## Environment and Wellbeing Web Questionnaire, Part A


#### Abstract

ABOUT YOU

Text shown in a red font (variable names, response value codes) provide information about item coding in the 16 year analysis dataset.

In the dataset, all items from this questionnaire are double entered: the dataset contains one row of data per twin, with both twin and co-twin data in each row. All variables with names ending in '1' refer to the twin identified in a given row of data (regardless of whether this is the elder or younger twins). Those variables with names ending in '2' refer to the co-twin. Hence in this document all variable names are shown ending in '1/2' because each variable is present for both twin and co-twin.

Value codes shown in a blue font show the coding used in the raw data, on the web server and in the raw analysis files, where this coding differs from the coding used in the final analysis dataset. Where the coding does not differ, the value codes are shown in red only.


Text shown in this pink/purple font (screen numbers, validation rules) are for information only: these pieces of text were not shown on screen for twins. The other sections of text, in a black font, are exactly as shown on screen.

As this questionnaire was delivered as a web activity, not as a paper booklet, the formatting shown in this document differs from the formatting of the questionnaire on screen. However, the text of the questions and responses is unchanged.

## SCREEN 1

INTRODUCTION (text with voice-over)

This activity is a questionnaire about you.
Simply click on the best answer for each question.
There are no "right" or "wrong" answers - just answer according to how you think and feel.

Thinking about the past few months, please indicate how much you agree with the following statements.

|  |  | Strongly agree |  |  |  | $\longrightarrow$ | Strongly disagree |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| I am fun to be around. | pcqalifs011/2 | $\square_{6} 1$ | $\square_{5} 2$ | $\square_{4} 3$ | $\begin{gathered} \square \\ \square \end{gathered}$ | $\square_{2} 5$ | $\square_{1} 6$ |
| I have a bad time with my friends. | pcqalifs021/2 | $\begin{gathered} \square \\ \square \end{gathered}$ | $\square_{5} 2$ | $\square_{4} 3$ | $\square_{3} 4$ | $\square_{2} 5$ | $\square_{1} 6$ |
| There are lots of things I can do well. | pcqalifs031/2 | $\square_{6} 1$ | $\square_{5} 2$ | $\square_{4} 3$ | $\square_{3} 4$ | $\square_{2} 5$ | $\square_{1} 6$ |
| I learn a lot at school. | pcqalifs041/2 | $\begin{gathered} \square 1 \\ 6 \end{gathered}$ | $\square_{5} 2$ | $\square_{4}{ }^{3}$ | $\begin{gathered} \square 4 \\ 3 \end{gathered}$ | $\begin{gathered} \square 5 \\ 2 \end{gathered}$ | $\square_{1} 6$ |
| My family is better than most. | pcqalifs051/2 | $\square_{6} 1$ | $\square_{5} 2$ | $\square_{4} 3$ | $\square$ $\square$ | $\square 5$ 2 | $\square_{1} 6$ |
| There are many things about school I don't like. | pcqalifs061/2 | $\begin{gathered} \square \\ \square \end{gathered}$ | $\square_{5} 2$ | $\begin{gathered} \square \\ 4 \end{gathered}$ | $\begin{gathered} \square 4 \\ 3 \end{gathered}$ | $\square_{2} 5$ | $\square_{1} 6$ |
| My friends will help me if I need it. | pcqalifs071/2 | $\square{ }_{6}{ }^{\square}$ | $\square{ }_{5}{ }^{\square}$ | $\square{ }_{4}{ }^{\text {a }}$ | $\square$ 3 | $\square{ }_{2}{ }^{\square}$ | $\square{ }_{1}{ }^{\text {b }}$ |
| I like myself. | pcqalifs081/2 | $\begin{gathered} \square \\ 6 \end{gathered}$ | $\square_{5} 2$ | $\square_{4} 3$ | $\square_{3} 4$ | $\square_{2} 5$ | $\square_{1} 6$ |
| There are lots of fun things to do where I live. | pcqalifs091/2 | $\begin{gathered} \square \\ \square_{6} \end{gathered}$ | $\square$ 5 | $\square$ 4 | $\square$ $\square$ | $\square 5$ 2 | $\square_{1} 6$ |
| My friends treat me well. | pcqalifs101/2 | $\begin{gathered} \square 1 \\ 6 \end{gathered}$ | $\square_{5} 2$ | $\begin{gathered} \square \\ \square \end{gathered}$ | $\begin{gathered} \square 4 \\ 3 \end{gathered}$ | $\begin{array}{r} \square \\ \square_{2} \end{array}$ | $\square_{1} 6$ |
| Most people like me. | pcqalifs111/2 | $\begin{gathered} \square \\ \square \end{gathered}$ | $\square_{5} 2$ | $\square{ }_{4}{ }^{\text {a }}$ | $\square_{3}^{\square} 4$ | $\square{ }_{2}{ }^{\text {5 }}$ | $\square_{1} 6$ |
| I enjoy being at home with my family. | pcqalifs121/2 | $\square_{6} 1$ | $\square$ $\square$ | $\square$ 4 | $\square$ $\square$ | $\square_{2} 5$ | $\square_{1} 6$ |
| My family gets along well together. | pcqalifs131/2 | $\begin{gathered} \square 1 \\ \hline \end{gathered}$ | $\begin{array}{r} \square \\ \hline \end{array}$ | $\begin{gathered} \square 3 \\ \hline \end{gathered}$ | $\begin{gathered} \square 4 \\ \\ \hline \end{gathered}$ | $\begin{array}{r} \square \\ \hline \end{array}$ | $\square_{1} 6$ |
| My parents treat me fairly. | pcqalifs $141 / 2$ | $\square_{6} 1$ | $\square_{5} 2$ | $\square \square_{4}{ }^{\text {a }}$ | $\square$ $\square$ | $\square$ 2 | $\square \square_{1} 6$ |
| I like being in school. | pcqalifs151/2 | $\begin{gathered} \square 1 \\ 6 \end{gathered}$ | $\square_{5} 2$ | $\square_{4} 3$ | $\square_{3} 4$ | $\square_{2} 5$ | $\square_{1} 6$ |
| I wish I had different friends. | pcqalifs161/2 | $\square{ }_{6}{ }^{\text {a }}$ | $\square$ 5 | $\square$ 4 | $\square$ $\square$ | $\square 5$ 2 | $\square_{1} 6$ |
| I enjoy school activities. | pcqalifs171/2 | $\begin{gathered} \square 1 \\ 6 \end{gathered}$ | $\square_{5} 2$ | $\begin{gathered} \square \\ 4 \end{gathered}$ | $\square_{3}{ }^{4}$ | $\begin{gathered} \square \\ { }_{2} \end{gathered}$ | $\square_{1} 6$ |
| I wish I lived in a different house. | pcqalifs181/2 | $\begin{gathered} \square \\ \square \end{gathered}$ | $\square_{5} 2$ | $\square$ 4 | $\square 4$ 3 | $\square$ | $\square_{1} 6$ |
| I have enough friends. | pcqalifs191/2 | $\square{ }_{6} 1$ | $\square_{5} 2$ | $\square{ }_{4}{ }^{\text {a }}$ | $\square$ $\square$ | $\square_{2}^{\square}$ | $\square_{1} 6$ |
| I wish there were different people in my neighbourhood/area. | pcqalifs201/2 | $\square_{6} 1$ | $\square_{5} 2$ | $\square_{4}{ }_{4}$ | $\square$ 3 | $\square_{2}^{\square}$ | $\square \square_{1} 6$ |
| I like where I live. | pcqalifs211/2 | $\square_{6} 1$ | $\square_{5} 2$ | $\square_{4} 3$ | $\square_{3} 4$ | $\begin{gathered} \square \\ { }_{2} \end{gathered}$ | $\square_{1} 6$ |

VALIDATION RULES for SCREEN 2:

- Require 7 items $(1 / 3)$ to be answered before moving on.
- If less than 7 items are answered, present the following pop-up text: "You haven't answered enough of the questions on this page. Please try to complete some more before moving on."

|  | Excellent | Very good | Good | Fair | Poor |
| :--- | :---: | :---: | :---: | :---: | :---: |
| In general, how would you say <br> your health is? pcqaheye11/2 | $\square 1$ | $\square 2$ | $\square 3$ | $\square 4$ | $\square 5$ |


|  | No | Yes |
| :--- | :---: | :---: |
| Do you have glasses or contact lenses to help you see? <br> pcqaheye21/2 | $\square 1$ | $\square 2$ |

Please answer the following questions even if you do not wear glasses or contact lenses.

|  |  |  |  | Not <br> difficult <br> at all |  |  |  | Extremely <br> difficult |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Without glasses or contact lenses, how difficult is it for <br> you to see detail in things that are far away (such as a <br> cinema screen, street signs, or the classroom <br> whiteboard)? pcqaheye31/2 | $\square$ |  |  |  |  |  |  |  |

## VALIDATION RULES for SCREEN 3:

- Require all 4 items to be answered before moving on.
- If less than 4 items are answered, present the following pop-up text: "You haven't answered enough of the questions on this page. Please try to complete some more before moving on."

Please answer these questions about your home.
Think about how things have been in the last 3 months.

|  |  | Not true | Quite true | Very true |
| :---: | :---: | :---: | :---: | :---: |
| First thing in the day, we have a regular routine at home. | pcqachaos11/2 | $\square$ | $\square{ }_{1}{ }^{\text {a }}$ | $\square{ }_{2}$ |
| You can't hear yourself think in our home. | pcqachaos21/2 | $\begin{array}{\|} \square \\ \square \end{array}$ | $\square_{1} 2$ | $\square_{2} 3$ |
| It's a real 'zoo' in our home. | pcqachaos31/2 | $\square{ }_{0}{ }_{0}$ | $\square{ }_{1}{ }_{1}$ | $\square{ }_{2}$ |
| We are usually able to stay on top of things. | pcqachaos41/2 | $\begin{gathered} \square \\ \square_{0} \end{gathered}$ | $\square_{1} 2$ | $\square_{2} 3$ |
| There is usually a television turned on somewhere in our home. | pcqachaos51/2 | $\square_{0} 1$ | $\square_{1} 2$ | $\square{ }_{2}$ |
| The atmosphere in our house is calm. | pcqachaos61/2 | $\square{ }_{0} 1$ | $\square_{1} 2$ | $\begin{gathered} \square 3 \\ \hline \end{gathered}$ |

## VALIDATION RULES for SCREEN 4:

- Require 2 items (1/3) to be answered before moving on.
- If less than 2 items are answered, present the following pop-up text: "You haven't answered enough of the questions on this page. Please try to complete some more before moving on."


## What activities do you do on the computer at home?

|  |  | Never | 1-2 times a week | $\begin{gathered} 3-4 \text { times a } \\ \text { week } \end{gathered}$ | More than 4 times a week |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Entertainment games - "just for fun" | pcqascrtm11/2 | $\square 1$ | $\square 2$ | $\square 3$ | $\square 4$ |
| Educational games - games that help you learn reading, math, or other school subjects | pcqascrtm21/2 | $\square 1$ | $\square 2$ | $\square 3$ | $\square 4$ |
| Word processing, graphics, photo editing, typing a letter, story or report | pcqascrtm31/2 | $\square 1$ | $\square 2$ | $\square 3$ | $\square 4$ |
| Email | pcqascrtm41/2 | $\square 1$ | $\square 2$ | $\square 3$ | $\square 4$ |
| Chat rooms, instant messaging | pcqascrtm51/2 | $\square 1$ | $\square 2$ | $\square 3$ | $\square 4$ |
| Using web sites on the Internet for fun | pcqascrtm61/2 | $\square 1$ | $\square 2$ | $\square 3$ | $\square 4$ |
| Using web sites on the Internet for schoolwork | pcqascrtm71/2 | $\square 1$ | $\square 2$ | $\square 3$ | $\square 4$ |
| Reading an online book, magazine, or newspaper | pcqascrtm81/2 | $\square 1$ | $\square 2$ | $\square 3$ | $\square 4$ |

## VALIDATION RULES for SCREEN 5:

- Require 4 items (1/2) to be answered before moving on.
- If less than 4 items are answered, present the following pop-up text: "You haven't answered enough of the questions on this page. Please try to complete some more before moving on."

The sentences below describe how people think about themselves and how they do things in general. For each sentence, please think about how you are in most situations.
Select the box that describes you the best. There are no right or wrong answers.

|  |  | $\begin{aligned} & \text { All of } \\ & \text { the } \\ & \text { time } \end{aligned}$ |  |  |  |  | None of the time |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| I think I am doing pretty well. | pcqahopef11/2 | $\square_{6} 1$ | $\square_{5} 2$ | $\square_{4} 3$ | $\square{ }_{3}^{\square}$ | $\square_{2} 5$ | $\square 6$ |
| I can think of many ways to get the things in life that are most important to me. | pcqahopef21/2 | $\square 1$ | $\square 2$ | $\square 3$ | $\square$ | $\square 5$ | $\square \square_{1} 6$ |
| I am doing just as well as others my age. | pcqahopef31/2 | $\square 1$ | $\square{ }_{5}{ }^{\text {a }}$ | $\square_{4}^{\square} 3$ | $\square 4$ 3 | $\square_{2} 5$ | $\square 6$ 1 |
| When I have a problem, I can come up with lots of ways to solve it. | pcqahopef $41 / 2$ | $\square 1$ | $\square 2$ | $\square 3$ | $\square$ | $\square 5$ | $\square \square_{1} 6$ |
| I think the things I have done in the past will help me in the future. | pcqahopef51/2 | $\square 1$ 6 | $\square{ }_{5}{ }^{\text {2 }}$ | $\square_{4}^{\square} 3$ | $\square 4$ 3 | $\square_{2} 5$ | $\square 6$ 1 |
| Even when others want to quit, I know that I can find ways to solve the problem. | pcqahopef61/2 | $\square 1$ | $\square_{5} 2$ | $\square 3$ | $\square$ 3 | $\square 5$ | $\bigcirc \square_{1} 6$ |

## VALIDATION RULES for SCREEN 6:

- Require 3 items ( $1 / 2$ ) to be answered before moving on.
- If less than 3 items are answered, present the following pop-up text: "You haven't answered enough of the questions on this page. Please try to complete some more before moving on."

To what extent do you agree with the following statements?

|  |  | Strongly agree |  |  |  | Strongly disagree |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| I have so much in life to be thankful for. | pcqagrat11/2 | $\begin{array}{cc}\square 1 & \square \\ 7\end{array}$ | $\square_{5} 3$ | $\square_{4} 4$ | $\square 5$ | $\square_{2} 6$ | $\square 7$ 1 |
| If I had to list everything I felt grateful for, it would be a very long list. | pcqagrat21/2 | $\square_{7} 1 \quad \square{ }_{6}$ | $\square_{5} 3$ | $\square \square_{4}$ | $\square \square_{3}$ | $\square_{2} 6$ | $\square 7$ 1 |
| When I look at the world, I don't see much to be grateful for. | pcqagrat31/2 | $\begin{array}{cc}\square 1 & \square \\ 7 & 2\end{array}$ | $\square 3$ | $\square 4$ | $\square 5$ 3 | $\square_{2} 6$ | $\square 7$ <br> 1 |
| I am grateful to a wide variety of people. | pcqagrat41/2 | $\begin{array}{cc}\square 1 & \square \\ 7\end{array}$ | $\square 3$ | $\square 4$ | $\square 5$ | $\square 6$ | $\square 7$ <br> 1 |
| As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history. | pcqagrat51/2 | $\square_{7} 1 \quad \square_{6} 2$ | $\square_{5} 3$ | $\square_{4}$ | $\square_{3} 5$ | $\begin{array}{r} \square \\ { }_{2} \end{array}$ | $\square_{1} 7$ |
| Long amounts of time can go by before I feel grateful to something or someone. | pcqagrat61/2 | $\square \square_{7} \square^{\square}{ }_{6}$ | $\square 3$ | $\square 4$ | $\square 5$ | $\square_{2} 6$ | $\square 7$ 1 |
| I would describe myself as someone who actively seeks as much information as I can in a new situation. | pcqacuri11/2 | $\square_{7} 1 \quad \square_{6} 2$ | $\square_{5} 3$ | $\square_{4}$ | $\square_{3} 5$ | $\begin{array}{r} \square \\ \square_{2} \end{array}$ | $\square_{1} 7$ |
| When I am participating in an activity, I tend to get so involved that I lose track of time. | pcqacuri21/2 | $\square \square_{7} \square_{6}{ }^{\text {a }}$ | $\square 3$ | $\square 4$ | $\square 5$ | $\square 6$ | $\square 7$ 1 |
| I frequently find myself looking for new opportunities to grow as a person (e.g., information, people, resources). | pcqacuri31/2 | $\square_{7} 1 \quad \square{ }_{6} 2$ | $\square_{5} 3$ | $\begin{gathered} \square 4 \\ 4 \end{gathered}$ | $\square_{3} 5$ |  | $\square_{1} 7$ |
| I am not the type of person who probes deeply into new situations or things. | pcqacuri41/2 | $\underset{7}{\square 1} \quad \square{ }_{6}$ | $\square{ }_{5}{ }^{\text {a }}$ | $\square 4$ | $\square \square_{3}$ | $\square_{2} 6$ | $\square 7$ |
| When I am actively interested in something, it takes a great deal to interrupt me. | pcqacuri51/2 | $\underset{7}{\square 1} \quad \square{ }_{6}$ | $\square 3$ | $\square 4$ | $\square{ }_{3}{ }^{\text {a }}$ | $\square 6$ | $\square 7$ 1 |
| My friends would describe me as someone who is "extremely intense" when in the middle of doing something. | pcqacuri61/2 | $\square_{7} 1 \quad \square_{6}^{2}$ | $\square_{5}$ | $\square_{4} \square_{4}$ | $\square_{3} 5$ | $\square_{2} 6$ | $\square 7$ 1 |
| Everywhere I go, I am looking out for new things or experiences. | pcqacuri71/2 | $\square_{7} 1 \quad \square{ }_{6} 2$ | $\square_{5} 3$ | $\square{ }_{4}{ }^{4}$ | $\square 5$ 3 | $\square$ <br> 2 | $\square 7$ <br> 1 |

## VALIDATION RULES for SCREEN 7:

- Require 6 items (1/2) to be answered before moving on.
- If less than 6 items are answered, present the following pop-up text: "You haven't answered enough of the questions on this page. Please try to complete some more before moving on."

For each of the following statements and/or questions, please select the point on the scale that you feel is most appropriate in describing you.

1. In general, I consider myself: pcqashs $11 / 2$

| 11 | 22 | 3 | 3 | 4 | 4 | 5 | 5 | 6 | 6 | 77 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Not a very |  |  |  |  |  |  |  |  |  | A very happy |
| happy person |  |  |  |  |  |  |  |  |  | person |

2. Compared to most of my peers, I consider myself: pcqashs $21 / 2$
$\left.\begin{array}{|ccccccc|}\hline \begin{array}{c}11 \\ \text { Less happy }\end{array} & 22 & 3 & 44 & 5 & 5 & 66\end{array} \begin{array}{c}7 \text { 7 } \\ \text { More happy }\end{array}\right]$
3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this describe you? pcqashs $31 / 2$

| 11 <br> Not at all | 22 | 3 | 44 | 5 | 66 | 77 <br> A great deal |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |

4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this describe you? pcqashs41/2

| 11 <br> Not at all | 22 | 3 | 44 | 5 | 66 | 77 <br> A great deal |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |

## VALIDATION RULES for SCREEN 8:

- Require 2 items (1/2) to be answered before moving on.
- If less than 2 items are answered, present the following pop-up text: "You haven't answered enough of the questions on this page. Please try to complete some more before moving on."

