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Twin Report

TEDS-21 Study

Please answer all questions as best you can even if you are unsure or if the question seems repetitive.

Please indicate your answers with a cross

If you make a mistake, shade out and cross the appropriate box, e.g. \blacksquare



Please remember to complete this questionnaire using BLACK ink only.

Thank you for taking part in this study. Your contribution is very important to us.

Confidentiality

We understand that your thoughts and feelings are private. Please be assured that all responses will remain confidential, and will only be read by the researcher. All responses will be kept in accordance with the Data Protection Act 1998.

Your Personality

In terms of the following personality traits, please rate where you fall on the scale from 1 (high) to 5 (low).

Personality trait	← High	1	2	3	4	5	Low →
Anxiousness	fearful, apprehensive						relaxed, unconcerned, cool
Angry, hostility	angry, bitter						even-tempered
Depressiveness	pessimistic, glum						optimistic
Self-consciousness	timid, embarrassed						self-assured, glib, shameless
Impulsivity	tempted, urgency						controlled, restrained
Vulnerability	helpless, fragile						clear-thinking, fearless, unflappable
Warmth	cordial, affectionate, attached						cold, aloof, indifferent
Gregariousness	sociable, outgoing						withdrawn, isolated
Assertiveness	dominant, forceful						unassuming, quiet, resigned
Activity	vigorous, energetic, active						passive, lethargic
Excitement-seeking	reckless, daring						cautious, monotonous, dull
Positive Emotions	high-spirited						placid, anhedonic
Fantasy	dreamer, unrealistic, imaginative						practical, concrete
Aesthetics	curious, appreciate art						uninvolved, no artistic interests
Feelings	self-aware						constricted, unaware, alexythymic
Actions	unconventional, eccentric						routine, predictable, habitual, stubborn
Ideas	strange, odd, peculiar, creative						pragmatic, rigid
Values	permissive, broad-minded						traditional, inflexible, dogmatic, rigid
Trust	gullible, naïve, trusting						sceptical, cynical, suspicious, paranoid
Straightforwardness	confiding, honest						cunning, manipulative, deceptive
Altruism	sacrificial, giving						stingy, selfish, greedy, exploitative
Compliance	docile, cooperative						oppositional, combative, aggressive
Modesty	meek, self-effacing, humble						confident, boastful, arrogant
Tender-mindedness	soft, empathetic						tough, callous, ruthless
Competence	perfectionistic, efficient						lax, negligent

Personality trait	← High	1	2	3	4	5	Low →
Order	ordered, methodical, organised						haphazard, disorganised, sloppy
Dutifulness	rigid, reliable, dependable						casual, undependable, unethical
Achievement	workaholic, ambitious						aimless, desultory
Self-discipline	dogged, devoted						hedonic, negligent
Deliberation	cautious, ruminative, reflective						hasty, careless, rash

Please rate the extent to which you match the following statements about your personality.

	Not at all	Slightly	Moderately	Quite	Very much
I am good at resisting temptation					
I have a hard time breaking bad habits					
I am lazy					
I say inappropriate things					
Pleasure and fun sometimes keep me from getting work done					
I have trouble concentrating					

Please rate the extent to which the following statements are characteristic of your personality.

	 Extremely uncharacteristic of me 			Extremely stic of me →
I only act to satisfy immediate concerns, figuring the future will take				
care of itself				
I generally ignore warnings about possible future problems because I think the problems will be resolved before they reach crisis level				
I think that sacrificing now is usually unnecessary since future outcomes can be dealt with at a later time				
This is a quality control item, please select 'Extremely uncharacteristic of me'				
I only act to satisfy immediate concerns, figuring that I will take care of future problems that may occur at a later date				

On a scale from 1 (not anxious at all) to 10 (very anxious), how anxious does maths make you?

← Not an	ixious at all							Very a	inxious \rightarrow
1	2	3	4	5	6	7	8	9	10

The following questions are about taking risks.

	Never	Rarely	Sometimes	Often	Very often
How often do you take recreational risks (e.g. skiing, skateboarding, skydiving, cliff- jumping/tombstoning)?					
How often do you take health risks (e.g. smoking, poor diet, high alcohol consumption, binge-drinking)?					
How often do you take career risks (e.g. quitting a job without another to go to)?					
How often do you take financial risks (e.g. gambling, risky investments)?					
How often do you take safety risks (e.g. fast driving, cycling without a helmet, being in a car without a seat belt)?					
How often do you take social risks (e.g. standing for election, publicly challenging a rule or decision)?					

How much do you agree with the following statements?

	Strongly		Neither agree nor		Strongly
	disagree	Disagree	disagree	Agree	agree
Given enough provocation, I may hit another person					
If I have to resort to violence to protect my rights, I will					
There are people who pushed me so far that we came to blows					
I tell my friends openly when I disagree with them					
When people annoy me, I may tell them what I think of them					
My friends say that I'm somewhat argumentative					
Sometimes I fly off the handle for no good reason					
I have trouble controlling my temper					

Your Thoughts and Attitudes

How important are the following for you.

	Not important	Slightly important	Somewhat important	Important	Very important
How important is it for you to have a close relationship?					
How important is it for you to exert influence?					
How important is it for you to have an active social life?					
How important is it for you to give love and affection?					
How important is it for you to have trusting relationships with others?					
How important is it for you to continuously improve yourself?					
How important is it for you to receive recognition?					
How important is it for you to receive love and affection?					
This is a quality control question, please select 'Very important'					
How important is it for you to reach a prestigious position?					

Please rate where you fall on a scale of 1 to 5 on the following descriptions of your thoughts and attitudes.

		1	2	3	4	5	
I feel my personal existence is	← Utterly meaningless, without purpose						Purposeful and meaningful →
In achieving life goals I've	 Made no progress whatsoever 						Progressed to complete fulfilment $ ightarrow$
As I view the world in relation to my life, the world	← Completely confuses me						Fits meaningfully with my life →
If I should die today, I'd feel that my life has been	← Completely worthless						Very worthwhile $ ightarrow$
I have discovered	← No mission or purpose in life						A satisfying life purpose →

Please rate how strongly you agree or disagree with the following statements about attitudes to the environment, democracy and government.

	Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree
I would be prepared to pay more for environmentally-friendly products					
The so-called 'environmental crisis' facing humanity has been greatly exaggerated					
The effects of climate change are too far in the future to really worry me					
Any changes I make to help the environment need to fit in with my lifestyle					
It's not worth me doing things to help the environment if others don't do the same					
It's not worth Britain trying to combat climate change, because other countries will just cancel out what we do					
It is important that all citizens have an adequate standard of living					
It is important that government authorities respect and protect the rights of minorities					
It is important that people be given more opportunities to participate in public decision-making					
It is important that governments respect democratic rights whatever the circumstances					
It is important that health care be provided for everyone					

How interested would you say you personally are in politics?

Not at all interested	Not very interested	Fairly interested	Very interested

In politics people sometimes talk of left and right. By left we mean more liberal parties and by right we mean more conservative parties. Where would you place yourself on a scale from 0 to 5, where **0** is **completely left** and **5** is **completely right**?

← Left					Right \rightarrow
0	1	2	3	4	5

These questions are about your perceptions of genetic influence.

By genetic influence, we mean how differences in people's DNA contribute to differences in characteristics (DNA is the code that gets passed down from your parents and contains the instructions to build every cell in your body!)

Please tick the extent to which you think the following characteristics and disorders are influenced by DNA.

Example: If you think that hair colour is only influenced by DNA differences, you would mark 100%. However if you think that it is mostly influenced by DNA but a bit by the environment, you might select '90%' (meaning 90% influenced by DNA, 10% influenced by the environment). We are interested in your perceptions and there are no right or wrong answers.

How heritable are differences in	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Eye colour											
Height											
Weight											
Breast cancer											
Stomach ulcers											
Schizophrenia											
Autism											
Reading disability											
School achievement											
Verbal ability (e.g. vocabulary)											
Remembering faces											
General intelligence (e.g. reasoning)											
Personality											
Spatial ability (e.g. navigation)											

About You

Please rate how true the following statements have been about you in the last six months.

In the last six months	Not true	Quite true	Very true
I've tried to be nice to other people. I've cared about their feelings			
I've been restless, I've not been able to stay still for long			
I've had a lot of headaches, stomach-aches or sickness			
I have usually shared with others			
I've been very angry and often lost my temper			
I have usually been on my own. I have generally kept to myself			
I've usually done as I am told			
I've worried a lot			
This is a quality control question, please select 'Very true'			
I've been helpful if someone was hurt, upset or feeling ill			
I have constantly been fidgeting or squirming			
I've had one good friend or more			
I've fought a lot. I could make other people do what I wanted			
I have often been unhappy, down-hearted or tearful			
Other people my age have generally liked me			
I've been easily distracted, I've found it difficult to concentrate			
I've been nervous in new situations. I've easily lost confidence			
I've been kind to others			
I've often been accused of lying or cheating			
Other people have picked on me or bullied me			
I've often volunteered to help others			
I've thought before I've done things			
I've taken things that are not mine			
I have got on better with older adults than with people my own age			
I've had many fears, I've been easily scared			
I've finished the work I have been doing. My attention has been good			

Please state how often you have done the following in the last 12 months.

During the last 12 months	Never	Once or twice	3 to 6 times	7 to 12 times	13 times or more
How often have you given money to charity?					
How often have you sponsored a friend who was raising money for charity?					
How often have you given money directly to people begging on the street?					
How often have you given unpaid help to a charity, group, club or organisation (outside of your main employment)?					
How often have you given unpaid help to other people (e.g. a friend, neighbour or someone else but not a relative)?					

Please rate how true the following statements have been about you in the past two weeks.

In the past two weeks	Not true	Quite true	Very true
I felt miserable or unhappy.			
I felt so tired I just sat around and did nothing.			
I was very restless.			
I cried a lot.			
I found it hard to think properly or concentrate.			
I hated myself.			
I felt lonely.			
This is a quality control question, please select 'Very true'.			
I thought I could never be as good as other people.			

How strongly do you agree or disagree with the following statements about you?

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I give in to peer pressure easily					
This is a quality control question, please select 'Disagree'					
At times, I've broken rules because others have urged me to					
At times, I've done dangerous or foolish things because others dared me to					
I often feel pressured to do things I wouldn't normally do					
I've felt pressured to have sex, because a lot of people my own age have already had sex					
I've felt pressured to get drunk at parties					
At times I've felt pressured to do drugs, because others have urged me to					

The following questions are about religion.

	Never	A few times a year	A few times a month	Once a week	A few times a week	Once or several times a day
How often do you think about religious issues in relation to your own life?						
How often do you take part in religious services?						
How often do you pray?						
How often do you experience situations in which you have the feeling that God or something divine intervenes in your life?						

To what extent do you believe that God or something divine exists?

Strongly disbelieve	Disbelieve	Neutral	Believe	Strongly believe

Love and Relationships

We understand that your thoughts and feelings are private. Please be assured that all responses will remain confidential, and will only be read by the researcher. If you find that you prefer not to answer a particular question, please leave it and move on to the next question.

What best describes your relationship status? (tick one only)

Single	
Dating non-exclusively	
In exclusive relationship	
Living with my partner	
Married	
Widowed	
Separated	
Divorced	

Think about the people you are sexually attracted to.

Always male	
Mostly male, but sometimes female	
Equally male and female	
Mostly female, but sometimes male	
Always female	
Little or no sexual attraction	
Unsure/I don't know	

How long have you been in your current relationship for? (Skip this question if you are not in a relationship)

0-1 month	1-3 months	4-8 months	9-12 months	More than 12 months

How many relationships have you been in?

0	1-2	3-5	6-10	More than 10

How long was your longest relationship?

(Skip this question if you have not been in a relationship)

0-6 months	7-12 months	1-2 years	3-4 years	5 years or more

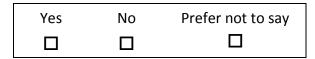
How much do you agree with the following statements?

			Neither		
	Strongly		agree nor		Strongly
	disagree	Disagree	disagree	Agree	agree
I am happy with my love life					
I have the level of intimacy in my life that I want					
I feel loved					

How much do you agree with the following statements about marriage?

	Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree
Marriage would provide the highest level of companionship					
Marriage usually ends in heartbreak					
Marriage provides shared responsibilities					
Marriage causes a lot of stress					
Being married would interfere with career goals					
Marriage provides greater financial security					
Good communication between partners is one of the keys to having a strong marriage					
My social life would be hampered if I were married					

Have you ever had sexual intercourse?



If Yes, please answer the following 5 questions.

If No, skip ahead to the following question about HIV.

1. How old were you when you had sexual intercourse for the first time?

11 or younger	12	13	14	15	16	17 or older

2. How many people have you had sexual intercourse with?

1 person	2-3 people	4-7 people	8-14 people	15 or more people

3. When you have sex, how often do you or the other person use a condom?

Never	Not very often	Quite often	Very often	Always

4. When you have sex, how often do you or the other person use any other type of contraception (other than condoms)?

Never	Not very often	Quite often	Very often	Always

5. Have you ever been diagnosed with a sexually transmitted disease?

No	Yes, once	Yes, 2-3 times	Yes, 4-7 times	Yes, 8+ times

Please answer this question whether or not you have ever had sexual intercourse. Have you ever been diagnosed with HIV?

No	Yes	Prefer not to say

The following section is about partner violence, sometimes called domestic abuse. We know this is a sensitive subject, but it is important to ask about it, as it is not uncommon. All of your answers are confidential. If you find that you prefer not to answer a particular question, please leave it and move on to the next question.

To what extent do you agree that the following statements describe your experiences with **any past or current partner**? By 'partner', we mean anyone you have ever been out with or had a relationship with, long-term or short-term (including 'one night stands').

(Skip this section if you have never had a partner.)

Your partner (current or past)	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
Got very jealous or tried to control your life					
Tried to keep you away from your family or friends					
Sometimes said insulting things or threatened you					
You were afraid to disagree with your partner (current or past) because you thought they might hurt you or other family members					
Pushed, hit, kicked, or otherwise physically hurt you					
Made you feel scared or frightened					

If you are affected by any of the issues raised in this section you may wish to contact the **Women's Aid 24hr national helpline** on 0808 2000 247 or visit their website: <u>www.womensaid.org.uk</u> or alternatively the **Men's Advice Line** on 0808 801 0327 or visit their website: <u>www.mensadviceline.org.uk</u>

Home and Family

The following questions are about your relationship with your twin. If you do not want to answer questions about your twin, please skip to the next set of questions.

How much do you agree with the following statements about your twin ?	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I enjoy my relationship with my twin					
My twin and I have a lot of fun together					
I like to spend time with my twin					
My twin and I do a lot of things together					
My twin talks to me about personal problems					

The following questions about your relationship with your mother – this does not have to be your biological mother.

If you do not want to answer questions about your mother, please skip to the next set of questions.

How much do you agree with the following statements about your mother ?	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
It helps to turn to my mother in times of need					
I usually discuss my problems and concerns with my mother					
I talk things over with my mother					
I find it easy to depend on my mother					
I don't feel comfortable opening up to my mother					

The following questions about your relationship with your father – this does not have to be your biological father.

If you do not want to answer questions about your father, please skip to the next set of questions.

How much do you agree with the following statements about your father ?	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
It helps to turn to my father in times of need					
I usually discuss my problems and concerns with my father					
I talk things over with my father					
I find it easy to depend on my father					
I don't feel comfortable opening up to my father					

How strongly do you agree or disagree with the following statements about your neighbourhood?

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I enjoy living in my neighbourhood					
I would prefer to move to a different area if I could					
I feel a sense of belonging in my neighbourhood					
I feel like an outsider in my neighbourhood					
I feel safe in my neighbourhood					

Thinking about **the household you spend the majority of your time in**, how true are the following statements?

	Not	Quite	Very
	true	true	true
There is a regular routine in the morning			
You can't hear yourself think in the house			
It's chaotic in the house			
Everyone in the house is usually able to stay on top of things (such as cleaning, washing up, tidying etc)			
There is usually a television turned on somewhere in the house			
The atmosphere in the house is calm			

Your Health

Do you identify as any of the following? (tick one only)

Vegan (no animal products)	
Vegetarian (no meat, no fish)	
Pescetarian (no meat, but eat fish and/or shellfish)	
None of the above	

Do you have any food allergies?

Yes	No

If Yes, which of the following foods are you allergic to? (tick all that apply)

Peanuts	□ Tree nuts	□ Sesame seeds	Dairy	□ Shellfish
🗖 Fish	🗖 Egg	□ Wheat/gluten	🗖 Soya	Celery
Mustard	🗖 Fruit	□ Lactose	□ Other	

The following questions are about your diet.

How often do you	Rarely	1-2 times per week	3-4 times per week	5-6 times per week	Every day
Eat 3 portions of whole grain products in one day ? (e.g. brown rice, brown bread)					
Eat 5 portions of fruit and vegetables in one day ?					
Eat 3-4 portions of milk and dairy foods or dairy alternatives in one day ?					
Eat processed meats/fish? (skip this question if you are vegetarian/vegan)					
Eat 2 portions of protein-rich foods in one day , including fish, white meat, beans/pulses, soya- based products?					
Eat fried foods such as fried chicken, fried fish or chips?					
Eat salted snacks such as crisps, crackers, nachos, etc.?					
Eat unsalted snacks such as nuts, seeds, rice crackers, air-popped popcorn, etc.?					
Use oils such as olive, rapeseed, sunflower, flaxseed, etc.?					
This is a quality control question, please select '3- 4 times per week'					
Eat sweets like cake, cookies, pastries, chocolate, ice cream, muffins, etc.?					
Drink 1 can or more of fizzy drinks or fruit drinks made from concentrate in one day ?					
Eat processed foods like canned soup, frozen/packaged meals, chips?					

How many courses of antibiotics have you taken over the past 5 years?

0	1-4	5-9	10-19	20+

In general, would you say your health is?

Poor	Fair	Good	Very good	Excellent

Compared to one year ago, how would you rate your health in general now?

Much worse now than one year ago	
Somewhat worse now than one year ago	
About the same	
Somewhat better now than one year ago	
Much better than one year ago	

How strongly do you agree or disagree with these statements about your health?

	Strongly		Neither agree nor		Strongly
	disagree	Disagree	disagree	Agree	agree
I seem to get sick a little easier than other people					
I am as healthy as anybody I know					
I expect my health to get worse					

In a typical week how many over-the-counter painkiller tablets do you take?

0	1-4	5-9	10-19	20+

Please enter your height and weight in the boxes below, using either metric or imperial units.

	ĺ	Metri	c units	5	OR			Imp	erial u	inits		
	cer	ntimet	res			feet			and	inche	es	
How tall are you?				cm			ft					in
	ki	lograr	ns			ston	es		and	pour	nds	
How much do you weigh?				kg				st				lb

The following questions are about admissions to hospital.

		No	Yes, once	Yes, 2-4 times	Yes, 5-7 times	Yes, 8+ times
Have you e	ver been admitted to hospital					
If Yes	Have you been admitted to hospital in the last 12 months?					

How often do you do the following:

	Never	Rarely	Sometimes	Often	Usually	Always
I stuff myself with food						
I think about dieting						
I am terrified of gaining weight						
I am preoccupied with the desire to be thinner						
I think about bingeing (overeating)						
I think my hips are too big						
If I gain a pound, I worry that I will keep gaining						
I have the thought of trying to vomit in order to lose weight						
I think my buttocks are too large						
I eat or drink in secrecy						
Thinking specifically about your height (not your weight) please answer: I feel satisfied with my body height						
I would like to be more muscular						

The following section is about eating disorders. We know this is a sensitive subject, but it is important to ask about it now, as it is not uncommon. By finding out about eating disorders we can try to find ways of helping people.

Have you ever been diagnosed with	No	Yes	Prefer not to answer
Anorexia nervosa?			
Bulimia nervosa?			
Binge eating disorder?			

If you are affected by any of the issues raised in this section, you may wish to contact **Beat**, an eating disorders charity group on 0808 801 0677 or visit their website: <u>www.b-eat.co.uk</u>

During a typical week, how many minutes on average do you do the following:

	0-15 mins	16-60 mins	61-120 mins (1-2 hours)	121-180 mins (2-3 hours)	181+ mins (3+ hours)
Strenuous exercise (heart beats rapidly - including running/jogging, football, swimming fast)					
Moderate exercise (including walking fast, hiking, dancing, vigorous yoga)?					
Mild exercise (minimal effort - light yoga, bowling)?					

Since the age of 16, have you participated in sport, and if so, what is the highest level at which you competed? (tick one)

I have not participated in sport	
I have participated in sport at a social or non-competitive level	
I have competed within organised individual sport events (e.g. running)	
I have competed in sport at school/club/university level	
I have competed in sport at a county level	
I have competed in sport at a regional level	
I have competed in sport at a national level	
I have competed in sport at an international level	

The following section is about thoughts of suicide and hurting yourself on purpose, also sometimes referred to as deliberate self-harm. We know this is a sensitive subject, but it is important to ask about it now, as it is not uncommon. By finding out about self-harm we can try to find ways of helping people. If you prefer not to answer any question, please skip it and move on to the next question.

	No	Yes, once or twice	Yes, 3-5 times	Yes, 6-10 times	Yes, more than 10 times
In your lifetime, have you ever thought about killing yourself, even if you would not really do it?					
In your lifetime, have you ever hurt yourself on purpose in any way (e.g. by taking an overdose of pills, or by cutting yourself?					

If you answered yes to the last question (have you ever hurt yourself on purpose), please answer the following 11 questions. Otherwise, skip ahead to the next section about Education, Employment and Training.

		No, never in my lifetime	Yes, once or twice	Yes, 3-5 times	Yes, 6-10 times	Yes, more than 10 times
1.	In your lifetime, have you ever hurt yourself on purpose without intending to kill yourself?					
2.	In your lifetime, on any of the occasions you have hurt yourself on purpose, have you ever seriously wanted to kill yourself?					

3. How old were you when you first hurt yourself on purpose?

11 or younger	12	13	14	15	16	17	18 or older

In y	our lifetime, did you hurt yourself	Not at all	Not really	Somewhat	A little bit	Very much
4.	Because you wanted to show how desperate you were feeling?					
5.	Because you wanted to die?					
6.	Because you wanted to punish yourself?					
7.	Because you wanted to frighten someone?					
8.	Because you wanted to get relief from a terrible state of mind?					

After hurting yourself on purpose, have you ever sought medical help/first aid from	No	Yes
9. Your GP (family doctor)?		
10. Hospital casualty/ emergency department?		
11. Another healthcare professional?		

If you are affected by any of the issues raised in this section you may wish to contact the **Samaritans** on 08457 90 90 90 or visit their website: <u>www.samaritans.org</u>

Education, Employment and Training

Who do you live with? (tick one only)

With a partner	
Sharing with strangers	
Sharing with friends	
On my own	
With one or both of my parents	

If you answered "with one or both of my parents", please skip the following question. What best describes your living situation? (tick one only)

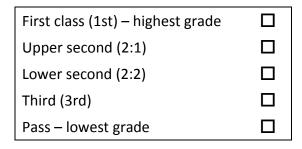
I own a flat/house	
Rented accommodation	
Student accommodation (halls of residence)	
I am travelling/working overseas	
Live in a flat/house owned by a family member	

What is your **highest** level of qualification? (tick one only)

No qualifications	
GCSEs with grades D - G	
1 to 4 GCSEs with grades A - C	
5 or more GCSEs with grades A - C	
1 A-level pass (grades A - E)	
2 or more A-level passes (grades A-E), NVQ level 3	
Higher National Certificate, Certificate of Higher Education	
Foundation degree, Diploma of Higher Education, NVQ level 4	
Bachelor's degree or equivalent taken in the UK	
Masters degree, PGCE, Postgraduate diploma or certificate, NVQ level 5	
Doctoral degree (PhD)	
Other qualifications obtained outside the UK	
Other not listed	

If you have completed an undergraduate degree in the UK (BSc/BA or equivalent), please answer the following two questions. (Skip these two questions if you do not have a degree).

1. What classification did you receive for your undergraduate degree (BSc/BA or equivalent)?



2. What best describes the type of course you took at undergraduate (BSc/BA or equivalent) level? (tick one only)

Natural Sciences	Social Sciences	Education	
Mathematic and Statistics	Business and Management	Environment and Development	
Medicine and Veterinary	Law	Nursing and Therapy	
Engineering	Arts	Other vocational	
Technology and Design	Humanities	Other not mentioned	
Computing and IT	Languages		

Which of the following **best** describes what you are currently doing? (tick one only)

Studying	
Working	
Apprenticeship or other employment training	
Gap year/travelling	
Unemployed	
Full time parent	

If you are doing an apprenticeship, what best describes the type of apprenticeship you are currently doing? (tick one only; skip question if not doing an apprenticeship)

Creative/media apprenticeship	
Business, administrative and accounting	
Construction, agriculture and environment	
Engineering, IT and telecommunications	
Healthcare, social care, animal care and education	
Retail and sales, tourism and hospitality, transport and logistics	
Sports and leisure	
Other	

If you are currently working, please answer the following 3 questions. If you are not working, skip ahead to the following question.

1. Which of the following best describes the work you do? (tick one only)

Manager, director or senior official	
Science, engineering or IT professional	
Teacher, lecturer, research or education professional	
Qualified professional such as doctor, accountant, solicitor, architect or clergy	
Technician	
Nurse or qualified therapist	
Armed forces, police or protective services	
Artistic or literary, design or media, or sports occupation	
Business or finance worker	
Public services (council worker, social worker, librarian)	
Administrator	
Secretary, PA, receptionist, clerical work	
Agricultural or horticultural trades	
Skilled trades or crafts (building, electrical, mechanical, printing, chef, etc.)	
Childcare, healthcare or veterinary assistant	
Leisure or travel services	
Hairdressing, housekeeping and other personal services	
Retail, sales and customer services	
Factory work or machine operator	
Driver or transport operator	
Labourer	
Postal worker, courier or messenger	
Goods handling, porter, shelf-filling, storage	
Security guard, attendant, school patrol, traffic warden	
Cleaning, laundering, refuse collection	
Kitchen worker, bar staff, waiter or waitress	
Other	

2. Are you working full time?

Yes, full time

No, part time

3. In an average **month** approximately how much money have you earned through working, after taxes? If you are unsure, please estimate as accurately as possible.

£0 - £500	£1500 - £2000	£3000 - £3500	
£500 - £1000	£2000 - £2500	£3500 - £4000	
£1000 - £1500	£2500 - £3000	More than £4000	

Please answer the following question whether you are working or not. In an average **month**, approximately how much money do you receive **from sources other than employment**, after taxes? If you are unsure, please estimate as accurately as possible.

£0 - £500	£1500 - £2000	£3000 - £3500	
£500 - £1000	£2000 - £2500	£3500 - £4000	
£1000 - £1500	£2500 - £3000	More than £4000	

If you are studying, what educational level are you **currently** working towards? (tick one only) If you are not studying, skip this question.

No qualifications	
GCSEs with grades D - G	
1 to 4 GCSEs with grades A - C	
5 or more GCSEs with grades A - C	
1 A-level pass (grades A - E)	
2 or more A-level passes (grades A-E), NVQ level 3	
Higher National Certificate, Certificate of Higher Education	
Foundation degree, Diploma of Higher Education, NVQ level 4	
Bachelor's degree or equivalent taken in the UK	
Masters degree, PGCE, Postgraduate diploma or certificate, NVQ level 5	
Doctoral degree (PhD)	
Other qualifications obtained outside the UK	
Other not listed	

If you plan to go back into education, what is the highest educational level you expect to obtain? If you do not plan to go back, skip this question.

No qualifications	
GCSEs with grades D - G	
1 to 4 GCSEs with grades A - C	
5 or more GCSEs with grades A - C	
1 A-level pass (grades A - E)	
2 or more A-level passes (grades A-E), NVQ level 3	
Higher National Certificate, Certificate of Higher Education	
Foundation degree, Diploma of Higher Education, NVQ level 4	
Bachelor's degree or equivalent taken in the UK	
Masters degree, PGCE, Postgraduate diploma or certificate, NVQ level 5	
Doctoral degree (PhD)	
Other qualifications obtained outside the UK	
Other not listed	

Do you receive any benefits?

Yes	No

If Yes, which of the following benefits do you receive? Select all that apply.

Housing Benefit	
Child Benefit	
Child Tax Credit	
Working Tax Credit	
Jobseekers Allowance	
Income Support	
Employment and Support Allowance	
Carers' Allowance	
Personal Independence Payment	

Yes	No

If Yes, please answer the following 18 questions about your time at university/college. If No, please skip ahead to the next section headed Your Finances.

How much of your university/college expenses do/did	None	Some	Roughly half	More than half	All or nearly all
1. you meet by yourself (job, savings, etc)?					
2. your parents help with?					
3. your employer help with?					
4. you meet with scholarships or grants?					
5. you meet with loans					
6. you meet with other sources?					

		Not at	Not			Very
		all	really	Undecided	Somewhat	much
7.	How much do/did you like university/college?					
8.	How well do/did you like your course?					

9. If you could start over again, would you go to the same university/college?

No, I would not go to university/college	
No, I would look for another university/college	
I don't know	
Yes, I would probably go to the same university/college	
Yes, I would definitely go to the same university/college	

10. If you could start over again, would you do the same course?

I would definitely do a different course	
I would probably do a different course	
I don't know	
I would probably do the same course	
I would definitely do the same course	

11. In thinking about your university/college experience, to what extent do you feel you have developed the ability to get along with different kinds of people?

Not at all	Not really	Undecided	Somewhat	Very much

In conversations with others (fellow students, family members, co-workers, etc.) that were not directly related			Some-		
to your studies, how often have you talked about	Never	Rarely	times	Often	Always
12. Current events in the news?					
13. Social issues such as peace, justice, human rights, equality, race relations?					
14. Different lifestyles, customs, and religions?					
15. The ideas and views of other people such as writers, philosophers, historians?					
16. Social and ethical issues related to science and technology such as energy, pollution, chemicals, genetics, military use?					
17. The economy (employment, wealth, poverty, debt, trade, etc.)?					
18. International relations (human rights, free trade, military activities, political differences, etc.)?					

Your Finances

Please state how strongly you agree or disagree with the following statements about your finances.

	Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree
I am able to save enough money for holidays or other luxuries					
I feel I am doing reasonably well financially					
I rarely need to ask for outside help in meeting my expenses					
I can afford to treat myself now and then if I feel like it					
I sometimes struggle to pay my bills					

How much do you know about the following?

How much do you know about	Nothing	A little	Some	A lot	Almost everything
Pension funds?					
Investment accounts?					
Mortgages?					
Bank loans secured on property?					
Unsecured bank loans?					
Credit cards?					
Bank accounts?					
Savings accounts?					
Insurance policies?					
Stocks and shares?					
Bonds?					
Unauthorised overdrafts?					
This is a quality control question, please select 'A lot'					
Prepaid payment cards?					

Please state how strongly you agree or disagree with the following statements about your finances.

	Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree
I tend to live for today and let tomorrow take care of itself					
I find it more satisfying to spend money than to save it for the long term					
I pay my bills on time					
I keep a close personal watch on my financial affairs					
I set long term financial goals and strive to achieve them					
Money is there to be spent					

Online Behaviour

Please state how often you do the following.

		Several	Several	Several	Several	Several
How often do you		times a	times a	times a	times a	times an
	Never	year	month	week	day	hour
Send, receive and read e-mails?						
Send and receive text messages or check for text messages?						
Make and receive calls on your mobile phone?						
Check for voice calls?						
Get directions online or use GPS?						
Watch video clips?						
Play games by yourself, with other people in the same room, or with other people online?						
Check your social media account (such as Facebook, Instagram, Twitter, etc)?						
Post status updates or photos?						
Read posts by others?						
Comment or click 'like' on postings, status updates, photos, etc?						

Over the past 6 months ...

	Never	Rarely	Sometimes	Often	Very often
Have you felt irritated when the internet is not working?					
This is a quality control question, please select 'Very often'					
Have you experienced feelings of withdrawal from not using the internet?					
Have you prioritised internet use over important, everyday activities?					
Have you lost motivation to do other things that need to get done because of the internet?					
Have you lost sleep due to night time internet use?					
Do you feel you have used the internet excessively?					

Have you ever used internet dating, either online or on an app (such as Tinder, Grindr, Match, Plenty of Fish etc)?

Yes	No

If No, how likely are you to ever use online dating?

Extremely likely	
Pretty likely	
Undecided	
Not that likely	
Not at all likely	

Please state how often the following things have happened to you in the last 12 months.

In the last 12 months	Not at all	Once	More than once
How often has someone sent you a nasty text (excluding family or partner)?			
How often has someone said something mean about you on a social networking site, such as Facebook or Instagram (excluding family or partner)?			
How often has someone written something spiteful about you in a chat room (excluding family or partner)?			
How often has someone written nasty things to you using instant messenger, such as Facebook Messenger, Whatsapp, Snapchat (excluding family or partner)?			

Your Children and Your Twin's Children

TEDS is launching a new study called Children of TEDS (CoTEDS). The aim is to collect data on the development of the TEDS twins' children. In order to invite TEDS twins to join CoTEDS, we are gathering information about which twins have had children. If you have or are expecting children, please answer the questions below. We will also ask about your twin.

Child 1	Full name:			
	Birth date (dd/mm/yyyy):			
	Gender:	Male		Female
	Does the child live with you:	Yes, all the t	ime	
		Yes, some of the time		ime
		No		
	If No:	No time		1-3 hours
	On average, how much time do you spend with this child	4-8 hours		1-2 days
	each week?	3-4 days		5+ days
Child 2	Full name:			
	Birth date (dd/mm/yyyy):			
	Gender:	Male		Female
	Does the child live with you:	Yes, all the t	ime	
		Yes, some of the time		ime
		No		
	If No:	No time		1-3 hours
	On average, how much time do you spend with this child	4-8 hours		1-2 days
	each week?	3-4 days		5+ days
Child 3	Full name:			
	Birth date (dd/mm/yyyy):			
	Gender:	Male		Female
	Does the child live with you:	Yes, all the t	ime	
		Yes, some of the time		
		No		
	If No:	No time		1-3 hours
	On average, how much time do you spend with this child	4-8 hours		1-2 days
	each week?	3-4 days		5+ days

1. If **you** have children and you are prepared to give details, please tell us about them below.

2. If **your twin** has children and you are prepared to give details, please tell us about them below.

Child's full name	Child's birth date (dd/mm/yyyy)	Child's gender (M or F)

- 3. Are you or your partner currently expecting a baby? If yes, and you are prepared to give details, please also tell us the approximate expected due date. Please give the same information about your twin (or his/her partner) if you are happy to do so.
 - (a) Are you or your partner pregnant?
 - (b) Is your twin or his/her partner pregnant?

(dd/mm/yyyy)
-

4. If there is anything that you think we should know before inviting either you or your twin to join CoTEDS, please let us know in the space below.

Thank you for answering our questions. We really appreciate your help.

Don't forget to send back the consent form to let us know about your preferences for a reward voucher!

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