

Attitudes to mental health and wellbeing

APPENDIX: question text

CAPI interview

Mental Health module

Q546 [MWKnow]

CARD K1

How confident are you, if at all, that you know what it means to have good mental wellbeing? Choose a phrase from this card.

- 1 Very confident
- 2 Quite confident
- 3 Not very confident
- 4 Not at all confident
- 8 (Don't know)
- 9 (Refusal)

Q547 [MWDef]

INTERVIEWER: PLEASE HAND LARGE STANDALONE CARD K TO THE RESPONDENT AND ASK THEM TO KEEP IT FOR THE NEXT SET OF QUESTIONS.

THEN READ OUT THE FOLLOWING TEXT.

The next set of questions are about 'mental wellbeing'. By this I mean how someone is feeling and how well they deal with the normal ups and downs of everyday life. Having **good** mental wellbeing includes ...READ OUT...

...feeling positive,
...enjoying daily activities,
...getting on well with other people,
...being able to make decisions,
...and dealing with change or uncertainty.

- 1 Press 1 and <Enter> to continue.
- 8 (Don't know)
- 9 (Refusal)

Q548 [MwMTime]

CARD K2

How much, if at all, would you say you think about your own mental wellbeing?

- 1 A great deal
- 2 Quite a lot
- 3 Not very much
- 4 Not at all
- 8 (Don't know)
- 9 (Refusal)

Q549 [MWEff1]

CARD K3

Here is a list of things which might affect someone's mental wellbeing. Which, if any, do you think has the **biggest** effect on **your** mental wellbeing?

CODE ONE ONLY

- 1 The amount of time I spend relaxing / having time out
- 2 How much exercise I do
- 3 The amount of time I spend outdoors
- 4 The amount or quality of sleep I get
- 5 My job or work-life balance
- 6 My finances
- 7 My home
- 8 The neighbourhood I live in
- 9 My relationships with friends and family
- 10 What or how much I eat and drink
- 11 How much say I have in decisions that affect me
- 12 How much involvement I have in local groups or activities
- 97 Other (PLEASE WRITE IN)
- 98 None of these
- 998 (Don't know)
- 999 (Refusal)

IF NOT 'None of these' OR DON'T KNOW OR REFUSAL AT [MWEff1]

Q552 [MWEff2]

CARD K3 AGAIN

And which has the **second biggest** effect (on your mental wellbeing)?

CODE ONE ONLY

- 1 The amount of time I spend relaxing / having time out
- 2 How much exercise I do
- 3 The amount of time I spend outdoors
- 4 The amount or quality of sleep I get
- 5 My job or work-life balance
- 6 My finances
- 7 My home
- 8 The neighbourhood I live in
- 9 My relationships with friends and family
- 10 What or how much I eat and drink
- 11 How much say I have in decisions that affect me
- 12 How much involvement I have in local groups or activities
- 97 Other (PLEASE WRITE IN)
- 98 None of these
- 998 (Don't know)
- 999 (Refusal)

IF NOT 'None of these' OR DON'T KNOW OR REFUSAL AT [MWEff2]

Q555 [MWEff3]

CARD K3 AGAIN

And which has the **third biggest** effect?

CODE ONE ONLY

- 1 The amount of time I spend relaxing / having time out
- 2 How much exercise I do
- 3 The amount of time I spend outdoors
- 4 The amount or quality of sleep I get
- 5 My job or work-life balance
- 6 My finances
- 7 My home
- 8 The neighbourhood I live in
- 9 My relationships with friends and family
- 10 What or how much I eat and drink
- 11 How much say I have in decisions that affect me
- 12 How much involvement I have in local groups or activities
- 97 Other (PLEASE WRITE IN)
- 98 None of these
- 998 (Don't know)
- 999 (Refusal)

VERSIONS B & C: ASK ALL

Q558 [MWHpFW]

-Q575 CARD K4

Here is a list of things that people might do which make them feel more positive or help them deal better with the ups and downs of everyday life.

Which, if any, of these help **you** feel more positive or deal better with everyday life? Please choose all that apply.

PROBE - Which others?

CODE ALL THAT APPLY

Multicoded (Maximum of 18 codes)

- | | | |
|-----|--|-----------|
| 1 | Go for a walk or get some fresh air | [MWHpFWa] |
| 2 | Go to the gym or take some other form of exercise | [MWHpFEx] |
| 3 | Get more sleep | [MWHpFSI] |
| 4 | Eat healthy food | [MWHpFHF] |
| 5 | Go shopping | [MWHpFSh] |
| 6 | Have an alcoholic drink | [MWHpFAI] |
| 7 | Eat comfort food | [MWHpFCF] |
| 8 | Spend time with family or friends | [MWHpFFF] |
| 9 | Be involved in local groups, clubs or activities | [MWHpFLo] |
| 10 | Take time to think things through | [MWHpFTi] |
| 11 | Spend time on hobbies like music, art, reading or crosswords | [MWHpFHo] |
| 12 | Spend time helping other people | [MWHpFHe] |
| 13 | Learn new things | [MWHpFLe] |
| 14 | Read information, self-help or motivational books | [MWHpFBo] |
| 15 | Make plans and set goals | [MWHpFPI] |
| 16 | Seek advice or help from a professional | [MWHpFAd] |
| 97 | Other (PLEASE WRITE IN) | [MWHpFOt] |
| 98 | None of these | [MWHpFNo] |
| 998 | (Don't know) | |
| 999 | (Refusal) | |

IF MORE THAN ONE VALID ANSWER AT [MWHpFW]

Q596 [MWHpBst]

CARD K4 AGAIN

And which **one** of these is the **best thing** for helping you feel more positive or deal better with everyday life?

CODE ONE ONLY

- 1 Go for a walk or get some fresh air
- 2 Go to the gym or take some other form of exercise
- 3 Get more sleep
- 4 Eat healthy food
- 5 Go shopping
- 6 Have an alcoholic drink
- 7 Eat comfort food
- 8 Spend time with family or friends
- 9 Be involved in local groups, clubs or activities
- 10 Take time to think things through
- 11 Spend time on hobbies like music, art, reading or crosswords
- 12 Spend time helping other people
- 13 Learn new things
- 14 Read information, self-help or motivational books
- 15 Make plans and set goals
- 16 Seek advice or help from a professional
- 97 Other (PLEASE WRITE IN)
- 98 None of these
- 998 (Don't know)
- 999 (Refusal)

Q599 [MWHpBstD] ¹

And which **one** of these is the **best** thing for helping you feel more positive or deal better with everyday life? DV

CODE ONE ONLY

- 1 Go for a walk or get some fresh air
- 2 Go to the gym or take some other form of exercise
- 3 Get more sleep
- 4 Eat healthy food
- 5 Go shopping
- 6 Have an alcoholic drink
- 7 Eat comfort food
- 8 Spend time with family or friends
- 9 Be involved in local groups, clubs or activities
- 10 Take time to think things through
- 11 Spend time on hobbies like music, art, reading or crosswords
- 12 Spend time helping other people
- 13 Learn new things
- 14 Read information, self-help or motivational books
- 15 Make plans and set goals
- 16 Seek advice or help from a professional
- 97 Other (PLEASE WRITE IN)
- 98 None of these
- 998 (Don't know)
- 999 (Refusal)

VERSIONS B & C: ASK ALL

Q600 [MWEnd]

INTERVIEWER - PLEASE COLLECT THE LARGE STANDALONE CARDS FROM RESPONDENT

- 1 Press 1 and <Enter> to continue.
- 8 (Don't know)
- 9 (Refusal)

Q601 [PrDepres]

Suppose an employee applied for a promotion. He has had repeated periods off work because of depression but this has been under control for a year or so through medication. Do you think he would be ... READ OUT ...

- 1 ... just as likely as anyone else to be promoted,
- 2 slightly less likely to be promoted,
- 3 or, much less likely to be promoted?
- 8 (Don't know)
- 9 (Refusal)

¹ Called [MWHpBstD] on SPSS file. Derived from [MWHpFW] and [MWHpBst]

Q602 [ShdDep]

CARD K5

And what do you think **should** happen? Should his medical history make a difference or not?

- 1 Definitely should
- 2 Probably should
- 3 Probably should not
- 4 Definitely should not
- 5 EDIT ONLY: Depends on the job / type of work / depends on whether it would affect his / her job
- 7 (Other (PLEASE WRITE IN))
- 8 (Don't know)
- 9 (Refusal)

Q605 [PrSchiz]

And now think about someone who has had repeated periods off work because of schizophrenia but this has been under control for a year or so through medication. Do you think he would be ... READ OUT ...

- 1 ... just as likely as anyone else to be promoted,
- 2 slightly less likely to be promoted,
- 3 or, much less likely to be promoted?
- 8 (Don't know)
- 9 (Refusal)

Q606 [ShdSchiz]

CARD K5 AGAIN

And what do you think **should** happen? Should his medical history make a difference or not?

- 1 Definitely should
- 2 Probably should
- 3 Probably should not
- 4 Definitely should not
- 5 EDIT ONLY: Depends on the job / type of work / depends on whether it would affect his / her job
- 7 (Other (PLEASE WRITE IN))
- 8 (Don't know)
- 9 (Refusal)

Q609 [PrDiab]

And now think about someone who has had repeated periods off work because of diabetes but this has been under control for a year or so through medication. Do you think he would be ... READ OUT ...

- 1 ... just as likely as anyone else to be promoted,
- 2 slightly less likely to be promoted,
- 3 or, much less likely to be promoted?
- 8 (Don't know)
- 9 (Refusal)

Q610 [ShdDiab]

CARD K5 AGAIN

And what do you think **should** happen? Should his medical history make a difference or not?

- 1 Definitely should
- 2 Probably should
- 3 Probably should not
- 4 Definitely should not
- 5 EDIT ONLY: Depends on the job / type of work / depends on whether it would affect his / her job
- 7 (Other (PLEASE WRITE IN))
- 8 (Don't know)
- 9 (Refusal)

Q613 [MHInt2b]

HAND OVER LARGE STANDALONE CARD **EXAMPLE 1** AND READ OUT...

This card describes someone else - please read through it or I can read it out if you prefer. I'd then like to ask you some questions about this person.

IF RESPONDENT WANTS TO HAVE THE SCENARIO READ OUT...

Andy was doing pretty well until six months ago. But then things started to change. He thought that people around him were criticising him and talking behind his back. Andy heard voices even though no one else was around. These voices told him what to do and what to think. Andy couldn't work any more, stopped joining in with family activities and started to spend most of the day in his room.

- 1 Press 1 and <Enter> to continue.
- 8 (Don't know)
- 9 (Refusal)

Q614 [MHV1bMNx]

CARD K6

And now I would like you to think about how willing, or unwilling, you would be to ...

... move next door to Andy?

- 1 Very willing
- 2 Fairly willing
- 3 Neither willing nor unwilling
- 4 Fairly unwilling
- 5 Very unwilling
- 8 (Don't know)
- 9 (Refusal)

Q615 [MHV1bSoc]
CARD K6 AGAIN
How willing, or unwilling, would you be to ...
... spend time socialising with Andy?

- 1 Very willing
- 2 Fairly willing
- 3 Neither willing nor unwilling
- 4 Fairly unwilling
- 5 Very unwilling
- 8 (Don't know)
- 9 (Refusal)

Q616 [MHV1bFri]
CARD K6 AGAIN
How willing, or unwilling, would you be to ...
... make friends with Andy?

- 1 Very willing
- 2 Fairly willing
- 3 Neither willing nor unwilling
- 4 Fairly unwilling
- 5 Very unwilling
- 8 (Don't know)
- 9 (Refusal)

Q617 [MHV1bCol]
CARD K6 AGAIN
(How willing, or unwilling, would you be to ...)
... have Andy as a workmate or colleague?

- 1 Very willing
- 2 Fairly willing
- 3 Neither willing nor unwilling
- 4 Fairly unwilling
- 5 Very unwilling
- 8 (Don't know)
- 9 (Refusal)

Q618 [MHV1bMar]
CARD K6 AGAIN
(How willing, or unwilling, would you be to ...)
... have Andy marry into the family?

- 1 Very willing
- 2 Fairly willing
- 3 Neither willing nor unwilling
- 4 Fairly unwilling
- 5 Very unwilling
- 8 (Don't know)
- 9 (Refusal)

- Q619 [MHV1bChC]
CARD K6 AGAIN
(How willing, or unwilling, would you be to ...)
... have Andy provide childcare for someone in your family?
INTERVIEWER NOTE: If asked, for example babysitting or child minding
- 1 Very willing
 - 2 Fairly willing
 - 3 Neither willing nor unwilling
 - 4 Fairly unwilling
 - 5 Very unwilling
 - 8 (Don't know)
 - 9 (Refusal)

- Q620 [MHInt3b]
TURN TO LARGE STANDALONE CARD **EXAMPLE 2**
INTERVIEWER READ OUT...
This card describes a different person - please read through it or I can read it out if you prefer. I'd then like to ask you some questions about this person.
IF RESPONDENT WANTS TO HAVE THE SCENARIO READ OUT...
Stephen has been feeling really down for about six months and his family have noticed that he hasn't been himself. He doesn't enjoy things the way he normally would. He wakes up early in the morning with a flat heavy feeling that stays with him all day long. He has to force himself to get through the day, and even the smallest things seem hard to do. He finds it hard to concentrate on anything and has no energy.
- 1 Press 1 and <Enter> to continue.
 - 8 (Don't know)
 - 9 (Refusal)

- Q621 [MHV2bMNx]
CARD K6
And now I would like you to think about how willing, or unwilling, you would be to ...
... move next door to Stephen?
- 1 Very willing
 - 2 Fairly willing
 - 3 Neither willing nor unwilling
 - 4 Fairly unwilling
 - 5 Very unwilling
 - 8 (Don't know)
 - 9 (Refusal)

Q622 [MHV2bSoc]
CARD K6 AGAIN
How willing, or unwilling, would you be to ...
... spend time socialising with Stephen?

- 1 Very willing
- 2 Fairly willing
- 3 Neither willing nor unwilling
- 4 Fairly unwilling
- 5 Very unwilling
- 8 (Don't know)
- 9 (Refusal)

Q623 [MHV2bFri]
CARD K6 AGAIN
How willing, or unwilling, would you be to ...
... make friends with Stephen?

- 1 Very willing
- 2 Fairly willing
- 3 Neither willing nor unwilling
- 4 Fairly unwilling
- 5 Very unwilling
- 8 (Don't know)
- 9 (Refusal)

Q624 [MHV2bCol]
CARD K6 AGAIN
(How willing, or unwilling, would you be to ...)
... have Stephen as a workmate or colleague?

- 1 Very willing
- 2 Fairly willing
- 3 Neither willing nor unwilling
- 4 Fairly unwilling
- 5 Very unwilling
- 8 (Don't know)
- 9 (Refusal)

Q625 [MHV2bMar]
CARD K6 AGAIN
(How willing, or unwilling, would you be to ...)
... have Stephen marry into the family?

- 1 Very willing
- 2 Fairly willing
- 3 Neither willing nor unwilling
- 4 Fairly unwilling
- 5 Very unwilling
- 8 (Don't know)
- 9 (Refusal)

- Q626 [MHV2bChC]
CARD K6 AGAIN
(How willing, or unwilling, would you be to ...)
... have Stephen provide childcare for someone in your family?
INTERVIEWER NOTE: If asked, for example babysitting or child minding
- 1 Very willing
 - 2 Fairly willing
 - 3 Neither willing nor unwilling
 - 4 Fairly unwilling
 - 5 Very unwilling
 - 8 (Don't know)
 - 9 (Refusal)

Mental health questions asked outside the mental health module

- Q231 [Wbeing]
Next I would like to ask you a question about your feelings on aspects of your life.
There are no right or wrong answers.
I'd like you to give an answer on a scale of 0 to 10, where 0 is 'not at all' and 10 is 'completely'.
Overall, how satisfied are you with your life nowadays?
INTERVIEWER: Where 0 is 'not at all satisfied' and 10 is 'completely satisfied'.
Range: 0 ... 10
- 98 (Don't know)
 - 99 (Refusal)

VERSIONS B & C: ASK ALL

Q1009 [MHCExp]

CARD P10

From what you know, has anyone close to you ever been told by a doctor or other health professional, that they had one or other of the specific mental health problems on the card?

I only need a 'Yes' or 'No' answer.

INTERVIEWER: If asked, this does not include their own experience of mental health problems, there is a separate question about this.

- 1 Yes
- 2 No
- 8 (Don't know)
- 9 (Refusal)

Q1010 [MHSfExp]

CARD P10 AGAIN

Have you ever been told by a doctor or other health professional, that you personally have had one or other of the specific mental health problems on the card?

Again, I only need a 'yes' or 'no' answer.

- 1 Yes
- 2 No
- 8 (Don't know)
- 9 (Refusal)

Card P10 This text was visible to respondents

- 1 Alzheimer's disease/Dementia
- 2 Anxiety disorder
- 3 Depression
- 4 Eating disorder (anorexia, bulimia)
- 5 Manic depression (bipolar affective disorder)
- 6 Nervous breakdown
- 7 Obsessive/compulsive behaviour/disorder
- 8 Panic attacks
- 9 Personality disorder
- 10 Phobias (e.g. agoraphobia)
- 11 Post-natal depression
- 12 Schizophrenia
- 13 Self-harm
- 14 Severe stress
- 15 Post traumatic stress disorder
- 16 Other mental health problem

Self-completion questionnaire

Please tick one box for each statement to show how much you agree or disagree with it.

Agree strongly Agree Neither agree nor disagree Disagree Disagree strongly Can't choose

- a I don't have time to spend on looking after my mental wellbeing. **[MWNTIME]**
- b ...I don't have time to spend on looking after my physical health and fitness. **[PHNTIME]**
- c ...I know what to do to improve my mental wellbeing. **[MWIMPR]**
- d ... The things that affect my mental wellbeing are out of my control.**[MWCNTR]**

Please tick one box for each statement to show how much you agree or disagree with it.

Agree strongly Agree Neither agree nor disagree Disagree Disagree strongly Can't choose

- a ...Most people know what to do to keep themselves physically healthy.**[PHKNOW]**
- b Most people know what to do to keep themselves mentally healthy.**[MHKNOW]**