

**SCOTTISH HEALTH SURVEY
2008**

SHOWCARDS

CARD A1

MARITAL STATUS

- 1 Single, that is never married or never formed a legally recognised civil partnership
- 2 Married and living with husband / wife
- 3 A civil partner in a legally recognised civil partnership
- 4 Married and separated from husband / wife
- 5 In a legally recognised civil partnership and separated from your civil partner
- 6 Divorced
- 7 Formerly a civil partner, the civil partnership now legally dissolved
- 8 Widowed
- 9 A surviving civil partner, your partner having since died

CARD A2

RELATIONSHIP

- 1 Husband / Wife
- 2 Legally recognised civil partner
- 3 Partner / Cohabitee

- 4 Natural son / daughter
- 5 Adopted son / daughter
- 6 Foster son / daughter
- 7 Stepson / Stepdaughter / Child of partner
- 8 Son-in-law / Daughter-in-law

- 9 Natural parent
- 10 Adoptive parent
- 11 Foster parent
- 12 Step-parent / Parent's partner
- 13 Parent-in-law

- 14 Natural brother / Natural sister (ie. both natural parents the same)
- 15 Half-brother / Half-sister (ie. one natural parent the same)
- 16 Step-brother / Step-sister (ie. no natural parents the same)
- 17 Adopted brother / Adopted sister
- 18 Foster brother / Foster sister
- 19 Brother-in-law / Sister-in-law

- 20 Grandchild
- 21 Grandparent

- 22 Other relative
- 23 Other non-relative

CARD A3

- 1 Earnings from employment or self-employment
- 2 State retirement pension
- 3 Pension from former employee
- 4 Personal pensions
- 5 Child Benefit
- 6 Job-Seekers Allowance
- 7 Income Support
- 8 Working Tax Credit, Child Tax Credit or other Tax Credit
- 9 Housing Benefit
- 10 Other state benefits
- 11 Interest from savings and investments (eg. stocks and shares)
- 12 Other kinds of regular allowance from outside your household (eg. maintenance, student grants, rent)
- 13 No source of income

CARD A4

GROSS INCOME FROM ALL SOURCES

(before any deductions for tax, national insurance, etc.)

WEEKLY	or	MONTHLY	or	ANNUAL
Less than £10.....1		Less than £40..... 1		Less than £520 1
£10 less than £30.....2		£40 less than £130..... 2		£520 less than £1,600 2
£30 less than £50.....3		£130 less than £220..... 3		£1,600 less £2,600..... 3
£50 less than £70.....4		£220 less than £300..... 4		£2,600 less than £3,600 4
£70 less than £100.....5		£300 less than £430..... 5		£3,600 less than £5,200 5
£100 less than £150.....6		£430 less than £650..... 6		£5,200 less than £7,800 6
£150 less than £200.....7		£650 less than £870..... 7		£7,800 less than £10,400 7
£200 less than £250.....8		£870 less than £1,100..... 8		£10,400 less than £13,000 8
£250 less than £300.....9		£1,100 less than £1,300..... 9		£13,000 less than £15,600 9
£300 less than £350.....10		£1,300 less than £1,500..... 10		£15,600 less than £18,200 10
£350 less than £400.....11		£1,500 less than £1,700..... 11		£18,200 less than £20,800 11
£400 less than £450.....12		£1,700 less than £2,000..... 12		£20,800 less than £23,400 12
£450 less than £500.....13		£2,000 less than £2,200..... 13		£23,400 less than £26,000 13
£500 less than £550.....14		£2,200 less than £2,400..... 14		£26,000 less than £28,600 14
£550 less than £600.....15		£2,400 less than £2,600..... 15		£28,600 less than £31,200 15
£600 less than £650.....16		£2,600 less than £2,800..... 16		£31,200 less than £33,800 16
£650 less than £700.....17		£2,800 less than £3,000..... 17		£33,800 less than £36,400 17
£700 less than £800.....18		£3,000 less than £3,500..... 18		£36,400 less than £41,600 18
£800 less than £900.....19		£3,500 less than £3,900..... 19		£41,600 less than £46,800 19
£900 less than £1,000.....20		£3,900 less than £4,300..... 20		£46,800 less than £52,000 20
£1,000 less than £1,150....21		£4,300 less than £5,000..... 21		£52,000 less than £60,000 21
£1,150 less than £1,350....22		£5,000 less than £5,800..... 22		£60,000 less than £70,000 22
£1,350 less than £1,550....23		£5,800 less than £6,700..... 23		£70,000 less than £80,000 23
£1,550 less than £1,750....24		£6,700 less than £7,500..... 24		£80,000 less than £90,000 24
£1,750 less than £1,900....25		£7,500 less than £8,300..... 25		£90,000 less than £100,000 25
£1,900 less than £2,100....26		£8,300 less than £9,200..... 26		£100,000 less than £110,000 ... 26
£2,100 less than £2,300....27		£9,200 less than £10,000..... 27		£110,000 less than £120,000 ... 27
£2,300 less than £2,500....28		£10,000 less than £10,800..... 28		£120,000 less than £130,000 ... 28
£2,500 less than £2,700....29		£10,800 less than £11,700..... 29		£130,000 less than £140,000 ... 29
£2,700 less than £2,900....30		£11,700 less than £12,500..... 30		£140,000 less than £150,000 ... 30
£2,900 or more31		£12,500 or more 31		£150,000 or more..... 31

CARD A5

- 1 Going to school or college full-time (including on vacation)
- 2 In paid employment or self-employment (or temporarily away)
- 3 On a Government scheme for employment training
- 4 Doing unpaid work for a business that you own, or that a relative owns
- 5 Waiting to take up paid work already obtained
- 6 Looking for paid work or a Government training scheme
- 7 Intending to look for work but prevented by temporary sickness or injury
- 8 Permanently unable to work because of long-term sickness or disability
- 9 Retired from paid work
- 10 Looking after the home or family
- 11 Doing something else (Please say what)

CARD A6

HOURS SPENT PROVIDING CARE

1 - 4 hours per week

5 – 9 hours per week

10 – 14 hours per week

15 – 19 hours per week

20 – 34 hours per week

35 – 49 hours per week

50+ hours per week

Continuous care (where the person needs to have someone with them at all times of the day and night)

Varies

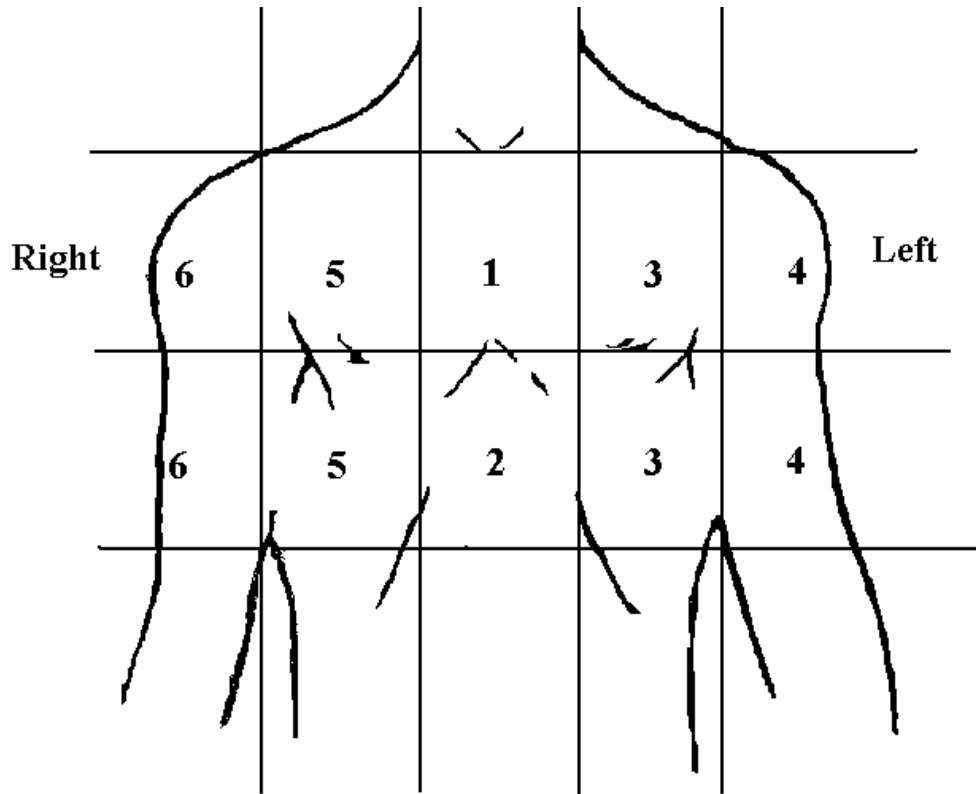
CARD A7

**Extremely
dissatisfied**

**Extremely
satisfied**

0 1 2 3 4 5 6 7 8 9 10

CARD B1



CARD B2

- 1 Regular check-up with GP / hospital / clinic
- 2 Taking medication (tablets / inhalers)
- 3 Advice or treatment to stop smoking
- 4 Using oxygen
- 5 Immunisations against flu / pneumococcus
- 6 Exercise or physical activity
- 7 Advice or treatment to lose weight
- 8 Other (Please say what)

CARD C1

- 1 A general practitioner (GP)
- 2 Nurse at GP surgery/Health centre
- 3 Community, School or District Nurse
- 4 Hospital casualty/Accident and Emergency
department
- 5 Consultant/Specialist or other doctor at hospital
outpatients
- 6 Consultant/Specialist or other doctor elsewhere
- 7 Homeopath
- 8 Acupuncturist
- 9 Other alternative medicine professional

CARD C2

- 1 Take appropriate exercise
- 2 Avoid known allergens or triggers (e.g. pollen, animals, other people's cigarette smoke)
- 3 Advice or treatment to stop smoking
- 4 Avoid extreme temperatures
- 5 Medication (including inhaler) use
- 6 Advice or treatment to lose weight

CARD E1

HOUSEWORK

Done during the last 4 weeks -

Hoovering

Dusting

Ironing

General tidying

Washing floors and paint work

CARD E2

HEAVY HOUSEWORK

Done during the last 4 weeks -

Moving heavy furniture

Spring cleaning

Walking with heavy shopping
(for more than 5 minutes)

Cleaning windows

Scrubbing floors with a scrubbing brush

CARD E3

GARDENING, DIY AND BUILDING WORK

Done during the last 4 weeks -

Hoeing, weeding, pruning

Mowing with a power mower

Planting flowers/seeds

Decorating

Minor household repairs

Car washing and polishing

Car repairs and maintenance

CARD E4

HEAVY MANUAL WORK

Done during the last 4 weeks -

Digging, clearing rough ground

Building in stone/bricklaying

Mowing large areas with a hand mower

Felling trees, chopping wood

Mixing/laying concrete

Moving heavy loads

Refitting a kitchen or bathroom

CARD E5

Done during the last 4 weeks -

- 1 Swimming
- 2 Cycling
- 3 Workout at a gym / Exercise bike / Weight training
- 4 Aerobics / Keep fit / Gymnastics / Dance for fitness
- 5 Any other type of dancing
- 6 Running / Jogging
- 7 Football / Rugby
- 8 Badminton / Tennis
- 9 Squash
- 10 Exercises (e.g. press-ups, sit-ups)

Please also include teaching, coaching and training/practice sessions

CARD E6

Done during the last 4 weeks -

A woodland, forest or tree covered park

An open space or park

Country paths (not on tarmac)

A beach / sea shore / loch / river or canal

Sports fields or outdoor courts (e.g. tennis, 5-a-side)

A swimming pool

A gym or sports centre

Pavements or streets in your local area

Your home or garden

Somewhere else

CARD E7

Every day

4 - 6 days a week

2 - 3 days a week

Once a week

2 -3 times in the last 4 weeks

Once in the last 4 weeks

CARD F1

Less than 5 minutes

5 minutes, less than 15 minutes

15 minutes, less than 30 minutes

30 minutes, less than 1 hour

1 hour, less than 1 ½ hours

1 ½ hours, less than 2 hours

2 hours, less than 2 ½ hours

2 ½ hours, less than 3 hours

3 hours, less than 3 ½ hours

3 ½ hours, less than 4 hours

4 hours or more (please say how long)

CARD F2

SPORTS AND EXERCISE ACTIVITIES

INCLUDE any sports and exercise activities like:

Playing football, rugby or netball in a team,
or any other organised team games

Playing tennis, squash or badminton

include playing in:
a practice session

a match

a club

out-of-school lesson

Going swimming or swimming lessons

Gymnastics (include Toddler Gym, Tumble Tots etc)

Dance lessons, ballet lessons, ice skating

Horse riding

Disco dancing

Any other organised sports, team sports or exercise activities

CARD F3

Other active things like:

Ride a bike

Kick a ball around

Run about (outdoors or indoors)

Play active games

Jump around

Any other things like these

CARD F4

- 1 A woodland, forest or tree covered park
- 2 An open space or park
- 3 Country paths (not on tarmac)
- 4 A beach / sea shore / loch / river or canal
- 5 Sports fields or outdoor courts
- 6 A swimming pool
- 7 A gym or sports centre
- 8 Pavements or streets in your local area
- 9 A playground or playpark
- 10 Your home or garden
- 11 Somewhere else

CARD F5

Every day

4 - 6 days a week

2 - 3 days a week

Once a week

2 -3 times in the last 4 weeks

Once in the last 4 weeks

CARD G1

6 a day or more

4 or 5 a day

2 or 3 a day

One a day

Less than one a day

CARD G2

6 or more times a day

4 or 5 times a day

2 or 3 times a day

Once a day

5 or 6 times a week

2 to 4 times a week

Once a week

1 to 3 times a month

Less often or never

CARD G3

CARD H1

- 1 At own home
- 2 At work
- 3 In other people's homes
- 4 On public transport
- 5 In pubs
- 6 In other public places

CARD J1

Almost every day

Five or six days a week

Three or four days a week

Once or twice a week

Once or twice a month

Once every couple of months

Once or twice a year

Not at all in the last 12 months

CARD J2

- 1 Normal strength beer / lager / cider / shandy
- 2 Strong beer / lager / cider
- 3 Spirits or Liqueurs
- 4 Sherry, Martini or Buckfast
- 5 Wine
- 6 Alcopops / pre-mixed drinks
- 7 Other alcoholic drinks
- 8 Low alcohol drinks only

CARD J3

- 1 In a pub or bar
- 2 In a restaurant
- 3 In a club or disco
- 4 At a party with friends
- 5 At my home
- 6 At someone else's home
- 7 Out on the street, in a park or other outdoor area
- 8 Somewhere else (Please say where)

CARD J4

1. My husband or wife / boyfriend or girlfriend / partner
2. Male friends
3. Female friends
4. Male and female friends together
5. Work colleagues
6. Members of my family / relatives
7. Someone else (Please say who)
8. On my own

CARD K1

No natural teeth

Fewer than 10 natural teeth

Between 10 and 19 natural teeth

20 or more natural teeth

CARD K2

Very happy

Fairly happy

Fairly unhappy

Very unhappy

CARD K3

Yes, often

Yes, occasionally

No, never

CARD K4

Full upper denture

Full lower denture

Partial upper denture

Partial lower denture

CARD P1

- 1 Going to school or college full-time (including on vacation)
- 2 In paid employment or self-employment (or temporarily away)
- 3 On a Government scheme for employment training
- 4 Doing unpaid work for a business that you own, or that a relative owns
- 5 Waiting to take up paid work already obtained
- 6 Looking for paid work or a Government training scheme
- 7 Intending to look for work but prevented by temporary sickness or injury
- 8 Permanently unable to work because of long-term sickness or disability
- 9 Retired from paid work
- 10 Looking after the home or family
- 11 Doing something else (Please say what)

CARD Q1

- 1 School Leaving Certificate, National Qualification (NQ) Unit
- 2 O Grade, Standard Grade, GCSE, GCE O Level, CSE, National Qualification Access 3 Cluster, Intermediate 1 or 2 Senior Certificate or equivalent
- 3 GNVQ/GSVQ Foundation or Intermediate, SVQ Level 1 or 2, SCOTVEC / National Certificate Module, City and Guilds Craft, RSA Diploma or equivalent
- 4 Higher Grade, Advanced Higher, CSYS, A level, AS level, Advanced Senior Certificate or equivalent
- 5 GNVQ/GSVQ Advanced, SVQ Level 3, ONC, OND, SCOTVEC National Diploma, City and Guilds Advanced Craft, RSA Advanced Diploma or equivalent
- 6 HNC, HND, SVQ Level 4, RSA Higher Diploma or equivalent
- 7 First Degree, Higher Degree, SVQ Level 5 or equivalent
- 8 Professional qualifications e.g. teaching, accountancy
- 9 Other school examinations not already mentioned
- 10 Other post-school but pre Higher education examinations not already mentioned
- 11 Other Higher education qualifications not already mentioned
- 12 No qualifications

CARD Q2

- 1 **White:** Scottish
- 2 **White:** Other British
- 3 **White:** Irish
- 4 **White:** Any other white background (PLEASE SAY WHICH)

- 5 **Mixed:** Any mixed background

- 6 **Asian, Asian Scottish or Asian British:** Indian
- 7 **Asian, Asian Scottish or Asian British:** Pakistani
- 8 **Asian, Asian Scottish or Asian British:** Bangladeshi
- 9 **Asian, Asian Scottish or Asian British:** Chinese
- 10 **Asian, Asian Scottish or Asian British:** Any other Asian background (PLEASE SAY WHICH)

- 11 **Black, Black Scottish or Black British:** Caribbean
- 12 **Black, Black Scottish or Black British:** African
- 13 **Black, Black Scottish or Black British:** Any other black background (PLEASE SAY WHICH)

- 14 **Any other ethnic group** (PLEASE SAY WHICH)

CARD Q3

- 1 Self-employed, with a business with 25 or more employees
- 2 Self-employed, with a business with fewer than 25
employees
- 3 Self-employed, in a business with no employees
- 4 A manager of 25 or more staff
- 5 A manager of fewer than 25 staff
- 6 Foreman or supervisor
- 7 An employee, not a manager

CARD Q4

- 1 High Blood Pressure
- 2 Angina
- 3 Heart Attack
- 4 Stroke
- 5 Other Heart Trouble
- 6 Diabetes

CARD S1

A great deal

Quite a lot

A little

None at all

CARD S2

Very healthy

Fairly healthy

Fairly unhealthy

Very unhealthy

CARD S3

I already lead a healthy life

I don't want to make any changes to my life

It's just too difficult for me to do anything to make my life healthier

CARD S4

- 1 Cut down smoking
- 2 Stop smoking
- 3 Cut down the amount of alcohol I drink
- 4 Stop drinking alcohol
- 5 Be more physically active
- 6 Control weight
- 7 Eat more healthily
- 8 Reduce the amount of stress in my life

CARD S5

They already lead a healthy life / lives

I don't want to make any changes to their life / lives

It's just too difficult for me to do anything to make their life /
lives healthier

CARD S6

- 1 Cut down or stop my smoking
- 2 Discourage them from smoking
- 3 Help them to develop a sensible attitude to drinking
- 4 Help them be more physically active
- 5 Watch their weight
- 6 Help them to eat more healthily
- 7 Make sure they get a lot of praise and encouragement
- 8 None of these
- 9 Other (Please say what)

CARD S7

- 1 Cut down smoking
- 2 Stop smoking
- 3 Cut down the amount of alcohol I drink
- 4 Stop drinking alcohol
- 5 Be more physically active
- 6 Control weight
- 7 Eat more healthily
- 8 Reduce the amount of stress in my life

CARD S8

Strongly agree

Tend to agree

Tend to disagree

Strongly disagree

CARD S9

(no option 1)

- 2 Media such as radio, television or newspapers
- 3 Books/Magazines
- 4 GPs or other health professionals
- 5 Friends or family
- 6 Leaflets/Booklets
- 7 The internet
- 8 Telephone advice lines
- 9 DVDs
- 10 Education or training at work
- 11 None of these
- 12 Other

CARD S10

- 1 To feel better / fitter
- 2 To lose weight
- 3 To improve my general appearance
- 4 To improve my overall health
- 5 To help reduce the risk of a particular illness or disease
- 6 To save money
- 7 To make meals more tasty and enjoyable
- 8 Suggested by doctor / health professional
- 9 None of these
- 10 Other (please say what)

CARD S11

Very healthy

Fairly healthy

Fairly unhealthy

Very unhealthy

CARD S12

- 1 Family discouraging or unsupportive
- 2 Friends discouraging or unsupportive
- 3 People at work discouraging or unsupportive
- 4 Not knowing what changes to make
- 5 Not knowing how to cook more healthy foods
- 6 Lack of choice of healthy foods in canteens and restaurants
- 7 Lack of choice of healthy foods in places where you do your main shop
- 8 Healthy foods are too expensive
- 9 Healthy foods take too long to prepare
- 10 Healthy foods too boring
- 11 Lack of willpower
- 12 Don't like the taste / don't enjoy healthy foods
- 13 None of these – nothing prevents me from eating more healthily
- 14 Other (Please say what)

CARD S13

Strongly agree

Tend to agree

Tend to disagree

Strongly disagree

CARD S14

- 1 To reduce stress
- 2 To feel better generally
- 3 To lose weight
- 4 To prevent disease or ill health
- 5 To feel healthier and fitter
- 6 To look better / improve shape
- 7 To enjoy myself
- 8 Advised to do so
- 9 Other (Please say what)

CARD S15

- 1 Lack of time due to other commitments
- 2 Prefer to do other things
- 3 Ill health, injury or disability
- 4 I feel too fat / overweight
- 5 I do not enjoy exercise
- 6 Lack of suitable local facilities
- 7 I am too old
- 8 Lack of money
- 9 Lack of transport
- 10 I have nobody to go with
- 11 Traffic, road safety or the environment puts me off
- 12 The weather puts me off
- 13 I don't have the skills or confidence to do it
- 14 None of these – nothing prevents me from being more active
- 15 Other (Please say what)

CARD S16

(there are no options 10,11)

- 1 Heart disease
- 2 Some cancers
- 3 Diabetes
- 4 High blood pressure
- 5 Overweight and obesity
- 6 Mental health problems
- 7 Brittle bones (osteoporosis)
- 8 Injuries and accidents
- 9 Stomach ulcer
- 12 Other (Please say what)

CARD S17

- B Underweight
- L About right
- J Overweight
- H Very overweight

CARD S18

(there are no options 10,11)

- 1 Heart disease
- 2 Some cancers
- 3 Diabetes
- 4 High blood pressure
- 5 Stroke
- 6 Gallbladder disease
- 7 Arthritis (pain / swelling in the joints)
- 8 Gout
- 9 Stomach ulcer
- 12 Other (Please say what)

CARD S19

0-1 days

1-2 days

2-3 days

3-4 days

4-5 days

5-6 days

6-7 days

CARD S20

- Q A very light or occasional drinker
- T A light but regular drinker
- K A moderate drinker
- O Quite a heavy drinker
- G A very heavy drinker

CARD S21

1. Skin cancer
2. Bowel cancer
3. Breast cancer
4. Cervical cancer
5. Other (Please say which kind)

CARD S22

1. Vaccination
2. Screening (a smear test)
3. Taking more exercise
4. Losing weight
5. Other (Please say what)