Project PHR 10/3005/18

Health impacts of environmental and social interventions designed to increase deprived communities' access to urban woodlands: a mixed methods study

Core community survey questionnaire

All Waves

2013 - 2015

Note: the Wave 3 survey is shown here. Items added or amended in 2014 compared to the 2013 baseline are highlighted in yellow. Further items added or amended in 2015 are highlighted in blue.

- **CAPI Number** (automatic)
- **Reference Number** (manually entered from sample sheet)
- **Date** (automatic)
- **Time beginning** (automatic)
- **Time end** (automatic)

- **INTERVIEWER NUMBER** (manually entered)

- **LOCATION** [INTERVIEWER TO SELECT FROM LIST]:
    - Site 1
    - Site 2
    - Site 3
    - Site 4
    - Site 5
    - Site 6

- **DISTANCE BAND** [INTERVIEWER TO SELECT FROM LIST]:
    - 150
    - 300
    - 500
    - 750
    - 1500

- **SAMPLE TYPE**:
    - Main (automatically codes as Main until Spare sample is approved & released by client)
    - Spare

- **Confirm address**:
    - Yes (continue)
    - No (close)

INTRODUCTION:

Good morning/afternoon I am *{interviewer name}* and I would like to speak to *{respondent name}* *OR {a member of your household}* to participate in a survey.

Your household has been chosen at random from among your area's postal addresses [ONLY FOR NEW HOUSEHOLDS].

The survey forms part of a project being undertaken by the University of Edinburgh and its partners to find out what you think about your local environment and your wellbeing.

Please be assured that the information you provide will be treated as entirely confidential and it will not be possible to identify any individual in any published use of the research. The survey is being administered by market research agency Progressive Partnership, the University of Edinburgh and its partners who all abide by the rules and guidelines of the Market Research Society.

Named contact:
The interview should take no more than 25 minutes. Thank you very much for your time.
If respondent says they have done this before explain: As *{respondent name}* participated in the survey last year, we would like to ask them to participate again this year in order to measure any change in opinions and attitudes over time.

New household (not participated before):
The person who we would like to answer the questions is the adult member (aged 16 or over) of your household who has the next birthday. It is important that the right person answers the questions to ensure that we get an accurate picture of your views. The interview should take no more than 25 minutes. Thank you very much for your time.

- **OUTCOMES** [SINGLE CODE ONLY]:
  - Effective – go to A1a
  - Refusal – go to A1a
  - No reply
  - Named respondent not in at the moment – please call back/rearrange suitable time
  - No contact with selected person
  - Away/in hospital during survey period
  - Selected person senile/incapacitated
  - Inadequate English (not possible to use interpreter)
  - No contact made with a responsible adult
  - Office refusal (telephone/letter)
  - Not traced
  - Derelict/demolished
  - Empty/vacant
  - Business/industrial only (not private)
  - Other (specify) _____

PART A

A1. Firstly, to make sure I am interviewing in the correct area, can you please tell me if you live in the current address: (Interviewer: please check full address and postcode)

ALL RESPONDENTS MUST LIVE WITHIN THE SPECIFIED ADDRESSES PROVIDED BY THE RESEARCH TEAM

SINGLE CODE	CODE	ROUTE
Yes,	1	Go to A2
No	2	Thank you and close

A1a. Named Contact:
Firstly, to make sure I am interviewing the correct person, can you confirm that you are *{respondent name, gender, age}*

SINGLE CODE	CODE	ROUTE
Yes	1	Go to A1b
No	2	Ask for correct named contact or go to A1c

If respondent is a Refusal at OUTCOMES, then thank and close
If respondent is an Effective at OUTCOMES, then continue

A1b. Named Contact:
To make sure I am interviewing at the correct address, can you confirm that you live in the current address *{full address and postcode}*

SINGLE CODE	CODE	ROUTE
Yes	1	Go to A2
No	2	Thank you and close

A1c. Named contact:
Reason why it is not the same respondent:
- Named contact not in at second attempt
- Named respondent not available during fieldwork period
- Named respondent no longer living at this address
- Named respondent not known at this address
- Someone else refused participation on the named respondents behalf
- Other reason, please specify _____

If Named Contact is not around and another adult within the household is happy to take part, please generate new code for the new respondent.

A1d. Named contact:
Do you remember taking part in this survey previously?

- Yes, in 2013 (2 years ago)
- Yes, in 2014 (last year)
- Yes, don't remember the years
- No
- Don't know/remember

A1e. New respondent:

For a new respondent, please establish their relationship to the Named Contact and code below:

- Spouse / partner
- Child
- Parent
- Sibling
- Other family member
- Other, please specify _____
- Not applicable – named respondent no longer living at the address

DO NOT READ OUT, INTERVIEWER TO RECORD A2. Respondent's gender	CODE
Male	1
Female	2

READ OUT:

We want to ask you about woodlands, by which we mean forests and woodlands with small or large areas of trees, under any ownership, both old and new, and of any type.

ASK ALL

B1. Can you name any woodlands around here?

SINGLE CODE	CODE	ROUTE
Yes	1	Go to Q B1.1
No	2	Go to Q B3

B1.1 If yes, please specify:

B1a: _____
B1b: _____
B1c: _____
B1d: _____
B1e: _____

B2. Which of these have you visited in the <u>last 12 months</u>?

	Yes	No	Can't remember
B1a:			
B1b:			
B1c:			
B1d:			
B1e:			

ASK ALL

Now, thinking <u>about these woodlands</u> (INSERT NAME)

Instruction: SHOW MAP

B3. Have you visited <u>these local woodlands</u> in the <mark>last year</mark>?

SHOW CARD A

SINGLE CODE	CODE	ROUTE
Yes	1	**Go to B4**
No	2	**Go to B10**

B4. What kinds of activities do you pursue when visiting these local woodlands? SPONTANEOUS

CODE ALL THAT APPLY	Code
Go for a walk	1
Walk the dog	1
Go out with my family	1
Exercise or sport	1
Relax	1

	Code
Look at plants or wildlife	1
Participate in an event	1
Other (Please specify)_____	1

B5. How frequently did you visit these local woodlands <u>last winter</u> i.e. between October and March?

SHOW CARD B

SINGLE CODE	Code
Every day	1
Several times a week	2
Once a week	3
Several times a month	4
About once a month	5
Less often	6
Not at all	7
Do not know	-98

B6. How frequently did you visit these local woodlands <mark>last</mark> <u>Summer</u> i.e. between April and September?

SHOW CARD B

SINGLE CODE	Code
Every day	1
Several times a week	2
Once a week	3
Several times a month	4
About once a month	5
Less often	6
Not at all	7
Do not know	-98

B7. On average during the last 12 months how long, did you normally spend at these local woodlands?

SHOW CARD C

SINGLE CODE	Code
Up to 15 minutes	1
Over 15minutes – 30 minutes	2
Over 30 minutes – 1 hour	3
Over 1 hour – 2 hours	4
Over 2 hours – 5 hours	5
More than 5 hours	6
Do not know	-98

B8. How do you usually get to these local woodlands?

READ OUT, SINGLE CODE	Code
By foot	1
By car	2
By bicycle	3
By public transport	4
By taxi	5
Other (Please specify) _____	6

B9. With whom do you usually go to these woodlands?

READ OUT, CODE ALL THAT APPLY	Code
Alone	1
Alone with the dog	1
With others, including family and friends	1

NOTE: if respondents chose more than one code at B9, please ask:

B9. 1. With whom do you usually go to these woodlands most frequently?

Interviewer Note: If respondent always walks their dog with someone else please code as 'With others'

READ OUT, SINGLE CODE	Code
Alone	1
Alone with the dog	2
With others, including family and friends	3

ASK ALL

B10. How easy is it to get to these local woodlands from where you live?

SHOW CARD D, SINGLE CODE

Very easy	Easy	Neither easy nor difficult	Difficult	Very Difficult	Do not know
1	2	3	4	5	-98

B11. How long would it take you to walk to these local woodlands?

READ OUT, SINGLE CODE	Code
_____ **minutes**	
Cannot walk (If respondents cannot walk go to B11.1)	0

B11.1 If you cannot walk how long would it take you to get there by other means?

_____ minutes → by what means? _____

Unsure

Thinking about <u>these local</u> woodlands and what they are like, tell us what you think of the following:

Please, score each statement according to your level of agreement.

SHOW CARD E

Interviewer Note: if respondents really do not know, please code as 'neutral'

<mark>**PLEASE PROBE THOROUGHLY**</mark>

	TICK START, ROTATE, READ OUT	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
B12	The woodlands are free from litter	1	2	3	4	5
B13	Poor entrances make it difficult to get into the woodlands	1	2	3	4	5
B14	I feel safe in the woodlands	1	2	3	4	5
B15	Poorly maintained paths make it difficult to visit the woodlands	1	2	3	4	5
B16	I feel at peace in the woodlands	1	2	3	4	5
B17	I can pursue healthy activities in the woodlands	1	2	3	4	5
B18	The woodlands provide a place to visit with family and friends	1	2	3	4	5
B19	I can see and enjoy wildlife in the woodlands	1	2	3	4	5
B20	I like the natural appearance of the woodlands	1	2	3	4	5
B21	There is a lack of good facilities in the woodlands	1	2	3	4	5

READ OUT: We are interested in how you experience [these woodlands (name here, if known). To help us understand your experience, we have provided the following statements for you to respond to. Please read/listen to each statement carefully, and then ask yourself:

"How much does this statement apply to my experience of the woodlands?"

To indicate your answer, choose one of the numbers on the scale beside it. A sample of the scale with verbal descriptions for the values is given below. SHOW CARD F

Not at all   Completely

0----   ----1----   ----2----   ----3----   ----4----   ----5----   ----6----   ----7----   ----8----   ----9----   ----10

Interviewer Note: Please push <mark>as much as possible</mark> for a response but if respondent really cannot give an answer please code as 0

B22	Spending time in the woodlands gives me a break from my day-to-day routine	0-	-1-	-2-	-3-	-4-	-5-	-6-	-7-	-8-	-9-	-10
B23	There is much to explore and discover in the woodlands.	0-	-1-	-2-	-3-	-4-	-5-	-6-	-7-	-8-	-9-	-10
B24	My attention is drawn to many interesting things when I am in the woodlands	0-	-1-	-2-	-3-	-4-	-5-	-6-	-7-	-8-	-9-	-10
B25	The woodlands is a place to get away from the things that usually demand my attention	0-	-1-	-2-	-3-	-4-	-5-	-6-	-7-	-8-	-9-	-10

B26. Did you visit any local woodlands near where you lived as a child?

SHOW CARD G

SINGLE CODE	Code
Almost every day	1
More than once a week	2
Once a week	3
Several times a month	4
Once a month	5
Several times a year	6
Once a year	7
Less than once a year	8
Never	9

B27. Have you been consulted about your views on local woodlands in the last 12 months?

READ OUT, SINGLE CODE	Code
Yes	1
No	2

B28. Recently, have you been involved in any of the following community woodland activities?

SHOW CARD H

CODE ALL THAT APPLY	Code
Led walks in woodlands	1
Community events in woodlands	1
Educational activities in woodlands	1
Conservation or woodland management work	1
Other (Please specify):_____	1
I have not been involved	1

B29. Overall, what do you think about the quality of these local woodlands? SHOW CARD I

Very good	Good	Neutral	Poor	Very poor	Do not know what my local woodlands are like
1	2	3	4	5	-98

B30. How important are these local woodlands around here in making a difference to your quality of life? SHOW CARD J

Very important	Somewhat important	Neutral	Unimportant	Irrelevant	Do not know
1	2	3	4	5	-98

B31. Have you noticed any changes in these particular woodlands?

READ OUT, SINGLE CODE	Code	Route
Yes	1	Go to Q B31.1
No	2	Go to B32

B31.1 If yes, how would you rate these changes?

Very negative	Poor	Neutral	Good	Very positive
1	2	3	4	5

B31.2 If yes, how did you become aware of these changes?

READ OUT, SINGLE CODE	Code
I heard about the changes from others	1
I read about the changes	2
I saw the changes myself	3

B32. Compared to a year ago, do you think you use these particular woodlands

READ OUT, SINGLE CODE	Code
More	1
Less	2
About the same	3

B33. Have you taken part in an organised activity in the woodlands in the last year?

READ OUT, SINGLE CODE	Code	Route
Yes	1	B34
No	2	C1

B34. If yes, whom with?

READ OUT, SINGLE CODE	Code
Alone	1
Alone with the dog	2
With others, including family and friends	3

B35. If yes, when did you take part in the activity?

READ OUT, SINGLE CODE	Code
Summer i.e. between April and September 2014?	1
Winter i.e. between October 2014 and March 2015?	2

PART C

Views

C1. Do you have direct views of the local woodland?
INTERVIEWER NOTE: Please remind respondents that these are the woodlands on the map, if required.

READ OUT, SINGLE CODE	Code	Route
Yes, good view	1	Go to Q C2
Yes, a partial view	2	Go to Q C2
No	3	Go to Q C3

C2 . What do you like, if anything, about these views? SHOW CARD K

CODE ALL THAT APPLY	Code
It is interesting (people to watch, seasonal change)	1
It is relaxing and takes my mind off things	1
It is just pleasant to look at	1
Some other reason (please say what) _____	1
There is nothing I like about it.	1

C3. When you are walking about your neighbourhood, are you aware of any views to woodlands or green spaces?

READ OUT, SINGLE CODE	Code	Route
Yes	1	Go to Q C4
Yes, a partial view	2	Go to Q C4
No	3	Go to Q D1

C4. What do you like, if anything, about these views? SHOW CARD K

CODE ALL THAT APPLY	Code
It is interesting (people to watch, seasonal change)	1
It is relaxing and takes my mind off things	1
It is just pleasant to look at	1
Some other reason (please say what) _____	1
There is nothing I like about it.	1

READ OUT: Now thinking about parks or green spaces, other than your local woodlands.

Instruction: The respondent's definition of 'local' is being sought. If the respondent asks what is 'local' please say "10-15mins walk from home".

D1. Have you visited local parks or green spaces in the last 12 months?

SHOW CARD A

SINGLE CODE	Code
Yes	1 – Go to Q D2
No	2 – Go to Q E1

D2. What kinds of activities do you pursue when visiting local parks or green spaces? SPONTANEOUS

CODE ALL THAT APPLY	Code
Go for a walk	1
Walk the dog	1
Go out with my family	1
Exercise or sport	1
Relax	1
Look at plants or wildlife	1
Participate in an event	1
Other (specify)_____	1

D3. How frequently did you visit local parks or green spaces last winter i.e. between October and March?

SHOW CARD B

SINGLE CODE	Code
Every day	1
Several times a week	2
Once a week	3
Several times a month	4
About once a month	5
Less often	6
Not at all	7
Do not know	-98

D4. How frequently did you visit local parks or green spaces ==last== <u>Summer</u> i.e. between April and September?

SHOW CARD B

SINGLE CODE	Code
Every day	1
Several times a week	2
Once a week	3
Several times a month	4
About once a month	5
Less often	6
Not at all	7
Do not know	-98

D5. With whom do you usually go to local parks or green spaces?

READ OUT, CODE ALL THAT APPLY	Code
Alone	1
Alone with the dog	1
With others, including family and friends	1

NOTE: if respondents chose more than one code at D5, please ask:

D5.1. With whom do you usually go to local parks or green spaces most frequently?

Interviewer Note: If respondent always walks their dog with someone else please code as 'With others'

READ OUT, SINGLE CODE	Code
Alone	1
Alone with the dog	2
With others, including family and friends	3

D6. How do you usually get to local parks or green spaces?

READ OUT, SINGLE CODE	Code
By foot	1
By car	2
By bicycle	3
By public transport	4
By taxi	5
Other (Please specify) _____	6

E1. How satisfied are you with your quality of life in this neighbourhood?

SHOW CARD L

Very satisfied	Satisfied	Neither satisfied nor dissatisfied	Dissatisfied	Very dissatisfied
1	2	3	4	5

E2. Would you advise a friend to live in this neighbourhood?

SHOW CARD M

Completely	Would consider	Neither would nor would not	Unlikely to consider	Not at all
1	2	3	4	5

E3. How satisfied are you with the quality of the physical environment in this neighbourhood?

SHOW CARD L

Very satisfied	Satisfied	Neither satisfied nor dissatisfied	Dissatisfied	Very dissatisfied
1	2	3	4	5

The next few questions are about how you have been feeling day to day recently, for example, if you feel happy, a bit stressed or are finding things difficult. The reason for these questions is to help the researchers understand if your local environment helps you to feel more or less positive. All of this information is completely confidential so please be as honest as you can.

INTERVIEWER NOTE: PLEASE PROBE AS THOROUGHLY AS YOU CAN FOR ALL FOLLOWING QUESTIONS

F1. Within the last 12 months, has anything happened to you (or your family) which has had an impact on how you feel about day-to-day life (better or worse). It might be a positive or negative life event, for or example, loss of a job, personal illness, arrival of a new baby, or a marriage.
How has this event (s) made you feel?

READ OUT, SINGLE CODE	Code
Better than normal	1
Much worse than normal	2
No different than normal	3
Nothing has happened in last 12 months which has impacted my life	4

The questions in this scale ask you about your feelings and thoughts during the last month.

In each case, you will be asked to indicate how often you felt or thought a certain way.

SHOW CARD N

	In the last month...	Never	Almost Never	Sometimes	Fairly Often	Very Often
F2	How often have you been upset because of something that happened unexpectedly?	0	1	2	3	4
F3	How often have you felt that you were unable to control the important things in your life?	0	1	2	3	4
F4	How often have you felt nervous and "stressed"?	0	1	2	3	4
F5*	How often have you felt confident about your ability to handle your personal problems?	0	1	2	3	4
F6*	How often have you felt that things were going your way?	0	1	2	3	4
F7	How often have you found that you could not cope with all the things that you had to do?	0	1	2	3	4
F8*	How often have you been able to control irritations in your life?	0	1	2	3	4
F9*	How often have you felt that you were on top of things?	0	1	2	3	4
F10	How often have you been angered because of things that were outside of your control?	0	1	2	3	4
F11	How often have you felt difficulties were piling up so high that you could not overcome them?	0	1	2	3	4

* PSS scores are obtained by reversing responses (e.g., 0 = 4, 1 = 3, 2 = 2, 3 = 1 & 4 = 0) to the four positively stated items (items F5, F6, F8, & F9) and then summing across all scale items.

We are trying to find out what you think about your health. I will first ask you a few brief and simple questions about your own health state today. I will then ask you to do a rather different task that involves rating your health on a measuring scale. I will explain the tasks fully as I go along, but please interrupt me if you do not understand something or if things are not clear to you. Please also remember that there are no right or wrong answers. We are interested here only in your personal view.

EQ-5D DESCRIPTIVE SYSTEM - PAGE 2: INTRODUCTION

First I am going to read out some questions. Each question has a choice of three answers. Please tell me which answer best describes your own health state TODAY.

Do not choose more than one answer in each group of questions.

(Note for interviewer: it may be necessary to remind the respondent regularly that the timeframe is today.)

(SHOW CARD EQ-5D page2)

F12. MOBILITY
READ OUT: First I'd like to ask you about mobility.

		Code
Would you say you have… No problems in walking about?	☐	1
Would you say you have…Some problems in walking about?	☐	2
Are you confined to bed?	☐	3

(Note for administrator: mark the appropriate box on the EQ-5D questionnaire)

F13. SELF-CARE
READ OUT: Next I'd like to ask you about self-care.

		Code
Would you say you have…No problems with self-care?	☐	1
Would you say you have…Some problems washing or dressing yourself?	☐	2
Are you unable to wash or dress yourself?	☐	3

(Note for administrator: mark the appropriate box on the EQ-5D questionnaire)

F14. USUAL ACTIVITIES
READ OUT: Next I'd like to ask you about usual activities, for example work, study, housework, family or leisure activities.

		Code
Would you say you have…'No' problems with performing your usual activities?	☐	1
Would you say you have...'Some' problems with performing your usual activities?	☐	2
Are you unable to perform your usual activities?	☐	3

(Note for administrator: mark the appropriate box on the EQ-5D questionnaire)

F15. PAIN / DISCOMFORT
READ OUT: Next I'd like to ask you about pain or discomfort.
Would you say you have…

	Code

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		Code
No pain or discomfort?	☐	1
Moderate pain or discomfort?	☐	2
Extreme pain or discomfort?	☐	3

(Note for administrator: mark the appropriate box on the EQ-5D questionnaire)

F16. ANXIETY / DEPRESSION
READ OUT: Finally I'd like to ask you about anxiety or depression.
Would you say you are…

		Code
Not anxious or depressed?	☐	1
Moderately anxious or depressed?	☐	2
Extremely anxious or depressed?	☐	3

(Note for administrator: mark the appropriate box on the EQ-5D questionnaire)

Interviewer Note: If any respondent cannot or does not want to answer F12 – F16, please code as 'Leave blank' in the screen following the question.

F17. READ OUT:

I would now like to ask you to do a rather different task.

**Instruction : SHOW CARD EQ-5D page3 – THEMOMETER with the text on the left side**

READ TEXT on the side of the thermometer

To help you say how good or bad your health state is, I'd like you to look at the scale, which is similar to a thermometer. The best health state you can imagine is marked 100 (one hundred) at the top of the scale and the worst state you can imagine is marked 0 (zero) at the bottom.

I would now like you to tell me the point on this scale where you would put your own health state today.

Your own

health state

The best health
you can imagine

— 100
— 95
— 90
— 85
— 80
— 75
— 70
— 65
— 60
— 55
— 50
— 45
— 40
— 35
— 30
— 25
— 20
— 15
— 10
— 5
— 0
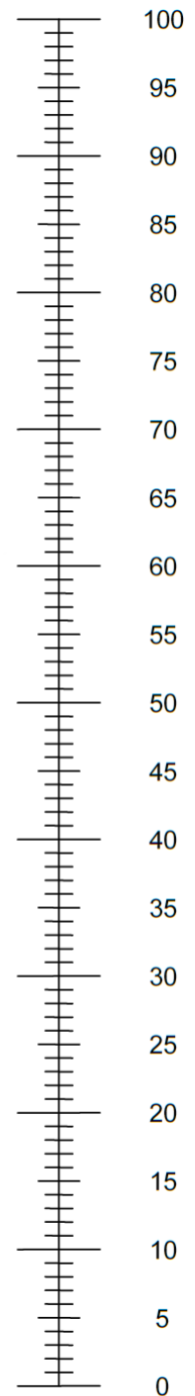
The worst health
you can imagine

(2014 and 2015 SURVEY) F. READ OUT:

We are trying to find out what you think about your health. I will first ask you some simple questions about your health TODAY. I will then ask you to rate your health on a measuring scale. I will explain what to do as I go along, but please interrupt me if you do not understand something or if things are not clear to you. Please also remember that there are no right or wrong answers. We are interested here only in your personal view

EQ-5D-5L DESCRIPTIVE SYSTEM - PAGE 2: INTRODUCTION

First I am going to read out some questions. Each question has a choice of five answers. Please tell me which answer best describes your health TODAY.

Do not choose more than one answer in each group of questions

(Note to interviewer: it may be necessary to remind the respondent regularly that the timeframe is TODAY. It may also be necessary to repeat the questions verbatim.)

F12. MOBILITY
READ OUT: First I'd like to ask you about mobility.
Would you say that you have:

		Code
No problems in walking about?	☐	1
Slight problems in walking about?	☐	2
Moderate problems in walking about?	☐	3
Severe problems in walking about?	☐	4
You are unable to walk about?	☐	5

(Note for administrator: mark the appropriate box on the EQ-5D-5L questionnaire)

F13. SELF-CARE
READ OUT: Next I'd like to ask you about self-care.
Would you say that you have:

		Code
No problems washing or dressing yourself?	☐	1
Slight problems washing or dressing yourself?	☐	2
Moderate problems washing or dressing yourself ?	☐	3
Severe problems washing or dressing yourself?	☐	4
You are unable to wash or dress yourself?	☐	5

(Note for administrator: mark the appropriate box on the EQ-5D-5L questionnaire)

F14. USUAL ACTIVITIES
READ OUT: Next I'd like to ask you about usual activities, for example work, study, housework, family or leisure activities. Would you say that you have:

		Code
No problems doing your usual activities?	☐	1
Slight problems doing your usual activities?	☐	2
Moderate problems doing your usual activities?	☐	3
Severe problems doing your usual activities?		4
You are unable to do your usual activities?		5

(Note for administrator: mark the appropriate box on the EQ-5D questionnaire)

F15. PAIN / DISCOMFORT
READ OUT: Next I'd like to ask you about pain or discomfort. Would you say that you have:

		Code
No pain or discomfort?	☐	1
Slight pain or discomfort?	☐	2
Moderate pain or discomfort?	☐	3
Severe pain or discomfort?		4
Extreme pain or discomfort?		5

(Note for administrator: mark the appropriate box on the EQ-5D-5L questionnaire)

F16. ANXIETY / DEPRESSION
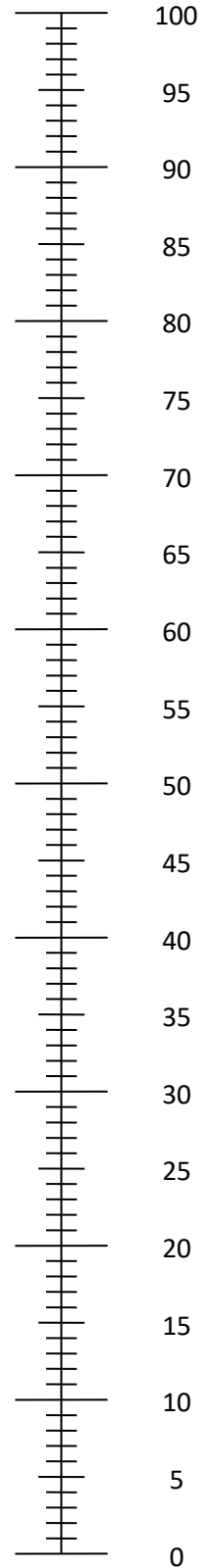**READ OUT: Finally, I'd like to ask you about anxiety or depression. Would you say that you are:**

		Code
Not anxious or depressed?	☐	1
Slightly anxious or depressed?	☐	2
Moderately anxious or depressed?	☐	3
Severely anxious or depressed?		4
Extremely anxious or depressed?		5

(Note for administrator: mark the appropriate box on the EQ-5D-5L questionnaire)

Interviewer Note: If any respondent cannot or does not want to answer F12 – F16, please code as 'Leave blank' in the screen following the question.

**The best health
you can imagine**

```
 ——  ——  100
     ╪
     ╪
     ╪
     ╪
 ——  ——   95
     ╪
     ╪
     ╪
     ╪
 ——  ——   90
     ╪
     ╪
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**The worst health
you can imagine**   23

F17.

READ OUT: I would now like to ask you to do a rather different task.

To help you say how good or bad your health is, I'd like

you to look at the scale, which is similar to a thermometer.

The best health you can imagine is marked 100

(one hundred) at the top of the scale and the worst health

you can imagine is marked 0 (zero) at the bottom.

READ OUT: I would now like you to tell me the point on this scale

where you would put your health TODAY.

Thank you for taking the time to answer these questions.

F18. How many times have you visited your G.P. during the last month?

NOTE: What is sought with this question is what NORMALLY HAPPENS

READ OUT, SINGLE CODE	Code
18.1 GP comes to me (Home visits)	_____
18.2. GP visits to the practice	_____

F19. Are your day-to-day activities limited because of a health problem or disability which has lasted, or is expected to last, at least 12 months?

READ OUT, SINGLE CODE	Code
Yes, limited a lot	1
Yes, limited a little	2
No, not limited at all	3

F20. Do you smoke tobacco at the moment (e.g. cigarettes, pipes, cigars and your own roll-ups)?

READ OUT, SINGLE CODE	Code
Never smoked	1
Smoked in the past	2
Currently smoke	3
DO NOT READ OUT Prefer not to say	-99

READ OUT: I am going to 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. Think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

READ OUT: Now, think about all the *vigorous* activities which take *hard physical effort* that you did in the last 7 days. Vigorous activities make you breathe much harder than normal and may include heavy lifting, digging, aerobics, or fast bicycling. Think only about those physical activities that you did for at least 10 minutes at a time.

F21. During the last 7 days, on how many days did you do vigorous physical activities?

[**Interviewer clarification**: Think only about those physical activities that you do for at least 10 minutes at a time.]

[**Interviewer note**: If respondent answers zero, refuses or does not know, skip to Question F23]

SINGLE CODE	Code	Route
_____days per week (if 0 go to Q F23)		Go to Q F22
DO NOT READ OUT Don't know/ not sure	-98	Go to Q F23
DO NOT READ OUT Refused	-99	Go to Q F23

F22. How much time did you usually spend doing <u>vigorous</u> physical activities on one of those days?

	Code
__ __ hours per day	
__ __ __ minutes per day	
DO NOT READ OUT Don't know/Not sure	-98
DO NOT READ OUT Refused	-99

[**Interviewer probe**: An average time for one of the days on which you do vigorous activity is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "How much time in total would you spend **over the last 7 days** doing vigorous physical activities?"]

F22.P	Code
__ __ __ hours per week	
__ __ __ __ minutes per week	
DO NOT READ OUT Don't know/Not sure	-98
DO NOT READ OUT Refused	-99

READ OUT: Now think about activities which <u>take *moderate physical effort*</u> that you did in the <u>last 7 days</u>. Moderate physical activities make you breathe somewhat harder than normal and may include carrying light loads, bicycling at a regular pace, or doubles tennis. Do not include walking. Again, think about only those physical activities that you did for at least <u>10 minutes at a time.</u>

F23. During the <u>last 7 days</u>, on how many days did you do <u>moderate physical</u> activities?

Interviewer clarification: Think only about those physical activities that you do for at least 10 minutes at a time

[**Interviewer Note**: *If respondent answers zero,* refuses or does not know, skip to Question F25]

SINGLE CODE	Code	Route
_____days per week (if 0 go to Q F25)		Go to Q F24
DO NOT READ OUT Don't know/ not sure	-98	Go to Q F25
DO NOT READ OUT Refused	-99	Go to Q F25

F24. How much time did you usually spend doing <u>moderate physical activities</u> on one of those days?

[**Interviewer probe**: An average time for one of the days on which you do vigorous activity is being sought.]

	Code
__ __ hours per day	
__ __ __ minutes per day	
DO NOT READ OUT Don't know/Not sure	-98
DO NOT READ OUT Refused	-99

[If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent over the **last 7 days** doing moderate physical activities?]

F24.P	Code
__ __ __hours per week	
__ __ __ __minutes per week	
DO NOT READ OUT Don't know/Not sure	-98
DO NOT READ OUT Refused	-99

READ OUT: Now 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 might do solely for recreation, sport, exercise, or leisure.

F25. During the last 7 days, on how many days did you walk for at least 10 minutes at a time?

[**Interviewer clarification**: Think only about the walking that you do for at least 10 minutes at a time.]

[**Interviewer Note**: *If respondent answers zero,* refuses or does not know, skip to Question F27]

SINGLE CODE	Code	
_____days per week (if 0 go to Q F27)		Go to Q F26
DO NOT READ OUT Don't know/ not sure	-98	Go to Q F27
DO NOT READ OUT Refused	-99	Go to Q F27

F26. How much time did you usually spend walking on one of those days?

	Code
__ __ hours per day	
__ __ __minutes per day	
DO NOT READ OUT Don't know/Not sure	-98
DO NOT READ OUT Refused	-99

[**Interviewer probe**: An average time for one of the days on which you walk is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent walking over **the last 7 days**?"]

F26.P	Code
__ __ __hours per week	
__ __ __ __minutes per week	
DO NOT READ OUT Don't know/Not sure	-98
DO NOT READ OUT Refused	-99

READ OUT: Now think about the time you spent sitting on week days 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 or sitting or lying down to watch television.

F27. During the last 7 days, how much time did you spend sitting on a week day?

[**Interviewer clarification**: Include time spent lying down (awake) as well as sitting]

	Code
__ __ hours per day	
__ __ __ minutes per day	
DO NOT READ OUT Don't know/Not sure	-98
DO NOT READ OUT Refused	-99

[**Interviewer probe**: An average time per day spent sitting is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent *sitting* last **Wednesday**?"

F27.P	Code
__ __ hours on Wednesday	
__ __ __ minutes on Wednesday	
DO NOT READ OUT Don't know/Not sure	-98
DO NOT READ OUT Refused	-99

Please tick the box that best describes your experience of each over the past 2 weeks.
SHOW CARD O

		None of the time	Rarely	Some of the time	Often	All of the time
F28	I've been feeling optimistic about the future	1	2	3	4	5
F29	I've been feeling useful	1	2	3	4	5
F30	I've been feeling relaxed	1	2	3	4	5
F31	I've been dealing with problems well	1	2	3	4	5
F32	I've been thinking clearly	1	2	3	4	5
F33	I've been feeling close to other people	1	2	3	4	5
F34	I've been able to make up my own mind about things.	1	2	3	4	5

PART G

Connectedness to Nature Scale (CNS)

G1. Please circle the picture below which best describes your relationship with the natural environment. How interconnected are you with nature?

| CODE: | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

PART H

Social Cohesion / Social Capital

Please say how much you agree or disagree with the following statements:

H1. To what extent do you agree or disagree that people in this neighbourhood pull together to improve the neighbourhood?

SHOW CARD P

Definitely agree	Tend to agree	Tend to disagree	Definitely disagree	SPONTANEOUS ONLY: Nothing needs improving	Do not know
1	2	3	4	5	-98

H2. Would you say that …?

SHOW CARD Q

Many of the people in your neighbourhood can be trusted	**Some** can be trusted	A **few** can be trusted	**None** of the people in your neighbourhood can be trusted	SPONTANEOUS ONLY: Just moved here
1	2	3	4	5

H3. How strongly do you feel you belong to your immediate neighbourhood?

SHOW CARD R

Very strongly	Fairly strongly	Not very strongly	Not at all strongly	Do not know
1	2	3	4	-98

H4. I'd like you to think about any groups, clubs or organisations that you've been involved with during the last 12 months. That's anything you've taken part in, supported, or that you've helped in any way, either on your own or with others.
Please exclude giving money and anything that was a requirement of your job.

In the **last 12 months** have you given **unpaid** help to any groups, clubs or organisations in any of the ways shown on this card?

SHOW CARD S

CODE ALL THAT APPLY	Code
Raising or handling money/taking part in sponsored events	1
Leading a group/member of a committee	1
Organising or helping to run an activity or event	1
Visiting people	1
Befriending or mentoring people	1
Giving advice/information/counselling	1
Secretarial, admin or clerical work	1
Providing transport/driving	1
Representing	1
Campaigning	1
Other practical help (e.g. helping out at school, shopping)	1
Member of a club (but not actively involved)	1
Any other help	1
None of the above	1

H5. To what extent do you agree or disagree that this local area (within 15/20 minutes walking distance) is a place where people from different backgrounds get on well together?

SHOW CARD P

Definitely agree	Tend to agree	Tend to disagree	Definitely disagree	SPONTANEOUS ONLY- Too few people in the local area	SPONTANEOUS ONLY- All same backgrounds	SPONTANEOUS ONLY- Don't know
1	2	3	4	5	6	-98

H6. To what extent do you agree or disagree that this local area (15/20 minutes walking distance) is a place where residents respect ethnic differences between people?

SHOW CARD P

Definitely agree	Tend to agree	Tend to disagree	Definitely disagree	Do not know
1	2	3	4	-98

H7. What proportion of your friends have similar incomes to you?

SHOW CARD T

all similar	more than a half	about a half	less than a half	SPONTANEOUS ONLY: Don't have any friends	Rather not say
1	2	3	4	5	-99

H8. Do you agree or disagree that you can influence decisions affecting your local area (15-20 minutes walk)?

SHOW CARD P

Definitely agree	Tend to agree	Tend to disagree	Definitely disagree	Do not know
1	2	3	4	-98

H9. How much do you trust the local council?

SHOW CARD U

A lot	A fair amount	Not very much	Not at all	Do not know	Rather not say
1	2	3	4	-98	-99

I1. Age

	Code
16-24	1
25-34	2
35-44	3
45-54	4
55-64	5
65-74	6
75+	7
Refused	-99

I3. Occupation of Chief Wage Earner

_____

_____

Refused (-99)

I2. SHOW CARD V, SINGLE CODE
Ethnicity

A. White

Scottish	1
Other British	2
Irish	3
Gypsy/Traveller	4
Polish	5
Any other White ethnic group, please describe _____	6

B. Mixed or Multiple ethnic groups

Any Mixed or Multiple ethnic groups, please describe _____	7

C. Asian, Asian Scottish or Asian British

Pakistani, Pakistani Scottish or Pakistani British	8
Indian, Indian Scottish or Indian British	9
Bangladeshi, Bangladeshi Scottish or Bangladeshi British	10
Chinese, Chinese Scottish or Chinese British	11
Any other Asian, *please describe* _____	12

D. African

African, African Scottish or African British	13
Any other African, *please describe* _____	14

E. Caribbean or Black

Caribbean, Caribbean Scottish or Caribbean British	15
Black, Black Scottish or Black British	16
Any other Caribbean or Black, *please describe* _____	17

Other ethnic group

Arab, Arab Scottish or Arab British	18
Any other ethnic group, *please describe* _____	19
Refused	-99

I4. DO NOT READ OUT, SINGLE CODE
Social Class

AB (High managerial, administrative or professional: Intermediate managerial, administrative or professional)	1
C1 (Supervisory, clerical and junior managerial, administrative or professional,)	2
C2 (Skilled manual workers)	3
D (Semi and unskilled manual workers)	4
E (State pensioners, casual or lowest grade workers, unemployed with state benefits only)	5

I5. What is your country of birth?

READ OUT, SINGLE CODE	Code	Route
Scotland	1	Go to Q I7
England	2	Go to Q I7
Wales	3	Go to Q I7
Northern Ireland	4	Go to Q I7
Republic of Ireland	5	Go to Q I6
Elsewhere, please write in the current name of the country: _____	6	Go to Q I6
Refused	-99	

I6. If you were not born in the United Kingdom, when did you most recently arrive to live here? (Do not count short visits away from the UK)

☐☐ month   ☐☐☐☐ Year

I7. What is your working status?

SHOW CARD W

SINGLE CODE	Code
Working full-time (30+ hrs per week)	1
Working part-time (less than 30 hrs per week)	2
Self-employed	3
Unemployed	4
Full time student	5
Retired	6
Student	7
Looking after home/ family	8
Permanently sick/disabled	9
Other (Please specify)	10
Refused	-99

I8. Which of these qualifications do you have?

SHOW CARD X

CODE ALL THAT APPLY	Code
O Grade, Standard Grade, Access 3 Cluster, Intermediate 1 or 2, GCSE, CSE, Senior Certificate or equivalent	1
SCE Higher Grade, Higher, Advanced Higher, CSYS, A Level, AS Level, Advanced Senior Certificate or equivalent	1
GSVQ Foundation or Intermediate, SVQ level 1 or 2, SCOTVEC Module, City and Guilds Craft or equivalent	1
GSVQ Advanced, SVQ level 3, ONC, OND, SCOTVEC National Diploma, City and Guilds Advanced Craft or equivalent	1
HNC, HND, SVQ level 4 or equivalent	1
Degree, Postgraduate qualifications, Masters, PhD, SVQ level 5 or equivalent	1
Professional qualifications (for example, teaching, nursing, accountancy)	1
Other school qualifications not already mentioned (including foreign qualifications)	1
Other post-school but pre-Higher Education qualifications not already mentioned (including foreign qualifications)	1
Other Higher Education qualifications not already mentioned (including foreign qualifications)	1
No qualifications	1
Refused	-99

I9. Are you a registered disabled person?

READ OUT, SINGLE CODE	Code
Yes (go to questions I 9.1)	1
No	2
Refused	-99

I9.1.If yes please specify,

READ OUT, SINGLE CODE	Code
Receiving benefit (Disability Living Allowance (DLA) and Attendance Allowance (AA)	1
Registered for Blue Badge parking permit	2
Other (please specify)	3

I10. And now could you tell me the letter of the group which represents your household total income in the last 12 months, before any deductions for tax, etc.

SHOW CARD Y

SINGLE CODE	Code
Q - Less than £3,999 **per year**/ less than £333 **per month**/ less than £77 **per week**	1
T - £4,000 - £5,999 **per year**/ £333 to 499 **per month**/ £77 to 115 **per week**	2
O - £6,000-£7,999 **per year**/ £500 to 667 **per month**/ £116 to 154 **per week**	3
K - £8,000-£9,999 **per year**/ £668 to 833 **per month**/ £155 to 192 **per week**	4
L - £10,000-£11,999 **per year**/ £834 to 999 **per month**/ £193 to 230 **per week**	5
B - £12,000-£14,999 **per year**/ £1000 to 1250 **per month**/ £231 to 288 **per week**	6
Z - £15,000-£17,999 **per year**/ £1251 to 1500 **per month**/ £289 to 346 **per week**	7
M - £18,000-£19,999 **per year**/ £1501 to 1667 **per month**/ £347 to 385 **per week**	8
F - £20,000-£22,999 **per year**/ 1£668 to 1917 **per month**/ £386 to 442 **per week**	9
J - £23,000-£25,999 **per year**/ £1918 to 2167 **per month**/ £443 to 500 **per week**	10
D - £26,000-£28,999 **per year**/ £2168 to 2417 **per month**/ £501 to 558 **per week**	11
H - £29,000-£31,999 **per year**/ £2168 to 2667 **per month**/ £559 to 615 **per week**	12
A - £32,000-£37,999 **per year**/ £2668 to 3167 **per month**/ £616 to 731 **per week**	13
W - £38,000-£43,999 **per year**/ £3168 to 3667 **per month**/ £732 to 846 **per week**	14
G - £44,000-£49,999 **per year**/ £3668 to 4167 **per month**/ £847 to 962 **per week**	15
N - £50,000-£55,999 **per year**/ £4168 to 4667 **per month**/ £963 to 1077 **per week**	16
E - £56,000 or more **per year**/ £4668 or more **per month**/ £1078 or more **per week**	17
Refused	-99
Do not know [only use this option for older children who do not know their parents income]	-98

I11. Which of the following descriptions comes closest to how you feel about your household's income at present?
SHOW CARD Z

SINGLE CODE	Code
Living comfortably on present income	1
Coping on present income	2
Finding it difficult on present income	3
Finding it very difficult on present income	4
I don't know / prefer not to answer	-99

I12. Are there young children under 16 years living in the household?

READ OUT, SINGLE CODE	**Code**
Yes	1
No	2 - Go to Q I14
Refused	-99

I13. If yes, do you have responsibility for any of this/these child(ren)?

READ OUT, SINGLE CODE	**Code**
Yes	1
No	2

I14. What type of accommodation is this?

SHOW CARD AA

SINGLE CODE	Code
A. A whole house or bungalow	
detached	1
semi-detached	2
terraced (including end-terraced)	3
B. A flat, maisonette or apartment that is	
in a tenement or purpose-built block of flats (including '4-in-a-block')	4
part of a converted or shared house (including bedsits)	5
in a commercial building (for example, in an office building, hotel or over a shop)	6
C. mobile or temporary structure	
a caravan or other mobile or temporary structure'	7

I15 How satisfied are you with your current accommodation?

SHOW CARD L

Very satisfied	Fairly satisfied	Neither satisfied nor dissatisfied	Slightly dissatisfied	Very dissatisfied
1	2	3	4	5

I16. Does your home suffer from any of the following problems?

READ OUT, CODE ALL THAT APPLY	Code
Damp	1
Vibration	1
Cold	1
Dust	1
Mould	1
SINGLE RESPONSE None	1
DO NOT READ OUT Do not know	-98

I17. Do you have a garden?

READ OUT, SINGLE CODE	Code
Yes, private garden	1
Yes – garden shared with others	2
No	3

I18. Do you own a dog?

READ OUT, SINGLE CODE	Code
Yes	1
No	2

I19. Do you have regular access to a car or other motor vehicle?

READ OUT, SINGLE CODE	Code
Yes	1
No	2

I20. How long have you been living in your current neighbourhood?

READ OUT, SINGLE CODE	Code
Less than 1 year	1
1-3 years	2
4-10 years	3
More than 10 years	4

I22. Would you be willing help us out further by taking part in a group walk in the woodlands this summer and next winter? (REMOVED FROM 2015 SURVEY)

READ OUT, SINGLE CODE	Code
Yes	1
No	2

If yes to I21 or I22 please ask:
- **Name**
- **Telephone Number**
- **E-mail address**

I21. The results of this study are likely to be available in 2016. Would you be interested in receiving some information about the results when they are ready?

READ OUT, SINGLE CODE	Code
Yes	1
No	2

I22. Would you be willing help us out further by taking part in a focus group later in the year or next year?

READ OUT, SINGLE CODE	Code
Yes	1
No	2

I23. If yes to I21 or I22 please ask for appropriate contact details:
- **Name**
- **Telephone Number**
- **E-mail address**

PROGRESSIVE'S QUALITY CONTROL Questions:

- **Name**
- **Telephone Number**
- **Age**
- **Full address, including postcode**
- **Append the code by Professor Richard Mitchell (excel file)**

Thank, close and classify