

National Study of Health and Wellbeing

P15430

SHOWCARDS



CARD A1

1. **Man/boy**
2. **Woman/girl**
3. **In another way (please describe)**

CARD A2

1. **Husband or wife**
2. **Legally registered civil partner**
3. **Partner**
4. **Son/daughter (incl. adopted)**
5. **Step-child**
6. **Foster child**
7. **Son-in-law/daughter-in-law**
8. **Parent/guardian**
9. **Step-parent**
10. **Foster-parent**
11. **Parent-in-law**
12. **Brother/sister (Inc. Adopted)**
13. **Step-brother/sister**
14. **Half brother/sister**
15. **Foster brother/sister**
16. **Brother/sister-in-law**
17. **Grand-child**
18. **Grand-parent**
19. **Other relative**
20. **Unrelated**

CARD A3

White

1. English / Welsh / Scottish / Northern Irish / British
2. Irish
3. Gypsy or Irish Traveller
4. Any other White background (please describe)

Mixed / Multiple ethnic groups

5. White and Black Caribbean
6. White and Black African
7. White and Asian
8. Any other mixed / multiple ethnic background
(please describe)

Asian / Asian British

9. Indian
10. Pakistani
11. Bangladeshi
12. Chinese
13. Any other Asian background (please describe)

Black / African / Caribbean / Black British

14. African
15. Caribbean
16. Any other Black / African / Caribbean background
(please describe)

Other ethnic group

17. Arab
18. Any other ethnic background (please describe)

CARD B1

1. **No, no difficulty at all**
 2. **Yes, some difficulty**
 3. **Yes, a lot of difficulty**
-

CARD B2

1. **Yes, formal (e.g. paid or provided from an agency)**
2. **Yes, informal (e.g. provided by a friend or relative)**
3. **No**

CARD C1

- 1. Vision (e.g. blindness or partial sight)**
- 2. Hearing (e.g. deafness or partial hearing)**
- 3. Mobility (e.g. walking short distances or climbing stairs)**
- 4. Dexterity (e.g. lifting and carrying objects, using a keyboard)**
- 5. Learning or understanding or concentrating**
- 6. Memory (e.g. dementia or Alzheimer's)**
- 7. Mental health**
- 8. Social or behavioural (e.g. associated with autism spectrum disorder (ASD) which includes Asperger's, or attention deficit hyperactivity disorder (ADHD))**
- 9. Stamina or breathing or fatigue**
- 10. Other (please specify)**

CARD D1

In the last 2 weeks...

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

CARD E1

1. Allergies
2. Arthritis
3. Asthma
4. Bladder problems/incontinence
5. Bone, back, joint or muscle problems
6. Bowel/colon problems
7. Bronchitis/emphysema
8. Cancer or malignancy
9. Cataracts/eyesight problems (even if corrected with glasses or contacts)
10. COPD (Chronic Obstructive Pulmonary Disease)
11. Dementia or Alzheimer's disease
12. Diabetes
13. Ear/hearing problems (even if corrected with a hearing aid)
14. Epilepsy/fits
15. Heart attack/angina
16. High blood pressure/hypertension
17. HIV
18. Hypothyroidism or an under-active thyroid
19. Infectious disease
20. Liver problems
21. Migraine or frequent headaches
22. Multiple sclerosis
23. Stroke
24. Stomach ulcer or other digestive problems
25. Skin problems
26. Other, please specify
96. None of these

CARD E2

- 1. Fever**
- 2. Headache**
- 3. Muscle ache**
- 4. Weakness/tiredness**
- 5. Nausea/vomiting**
- 6. Abdominal pain**
- 7. Diarrhoea**
- 8. Loss of appetite**
- 9. Loss of taste**
- 10. Loss of smell**
- 11. Sore throat**
- 12. Cough**
- 13. Shortness of breath**
- 14. Chest pain**
- 15. Palpitations**
- 16. Vertigo/dizziness**
- 17. Worry/anxiety**
- 18. Low mood/not enjoying anything**
- 19. Trouble sleeping**
- 20. Memory loss or confusion**
- 21. Difficulty concentrating**
- 96. None of these**

CARD F1

1. **No difficulty**
2. **Mild difficulty**
3. **Moderate difficulty**
4. **Severe difficulty**
5. **Cannot do**

CARD G1

1. Alcohol dependence
2. Attention deficit hyperactivity disorder (ADHD) or Attention deficit disorder (ADD)
3. Autism spectrum disorder (ASD)
4. Bipolar disorder (or 'manic depression')
5. Body dysmorphic disorder (BDD)
6. Dementia (including Alzheimers)
7. Depression
8. Drug dependence (not including alcohol dependence)
9. Eating disorder
10. Gambling problems
11. Gender dysphoria
12. Nervous breakdown
13. Obsessive compulsive disorder (OCD)
14. Panic attacks
15. Personality disorder
16. Phobia
17. Post-natal depression
18. Post-traumatic stress disorder (PTSD)
19. Psychosis or schizophrenia
20. Seasonal affective disorder
21. Any other anxiety disorder
22. Any other mental, emotional or neurological problem or condition

CARD G2

- 1. Didn't know of any treatment for these types of problems**
- 2. Was not offered any treatment**
- 3. Was referred but the provider was reluctant to see me**
- 4. Was worried about what other people may think of me**
- 5. I/someone I know had a bad experience with treatment in the past**
- 6. Too long a wait**
- 7. Do not trust health professionals e.g. doctors**
- 8. Feel that health professionals do not listen**
- 9. Other reason (Please specify)**
- 10. No obstacles**
- 11. Not applicable- didn't seek treatment**

CARD G3

- 1. Psychotherapy or psychoanalysis**
- 2. Cognitive behavioural therapy**
- 3. Art, music or drama therapy**
- 4. Social skills training**
- 5. Couple or family therapy**
- 6. Sex therapy**
- 7. Mindfulness therapy**
- 8. Alcohol or drug counselling**
- 9. Counselling, include bereavement**
- 10. Another type of therapy (please describe)**

CARD G4

- 1. NHS**
- 2. Charity**
- 3. Employer, including employee-helpline**
- 4. School, college or university**
- 5. Private provider e.g. private counsellor**
- 6. Other (specify)**

CARD G5

Used in the last 12 months...

- 1. Psychiatrist**
- 2. Psychologist**
- 3. Community psychiatric nurse (CPN)**
- 4. Community learning difficulty nurse**
- 5. Other nursing services**
- 6. Social worker**
- 7. Self-help/ support group**
- 8. Home help/ home care worker**
- 9. Outreach worker/ family support**
- 10. Social prescribing link worker**
- 11. Domestic abuse support service**

CARD G6

Please tell me the number of all that apply to you.

1. **Didn't know of any services for these types of problems**
2. **Was told I could not be referred**
3. **Was referred but the provider was reluctant to see me**
4. **Was worried about what other people may think of me**
5. **Worried that my child(ren) might be taken away from me**
6. **I/someone I know had a bad experience with community services in the past**
7. **Too long a wait**
8. **Other reason**
9. **No obstacles**
10. **Not applicable- did not seek community care services**

CARD G7

- 1. Assessment or review of your symptoms**
- 2. Referral to a specialist**
- 3. Talking therapy**
- 4. Medication prescribed**
- 5. Other services or support**
- 6. No**

A8_22, B9_22, C8_22, D10_22,
E10_22, I10_22, F7_22,
J11_22, K8_22, L7, M8, M8, L7,
M8, N8

CARD H1

- 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 or more**

CARD H2

- 1. Problems with sleep**
- 2. Medication**
- 3. Physical illness**
- 4. Working too hard, including looking after children**
- 5. Stress, worry or other psychological reason**
- 6. Physical exercise**
- 7. Other**

CARD H3

- 1. Noise**
- 2. Shift work/ too busy to sleep**
- 3. Illness/ discomfort**
- 4. Worry/ thinking**
- 5. Needing to go to the toilet**
- 6. Having to do something (e.g. look after baby)**
- 7. Tired**
- 8. Medication**
- 9. Other**

CARD H4

In the past month...

- 1. Members of the family**
- 2. Relationship with spouse/ partner**
- 3. Relationships with friends or people at work**
- 4. Housing**
- 5. Money/bills**
- 6. Own physical health (inc. pregnancy)**
- 7. Own mental health**
- 8. Work or lack of work**
- 9. Legal difficulties**
- 10. Political issues/ the news**
- 11. Climate change or the environment**
- 12. Exams**
- 13. Other**
- 99. Don't know/ no main thing**

CARD H5

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 year but less than 5 years**
 6. **5 years but less than 10 years**
 7. **10 years or more**
-

J9_22, J9A_22,
K5_22, K5A_22

CARD H6

In the past week...

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. **Abdominal discomfort or feeling as though you wanted to vomit**
8. **Chest pain**
9. **Numbness or tingling in hands or feet**

CARD H7

In the past month...

- 1. Crowds or public places**
- 2. Enclosed spaces or heights**
- 3. Social situations**
- 4. Sight of blood or injury**
- 5. Travelling alone by bus or train**
- 6. Being far from home**
- 7. Eating or speaking in front of strangers**
- 8. Insects, spiders or animals**
- 9. Being watched or stared at**
- 10. Other specific single cause (SPECIFY)**

CARD H8

- 1. Heart beat faster or sped up**
- 2. Hands sweating or clammy**
- 3. Trembling or shaking**
- 4. Shortness of breath or difficulty breathing**
- 5. A choking sensation**
- 6. Pain, pressure or discomfort in the chest**
- 7. Abdominal discomfort or feeling like would vomit**
- 8. Dizzy, unsteady, lightheaded or faint**
- 9. Strange, unreal, detached, or outside of yourself**
- 10. As if losing control or going crazy**
- 11. Fear you were dying**
- 12. Tingling or numbness in parts of the body**
- 13. Hot flushes or chills**
- 14. None of these**

Intro, MSPIN1,
MSPIN2, MSPIN3

CARD H9

In the past week...

1. **Not at all**
 2. **A little bit**
 3. **Somewhat**
 4. **Very much**
 5. **Extremely**
-

Adhdwrap, adhdorg, adhdapp,
adhdavd, adhdsit, adhdmot,
adhdturn

CARD I1

Over the past 6 months...

1. **Never**
2. **Rarely**
3. **Sometimes**
4. **Often**
5. **Very often**

WKHard, WKTime, JCQ1, WkSec,
WKDM1,WKDM2, WKDM3

CARD J1

1. Often
 2. Sometimes
 3. Seldom
 4. Never / almost never
-

JCQ3, JCQ5,

CARD J2

1. Often
2. Sometimes
3. Seldom
4. Never / almost never
5. Does not apply

CARD J3

1. Not at all
 2. To some extent
 3. A great deal
-

CARD J4

1. To a very large extent
2. To a large extent
3. Somewhat
4. To a small extent
5. To a very small extent

CARD J5

- 1. Strongly agree**
- 2. Slightly agree**
- 3. Slightly disagree**
- 4. Strongly disagree**

CARD L1



Half Pint



Single Measure



Small glass

CARD M1

Chord

Aisle

Capon

Debt

Equivocal

Ache

Bouquet

Deny

Courteous

Naïve

Depot

Psalm

Nausea

Rarify

Catacomb

Gaoled

Radix

Subtle

Gouge

Banal

Thyme

Assignate

Procreate

Superfluous

Quadruped

Heir

Hiatus

Gist

Simile

Cellist

Facade

Aeon

Détente

Aver

Leviathan

Zealot

Placebo

Idyll

Gauche

Beatify

Drachm

Abstemious

Puerperal

Topiary

Prelate

Sidereal

Labile

Demesne

Campanile

Syncope

CARD N1

At any time in your life...

- 1. Serious illness or injury to yourself**
- 2. Serious assault to yourself**
- 3. Serious illness or injury to a close relative**
- 4. Serious assault to a close relative**
- 5. Death of an immediate family member of yours**
- 6. Death of a close family friend or other relative, like an aunt, cousin or grandparent**
- 7. Separation due to marital difficulties, divorce or steady relationship broken down**
- 8. Serious problem with a close friend, neighbour or relative**
- 9. None of these**

CARD N2

1. **Within last 6 months**
 2. **More than 6 months ago, but since the age of 16**
 3. **More than 6 months ago, and before the age of 16**
-

CARD N3

Any time in your life...

1. **Being made redundant or sacked from your job**
2. **Looking for work without success for more than 1 month**
3. **Major financial crisis, like losing the equivalent of 3 months income**
4. **Legal difficulties to do with your right to stay in the UK**
5. **Something you valued being lost or stolen**
6. **In trouble with police involving court appearance**
7. **Spent time in prison on remand or serving a sentence**
8. **None of these**

CARD N4

1. **Within last 6 months**
 2. **More than 6 months ago, but since the age of 16**
 3. **More than 6 months ago, and before the age of 16**
-

CARD N5

At any time in your life...

1. **Bullying**
2. **Violence at work**
3. **Violence in the home**
4. **Sexual abuse**
5. **Being expelled from school**
6. **Running away from your home**
7. **Being homeless**
8. **Living near or fighting in a war or political uprising**
9. **None of these**

CARD N6

- 1. Homelessness**
- 2. Prison**
- 3. Severe drug or alcohol problems**
- 4. Gambling problems**
- 5. Self-harm or suicide**
- 6. Other mental health problems**
- 7. Served in the Armed Forces**
- 8. Worked in a highly stressful job**
- 9. Living near or fighting in a war or uprising**
- 10. None of the above**

CARD P1

1. **Not true**
 2. **Partly true**
 3. **Certainly true**
-

CARD Q1

1. **Catholic**
2. **Protestant**
3. **All other Christian denominations**
4. **Buddhist**
5. **Hindu**
6. **Jewish**
7. **Muslim**
8. **Sikh**
9. **Any other religion (please describe)**

Belong, Trust, Enjoy, Safe,
SafeNight, Move Resident,
Litter, Graffit, PropClos,
GrnSpcDist, GrnSpcStand,
GrnSpcEasv

CARD R1

- 1. Strongly agree**
 - 2. Somewhat agree**
 - 3. Neither agree nor disagree**
 - 4. Somewhat disagree**
 - 5. Strongly disagree**
-

SmLikesNum, SMTime

CARD R2

- 1. Agree a lot**
- 2. Agree a little**
- 3. Neither agree nor disagree**
- 4. Disagree a little**
- 5. Disagree a lot**

CARD S1

1. **Citizen of a European Union country, with settled status**
2. **Citizen of a European Union country, without settled status**
3. **Holding a Visa**
4. **Indefinite Leave to Remain in the UK**
5. **Limited Leave to Remain in the UK**
6. **Humanitarian Protection**
7. **Refugee status**
8. **Asylum Seeker status**
9. **Prefer not to say**
10. **Other (please specify)**

CARD U1

- 1. Earnings from employment or self-employment**
- 2. State retirement pension**
- 3. Pension from former employer**
- 4. Personal Pensions**
- 5. Job-Seekers Allowance**
- 6. Employment and Support Allowance**
- 7. Income Support**
- 8. Pension Credit**
- 9. Working Tax Credit**
- 10. Child Tax Credit**
- 11. Child Benefit**
- 12. Housing Benefit**
- 13. Council Tax Benefit / Reduction**
- 14. Universal Credit**
- 15. Other state benefits**
- 16. Interest from savings and investments (e.g. stocks & shares)**
- 17. Other kinds of regular allowance from outside your household (e.g. maintenance, student's grants, rent)**
- 18. No source of income**

CARD U2

- 1. Attendance Allowance**
- 2. Disability Living Allowance– care component**
- 3. Disability Living Allowance – mobility component**
- 4. Personal Independence Payment – daily living component**
- 5. Personal Independence Payment – mobility component**
- 6. None of these**

CARD U3

Weekly rates from April 2021

Attendance Allowance

- | | | |
|----|---|--------|
| 1. | Higher rate for attendance during day AND night | £92.40 |
| 2. | Lower rate for day OR night | £61.85 |

Disability Living Allowance (DLA) - Care Component

- | | | |
|----|--------------|--------|
| 3. | Highest rate | £92.40 |
| 4. | Middle rate | £61.85 |
| 5. | Lowest rate | £24.45 |

Disability Living Allowance (DLA) - Mobility Component

- | | | |
|----|--------------|--------|
| 6. | Highest rate | £64.50 |
| 7. | Lower rate | £24.45 |

Personal Independence Payments (PIP) – Daily Living Component

- | | | |
|----|---------------|--------|
| 8. | Enhanced rate | £92.40 |
| 9. | Standard rate | £61.85 |

Personal Independence Payments (PIP) – Mobility Component

- | | | |
|-----|---------------|--------|
| 10. | Enhanced rate | £64.50 |
| 11. | Standard rate | £24.45 |

CARD U4

Weekly rates from April 2023

Attendance Allowance

- | | | |
|----|--|---------|
| 1. | Higher rate for attendance
during day AND night | £101.75 |
| 2. | Lower rate for day OR night | £68.10 |

Disability Living Allowance (DLA) - Care Component

- | | | |
|----|--------------|---------|
| 3. | Highest rate | £101.75 |
| 4. | Middle rate | £68.10 |
| 5. | Lowest rate | £26.90 |

Disability Living Allowance (DLA) - Mobility Component

- | | | |
|----|--------------|--------|
| 6. | Highest rate | £71.00 |
| 7. | Lower rate | £26.90 |

Personal Independence Payments (PIP) – Daily Living Component

- | | | |
|----|---------------|---------|
| 8. | Enhanced rate | £101.75 |
| 9. | Standard rate | £68.10 |

Personal Independence Payments (PIP) – Mobility Component

- | | | |
|-----|---------------|--------|
| 10. | Enhanced rate | £71.00 |
| 11. | Standard rate | £26.90 |

CARD U5

WEEKLY

1. Less than £10
2. £10 less than £19
3. £20 less than £29
4. £ 30 less than £39
5. £40 less than £49

6. £50 less than £59
7. £60 less than £69
8. £70 less than £79
9. £80 less than £89
10. £90 less than £99

11. £100 less than £119
12. £120 less than £139
13. £140 less than £159
14. £160 less than £179
15. £180 less than £199

16. £200 less than £219
17. £220 less than £239
18. £240 less than £259
19. £260 less than £279
20. £280 less than £299

21. £300 less than £319
22. £320 less than £339
23. £340 less than £359
24. £360 less than £379
25. £380 less than £399

26. £400 less than £449
27. £450 less than £499
28. £500 less than £549
29. £550 less than £599
30. £600 less than £649
31. £650 less than £699
32. £700 or more

MONTHLY

- Less than £43
£43 less than £85
£86 less than £129
£130 less than £172
£173 less than £216

- £217 less than £259
£260 less than £302
£303 less than £346
£347 less than £389
£390 less than £432

- £433 less than £519
£520 less than £606
£606 less than £692
£693 less than £779
£780 less than £866

- £867 less than £952
£953 less than £1,039
£1,040 less than £1,126
£1,127 less than £1,212
£1,213 less than £1,299

- £1,300 less than £1,386
£1,387 less than £1,472
£1,473 less than £1,559
£1,560 less than £1,646
£1,647 less than £1,732

- £1,733 less than £1,949
£1950 less than £2,166
£2,167 less than £2,382
£2,383 less than £2,599
£2,600 less than £2,816
£2,817 less than £3,032
£3,033 or more

ANNUAL

- Less than £520
£520 less than £1,039
£1,040 less £1,559
£1, 560 less than £2,079
£2,080 less than £2,599

- £2, 600 less than £2,119
£3,120 less than £3,639
£3,640 less than £4,159
£4,160 less than £4,679
£4,680 less than £5,199

- £5,200 less than £6,239
£6,240 less than £7,279
£7,280 less than £8,319
£8,320 less than £9,359
£9,360 less than £10,399

- £10,400 less than £11,399
£11,440 less than £12,479
£12,480 less than £13,519
£13,520 less than £14,559
£14, 560 less than £15,559

- £15,600 less than £16,639
£16,640 less than £17,679
£17, 680 less than £18,719
£18, 720 less than £19,759
£19,760 less than £20,799

- £20,800 less than £23,399
£23,400 less than £25,999
£26,000 less than £28,599
£28,600 less than £31,199
£31,200 less than £33,799
£33,800 less than £36,399
£36,400 or more

CARD U6

- | | |
|--------------------------|--------------------------|
| 1. £36,400 to £36,999 | 31. £130,000 to £134,999 |
| 2. £37,00 to £37,999 | 32. £135,000 to £139,999 |
| 3. £38,000 to £38,999 | 33. £140,000 to £144,999 |
| 4. £39,000 to £39,999 | 34. £145,000 to £149,999 |
| 5. £40,000 to £40,999 | 35. £150,000 to £154,999 |
| 6. £41,000 to £41,999 | 36. £155,000 to £159,999 |
| 7. £42,000 to £42,999 | 37. £160,000 to £164,999 |
| 8. £43,000 to £43,999 | 38. £165,000 to £169,999 |
| 9. £44,000 to £44,999 | 39. £170,000 to £174,999 |
| 10. £45,000 to £45,999 | 40. £175,000 to £179,999 |
| 11. £46,000 to £46,999 | 41. £180,000 to £184,999 |
| 12. £47,000 to £47,999 | 42. £185,000 to £189,999 |
| 13. £48,000 to £48,999 | 43. £190,000 to £194,999 |
| 14. £49,000 to £49,999 | 44. £195,000 to £199,999 |
| 15. £50,000 to £54,999 | 45. £200,000 to £209,999 |
| 16. £55,000 to £59,999 | 46. £210,000 to £219,999 |
| 17. £60,000 to £64,999 | 47. £220,000 to £229,999 |
| 18. £65,000 to £69,999 | 48. £230,000 to £239,999 |
| 19. £70,000 to £74,999 | 49. £240,000 to £249,999 |
| 20. £75,000 to £79,999 | 50. £250,000 to £259,999 |
| 21. £80,000 to £84,999 | 51. £260,000 to £269,999 |
| 22. £85,000 to £89,999 | 52. £270,000 to £279,999 |
| 23. £90,000 to £94,999 | 53. £280,000 to £289,999 |
| 24. £95,000 to £99,999 | 54. £290,000 to £299,999 |
| 25. £100,000 to £104,999 | 55. £300,000 to £319,999 |
| 26. £105,000 to £109,999 | 56. £320,000 to £339,999 |
| 27. £110,000 to £114,999 | 57. £340,000 to £359,999 |
| 28. £115,000 to £119,999 | 58. £360,000 to £379,999 |
| 29. £120,000 to £124,999 | 59. £380,000 to £399,999 |
| 30. £125,000 to £129,999 | 60. £400,000 or more |

CARD U7

1. **Own outright**
2. **Buying it with the help of a mortgage or loan**
3. **Pay part rent and part mortgage** (shared ownership)
4. **Rent it**
5. **Live here rent-free** (including rent-free in relative's/friend's property; excluding squatting)
6. **Squatting**

CARD U8

- 1. the local authority/council**
- 2. a housing association or co-operative or charitable trust or registered social landlord**
- 3. employer (organisation) of a household member**
- 4. another organisation**
- 5. relative / friend (from before you lived here) of a household member**
- 6. employer (individual) of a household member**
- 7. letter agency of another individual private landlord**

CARD U9

- 1. Rent**
- 2. Gas**
- 3. Electricity**
- 4. Water**
- 5. Goods on hire purchase**
- 6. Mortgage repayments**
- 7. Council tax**
- 8. Credit card payments**
- 9. Mail order catalogue payments**
- 10. Telephone/mobile phone**
- 11. Other loans**
- 12. TV Licence**
- 13. Road tax**
- 14. Social Fund loan**
- 15. Child support or Maintenance**
- 16. None of these**

CARD U10

1. **Pawnbroker** (e.g. Albemarle & Bond or Cash Converters)
 2. **Money lender** (e.g. payday loans, doorstep, Money Shop, Provident, etc.)
 3. **Unlicensed lender** (e.g. loan shark)
 4. **Social Fund loan**
 5. **Credit Union**
 6. **Friend(s)**
 7. **Family**
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CARD U11

1. **I/we do this**
2. **I/we would like to do this, but cannot afford this at the moment**
3. **I/we do not want or need this at the moment**
4. **Does not apply**