

Healthy Urban Mobility Survey

HEALTHY URBAN MOBILITY HUM UK QUESTIONNAIRE UK Version 1.0

Contact

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1. Participant ID

2. Interview start time

Example: 8.30 a.m.

Consent Form

Data Protection Act 1998

The information you provide will be held and used in accordance with the Data Protection Act 1998. All information that is collected about you during the course of the research will be kept strictly confidential and stored securely at Oxford Brookes University or in another secure data storage facility. You will be identified by an ID number and any information about you will have your name and address removed so that you cannot be recognised from it.

Please read the following statements and tick the boxes if you agree with the statements:

3. 1. I confirm that I have read and understand the Information Sheet for the above study and have had the opportunity to ask questions.

Tick all that apply.

☐ YES

Other: ☐

4. 2. I understand that my participation in this research is voluntary and that I am free to withdraw at any time, without giving a reason.

Tick all that apply.

☐ YES

5. 3. I agree to take part in the above study.

Tick all that apply.

☐ YES

6. 4. I understand that all Personal Information collected about myself will be kept confidential.

Tick all that apply.

☐ YES

7. 5. I agree that my data (including all Sensitive Personal Data defined under the Data Protection Act 1998) gathered in this study may be processed and stored (after it has been anonymised) in a specialist data centre and thereafter may be published and used for future research.

Tick all that apply.

☐ YES

8. 6. I hereby assign all Intellectual Property Rights (including copyright) in my contribution to Oxford Brookes University and permit its associated research collaborators (identified in the footnote below*) to process and use my anonymised data for education, research and publication purposes.

Tick all that apply.

☐ YES

*** Research collaborators**

Universities of Brasilia, Rio Grande do Sul (Porto Alegre) and Santa Catarina (Florianopolis)

9. Name of Participant

10. Date

Example: 7 January 2019

11. Signature of Participant

12. Name of Researcher

13. Date

Example: 7 January 2019

14. Signature of Researcher

15. I would like a copy of this survey

Tick all that apply.

☐ YES

A. PARTICIPANT CHARACTERISTICS

First I'd like to ask you a few questions about you and your household. By household I mean a group of people (not necessarily related) living at the same address who share cooking facilities and share a living room or sitting room or dining area.

16. 1. Sex

Mark only one oval.

☐ Male

☐ Female

17. 2. Month of birth

18. Year of birth

19. 3. Ethnicity

Please indicate on this card which of the below best describes your ethnic group or background

20. 4. Who lives with you?

Who lives in your household with you? Tick any option that applies.

Tick all that apply.

☐ Alone

☐ With professional caregiver

☐ With spouse or partner

☐ With other people from the same generation as myself (family or friends)

☐ With children 18 years old or younger

☐ With grandchildren

☐ Do not know

☐ Not stated

Other: ☐

21. 5. How long have you lived here?

In years and months, how long have you lived in his neighbourhood?

22. 6. Qualifications?

Please indicate any of the qualifications that you hold.

Tick all that apply.

- ☐ 1-4 O levels / CSEs / GCSEs, Foundation Diploma
- ☐ NVQ Level 1
- ☐ 5+ O levels (passes) / CSEs (grade 1) / GCSEs (grades A* - C) , School Certificate, 1 A level / 2-3 AS levels / VCEs, Higher Diploma
- ☐ NVQ Level 2, Intermediate GNVQ, City and Guilds Craft, BTEC First/General Diploma, RSA Diploma
- ☐ Apprenticeship
- ☐ 2+ A levels/VCEs, 4+ AS levels, Higher School Certificate, Progression/Advanced Diploma
- ☐ NVQ Level 3
- ☐ Degree
- ☐ NVQ Level 4-5
- ☐ Professional qualifications
- ☐ Other vocational / work-related
- ☐ Foreign qualifications
- ☐ No qualifications
- ☐ Do not know
- ☐ Not stated

23. 7. Employment

Which best describes your current employment status?

Mark only one oval.

- ☐ Working full time
- ☐ Working part-time
- ☐ Currently off work (temporarily unemployed, or on sick leave, maternity leave, or on holiday)
- ☐ Full time education
- ☐ Retired
- ☐ Unemployed
- ☐ Other
- ☐ Not stated

24. 8. Where do you work?

If you are employed, please let us know the street name of your current place of work.

25. 8. Where do you work - post code

postcode of your current place of work.

26. 8. Where do you work - other

Mark only one oval.

- ☐ No fixed place
- ☐ Work from home
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated or refused

27. 9. Travel to work

If you are employed, how do you normally travel to work? Select all that apply.

Tick all that apply.

- ☐ On foot
- ☐ Car passenger
- ☐ Car driver
- ☐ Bus or coach
- ☐ Bicycle
- ☐ Motorcycle
- ☐ Rail
- ☐ Tram
- ☐ Other
- ☐ Not applicable
- ☐ Not stated or refused

28. 10. Household income

Which best represents your current total household income per year, before tax? Please include salaries, benefits, pensions and any other forms of income.

Mark only one oval.

- ☐ Up to £12,000
- ☐ £12,001 to £24,000
- ☐ £24,0001 to £36,000
- ☐ £36,0001 to £48,000
- ☐ £48,0001 to £60,000
- ☐ Above £60,000
- ☐ Do not know
- ☐ Not stated or refused

29. 11. Internet

Do you have access to the internet at home?

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ Not stated

30. 12. Driving licence

Do you hold a UK driving licence?

Mark only one oval.

- ☐ Full
- ☐ Provisional
- ☐ No
- ☐ Not stated

31. 13. Pass for public transport

Do you have a pass for any form of local public transport?

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ Not stated

32. 14. Cars & vans at home

How many cars or vans are available at your household?

Mark only one oval.

- ☐ None
- ☐ One
- ☐ Two or more
- ☐ Not stated

33. 15. Motorcycles at home

How many motorcycles are available at your home?

Mark only one oval.

- ☐ None
- ☐ One
- ☐ Two or more
- ☐ Not stated

34. 16. Bicycles at home

How many bicycles are available at your home?

Mark only one oval.

- ☐ None
- ☐ One
- ☐ Two or more
- ☐ Not stated

**B. Neighbourhood
environment
walkability scale**
[must be
answered by all]

We would like to find out more information about the way that you perceive or think about your neighbourhood. Please answer the following questions about your neighbourhood and yourself. Please answer as honestly and completely as possible. There are no right or wrong answers.
By your neighbourhood, we mean places within a 10 to 15 minute walk from your home.

Shops & facilities

For each one can you estimate how long you think it would it take to walk to them from your home.

35. Convenience / small, grocery store

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

36. Supermarket

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

37. Hardware store

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

38. Fruit & vegetable market

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

39. Laundrette or dry cleaners

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

40. Clothing shop

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

41. Post office

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

42. Library

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

43. Primary school

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

44. Other schools

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

45. Book shop

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

46. Fast food outlet

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

47. Cinema or theatre

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

48. Bank

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

49. Restaurant (not fast food)

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

50. Doctor or dentist

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

51. Pharmacy or chemist (drug store)

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

52. Hairdresser or barber

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

53. Your job or school

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

54. Bus or tram stop

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

55. Park or recreation ground

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

56. Community hall

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

57. Gym or fitness facility

Mark only one oval.

- ☐ 1-5 min
- ☐ 6-10 min
- ☐ 11-20 min
- ☐ 21-30 min
- ☐ More than 30 mins
- ☐ Don't know

ACCESS TO SERVICES

I am going to read a series of statements about your neighbourhood. Please indicate your level of agreement on a scale of strongly disagree, somewhat disagree, somewhat agree and strongly agree or don't know.

Both LOCAL and WITHIN WALKING DISTANCE mean within a 10-15 minute walk from your home.

58. 25. I can do most of my shopping at local stores

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

59. 26. Shops are within easy walking distance of my home

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

60. 27. Car parking is difficult in local shopping areas

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

61. 28. There are lots of places to go within easy walking distance of my home

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

62. 29. It is easy to walk to public transport (bus, tram, train) from my home

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

63. 30. The streets in my neighbourhood are hilly, making it difficult to walk in

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

64. 31. There are canyons and hillsides in my neighbourhood that limit routes from place to place

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

STREETS IN THE NEIGHBOURHOOD

I am now going to read a series of statements about the streets in your neighbourhood. Please indicate your level of agreement on a scale of strongly disagree, somewhat disagree, somewhat agree and strongly disagree or don't know.

65. 32. The streets in my neighbourhood do not have many, or any, cul-de-sacs (dead-end streets).

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

66. 33. The distance between intersections in my neighbourhood is usually short.

Short means 100 yards or less; the length of a football field or less.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

67. 34. There are many alternative routes for getting from place to place in my neighbourhood.

In other words, you don't have to go the same way every time.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

PLACES TO WALK AND CYCLE

I am now going to read a series of statements about places to walk and cycle in your neighbourhood. Please indicate your level of agreement on a scale of strongly disagree, somewhat disagree, somewhat agree and strongly disagree or don't know.

68. 35. There are pavements on most of the streets in my neighbourhood.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

69. 36. The pavements in my neighbourhood are well maintained.

That is, they are paved, flat, without many cracks or holes

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

70. 37. Pavements are separated from the road/traffic in my neighbourhood by parked cars

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

71. 38. There are cycle lanes on most streets in my neighbourhood.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

72. 39. The bicycle lanes in my neighbourhood are well cared for.

That is, they are smooth and without many holes.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

73. 40. There are bicycle paths near my home or in my neighbourhood that are easily accessible.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

74. 41. The bicycle lanes in my neighbourhood are separated from the road/traffic by parked cars

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

75. 42. There is a grass verge or edging strip that separates the road from the pavements in my neighbourhood.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

SAFETY FROM TRAFFIC

I am now going to read a series of statements about safety from traffic in your neighbourhood. Please indicate your level of agreement on a scale of strongly disagree, somewhat disagree, somewhat agree and strongly disagree or don't know.

76. 43. There is so much traffic on my street that it makes it difficult or unpleasant to walk in my neighbourhood.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

77. 44. There is so much traffic along NEARBY streets that it makes it difficult or unpleasant to walk in my neighbourhood.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

78. 45. The speed of traffic on the street I live on is usually slow.

Slow means 30 mph or less

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

79. 46. The speed of traffic on most nearby streets is usually slow

Slow is 30 mph or less

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

80. 47. Most drivers exceed the posted speed limits while driving in my neighbourhood.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

81. 48. There are crossings and pedestrian signals to help walkers cross busy streets in my neighbourhood

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

82. 49. The crossings in my neighbourhood help walkers feel safe crossing busy streets.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

83. 50. When walking in my neighbourhood, there are a lot of exhaust fumes (from cars, vans & buses).

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

SAFETY FROM CRIME

I am now going to read a series of statements about safety from crime in your neighbourhood. Please indicate your level of agreement on a scale of strongly disagree, somewhat disagree, somewhat agree and strongly agree or don't know.

84. 51. My neighbourhood streets are well lit at night.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

85. 52. Walkers and cyclists on the streets in my neighbourhood can be easily seen by people in their homes.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

86. 53. I see and speak to other people when I am walking in my neighbourhood.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

87. 54. There is a high crime rate in my neighbourhood.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

88. 55. The crime rate in my neighbourhood makes it unsafe to go on walks during the day.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

89. 56. The crime rate in my neighbourhood makes it unsafe to go on walks at night.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Does not apply
- ☐ Not stated

NEIGHBOURHOOD SATISFACTION

Finally in for this section, I am going to read out a series of statements about your neighbourhood and ask you to indicate your level of satisfaction using a 5-point scale. The 5-point scale is as follows:

- 1 = strongly dissatisfied
- 2 = somewhat dissatisfied
- 3 = neither satisfied nor dissatisfied
- 4 = somewhat satisfied
- 5 = strongly satisfied

Please be honest with your answers.

How satisfied are you with:

90. 57. The network of streets and avenues that connect your neighbourhood with the rest of the city?

Mark only one oval.

- ☐ Strongly dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Somewhat satisfied
- ☐ Strongly satisfied
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

91. 58. Access to public transportation in your neighbourhood?

Mark only one oval.

- ☐ Strongly dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Somewhat satisfied
- ☐ Strongly satisfied
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

92. 59. Your commuting time to work/school?

Mark only one oval.

- ☐ Strongly dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Somewhat satisfied
- ☐ Strongly satisfied
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

93. 60. Access to shopping in your neighbourhood?

Mark only one oval.

- ☐ Strongly dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Somewhat satisfied
- ☐ Strongly satisfied
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

94. 61. How many friends you have in your neighbourhood?

Mark only one oval.

- ☐ Strongly dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Somewhat satisfied
- ☐ Strongly satisfied
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

95. 62. The number of people you know in your neighbourhood?

Mark only one oval.

- ☐ Strongly dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Somewhat satisfied
- ☐ Strongly satisfied
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

96. 63. How easy it is to walk in your neighbourhood?

Mark only one oval.

- ☐ Strongly dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Somewhat satisfied
- ☐ Strongly satisfied
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

97. 64. How pleasant it is to walk in your neighbourhood?

Mark only one oval.

- ☐ Strongly dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Somewhat satisfied
- ☐ Strongly satisfied
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

98. 65. How easy it is to cycle in your neighbourhood?

Mark only one oval.

- ☐ Strongly dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Somewhat satisfied
- ☐ Strongly satisfied
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

99. 66. How pleasant it is to cycle in your neighbourhood?

Mark only one oval.

- ☐ Strongly dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Somewhat satisfied
- ☐ Strongly satisfied
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

100. 67. The quality of schools in your neighbourhood?

Mark only one oval.

- ☐ Strongly dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Somewhat satisfied
- ☐ Strongly satisfied
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

101. 68. Access to entertainment in your neighbourhood (restaurants, cinemas, clubs, etc.)?

Mark only one oval.

- ☐ Strongly dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Somewhat satisfied
- ☐ Strongly satisfied
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

102. 69. The safety from threat of crime in your neighbourhood?

Mark only one oval.

- ☐ Strongly dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Somewhat satisfied
- ☐ Strongly satisfied
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

103. 70. The amount of traffic in your neighbourhood?

Mark only one oval.

- ☐ Strongly dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Somewhat satisfied
- ☐ Strongly satisfied
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

104. 71. The speed of traffic in your neighbourhood?

Mark only one oval.

- ☐ Strongly dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Somewhat satisfied
- ☐ Strongly satisfied
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

105. 72. The noise of traffic in your neighbourhood?

Mark only one oval.

- ☐ Strongly dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Somewhat satisfied
- ☐ Strongly satisfied
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

106. 73. The number of food stores in your neighbourhood?

Mark only one oval.

- ☐ Strongly dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Somewhat satisfied
- ☐ Strongly satisfied
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

107. 74. The quality of food stores in your neighbourhood?

Mark only one oval.

- ☐ Strongly dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Somewhat satisfied
- ☐ Strongly satisfied
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

108. 75. The number of restaurants in your neighbourhood?

Mark only one oval.

- ☐ Strongly dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Somewhat satisfied
- ☐ Strongly satisfied
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

109. 76. How satisfied are you with the quality of restaurants in your neighbourhood?

Mark only one oval.

- ☐ Strongly dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Somewhat satisfied
- ☐ Strongly satisfied
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

110. 77. Your neighbourhood as a good place to raise children?

Mark only one oval.

- ☐ Strongly dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Somewhat satisfied
- ☐ Strongly satisfied
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

111. 78. Your neighbourhood as a good place to live?

Mark only one oval.

- ☐ Strongly dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Somewhat satisfied
- ☐ Strongly satisfied
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

C.ATTITUDES TO WALKING AND CYCLING FROM PLACE TO PLACE

[THIS BLOCK MUST BE ANSWERED BY ALL PARTICIPANTS]

I am going to ask you about walking and cycling you do to get from place to place. For example, going to work, going out to get lunch, coming home from work, going shopping, going to the bus or railway station, visiting friends, or escorting someone else (for example, taking a child to school).

Please indicate your level of agreement for the following statements on a scale of strongly disagree, somewhat disagree, Do not disagree or agree, somewhat agree and strongly disagree.

112. 85. Walking to travel from place to place is something I do automatically without really thinking about it.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Do not disagree or agree
- ☐ Somewhat agree
- ☐ Strongly disagree
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

113. 86. It is beneficial for me to walk for travel.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Do not disagree or agree
- ☐ Somewhat agree
- ☐ Strongly disagree
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

114. 87. Walking for travel is enjoyable.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Do not disagree or agree
- ☐ Somewhat agree
- ☐ Strongly disagree
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

115. 88. The people in my life whose opinions I value most would approve of me walking for travel.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Do not disagree or agree
- ☐ Somewhat agree
- ☐ Strongly disagree
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

116. 89. Most people who are important to me walk for travel.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Do not disagree or agree
- ☐ Somewhat agree
- ☐ Strongly disagree
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

117. 90. It is possible for me to walk for travel.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Do not disagree or agree
- ☐ Somewhat agree
- ☐ Strongly disagree
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

118. 91. It is mostly up to me whether I walk for travel.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Do not disagree or agree
- ☐ Somewhat agree
- ☐ Strongly disagree
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

119. 92. I intend to do more walking for travel over the coming months.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Do not disagree or agree
- ☐ Somewhat agree
- ☐ Strongly disagree
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

120. 93. I see people in my neighbourhood walking for travel.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Do not disagree or agree
- ☐ Somewhat agree
- ☐ Strongly disagree
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

121. 94. Over the last 12 months I have done more walking for travel.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Do not disagree or agree
- ☐ Somewhat agree
- ☐ Strongly disagree
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

Now I'd like you to do the same when thinking about CYCLING to travel from place to place.

122. 95. Cycling to travel from place to place is something I do automatically without really thinking about it.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Do not disagree or agree
- ☐ Somewhat agree
- ☐ Strongly disagree
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

123. 96. It is beneficial for me to cycle for travel.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Do not disagree or agree
- ☐ Somewhat agree
- ☐ Strongly disagree
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

124. 97. Cycling for travel is enjoyable.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Do not disagree or agree
- ☐ Somewhat agree
- ☐ Strongly disagree
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

125. 98. The people in my life whose opinions I value most would approve of me cycling for travel.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Do not disagree or agree
- ☐ Somewhat agree
- ☐ Strongly disagree
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

126. 99. Most people who are important to me cycle for travel.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Do not disagree or agree
- ☐ Somewhat agree
- ☐ Strongly disagree
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

127. 100. It is possible for me to cycle for travel.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Do not disagree or agree
- ☐ Somewhat agree
- ☐ Strongly disagree
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

128. 101. It is mostly up to me whether I cycle for travel.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Do not disagree or agree
- ☐ Somewhat agree
- ☐ Strongly disagree
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

129. 102. I intend to do more cycling for travel over the coming months.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Do not disagree or agree
- ☐ Somewhat agree
- ☐ Strongly disagree
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

130. 103. I see people in my neighbourhood cycling for travel.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Do not disagree or agree
- ☐ Somewhat agree
- ☐ Strongly disagree
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

131. 104. Over the last 12 months I have done more cycling for travel.

Mark only one oval.

- ☐ Strongly disagree
- ☐ Somewhat disagree
- ☐ Do not disagree or agree
- ☐ Somewhat agree
- ☐ Strongly agree
- ☐ Do not know
- ☐ Not applicable
- ☐ Not stated

D. TRAVEL BEHAVIOUR

We'd now like to ask about your travel behaviour and more specifically the journeys you have made IN THE LAST SEVEN DAYS.

We'd like you to think about journeys you made however long or short, using any method of transport, not just walking and cycling.

Four points to note:

1. A return journey counts as one journey. For example, if you travelled to work and back five times, this counts as five Journeys.
2. Where a return journey involves a number of purposes, please give the main purpose.
3. Include all methods of travel you used as part of a journey (e.g. walking to a bus stop, and then catching the bus).
4. If you spent time waiting for public transport please include this within the public transport journey time. Please answer these questions even if you don't travel around very much in general or you do not do very much walking or cycling.

To answer the following questions, please think about the destinations of your journeys IN THE LAST SEVEN DAYS.

Journeys to and from WORK

Thinking about your journeys to and from WORK (e.g. travel to and from your place of work, accompanying your spouse to and from their work).

132. 120. How many times did you go to work in the last seven days?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated
- ☐ Not applicable

133. 121. In the last seven days how many times did you walk to work?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

134. 122. When you walked to work, how long did it take you?

Use HOURS and MINUTES

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

135. 123. In the last seven days how many times did you go to work by cycle?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

136. 124. When you cycled to work, how long did it take you?

Use HOURS and MINUTES

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

137. 125. In the last seven days how many times did you go to work by bus?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

138. 126. When you went to work by bus, how long did it take you?

Use HOURS and MINUTES

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

139. 127. In the last seven days how many times did you go to work by underground/tram/train?

Mark only one oval.

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 6

☐ 7

☐ Do not know

☐ Not stated

140. 128. When you went to work underground/tram/train, how long did it take you?

Use HOURS and MINUTES

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

141. 129. In the last seven days how many times did you go to work by car as a driver?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

142. 130. When you went to work by car as a driver, how long did it take you?

Use HOURS and MINUTES

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

143. 131. In the last seven days how many times did you go to work by car as a passenger?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

144. 132. When you went to work by car as a passenger, how long did it take you?

Use HOURS and MINUTES

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

145. 133. In the last seven days how many times did you go to work by motorcycle?

Mark only one oval.

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 6

☐ 7

☐ Do not know

☐ Not stated

146. 134. When you went to work by motorcycle, how long did it take you?

Use HOURS and MINUTES

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

Journeys to and
from a PLACE
OF STUDY

Thinking about your journeys to and from a PLACE OF STUDY (e.g. to travel to and from your university or college) or to and from school (e.g. accompanying a child to and from school).

147. 139. How many times did you go to and from a place of study or to and from school in the last seven days?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

148. 140. In the last seven days how many times did you walk to and from a place of study or to and from school?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

149. 141. When you walked to and from a place of study or to and from school, how long did it take you in HOURS and MINUTES?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

150. 142. In the last seven days how many times did you go to and from a place of study or to and from school by cycle?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

151. 143. When you went to and from a place of study or to and from school by cycle, how long did it take you in hours and minutes?

152. 144. In the last seven days how many times did you go to and from a place of study or to and from school by bus?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

153. 145. When you went to and from a place of study or to and from school by bus, how long did it take you in hours and minutes?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

154. 146. Last week how many times did you go to and from a place of study or to and from school by underground/tram/train ?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

155. 147. When you went to and from a place of study or to and from school by underground/tram/train, how long did it take you in hours and minutes?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

156. 148. In the last seven days how many times did you go to and from a place of study or to and from school by car as a driver?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

157. 149. When you went to and from a place of study or to and from school by car as a driver, how long did it take you in hours and minutes?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

158. 150. In the last seven days how many times did you go to and from a place of study or to and from school by car as a passenger?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

159. 151. When you went to and from a place of study or to and from school by car as a passenger, how long did it take you in hours and minutes?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

160. 152. In the last seven days how many times did you go to and from a place of study or to and from school by motorcycle?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

161. 153. When you went to and from a place of study or to and from school by motorcycle, how long did it take you in hours and minutes?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

**Journeys for
SHOPPING
AND
PERSONAL
BUSINESS**

Thinking about your journeys for SHOPPING AND PERSONAL BUSINESS (e.g. food shopping, non-food shopping, going to church, visiting a doctor, bank, solicitor or estate agents, visiting a relative in hospital, or accompanying someone else to a doctor etc.)

162. 158. How many times did you go out shopping or for personal business purposes in the last seven days?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

163. 159. In the last seven days how many times did you go out shopping or for personal business walking?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

164. 160. When you went out shopping or for personal business walking, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

165. 161. In the last seven days how many times did you go out shopping or for personal business by cycle?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

166. 162. When you went out shopping or for personal business by bicycle, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

167. 163. In the last seven days how many times did you go out shopping or for personal business by bus?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

168. 164. When you went out shopping or for personal business by bus, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

169. 165. In the last seven days how many times did you go out shopping or for personal business by underground/tram/train?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

170. 166. When you went out shopping or for personal business by underground/tram/train, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

171. 167. In the last seven days how many times did you go out shopping of for personal business by car as a driver?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

172. 168. When you went out shopping or for personal business by car as a driver, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

173. 169. In the last seven days how many times did you go out shopping or for personal business by car as a passenger?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

174. 170. When you went out shopping or for personal business by car as a passenger, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

175. 171. In the last seven days how many times did you go out shopping or for personal business by motorcycle?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

176. 172. When you went out shopping or for personal business by motorcycle, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

Journeys to VISIT FRIENDS AND
RELATIVES

Thinking about your journeys to VISIT FRIENDS AND
RELATIVES

177. 177. How many times did you go to visit friends and relatives in the last seven days?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

178. 178. In the last seven days how many times did you walk to visit friends and relatives?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

179. 179. When you went to visit friends and relatives walking, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

180. 180. In the last seven days how many times did you go to visit friends and relatives by cycle?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

181. 181. When you went to visit friends and relatives by cycle, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

182. 182. In the last seven days how many times did you go to visit friends and relatives by bus?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

183. 183. When you went to visit friends and relatives by bus, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

184. 184. In the last seven days how many times did you go to visit friends and relatives by underground/tram/train?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

185. 185. When you went to visit friends and relatives by underground/tram/train, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

186. 186. In the last seven days how many times did you go to visit friends and relatives by car as a driver?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

187. 187. When you went to visit friends and relatives by by car as a driver, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

188. 188. In the last seven days how many times you went to visit friends and relatives by car as a passenger?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

189. 189. When you went to visit friends and relatives by car as a passenger, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

190. 190. In the last seven days how many times did you go to visit friends and relatives by motorcycle?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

191. 189. When you went to visit friends and relatives by motorcycle, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

Journeys for RECREATION
PURPOSES or other SOCIAL
ACTIVITIES

Thinking about your journeys for RECREATION PURPOSES or other SOCIAL ACTIVITIES (e.g. going to the sports centre, swimming pool OR cinema, theatre etc)

192. 196. How many times did you go to recreation or other social activities in the last seven days?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

193. 197. In the last seven days how many times did you go to recreation or other social activities walking?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

194. 198. When you went to recreation or other social activities walking, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

195. 199. In the last seven days how many times did you go to your recreation or other social activities by cycle?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

196. 200. When you went to recreation or other social activities by cycle, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

197. 201. In the last seven days how many times did you go to your recreation or other social activities by bus?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

198. 202. When you went to recreation or other social activities by bus, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

199. 203. In the last seven days how many times did you go to your recreation or other social activities by underground/tram/train?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

200. 204. When you went to recreation or other social activities by underground/tram/train, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

201. 205. In the last seven days how many times did you go to your recreation or other social activities by car as a driver?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

202. 206. When you went to recreation or other social activities by car as a driver, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

203. 207. In the last seven days how many times did you go to your recreation or other social activities by car as a passenger?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

204. 208. When you went to recreation or other social activities by car as a passenger, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

205. 209. In the last seven days how many times did you go to your recreation or other social activities by motorcycle?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

206. 210. When you went to recreation or other social activities by motorcycle, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

Journeys to
ACCESS
HEALTH CARE
FACILITIES

Thinking about journeys to ACCESS HEALTH CARE FACILITIES (Consultations, tests and treatments, doctors and other professionals).

207. 215. How many times did you go out to access health care facilities in the last seven days?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated
- ☐ Did not access *Skip to question 222*

Journeys to ACCESS HEALTH CARE FACILITIES

208. 216. In the last seven days how many times did you walk to access health care facilities?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

209. 217. When you went to access health care facilities walking, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

210. 218. In the last seven days how many times did you go out to access health care facilities by cycle?

Mark only one oval.

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 6

☐ 7

☐ Do not know

☐ Not stated

211. 219. When you went to access health care facilities by cycle, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

212. 220. In the last seven days how many times did you go out to access health care facilities by bus?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

213. 221. When you went to access health care facilities by bus, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

214. 222. In the last seven days how many times did you go out to access health care facilities by underground/tram/train?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

215. 223. When you went to access health care facilities by underground/tram/train, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

216. 224. In the last seven days how many times did you go out to access health care facilities by car as a driver?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

217. 225. When you went to access health care facilities by car as a driver, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

218. 226. In the last seven days how many times did you go out to access health care facilities by car as a passenger?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

219. 227. When you went to access health care facilities by car as a passenger, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

220. 228. In the last seven days how many times did you go out to access health care facilities by motorcycle?

Mark only one oval.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ Do not know
- ☐ Not stated

221. 229. When you went to access health care facilities by motorcycle, how long did it take you?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

E.
PHYSICAL
ACTIVITY

[This block must be answered by all participants]
We are interested in finding out about the kinds of physical activity that you engage in as part of your everyday life. I am now going to ask you some questions about the time you spent being physically active in the last 7 days.

By vigorous physical activity we mean activity that makes you breathe much harder than normal and by Moderate physical activity we mean activity that makes you breathe somewhat harder than normal.

Job related physical activity

The first section is about your work. This includes paid jobs, farming, volunteer work, course work, and any other unpaid work that you did outside your home. DO NOT include unpaid work you might do around your home, like housework, yard work, general maintenance, and caring for your family.

222. 234. Do you currently have a job or do any unpaid work outside your home? If the answer is no, skip to question 241

Mark only one oval.

- ☐ Yes Skip to question 223
☐ No Skip to question 229

Job related physical activity

223. 235. During the last 7 days, on how many days you walking as part of your work? Think about only those physical activities that you did for at least 10 minutes. If the answer is none, skip to question 237

Mark only one oval.

- ☐ 7 days
☐ 6 days
☐ 5 days
☐ 4 days
☐ 3 days
☐ 2 days
☐ 1 day
☐ None

224. 236. How much time did you usually spend on one of those days walking as part of your work?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

225. 237. Again, think about only those physical activities that you did for at least 10 minutes. During the last 7 days, on how many days did you do moderate physical activities as part of your work?

Mark only one oval.

- ☐ 7 days
☐ 6 days
☐ 5 days
☐ 4 days
☐ 3 days
☐ 2 days
☐ 1 day
☐ None

226. 238. How much time did you usually spend on one of those days doing moderate physical activities as part of your work?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

227. 239. During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, heavy construction, or climbing up stairs as part of your work? Think about only those physical activities that you did for at least 10 minutes at a time.

Mark only one oval.

- ☐ 7 days
- ☐ 6 days
- ☐ 5 days
- ☐ 4 days
- ☐ 3 days
- ☐ 2 days
- ☐ 1 day
- ☐ None

228. 240. How much time did you usually spend on one of those days doing vigorous physical activities as part of your work?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

TRANSPORTATION

The next questions refer to how YOU moved (walking or cycling) to get from one place to another in the last 7 days, including going to the supermarket, pharmacy, the living group for seniors, church, cinema, shops, work and others.
Think only about walking or cycling that took at least 10 continuous minutes.

229. 241a. During the last 7 days, on how many days did you travel in a private motor vehicle (car, van or motorcycle) either as driver or passenger? If the answer is none, skip to question 243.

Mark only one oval.

- ☐ 7 days
- ☐ 6 days
- ☐ 5 days
- ☐ 4 days
- ☐ 3 days
- ☐ 2 days
- ☐ 1 day
- ☐ None

230. 241b. How much time did you usually spend on one of those days traveling in a private motor vehicle (car, van or motorcycle) either as a driver or passenger?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

231. 242a. During the last 7 days, on how many days did you travel in a train, bus/coach, tram or taxi? If the answer is none skip to question 243

Mark only one oval.

- ☐ 7 days
- ☐ 6 days
- ☐ 5 days
- ☐ 4 days
- ☐ 3 days
- ☐ 2 days
- ☐ 1 day
- ☐ None

232. 242b. How much time did you usually spend on one of those days traveling in a train, bus/coach, tram or taxi?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

233. 243. Now think about the cycling and walking you might have done to go from place to place. During the last 7 days, on how many days did you cycle for at least 10 minutes at a time to go from place to place? If the answer is none, skip to question 245

Mark only one oval.

- ☐ 7 days
- ☐ 6 days
- ☐ 5 days
- ☐ 4 days
- ☐ 3 days
- ☐ 2 days
- ☐ 1 day
- ☐ None

234. 244. How much time did you usually spend on one of those days cycling from place to place?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

235. 245. During the last 7 days, on how many days did you walk for at least 10 minutes at a time to go from place to place?

Mark only one oval.

- ☐ 7 days
- ☐ 6 days
- ☐ 5 days
- ☐ 4 days
- ☐ 3 days
- ☐ 2 days
- ☐ 1 day
- ☐ None

236. 246. How much time did you usually spend on one of those days walking from place to place?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

HOUSEWORK,
HOUSE
MAINTENANCE AND
CARING FOR FAMILY

This section is about some of the physical activities you might have done in the last 7 days in and around your home, like housework, gardening, yard work, general home maintenance, and caring for your family.

237. 247. Again, think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do moderate activities like carrying light loads, sweeping, washing windows, and raking in the garden or yard? If the answer is none, skip to question 249

Mark only one oval.

- ☐ 7 days
- ☐ 6 days
- ☐ 5 days
- ☐ 4 days
- ☐ 3 days
- ☐ 2 days
- ☐ 1 day
- ☐ None

238. 248. How much time did you usually spend on one of those days doing moderate physical activities in the garden or yard?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

239. 249. Once again, think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do moderate activities like carrying light loads, washing windows, scrubbing floors and sweeping inside your home? If the answer is none, skip to question 251

Mark only one oval.

- ☐ 7 days
- ☐ 6 days
- ☐ 5 days
- ☐ 4 days
- ☐ 3 days
- ☐ 2 days
- ☐ 1 day
- ☐ None

240. 250. How much time did you usually spend on one of those days doing moderate physical activities inside your home?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

241. 251. Think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, chopping wood, shovelling snow, or digging in the garden or yard? If none, skip to question 253.

Mark only one oval.

- ☐ 7 days
- ☐ 6 days
- ☐ 5 days
- ☐ 4 days
- ☐ 3 days
- ☐ 2 days
- ☐ 1 day
- ☐ None

242. 252. How much time did you usually spend on one of those days doing vigorous physical activities in the garden or yard?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

**LEISURE,
RECREATION
AND
SPORTS**

This section refers to the physical activities you do on last 7 days SOLELY FOR RECREATION, SPORT OR EXERCISE. Again think only in physical activities that you do for at least 10 minutes continuous. Please do not include activities that you have already mentioned

243. 253. Not counting any walking you have already mentioned, during the last 7 days, on how many days did you walk for at least 10 minutes at a time in your leisure time? If the answer is none, skip to question 255

Mark only one oval.

- ☐ 7 days
☐ 6 days
☐ 5 days
☐ 4 days
☐ 3 days
☐ 2 days
☐ 1 day
☐ None

244. 254. How much time did you usually spend on one of those days walking in your leisure time?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

245. 255. Again, think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do moderate physical activities like bicycling at a regular pace, swimming at a regular pace, and doubles tennis in your leisure time? If the answer is no, skip to question 257

Mark only one oval.

- ☐ 7 days
☐ 6 days
☐ 5 days
☐ 4 days
☐ 3 days
☐ 2 days
☐ 1 day
☐ None

246. 256. How much time did you usually spend on one of those days doing moderate physical activities in your leisure time?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

247. 257. Think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do vigorous physical activities like aerobics, running, fast bicycling, or fast swimming in your leisure time? If the answer is no, skip to question 259

Mark only one oval.

- ☐ 7 days
- ☐ 6 days
- ☐ 5 days
- ☐ 4 days
- ☐ 3 days
- ☐ 2 days
- ☐ 1 day
- ☐ None

248. 258. How much time did you usually spend on one of those days doing vigorous physical activities in your leisure time?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

TIME
SPENT
SITTING

Now think only in the activities you do during the week except Saturday and Sunday.
The last questions are about the time you spend sitting while 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. Do not include any time spent sitting in a motor vehicle.

249. 259. During the last 7 days, how many HOURS AND MINUTES did you usually spend sitting on a weekday?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

250. 260. During the last 7 days, how many HOURS AND MINUTES did you usually spend sitting on a weekend day?

Example: 4.03.32 (4 hours, 3 minutes, 32 seconds)

F. QUALITY OF LIFE (WHOQOL- BREF)

THIS BLOCK MUST BE ANSWERED BY ALL PARTICIPANTS

The following questions ask how you feel about your quality of life, health, or other areas of your life. I will read out each question to you, along with the response options. Please choose the answer that appears most appropriate. If you are unsure about which response to give to a question, the first response you think of is often the best one. Please keep in mind your standards, hopes, pleasures and concerns.

We ask that you think about your life in the last four weeks.

251. 261. How would you rate your quality of life?

Mark only one oval.

- ☐ Very poor
- ☐ Poor
- ☐ Neither poor nor good
- ☐ Good
- ☐ Very good
- ☐ Not stated

252. 262. How satisfied are you with your health?

Mark only one oval.

- ☐ Very dissatisfied
- ☐ Dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Satisfied
- ☐ Very satisfied
- ☐ Not stated

253. 263. To what extent do you feel that physical pain prevents you from doing what you need to do?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

254. 264. How much do you need any medical treatment to function in your daily life?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

255. 265. How much do you enjoy life?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

256. 266. To what extent do you feel your life to be meaningful?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

257. 267. How well are you able to concentrate?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

258. 268. How safe do you feel in your daily life?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

259. 269. How healthy is your physical environment?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

260. 270. Do you have enough energy for everyday life?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

261. 271. Are you able to accept your bodily appearance?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

262. 272. Have you enough money to meet your needs?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

263. 273. How available to you is the information that you need in your day-to-day life?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

264. 274. To what extent do you have the opportunity for leisure activities?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

The following questions ask about how good or satisfied you have felt about various aspects of their life in the last four weeks

265. 275. How well are you able to get around?

Mark only one oval.

- ☐ Very poor
- ☐ Poor
- ☐ Neither poor nor good
- ☐ Good
- ☐ Very good
- ☐ Not stated

266. 276. How satisfied are you with your sleep?

Mark only one oval.

- ☐ Very dissatisfied
- ☐ Dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Satisfied
- ☐ Very satisfied
- ☐ Not stated

267. 277. How satisfied are you with your ability to perform your daily living activities?

Mark only one oval.

- ☐ Very dissatisfied
- ☐ Dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Satisfied
- ☐ Very satisfied
- ☐ Not stated

268. 278. How satisfied are you with your capacity for work?

Mark only one oval.

- ☐ Very dissatisfied
- ☐ Dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Satisfied
- ☐ Very satisfied
- ☐ Not stated

269. 279. How satisfied are you with yourself?

Mark only one oval.

- ☐ Very dissatisfied
- ☐ Dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Satisfied
- ☐ Very satisfied
- ☐ Not stated

270. 280. How satisfied are you with your personal relationships?

Mark only one oval.

- ☐ Very dissatisfied
- ☐ Dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Satisfied
- ☐ Very satisfied
- ☐ Not stated

271. 281. How satisfied are you with your sex life?

Mark only one oval.

- ☐ Very dissatisfied
- ☐ Dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Satisfied
- ☐ Very satisfied
- ☐ Not stated

272. 282. How satisfied are you with the support you get from your friends?

Mark only one oval.

- ☐ Very dissatisfied
- ☐ Dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Satisfied
- ☐ Very satisfied
- ☐ Not stated

273. 283. How satisfied are you with the conditions of your living place?

Mark only one oval.

- ☐ Very dissatisfied
- ☐ Dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Satisfied
- ☐ Very satisfied
- ☐ Not stated

274. 284. How satisfied are you with your access to health services?

Mark only one oval.

- ☐ Very dissatisfied
- ☐ Dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Satisfied
- ☐ Very satisfied
- ☐ Not stated

275. 285. How satisfied are you with your transport?

Mark only one oval.

- ☐ Very dissatisfied
- ☐ Dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Satisfied
- ☐ Very satisfied
- ☐ Not stated

276. 286. How often do you have negative feelings such as blue mood, despair, anxiety, depression?

Mark only one oval.

- ☐ Never
- ☐ Seldom
- ☐ Quite often
- ☐ Very often
- ☐ Always
- ☐ Not stated

G. QUALITY OF LIFE
(WHOQOL - OLD)

[THIS BLOCK MUST BE ANSWERED ONLY BY PERSONS AGE 60 OR ABOVE. FOR PARTICIPANTS BELOW 60 SKIP TO QUESTION 311]

This questionnaire asks for your thoughts and feelings about certain aspects of your quality of life and addresses issues that may be important to you as an older member of society. Please answer all the questions. If you are unsure about which response to give to a question, please choose the one that appears most appropriate. This can often be your first response. Please keep in mind your standards, hopes, pleasures and concerns. We ask that you think about your life in the last two weeks. For example, thinking about the last two weeks, a question might ask:

How much do you worry about what the future might hold?

- (1) Not at all
- (2) A little
- (3) A moderate amount
- (4) Very much
- (5) An extreme amount

You should choose the option that best fits how much you have worried about the future over the last two weeks. Please assess your feelings, and choose for each question that gives the best answer for you.

The following questions ask about how much you have experienced certain things IN THE LAST TWO WEEKS

277. 287. To what extent do impairments to your senses (e.g. hearing, vision, taste, smell, touch) affect your daily life?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

278. 288. To what extent does loss of, for example, hearing, vision, taste, smell or touch affect your ability to participate in activities?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

279. 289. How much freedom do you have to make your own decisions?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

280. 290. To what extent do you feel in control of your future?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

281. 291. How much do you feel that the people around you are respectful of your freedom?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

282. 292. How concerned are you about the way in which you will die?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

283. 293. How much are you afraid of not being able to control your death?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

284. 294. How scared are you of dying?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

285. 295. How much do you fear being in pain before you die?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

The following questions ask about how completely you experience or were able to do certain things IN THE LAST TWO WEEKS

286. 297. To what extent are you able to do the things you'd like to do?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Mostly
- ☐ Completely
- ☐ Not stated

287. 298. To what extent are you satisfied with your opportunities to continue achieving in life?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Mostly
- ☐ Completely
- ☐ Not stated

288. 299. How much do you feel that you have received the recognition you deserve in life?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Mostly
- ☐ Completely
- ☐ Not stated

289. 300. To what extent do you feel that you have enough to do each day?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Mostly
- ☐ Completely
- ☐ Not stated

The following questions ask you to say how satisfied, happy or good you have felt about various aspects of your life over the last two weeks

290. 301. How satisfied are you with what you have achieved in life?

Mark only one oval.

- ☐ Very dissatisfied
- ☐ Dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Satisfied
- ☐ Very satisfied
- ☐ Not stated

291. 302. How satisfied are you with the way you use your time?

Mark only one oval.

- ☐ Very dissatisfied
- ☐ Dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Satisfied
- ☐ Very satisfied
- ☐ Not stated

292. 303. How satisfied are you with your level of activity?

Mark only one oval.

- ☐ Very dissatisfied
- ☐ Dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Satisfied
- ☐ Very satisfied
- ☐ Not stated

293. 304. How satisfied are you with your opportunity to participate in community activities?

Mark only one oval.

- ☐ Very dissatisfied
- ☐ Dissatisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Satisfied
- ☐ Very satisfied
- ☐ Not stated

294. 305. How happy are you with the things you are able to look forward to?

Mark only one oval.

- ☐ Very unhappy
- ☐ Unhappy
- ☐ Neither happy nor unhappy
- ☐ Happy
- ☐ Very happy

295. 306. How would you rate your sensory functioning (e.g. hearing, vision, taste, smell, touch)?

Mark only one oval.

- ☐ Very poor
- ☐ Poor
- ☐ Neither poor nor good
- ☐ Good
- ☐ Very good
- ☐ Not stated

The following questions refer to any intimate relationships that you may have. Please consider these questions with reference to a close partner or other close person with whom you can share intimacy more than with any other person in your life.

296. 307. To what extent do you feel a sense of companionship in your life?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

297. 308. To what extent do you experience love in your life?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

298. 309. To what extent do you have opportunities to love?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

299. 310. To what extent do you have opportunities to be loved?

Mark only one oval.

- ☐ Not at all
- ☐ A little
- ☐ A moderate amount
- ☐ Very much
- ☐ An extreme amount
- ☐ Not stated

Now I will ask some questions about your health and lifestyle.

300. 311. Do you smoke or have you ever smoked cigarettes? If the answer is no, skip to question 313

Mark only one oval.

- ☐ No
- ☐ Smoked and stopped
- ☐ Currently smoke
- ☐ Not stated

301. 312. How many years did you smoke or have you smoked?

302. 313. How often do you drink alcohol? If the answer is never, skip to question 316

Mark only one oval.

- ☐ Never
- ☐ Once a week
- ☐ 2 or 3 times a week
- ☐ 4 or more times a week
- ☐ Don't know
- ☐ Not stated

303. 314. How many units of alcohol do you usually drink?

Mark only one oval.

- ☐ 1 or less
- ☐ 2 or 3
- ☐ 4 or 5
- ☐ 6 or 7
- ☐ 8 or more
- ☐ Don't know
- ☐ Not stated

304. 315. How often you drink five or more drinks at once? (See standard dose equivalency table)

Mark only one oval.

- ☐ Never
- ☐ Less than once per month
- ☐ Monthly
- ☐ Weekly
- ☐ All or almost every day
- ☐ Don't know
- ☐ Not stated

I. FUNCTIONAL CAPACITY

[THIS BLOCK MUST BE ANSWERED ONLY BY PERSONS WITH 60 YEARS OR MORE, OR PEOPLE WITH REDUCED MOBILITY]
OTHERWISE SKIP TO 331

Now I'll ask about some day-to-day activities and tasks. Please state honestly if each is either not at all difficult, a little difficult or very difficult (or if you do not perform the activity or task at all)

305. 316. Getting in or out of bed

Mark only one oval.

- ☐ Not at all difficult
- ☐ A little difficult
- ☐ Very difficult
- ☐ Do not perform
- ☐ Not stated

306. 317. Eating, such as cutting up food

Mark only one oval.

- ☐ Not at all difficult
- ☐ A little difficult
- ☐ Very difficult
- ☐ Do not perform
- ☐ Not stated

307. 318. Take care of your own appearance

Mark only one oval.

- ☐ Not at all difficult
- ☐ A little difficult
- ☐ Very difficult
- ☐ Do not perform
- ☐ Not stated

308. 319. Walk 100 meters in a plain surface

Mark only one oval.

- ☐ Not at all difficult
- ☐ A little difficult
- ☐ Very difficult
- ☐ Do not perform
- ☐ Not stated

309. 320. Bathing or showering

Mark only one oval.

- ☐ Not at all difficult
- ☐ A little difficult
- ☐ Very difficult
- ☐ Do not perform
- ☐ Not stated

310. 321. Dressing, including putting on shoes and socks

Mark only one oval.

- ☐ Not at all difficult
- ☐ A little difficult
- ☐ Very difficult
- ☐ Do not perform
- ☐ Not stated

311. 322. Using the toilet, including getting up or down

Mark only one oval.

- ☐ Not at all difficult
- ☐ A little difficult
- ☐ Very difficult
- ☐ Do not perform
- ☐ Not stated

312. 323. Climb a flight of stairs

Mark only one oval.

- ☐ Not at all difficult
- ☐ A little difficult
- ☐ Very difficult
- ☐ Do not perform
- ☐ Not stated

313. 324. Taking medications

Mark only one oval.

- ☐ Not at all difficult
- ☐ A little difficult
- ☐ Very difficult
- ☐ Do not perform
- ☐ Not stated

314. 325. Walking around the home

Mark only one oval.

- ☐ Not at all difficult
- ☐ A little difficult
- ☐ Very difficult
- ☐ Do not perform
- ☐ Not stated

315. 326. Shopping for groceries

Mark only one oval.

- ☐ Not at all difficult
- ☐ A little difficult
- ☐ Very difficult
- ☐ Do not perform
- ☐ Not stated

316. 327. Preparing a hot meal

Mark only one oval.

- ☐ Not at all difficult
- ☐ A little difficult
- ☐ Very difficult
- ☐ Do not perform
- ☐ Not stated

317. 328. Cut toenails

Mark only one oval.

- ☐ Not at all difficult
- ☐ A little difficult
- ☐ Very difficult
- ☐ Do not perform
- ☐ Not stated

318. 329. Going out by bus/ taxi/underground/train

Mark only one oval.

- ☐ Not at all difficult
- ☐ A little difficult
- ☐ Very difficult
- ☐ Do not perform
- ☐ Not stated

319. 330. Doing house cleaning

Mark only one oval.

- ☐ Not at all difficult
- ☐ A little difficult
- ☐ Very difficult
- ☐ Do not perform
- ☐ Not stated

J. Locomotion auxiliary

This block must be answered by all participants

320. 330a. Doing house cleaning. 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?

Mark only one oval.

- ☐ No
- ☐ Yes, limited a lot
- ☐ Yes, limited a little
- ☐ Not stated.

Now I would like to ask if you use any device to help you to walk / move.

321. 331. Do you use any device or apparatus to help you walking or moving such as cane, crutch, frame or wheelchair?

Tick all that apply.

- ☐ Cane
- ☐ Crutches
- ☐ Walking frame
- ☐ Wheelchair
- ☐ Other
- ☐ None
- ☐ Not stated

K. MORBIDITIES

[THIS BLOCK MUST BE ANSWERED BY ALL PARTICIPANTS]

Now I will ask some questions about your health. To answer the following questions, think about whether a doctor or health professional ever told you that you have / had:

322. 332. Diabetes?

Mark only one oval.

- ☐ No
- ☐ Yes
- ☐ Not stated

323. 333. Heart disease?

Mark only one oval.

- ☐ No
- ☐ Yes
- ☐ Not stated

324. 334. Stroke or cerebral ischemia?

Mark only one oval.

- ☐ No
- ☐ Yes
- ☐ Not stated

325. 335. Hypertension (high blood pressure)?

Mark only one oval.

- ☐ No
- ☐ Yes
- ☐ Not stated

326. 336. Depression?

Mark only one oval.

- ☐ No
- ☐ Yes
- ☐ Not stated

L. HEARING

[THIS BLOCK MUST BE ANSWERED BY ALL PARTICIPANTS]

Now I will ask some questions about your hearing health

327. 337. Do you feel you have a hearing loss?

Mark only one oval.

- ☐ No
- ☐ Yes
- ☐ Not stated

328. 338. In general, do you think your hearing is:

Mark only one oval.

- ☐ Excellent
- ☐ Very good
- ☐ Good
- ☐ Regular
- ☐ Bad

M. VISION

[THIS BLOCK MUST BE ANSWERED BY ALL PARTICIPANTS]

Now I will ask some questions about your eye health

329. 339. Do you have difficulty seeing?

Mark only one oval.

- ☐ No
- ☐ Yes
- ☐ Not stated

330. 340. In general, would you say your vision is:

Mark only one oval.

- ☐ Excellent
- ☐ Very good
- ☐ Good
- ☐ Regular
- ☐ Bad

N. HEIGHT AND WEIGHT

[ALL PARTICIPANTS MUST BE INVITED TO MEASURE THEIR HEIGHT AND WEIGHT].
[REMEMBER TO ASK THEM TO REMOVE THEIR SHOES AND REPEAT MEASURES AT
LEAST TWICE]

Now I would like to measure your height and your weight.

331. 344a: Weight in kgs

332. 344b: Weight in kgs (2nd measure)

333. 345: Height 1 in cms

334. 346: Height 2 in cms

This is the end of the questionnaire survey. Thank you for your participation.

335. For interviewers: enter time of the end of the interview below

Example: 8.30 a.m.

<<Brief the participant on next stage of study and indicate below whether they are interested>>

336. Participant interested in next stage of study?

Mark only one oval.

- ☐ No
- ☐ Yes
- ☐ Potentially - would like further information

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