood pressure (nes)
- 18 Other heart problems
- 19 Piles/haemorrhoids incl. Varicose Veins in anus
- 20 Varicose veins/phlebitis in lower extremities
- 21 Other blood vessels/embolic
- 22 Bronchitis/emphysema
- 23 Asthma
- 24 Hayfever
- 25 Other respiratory complaints

e.

<sup>1</sup> Note – the verbatim illness given by the respondent is coded in the office after interview.

- 26 Stomach ulcer/ulcer (nes)/abdominal hernia/rupture
- 27 Other digestive complaints (stomach, liver, pancreas, bile ducts, small intestine - duodenum, jejunum and ileum)
- 28 Complaints of bowel/colon (large intestine, caecum, bowel, colon, rectum)
- 29 Complaints of teeth/mouth/tongue
- 30 Kidney complaints
- 31 Urinary tract infection
- 32 Other bladder problems/incontinence
- 33 Reproductive system disorders
- 34 Arthritis/rheumatism/fibrositis
- 35 Back problems/slipped disc/spine/neck
- 36 Other problems of bones/joints/muscles
- 37 Infectious and parasitic disease
- 38 Disorders of blood and blood forming organs and immunity disorders
- 39 Skin complaints
- 40 Other complaints
- 41 Unclassifiable
- 42 Complaint no longer present
- 99 Not answered/Refusal

***(LimAct12 and More repeated for each illness mentioned at IllsM)***

**[LimAct12] (variable names LimitAc1-LimitAc6)**

Does (name of condition) limit your activities in any way?

INTERVIEWER: IF YES, PROBE: Is that a little or a lot?

- 1 Yes, a lot
- 3 Yes, a little
- 2 Not at all

**ASK ALL**

**[RG15New]**

Apart from anything you do as part of paid employment, do you look after, or give any regular help or support to family members, friends, neighbours or others because of either long-term physical, mental ill-health, disability; or problems related to old age?

- 1 Yes
- 2 No

**IF RG15New = Yes THEN**

**[RG17New]**

In total, how many hours each week approximately do you spend providing any regular help or support?

INTERVIEWER: READ OUT. Include care provided both inside and outside the household.

INTERVIEWER: EXCLUDE ANY CARING THAT IS DONE AS PART OF PAID EMPLOYMENT

- 1 Up to 4 hours a week
- 2 5 - 19 hours a week
- 3 20 - 34 hours a week
- 4 35 - 49 hours a week
- 5 50 or more hours a week
- 6 Varies (spontaneous - not on SHOW CARD)

---

## Cardiovascular disease and diabetes module (ALL)

---

### ASK ALL

#### [EverBp] CVD1

Do you have, or have you ever had high blood pressure (sometimes called hypertension)?

- 1 Yes
- 2 No

#### [Everangi] CVD2

Have you ever had angina?

- 1 Yes
- 2 No

#### [Everhart] CVD3

Have you ever had a heart attack (including myocardial infarction or coronary thrombosis)?

- 1 Yes
- 2 No

#### [Evermur] CVD4

And do you now have, or have you ever had a heart murmur?

- 1 Yes
- 2 No

#### [Everireg] CVD5

...abnormal heart rhythm?

- 1 Yes
- 2 No

#### [Everoht] CVD6

...any other heart trouble?

- 1 Yes
- 2 No

#### [Everstro] CVD7

Have you ever had a stroke?

INTERVIEWER: If the respondent mentions any instances of TIAs (transient ischaemic attacks) , these should be coded as 'yes' at this question.

- 1 Yes
- 2 No

#### [Everdi] CVD8

Do you now have, or have you ever had diabetes?

- 1 Yes
- 2 No

#### [COPD]

Have you ever had COPD, chronic bronchitis or emphysema?

INTERVIEWER: If asked, COPD stands for Chronic Obstructive Pulmonary Disease

- 1 Yes
- 2 No

**IF Everbp = Yes THEN**

**[DocNurBp] DocBP**

You mentioned that you have had high blood pressure. Were you told **by a doctor or nurse** that you had high blood pressure?

- 1 Yes
- 2 No

**IF (DocNurBp= Yes) AND (Sex = Female) THEN**

**[PregBP]**

Can I just check, were you pregnant when you were told that you had high blood pressure?

- 1 Yes
- 2 No

**IF PregBP = Yes THEN**

**[NoPregBp] OthBP**

Have you ever had high blood pressure apart from when you were pregnant?

- 1 Yes
- 2 No

**ASK ALL 16+ WITH DIABETES (IF Everdi = Yes THEN)**

**[DocInfo1] Diabetes**

Were you told by a doctor that you had diabetes?

- 1 Yes
- 2 No

**IF (DocInfo1= Yes) AND (Sex = Female) THEN**

**[PregDi] DiPreg**

Can I just check, were you pregnant when you were told that you had diabetes?

- 1 Yes
- 2 No

**IF PregDi= Yes THEN**

**[NoPregDi] DiOth**

Have you ever had diabetes apart from when you were pregnant?

- 1 Yes
- 2 No

**ASK ALL WITH A HEART MURMUR (IF Evermur = Yes)**

**[Murdoc] Murmur**

You mentioned that you have had a heart murmur. Were you told by a **doctor** that you had a heart murmur?

- 1 Yes
- 2 No

**IF (Murdoc = Yes) AND (Sex = Female) THEN**

**[PregMur]**

Can I just check, were you pregnant when you were told that you had a heart murmur?

- 1 Yes
- 2 No

**IF PregMur = Yes THEN**

**[PregMur1] NoPregM**

Have you ever had a heart murmur **apart** from when you were pregnant?

- 1 Yes
- 2 No



---

## Asthma & COVID-19 Module (All)

---

### ASK ALL

#### [ConDr]

Did a doctor ever tell you that you had asthma?

PLEASE EXCLUDE ADVICE FROM HOMEOPATHS, ETC.

- 1 Yes
- 2 No

#### IF (ConDR = Yes)

#### [TrtWh2]

READ OUT. CODE ALL THAT APPLY – EXCEPT CODE 10 (SINGLE CODE)

Have you received any treatment or advice for asthma/wheezing from any of the people in the last 12 months?

PROBE: Any others?

- 1 A general practitioner (GP)
- 2 Nurse at GP surgery/Health centre
- 3 Community, School or District Nurse
- 4 Hospital casualty/Accident and Emergency department
- 5 Consultant/Specialist or other doctor at hospital outpatients
- 6 Consultant/Specialist or other doctor elsewhere
- 7 Homeopath
- 8 Acupuncturist
- 9 Other alternative medicine professional
- 10 None of these [EXCLUSIVE]

### ASK ALL

#### [HadCov19]

Have you had COVID-19 (coronavirus)?

*Please select one*

- 1 Yes diagnosed and recovered
- 2 Yes diagnosed and still ill
- 3 Not formally diagnosed but suspected
- 4 Don't know
- 5 No

#### [CovLet]

Have you been contacted by letter or text message to say you are at severe risk from COVID-19 due to an underlying health condition and have been advised to shield?

*Please select one*

- 1 Yes
- 2 No

---

## Adult physical activity module (All)

---

### ASK ALL

#### [IPAQInt]

The following questions will ask you about the time you spent being physically active in the **last 7 days**. Please answer each question even if you do not consider yourself to be an active person.

Please think about the activities you do:

- At **work**
- As part of your **housework or gardening**
- To **get from place to place**
- In your spare time for **recreation, exercise or sport**

#### [IWalk7]

Think about the time you spent **walking** in the **last 7 days**.

This includes at work and at home, walking to travel from place to place, and any other walking that you have done solely for recreation, sport, exercise, or leisure.

During the **last 7 days**, on which days did you **walk** for at least 10 minutes at a time?

- 1 Monday
- 2 Tuesday
- 3 Wednesday
- 4 Thursday
- 5 Friday
- 6 Saturday
- 7 Sunday
- 8 No walking in last 7 days

**ASK IF ANY WALKING IN LAST 7 DAYS - [IWALK7] = 1, 2, 3, 4, 5, 6, 7**

#### [IWalkHM]

How much time did you usually spend walking on {*Textfill, if IWALK7= 1: that /, if IWALK7 = 2-7: one*} of those days?

Please answer in hours and minutes, for example, if you did something for 90 minutes that would be 1 hour 30 minutes.

RECORD HOURS SPENT BELOW.

Range: 0..12

RECORD MINUTES SPENT BELOW.

Range: 0..59

### ASK ALL

#### [IMod7]

Think about all the **moderate** activities that you did in the **last 7 days**.

**Moderate** activities refer to activities that take moderate physical effort and make you breathe **somewhat harder** than normal. Think **only** about those physical activities that you did for **at least 10 minutes** at a time.

During the **last 7 days**, on which days did you do **moderate** physical activities like:

- Digging in the garden
- Spring cleaning or other heavy housework
- Gentle swimming or cycling?

Do not include walking.

- 1 Monday
- 2 Tuesday
- 3 Wednesday
- 4 Thursday
- 5 Friday
- 6 Saturday
- 7 Sunday
- 8 No moderate activity in the last 7 days

**ASK IF ANY MODERATE ACTIVITY IN LAST 7 DAYS - [IMod7] = 1, 2, 3, 4, 5, 6, 7**  
**[IModHM]**

How much time did you usually spend doing **moderate** physical activities on **one** of those days?  
Please answer in hours and minutes, for example, if you did something for 90 minutes that would be 1 hour 30 minutes.

RECORD HOURS SPENT BELOW.

Range: 0..12

RECORD MINUTES SPENT BELOW.

Range: 0..59

**ASK ALL**

**[IVig7]**

Thinking about all the **vigorous** activities that you did in the **last 7 days**. **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal.

Think only about those physical activities that you did for **at least 10 minutes** at a time.

During the **last 7 days**, on which days did you do **vigorous** physical activities like:

- Running
- Fast cycling
- A workout at the gym that makes you out of breath or sweaty?

- 1 Monday
- 2 Tuesday
- 3 Wednesday
- 4 Thursday
- 5 Friday
- 6 Saturday
- 7 Sunday
- 8 No vigorous physical activities in the last 7 days

**ASK IF ANY VIGOROUS ACTIVITY IN LAST 7 DAYS - [Vig7] = 1, 2, 3, 4, 5, 6, 7**  
**[IVigHM]**

How much time did you usually spend doing **vigorous** physical activities on **one** of those days?  
Please answer in hours and minutes, for example, if you did something for 90 minutes that would be 1 hour 30 minutes.

RECORD HOURS SPENT BELOW.  
Range: 0..12

RECORD MINUTES SPENT BELOW.  
Range: 0..59

**ASK ALL**  
**[ISed7]**

This question is about the time you spent **sitting** on weekdays during the last 7 days.  
Include time spent at work, at home, while doing course work and during leisure time.  
This may include time spent:

- Sitting at a desk
- Visiting friends
- Reading
- Sitting or lying down to watch television

During the **last 7 days**, how much time did you spend sitting on **an average week day**?  
Please answer in hours and minutes, for example, if you did something for 90 minutes that would be 1 hour 30 minutes.

RECORD HOURS SPENT BELOW.  
Range: 0..12

RECORD MINUTES SPENT BELOW.  
Range: 0..59

---

## Diet module (All)

---

### ASK ALL

#### [Confec]

I'd like to ask you a few questions about how often you eat certain types of foods.

How often do you eat **sweets or chocolates**?

- 1 6 or more times a day
- 2 4 or 5 times a day
- 3 2 to 3 times a day
- 4 Once a day
- 5 5 or 6 times a week
- 6 2 to 4 times a week
- 7 Once a week
- 8 1 to 3 times per month
- 9 Less often or never

#### [IceCream]

How often do you eat **ice cream**?

- 1 6 or more times a day
- 2 4 or 5 times a day
- 3 2 to 3 times a day
- 4 Once a day
- 5 5 or 6 times a week
- 6 2 to 4 times a week
- 7 Once a week
- 8 1 to 3 times per month
- 9 Less often or never

#### [Crisps]

How often do you eat **crisps or other savoury snacks**?

- 1 6 or more times a day
- 2 4 or 5 times a day
- 3 2 to 3 times a day
- 4 Once a day
- 5 5 or 6 times a week
- 6 2 to 4 times a week
- 7 Once a week
- 8 1 to 3 times per month
- 9 Less often or never

**[SoftDr]**

How often do you drink **sugary soft drinks**?

Include fizzy drinks, energy drinks and diluting juice with added sugar.

*(adults only)* Include sugary soft drinks added to alcohol.

INTERVIEWER: Do **not** include diet, low-calorie or no-added sugar drinks or fresh fruit juice.

- 1 6 or more times a day
- 2 4 or 5 times a day
- 3 2 to 3 times a day
- 4 Once a day
- 5 5 or 6 times a week
- 6 2 to 4 times a week
- 7 Once a week
- 8 1 to 3 times per month
- 9 Less often or never

**ASK ALL**

**[CakesEtc]**

How often do you eat **cakes, scones, sweet pies or pastries**?

- 1 6 or more times a day
- 2 4 or 5 times a day
- 3 2 to 3 times a day
- 4 Once a day
- 5 5 or 6 times a week
- 6 2 to 4 times a week
- 7 Once a week
- 8 1 to 3 times per month
- 9 Less often or never

**[Biscuits]**

How often do you eat **biscuits**?

- 1 6 or more times a day
- 2 4 or 5 times a day
- 3 2 to 3 times a day
- 4 Once a day
- 5 5 or 6 times a week
- 6 2 to 4 times a week
- 7 Once a week
- 8 1 to 3 times per month
- 9 Less often or never

## Smoking module (All)

### ASK ALL

#### [SmokPreAm]

The next few questions ask about whether you smoke tobacco products. This means tobacco products which you light and smoke, and include, for example, cigarettes or hand-rolling tobacco.

When answering these questions please do **NOT** include:

- cigarettes that include no tobacco, electronic cigarettes or vaping devices

INTERVIEWER: PRESS 1 AND ENTER TO CONTINUE

#### [SmokEv] SmokEv08

May I just check, have you ever smoked a cigarette, a cigar or a pipe?

CODE ALL THAT APPLY.

- |   |                |            |
|---|----------------|------------|
| 1 | Yes: cigarette | [SmokEv08] |
| 2 | Yes: cigars    | [SmokEv09] |
| 3 | Yes: pipe      | [SmokEv10] |
| 4 | No             | [SmokEv11] |

**IF ANY SmokEv08 to Smokev10 = yes THEN SmokEver = Yes; IF SmokEv08 = 4 THEN SmokEver = N**

**IF SmokEver = Yes THEN**

#### [SmokNow15] SmokeNow

Do you smoke cigarettes nowadays?

- 1 Yes
- 2 No

**IF SmokeNow = Yes THEN**

#### [DlySmoke]

About how many cigarettes a day do you usually smoke on weekdays?

IF RESPONDENT CAN ONLY GIVE RANGE, TAKE THE MID-POINT.

IF LESS THAN ONE A DAY, ENTER 0

IF SMOKES ROLL-UPS AND CANNOT GIVE CIGARETTE NO., CODE 97.

Range: 0..97

**IF DlySmoke = 97 THEN**

#### [DlyEst] RoIDly

How much tobacco do you usually smoke on weekdays?

CODE HERE WHETHER THE AMOUNT IS TO BE CODED IN GRAMS OR OUNCES.

ENTER THE AMOUNT AT THE NEXT QUESTION:

- 1 Grams
- 2 Ounces

**IF DlyEst = Grams THEN**

#### [DlyG] GramRol

ENTER AMOUNT IN GRAMS

Range: 0..100

**IF DlyEst = Ounces OR Don't know THEN**

**[DlyOz] OuncRol**

ENTER AMOUNT IN OUNCES

Range: 0.00..100.00

**IF SmokeNow = Yes THEN**

**[WkndSmok]**

And about how many cigarettes a day do you usually smoke at weekends?

IF RESPONDENT CAN ONLY GIVE RANGE, TAKE THE MID-POINT.

IF LESS THAN ONE A DAY, ENTER 0

IF SMOKES ROLL-UPS AND CANNOT GIVE CIGARETTE NO., CODE 97.

Range : 0..97

**IF WkndSmok = 97 THEN**

**[WkndEst] RolWknd**

How much tobacco do you usually smoke on weekends?

CODE HERE WHETHER THE AMOUNT IS TO BE CODED IN GRAMS OR OUNCES.

ENTER THE AMOUNT AT THE NEXT QUESTION

- 1 Grams
- 2 Ounces

**IF WkndEst = Grams THEN**

**[WkndG] GramWknd**

ENTER AMOUNT IN GRAMS

Range: 0..100

**IF WkndEst = Ounces THEN**

**[WkndOz] OuncWknd**

ENTER AMOUNT IN OUNCES

Range: 0.00..100.00

**ASK ALL**

**[ECigEv16]**

Have you ever used an electronic cigarette (e-cigarette), or any other vaping device?

INTERVIEWER NOTE: AN ELECTRONIC CIGARETTE IS A DEVICE THAT CAN LOOK LIKE A NORMAL CIGARETTE (THOUGH SOME CAN LOOK DIFFERENT) AND THAT USES A BATTERY TO CREATE A VAPOUR THAT CAN LOOK LIKE SMOKE. UNLIKE NORMAL CIGARETTES, THEY DO NOT BURN, NOR CONTAIN TOBACCO, THEY SHOULD NOT BE CONFUSED WITH NICOTINE INHALERS/INHALATORS, WHICH ARE LICENSED NICOTINE REPLACEMENT THERAPY (NRT) PRODUCTS. E-CIGARETTES ARE SOLD AS AN ALTERNATIVE TO SMOKING.

- 1 Yes
- 2 No

**IF ECigEv16=1 THEN**

**[ECigNw16]**

Do you use an e-cigarette or vaping device at all nowadays?

- 1 Yes
- 2 No



**IF ECigNw16=yes**

**[OftECigC]**

How often in the last **four weeks** have you used an e-cigarette or vaping device?

- 1 Every day
- 2 4-6 days a week
- 3 2-3 days a week
- 4 Once a week
- 5 2-3 times in the last 4 weeks
- 6 Once in the last 4 weeks
- 7 Not at all in last 4 weeks

**ASK ALL**

**[Passive...]**

Are you regularly exposed to other people's tobacco smoke in any of these places?

PROBE: Where else?

INTERVIEWER: If asked: only include current exposure to other people's tobacco.

CODE ALL THAT APPLY

- |   |  |             |
|---|--|-------------|
| 1 | At own home  | [Passive1]  |
| 2 | At work  | [Passive2]  |
| 3 | In other people's homes                            | [Passive3]  |
| 4 | In cars, vans etc                                  | [Passive4a] |
| 5 | Outside of buildings (e.g. pubs, shops, hospitals) | [Passive5a] |
| 6 | In other public places                             | [Passive6a] |
| 7 | No, none of these                                  | [Passive7a] |

**ASK IF SmokNow15 = Yes AND/OR ECigNw16 = Yes**

**[SmkDif]**

Since lockdown began **on the 23<sup>rd</sup> March 2020**, has the amount you smoke changed in any way?

*Single code*

- 1 Yes, increased
- 2 Yes, decreased
- 3 No, it has stayed the same
- 4 Don't know
- 5 Refused

---

## Drinking module (All)

---

### ASK ALL

#### [Drink]

I am now going to ask you a few questions about what you drink – that is if you drink. Do you ever drink alcohol nowadays, including drinks you brew or make at home?

- 1 Yes
- 2 No

### ASK ALL WHO DRINK ALCOHOL AT ALL NOWADAYS

#### (IF Drink = Yes)

#### [DrinkL7]

We know that what people drink can vary a lot from week to week, so I'd like to ask you a few questions about last week. Did you have an alcoholic drink in the seven days ending yesterday?

- 1 Yes
- 2 No

### IF DrinkL7=Yes THEN

#### [DrnkDay]

On how many days out of the last seven did you have an alcoholic drink?  
Range: 1..7

### IF DrnkDay = 2 to7 days THEN

#### [DrnkSame]

Did you drink more on one of the days (*some days than others*), or did you drink about the same on both (*each of those*) days?

- 1 Drank more on one/some day(s) than other(s)
- 2 Same each day

### IF DrinkL7=Yes THEN

#### [WhichDay]

Which day (*last week*) did you (*last have an alcoholic drink/ have the **most** to drink*)?

- 1 Sunday
- 2 Monday
- 3 Tuesday
- 4 Wednesday
- 5 Thursday
- 6 Friday
- 7 Saturday

**[DrnkTy] DrnkType**

Thinking about last (*answer to WhichDay*), what types of drink did you have that day?  
CODE ALL THAT APPLY.

- |   |   |            |
|---|---|------------|
| 1 | Normal strength beer/lager/cider/shandy | [DrnkTy01] |
| 2 | Strong beer/lager/cider                 | [DrnkTy02] |
| 3 | Spirits or liqueurs                     | [DrnkTy03] |
| 4 | Sherry, martini or buckfast             | [DrnkTy04] |
| 5 | Wine, babycham, champagne or prosecco   | [DrnkTy05] |
| 6 | Alcopops/Pre-mixed alcoholic drinks     | [DrnkTy06] |
| 7 | Other alcoholic drinks                  | [DrnkTy07] |
| 8 | Low alcohol drinks                      | [DrnkTy08] |

**IF DrnkTy=Normal strength beer/lager/cider/shandy (IF DrnkTy01 mentioned) THEN**

**[NBrL7]**

Still thinking about last (*answer to WhichDay*), how much NORMAL STRENGTH BEER, LAGER, STOUT, CIDER or SHANDY (excluding cans and bottles of shandy) did you drink that day?

INTERVIEWER: CODE MEASURES THAT YOU ARE GOING TO USE.

- |   |            |          |
|---|------------|----------|
| 1 | Half pints | [NBrL71] |
| 2 | Small cans | [NBrL72] |
| 3 | Large cans | [NBrL73] |
| 4 | Bottles    | [NBrL74] |

**IF NBrL7=Half pints (IF NBrL71 mentioned) THEN**

**[NBrL7Q1]**

ASK OR CODE: How many half pints of NORMAL STRENGTH BEER, LAGER, STOUT, CIDER or SHANDY (excluding cans and bottles of shandy) did you drink that day?

Range: 1..97

**IF NBrL7=Small cans (IF NBrL72 mentioned) THEN**

**[NBrL7Q2]**

ASK OR CODE: How many small cans of NORMAL STRENGTH BEER, LAGER, STOUT or CIDER did you drink that day?

Range: 1..97

**IF NBrL7=Large cans (IF NBrL73 mentioned) THEN**

**[NBrL7Q3]**

ASK OR CODE: How many large cans of NORMAL STRENGTH BEER, LAGER, STOUT or CIDER did you drink that day?

Range: 1..97

**IF NBrL7=Bottles (IF NBrL74 mentioned) THEN**

**[Nberqbt7] NBrL7Q4**

ASK OR CODE: How many bottles of NORMAL STRENGTH BEER, LAGER, STOUT or CIDER did you drink that day?

Range: 1..97

**[Nbotl7]**

ASK OR CODE: What make of NORMAL STRENGTH BEER, LAGER, STOUT or CIDER did you drink from bottles on that day?

INTERVIEWER: IF RESPONDENT DRANK DIFFERENT MAKES CODE WHICH THEY DRANK MOST.

Text: Maximum 21 characters

**[L7NcodEq]**

EDIT ONLY:

PLEASE LOOK UP AND ENTER PINT EQUIVALENT OF A BOTTLE OF (*Name of Bottle*)

VALID ENTRIES ARE 0.00, 0.32, 0.35, 0.44, 0.48, 0.50, 0.58, 0.77, 0.88, 0.97 AND 1.00.

ENTER 9.99 IF CANNOT CODE

**IF DrnkTy=Strong beer/lager/cider (IF DrnkTy02 mentioned) THEN**

**[SBrL7]**

Still thinking about last (*answer to WhichDay*), how much STRONG BEER, LAGER, STOUT or CIDER did you drink that day?

INTERVIEWER: CODE MEASURES THAT YOU ARE GOING TO USE.

- |   |            |          |
|---|------------|----------|
| 1 | Half pints | [SBrL71] |
| 2 | Small cans | [SBrL72] |
| 3 | Large cans | [SBrL73] |
| 4 | Bottles    | [SBrL74] |

**IF SBrL7=Half pints (IF SBrL71 mentioned) THEN**

**[SBrL7Q1]**

ASK OR CODE: How many half pints of STRONG BEER, LAGER, STOUT or CIDER did you drink on that day?

Range: 1..97

**IF SBrL7=Small cans (IF SBrL72 mentioned) THEN**

**[SBrL7Q2]**

ASK OR CODE: How many small cans of STRONG BEER, LAGER, STOUT or CIDER did you drink on that day?

Range: 1..97

**IF SBrL7=Large cans (IF SBrL73 mentioned) THEN**

**[SBrL7Q3]**

ASK OR CODE: How many large cans of STRONG BEER, LAGER, STOUT or CIDER did you drink on that day?

Range: 1..97

**IF SBrL7=Bottles (IF SBrL74 mentioned) THEN**

**[sberqbt7] SBrL7Q4**

ASK OR CODE: How many bottles of STRONG BEER, LAGER, STOUT or CIDER did you drink on that day?

Range: 1..97

**[Sbotl7]**

ASK OR CODE: What make of STRONG BEER, LAGER, STOUT or CIDER did you drink from bottles on that day?

INTERVIEWER: IF RESPONDENT DRANK DIFFERENT MAKES CODE WHICH THEY DRANK MOST.

Text: Maximum 21 characters

**[L7ScodEq]**

PLEASE LOOK UP AND ENTER PINT EQUIVALENT OF A BOTTLE OF (*Name of Bottle*)

VALID ENTRIES ARE 0.00, 0.32, 0.35, 0.44, 0.48, 0.50, 0.58, 0.77, 0.88, 0.97 AND 1.00.

ENTER 9.99 IF CANNOT CODE

**IF DrnkTy=Spirits (IF DrnkTy03 mentioned) THEN**

**[SpirL7]**

Still thinking about last (*answer to WhichDay*), how much spirits or liqueurs (such as gin, whisky, brandy, rum, vodka, or cocktails) did you drink on that day?

CODE THE NUMBER OF SINGLES – COUNT DOUBLES AS TWO SINGLES.

25ml = 1 shot/single

1/5 70cl bottle = 5.5 singles

1/4 70cl bottle = 7 singles

1/3 70cl bottle = 9.5 singles

1/2 70cl bottle = 14 singles

70cl bottle = 28 singles

1L bottle = 40 singles

Range: 1..97

**IF DrnkTy=Sherry (IF DrnkTy04 mentioned) THEN**

**[ShryL7]**

Still thinking about last (*answer to WhichDay*), how much sherry or martini, including port, vermouth, Cinzano, or Buckfast did you drink on that day?

CODE THE NUMBER OF GLASSES.

Range: 1..97

**IF DrnkTy=Wine (IF DrnkTy05 mentioned) THEN**

**[WineL7]**

Still thinking about last (*name of day*) how much wine, including Babycham, champagne and prosecco, did you drink on that day?

INTERVIEWER: Code the measure the respondent used.

Please note that respondent may give answer in bottles and glasses.

Code **small** bottles (e.g. 250ml, 175ml) as glasses, not bottles.

Please code the relevant option.

- 1 Bottle or parts of bottle
- 2 Glasses
- 3 Both bottles or parts of bottle, and glasses

**IF WineL7 = Bottle or parts of bottle OR Both bottles and glasses**

**[WL7Bt]**

INTERVIEWER: Code the number of 125ml glasses drunk **from the bottle** by the respondent.

e.g. If they drank half a bottle, code 3 glasses.  
Press <F9> for more information.  
Range: 1.0..97.9

Interviewer information screen:

1 750ml bottle= 6 glasses.  
½ 750ml bottle= 3 glasses.  
⅓ 750ml bottle= 2 glasses.  
¼ 750ml bottle= 1.5 glasses.  
1 litre = 8 glasses.  
½ litre = 4 glasses.  
⅓ litre = 2.5 glasses.  
¼ litre = 2 glasses.

If respondent has answered in bottles or litres, convert to glasses using the information provided on the screen.

For example, if a respondent said they usually share a bottle with one other person and they share it equally, code 3 glasses.

Small bottles (e.g. 250ml, 175ml) should **not** be coded here – record them as glasses.  
Press <Esc> to close.

**IF WineL7 = Glasses OR Both bottles and glasses**

**[WL7GI]**

INTERVIEWER: Code the number of glasses (**drunk as glasses**).

Range: 1.0..97.9

**[WL7Giz]\$**

Were you drinking from a large, standard, or small glass? A large glass is 250ml, a standard glass is 175ml and a small is 125ml. If you ordered a standard or small glass of wine in a restaurant or bar, this would usually be 175ml.

INTERVIEWER: If respondent drank from two or three different size glasses, please code all that apply.

Please note that if respondent was drinking in a pub or wine bar and had a small glass, this would usually be 175ml. Also record the size of small bottles here.

- |   |                        |           |
|---|------------------------|-----------|
| 1 | Large glass (250ml)    | [WL7Giz1] |
| 2 | Standard glass (175ml) | [WL7Giz2] |
| 3 | Small glass (125ml)    | [WL7Giz3] |

**IF WL7Giz1=mentioned THEN**

**[ml250Giz]**

How many large 250ml glasses did you drink?

Range: 1.0..97.9

**IF WL7Giz2=mentioned THEN**

**[ml175Giz]**

How many standard 175ml glasses did you drink?

Range: 1.0..97.9

**IF WL7Glz3=mentioned THEN**

**[ml125Glz]**

How many small 125ml glasses did you drink?

Range: 1.0..97.9

**IF DrnkTy=Alcoholic lemonades/colas (IF DrnkTy06 mentioned) THEN**

**[PopsL7]**

Still thinking about last (*answer to Which Day*), how much alcopops or pre-mixed alcoholic drinks such as WKD, Smirnoff Ice, Bacardi Breezer etc. did you drink on that day?

INTERVIEWER: CODE MEASURES THAT YOU ARE GOING TO USE.

- |   |                          |           |
|---|--------------------------|-----------|
| 1 | Small cans               | [PopsL71] |
| 2 | Standard bottles (275ml) | [PopsL72] |
| 2 | Large bottles (700ml)    | [PopsL73] |

**IF PopsL7=Small cans (IF PopsL71 mentioned) THEN**

**[PopsL7Q1]**

ASK OR CODE: How many small cans of alcopops or pre-mixed alcoholic drinks did you drink on that day?

Range: 1..97

**IF PopsL703=Standard Bottles (IF PopsL72 mentioned) THEN**

**[PopsL7Q2]**

ASK OR CODE: How many standard bottles of alcopops or pre-mixed alcoholic drinks did you drink on that day?

Range: 1..97

**IF PopsL703=Large Bottles (IF PopsL73 mentioned) THEN**

**[PopsL7Q3]**

ASK OR CODE: How many large bottles of alcopops or pre-mixed alcoholic drinks did you drink on that day?

Range: 1..97

**IF DrnkType=Other (IF DrnkTy07 mentioned) THEN**

**[OthL7TA]**

Still thinking about last (*answer to WhichDay*), what other type of alcoholic drink did you drink on that day?

CODE FIRST MENTIONED ONLY

Text: Maximum 30 characters

**[OthL7QA]\***

How much (*name of 'other' alcoholic drink*) did you drink on that day?

WRITE IN HOW MUCH. REMEMBER TO SPECIFY HALF PINTS/ SINGLES/GLASSES/ BOTTLES.

Text: Maximum 30 characters

**[OthL7B]\***

Did you drink any other type of alcoholic drink on that day?

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

**ASK ALL WHO DRINK ALCOHOL AT ALL NOWADAYS  
(IF Drink = Yes)**

**[DrkDifDy]**

Since **lockdown began on the 23<sup>rd</sup> March 2020**, would you say that the **number of days per week** on which you have drunk alcohol has changed?

*Single code*

- 1 Yes, increased
- 2 Yes, decreased
- 3 Stayed the same
- 4 Don't know
- 5 Refused

**[DrkDifAm]**

Since **lockdown began on the 23<sup>rd</sup> March 2020**, would you say that the **amount** of alcohol you have drunk on a typical day has changed?

*Single code*

- 1 Yes, increased
- 2 Yes, decreased
- 3 Stayed the same
- 4 Don't know
- 5 Refused



## Dental health (All)

---

### ASK ALL

#### [NatTeeth]

Adults can have up to **32** natural teeth but over time people lose some of them. How many natural teeth, including crowns have you got?

- 1 No natural teeth
- 2 Fewer than 10 natural teeth
- 3 Between 10 and 19 natural teeth
- 4 20 or more natural teeth

#### [TthPain]

Have you had any toothache or pain in your mouth within the last month, or are you having any at present?

- 1 Yes
- 2 No

#### [MthIssue]

Do you currently have any problems with your mouth, teeth or dentures that cause you difficulty with any of the following?

INTERVIEWER: PLEASE CODE ALL THAT APPLY.

- 1 Yes, eating food
- 2 Yes, speaking clearly
- 3 Yes, smiling, laughing and showing teeth without embarrassment
- 4 Yes, emotional stability, for example, becoming more easily upset than usual
- 5 Yes, enjoying the company of other people such as family, friends, or neighbours
- 6 No, none of these

**[IntroPSC]**

INTERVIEWER READ OUT: The next questions are more sensitive as they are about mental health and wellbeing and loneliness. You may find that some of the questions asked are quite personal in nature. If you feel unable, or if you are uncomfortable, in answering a question then you do not have to answer that question.

## **Food insecurity module (All)**

---

The next questions ask about whether you, or anyone else in your household, worry about being able to buy enough food. They ask whether you have enough money to buy the quantity of food your household needs, rather than whether you have enough money to eat a nutritious or balanced diet.

**ASK ALL**

During **the last 12 months**, was there a time when:

**[WRFOOD]**

You were worried you would run out of food because of a lack of money or resources?

- 1 Yes
- 2 No

**IF WRFOOD =1 (YES) THEN**

**[ATELESS]**

You ate less than you thought you should because of a lack of money or other resources?

- 1 Yes
- 2 No

**IF ATELESS =1 (YES) THEN**

**[HHFOOD]**

Your household ran out of food because of lack of money or other resources?

- 1 Yes
- 2 No

## **Social capital & loneliness module (All)**

---

**[Contact]**

Not counting the people you live with, how often do you personally contact your relatives, friends or neighbours either in person, by phone, letter, email or through the internet?

- 1 On most days
- 2 Once or twice a week
- 3 Once or twice a month
- 4 Less often than once a month
- 5 Never

**[PCrisis]**

If you had a serious personal crisis, how many people, if any, do you feel you could turn to for comfort and support?

INTERVIEWER: If more than 15, code as 15.

Range: 0..15

**[Lonely]**

How often have you felt lonely in the past two weeks?

- 1 All of the time
- 2 Often
- 3 Some of the time
- 4 Rarely
- 5 Never

---

## **Mental wellbeing module (All)**

---

**ASK ALL**

INTERVIEWER READ OUT: I'm going to ask you some questions about your feelings and thoughts. Please choose the answer option that best describes your experience over the past two weeks.

**[Optim]**

I've been feeling optimistic about the future

- 1 None of the time
- 2 Rarely
- 3 Some of the time
- 4 Often
- 5 All of the time

**[Use]**

I've been feeling useful

- 1 None of the time
- 2 Rarely
- 3 Some of the time
- 4 Often
- 5 All of the time

**[Relax]**

I've been feeling relaxed

- 1 None of the time
- 2 Rarely
- 3 Some of the time
- 4 Often
- 5 All of the time

**[interest]**

I've been feeling interested in other people

- 1 None of the time
- 2 Rarely
- 3 Some of the time
- 4 Often
- 5 All of the time

**[Energy]**

I've had energy to spare

- 1 None of the time
- 2 Rarely
- 3 Some of the time
- 4 Often
- 5 All of the time

**[Deal]**

I've been dealing with problems well

- 1 None of the time
- 2 Rarely
- 3 Some of the time
- 4 Often
- 5 All of the time

**[Think]**

I've been thinking clearly

- 1 None of the time
- 2 Rarely
- 3 Some of the time
- 4 Often
- 5 All of the time

**[Good]**

I've been feeling good about myself

- 1 None of the time
- 2 Rarely
- 3 Some of the time
- 4 Often
- 5 All of the time

**[Close]**

I've been feeling close to other people

- 1 None of the time
- 2 Rarely
- 3 Some of the time
- 4 Often
- 5 All of the time

**[Confid2]**

I've been feeling confident

- 1 None of the time
- 2 Rarely
- 3 Some of the time
- 4 Often
- 5 All of the time

**[Mind]**

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

- 1 None of the time
- 2 Rarely
- 3 Some of the time

- 4 Often
- 5 All of the time

**[Love]**

I've been feeling loved

- 1 None of the time
- 2 Rarely
- 3 Some of the time
- 4 Often
- 5 All of the time

**[Intrst2]**

I've been interested in new things

- 1 None of the time
- 2 Rarely
- 3 Some of the time
- 4 Often
- 5 All of the time

**[Cheer]**

I've been feeling cheerful

- 1 None of the time
- 2 Rarely
- 3 Some of the time
- 4 Often
- 5 All of the time

INTERVIEWER READ OUT: I'm going to ask you some questions about how your health has been in general over the past few weeks. Please choose the answer option that you think most applies to you.

**[GHQCONC]**

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

- Better than usual
- Same as usual
- Less than usual
- Much less than usual

**[GHQSLEEP]**

Have you recently lost much sleep over worry?

- Not at all
- No more than usual
- Rather more than usual
- Much more than usual

**[GHQUSE]**

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

More so than usual  
Same as usual  
Less useful than usual  
Much less useful

**[GHQDECIS]**

Have you recently felt capable of making decisions about things?

More so than usual  
Same as usual  
Less so than usual  
Much less capable

**[GHQSTRAI]**

Have you recently felt constantly under strain?

Not at all  
No more than usual  
Rather more than usual  
Much more than usual

**[GHQOVER]**

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

Not at all  
No more than usual  
Rather more than usual  
Much more than usual

**[GHQENJOY]**

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

More so than usual  
Same as usual  
Less so than usual  
Much less than usual

**[GHQFACE]**

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

More so than usual  
Same as usual  
Less able than usual  
Much less able

**[GHQUNHAP]**

Have you recently been feeling unhappy and depressed?

Not at all  
No more than usual  
Rather more than usual

Much more than usual

**[GHQCONFI]**

Have you recently been losing confidence in yourself?

Not at all

No more than usual

Rather more than usual

Much more than usual

**[GHQWORTH]**

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

Not at all

No more than usual

Rather more than usual

Much more than usual

**[GHQHAPPY]**

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

More so than usual

About same as usual

Less so than usual

Much less than usual

**[AnxInt]**

The next few questions ask about how you've been feeling lately and if you've been feeling depressed, worried or anxious.

Press 1 and enter to continue.

**[J1SC]**

Have you been feeling anxious or nervous in the past month?

1 Yes, anxious or nervous

2 No

**IF J1SC = No THEN**

**[J2SC]**

In the past month, did you ever find your muscles felt tense or that you couldn't relax?

1 Yes

2 No

**ALL**

**[J3SC]**

Some people have phobias; they get nervous or uncomfortable about specific things or situations when there is no real danger. For instance they may get extremely anxious when in confined spaces, or they may have a fear of heights. Others become nervous at the sight of things like blood or spiders.

In the past month have you felt anxious, nervous or tense about any specific things when there was no real danger?

- 1 Yes
- 2 No

**IF RESPONDENT HAS EXPERIENCED ANXIETY AND PHOBIA ((IF J1SC=Yes AND J3SC=Yes) OR (J2SC=Yes AND J3SC=Yes)) THEN**

**[J5SC]**

In the past month, when you felt anxious/nervous/tense, was this always brought on by the phobia about some specific situation or thing or did you sometimes feel generally anxious/nervous/tense?

- 1 Always brought on by phobia
- 2 Sometimes generally anxious

**IF J5SC = Sometimes generally anxious THEN**

**[J6SC]**

The next questions are concerned with general anxiety/nervousness/tension only.

On how many of the past seven days have you felt generally anxious/nervous/tense?

- 1 4 days or more
- 2 1 to 3 days
- 3 None

**IF RESPONDENT HAS EXPERIENCED GENERAL ANXIETY ONLY (IF (J1SC=Yes AND J3SC=No) OR (J2SC=Yes AND J3SC=No)) THEN**

**[J7SC]**

On how many of the past seven days have you felt generally anxious/nervous/tense?

- 1 4 days or more
- 2 1 to 3 days
- 3 None

**IF RESPONDENT HAS EXPERIENCED ANXIETY FOR AT LEAST 1 DAY (IF J6SC IN [1..2] OR J7SC IN [1..2]) THEN**

**[J8SC]**

In the past week, has your anxiety/nervousness/tension been:

RUNNING PROMPT

- 1 ...very unpleasant
- 2 ...a little unpleasant
- 3 ...or not unpleasant?



**[J9SC]**

In the past week, when you've been anxious/nervous/tense, have you had any of the symptoms shown below?

- 1 Heart racing or pounding
- 2 Hands sweating or shaking
- 3 Feeling dizzy
- 4 Difficulty getting your breath
- 5 Butterflies in stomach
- 6 Dry mouth
- 7 Nausea or feeling as though you wanted to vomit

**IF RESPONDENT HAS EXPERIENCED ANY OF THE SYMPTOMS LISTED IF J9SC=Yes)  
THEN**

**[J9A..]**

Which of these symptoms did you have when you felt anxious/nervous/tense?

CODE ALL THAT APPLY

- |   |   |          |
|---|---|----------|
| 1 | Heart racing or pounding                        | [J9A1SC] |
| 2 | Hands sweating or shaking                       | [J9A2SC] |
| 3 | Feeling dizzy                                   | [J9A3SC] |
| 4 | Difficulty getting your breath                  | [J9A4SC] |
| 5 | Butterflies in stomach                          | [J9A5SC] |
| 6 | Dry mouth                                       | [J9A6SC] |
| 7 | Nausea or feeling as though you wanted to vomit | [J9A7SC] |

**IF RESPONDENT HAS EXPERIENCED ANXIETY FOR AT LEAST 1 DAY (IF J6SC IN [1..2] OR  
J7SC IN [1..2]) THEN**

**[J10SC]**

Have you felt anxious/nervous/tense for more than 3 hours in total on any one of the past seven days?

- 1 Yes
- 2 No

**[J11SC]**

How long have you had these feelings of general anxiety/nervousness/tension as you described?

- 1 Less than 2 weeks
- 2 2 weeks but less than 6 months
- 3 6 months but less than 1 year
- 4 1 year but less than 2 years
- 5 2 years or more

**[G1SC]**

Almost everyone becomes sad, miserable or depressed at times.

Have you had a spell of feeling sad, miserable or depressed in the past month?

- 1 Yes
- 2 No

**[G2SC]**

During the past month, have you been able to enjoy or take an interest in things as much as you usually do?

- 1 Yes
- 2 No/no enjoyment or interest

**IF G1SC = Yes THEN**

**[G4SC]**

In the past week have you had a spell of feeling sad, miserable or depressed?

- 1 Yes
- 2 No

**IF G2SC= No THEN**

**[G5SC]**

In the past week have you been able to enjoy or take an interest in things as much as usual?

- 1 Yes
- 2 No/no enjoyment or interest

**IF (G4SC = Yes) OR (G5SC = No/no enjoyment or interest) THEN**

**[G6SC]**

Since last [Sunday/Monday/Tuesday/Wednesday/Thursday/Friday/Saturday] on how many days have you felt [depressed or unable to take an interest in things/sad, miserable or depressed/unable to enjoy or take an interest in things]?

- 1 4 days or more
- 2 1 to 3 days
- 3 None

**[G7SC]**

Have you felt [depressed or unable to take an interest in things/sad, miserable or depressed/unable to enjoy or take an interest in things] for more than 3 hours in total (on any day in the past week)?

- 1 Yes
- 2 No

**[G9SC]**

In the past week when you felt sad, miserable or depressed/unable to enjoy or take an interest in things, did you ever become happier when something nice happened, or when you were in company?

- 1 Yes, at least once
- 2 No

**[G10SC]**

How long have you been feeling sad, miserable or depressed/unable to enjoy or take an interest in things as you have described?

- 1 Less than 2 weeks
- 2 2 weeks but less than 6 months
- 3 6 months but less than 1 year
- 4 1 year but less than 2 years
- 5 2 years but less than 5 years
- 6 5 years but less than 10 years
- 7 10 years or more

---

## Self-reported measurements module (All)

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### ASK ALL WOMEN AGED 16-49

#### [PregNowB]

May I check, are you pregnant now?

- 1 Yes
- 2 No

### ASK ALL

#### [SifHt]

INTERVIEWER: Ask (respondent) for an estimated height. Will it be given in metres or in feet and inches?

If respondent doesn't know height use <Ctrl K>, if respondent isn't willing to give height use <Ctrl R>.

- 1 Metres
- 2 Feet and inches

#### [SifWt]

INTERVIEWER: Ask (respondent) for an estimated weight. Will it be given in kilograms or in stones and pounds?

If respondent doesn't know weight use <Ctrl K>, if respondent isn't willing to give weight use <Ctrl R>.

- 1 Kilograms
- 2 Stones and pounds

#### [WtDif]

Since **lockdown began on 23<sup>rd</sup> March 2020**, would you say that your weight has changed?

- 1 Yes, increased
- 2 Yes, decreased
- 3 Stayed the same
- 4 Don't know
- 5 Refused

---

## Ethnic background and religion module (All)

---

### ASK ALL

#### [Ethnic12]\* Ethnic09

Please tell me how you would best describe your ethnic group or background

#### INTERVIEWER:

Select the most appropriate option from the list below and confirm with respondent.

If respondent disagrees with option selected, then provide them with the relevant alternatives.

#### CODE ONE ONLY

- 1 A - White: Scottish
- 2 A - White: Other British
- 3 A - White: Irish
- 4 A - White: Gypsy/Traveller
- 5 A - White: Polish
- 6 A - White: Other (WRITE IN)
- 7 B - Mixed: Any mixed or multiple ethnic groups (WRITE IN)
- 8 C - Asian: Pakistani, Pakistani Scottish or Pakistani British
- 9 C - Asian: Indian, Indian Scottish or Indian British
- 10 C - Asian: Bangladeshi, Bangladeshi Scottish or Bangladeshi British
- 11 C - Asian: Chinese, Chinese Scottish or Chinese British
- 12 C - Asian: Other (WRITE IN)
- 13 D - African: African, African Scottish or African British
- 14 D - African: Other (WRITE IN)
- 15 E - Caribbean or Black: Caribbean, Caribbean Scottish or Caribbean British
- 16 E - Caribbean or Black: Black, Black Scottish or Black British
- 17 E - Caribbean or Black: Other (WRITE IN)
- 18 F - Other ethnic group: Arab, Arab Scottish or Arab British
- 19 F - Other ethnic group: other (WRITE IN)

### IF Ethnic12=Other white background

#### [Othwhit]\*

WRITE IN ETHNIC GROUP

Text: Maximum 60 characters

### IF Ethnic12=Mixed background

#### [Othmix]\*

WRITE IN ETHNIC GROUP

Text: Maximum 60 characters

### IF Ethnic12=Other Asian background

#### [OthAsi]\*

WRITE IN ETHNIC GROUP

INTERVIEWER: Write in.

Text: Maximum 60 characters

### IF Ethnic12=Other African background

#### [OthAfr]\*

WRITE IN ETHNIC GROUP

INTERVIEWER: Write in.

Text: Maximum 60 characters

**IF Ethnic12=Other Caribbean or Black background**

**[OthBlk]**

WRITE IN ETHNIC GROUP

INTERVIEWER: Write in.

Text: Maximum 60 characters

**IF Ethnic12=Other**

**[Otheth]\***

WRITE IN ETHNIC GROUP

Text: Maximum 60 characters

**Note: All other ethnic group answers recorded under Othwhit- Otheth backcoded into Ethnic12**

**ASK ALL AGED 16+**

**[Religi09] ReligioS**

What religion, religious denomination or body do you belong to?

INTERVIEWER: DO NOT PROMPT

- 0 None
- 1 Church of Scotland
- 2 Roman Catholic
- 3 Other Christian
- 4 Muslim
- 5 Buddhist
- 6 Sikh
- 7 Jewish
- 8 Hindu
- 9 Pagan
- 10 Another religion (SPECIFY)
- 97 Refused

**IF Religi09=3 'Other Christian' THEN**

**[Religio2]\* ReligioSC**

How would you describe your religion?

INTERVIEWER: Write in

**IF Religi09=10 'another religion' THEN**

**[Religio3]\* ReligioSO**

What is the name of the religion, religious denomination or body you belong to?

INTERVIEWER: Write in

**Note: All other religion answers recorded under Religio2-Religio3 backcoded into Religio9**

**[SXORIENT]**

Which of the following options best describes how you think of yourself?

*Select one only*

- 1 Heterosexual or straight
- 2 Gay or Lesbian
- 3 Bisexual
- 4 Other

---

## Consents (All)

---

### ASK ALL

[InfoLeaf]

IMPORTANT: PLEASE MAKE SURE THAT ALL RESPONDENTS HAVE RECEIVED A COPY OF THE SHES INFORMATION LEAFLET PLEASE REMIND RESPONDENTS AT THIS POINT THAT THIS CONTAINS MORE INFORMATION ABOUT HOW THEIR INFORMATION IS USED AND GIVE THEM A CHANCE IF THEY WANT TO READ IT AGAIN OR ASK ANY QUESTIONS.

### Health Record linkage

Ask if READCON=2,3

[LinkInf]

If you agree, your survey answers will be linked to some information from your NHS health records on the following:

- any visits to hospital and length of stays.
- Information about diagnosis, treatments and hospital stays for cancer, heart disease, stroke, diabetes and psychiatric episodes.
- Details about registration with a general practitioner and, if you pass away, the date and cause of death.

This is done in such a way that no data which can identify you or any other individual is released, and really increases the value of the information you provide. If you do not want your survey results to be linked to your health records in this way, please tell me.

The Public Benefit and Privacy Panel will review the process for linkage of the survey data with information from the NHS health records.

Press 1 and enter to continue

ASK ALL

INSERT THE QUESTION FROM ADMIN BLOCK HERE ON OPT-OUTS

SG consent

ASK ALL

Add {textfills} if asked [ReadOut]

[FoIRes]

In the future, the Scottish Government may want to commission follow-up research among particular groups of the public to improve public policies and services. {More information about this can be found in the letter and leaflet sent to your address and on the survey website.}

If you give your permission, your name, contact details and relevant survey answers may be passed on to the Scottish Government or research agencies for the purpose of further research among particular groups of people to improve health or health services.

Please be assured that any information you provide for this purpose will be released for statistical and research purposes only carried out by reputable research organisations and that your confidentiality will be protected in the publication of any results given.

{Any information passed to any other organisation will be treated in accordance with data protection legislation and will not be used for any purposes other than further research about health or health services.}

If you are invited to take part in any future studies you will be free to refuse if you do not want to take part.

You can cancel this permission at any time in the future by contacting the researchers at ScotCen, using the details provided in the Information Leaflet or on the survey website:  
[www.scottishhealthsurvey.org](http://www.scottishhealthsurvey.org)

#### **ASK ALL**

##### **[FoIResA]**

Would you be willing to have your name, contact details and relevant answers you have given during the interview passed on to the Scottish Government or other research agencies acting on behalf of, or in collaboration with, the Scottish Government for this purpose?

- 1 Consent given
- 2 Consent refused

#### **ASK ALL AGED 16+ (IF FoIResA = 1)**

##### **[ReIntEmA]**

In addition to the other contact details provided during this interview, would you be willing to provide us with your email address so that we can pass this on to the Scottish Government or other research agencies with the permission of the Scottish Government to contact you about taking part in follow-up research? This will only be used for research purposes as previously explained.

IF YES: Please note that we can only accept an email address that is yours and not someone else's? It is fine if both yourself and someone else use the same email address.

INTERVIEWER: IF TWO OR MORE PEOPLE SHARE AN EMAIL ADDRESS, CODE THE AS 'OWN' EMAIL ADDRESS.

- 1. Yes – respondent's own email address,
- 2. Email address refused
- 3. No one in household has email address

#### **ASK IF ReIntEmA = 1 OR 2**

##### **[EmailA]**

What is the email address?

INTERVIEWER: TYPE IN EMAIL ADDRESS.

: STRING[60]

##### **[EmailChk]**

INTERVIEWER: Read out the email below to check that it is correct.

**[Display email address entered at *EmailA*]**

1. Email address correct
2. Email address not correct

IF EmailChk=2, HARD CHECK: INTERVIEWER: RETURN TO EMAILA AND RE-ENTER THE EMAIL ADDRESS

**Thank you section**

[Thankyou]

As a thank you, everyone that takes part receives a £10 high street voucher. We'd like to email this to you.

- 1 Respondent happy to have voucher emailed
- 2 Respondent asks for voucher to be posted (INTERVIEWER - do not read out as an option)
- 3 Respondent refuses voucher

Ask if ThankYou=1 AND RelntEmA=1 and EmailChk=1

[EmailThk]

Is it okay to send it to the email address you just provided?

**[Display email address entered at *EmailA*]**

- 1 Yes
- 2 No

Ask if ThankYou=1 AND RelntEA=2,3

RelntEmb

Do you have an email address we can email your £10 voucher to?

1. Yes – respondent's own email address,
2. Email address refused
3. No one in household has email address

**ASK IF RelntEmB = 1**

**[EmailB]**

What is the email address?

INTERVIEWER: TYPE IN EMAIL ADDRESS.

: STRING[60]

**[EmailChkB]**

INTERVIEWER: Read out the email below to check that it is correct.

**[Display email address entered at *EmailB*]**

1. Email address correct
2. Email address not correct

IF EmailChkB=2, HARD CHECK: INTERVIEWER: RETURN TO EMAILB AND RE-ENTER THE EMAIL ADDRESS



**ASK IF ReIntEmB=2,3 OR ThankYou=2**

**[PostVouch]**

That's okay. We will post the voucher to your address.

- 1 Respondent happy to have voucher posted
- 2 Respondent doesn't want a voucher

**ASK (if ThankYou=1 and EmailChk=1) OR (ThankYou=1 and EmailChkB=1) OR**

**(PostVouch=1)**

**[ThankSoon]**

It can take up to three weeks for your voucher to arrive, but it may come quicker than this.

INTERVIEWER: Press 1 and Enter