Raw data	coding	!
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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.



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.

TEDS21 Phase 1 Twin Questionnaire: Raw Data Coding

This document shows response value coding for all items in the raw from the TEDS21 phase 1 twin questionnaire. The layout and ordering of the questions are based on the paper booklet version. However, the formatting has been modified in order to accommodate value codes; for example, font sizes and table layouts have been changed, and page numbering has been removed.

Raw data were collected in three ways: on paper, in the app (CMS) and via the web (backup).

The raw data from the paper questionnaire are stored in tables in the Access database and are exported as csv files for dataset construction.

The original raw data files from the app and web servers have now been cleaned and aggregated together into a single csv file for dataset construction. As part of the cleaning process, item variable coding was changed where necessary so that the coding now matches that used in the paper data.

The raw item data coding is shown in this <u>blue font</u>, and this coding is identical in all versions (paper, app, web).

This <u>red font</u> is used to show the corresponding value coding in the dataset. Another document shows the dataset variable names in addition to value codes for every item, but for reasons of space the variable names are not duplicated here.

In the electronic (app and web) versions, the ordering of sections of questions differed slightly and the wording of introductions was sometimes different. However, the wording of actual questions and responses was the same as in the paper version.

Many measures are tabulated and have a consistent response value coding for all items, and in these cases the coding is shown in the table heading and not for every single item. If the coding differs for different items within the same table, then the code values are shown for each item within the body of the table.

In the backup and CMS versions, many items in this questionnaire had an explicitly coded "prefer not to answer" response option. These have been recoded to missing in the raw data (and hence in the dataset) for compatibility with the paper version.

Your Personality

In terms of the following personality traits, please rate where you fall on the scale from 1 (high) to 5 (low). Note that raw data coding was reversed for the dataset in this set of items.

Personality trait	← High	1 5 1	2 4 2	3 3 3	4 2 4	5 1 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 5 1	2 4 2	3 3 3	4 2 4	5 1 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
	0	1	2	3	4
	1	2	3	4	5
I am good at resisting temptation					
I have a hard time breaking bad habits					
l 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.

	← Extrem uncharac	•		Extremely characteristic of		
	of me				me 🗲	
	1	2	3	4	5	
	1	2	3	4	5	
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	xious at all							Very a	inxious \rightarrow
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10

The following questions are about taking risks.

	Never	Rarely	Sometimes	Often	Very often
	0	1	2	3	4
	1	2	3	4	5
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)?					

	Strongly		Neither agree nor		Strongly
	disagree	Disagree	disagree	Agree	agree
	1	2	3	4	5
	1	2	3	4	5
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	Slightly	Somewhat	Import	Very
	important	important	important	ant	important
	0	1	2	3	4
	1	2	3	4	5
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	
		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 →
As I view the world in relation to my life, the world	← Completely confuses me						Fits meaningfully with my life $ ightarrow$
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.

			Neither		
	Strongly		disagree		Strongly
	disagree	Disagree	nor agree	Agree	agree
	1	2	3	4	5
	1	2	3	4	5
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
0	1	2	3
1	2	3	4

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?

← Le	eft				Right \rightarrow
0		1 2	3	4	5
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.

How heritable are differences in	0%	10%	20%	30%	40%	50%	60 %	70%	80%	90%	100%
	0	10	20	30	40	50	60	70	80	90	100
	0	1	2	3	4	5	6	7	8	9	10
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	Quite	Very
	true	true	true
	0	1	2
	1	2	3
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		Once or	3 to 6	7 to 12	13 times
	Never	twice	times	times	or more
	0	1	2	3	4
	1	2	3	4	5
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	Quite	Very
	true	true	true
	0	1	2
	1	2	3
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? For the items below, the backup version also had a "prefer not to answer" response option but this has been recoded to missing.

			Neither		
	Strongly		agree nor		Strongly
	disagree	Disagree	disagree	Agree	agree
	1	2	3	4	5
	1	2	3	4	5
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.

		A few	A few	Once	A few	Once or
		times	times a	а	times	several
	Never	a year	month	week	a week	times a day
	0	1	2	3	4	5
	1	2	3	4	5	6
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
1	2	3	4	5
1	2	3	4	5

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.

For the two items below, the CMS and backup versions also had a "prefer not to answer" response option but this has been recoded to missing.

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

Single	1	1
Dating non-exclusively	2	2
In exclusive relationship	3	3
Living with my partner	4	4
Married	5	5
Widowed	6	6
Separated	7	7
Divorced	8	8

Think about the people you are sexually attracted to. Would you say they are... (tick one only)

Always male	1	1
Mostly male, but sometimes female	2	2
Equally male and female	3	3
Mostly female, but sometimes male	4	4
Always female	5	5
Little or no sexual attraction	6	6
Unsure/I don't know	7	7

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
1	2	3	4	5
1	2	3	4	5

How many relationships have you been in?

0	1-2	3-5	6-10	More than 10
0	1	2	3	4
1	2	3	4	5

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
1	2	3	4	5
1	2	3	4	5

How much do you agree with the following statements?

	Strongly		Neither agree nor		Strongly
	disagree	Disagree	disagree	Agree	agree
	1	2	3	4	5
	1	2	3	4	5
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		Neither disagree		Strongly
	disagree	Disagree	nor agree	Agree	agree
	1	2	3	4	5
	1	2	3	4	5
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?

This question had a "prefer not to answer" response option in all versions, coded 2 as shown in the paper version, but this is recoded to missing in the dataset (as it has been in the CMS and backup raw data).

Yes	No	Prefer not to say
1	0	(recoded to missing)
1	0	2

If Yes, please answer the following 5 questions.

If No, skip ahead to the following question about HIV. For the five items below, the backup version also had a "prefer not to answer" response option but this has been recoded to missing.

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

11 or	12	13	14	15	16	17 or
younger	12	12	14	15	10	older
1	2	3	4	5	6	7
1	2	3	4	5	6	7

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

1	2-3	4-7	8-14	15 or more
person	people	people	people	people
1	2	3	4	5
1	2	3	4	5

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
0	1	2	3	4
1	2	3	4	5

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
0	1	2	3	4
1	2	3	4	5

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

No	Yes,	Yes, 2-3	Yes, 4-7	Yes, 8+
NU	once	times	times	times
0	1	2	3	4
1	2	3	4	5

Please answer this question whether or not you have ever had sexual intercourse.

Have you ever been diagnosed with HIV?

This question had a "prefer not to answer" response option in all versions, coded 2 as shown in the paper version, but this is recoded to missing in the dataset (as it has been in the CMS and backup raw data).

No	Yes	Prefer not to say
0	1	(recoded to missing)
0	1	2

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.)

For the items below, the backup version also had a "prefer not to answer" response option but this has been recoded to missing.

Your partner (current or past)	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
	1	2	3	4	5
	1	2	3	4	5
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

Note that in the CMS and backup versions, the following three sets of questions were preceded by a branching question: "The next few questions are about your relationship with your twin and your parents. If you do not want to answer questions about one or more of these people, please select below". There were response options for the mother, father and twin (with different coding in the CMS and backup data). This initial question has been deleted from the raw data because absent from the paper version, and as its only purpose was to give twins the option of skipping the following sections.

Strongly	Dis	agree nor		Strongly
disagree	agree	disagree	Agree	agree
1	2	3	4	5
1	2	3	4	5
	• •	disagree agree 1 2	disagree agree disagree 1 2 3	StronglyDisagree nordisagreeagreedisagreeAgree1234

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.

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 ?			Neither		
	Strongly	Dis	agree nor		Strongly
statements about your mother :	disagree	agree	disagree	Agree	agree
	1	2	3	4	5
	1	2	3	4	5
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			Neither		
statements about your father ?	Strongly	Dis	agree nor		Strongly
statements about your rather :	disagree	agree	disagree	Agree	agree
	1	2	3	4	5
	1	2	3	4	5
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?

			Neither		
	Strongly		agree nor		Strongly
	disagree	Disagree	disagree	Agree	agree
	1	2	3	4	5
	1	2	3	4	5
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
	0	1	2
	1	2	3
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)	1	1
Vegetarian (no meat, no fish)	2	2
Pescetarian (no meat, but eat fish and/or shellfish)	3	3
None of the above	0	0

Do you have any food allergies?

Yes	No
1	0
1	0

If Yes, which of the following foods are you allergic to? (tick all that apply)
Dataset: all coded 1=yes if ticked or 0=no if not ticked.
Raw data: all coded 1=yes, 0=no as in the dataset.

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 de you		1-2 times	3-4 times	5-6 times	Every
How often do you	Rarely	per week	per week	per week	day
	0	1	2	3	4
	1	2	3	4	5
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+
0	1	2	3	4
1	2	3	4	5

In general, would you say your health is?

Poor	Fair	Good	Very good	Excellent
1	2	3	4	5
1	2	3	4	5

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

Much worse now than one year ago	1	1
Somewhat worse now than one year ago	2	2
About the same	3	3
Somewhat better now than one year ago	4	4
Much better than one year ago	5	5

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

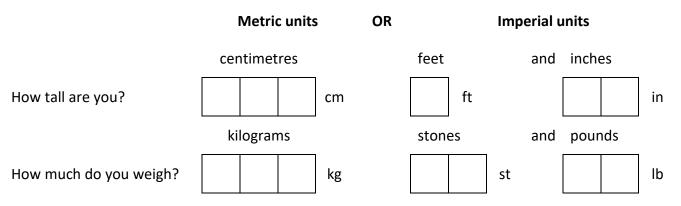
			Neither		
	Strongly	Dis	agree nor		Strongly
	disagree	agree	disagree	Agree	agree
	1	2	3	4	5
	1	2	3	4	5
I seem to get sick a little easier than other people					
I am as healthy as anybody I know					
I expect my health to get worse					

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

0	1-4	5-9	10-19	20+
0	1	2	3	4
1	2	3	4	5

Please enter your height and weight in the boxes below, using either metric or imperial units. Raw data have all been converted to metric units (cm, kg) and rounded to the nearest whole number.

The same metric units (cm, kg) are used in the dataset.



For paper booklets, data provided in the form above were converted at the point of data entry into metric units (as in the dataset).

In the CMS and backup, height and weight responses were chosen by selecting from a list of categories. These categories have been converted to integer heights (cm) and weights (kg) within the raw data. The lists in the CMS and backup also had "don't know" and "prefer not to answer" options but these have been recoded to missing in the raw data.

The following questions are about admissions to hospital.

		No	Yes, once	Yes, 2-4 times	Yes, 5-7 times	Yes, 8+ times
		0	1	2	3	4
		1	2	3	4	5
Have you ev	er 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	Some times	Often	Usually	Always
	0	1	2	3	4	5
	1	2	3	4	5	6
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.

These 3 questions had a "prefer not to answer" response option in all versions, coded 2 as shown in the paper version, but this is recoded to missing in the dataset (as it has been in the CMS and backup raw data).

Have you ever been diagnosed with	No	Yes	Prefer not to answer
	0	1	(recoded to missing)
	0	1	2
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:

			61-120	121-180	181+
	0-15	16-60	mins	mins	mins
	mins	mins	(1-2 hours)	(2-3 hours)	(3+ hours)
	1	2	3	4	5
	1	2	3	4	5
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?

I have not participated in sport	1	1
I have participated in sport at a social or non-competitive level	2	2
I have competed within organised individual sport events (e.g. running)	3	3
I have competed in sport at school/club/university level	4	4
I have competed in sport at a county level	5	5
I have competed in sport at a regional level	6	6
I have competed in sport at a national level	7	7
I have competed in sport at an international level	8	8

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.

		Yes,	Yes,	Yes,	Yes,
	No	once or	3-5	6-10	more than
	0	twice 1	times 2	times 3	10 times 4
	1	2	3	4	5
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.

All questions in this section had a "prefer not to answer" response option in the backup version but this has been recoded to missing.

		No, never in my lifetime	Yes, once or twice 1	Yes, 3-5 times 2	Yes, 6-10 times	Yes, more than 10 times 4
		1	2	3	4	5
		±	2	2		2
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	12	12	14	15	16	17	18 or
younger	12	13	14	10	10	17	older
1	2	3	4	5	6	7	8
1	2	3	4	5	6	7	8

ln y	our lifetime, did you hurt	Not	Not	Some	A little	Very
γοι	ırself	at all	really	what	bit	much
		0	1	2	3	4
		1	2	3	4	5
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
	0	1
	0	1
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?	With a partner	1	1
(tick one only)	Sharing with strangers	2	2
	Sharing with friends	3	3
	On my own	4	4
	With one or both of my parents	5	5

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	1	1
Rented accommodation	2	2
Student accommodation (halls of residence)	3	3
I am travelling/working overseas	4	4
Live in a flat/house owned by a family member	5	5

In most of the following questions about education and employment, the CMS and backup versions had a "prefer not to answer" response option but this has been recoded to missing in the raw data.

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

-

No qualifications	1	1
GCSEs with grades D - G	2	2
1 to 4 GCSEs with grades A - C	3	3
5 or more GCSEs with grades A - C	4	4
1 A-level pass (grades A - E)	5	5
2 or more A-level passes (grades A-E), NVQ level 3	6	6
Higher National Certificate, Certificate of Higher Education	7	7
Foundation degree, Diploma of Higher Education, NVQ level 4	8	8
Bachelor's degree or equivalent taken in the UK	9	9
Masters degree, PGCE, Postgraduate diploma or certificate, NVQ level 5	10	10
Doctoral degree (PhD)	11	11
Other qualifications obtained outside the UK	12	12
Other not listed	13	13

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)?

First class (1st) – highest grade	5	5
Upper second (2:1)	4	4
Lower second (2:2)	3	3
Third (3rd)	2	2
Pass – lowest grade	1	1

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

(value coding of responses follows the order in which they were presented in the app and web versions; this ordering differed in the paper version, hence oddities in the ordering of value codes below)

Natural Sciences	1	1	Social Sciences	7	7	Education	12	12	
Mathematic and Statistics	2	2	Business and Management	13	13	Environment and Development	14	14	
Medicine and Veterinary	3	3	Law	11	11	Nursing and Therapy	15	15	
Engineering	4	4	Arts	8	8	Other vocational	16	16	
Technology and Design	5	5	Humanities	9	9	Other not mentioned	17	17	
Computing and IT	6	6	Languages	10	10				

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

Studying	1	1
Working	2	2
Apprenticeship or other employment training	3	3
Gap year/travelling	4	4
Unemployed	5	5
Full time parent	6	6

```
At this point, the app and web versions included an additional question, "Are
you currently doing an apprenticeship?" (yes/no), which was only presented to
twins who had selected "apprenticeship or other employment training" in the
last question. Responses are coded 1=yes, 0=no as in the dataset.
The corresponding dataset variable is ulcapp and the value codes in the dataset
are 1=yes 0=no.
The paper booklet omitted this question but it was included as a variable in
the paper raw data; during data entry the responses were automatically updated
from responses to the previous and next questions.
```

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	1	1
Business, administrative and accounting	2	2
Construction, agriculture and environment	3	3
Engineering, IT and telecommunications	4	4
Healthcare, social care, animal care and education	5	5
Retail and sales, tourism and hospitality, transport and logistics	6	6
Sports and leisure	7	7
Other	8	8

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)

Note that the CMS version omitted the "Goods handling, porter, shelffilling, storage" response option, so this response is not present for twins who used the CMS.

Manager, director or senior official	1	1
Science, engineering or IT professional	2	2
Teacher, lecturer, research or education professional	3	3
Qualified professional such as doctor, accountant, solicitor, architect or clergy	4	4
Technician	5	5
Nurse or qualified therapist	6	6
Armed forces, police or protective services	7	7
Artistic or literary, design or media, or sports occupation	8	8
Business or finance worker	9	9
Public services (council worker, social worker, librarian)	10	10
Administrator	11	11
Secretary, PA, receptionist, clerical work	12	12
Agricultural or horticultural trades	13	13
Skilled trades or crafts (building, electrical, mechanical, printing, chef, etc.)	14	14
Childcare, healthcare or veterinary assistant	15	15
Leisure or travel services	16	16
Hairdressing, housekeeping and other personal services	17	17
Retail, sales and customer services	18	18
Factory work or machine operator	19	19
Driver or transport operator	20	20
Labourer	21	21
Postal worker, courier or messenger	22	22
Goods handling, porter, shelf-filling, storage	23	23
Security guard, attendant, school patrol, traffic warden	24	24
Cleaning, laundering, refuse collection	25	25
Kitchen worker, bar staff, waiter or waitress	26	26
Other	27	27

2. Are you working full time?

Yes, full time	1	No, part time	0	
	1		0	

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	1	1	£1500 - £2000	4	4	£3000 - £3500	7	7	
£500 - £1000	2	2	£2000 - £2500	5	5	£3500 - £4000	8	8	
£1000 - £1500	3	3	£2500 - £3000	6	6	More than £4000	9	9	

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	1	1	£1500 - £2000	4	4	£3000 - £3500	7	7	
£500 - £1000	2	2	£2000 - £2500	5	5	£3500 - £4000	8	8	
£1000 - £1500	3	3	£2500 - £3000	6	6	More than £4000	9	9	

If you are studying, what educational level are you currently working towards? (tick one only)

If you are not studying, skip this question.

In these two questions, the 'no qualifications' response was omitted in the app and web versions, so if given in the paper version it was recoded to missing at the point of data entry (hence is absent from the raw data). Note that the CMS and backup versions originally had "not applicable" and "prefer not to answer" response options, but these options were not present in the paper booklet so are recoded to missing in the raw data.

No qualifications		
GCSEs with grades D - G	2	2
1 to 4 GCSEs with grades A - C	3	3
5 or more GCSEs with grades A - C	4	4
1 A-level pass (grades A - E)	5	5
2 or more A-level passes (grades A-E), NVQ level 3	6	6
Higher National Certificate, Certificate of Higher Education	7	7
Foundation degree, Diploma of Higher Education, NVQ level 4	8	8
Bachelor's degree or equivalent taken in the UK	9	9
Masters degree, PGCE, Postgraduate diploma or certificate,	10	10
NVQ level 5		
Doctoral degree (PhD)	11	11
Other qualifications obtained outside the UK	12	12
Other not listed	13	13

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	2	2
1 to 4 GCSEs with grades A - C	3	3
5 or more GCSEs with grades A - C	4	4
1 A-level pass (grades A - E)	5	5
2 or more A-level passes (grades A-E), NVQ level 3	6	6
Higher National Certificate, Certificate of Higher Education	7	7
Foundation degree, Diploma of Higher Education, NVQ level 4	8	8
Bachelor's degree or equivalent taken in the UK	9	9
Masters degree, PGCE, Postgraduate diploma or certificate, NVQ level 5	10	10
Doctoral degree (PhD)	11	11
Other qualifications obtained outside the UK	12	12
Other not listed	13	13

Do you receive any benefits?

Yes	No
1	0
1	0

If Yes, which of the following benefits do you receive? Select all that apply. Each coded 1=yes if ticked and 0=no if not. Raw data: all coded 1=yes, 0=no as in the dataset.

Have you ever been or are you currently at university/college?

Yes 1	No	0
□ 1		0

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.

Hov	v much of your university/college expenses			Roughly	More	All or
do/	did	None	Some	half	than half	nearly all
		0	1	2	3	4
		1	2	3	4	5
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	Un	Some	Very
		all	really	decided	what	much
		0	1	2	3	4
		1	2	3	4	5
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	0	1
No, I would look for another university/college	1	2
l don't know	2	3
Yes, I would probably go to the same university/college	3	4
Yes, I would definitely go to the same university/college	4	5

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

I would definitely do a different course	0	1
I would probably do a different course	1	2
I don't know	2	3
I would probably do the same course	3	4
I would definitely do the same course	4	5

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
0	1	2	3	4
1	2	3	4	5

In conversations with others (fellow students, family members, co-workers, etc.) that were not directly related to your studies,			Some-		
how often have you talked about	Never	Rarely	times	Often	Always
	0	1	2	3	4
	1	2	3	4	5
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.

			Neither		
	Strongly	Dis	disagree		Strongly
	disagree	agree	nor agree	Agree	agree
	1	2	3	4	5
	1	2	3	4	5
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		Α		Α	Almost
	Nothing	little	Some	lot	everything
	0	1	2	3	4
	1	2	3	4	5
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.

			Neither		
	Strongly	Dis	disagree		Strongly
	disagree	agree	nor agree	Agree	agree
	1	2	3	4	5
	1	2	3	4	5
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
	0	1	2	3	4	5
	1	2	3	4	5	6
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 ...

			Some		Very
	Never	Rarely	times	Often	often
	0	1	2	3	4
	1	2	3	4	5
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
1	0
1	0

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

Extremely likely	4	5
Pretty likely	3	4
Undecided	2	3
Not that likely	1	2
Not at all likely	0	1

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

In the last 12 months			More
		Once	than once
	0	1	2
	1	2	3
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.

The data in this section were collected for admin purposes, for CoTEDS study recruitment. The data from these questions have not been retained in the raw data (or the dataset), with the exceptions shown below.

The CMS and backup versions included screening questions, used for branching purposes, and these screening questions were omitted in the paper version whose wording is given in this document. The screening questions were as follows:

- A. "Do you have children?" Raw data coding: 1=yes, 0=no (dataset variable ulcchild with coding 1=yes 0=no) For paper booklet data, during data entry, the response to this question was inferred from responses (or the lack of them) in question 1 below.
- B. "Are you happy to provide us with your children's details (names, birth dates, genders)?" (yes/no) not retained in the raw data.
- C. "How many children do you have?" (1, 2, 3) not retained in the raw data.
- D. "Does your twin have children?" Raw data coding: 1=yes, 0=no (dataset variable ulctchild with coding 1=yes 0=no) For paper booklet data, during data entry, the response to this question was inferred from responses (or the lack of them) in question 2 below.
- E. "Are you happy to provide us with details of your twin's children (names, birth dates, genders)?" (yes/no) not retained in the raw data.
- F. "How many children does your twin have?" (1, 2, 3) not retained in the raw data.

1. If **you** have children and you are prepared to give details, please tell us about them below. In the CMS and backup versions, presentation of these questions was conditional on responses to screening questions A, B and C as given above. [these items are not retained in the raw data]

Child 1	Full name:			
	Birth date (dd/mm/yyyy):			
	Gender:	Male		Female
	Does the child live with you:	Yes, all the time	е	
		Yes, some of the time		
		No		
	If No:	No time		1-3 hours
	On average, how much	4-8 hours		1-2 days
	time do you spend with this child each week?	3-4 days		5+ days
Child 2	Full name:			
	Birth date (dd/mm/yyyy):			
	Gender:	Male		Male
	Does the child live with you:	Yes, all the time	е	
		Yes, some of th	e tim	e
		No		
	□ No time	No time		1-3 hours
	\square 4-8 hours	4-8 hours		1-2 days
	4 -8 11001 S	3-4 days		5+ days
Child 3	Full name:			
	Birth date (dd/mm/yyyy):			
	Gender:	Male		Male
	Does the child live with you:	Yes, all the time	e	
		Yes, some of th	ie tim	e
		No		
	□ No time	No time		1-3 hours
		4-8 hours		1-2 days
4-8 hours	4-6 11001 S	3-4 days		5+ days

2. If **your twin** has children and you are prepared to give details, please tell us about them below. In the CMS and backup versions, presentation of these questions was conditional on responses to screening questions D, E and F as given above. [these responses are not retained in the raw data]

	Child's birth date	Child's gender	
Child's full name	(dd/mm/yyyy)	(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.

		Yes	No	Expected due date (dd/mm/yyyy)
		1	0	
		1	0	
(a)	Are you or your partner pregnant? ulcpreg			[Dates not - retained in
(b)	Is your twin or his/her partner pregnant? ulctpreg			the raw data]

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.

[this question not retained in the raw data]