NICOLA Self-Completion Questionnaire



FOR OFFICE USE ONLY			
Participant Unique reference			
ISSUE CODE: Please circle	1 2 3		
	1 - Home interview (Interviewer)		
	2 - With Certificate		
	3 - Reissue		

1

٦

٦

Г

L

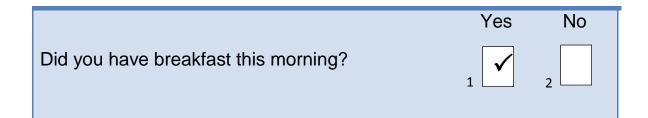
How to complete the questionnaire:

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.

Example Question



Now please go to Q1 and start filling in your answers

The following are questions about computers, please tick the one box that best describes your answer.

Q1. Do you use a computer, telephone with internet access or tablet (for example an ipad)?	Yes	No
	1	2

If No – Please skip to Question 24.

How often have you used computers and the internet in the last 12 months to:

	Very often	Fairly often	Rarely	Never
Q2. play games?	1	2	3	4
Q3. write and edit letters, reports and other documents?	1	2	3	4
Q4. make films or animation?	1	2	3	4
Q5. create and manipulate images e.g. (photographs)?	1	2	3	4
Q6. watch DVD's/Videos?	1	2	3	4

Please continue overleaf

	Very	Fairly	Rarely	Never
Q7. make music?	often	often		
	1	2	3	4
Q8. listen to music (CD's / MP3's)?	1	2	3	4
Q9. fiddle around/explore different bits on the computer to develop your own knowledge?	1	2	3	4
Q10. organise the computers files / memory?	1	2	3	4
Q11 program the computer?	1	2	3	4
Q12. learn something e.g. from Google?		2	3	4
Q13 Send / read emails?	1	2	3	4
Q14. make or maintain your own website?	1	2	3	4
Q15. look for products and services/ gather product information online?	1	2	3	4
Q16. buy goods or services online?	1	2	3	4
Q17. online banking/management of personal finances?	1	2	3	4
Q18. look for information related to work / business / study ?	1	2	3	4
Q19. download software, music, films or images?	1	2	3	4
Q20. participate in educational courses / lessons?	1	2	3	4
Q21 use adult entertainment?	1	2	3	4
Q22. browse / surf for no specific purpose?	1	2	3	4
Q23. use internet newsgroups bulletin boards, chat rooms or instant messages?	1	2	3	4

Here are some questions regarding the way you have been feeling over the last few weeks. For each question please tick the box next to the answer that best describes the way you felt.

Have you recently ...

	Better than usual	Same as usual	Less than usual	Much less than usual
Q24. been able to concentrate on whatever you are doing?	1	2	3	4

	Not at	No	Rather	Much
	all	more than usual	more than usual	more than usual
Q25. lost much sleep over worry?	1	2	3	4

	More so than usual	No more than usual	Rather more than usual	Much less than usual
Q26. felt that you are playing a useful part in things?	1	2	3	4
Q27. felt capable of making decisions about things?	1	2	3	4

Have you recently ...

L

	Not at all	No more than usual	Rather more than usual	Much more than usual
Q28. felt constantly under strain?	1	2	3	4
Q29. felt you couldn't overcome your difficulties?	1	2	3	4

	More so than usual	Same as usual	Less so than usual	Much less than usual
Q30. been able to enjoy your day-to- day activities?	1	2	3	4
Q31. been able to face up to your problems?	1	2	3	4

	Not at all	No more than usual	Rather more than usual	Much more than usual
 Q32 been feeling unhappy or depressed? Q33 been losing confidence in yourself? 		2	33	4
Q34. been thinking of yourself as a worthless person?	1	2	3	4

Have you recently . .

	More so than usual	Same as usual	Less so than usual	Much less than usual
Q35. been feeling reasonably happy, All things considered?	1	2	3	4

Q36. Are you taking any medicine or tablets for stress / anxiety?	Yes No 1 2
Q37. Are you taking any medicine or tablets for depression?	Yes No 1 2
Q38. Do you think you have a nervous illness?	Yes No 1 2

The following are questions about your vision.

Q39. At the present time, would you say your eyesight (with glasses or contact lenses, if you wear them) is:

Excellent	Good	Fair	Poor Are you completely blind
1	2	3	4 5

Q40. How much of the time do you worry about your eyesight?

None of the time	A little of the time	Some of the time	Most of the time	All of the time	
1	2	3	4	5	

Q41. How much difficulty do you have reading ordinary print in newspapers?

No difficulty at all	A little difficulty	Moderate difficulty	Extreme difficulty	Stopped doing because of your eyesight	Stopped doing this for other reasons or not interested in doing this
1	2	3	4	5	6

Q42. How much difficulty do you have doing work or hobbies that require you to see well up close, such as cooking, sewing, fixing things around the house, or using hand tools?

No difficulty at all	A little difficulty	Moderate difficulty	Extreme difficulty	Stopped doing because of your eyesight	Stopped doing this for other reasons or not interested in doing this
1	2	3	4	5	6

Q43. Because of your eyesight, how much difficulty do you have going down steps, stairs or curbs in dim light or at night?

No difficulty at all	A little difficulty	Moderate difficulty	Extreme difficulty	Stopped doing because of your eyesight	Stopped doing this for other reasons or not interested in doing this
1	2	3	4	5	6

Q44. How much difficulty do you have driving during the daytime in familiar places?

No difficulty at all	A little difficulty	Moderate difficulty	Extreme difficulty	Stopped doing because of your eyesight	Stopped doing this for other reasons or not interested in doing this
1	2	3	4	5	6

Code '8' if non-driver.

Q45. Are you limited in how long you can walk or do other activities such as house work, childcare, school or community activities because of your vision?

All of the time	Most of the time	Some of the time	A little of the time	None of the time	
1	2	3	4	5	

Q46. Because of your eyesight, how much difficulty do you have noticing objects off to the side while you are walking along?

No difficulty at all	A little difficulty	Moderate difficulty	Extreme difficulty	Stopped doing because of your eyesight	Stopped doing this for other reasons or not interested in doing this
1	2	3	4	5	6

Q47. Because of your eyesight, how much difficulty do you have finding something on a crowded shelf?

No difficulty at all	A little difficulty	Moderate difficulty	Extreme difficulty	Stopped doing because of your eyesight	Stopped doing this for other reasons or not interested in
					doing this
1	2	3	4	5	6

The following questions are about how you feel.

How often do you feel	Hardly ever	Some- times	Often
Q48 lonely	1	2	3
Q49 you lack companionship	1	2	3
Q50. isolated from others	1	2	3
Q51 left out	1	2	3
Q52 in tune with the people around you	1	2	3

The following are questions about your health.

Q53. Overall in the last 30 days, what degree of aches and pains have you had?

None	Mild	Moderate	Severe	Extreme
1	2	3	4	5

Q54. In the last 30 days, how much difficulty have you had with sleeping, such as falling asleep, waking up frequently during the night or waking up too early in the morning?

None	Mild	Moderate	Severe	Extreme
1	2	3	4	5

Q55. Overall, in the last 30 days, how much of a problem have you had with moving?

None	Mild	Moderate	Severe	Extreme	
1	2	3	4	5	

Q56. Overall, in the last 30 days, how much difficulty have you had with concentrating or remembering things?

None	Mild	Moderate	Severe	Extreme	
1	2	3	4	5	

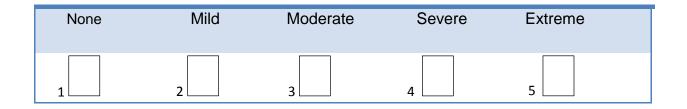
Q57. Overall, in the last 30 days, how much of a problem have you had because of shortness of breath?

None	Mild	Moderate	Severe	Extreme
1	2	3	4	5

Q58. Overall, in the last 30 days, how much of a problem have you had with feeling sad, low or depressed?

None	Mild	Moderate	Severe	Extreme	
1	2	3	4	5	

Q59. How much are you limited in the kind of amount of activity or work that you can do due to an impairment or health problem?



In these next questions we will give you some examples of people with health problems. We would like to indicate the extent to which you think these people would be limited in the kind or amount of work they can do. Please assume that the people have the same age, education and work history that you have. Other than the conditions mentioned you should imagine the individual is in reasonably good health.

Q60. Dorothy has almost constant pain in her back and this sometimes prevents her from doing her work.

How much is Dorothy limited in the kind or amount of work she could do?

Not limited	Mildly	Moderately	Severely	Extremely	
1	2	3	4	5	

Q61. Patrick suffers from back pain that cause stiffness in his back especially at work but it is relieved with low doses of medication. He does not have any other pains other than this generalised discomfort.

How much is Patrick limited in the kind or amount of work he could do?

Not limited	Mildly	Moderately	Severely	Extremely	
1	2	3	4	5	

Q62. Bernadette has pain in her back and legs, and the pain is present almost all the time. It gets worse while she is working. Although medication helps, she feels uncomfortable when moving around, holding and lifting things at work.

How much is Bernadette limited in the kind or amount of work she could do?

Not limited	Mildly	Moderately	Severely	Extremely	
1	2	3	4	5	

Q63. Samuel feels worried all the time. He gets depressed once a week at work for a couple of days in a row, thinking about what could go wrong and that his boss will disapprove of his condition. But he is able to come out of this mood if he concentrates on something else.

How much is Samuel limited in the kind or amount of work he could do?

Not limited	Mildly	Moderately	Severely	Extremely	
1	2	3	4	5	

Q64. Irene has mood swings whilst at work. When she gets depressed, everything she does at work is an effort for her and she no longer enjoys her usual activities at work. These mood swings are not predictable and occur two or three times a month.

How much is Irene limited in the kind or amount of work she could do?

Not limited	Mildly	Moderately	Severely	Extremely	
1	2	3	4	5	

Q65. Gerard generally enjoys his work. He gets depressed every three weeks for a day or two and loses interest in what he usually enjoys but is able to carry on with his day-to-day activities at work.

How much is Gerard limited in the kind or amount of work he could do?

Not limited	Mildly	Moderately	Severely	Extremely	
1	2	3	4	5	

Q66. Bridget has had heart problems in the past and she has been told to watch her cholesterol level. Sometimes if she feels stressed at work she feels pain in her chest and occasionally her arms.

How much is Bridget limited in the kind or amount of work she could do?

Not limited	Mildly	Moderately	Severely	Extremely	
1	2	3	4	5	

Q67. Kenneth has been diagnosed with high blood pressure. His blood pressure goes up quickly if he feels under stress. Kenneth does not exercise much and is overweight.

How much is Kenneth limited in the kind or amount of work he could do?

Not limited	Mildly	Moderately	Severely	Extremely	
1	2	3	4	5	

Q68. Francis has undergone triple bypass heart surgery. He is a heavy smoker and still experiences severe chest pain sometimes.

How much is Francis limited in the kind or amount of work he could do?

Not limited	Mildly	Moderately	Severely	Extremely	
1	2	3	4	5	

Please continue overleaf

The following are questions about your experience of the Troubles in Northern Ireland. This includes questions about physical injury you personally experienced or the injury or death to a close friend or relative. Questions about imprisonment are also included. If you feel uncomfortable answering these questions, then you do not need to answer them. All answers will be kept strictly confidential.

Close friends means no more than the few people whom you would confide in and trust most closely.

Close relatives means those who are part of your household, parents and grand-parents, and any other relatives (such as uncles, aunts and cousins) whom you would see on a regular basis.

Q69. Thinking of the Troubles, did you experience any of the following? (Tick **ALL** that apply)

(a). A close friend was killed	Yes	1	No	2
(b). A close relative was killed	Yes	1	No	2
(c). Someone that you knew personally was killed	Yes	1	No	2
(d). No close friend or relative was killed	Yes	1	No	2

Please continue overleaf

Q70. Again, thinking of the troubles, did you experience any of the following? (Tick **ALL** that apply)

(a). I was physically injured	Yes	1	No	2
(b). A close friend was physically injured	Yes	1	No	2
(c). A close relative was physically injured	Yes	1	No	2
(d). Someone else you know personally was physically injured	Yes	1	No	2

Q71. Have you yourself directly witnessed any of the following events? (Tick **ALL** that apply)

(a). A bomb explosion	Yes	1	No	2
(b). A murder	Yes	1	No	2
(c). Gunfire	Yes	1	No	2
(d). Rioting	Yes	1	No	2
(g). Someone being assaulted	Yes	1	No	2
(h). Other serious violence	Yes	1	No	2

Q72 . Have you, or anyone you know spent time in prison because of the troubles?	Yes	No	Do not wish to say
	1	2	3

If 'No' or 'Do not wish to say' please go to Question 74

VERSION 2

Q73. Did these people include (tick **ALL** that apply)

(a). Yourself	Yes	1	No	2
(b). Close friends	Yes	1	No	2
(c). Close relatives	Yes	1	No	2
(d). Other relatives	Yes	1	No	2
(e). Others	Yes	1	No	2

Q74. Did you ever have your house searched by the police or army?

Yes	1	No 2
		If 'No' please go to Question 7

Q75 . How many times was your house searched?	

Q76. Did you ever have to move house due to attack, intimidation, threats or harassment?

Yes 1 No 2

Q77. Did you ever have to leave a job because of an attack, intimidation, threats or harassment?

Yes 1 No 2

Q78. Thii this?	nking of the w	orst thing that	t happened to	you because	of the Troub	oles, when	was
1969- 1973	1974- 1978	1979- 1983	1984- 1988	1989- 1993	1994- 1998	After 1998	N/A
1	2	3	4	5	6	7	8

If 'N/A' please go to Question 80

Q79. Because of this event, did you (Tick **ALL** that apply)

Seek help from your GP	Yes	1	No	2
Join a support group	Yes	1	No	2
Go to a counselor or other mental health professional	Yes	1	No	2
Join a campaign	Yes	1	No	2
Other	Yes	1	No	2
Did not seek help from any professional or group		0		

Q80. How much was the community you live in affected by the Troubles?

None	A little bit	A moderate amount	Quite a bit	An extreme amount	
1	2	3	4	5	

Q81. In general, what impact do you think the Troubles have had on your life?

None	A little bit	A moderate Amount	Quite a bit	An extreme amount	
1	2	3	4	5	

The following are questions about traumatic events. This means any event you consider traumatic and not just those related to the Troubles.

Q82a . Have you ever experienced a traumatic event?	Yes	No	Do not wish to say
	1	2	3

If 'No' or 'Do not wish to answer' please go to Question 84

Q82b. The event happened on ____/ ___/ ___ Please give an approximate date.

Q82c. Please describe an event in your life that you found stressful or traumatic by completing the following sentence.

The stressful or traumatic event that I experienced was

Q83 Below is a list of problems and complaints that are experienced sometimes in response to stressful life events. Please put an \checkmark in the appropriate box to indicate how much you have been bothered by that problem in the past month.

	Not at all	A little bit	Moderately	Quite a bit	Extremely
(a). Repeated, disturbing memories, thoughts or images of a stressful experience from the past	0	1	2	3	4
(b). Repeated, disturbing dreams of a stressful experience from the past	0	1	2	3	4
(c). Suddenly acting or feeling as if a stressful experience was happening again (as if you were reliving it)	0	1	2	3	4
(d). Feeling very upset when something reminded you of a stressful experience from the past	0	1	2	3	4
(e). Having physical reactions (e.g. heart pounding, trouble breathing, or sweating) when something reminded you of a stressful experience from the past	0	1	2	3	4
(f). Avoid thinking about or talking about a stressful experience from the past or avoid having feelings related to it	0	1	2	3	4
(g). Avoid activities or situations because they remind you of a stressful experience from the past	0	1	2	3	4
(h).Trouble remembering important parts of a stressful experience from the past	0	1	2	3	4
(i). Loss of interest in things that you used to enjoy	0	1	2	3	4

Please put an \checkmark in the appropriate box to

indicate how much you have been bothered by that problem in the past month

	Not at all	A little bit	Moderately	Quite a bit	Extremely
(j). Feeling distant or cut off from other people	0	1	2	3	4
(k). Feeling emotionally numb or being unable to have loving feelings for those close to you	0	1	2	3	4
(I). Feeling as if your future will somehow be cut short	0	1	2	3	4
(m). Trouble falling or staying asleep	0	1	2	3	4
(n). Feeling irritable or having angry outbursts	0	1	2	3	4
(o). Having difficulty concentrating	0	1	2	3	4
(p). Being 'super alert' or watchful on guard	0	1	2	3	4
(q). Feeling jumpy or easily startled	0	1	2	3	4

Please continue overleaf

The following questions are designed to find out about your physical activity in your everyday life in the last 4 weeks.

Q84. Which form of transport have you used most often in the last 4 weeks apart from journey to and from work (paid, regular or organised voluntary work)?

(Please tick **ONE** box only)

Car/Motor vehicle	Walk	Public Transport	Cycle
1	2	3	4

Computer use at home but NOT at work (e.g. internet, email, Xbox, Playstation, Wii etc.)

	Average over the last four weeks					
Hours of home computer use per day Please put a tick (✓) on every line	None	Less than 1 hour a day	1 to 2 hours a day	2 to 3 hours a day	hours	4 hours a
Q85. On a weekday before 6pm	0	1	2	3	4	5
Q86. On a weekday after 6pm	0	1	2	3	4	5
Q87. On a weekend day before 6pm	0	1	2	3	4	5
Q88. On a weekend day after 6pm	0	1	2	3	4	5

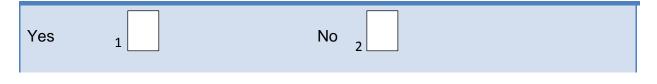
Stair climbing at home

Number of times you climbed up		Avera	age over	the last fo	our weeks	S
a flight of stairs (approx 10 steps) each day at home	None	1-5 times	6-10 times	11-15 times	16-20 times	20+ times a
each day at nome		a day	a day	a day	a day	day
Please put a tick (✓) on every line		a day	a day	a day	a day	uuy
Q89. On a weekday						
	o	1	2	34	4	5
Q90. On a weekend day		1	2	3	4	5
	ų]	<u> </u>		<u> </u>	•	J

Activity at work

Please answer this section to describe if you have been in paid employment at any time during the last 4 weeks or if you have done regular, organised voluntary work such as a co-ordinated organisation or church group. It is not informal or irregular activities such as help given to friends and family.

Q91. Have you been in employment or done regular, organised voluntary work during the last 4 weeks?



If 'No', please go to Question 103

Q92. During the last 4 weeks how many hours did you do per week?

Work hours excluding travel	4 weeks	3 weeks	2 weeks	1 week	
	1	2	3	4	

We would like to know the type and amount of physical activity involved in your work.

Q93. Please tick the option that best corresponds with your occupation(s) in the last 4 weeks from the following four possibilities.

Sedentary occupation – you spend most of	
your time sitting (e.g. in the office)	1
Standing occupation – you spend most of your time	
standing or walking. However, your work does not	
require intense physical effort (e.g. shop assistant,	2
hairdresser)	
Manual work – this involves some physical effort	
including handling of heavy objects and use of tools (e.g.	
electrician or carpenter)	3
Heavy manual work – this implies a very vigorous	
physical activity including handling of heavy objects	
(e.g. dock workers, miner, bricklayer, or construction	4
worker)	

Q94. Travel to and from work in the last 4 weeks. What is the approximate distance from your home to your work?

IN EITHER:

Miles Kilometers	
------------------	--

Q95. How many times a week did you travel from your home to your main work? Please count outward journeys only	

Please tick (\checkmark) **ONE** box per line

How do you normally travel to work	More so than usual	Same as usual	Less so than usual	Much less than usual
Q97. By car / motor vehicle	1	2	3	4
Q98. By works or public transport	1	2	3	4
Q99. By bicycle	1	2	3	4
Q100. Walking	1	2	3	4

Q101. What is the postcode for your main place of work during the last 4 weeks?

Q102. If not known, please give your work address.

Please continue overleaf

The following questions ask about how you spent your leisure time. Please indicate how often you did each activity on average over the last 4 weeks.

Please indicate the average length of time that you spent doing the activity on each occasion.

Example:

- If you had done weeding of pruning every fortnight and took 1 hour and 10 minutes on each occasion.

- If you went walking for pleasure for 40 minutes once a week.

You would complete the table below as follows:

	Number of times you did the activity in the last 4 weeks						Average time per episode		
	None	Once in the last 4 weeks	2-3 times in the last 4 weeks	Once a week	2-3 times a week	4-5 times a week	Every day	Hours	Mins
Weeding & pruning	0	1	2	3	4	5	6	1	10
Walking for pleasure	0	1	2	3	4	5	6		40

Please give an answer for the NUMBER OF TIMES you did the following activities in the past 4 weeks and the AVERAGE time you spent on each activity.

Average Number of times you did the activity in the last 4 weeks time per episode Hours None Once in 2-3 times Once a 2-3 4-5 Every Mins the last 4 in the week times a times a day weeks last 4 week week weeks Q103. Swimming – competitive 0 5 1 2 Q104. Swimming leisurely 5 n 1 2 Q105. Backpacking or mountain climbing 1 2 Δ 5 Q106. Walking for pleasure (not as a means of transport) Q107. Racing or rough terrain cycling Q108. Cycling for pleasure (not as a n means of transport) Q109. Mowing the lawn 5 0 1 2 Q110. Watering the lawn or garden 5 1 2 3 Q111. Digging, shoveling or chopping 5 wood Q112. Weeding or pruning 5 1 Q113. DIY e.g. carpentry, home or car maintenance

PLEASE COMPLETE EACH LINE

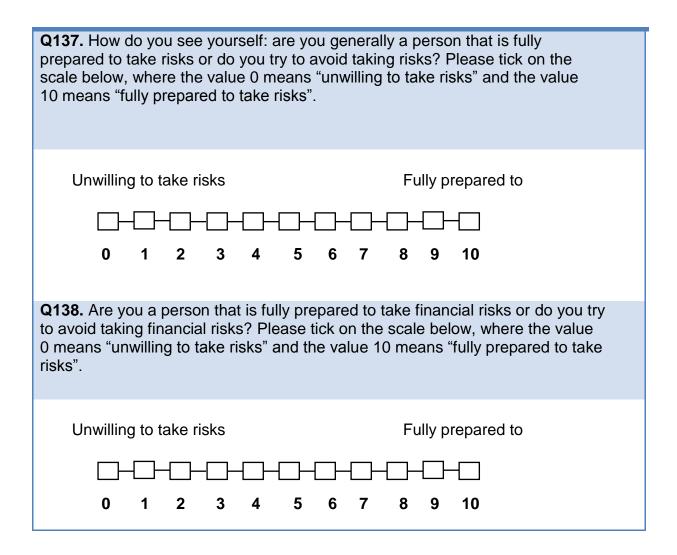
PLEASE COMPLETE EACH LINE

	Numbe	r of time	s you dio	d the act	ivity in t	the last 4	l weeks	Ave time epis	-
	None	Once in the last 4 weeks	2-3 times in the last 4 weeks	Once a week	2-3 times a week	4-5 times a week	Every day	Hours	Mins
Q114. High impact aerobics or step aerobics	0	1	2	3	4	5	6		
Q115. Other types of aerobics	0	1	2	3	4	5	6		
Q116. Exercise with weights	0	1	2	3	4	5	6		
Q117. Conditioning exercises e.g. using a rowing machine or bike	0	1	2	3	4	5	6		
Q118. Floor exercises e.g. stretching, bending, keep fit or yoga	0	1	2	3	4	5	6		
Q119 . Dancing e.g. ballroom or disco	0	1	2	3	4	5	6		
Q120. Competitive running	0	1	2	3	4	5	6		
Q121. Jogging	0	1	2	3	4	5	6		
Q122. Bowling – indoor, lawn or 10 pin	0	1	2	3	4	5	6		
Q123. Tennis or badminton	0	1	2	3	4	5	6		
Q124. Squash	0	1	2	3	4	5	6		
Q125. Table tennis	0	1	2	3	4	5	6		

PLEASE COMPLETE EACH LINE

	Numbe	er of time	s you die	d the act	ivity in f	the last 4	weeks		rage e per sode
	None	Once in the last 4 weeks	2-3 times in the last 4 weeks	Once a week	2-3 times a week	4-5 times a week	Every day	Hours	Mins
Q126. Golf	0	1	2	3	4	5	6		
Q127. Football, rugby or hockey	0	1	2	3	4	5	6		
Q128. Cricket	0	1	2	3	4	5	6		
Q129. Rowing	0	1	2	3	4	5	6		
Q130. Netball, volleyball or basketball	0	1	2	3	4	5	6		
Q131. Fishing	0	1	2	3	4	5	6		
Q132. Snooker, billiards or darts	0	1	2	3	4	5	6		
Q133. Musical instrument playing or singing	0	1	2	3	4	5	6		
Q134. Ice-skating	0	1	2	3	4	5	6		
Q135. Sailing, wind- surfing or boating	0	1	2	3	4	5	6		
Q136. Martial arts, boxing or wrestling	0	1	2	3	4	5	6		

The following questions are about risk.



Please continue overleaf

The following questions ask you to make some decisions about different hypothetical situations. You are the sole provider of your household and you have the choice between two equally good incomes. The incomes mentioned should be considered net income (after all taxes and social security).

Imagine the following hypothetical situations. For each of the three choices below, which income do you choose?

Q139.

1

2

Income A, which will with certainty give you a £1,500 per month for the rest of your life.

Income B which will give you a 50-50 chance of \pounds 3,000 and a 50-50 chance of \pounds 1,000 per month for the rest of your life.

Q140.

Income A, which will with certainty give you a £1,500 per month for the rest of your life.

Income B which will give you a 50-50 chance of \pounds 3,000 and a 50-50 chance of \pounds 1,200 per month for the rest of your life.

Q141.

2

1

Income A, which will with certainty give you a £1,500 per month for the rest of your life.

Income B which will give you a 50-50 chance of \pounds 3,000 and a 50-50 chance of \pounds 1,300 per month for the rest of your life.

Please continue overleaf

Now please consider the following hypothetical scenarios. The money amounts mentioned will be without any risk involved and should be considered as net income (after all taxes and social security).

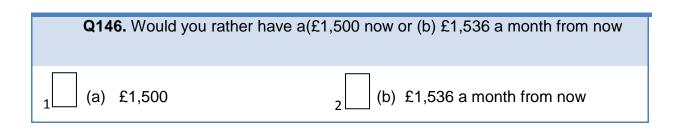
Imagine the following hypothetical situations. For each of the choices below, which option would you prefer?

Q142. Would you rather have	£1,500 now or £1,506 a month from now
1 (a) £1,500	$_2$ (b) £1,506 a month from now

Q143. Would you rather have £1.	500 now or £1,512 a month from now
1 (a) £1,500	$_2$ (b) £1,512 a month from now

Q144. Would you rather have	£1,500 now or £1,518 a month from now
1 (a) £1,500	$_2$ (b) £1,518 a month from now

Q145. Would you rather have £	1,500 now or £1,524 a month from now
1 (a) £1,500	$_2$ (b) £1,524 a month from now

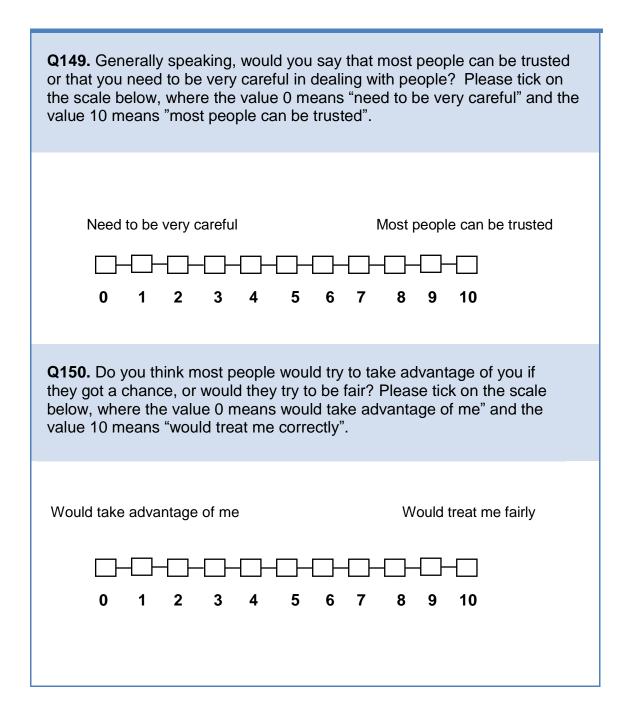


Q147. Would you rather have	e a(£1,500 now or (b) £1,548 a month from now
1 (a) £1,500	$_2$ (b) £1,548 a month from now

Q148. Would you rather have	e a(£1,500 now or (b) £1,596 a month from now
1 (a) £1,500	$_2$ (b) £1,596 a month from now

Please continue overleaf

The following are questions about trust.



The following questions ask about your general feelings or attitudes. Please indicate how much you agree with each statement.

Q151. In uncertain times, you usually expect the best.
Strongly disagree Strongly agree
Q152. If something can go wrong for me, it will.
Strongly disagree Strongly agree
Q153. You are always optimistic about your future.
Strongly disagree Strongly agree

The following questions ask about your personality. Please indicate how strongly you agree or disagree with each of the following statements.

Please tick ONE box per line	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Q154. I am not a worrier	1	2	3	4	5
Q155. I like to have a lot of people around me	1	2	3	4	5
Q156. I enjoy concentrating on a fantasy or a daydream and exploring all its possibilities, letting it grow and develop	1	2	3	4	5
Q157 . I try to be courteous to everyone I meet	1	2	3	4	5
Q158. I keep my belongings neat and clean	1	2	3	4	5
Q159. At times I feel bitter and resentful	1	2	3	4	5
Q160. I laugh easily	1	2	3	4	5
Q161. I think it's interesting to learn and develop new hobbies	1	2	3	4	5
Q162. At times I bully or flatter people into doing what I want them to	1	2	3	4	5
Q163. I'm pretty good about pacing myself so as to get things done on time	1	2	3	4	5

Please tick ONE box per line	Strongly Agree	Agree	Neutral	Disagree [Strongly Disagree
Q164. When I'm under a great deal of stress, sometimes I feel like going to pieces	1	2	3	4	5
Q165. I prefer jobs that let me work alone without being bothered by other people	1	2	3	4	5
Q166. I am intrigued by patterns I find in art and nature	1	2	3	4	5
Q167 . Some people think I'm selfish and egotistical	1	2	3	4	5
Q168. I often come into situations without being fully prepared	1	2	3	4	5
Q169. I rarely feel lonely and blue	1	2	3	4	5
Q170. I really enjoy talking to people	1	2	3	4	5
Q171. I believe letting students hear controversial speakers can only confuse and mislead them	1	2	3	4	5
Q172. If someone starts a fight, I'm ready to fight back	1	2	3	4	5
Q173. I try to perform all the tasks assigned to be conscientious	1	2	3	4	5
Q174. I often feel tense and jittery	1	2	3	4	5

Please tick ONE box per line	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Q175. I like to be where the action is	1	2	3	4	5
Q176. Poetry has little or no effect on me	1	2	3	4	5
Q177. I'm better than most people and I know it	1	2	3	4	5
Q178 . I have a clear set of goals and work towards them in an orderly fashion	1	2	3	4	5
Q179. Sometimes I feel Completely worthless	1	2	3	4	5
Q180. I shy away from crowds of people	1	2	3	4	5
Q181. I would have difficulty just letting my mind wander without control or guidance	1	2	3	4	5
Q182. When I've been insulted I just try to forgive and forget	1	2	3	4	5
Q183. I waste a lot of time before settling down to work	1	2	3	4	5
Q184. I rarely feel fearful or anxious	1	2	3	4	5
Q185. I often feel as if I'm bursting with energy	1	2	3	4	5

Please tick ONE box per line	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Q186. I seldom notice the moods or feelings that different environments produce	1	2	3	4	5
Q187. I tend to assume the best about people	1	2	3	4	5
Q188. I work hard to accomplish my goals	1	2	3	4	5
Q189 . I often get angry at the way people treat me	1	2	3	4	5
Q190. I am a cheerful, high spirited person	1	2	3	4	5
Q191. I experience a wide range of emotions and feelings	1	2	3	4	5
Q192. Some people think of me as cold and calculating	1	2	3	4	5
Q193. When I make a commitment I can always be counted on to follow through	1	2	3	4	5
Q194. Too often, when things go wrong, I get discouraged and feel like giving up	1	2	3	4	5
Q195. I don't get much pleasure from chatting with people	1	2	3	4	5
Q196. Sometimes when I am reading poetry or looking at a work of art, I feel a chill or a wave of excitement	1	2	3	4	5

Please tick ONE box per line	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Q197. I have no sympathy for beggars	1	2	3	4	5
Q198. Sometimes I'm not as dependable or reliable as I should be	1	2	3	4	5
Q199. I am seldom sad or depressed	1	2	3	4	5
Q200 . My life is fast-paced	1	2	3	4	5
Q201. I have little interest in speculating on the nature of the universe or the human condition	1	2	3	4	5
Q202. I generally try to be thoughtful and considerate	1	2	3	4	5
Q203. I am a productive person who always gets the job done	1	2	3	4	5
Q204. I often feel helpless and want someone else to solve my problems	1	2	3	4	5
Q205. I am a very active person	1	2	3	4	5
Q206. I have a lot of intellectual curiosity	1	2	3	4	5
Q207. If I don't like people I let them know it	1	2	3	4	5

Please tick ONE box per line	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Q208. I never seem to get organised	1	2	3	4	5
Q209. At times I have been so ashamed I just want to hide	1	2	3	4	5
Q210. I would rather go on my own than be a leader of others	1	2	3	4	5
Q211 . I often enjoy playing with theories or abstract ideas	1	2	3	4	5
Q212. If necessary, I am willing to manipulate people to get what I want	1	2	3	4	5
Q213. I strive for excellence in everything I do	1	2	3	4	5

Questions 153-213 Adapted and reproduced by special permission of the Publisher, Psychological Assessment Resources, Inc.,16204 North Florida Avenue, Lutz, Florida, from the NEO Five-Factor Inventory-3 by Paul Costa, Jr., PhD and Robert McCrae,PhD, Copyright 1798, 1985, 1989, 1991, 2003, 2010 by PAR, Inc. Further Reproduction is prohibited without permission.

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

To help us in our research can you please let us know if you would have preferred to complete this questionnaire online?	Yes	No 2
Can you please tell us the reason for your answer?		

Please return this questionnaire in the pre-paid envelope provided