

TEDS26 Questionnaire Coding

This document describes the variables and category coding as used in the TEDS26 raw data (from Qualtrics) and in the analysis dataset.

It is adapted from a document exported from the Qualtrics system for the final version of the TEDS26 questionnaire, as administered to the TEDS twins.

Text shown in this black font including the following:

- The wording of each question, as used in the Qualtrics questionnaire
- In category questions, the wording of all response options, as used in the Qualtrics questionnaire
- Heading, introductory text, and footers, as used in the Qualtrics questionnaire (although some of these are omitted if felt to be irrelevant for documentation of the variables)

For the purposes of this document, the presentation of the questions has been changed in many respects. For example, most category questions have been placed into tables for convenient presentation of the coding; tick boxes are not shown; page breaks have been removed; fonts and other formatting have been changed.

Raw data

Text shown in this monospaced blue font indicate aspects of the raw data as exported from Qualtrics, including the following:

- **Question names defined within Qualtrics, for example DEM.MAS.1.0 (in bold type). Although these names are not used in the raw data file, they have been retained in this document because they are used for the branching descriptions, and because the names themselves are descriptive. Each such name begins with a prefix denoting the block (DEM in this example) and sometimes a second prefix denoting the section within the block (MAS in this example).**
- **Variable names in the cleaned raw data file (also in bold type), beginning with "QID" and followed by a number. These are the names used in the first row of the raw data file. They were automatically assigned by Qualtrics, where they are referred to as "internal IDs". Note that these names do not generally follow a numeric sequence, because the ordering of measures and items was changed many times during the drafting of the questionnaire in Qualtrics.**
- **Value coding for category data in the raw data file (in bold type). For convenience, these numeric codes are usually shown in tabular form.**
- Text boxes used for non-categorical data entry, shown as [text box ..]. Text data have been coded into numeric categories as indicated in this document. After coding, the raw text responses have not been retained in the cleaned raw data.
- Block delimiters: "Start of Block" and "End of Block" followed by the block name. A block in Qualtrics is simply an organisational section within a questionnaire; in this questionnaire, each block is generally used to hold a single measure or a related set of questions.
- Branching instructions: "Display this question If .." or "Skip to .. If ..".
- Embedded data: "\${ .. }", used to personalise the questionnaire in some of the initial questions.
- Timer elements: "[blockname].TIME Timing". Timers were added to blocks that contain QC questions, but not to other blocks. A timer provides 4 raw variables (first_click, last_click, page_submit, click_count). Of these, only the 'page submit' variable has been retained in the raw data, as it is useful when screening for rapid responders in QC processing.
- Explanatory comments about the raw data.
- Headers and footers: these are sometimes used in Qualtrics to identify a section of text added before or after questions.

Note that a bold typeface is used to highlight variable names and value codes, while other raw data annotations are in normal, not bold, typeface.

The dataset

Text shown in this monospaced red font are used to give details of dataset variables:

- Variable names, all prefixed with "z mh" (z=age 26, mh=MHQ study) followed by a measure prefix, followed by further letters and numbers identifying the variable. As with the raw data variable names, these may be shown either before the relevant question, or within a table for sets of similar questions.
- Value coding for categorical variables in the dataset. For convenience, the value codes are usually shown in tabular form. These value codes are often changed from those used in the raw data, but they are displayed whether changed or not.
- Explanatory comments. Such comments may be used to explain differences in coding between the raw data and the dataset.

In the raw data, many variables had "don't know", "prefer not to answer" and/or "none of the above" responses; these are routinely recoded to missing in the dataset, hence dataset value codes are not shown for such responses. Before such recoding, a "none of the above" response is used to ensure that relevant preceding items are coded to "no" responses.

From timer elements, only the raw page_submit variable is retained (renamed) in the dataset; this variable holds a measurement of the time spent on the Qualtrics page before it was submitted by the participant. For measures spread over several pages, a time element was added for each page, and the times were summed into a single dataset variable rather than being retained as separate variables.

Every QC item variable is named with the "qc" suffix and is not numbered. This sometimes results in a change of item numbering from the raw data to the dataset variable names. Each QC item has been recoded into a simpler error-flag variable, coded 1=error 0=correct according whether it was answered correctly.

More generally, especially in long measures with many items, arbitrary changes in item numbering have often been made for the convenience of the dataset. (Note that in the raw data, especially in long measures, the item numbering is itself often arbitrary and sometimes non-consecutive.)

Some category variables had very rare, negligible, or even zero responses in some categories. Where appropriate, these have been recoded as shown in this document, to reduce identifiability and to remove statistically meaningless categories. In most such cases, the recoding has been done by grouping similar categories together.

Where raw text data were collected, the text have been coded into numeric categories in the cleaned raw data, and the original text responses have not been retained. Any such coding is explained in this document. In some cases, the text responses could be coded into existing category responses in nearby items (including 'other' categories); in other cases, where there were significant numbers of responses that formed a new category, the coding has created new category variables that were not in the original raw data.

As in all TEDS datasets, the twin variables are double entered. After double entry, a suffix of "1" (for the twin) or "2" (for the cotwin) is added to the variable name, but these suffixes are not shown in this document.

Start of Block: Consent

CONSENT.INTRO

TEDS RESEARCH CENTRE Dept. Box No. P083 Freepost RTSS-XCUX-CHTR London SE5 8AF Freephone: 0800 317 029
Email: teds-project@kcl.ac.uk

Consent form for participants in research project

Welcome \${e://Field/RecipientFirstName}!
[embedded data showing the participant's forename]

Please complete this form after you have read the Information Sheet [link to TEDS26 Information Sheet] about the research. If you have any further questions, please contact us at teds-project@kcl.ac.uk. Please retain a copy of the information sheet as a record of what you are consenting to if you take part in the study. Thank you for considering taking part in this research.

CONSENT

TEDS-26 Mental Health Questionnaire
Ethical review reference number: HR/DP-20/21-22060
Version Number 3: 21/05/21

[Each of these 6 items had to be ticked before proceeding; each coded with value 1.]
[These variables have not been retained in the cleaned raw data, and are not included in the dataset, because they are redundant: every twin who completed at least part of the questionnaire had consented and so value 1 was recorded in all 6 raw variables.]

I have read and understood the information sheet (Version 3: 21/05/21) for this study. I have had the opportunity to ask questions which have been answered to my satisfaction.	1
I understand that my participation is voluntary and that I am free to withdraw my data from this specific study for 1 month after I complete the questionnaire. I can also opt out of the current study or permanently withdraw from TEDS at any time, without having to give a reason and without my legal rights being affected.	1
I understand that if I decide to withdraw from this phase of TEDS data collection, it may not be possible for TEDS to delete data that I have provided in previous studies.	1
I consent to the processing of my personal information for the purposes explained to me in the Information Sheet. I understand that such information will be handled under the terms of UK data protection law, including the UK General Data Protection Regulation (UK GDPR) and the Data Protection Act 2018.	1
I consent to my data being used for academic research. I understand that confidentiality and anonymity will be maintained, and it will not be possible to identify me in any research outputs.	1
I understand that my data may be shared with other researchers in a non-identifiable form for research purposes.	1

End of Block: Consent

Start of Block: Contact details

[Variables from this block have not been retained in the cleaned raw data and are not included in the dataset: they were used for admin purposes only.]

ADDRESS.CHECK.1

Checking your postal address

According to our records, your permanent postal address is the one displayed here:

`{e://Field/Address}`

[embedded data showing the participant's address as recorded in TEDS admin system]

It is essential for TEDS to have a record of your postal address, so we can send you materials such as TEDS newsletters and paper questionnaires.

ADDRESS.CONFIRMATION

Is this postal address correct?

If not, you will be asked to supply a new address so we can contact you by post in future.

Yes, this is my correct permanent address	1	
No, this is not my permanent address	2	

Skip To: EMAIL If ADDRESS.CONFIRMATION = 1

Display This Question:

If ADDRESS.CONFIRMATION = 2

NEW.ADDRESS

New address details

Please enter your permanent postal address and postcode in the box below.

Please do not record a temporary address such as a term-time university address. We may need to use your new address to contact you again in a year or more's time.

Your address details will be kept confidential, will only be used by TEDS to contact you in connection with our research, and will not be shared with any third parties.

[text box, maximum length 200 characters]

Display This Question:

If ADDRESS.CONFIRMATION = 2

ADDRESS.PARENTS

Is the new address you have given above the same as the address of your parent(s)?

Yes, I live with my parent(s)	1	
No, I do not live with my parent(s)	2	

EMAIL

Your email address

It is essential for TEDS to have a record of your email address, because email is now our main means of communicating with participants.

We will use this email address to send your reward voucher to you, when you have completed this questionnaire.

Your email address will be kept confidential. It will only be used by TEDS to contact you in connection with our research, and it will not be shared with any third parties.

Please enter your email address in the box below:

[text box, with validation to ensure correct email address formatting]

MOBILE.NUMBER

Your mobile phone number

It is very useful for TEDS to have a record of your mobile phone number, if you live in the UK.

This answer is optional. If you prefer not to provide your mobile phone number, or if you do not have a UK mobile number, please leave the box blank.

Your mobile phone number will be kept confidential. It will only be used by TEDS to phone or text you in connection with our research, and it will not be shared with any third parties.

Please record your UK mobile phone number in the box below. This should start with 0, followed by 9 or 10 further digits, and without spaces.

[text box, with validation to ensure correct UK phone number formatting]

End of Block: Contact details

Start of Block: CoTEDS

[Most variables from this block, with the exceptions of zmhchild and zmhpreg, are not retained in the cleaned raw data and are not included in the dataset: they were used for admin purposes (CoTEDS recruitment) only.]

COTEDS.1.0 [QID1353]

zmhchild

Your children

Are you the biological parent of any children?

Yes	1	1
No	0	0
Prefer not to answer	-11	

Skip To: COTEDS.6.0 If COTEDS.1.0 != 1 [if not 'yes']

Display This Question:

If COTEDS.1.0 = 1

And HasChild = 0 [embedded data: 0 indicates no children recorded]

COTEDS.2.0

We have a new project called 'Children of TEDS' (CoTEDS). The aim of CoTEDS is to collect data on TEDS twins' children as they grow up. We would love for your children to be part of our research, just as you were when you were young!

You are invited to register any of your biological children with whom you have regular, direct contact to take part in CoTEDS. Feel free to contact us if you have questions.

Are you interested in joining CoTEDS with your child(ren)?

Yes	1	
Not at the moment	0	
No	2	

Skip To: COTEDS.6.0 If COTEDS.2.0 != 1 [if not 'yes']

Display This Question:

If COTEDS.2.0 = 1

COTEDS.3.0

Please use the box below to record the full name, birth date and sex for each biological child that you wish to register in CoTEDS.

For example: John Smith, 01/01/2021, male. Jane Smith, 12/12/2020, female.

[text box, maximum length 200 characters]

Display This Question:

If COTEDS.1.0 = 1

And HasChild = 1 [embedded data: 1 indicates at least one recorded]

COTEDS.4.0

The aim of CoTEDS is to collect data on TEDS twins' children as they grow up.

You are invited to register any of your biological children with whom you have regular, direct contact to take part in CoTEDS. Feel free to contact us if you have questions.

Our records show that you have the following children registered in the 'Children of TEDS' (CoTEDS) project:

`#{e://Field/Children}`

[embedded data showing the forenames of participant's children as recorded in TEDS admin system]

Thank you for being part of CoTEDS!

Do you have any new children to register in CoTEDS?

(please remember that these must be your biological children with whom you have regular, direct contact)

Yes	1	
No	0	

Skip To: COTEDS.6.0 If COTEDS.4.0 != 1

Display This Question:

If COTEDS.4.0 = 1

COTEDS.5.0

Please use the box below to record the full name, birth date and sex for each new child that you wish to register in CoTEDS.

For example: John Smith, 01/01/2021, male. Jane Smith, 12/12/2020, female.

[text box, maximum length 200 characters]

COTEDS.6.0 [QID1363]

zmhpreg

Are you or your partner currently pregnant?

Yes	1	1
No	0	0
Prefer not to answer	-11	

Skip To: End of Block If COTEDS.6.0 != 1

Display This Question:

If COTEDS.6.0 = 1

COTEDS.7.0

What is the expected due date of your baby(s)?

Record the date in dd/mm/yyyy format. If you are unsure of the exact day, please enter an estimated date.

Please note that this question is optional and can be left blank.

[text box, with validation to ensure correct dd/mm/yyyy formatting]

End of Block: CoTEDS

Start of Block: Demographics

HEAD

Questions about you

These questions are about you. There are no right or wrong answers. You can put "Prefer not to answer".

DEM.MAS.1.0 [QID421]

zmhrelst

What is your current marital/relationship status?

Separated/divorced/widowed responses were very rare so are grouped together

Single	1	1
Relationship (not living together)	2	2
Relationship (living together)	3	3
Married/civil partnership	4	4
Separated	5	5
Divorced	6	
Widowed	7	
Other	8	6
Prefer not to answer	-11	

DEM.EDU.1.0 [QID524]

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

Recorded into an ordinal variable as shown.

		zmhqual
No qualifications	1	1
GCSEs with grades D-G	2	2
1-4 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
Master's degree, PGCE, Postgraduate diploma or certificate	10	10
Doctoral degree (PhD)	11	11
Other qualifications obtained outside of the UK *	12	
Other not listed *	13	
Prefer not to answer	-11	

* The "other" responses are recoded to missing because they cannot be ordinally coded.

DEM.EMP.1.0 [QID420]

zmhempst and zmhneet (NEET=not in education, employment or training)

What is your current employment status? (Please tick only one)

		zmhempst	zmhneet
In paid full-time employment	1	1	0
In paid part-time employment	2	2	0
Self employed	3	3	0
Unemployed	4	4	1
Looking after home and/or family	5	5	0
Unable to work because of sickness or disability	6	6	1
Doing unpaid or voluntary work	7	7	1
Full or part-time student	8	8	0
None of the above	-88		
Prefer not to answer	-11		

Display This Question:

If DEM.EMP.1.0 = 1

Or DEM.EMP.1.0 = 2

DEM.ZERO [QID1267]

zmhempzh

Are you currently employed on a zero-hours contract?

Yes	1	1
No	2	0
Prefer not to answer	-11	

Display This Question:

If DEM.EMP.1.0 = 1

Or DEM.EMP.1.0 = 2

Or DEM.EMP.1.0 = 3

INCOME.1.0 [QID1276]

zmhempinc

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
£500-£1000	2	2
£1000 – £1500	3	3
£1500 – £2000	4	4
£2000 – £2500	5	5
£2500 – £3000	6	6
£3000 – £3500	7	7
£3500 – £4000	8	8
More than £4000	9	9
Prefer not to answer	-11	

Display This Question:

If DEM.EMP.1.0 = 8

UNI.FEES

How much of your university/college expenses do (please tick all that apply)...

			None	Some	Roughly half	More than half	All or nearly all
			1	2	3	4	5
you meet by yourself (job, savings, etc.)?	UNI.FEES_YOU [QID1270_1]	zmhuniexpa	0	1	2	3	4
your parents help with?	UNI.FEES_PARENTS [QID1270_2]	zmhuniexpb	0	1	2	3	4
you meet with scholarships or grants?	UNI.FEES_GRANTS [QID1270_3]	zmhuniexpc	0	1	2	3	4
you meet with loans?	UNI.FEES_LOANS [QID1270_4]	zmhuniexpd	0	1	2	3	4
you meet with other sources?	UNI.FEES_OTHER [QID1270_5]	zmhuniexpe	0	1	2	3	4

DEM.BENE.1 [QID1268]

zmhbenf

Do you receive any state benefits? E.g., Universal Credit

Yes	1	1
No	2	0
Prefer not to answer	-11	

Display This Question:

If DEM.BENE.1 = 1

DEM.BENE.2

What kind of benefits do you receive? (Please select all that apply) [all coded 1 if ticked; ticking "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if "prefer not to answer" was ticked.

					Yes	No
Universal Credit (UC)	DEM.BENE.2_1	QID1269_1	zmhbenfuc	1	1	0
Employment Support Allowance (ESA)	DEM.BENE.2_2	QID1269_2	zmhbenfesa	1	1	0
Housing benefits	DEM.BENE.2_3	QID1269_3	zmhbenfhb	1	1	0
Disability Living Allowance (DLA)	DEM.BENE.2_4	QID1269_4	zmhbenfdla	1	1	0
Carers' Allowance	DEM.BENE.2_5	QID1269_5	zmhbenfcar	1	1	0
Child Benefit	DEM.BENE.2_6	QID1269_6	zmhbenfch	1	1	0
Maternity Allowance *	DEM.BENE.2_7	QID1269_7		1		
Personal Independence Payment	DEM.BENE.2_8	QID1269_8	zmhbenfpip	1	1	0
Prefer not to answer	DEM.BENE.2_-11	QID1269_-11		1		

* 'Maternity allowance' item not retained in dataset: negligible response.

Eth.1.0 [QID1307]

zmhethnic

What is your ethnic group?

These are the government recommended categories for measuring ethnicity. However, we appreciate that they may not accurately represent everyone. Please feel free to use a text-box to self-define.

* There were negligible responses for the marked response options: these are recoded into the closest 'other' categories in the dataset as indicated below.

<i>White</i>		
English, Welsh, Scottish, Northern Irish or British	1	1
Irish	2	2
Gypsy or Irish Traveller * Any other White background	3	3
Any other White background	4	
<i>Mixed or Multiple ethnic groups</i>		
White and Black Caribbean	5	4
White and Black African * Any other Mixed ...	6	6
White and Asian	7	5
Any other Mixed or Multiple ethnic background	8	6
<i>Asian or Asian British</i>		
Indian	9	7
Pakistani	10	8
Bangladeshi * Any other Asian background	11	10
Chinese	12	9
Any other Asian background	13	10
<i>Black, African, Caribbean or Black British</i>		
African	14	11
Caribbean	15	12
Any other Black background * Any other ethnic group	16	13
<i>Other ethnic group</i>		
Arab * Any other ethnic group	17	
Any other ethnic group	18	
Prefer not to answer	19	

There were text boxes associated with the five "other" category responses above:

- Any other White background
- Any other Mixed or Multiple ethnic background
- Any other Asian background

- Any other Black background
- Any other ethnic group

There were few such text responses, and these have been recoded into the existing numeric categories in the raw data, as shown in the table above; no significant new categories were found in the coding. The original text has not been retained in the cleaned raw data.

DEM.GEN.1.0 [QID614]

zmggender

Which gender do you identify with?

Male	1	1
Female	2	2
Non-binary/Genderqueer	3	3
Prefer to self-define	4	4
Don't know	-88	
Prefer not to answer	-11	

DEM.GEN.2.0 [QID890]

zmhtransg

Do you identify as transgender?

Yes	1	1
No	2	0
Prefer not to answer	-11	

DEM.ORI.1.0 [QID824]

zmhsexor

What is your sexual orientation?

Heterosexual	1	1
Homosexual	2	2
Bisexual	3	3
Pansexual	4	4
Asexual	5	5
Fluid	6	6
Prefer to self-define	7	7
Unsure/ I don't know	-88	
Prefer not to answer	-11	

End of Block: Demographics

MH.HEADER

Questions about you and your medical history

These questions are about you and your medical health. There are no right or wrong answers. You can put "Prefer not to answer".

DEM.HGT [QID1170]

zmheight: dataset variable converted to integer centimetre (cm) values. There were negligible responses in the first (less than 4 feet) and last (more than 7 feet) categories and these are treated as missing.

What is your current height? (if you are unsure, please put your best estimate)

Less than 4 feet (less than 122cm)	1	
4 feet (122cm)	2	122
4 feet 1 inch (124cm)	3	124
4 feet 2 inches (127cm)	4	127
4 feet 3 inches (130cm)	5	130
4 feet 4 inches (132cm)	6	132
4 feet 5 inches (135cm)	7	135
4 feet 6 inches (137cm)	8	137
4 feet 7 inches (140cm)	9	140
4 feet 8 inches (142cm)	10	142
4 feet 9 inches (145cm)	11	145
4 feet 10 inches (147cm)	12	147
4 feet 11 inches (150cm)	13	150
5 feet (152cm)	14	152
5 feet 1 inch (155cm)	15	155
5 feet 2 inches (157cm)	16	157
5 feet 3 inches (160cm)	17	160
5 feet 4 inches (163cm)	18	163
5 feet 5 inches (165cm)	19	165
5 feet 6 inches (168cm)	20	168
5 feet 7 inches (170cm)	21	170
5 feet 8 inches (173cm)	22	173
5 feet 9 inches (175cm)	23	175
5 feet 10 inches (178cm)	24	178
5 feet 11 inches (180cm)	25	180
6 feet (183cm)	26	183
6 feet 1 inch (185cm)	27	185
6 feet 2 inches (188cm)	28	188
6 feet 3 inches (191cm)	29	191
6 feet 4 inches (193cm)	30	193
6 feet 5 inches (196cm)	31	196
6 feet 6 inches (198cm)	32	198
6 feet 7 inches (201cm)	33	201
6 feet 8 inches (203cm)	34	203
6 feet 9 inches (206cm)	35	206
6 feet 10 inches (208cm)	36	208
6 feet 11 inches (211cm)	37	211
7 feet (213cm)	38	213
More than 7 feet (more than 213cm)	39	
Prefer not to answer	-11	

DEM.WGT [QID1171]

zmhweight: dataset variable converted to integer kilogram (kg) values. There were negligible responses in the first (less than 35kg) and last (more than 180kg) categories and these are treated as missing.

What is your current weight? (if you are unsure, please put your best estimate)

If you are pregnant, please provide your weight before you were pregnant.

Less than 35kg (less than 5 stone 7 pounds)	1	
35kg (5 stone 7 pounds)	2	35
36kg (5 stone 9 pounds)	3	36
37kg (5 stone 12 pounds)	4	37
38kg (6 stone 0 pounds)	5	38
39kg (6 stone 2 pounds)	6	39
[The list of responses is shortened here. The responses give weights at intervals of 1kg throughout this range.]	7 - 143	40 - 176
177kg (27 stone 12 pounds)	144	177
178kg (28 stone 0 pounds)	145	178
179kg (28 stone 3 pounds)	146	179
180kg (28 stone 5 pounds)	147	180
More than 180kg (more than 28 stone 5 pounds)	148	
Prefer not to answer	-11	

zmbmi: BMI derived from height and weight responses above.

COVID.1.0

Some questions about COVID-19 (Coronavirus)

COVID.2.0 [QID1029]

zmhccovid

Do you think you have ever had COVID-19 (Coronavirus) at any time?

Definitely	1	3
Probably	2	2
Unsure	3	1
No	4	0
Prefer not to answer	-11	

Display This Question:

If COVID.2.0 = 1

Or COVID.2.0 = 2

COVID.3.0 [QID1030]

zmhccovidrec

During recovery from serious illness, symptoms can fluctuate. Overall, do you feel you have recovered from COVID-19?

There were negligible responses for 'getting worse' so these are grouped with 'not at all' in the dataset variable.

Completely	1	1
Mostly	2	2
Partially	3	3
Not at all	4	4
Getting worse	5	
Prefer not to answer	-11	

End of Block: Medical History

Start of Block: PHQ-15

PHQ15.HEADER

These next questions are about how you have been feeling in the past month.

PHQ15.TIME Timing

First Click

Last Click

Page Submit [QID1315_PAGE_SUBMIT] zmhphqtime [seconds, as a decimal number]

Click Count

PHQ.1.0

During the past 4 weeks, how much have you been bothered by any of the following problems?

				Not bothered at all	Bothered a little	Bothered a lot	Prefer not to answer
				1	2	3	-11
Stomach pain	PHQ.1.0_1	QID894_1	zmhphq01	0	1	2	
Back pain	PHQ.1.0_2	QID894_2	zmhphq02	0	1	2	
Pain in your arms, legs, or joints (knees, hips etc.)	PHQ.1.0_3	QID894_3	zmhphq03	0	1	2	
Menstrual cramps or other problems with your period	Display This Choice: If DEM.GEN.1.0 = 2 [female]						
	PHQ.1.0_4	QID894_4	zmhphq04	0	1	2	
Headaches	PHQ.1.0_5	QID894_5	zmhphq05	0	1	2	
Chest pain	PHQ.1.0_6	QID894_6	zmhphq06	0	1	2	
Dizziness	PHQ.1.0_7	QID894_7	zmhphq07	0	1	2	
This is a quality control item, please select 'Bothered a lot'	PHQ.1.0_8_QC	QID894_21	zmhphqcer*	1	1	0	1
Fainting spells	PHQ.1.0_9	QID894_8	zmhphq08	0	1	2	
Feeling your heart pound or race	PHQ.1.0_10	QID894_9	zmhphq09	0	1	2	
Shortness of breath	PHQ.1.0_11	QID894_10	zmhphq10	0	1	2	
Pain or problems during sexual intercourse	PHQ.1.0_12	QID894_11	zmhphq11	0	1	2	
Constipation, loose bowels, or diarrhoea	PHQ.1.0_13	QID894_12	zmhphq12	0	1	2	
Nausea, gas, or indigestion	PHQ.1.0_14	QID894_13	zmhphq13	0	1	2	
Feeling tired or having low energy	PHQ.1.0_15	QID894_14	zmhphq14	0	1	2	
Trouble sleeping	PHQ.1.0_16	QID894_15	zmhphq15	0	1	2	

* QC item recoded into error flag zmhphqcer: 1=error, 0=correct

End of Block: PHQ-15

Your experiences with mental health

This section has some questions about your mental health.

MHD.DIS.1.0 [QID63]

zmhmhddis

In your life, have you suffered from a period of mental distress that prevented you from doing your usual activities?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

MHD.PRO.1.0 [QID64]

zmhmhprof

In your life, did you seek or receive help from a professional (medical doctor, psychologist, social worker, counsellor, nurse, clergy or other helping professional) for mental distress, psychological problems or unusual experiences?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

MHD.DX.1.0

Have you EVER been diagnosed with one or more of the following mental health problems by a professional, even if you don't have it currently?

By professional we mean: any doctor, nurse or person with specialist training (such as a psychologist, psychiatrist etc.). Please include disorders even if you did not need treatment for them or if you did not agree with the diagnosis. Select ALL that apply: [all coded 1 if ticked; ticking "none of the above" or "don't know" or "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if "don't know" or "prefer not to answer" was ticked.

					Yes	No
Depression	MHD.DX.1.0_1	QID65_1	zmhmhddx1a	1	1	0
Premenstrual dysphoric disorder	MHD.DX.1.0_2	QID65_2	zmhmhddx1b	1	1	0
Mania, hypomania, bipolar or manic-depression	MHD.DX.1.0_3	QID65_3	zmhmhddx1c	1	1	0
Generalised anxiety disorder	MHD.DX.1.0_4	QID65_4	zmhmhddx1d	1	1	0
Anxiety, nerves or stress	MHD.DX.1.0_5	QID65_5	zmhmhddx1e	1	1	0
Social anxiety or social phobia	MHD.DX.1.0_6	QID65_6	zmhmhddx1f	1	1	0
Specific phobia (e.g. phobia of flying)	MHD.DX.1.0_7	QID65_7	zmhmhddx1g	1	1	0
Agoraphobia	MHD.DX.1.0_8	QID65_8	zmhmhddx1h	1	1	0
Panic disorder	MHD.DX.1.0_9	QID65_9	zmhmhddx1i	1	1	0
Panic attacks	MHD.DX.1.0_10	QID65_10	zmhmhddx1j	1	1	0
Post-traumatic stress disorder (PTSD)	MHD.DX.1.0_11	QID65_11_A	zmhmhddx1k	1	1	0
Obsessive-compulsive disorder (OCD)	MHD.DX.1.0_12	QID65_12	zmhmhddx1l	1	1	0
Body dysmorphic disorder (BDD)	MHD.DX.1.0_13	QID65_13	zmhmhddx1m	1	1	0
Other obsessive-compulsive related disorders (e.g. skin-picking)	MHD.DX.1.0_14	QID65_14	zmhmhddx1n	1	1	0
None of the above	MHD.DX.1.0_15	QID65_15		1		
Don't know	MHD.DX.1.0_-88	QID65_88		1		
Prefer not to answer	MHD.DX.1.0_-11	QID65_11		1		
[text box for 'other obsessive-compulsive related disorders']	MHD.DX.1.0_14_TEXT (not retained in cleaned raw data). There were few text responses, and these did not reveal significant numbers in any new categories.					

MHD.DX.2.0

Have you EVER been diagnosed with one or more of the following mental health problems or neurodevelopmental disorders by a professional, even if you don't have it currently?

By professional we mean: any doctor, nurse or person with specialist training (such as a psychologist, psychiatrist etc.). Please include disorders even if you did not need treatment for them or if you did not agree with the diagnosis. Select ALL that apply: [all coded 1 if ticked; ticking "none of the above" or "don't know" or "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if "don't know" or "prefer not to answer" was ticked.

					Yes	No
Anorexia nervosa	MHD.DX.2.0_1	QID66_1	zmhnhddx2a	1	1	0
Bulimia nervosa	MHD.DX.2.0_2	QID66_2	zmhnhddx2b	1	1	0
Psychological over-eating or binge-eating	MHD.DX.2.0_3	QID66_3	zmhnhddx2c	1	1	0
Binge-eating disorder	MHD.DX.2.0_4	QID66_4	zmhnhddx2d	1	1	0
Other or unspecified eating disorder		Other_ed	zmhnhddx2e		1	0
Schizophrenia *	MHD.DX.2.0_5	QID66_5		1		
Any other type of psychosis or psychotic illness	MHD.DX.2.0_6	QID66_6	zmhnhddx2f	1	1	0
Personality disorder	MHD.DX.2.0_7	QID66_7	zmhnhddx2g	1	1	0
Autism Spectrum Disorder (ASD)	MHD.DX.2.0_8	QID66_8	zmhnhddx2h	1	1	0
Attention deficit or attention deficit and hyperactivity disorder (ADD/ADHD)	MHD.DX.2.0_9	QID66_9	zmhnhddx2i	1	1	0
Dyslexia or dyspraxia		Dysl_dysp	zmhnhddx2j		1	0
Other (Please tell us more)	MHD.DX.2.0_10	QID66_10	zmhnhddx2k	1	1	0
None of the above	MHD.DX.2.0_11	QID66_11_A		1		
Don't know	MHD.DX.2.0_-88	QID66_88		1		
Prefer not to answer	MHD.DX.2.0_-11	QID66_11		1		
[text box for 'other']	MHD.DX.2.0_10_TEXT (not retained in cleaned raw data). The raw text data were recoded into the existing categories where appropriate, as well as into two new categories as shown (other/unspecified eating disorders, and dyslexia/dyspraxia)					

* Negligible response for Schizophrenia item: dropped from dataset.

In both sections above, a "none of the above" response was used to check that all preceding items were coded as 0=no.

Display This Question:

If MHD.DX.2.0 = 7 [if 'Personality disorder' was ticked]

MHD.PER.1.0 [QID662]

Which personality disorder have you been diagnosed with?

Paranoid personality disorder	1		
Schizoid personality disorder	2		
Schizotypal personality disorder	3		
Antisocial personality disorder	4		
Borderline personality disorder	5	zmhmqdbpd	1=yes, 0=no
Histrionic personality disorder	6		
Narcissistic personality disorder	7		
Avoidant/anxious personality disorder	8		
Dependent personality disorder	9		
Obsessive-compulsive personality disorder	10		
Don't know	-88		
Prefer not to answer	-11		

There were significant numbers of responses for 'borderline personality disorder', which has been recoded into the binary variable zmhmqdbpd as shown.

There were negligible or no responses for all other categories, and these have been dropped from the dataset.

End of Block: UKBB MHQ Section A - General Mental Health

Start of Block: MFQ-13

Your recent mood and feelings

MFQ.TIME.1 Timing

First Click

Last Click

Page Submit [QID1316_FIRST_CLICK] zmhmfqtime [seconds, as a decimal number]

Click Count

[zmhmfqtime is the sum of the two raw page_submit variables, here and below]

MFQ.1.0

These questions are about how you might have been feeling or acting recently. For each question, please check how you have been feeling or acting in the past two weeks

				Not true	Sometimes True	True	Prefer not to answer
				1	2	3	-11
I felt miserable or unhappy	MFQ.1.0_1	QID849_1	zmhmfq01	0	1	2	
I didn't enjoy anything at all	MFQ.1.0_2	QID849_2	zmhmfq02	0	1	2	
I felt so tired I just sat around and did nothing	MFQ.1.0_3	QID849_3	zmhmfq03	0	1	2	
I was very restless	MFQ.1.0_4	QID849_4	zmhmfq04	0	1	2	
I felt I was no good anymore	MFQ.1.0_5	QID849_5	zmhmfq05	0	1	2	
I cried a lot	MFQ.1.0_6	QID849_6	zmhmfq06	0	1	2	
I found it hard to think properly or concentrate	MFQ.1.0_7	QID849_7	zmhmfq07	0	1	2	

MFQ.TIME.2 Timing

First Click

Last Click

Page Submit [QID1317_PAGE_SUBMIT]

Click Count

MFQ.2.0

The following questions are about how you might have been feeling or acting recently. For each question, please check how you have been feeling or acting in the past two weeks

				Not true	Sometimes True	True	Prefer not to answer
				1	2	3	-11
I hated myself	MFQ.2.0_8	QID1042_8	zmhmfq08	0	1	2	
I felt I was a bad person	MFQ.2.0_9	QID1042_9	zmhmfq09	0	1	2	
I felt lonely	MFQ.2.0_10	QID1042_10	zmhmfq10	0	1	2	
This is a quality control item, please select 'True'	MFQ.2.0_15_QC	QID1042_15	zmhmfqcer*	1	1	0	1
I thought nobody really loved me	MFQ.2.0_11	QID1042_11	zmhmfq11	0	1	2	
I thought I could never be as good as other people	MFQ.2.0_12	QID1042_12	zmhmfq12	0	1	2	
I did everything wrong	MFQ.2.0_13	QID1042_13	zmhmfq13	0	1	2	

* QC item recoded into error flag zmhmfqcer: 1=error, 0=correct

End of Block: MFQ-13

Start of Block: CIDID (lifetime MDD)

In the next section we would like to know more about your mood

CIDID.SYM.1.0 [QID69]

zmhcidid01

Have you ever had a time in your life when you have felt sad, blue, or depressed for two weeks or more in a row?

Yes	1	1
No	2	0
Prefer not to answer	-11	

CIDID.SYM.2.0 [QID70]

zmhcidid02

Have you ever had a time in your life lasting two weeks or more when you lost interest in most things like hobbies, work, or activities that usually give you pleasure?

Yes	1	1
No	2	0
Prefer not to answer	-11	

Display This Question:

If CIDID.SYM.2.0 = 1 [yes]

Or CIDID.SYM.1.0 = 1 [yes]

HEAD [branching is used to display this header, then the display of this header is used as a branching rule for subsequent questions]

Please think of the two-week period in your life when your feelings of depression or loss of interest were worst.

Display This Question:

If HEAD Is Displayed

CIDID.SYM.3.0 [QID72]

zmhcidid03

How much of the day did these feelings usually last?

All day long	1	1
Most of the day	2	2
About half of the day	3	3
Less than half of the day	4	4
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

Please think of the two-week period in your life when your feelings of depression or loss of interest were worst.

CIDID.SYM.4.0 [QID73]

zmhcidid04

Did you feel this way:

Every day	1	1
Almost every day	2	2
Less often	3	3
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

CIDID.SYM.5.0 [QID74]

zmhcidid05

Did you feel more tired out or low on energy than is usual for you?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

Please think of the two-week period in your life when your feelings of depression or loss of interest were worst.

CIDID.ATY.1.0 [QID76]

zmhcidid06a

Did your weight change?

(do not include weight change as a side-effect of medication you were taking)

Gained weight	1	1
Lost weight	2	2
Both gained and lost some weight during the episode	3	3
Stayed about the same or was on a diet	4	4
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If CIDID.ATY.1.0 is between 1 and 3 [any change in weight]

CIDID.ATY.2.0 [QID499]

zmhcidid06b

Did your weight change by about 10lbs (4kg) or more?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

Please think of the two-week period in your life when your feelings of depression or loss of interest were worst.

CIDID.SYM.6.0 [QID77]

zmhcidid07

Did your sleep change?

(do not include sleep change as a side-effect of medication you were taking)

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If CIDID.SYM.6.0 = 1

CIDID.SYM

Was that:

				Yes	No
				1	2
Trouble falling asleep (sleeping too little)	CIDID.SYM.7.0	QID78_1	zmhcidid07a	1	0
Waking too early (sleeping too little)	CIDID.SYM.8.0	QID78_2	zmhcidid07b	1	0
Sleeping too much	CIDID.SYM.9.0	QID78_3	zmhcidid07c	1	0
Both sleeping too much and too little during the same depression episode	CIDID.SYM.10.0	QID78_4	zmhcidid07d	1	0

Display This Question:

If HEAD Is Displayed

Please think of the two-week period in your life when your feelings of depression or loss of interest were worst.

CIDID.SYM.11.0 [QID620]

zmhcidid08

Did you experience a change in your appetite?

No changes in appetite	1	1
Increased appetite	2	2
Decreased appetite	3	3
Experienced both increased and decreased appetite during the same depression episode	4	4
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

CIDID.ATY.5.0 [QID369]

zmhcidid09

Did your mood brighten in response to positive events?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

CIDID.ATY.6.0 [QID370]

zmhcidid10

Did you experience heavy feelings in your arms or legs? (Did your arms or legs feel "heavy"?)

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

Please think of the two-week period in your life when your feelings of depression or loss of interest were worst.

CIDID.ATY.8.0 [QID371]

zmhcidid11

Were you overly sensitive to interpersonal rejection?

No	1	1
Yes, and this significantly impaired your social or work relationships.	2	2
Yes, but this did not significantly impair your social or work relationships	3	3
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

Please think of the two-week period in your life when your feelings of depression or loss of interest were worst.

CIDID.SYM.12.0 [QID373]

zmhcidid12

Was your mood worse:

In the morning	1	1
In the afternoon	2	2
At night	3	3
My mood did not vary	4	4
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

CIDID.SYM.13.0 [QID79]

zmhcidid13

Did you have difficulty thinking, concentrating or making decisions?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

CIDID.SYM.14.0 [QID80]

zmhcidid14

People sometimes feel down on themselves, no good, worthless. Did you feel this way?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

CIDID.SYM.15.0 [QID81]

zmhcidid15

Did you think a lot about death - either your own, someone else's, or death in general?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

CIDID.PSYMOTOR.1.0 [QID1309]

zmhcidid16a

During that period, were you so fidgety or restless that you were unable to sit still?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

CIDID.PSYMOTOR.2.0 [QID1310]

zmhcidid16b

Were you talking or moving much more slowly than is normal for you?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:
 If HEAD Is Displayed
 CIDID.PSYMOTOR.3.0 [QID1311]
 zmhcidid16c

Did you feel fatigued or have less energy than usual?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:
 If HEAD Is Displayed

Please think of the two-week period in your life when your feelings of depression or loss of interest were worst.

CIDID.SYM.16.0 [QID82]
 zmhcidid17a

About how long altogether did you feel this way?

Less than a month	1	1
Between one and three months	2	2
Over three months, but less than six months	3	3
Over six months, but less than 12 months	4	4
One to two years	5	5
Over two years	6	6
Don't know	-88	
Prefer not to answer	-11	

Display This Question:
 If CIDID.SYM.16.0 = 1
 CIDID.SYM.24.0 [QID744]
 zmhcidid17b

Was this your longest episode of depression or low mood?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:
 If CIDID.SYM.24.0 = 2 [no]
 CIDID.SYM.25.0 [QID745]
 zmhcidid18

What is the longest period of time that you have experienced depression or low mood?

There were negligible responses for 'more than 5 years' and 'all my life', so these categories are combined in the dataset so that 3=over 1 year.

Less than 6 months	1	1
Over 6 months but less than 12 months	2	2
Over 1 year but less than 5 years	3	3
More than 5 years	4	
All of my life / as long as I can remember	5	

Display This Question:

If HEAD Is Displayed

Please think of the two-week period in your life when your feelings of depression or loss of interest were worst.

CIDID.SYM.17.0 [QID83]

zmhcidid19

Think about your roles at the time of this episode, including study/employment, childcare and housework, leisure pursuits. How much did these problems interfere with your life or activities?

A lot	4	3
Some	3	2
A little	2	1
Not at all	1	0
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

CIDID.SYM.19.0 [QID84]

zmhcidid20

Please estimate the number of times you have had periods of depression or low mood in your life lasting two or more weeks:

1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	
9	9	
10	10	8
11	11	
12	12	
13+	13	9
All of my life/as long as I can remember	14	10
Prefer not to answer	-11	

Responses were recoded into ranges in dataset variable zmhcidid20, as shown above.

Display This Question:

If CIDID.SYM.1.0 = 1

Or CIDID.SYM.2.0 = 1

CIDID.SYM.20.0 [QID86]

zmhcidid21a

About how old were you the first time you had a period of two weeks like this? (Whether or not you received any help for it.)

Please put your age in years. An approximate age is fine.

5	5	5
6	6	6
7	7	7
[The list of responses is shortened here. The responses give ages at intervals of 1 throughout this range.]	8 - 25	8 - 25
26	26	26
27	27	27
28	28	
29	29	
30	30	

Responses higher than 27 were extremely rare. In dataset variable zmhcidid21a, therefore, value 27 is used to code for ages of 27 or higher. Values 5 to 26 are unchanged from the raw data.

Display This Question:

If CIDID.SYM.19.0 is between 2 and 14

[more than 1 period of depression lasting two or more weeks]

CIDID.SYM.21.0 [QID88]

zmhcidid21b

About how old were you the last time you had a period of two weeks like this? (Whether or not you received any help for it.)

Please put your age in years. An approximate age is fine.

[The response choices displayed here were dependent on the response in the previous question; only ages greater than or equal to the age selected in the previous question were displayed]

5	5	17
[The list of responses is shortened here. The responses give ages at intervals of 1 throughout this range.]	6 - 16	
17	17	
18	18	18
19	19	19
20	20	20
21	21	21
22	22	22
23	23	23
24	24	24
25	25	25
26	26	26
27	27	27
28	28	28
29	29	
30	30	

Responses below 18, and responses above 27, were very rare. Hence, dataset variable zmhcidid21b is coded in ranges as shown above.

Display This Question:

If HEAD Is Displayed

CIDID.SYM.23.0 [QID650]

zmhcidid22

Did any of these episodes occur following a significant or traumatic event such as death/serious illness of a close relative or friend, or following a distressing event or illness that happened to you?

Most/all	4	3
More than once	3	2
Once	2	1
Not at all	1	0
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

CIDID.TRE.1.0 [QID623]

zmhcidid23

Did you ever tell a professional about these problems? (Medical doctor, psychologist, social worker, counsellor, nurse, clergy, or other helping professional)

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

CIDID.TRE.2.0

Have you ever tried any of the following for these problems?

(Please select all that apply) [all coded 1 if ticked; ticking "none of the above" or "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if "prefer not to answer" was ticked. 'None of the above' results in 0=no responses in all preceding items.

					Yes	No
Medication prescribed to you for at least two weeks	CIDID.TRE.2.0_1	QID90_1	zmhcidid24a	1	1	0
Unprescribed medication more than once	CIDID.TRE.2.0_2	QID90_2	zmhcidid24b	1	1	0
Drugs or alcohol more than once	CIDID.TRE.2.0_3	QID90_3	zmhcidid24c	1	1	0
Psychotherapy or other talking therapy more than once (including internet-based CBT)	CIDID.TRE.2.0_4	QID90_4	zmhcidid24d	1	1	0
Structured wellbeing activity (e.g. mindfulness, meditation, self-help)	CIDID.TRE.2.0_5	QID90_5	zmhcidid24e	1	1	0
Regular physical exercise (e.g. yoga, running, walking)	CIDID.TRE.2.0_6	QID90_6	zmhcidid24f	1	1	0
None of the above	CIDID.TRE.2.0_7	QID90_7		1		
Prefer not to answer	CIDID.TRE.2.0_-11	QID90_-11		1		

Display This Question:

If CIDID.TRE.2.0 = 4 [Psychotherapy or other talking therapy]

CIDID.IAP.1.0 [QID710]

zmhcidid25

Have you ever been enrolled in an NHS funded talking therapy or psychotherapy (IAPT) for these problems?

Yes currently	1	1
Yes currently and previously	2	2
Yes previously	3	3
No	4	4
Don't know	-88	

Display This Question:

If CIDID.TRE.2.0 = 1 [medication prescribed]

CIDID.TRE.3.0 [QID316]

zmhcidid26a

Did/Do you take your medication for these problems as advised?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If CIDID.TRE.2.0 = 1 [medication prescribed]

CIDID.TRE.4.0 [QID317]

zmhcidid26b

Did/Do you find the medication helpful?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If CIDID.TRE.2.0 = 4 [psychotherapy]

Or CIDID.TRE.2.0 = 5 [structured wellbeing activity]

CIDID.THE.1.0

You previously mentioned that you have tried/are currently trying psychotherapy, another talking therapy, or a structured wellbeing activity for these problems. Please select all that you attended more than once.

[all coded 1 if ticked; ticking "never tried .." or "don't know" or "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if 'prefer not to answer' or 'don't know' was ticked. 'None of the above' results in 0=no responses in all preceding items.

					Yes	No
Counselling	CIDID.THE.1.0_1	QID237_1	zmhccidid27a	1	1	0
Psychotherapy	CIDID.THE.1.0_2	QID237_2	zmhccidid27b	1	1	0
Mindfulness	CIDID.THE.1.0_3	QID237_3	zmhccidid27c	1	1	0
Relationship therapy	CIDID.THE.1.0_4	QID237_4	zmhccidid27d	1	1	0
Group therapy	CIDID.THE.1.0_5	QID237_5	zmhccidid27e	1	1	0
EMDR (Eye Movement Desensitization and Reprocessing)	CIDID.THE.1.0_6	QID237_6	zmhccidid27f	1	1	0
Guided self-help	CIDID.THE.1.0_7	QID237_7	zmhccidid27g	1	1	0
Family therapy	CIDID.THE.1.0_8	QID237_8	zmhccidid27h	1	1	0
Cognitive Behavioural Therapy (CBT)	CIDID.THE.1.0_9	QID237_9	zmhccidid27i	1	1	0
Dialectical Behavioural Therapy (DBT)	CIDID.THE.1.0_1 0	QID237_10	zmhccidid27j	1	1	0
Workshops	CIDID.THE.1.0_1 1	QID237_11	zmhccidid27k	1	1	0
Cognitive analytic therapy (CAT)	CIDID.THE.1.0_1 2	QID237_12	zmhccidid27l	1	1	0
Online therapy	CIDID.THE.1.0_1 3	QID237_13	zmhccidid27m	1	1	0
Hypnotherapy/hypnosis	CIDID.THE.1.0_1 4	QID237_14	zmhccidid27n	1	1	0
Other psychotherapy/talking therapy	CIDID.THE.1.0_1 5	QID237_15	zmhccidid27o	1	1	0
Other	CIDID.THE.1.0_1 6	QID237_16	zmhccidid27p	1	1	0
Never tried psychotherapy or other talking therapy	CIDID.THE.1.0_1 7	QID237_17		1		
Don't know	CIDID.THE.1.0_- 88	QID237_-88		1		
Prefer not to answer	CIDID.THE.1.0_- 11	QID237_-11		1		
[text box for 'other']	CIDID.THE.1.0_16_TEXT (not in cleaned raw data) There were few text responses. Where they occurred, they were recoded into the existing categories above, including "other" therapies (zmhccidid27p). No new categories emerged from the coding.					

Display This Question:

If CIDID.THE.1.0 , 1 Is Displayed

And CIDID.THE.1.0 != 17 And CIDID.THE.1.0 != -88 And CIDID.THE.1.0 != -11
[any positive response in previous question]

CIDID.THE.2.0 [QID746]

zmhcidid28a

Have you completed your course of psychotherapy or other talking therapy?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If CIDID.THE.1.0 != 17 And CIDID.THE.1.0 != -88 And CIDID.THE.1.0 != -11
And CIDID.THE.1.0 , 1 Is Displayed

CIDID.THE.3.0 [QID747]

zmhcidid28b

Did/Do you find psychotherapy or other talking therapy helpful?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

End of Block: CIDID (lifetime MDD)

Some questions about anxiety and nerves

GAD10.TIMER Timing

First Click

Last Click

Page Submit [QID1318_PAGE_SUBMIT] zmhganxtime [seconds, as a decimal number]

Click Count

The following questions ask about thoughts, feelings and behaviours, often tied to concerns about family, health, finances, and work.

During the PAST 7 DAYS...				Never	Occasionally	Half of the time	Most of the time	All of the time	Prefer not to answer
				1	2	3	4	5	-11
I have felt moments of sudden terror, fear, or fright	GAD10_1	QID840_1	zmhganx01	0	1	2	3	4	
I have felt anxious, worried, or nervous	GAD10_2	QID840_2	zmhganx02	0	1	2	3	4	
I have had thoughts of bad things happening, such as family tragedy, ill health, loss of a job, or accidents	GAD10_3	QID840_3	zmhganx03	0	1	2	3	4	
I have felt a racing heart, sweaty, trouble breathing, faint, or shaky	GAD10_4	QID840_4	zmhganx04	0	1	2	3	4	
I have felt tense muscles, felt on edge or restless, or had trouble relaxing or trouble sleeping	GAD10_5	QID840_5	zmhganx05	0	1	2	3	4	
This is a quality control item, please select 'Half of the time'	GAD10_6_QC	QID840_12	zmhganxqcer*	1	1	0	1	1	1
I have avoided, or did not approach or enter situations about which I worry	GAD10_7	QID840_6	zmhganx06	0	1	2	3	4	
I have left situations early or participated only minimally due to worries	GAD10_8	QID840_7	zmhganx07	0	1	2	3	4	
I have spent a lot of time making decisions, putting off making decisions, or preparing for situations, due to worries	GAD10_9	QID840_13	zmhganx08	0	1	2	3	4	
I have sought reassurance from others due to worries	GAD10_10	QID840_14	zmhganx09	0	1	2	3	4	
I have needed help to cope with anxiety (e.g., alcohol or medications, superstitious objects)	GAD10_11	QID840_15	zmhganx10	0	1	2	3	4	

* QC item recoded into error flag zmhganxqcer: 1=error, 0=correct

Start of Block: CIDIA (lifetime GAD)

CIDIA.HEADER

In the next section we would like to know more about your anxiety, stress and nerves

CIDIA.SYM.1.0 [QID99]

zmhcidia01

Have you ever had a period lasting one month or longer when most of the time you felt worried, tense, or anxious?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

CIDIA.SYM.2.0 [QID102]

zmhcidia02

People differ a lot in how much they worry about things. Did you ever have a time when you worried a lot more than most people would in your situation?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

zmhcidia03

Display This Question:

If CIDIA.SYM.1.0 = 1 [yes]

Or CIDIA.SYM.2.0 = 1 [yes]

CIDIA.SYM.3.0 [QID732]

The two raw items below were combined into one category variable zmhcidia03, having values 1-11 as tabulated in red in the two tables below.

What is the longest period of time that this kind of worrying has ever continued?

(If you are not sure of the exact amount of time, please give an estimate)

Less than 6 months	1	(see codes below)
Over 6 months but less than 12 months	2	8
Over 1 year but less than 5 years	3	9
More than 5 years	4	10
All of my life / as long as I can remember	5	11

Display This Question:

If CIDIA.SYM.3.0 = 1

CIDIA.SYM.3.0.2 [QID812]

What is the longest period of time (in months) that this kind of worrying has ever continued for?

Less than 1 month	1	1
1	2	2
2	3	3
3	4	4
4	5	5
5	6	6
6	7	7

Display This Question:
 If CIDIA.SYM.3.0 != 1
 And CIDIA.SYM.3.0 , 1 Is Displayed
 [response of 6 months or more]
CIDIA.SYM.21.0 [QID786]
zmhcidia04a

Please estimate the number of times you have had periods of this kind of worry in your life lasting 6 or more months:

1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	
9	9	
10	10	8
11	11	
12	12	
13+	13	9
All of my life/as long as I can remember	14	10
Prefer not to answer	-11	

Responses were recoded into ranges in dataset variable zmhcidia04a, as shown above.

Display This Question:
 If CIDIA.SYM.3.0 != 1
 And CIDIA.SYM.3.0 , 1 Is Displayed
 [branching as above]
CIDIA.SYM.22.0 [QID787]
zmhcidia04b

About how old were you the first time you had a period of 6 months like this? (Whether or not you received any help for it.) Please put your age in years, an approximate age is fine.

5	5	5
6	6	6
7	7	7
[The list of responses is shortened here. The responses give ages at intervals of 1 throughout this range.]	8 - 25	8 - 25
26	26	26
27	27	27
28	28	
29	29	
30	30	

Responses higher than 27 were extremely rare. In dataset variable zmhcidia04b, therefore, value 27 is used to code for ages of 27 or higher. Values 5 to 26 are unchanged from the raw data.

Display This Question:

If CIDIA.SYM.21.0 != 1 [more than one time]

And If

CIDIA.SYM.3.0 != 1

And CIDIA.SYM.3.0 , 1 Is Displayed

CIDIA.SYM.23.0 [QID788]

zmhcidia04c

About how old were you the last time you had a period of 6 months like this? (whether or not you received any help for it.) Please put your age in years, an approximate age is fine.

[The response choices displayed here were dependent on the response in the previous question; only ages greater than or equal to the age selected in the previous question were displayed]

5	5	17
[The list of responses is shortened here. The responses give ages at intervals of 1 throughout this range.]	6 - 17	
18	18	18
19	19	19
20	20	20
21	21	21
22	22	22
23	23	23
24	24	24
25	25	25
26	26	26
27	27	27
28	28	28
29	29	
30	30	

Responses below 18, and responses above 28, were very rare. Hence, dataset variable zmhcidia04c is coded in ranges as shown above.

Display This Question:

If CIDIA.SYM.3.0.2 != 1 [at least one month]

And CIDIA.SYM.3.0 = 1 [less than 6 months]

CIDIA.SYM.21.0.5 [QID815]

zmhcidia05a

Please estimate the number of times you have had periods of this kind of worry in your life lasting 1 month or longer:

1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	
9	9	
10	10	8
11	11	
12	12	
13+	13	9
All of my life/as long as I can remember	14	10
Prefer not to answer	-11	

Responses were recoded into ranges in dataset variable zmhcidia05a, as shown above.

Display This Question:

If CIDIA.SYM.3.0.2 != 1

And CIDIA.SYM.3.0 = 1

[branching as above]

CIDIA.SYM.22.0.5 [QID816]

zmhcidia05b

About how old were you the first time you had a period of 1 month like this? (Whether or not you received any help for it.) Please put your age in years, an approximate age is fine.

5	5	10
6	6	
7	7	
8	8	
9	9	
10	10	
[The list of responses is shortened here. The responses give ages at intervals of 1 throughout this range.]	11 - 25	11 - 25
26	26	26
27	27	27
28	28	
29	29	
30	30	

Responses lower than 11 and higher than 27 were very rare. Hence, dataset variable **zmhcidia05b** is coded in ranges as shown above.

Display This Question:

If CIDIA.SYM.21.0.5 != 1 [more than one time]

And CIDIA.SYM.3.0.2 != 1 [at least one month]

And CIDIA.SYM.3.0 = 1 [less than 6 months]

CIDIA.SYM.23.0.5 [QID817]

zmhcidia05c

About how old were you the last time you had a period of 1 month like this? (whether or not you received any help for it.) Please put your age in years, an approximate age is fine.

[The response choices displayed here were dependent on the response in the previous question; only ages greater than or equal to the age selected in the previous question were displayed]

5	5	18
[The list of responses is shortened here. The responses give ages at intervals of 1 throughout this range.]	6 - 17	
18	18	
19	19	19
20	20	20
21	21	21
22	22	22
23	23	23
24	24	24
25	25	25
26	26	26
27	27	27
28	28	28
29	29	
30	30	

Responses of 17 or below, and responses of 28 or higher, were very rare. Hence, dataset variable **zmhcidia05c** is coded in ranges as shown above.

Display This Question:

If CIDIA.SYM.1.0 = 1

Or CIDIA.SYM.2.0 = 1

HEAD

Please think of the period in your life when you have felt worried, tense, anxious, or more worried than most people would in your situation. This could be in the past, or it could be continuing now. The following questions refer to this period of time.

Display This Question:

If HEAD Is Displayed

CIDIA.SYM.5.0 [QID104]

zmhcidia06a

During that period, was your worry stronger than in other people?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

CIDIA.SYM.6.0 [QID105]

zmhcidia06b

Did you worry most days?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

Please think of the period in your life when you have felt worried, tense, anxious, or more worried than most people would in your situation. This could be in the past, or it could be continuing now.

CIDIA.SYM.7.0 [QID106]

zmhcidia07

Did you usually worry about one particular thing, such as your job security or the failing health of a loved one, or more than one thing?

One thing	1	1
More than one thing	2	2
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

CIDIA.SYM.8.0 [QID107]

zmhcidia08

Did you find it difficult to stop worrying?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

Please think of the period in your life when you have felt worried, tense, anxious, or more worried than most people would in your situation. This could be in the past, or it could be continuing now.

CIDIA.SYM.9.0 [QID108]

zmhcidia09

Did you ever have different worries on your mind at the same time?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

CIDIA.SYM.10.0 [QID109]

zmhcidia10a

How often was your worry so strong that you couldn't put it out of your mind no matter how hard you tried?

Often	4	3
Sometimes	3	2
Rarely	2	1
Never	1	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

Please think of the period in your life when you have felt worried, tense, anxious, or more worried than most people would in your situation. This could be in the past, or it could be continuing now.

CIDIA.SYM.11.0 [QID110]

zmhcidia10b

How often did you find it difficult to control your worry?

Often	4	3
Sometimes	3	2
Rarely	2	1
Never	1	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

When you were worried or anxious, were you also:

				Yes	No	Don't know
				1	2	-88
Restless?	CIDIA.SYM.12.0	QID111_1	zmhcidia11a	1	0	
Keyed up or on edge?	CIDIA.SYM.13.0	QID111_2	zmhcidia11b	1	0	
Easily tired?	CIDIA.SYM.14.0	QID111_3	zmhcidia11c	1	0	
Having difficulty keeping your mind on what you were doing?	CIDIA.SYM.15.0	QID111_4	zmhcidia11d	1	0	
More irritable than usual?	CIDIA.SYM.16.0	QID111_5	zmhcidia11e	1	0	
Having tense, sore, or aching muscles?	CIDIA.SYM.17.0	QID111_6	zmhcidia11f	1	0	
Often having trouble falling or staying asleep?	CIDIA.SYM.18.0	QID111_7	zmhcidia11g	1	0	

Display This Question:

If HEAD Is Displayed

CIDIA.TRE.1.0 [QID624]

zmhcidia12

Did you ever tell a professional about these problems? (medical doctor, psychologist, social worker, counsellor, nurse, clergy, or other helping professional)

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

CIDIA.TRE.2.0

Regarding times in your life when you have felt worried, tense or anxious: Did you ever use the following for these worries or the problems they caused? Please include any treatments that you have already told us about previously if they were also for worry or the problems it caused.

Select ALL that apply. [all coded 1 if ticked; ticking "none of the above" or "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if 'prefer not to answer' was ticked. 'None of the above' results in 0=no responses in all preceding items.

					Yes	No
Medication prescribed to you (for at least two weeks)	CIDIA.TRE.2.0_1	QID113_1	zmhcidia13a	1	1	0
Specific anti-anxiety medication prescribed to you for at least one week	CIDIA.TRE.2.0_2	QID113_2	zmhcidia13b	1	1	0
Unprescribed medication (more than once)	CIDIA.TRE.2.0_3	QID113_3	zmhcidia13c	1	1	0
Drugs or alcohol (more than once)	CIDIA.TRE.2.0_4	QID113_4	zmhcidia13d	1	1	0
Psychotherapy or other talking therapy more than once	CIDIA.TRE.2.0_5	QID113_5	zmhcidia13e	1	1	0
Structured wellbeing activity (e.g. mindfulness, meditation, self-help book)	CIDIA.TRE.2.0_6	QID113_6	zmhcidia13f	1	1	0
Regular physical exercise (e.g. yoga, running, walking)	CIDIA.TRE.2.0_7	QID113_7	zmhcidia13g	1	1	0
None of the above	CIDIA.TRE.2.0_8	QID113_8		1		
Prefer not to answer	CIDIA.TRE.2.0_-11	QID113_-11		1		

Display This Question:

If CIDIA.TRE.2.0 = 5 [psychotherapy]

CIDIA.IAP.1.0 [QID711]

zmhcidia14

Have you ever been enrolled in an NHS funded talking therapy or psychotherapy (IAPT) for these worries or the problems they caused?

Yes currently	1	1
Yes currently and previously	2	2
Yes previously	3	3
No	4	4
Don't know	-88	

Display This Question:

If CIDIA.TRE.2.0 = 1 Or CIDIA.TRE.2.0 = 2 [any kind of prescribed medication]

CIDIA.TRE.3.0 [QID311]

zmhcidia15a

Did/Do you take your medication for these worries or the problems they caused as advised?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If CIDIA.TRE.2.0 = 1 Or CIDIA.TRE.2.0 = 2

CIDIA.TRE.4.0 [QID312]

zmhcidia15b

Did/Do you find the medication helpful?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed And CIDIA.TRE.2.0 = 5 Or CIDIA.TRE.2.0 = 6

CIDIA.THE.1.0

You previously mentioned that you have tried psychotherapy, another talking therapy, or a structured well-being activity for these worries or problems they caused. Please select all that you attended more than once.

[all coded 1 if ticked; ticking "never tried .." or "don't know" or "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if "prefer not to answer" or "don't know" was ticked. "Never tried .." results in 0=no responses in all preceding items.

					Yes	No
Counselling	CIDIA.THE.1.0_1	QID318_1	zmhcial16a	1	1	0
Psychotherapy	CIDIA.THE.1.0_2	QID318_2	zmhcial16b	1	1	0
Mindfulness	CIDIA.THE.1.0_3	QID318_3	zmhcial16c	1	1	0
Relationship therapy	CIDIA.THE.1.0_4	QID318_4	zmhcial16d	1	1	0
Group therapy	CIDIA.THE.1.0_5	QID318_5	zmhcial16e	1	1	0
EMDR (Eye Movement Desensitization and Reprocessing)	CIDIA.THE.1.0_6	QID318_6	zmhcial16f	1	1	0
Guided self-help	CIDIA.THE.1.0_7	QID318_7	zmhcial16g	1	1	0
Family therapy	CIDIA.THE.1.0_8	QID318_8	zmhcial16h	1	1	0
Cognitive Behavioural Therapy (CBT)	CIDIA.THE.1.0_9	QID318_9	zmhcial16i	1	1	0
Dialectical Behavioural Therapy (DBT)	CIDIA.THE.1.0_10	QID318_10	zmhcial16j	1	1	0
Workshops	CIDIA.THE.1.0_11	QID318_11	zmhcial16k	1	1	0
Cognitive Analytic Therapy (CAT)	CIDIA.THE.1.0_12	QID318_12	zmhcial16l	1	1	0
Online therapy	CIDIA.THE.1.0_13	QID318_13	zmhcial16m	1	1	0
Hypnotherapy/hypnosis	CIDIA.THE.1.0_14	QID318_14	zmhcial16n	1	1	0
Other psychotherapy/talking therapy	CIDIA.THE.1.0_15	QID318_15	zmhcial16o	1	1	0
Other:	CIDIA.THE.1.0_16	QID318_16	zmhcial16p	1	1	0
Never tried psychotherapy or other talking therapies	CIDIA.THE.1.0_17	QID318_17		1		
Don't know	CIDIA.THE.1.0_-88	QID318_-88		1		
Prefer not to answer	CIDIA.THE.1.0_-11	QID318_-11		1		
[text box for 'other']	CIDIA.THE.1.0_16_TEXT (not in cleaned raw data) There were few text responses. Where they occurred, they were recoded into the existing categories above, including "other" therapies (zmhcial16p). No new categories emerged from the coding.					

Display This Question:

If CIDIA.TRE.2.0 = 5 [psychotherapy]

And CIDIA.THE.1.0 != 17 [not 'never tried psychotherapy']

CIDIA.THE.2.0 [QID789]

zmhcidial7a

Have you completed your course of psychotherapy or other talking therapy?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If CIDIA.TRE.2.0 = 5

And CIDIA.THE.1.0 != 17

CIDIA.THE.3.0 [QID790]

zmhcidial7b

Did/Do you find psychotherapy or other talking therapy helpful?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If HEAD Is Displayed

CIDIA.SYM.19.0 [QID238]

zmhcidial8

Regarding times in your life when you have felt worried, tense or anxious:

Think about your roles at the time of this episode, including study/employment, childcare and housework, leisure pursuits. How much did these problems interfere with your life or activities?

A lot	4	3
Some	3	2
A little	2	1
Not at all	1	0
Prefer not to answer	-11	

End of Block: CIDIA (lifetime GAD)

Start of Block: AGoD Specific phobias

SP.1.0

Do you have (or have you ever had) a strong fear of any of the following things:

				No	Yes
				0	1
Environment (e.g. heights, storms, thunder, lightning, or being in still water, like a swimming pool or lake)	SPEC.SCR.2.0	QID1180_1	zmhspeph01a	0	1
Situations (e.g. being in an airplane, lift, or a closed space like a cave or tunnel)	SPEC.SCR.3.0	QID1180_2	zmhspeph01b	0	1
Animals (e.g. snakes, birds, rats, insects, dogs, or other animals)	SPEC.SCR.4.0	QID1180_3	zmhspeph01c	0	1
Blood, injections or injury (e.g. blood, needles, medical procedures)	SPEC.SCR.5.0	QID1180_4	zmhspeph01d	0	1
Other (e.g. situations that may lead to choking or vomiting)	SPEC.SCR.6.0	QID1180_6	zmhspeph01e	0	1

Skip To: End of Block If SP.1.0 [1] (Count) = 0 [no 'yes' responses]

Carry Forward Selected Choices from "SP.1.0"

SP.HEADER

Please think about these situations that you fear (or feared):

[each of the following was displayed if selected in SP.1.0]

Environment (e.g. heights, storms, thunder, lightning, or being in still water, like a swimming pool or lake) (x1)

Situations (e.g. being in an airplane, lift, or a closed space like a cave or tunnel) (x2)

Animals (e.g. snakes, birds, rats, insects, dogs, or other animals) (x3)

Blood, injections or injury (e.g. blood, needles, medical procedures) (x4)

Other (e.g. situations that may lead to choking or vomiting) (x6)

SP.2.0

Do you (or did you)...?

				No	Yes
				0	1
avoid these situations?	SPEC.SYM.1.0	QID1182_1	zmhspeph02a	0	1
endure them with intense anxiety?	SPEC.SYM.2.0	QID1182_2	zmhspeph02b	0	1

SP.3.0 [QID1183]

zmhspeph03

How often do/did these situations cause immediate fear or anxiety for you?

Always	5	4
Almost always	4	3
Some of the time	3	2
Only one or two times ever	2	1
Never	1	0

Skip To: End of Block If SP.3.0 = 3

Skip To: End of Block If SP.3.0 = 2

Skip To: End of Block If SP.3.0 = 1

Carry Forward Selected Choices from "SP.1.0"

SP.HEADER

Please think about these situations that you fear (or feared):

[each of the following was displayed if selected in SP.1.0]

Environment (e.g. heights, storms, thunder, lightning, or being in still water, like a swimming pool or lake) (x1)

Situations (e.g. being in an airplane, lift, or a closed space like a cave or tunnel) (x2)

Animals (e.g. snakes, birds, rats, insects, dogs, or other animals) (x3)

Blood, injections or injury (e.g. blood, needles, medical procedures) (x4)

Other (e.g. situations that may lead to choking or vomiting) (x6)

SP.AGE.1 [QID1185]

zmhspeph04a

How old were you when one of these fears first started?

Please put your age in years. An approximate age is fine

5	5	5
6	6	6
[The list of responses is shortened here. The responses give ages at intervals of 1 throughout this range.]	7 - 22	7 - 22
23	23	23
24	24	24
25	25	25
26	26	
27	27	
28	28	
29	29	
30	30	

Responses higher than 25 were very rare. In dataset variable zmhspeph04a, therefore, value 25 is used to code for ages of 25 or higher. Values 5 to 2 are unchanged from the raw data.

SP.AGE.2 [QID1186]

zmhspeph04b

How old were you when you most recently experienced one of these fears?

Please put your age in years. An approximate age is fine.

[The response choices displayed here were dependent on the response in the previous question; only ages greater than or equal to the age selected in the previous question were displayed]

5	5	17
[The list of responses is shortened here. The responses give ages at intervals of 1 throughout this range.]	6 - 17	
18	18	18
19	19	19
20	20	20
21	21	21
22	22	22
23	23	23
24	24	24
25	25	25
26	26	26
27	27	27
28	28	28
29	29	
30	30	

Responses below 17, and responses above 28, were very rare. Hence, dataset variable zmhspeph04b is coded in ranges as shown above.

Carry Forward Selected Choices from "SP.1.0"

SP.HEADER

Please think about these situations that you fear (or feared):

[each of the following was displayed if selected in SP.1.0]

Environment (e.g. heights, storms, thunder, lightning, or being in still water, like a swimming pool or lake) (x1)

Situations (e.g. being in an airplane, lift, or a closed space like a cave or tunnel) (x2)

Animals (e.g. snakes, birds, rats, insects, dogs, or other animals) (x3)

Blood, injections or injury (e.g. blood, needles, medical procedures) (x4)

Other (e.g. situations that may lead to choking or vomiting) (x6)

SP.4.0 [QID1188]

zmhspeph05

How long was the longest time any of these fears lasted?

Less than 6 months	1	1
Over 6 months but less than 12 months	2	2
Over 1 year but less than 5 years	3	3
More than 5 years	4	4
All of my life / as long as I can remember	5	5

Carry Forward Selected Choices from "SP.1.0"

SP.HEADER

Please think about these situations that you fear (or feared):

[each of the following was displayed if selected in SP.1.0]

Environment (e.g. heights, storms, thunder, lightning, or being in still water, like a swimming pool or lake) (x1)

Situations (e.g. being in an airplane, lift, or a closed space like a cave or tunnel) (x2)

Animals (e.g. snakes, birds, rats, insects, dogs, or other animals) (x3)

Blood, injections or injury (e.g. blood, needles, medical procedures) (x4)

Other (e.g. situations that may lead to choking or vomiting) (x6)

SP.5.0 [QID1190]

zmhspeph06

How much have any of these fears ever interfered with your life or activities?

A lot	4	3
Some	3	2
A little	2	1
Not at all	1	0

SP.6.0 [QID1191]

zmhspeph07

Are/were any of these fears out of proportion to the actual danger involved?

Yes	1	1
No	2	0

Carry Forward Selected Choices from "SP.1.0"

SP.HEADER

Please think about these situations that you fear (or feared):

[each of the following was displayed if selected in SP.1.0]

Environment (e.g. heights, storms, thunder, lightning, or being in still water, like a swimming pool or lake) (x1)

Situations (e.g. being in an airplane, lift, or a closed space like a cave or tunnel) (x2)

Animals (e.g. snakes, birds, rats, insects, dogs, or other animals) (x3)

Blood, injections or injury (e.g. blood, needles, medical procedures) (x4)

Other (e.g. situations that may lead to choking or vomiting) (x6)

SP.TRE.1

Have you ever tried the following for these problems? Please include any treatments that you have already told us about previously if they were also for a specific fear:

(Please select all that apply) [all coded 1 if ticked; ticking "none of the above" or "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if 'prefer not to answer' was ticked. 'None of the above' results in 0=no responses in all preceding items.

					Yes	No
Medication prescribed to you for at least two weeks	SP.TRE.1_1	QID1193_1	zmhspeph08a	1	1	0
Specific anti-anxiety medication prescribed to you for at least one week	SP.TRE.1_2	QID1193_2	zmhspeph08b	1	1	0
Unprescribed medication more than once	SP.TRE.1_3	QID1193_3	zmhspeph08c	1	1	0
Drugs or alcohol more than once	SP.TRE.1_4	QID1193_4	zmhspeph08d	1	1	0
Psychotherapy or other talking therapy more than once (including internet-based CBT)	SP.TRE.1_5	QID1193_5	zmhspeph08e	1	1	0
Structured wellbeing activity (e.g. mindfulness, meditation, self-help)	SP.TRE.1_6	QID1193_6	zmhspeph08f	1	1	0
Regular physical exercise (e.g. yoga, running, walking)	SP.TRE.1_7	QID1193_7	zmhspeph08g	1	1	0
None of the above	SP.TRE.1_8	QID1193_8		1		
Prefer not to answer	SP.TRE.1_-11	QID1193_-11		1		

Display This Question:

If SP.TRE.1 = 5 [Psychotherapy or other talking therapy]

SP.IAPT [QID1194]

zmhspeph09

Have you ever been enrolled in an NHS funded talking therapy or psychotherapy (IAPT) for these fears?

Yes currently	1	1
Yes currently and previously	2	2
Yes previously	3	3
No	4	4
Don't know	-88	

Display This Question:

If SP.TRE.1 = 1 [Medication prescribed ...]

Or SP.TRE.1 = 2 [Specific anti-anxiety medication ...]

SP.MED [QID1195]

zmhspeph10a

Did/Do you take your medication for these fears as advised?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If SP.TRE.1 = 1

Or SP.TRE.1 = 2

SP.MED.2 [QID1196]

zmhspeph10b

Did/Do you find the medication helpful?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If SP.TRE.1 = 5 [Psychotherapy or other talking therapy]

Or SP.TRE.1 = 6 [Structured wellbeing activity]

SP.TRE.2

You previously mentioned that you have tried / are currently trying psychotherapy, another talking therapy, or a structured wellbeing activity for these fears. Please select all that you attended more than once:

[all coded 1 if ticked; ticking "never tried .." or "don't know" or "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if "prefer not to answer" or "don't know" was ticked. "Never tried .." results in 0=no responses in all preceding items.

					Yes	No
Counselling	SP.TRE.2_1	QID1197_1	zmhspeph11a	1	1	0
Psychotherapy	SP.TRE.2_2	QID1197_2	zmhspeph11b	1	1	0
Mindfulness	SP.TRE.2_3	QID1197_3	zmhspeph11c	1	1	0
Relationship therapy *	SP.TRE.2_4	QID1197_4		1		
Group therapy	SP.TRE.2_5	QID1197_5	zmhspeph11e	1	1	0
EMDR (Eye Movement Desensitization and Reprocessing)	SP.TRE.2_6	QID1197_6	zmhspeph11f	1	1	0
Guided self-help	SP.TRE.2_7	QID1197_7	zmhspeph11g	1	1	0
Family therapy *	SP.TRE.2_8	QID1197_8		1		
Cognitive Behavioral Therapy (CBT)	SP.TRE.2_9	QID1197_9	zmhspeph11i	1	1	0
Dialectical Behavioural Therapy (DBT) *	SP.TRE.2_10	QID1197_10		1		
Workshops *	SP.TRE.2_11	QID1197_11		1		
Cognitive Analytic Therapy (CAT) *	SP.TRE.2_12	QID1197_12		1		
Online therapy	SP.TRE.2_13	QID1197_13	zmhspeph11m	1	1	0
Hypnotherapy/hypnosis *	SP.TRE.2_14	QID1197_14		1		
Other psychotherapy/talking therapy	SP.TRE.2_15	QID1197_15	zmhspeph11o	1	1	0
Other	SP.TRE.2_16	QID1197_16	zmhspeph11p	1	1	0
Never tried psychotherapy or other talking therapies	SP.TRE.2_17	QID1197_17		1		
Don't know	SP.TRE.2_-88	QID1197_-88		1		
Prefer not to answer	SP.TRE.2_-11	QID1197_-11		1		
[text box for 'other']	SP.TRE.2_16_TEXT (not retained in cleaned raw data). There were few text responses. Where they occurred, they were recoded into the existing categories above, including "other" therapies (zmhspeph11p). No new categories emerged from the coding.					

* Several items are dropped from the dataset because there were negligible responses; where responses occurred, they are added to responses for 'other' (zmhspeph11p).

Skip To: End of Block If SP.TRE.2 = 17 [Never tried ...]

Display This Question:

If SP.TRE.1 = 5 [Psychotherapy or other talking therapy]

SP.TRE.3 [QID1198]

zmhspeph12a

Have you completed your course of psychotherapy or other talking therapy for these fears?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If SP.TRE.1 = 5

SP.TRE.4 [QID1199]

zmhspeph12b

Did/Do you find psychotherapy or other talking therapy helpful?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

End of Block: AGoD Specific phobias

Start of Block: (AGoD) Social phobia

The next questions are about situations that make some people so afraid that they avoid them or they endure them with intense fear or anxiety.

HEAD

Do you have (or have you ever had) a strong fear of or were extremely anxious about any of the following situations, either now or in the past?

				No	Yes
				0	1
Being in social situations (e.g. talking with and meeting unfamiliar people)	SOCP.SCR.1.0	QID575_1	zmhsocph01a	0	1
Being observed (e.g. eating or drinking while others are watching, talking in front of others)	SOCP.SCR.2.0	QID575_2	zmhsocph01b	0	1

Skip To: End of Block If HEAD [1] (Count) = 0 [neither question answered 'yes']
Carry Forward Selected Choices from "HEAD"

Please think about the following social situations that you fear or feared

[each of the following was displayed if selected in SOCP.SCR.1.0/2.0]

Being in social situations (e.g. talking with and meeting unfamiliar people) (x1)

Being observed (e.g. eating or drinking while others are watching, talking in front of others) (x2)

SOCP.SYM.1.0 [QID551]

zmhsocph02

Are/were you worried about what other people will think or thought in these social situations? Or have you ever feared that you will be judged negatively by others?

No	2	0
Yes	1	1

SOCP.SYM.2.0 [QID552]

zmhsocph03

How often do/did these social situations cause fear or anxiety for you?

Always	5	4
Almost always	4	3
Some of the time	3	2
Only one or two times ever	2	1
Never	1	0

Skip To: End of Block If SOCP.SYM.2.0 is between 1 and 3
[not 'always' or 'almost always']

Carry Forward Selected Choices from "HEAD"

Please think about the following social situations that you fear or feared

[each of the following was displayed if selected in SOCP.SCR.1.0/2.0]

Being in social situations (e.g. talking with and meeting unfamiliar people) (x1)

Being observed (e.g. eating or drinking while others are watching, talking in front of others) (x2)

Do you (or did you)...?

				No	Yes
				0	1
avoid social situations?	SOCP.SYM.3.0	QID554_1	zmhsocph04a	0	1
endure them with intense anxiety?	SOCP.SYM.4.0	QID554_2	zmhsocph04b	0	1

SOCP.SYM.5.0 [QID555]

zmhsocph05

Is/was your fear or anxiety in social situations out of proportion to the actual threat posed by the situations?

No	2	0
Yes	1	1

Carry Forward Selected Choices from "HEAD"

Please think about the following social situations that you fear or feared

[each of the following was displayed if selected in SOCP.SCR.1.0/2.0]

Being in social situations (e.g. talking with and meeting unfamiliar people) (x1)

Being observed (e.g. eating or drinking while others are watching, talking in front of others) (x2)

SOCP.SYM.8.0 [QID558]

zmhsocph06

How long was the longest time these fears or anxieties about social situations lasted?

Less than 6 months	1	1
Over 6 months but less than 12 months	2	2
Over 1 year but less than 5	3	3
More than 5 years	4	4
All of my life / as long as I can remember	5	5

Carry Forward Selected Choices from "HEAD"

Please think about the following social situations that you fear or feared

[each of the following was displayed if selected in SOCP.SCR.1.0/2.0]

Being in social situations (e.g. talking with and meeting unfamiliar people) (x1)

Being observed (e.g. eating or drinking while others are watching, talking in front of others) (x2)

Display This Question:

If SOCP.SYM.8.0 != 1 [at least 6 months]

SOCP.SYM.11.0 [QID769]

zmhsocph07a

Please estimate the number of times in your life you have had periods of this kind of fear or anxiety about social situations lasting 6 or more months:

1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	
9	9	
10	10	8
11	11	
12	12	
13+	13	9
All of my life/as long as I can remember	14	10
Prefer not to answer	-11	

Responses were recoded into ranges in dataset variable zmhsocph07a, as shown above.

SOCP.SYM.6.0 [QID557]

zmhsocph07b

How old were you when these fears or anxieties about social situations first started?

Please put your age in years. An approximate age is fine.

5	5	5
6	6	6
7	7	7
[The list of responses is shortened here. The responses give ages at intervals of 1 throughout this range.]	8 - 25	8 - 25
26	26	26
27	27	
28	28	
29	29	
30	30	

Responses higher than 26 were extremely rare. In dataset variable zmhsocph07b, therefore, value 26 is used to code for ages of 26 or higher. Values 5 to 25 are unchanged from the raw data.

Display This Question:

If SOCP.SYM.11.0 != 1 [more than one time]

SOCP.SYM.7.0 [QID556]

zmhsocph07c

How old were you when you most recently experienced these fears or anxieties about social situations?

Please put your age in years. An approximate age is fine.

[The response choices displayed here were dependent on the response in the previous question; only ages greater than or equal to the age selected in the previous question were displayed]

5	5	17
[The list of responses is shortened here. The responses give ages at intervals of 1 throughout this range.]	6 - 17	
18	18	18
19	19	19
20	20	20
21	21	21
22	22	22
23	23	23
24	24	24
25	25	25
26	26	26
27	27	27
28	28	28
29	29	
30	30	

Responses below 18, and responses above 28, were very rare. Hence, dataset variable zmhsocph07c is coded in ranges as shown above.

SOCP.SYM.9.0 [QID561]

zmhsocph08

How much does/did your fear, anxiety or avoidance of social situations interfere with your ability to do your job, have a social life, or interfere with any other important area of your life?

A lot	4	3
Some	3	2
A little	2	1
Not at all	1	0

SOCP.TRE.1.0

Did you ever use/are you currently using any of the following for these problems? Please include any treatments that you have already told us about previously if they were also for these fears or anxieties of social situations:

(Please select all that apply) [all coded 1 if ticked; ticking "none of the above" or "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if 'prefer not to answer' was ticked. 'None of the above' results in 0=no responses in all preceding items.

					Yes	No
Medication prescribed to you for at least two weeks	SOCP.TRE.1.0_1	QID770_1	zmhsocph09a	1	1	0
Specific anti-anxiety medication prescribed to you for at least one week	SOCP.TRE.1.0_2	QID770_2	zmhsocph09b	1	1	0
Unprescribed medication more than once	SOCP.TRE.1.0_3	QID770_3	zmhsocph09c	1	1	0
Drugs or alcohol more than once	SOCP.TRE.1.0_4	QID770_4	zmhsocph09d	1	1	0
Psychotherapy or other talking therapy more than once (including internet-based CBT)	SOCP.TRE.1.0_5	QID770_5	zmhsocph09e	1	1	0
Structured wellbeing activity (e.g. mindfulness, meditation, self-help book)	SOCP.TRE.1.0_6	QID770_6	zmhsocph09f	1	1	0
Regular physical exercise (e.g. yoga, running, walking)	SOCP.TRE.1.0_7	QID770_7	zmhsocph09g	1	1	0
None of the above	SOCP.TRE.1.0_8	QID770_8		1		
Prefer not to answer	SOCP.TRE.1.0_-11	QID770_-11		1		

Display This Question:

If SOCP.TRE.1.0 = 5 [psychotherapy]

SOCP.IAP.1.0 [QID807]

zmhsocph10

Have you ever been enrolled in an NHS funded talking therapy or psychotherapy (IAPT) for these problems?

Yes currently	1	1
Yes currently and previously	2	2
Yes previously	3	3
No	4	4
Don't know	-88	

Display This Question:

If SOCP.TRE.1.0 = 1

Or SOCP.TRE.1.0 = 2

[any kind of prescribed medication]

SOCP.TRE.2.0 [QID771]

zmhsocph11a

Did/Do you take your medication for these problems as advised?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If SOCP.TRE.1.0 = 1

Or SOCP.TRE.1.0 = 2

SOCP.TRE.3.0 [QID772]

zmhsocph11b

Did/Do you find the medication helpful?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If SOCP.TRE.1.0 = 5 [psychotherapy] Or SOCP.TRE.1.0 = 6 [wellbeing activity]

SOCP.THE.1.0

You previously mentioned that you have tried psychotherapy, another talking therapy, or a structured wellbeing activity for these fears or anxieties of social situations. Please select all that you attended more than once:

[all coded 1 if ticked; ticking "never tried .." or "don't know" or "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if "prefer not to answer" or "don't know" was ticked. "Never tried .." results in 0=no responses in all preceding items.

					Yes	No
Counselling	SOCP.THE.1.0_1	QID773_1	zmhsocph12a	1	1	0
Psychotherapy	SOCP.THE.1.0_2	QID773_2	zmhsocph12b	1	1	0
Mindfulness	SOCP.THE.1.0_3	QID773_3	zmhsocph12c	1	1	0
Relationship therapy *	SOCP.THE.1.0_4	QID773_4		1		
Group therapy	SOCP.THE.1.0_5	QID773_5	zmhsocph12e	1	1	0
EMDR (Eye Movement Desensitization and Reprocessing)	SOCP.THE.1.0_6	QID773_6	zmhsocph12f	1	1	0
Guided self-help	SOCP.THE.1.0_7	QID773_7	zmhsocph12g	1	1	0
Family therapy	SOCP.THE.1.0_8	QID773_8	zmhsocph12h	1	1	0
Cognitive Behavioural Therapy (CBT)	SOCP.THE.1.0_9	QID773_9	zmhsocph12i	1	1	0
Dialectical Behavioural Therapy (DBT)	SOCP.THE.1.0_10	QID773_10	zmhsocph12j	1	1	0
Workshops	SOCP.THE.1.0_11	QID773_11	zmhsocph12k	1	1	0
Cognitive Analytic Therapy (CAT) *	SOCP.THE.1.0_12	QID773_12		1		
Online therapy	SOCP.THE.1.0_13	QID773_13	zmhsocph12m	1	1	0
Hypnotherapy/hypnosis	SOCP.THE.1.0_14	QID773_14	zmhsocph12n	1	1	0
Other psychotherapy/talking therapy	SOCP.THE.1.0_15	QID773_15	zmhsocph12o	1	1	0
Other	SOCP.THE.1.0_16	QID773_16	zmhsocph12p	1	1	0
Never tried psychotherapy or other talking therapies	SOCP.THE.1.0_17	QID773_17		1		
Don't know	SOCP.THE.1.0_-88	QID773_-88		1		
Prefer not to answer	SOCP.THE.1.0_-11	QID773_-11		1		
[text box for 'other']	SOCP.THE.1.0_16_TEXT (not retained in cleaned raw data) There were few text responses. Where they occurred, they were recoded into the existing categories above, including "other" therapies (zmhsocph12p). No new categories emerged from the coding.					

* These items are dropped from the dataset because there were negligible responses; where responses occurred, they are added to responses for 'other' (item p).

Skip To: End of Block If SOCP.THE.1.0 = 17 [never tried psychotherapy]

Display This Question:

If SOCP.TRE.1.0 = 5 [psychotherapy]

SOCP.THE.2.0 [QID774]

zmhsocph13a

Have you completed your course of psychotherapy or other talking therapy for these difficulties with social situations?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If SOCP.TRE.1.0 = 5

SOCP.THE.3.0 [QID775]

zmhsocph13b

Did/Do you find psychotherapy or other talking therapy helpful?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

End of Block: (AGoD) Social phobia

Start of Block: (AGoD) Panic Disorder

The next questions relate to any experiences you may have had with panic attacks or feelings of intense panic
 PAD.SCR.1.0

Have you ever had a sudden, unexpected surge of intense fear or intense discomfort (panic attack) during which you experienced some of the following symptoms?

(Please select all symptoms that occurred at the same time) [all coded 1 if ticked; ticking "no, I have never .." caused all other response to be unticked]

Dataset coding is 1=yes (ticked), 0=no (not ticked) or missing if not answered. The raw response 'No, I have never ..' results in 0=no responses in all preceding items.

					Yes	No
Your heart was pounding or racing	PAD.SCR.1. 0_1	QID580_1	zmhpanic01a	1	1	0
You were sweating	PAD.SCR.1. 0_2	QID580_2	zmhpanic01b	1	1	0
You were trembling or shaking	PAD.SCR.1. 0_3	QID580_3	zmhpanic01c	1	1	0
You felt short of breath, or like you were being smothered	PAD.SCR.1. 0_4	QID580_4	zmhpanic01d	1	1	0
You felt like you were choking	PAD.SCR.1. 0_5	QID580_5	zmhpanic01e	1	1	0
You had pain or discomfort in your chest	PAD.SCR.1. 0_6	QID580_6	zmhpanic01f	1	1	0
You were nauseous or felt sick in the stomach	PAD.SCR.1. 0_7	QID580_7	zmhpanic01g	1	1	0
You felt dizzy, unsteady, light-headed or faint	PAD.SCR.1. 0_8	QID580_8	zmhpanic01h	1	1	0
You felt hot or cold	PAD.SCR.1. 0_9	QID580_9	zmhpanic01i	1	1	0
You felt numbness or tingling sensations	PAD.SCR.1. 0_10	QID580_10	zmhpanic01j	1	1	0
It felt like things weren't real, or you felt detached from yourself	PAD.SCR.1. 0_11	QID580_11	zmhpanic01k	1	1	0
You were afraid you were going to lose control or "go crazy"	PAD.SCR.1. 0_12	QID580_12	zmhpanic01l	1	1	0
You were afraid you were going to die	PAD.SCR.1. 0_13	QID580_13	zmhpanic01m	1	1	0
No, I have never had this happen to me	PAD.SCR.1. 0_14	QID580_14		1		

Skip To: End of Block If Condition: [fewer than 4 panic symptoms selected]

PAD.SYM.1.0 [QID582_TEXT]

zmhpanic02

How many such attacks of fear or panic would you say that you have had over the course of your lifetime?

An approximate number is fine. If 1000 times or more, enter '999'.

[text box with validation to ensure numeric data in range 0 to 999; converted to integer numbers in the cleaned raw data]

Raw numeric values were recoded into range categories in dataset variable zmhpanic02 as shown in this table:

zmhpanic02 coded value	Range of raw numeric values
0	0
1	1
2	2
3	3
4	4
5	5
6	6-9
7	10-14
8	15-19
9	20-29
10	30-49
11	50-99
12	100-199
13	200-499
14	500-998
15	999 (meaning 1000 or more)

After any of your attacks of fear or panic, did you ever...

				No	Yes
				0	1
... feel anxious, worried or nervous about having more panic attacks?	PAD.SYM.2.0	QID583_1	zmhpanic03a	0	1
... feel worried about losing control, having a heart attack, going crazy, or other bad things happening because of panic attacks?	PAD.SYM.3.0	QID583_2	zmhpanic03b	0	1
... avoid situations in which panic attacks might occur?	PAD.SYM.4.0	QID583_3	zmhpanic03c	0	1

Display This Question:

If HEAD [1] (Count) > 0 [if at least one 'yes' response in previous question]

PAD.SYM.5.0 [QID584]

zmhpanic04

How long did you continue to worry about panic attacks or their consequences, or avoid situations in which panic attacks might occur?

Less than 1 month	1	1
Over 1 month but less than 6 months	2	2
Over 6 months but less than 12 months	3	3
More than 12 months	4	4
Over 1 year but less than 5 years	5	5
More than 5 years	6	6
All of my life / as long as I can remember	7	7

Display This Question:

If PAD.SYM.5.0 != 1 [at least one month]

And PAD.SYM.5.0 , 1 Is Displayed

PAD.SYM.12.0 [QID749]

zmhpanic05

Please estimate the number of times you have had periods of this kind of worry in your life lasting 1 or more months:

1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	
9	9	
10	10	8
11	11	
12	12	
13+	13	9
All of my life/as long as I can remember	14	10
Prefer not to answer	-11	

Responses were recoded into ranges in dataset variable **zmhpanic05**, as shown above.

PAD.SYM.6.0 [QID585]

zmhpanic06

Were these attacks or sudden periods of physical discomfort ever the result of a medical condition (e.g. a heart attack) or from using medication, drugs or alcohol?

Yes, all of them	3	2
Yes, some of them	2	1
No, never	1	0

PAD.SYM.7.0 [QID586]

zmhpanic07

We already asked about specific situations that cause strong fears (heights, lifts, snakes etc.). When you have sudden anxiety attacks, do they usually occur in specific situations that cause you strong fear?

Yes	1	1
No	2	0

PAD.SYM.8.0 [QID587]

zmhpanic08

Did you ever have an attack when you were not in a situation that usually causes you to have strong fears?

Yes	1	1
No	2	0

PAD.SYM.9.0 [QID588]

zmhpanic09a

How old were you the first time you had one of these sudden attacks of feeling frightened, anxious or panicky?

Please put your age in years. An approximate age is fine.

5	5	5
6	6	6
7	7	7
[The list of responses is shortened here. The responses give ages at intervals of 1 throughout this range.]	8 - 25	8 - 25
26	26	26
27	27	27
28	28	
29	29	
30	30	

Responses higher than 27 were extremely rare. In dataset variable zmhpanic09a, therefore, value 27 is used to code for ages of 27 or higher. Values 5 to 26 are unchanged from the raw data.

PAD.SYM.10.0 [QID589]

zmhpanic09b

How old were you the last time you had one of these sudden attacks of feeling frightened, anxious or panicky?

Please put your age in years. An approximate age is fine.

[The response choices displayed here were dependent on the response in the previous question; only ages greater than or equal to the age selected in the previous question were displayed]

5	5	17
[The list of responses is shortened here. The responses give ages at intervals of 1 throughout this range.]	6 - 17	
18	18	18
19	19	19
20	20	20
21	21	21
22	22	22
23	23	23
24	24	24
25	25	25
26	26	26
27	27	27
28	28	28
29	29	
30	30	

Responses below 18, and responses above 28, were very rare. Hence, dataset variable zmhpanic09b is coded in ranges as shown above.

PAD.TRE.1.0

Have you ever tried the following for these problems? Please include any treatments that you have already told us about previously if they were also for panic attacks or feelings of intense panic:

(Please select all that apply) [all coded 1 if ticked; ticking "none of the above" or "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if 'prefer not to answer' was ticked. 'None of the above' results in 0=no responses in all preceding items.

					Yes	No
Medication prescribed to you for at least two weeks	PAD.TRE.1 .0_1	QID752_1	zmhpanic10a	1	1	0
Specific anti-anxiety medication prescribed to you for at least one week	PAD.TRE.1 .0_2	QID752_2	zmhpanic10b	1	1	0
Unprescribed medication more than once	PAD.TRE.1 .0_3	QID752_3	zmhpanic10c	1	1	0
Drugs or alcohol more than once	PAD.TRE.1 .0_4	QID752_4	zmhpanic10d	1	1	0
Psychotherapy or other talking therapy more than once (including internet-based CBT)	PAD.TRE.1 .0_5	QID752_5	zmhpanic10e	1	1	0
Structured wellbeing activity (e.g. mindfulness, meditation, self-help book)	PAD.TRE.1 .0_6	QID752_6	zmhpanic10f	1	1	0
Regular physical exercise (e.g. yoga, running, walking)	PAD.TRE.1 .0_7	QID752_7	zmhpanic10g	1	1	0
None of the above	PAD.TRE.1 .0_8	QID752_8		1		
Prefer not to answer	PAD.TRE.1 .0_-11	QID752_-11		1		

Display This Question:

If PAD.TRE.1.0 = 5 [psychotherapy]

PAD.IAP.1.0 [QID808]

zmhpanic11

Have you ever been enrolled in an NHS funded talking therapy or psychotherapy (IAPT) for these panic attacks or feelings of intense panic?

Yes currently	1	1
Yes currently and previously	2	2
Yes previously	3	3
No	4	4
Don't know	-88	

Display This Question:

If PAD.TRE.1.0 = 1

Or PAD.TRE.1.0 = 2

[any kind of prescribed medication]

PAD.TRE.2.0 [QID753]

zmhpanic12a

Did/Do you take your medication for these panic attacks or feelings of intense panic as advised?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If PAD.TRE.1.0 = 1

Or PAD.TRE.1.0 = 2

PAD.TRE.3.0 [QID754]

zmhpanic12b

Did/Do you find the medication helpful?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If PAD.TRE.1.0 = 5 [psychotherapy] Or PAD.TRE.1.0 = 6 [wellbeing activity]

PAD.THE.1.0

You previously mentioned that you have tried / are currently trying psychotherapy, another talking therapy, or structured wellbeing activity for panic attacks. Please select all that you attended more than once:

[all coded 1 if ticked; ticking "never tried .." or "don't know" or "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if "prefer not to answer" or "don't know" was ticked. "Never tried .." results in 0=no responses in all preceding items.

					Yes	No
Counselling	PAD.THE.1.0_1	QID755_1	zmhpanic13a	1	1	0
Psychotherapy	PAD.THE.1.0_2	QID755_2	zmhpanic13b	1	1	0
Mindfulness	PAD.THE.1.0_3	QID755_3	zmhpanic13c	1	1	0
Relationship therapy *	PAD.THE.1.0_4	QID755_4		1		
Group therapy	PAD.THE.1.0_5	QID755_5	zmhpanic13e	1	1	0
EMDR (Eye Movement Desensitization and Reprocessing)	PAD.THE.1.0_6	QID755_6	zmhpanic13f	1	1	0
Guided self-help	PAD.THE.1.0_7	QID755_7	zmhpanic13g	1	1	0
Family therapy	PAD.THE.1.0_8	QID755_8	zmhpanic13h	1	1	0
Cognitive Behavioural Therapy (CBT)	PAD.THE.1.0_9	QID755_9	zmhpanic13i	1	1	0
Dialectical Behavioural Therapy (DBT)	PAD.THE.1.0_10	QID755_10	zmhpanic13j	1	1	0
Workshops	PAD.THE.1.0_11	QID755_11	zmhpanic13k	1	1	0
Cognitive Analytic Therapy (CAT) *	PAD.THE.1.0_12	QID755_12		1		
Online therapy	PAD.THE.1.0_13	QID755_13	zmhpanic13m	1	1	0
Hypnotherapy/hypnosis	PAD.THE.1.0_14	QID755_14	zmhpanic13n	1	1	0
Other psychotherapy/talking therapy	PAD.THE.1.0_15	QID755_15	zmhpanic13o	1	1	0
Other	PAD.THE.1.0_16	QID755_16	zmhpanic13p	1	1	0
Never tried psychotherapy or other talking therapies	PAD.THE.1.0_17	QID755_17		1		
Don't know	PAD.THE.1.0_-88	QID755_-88		1		
Prefer not to answer	PAD.THE.1.0_-11	QID755_-11		1		
[text box for 'other']	PAD.THE.1.0_16_TEXT (not retained in cleaned raw data). There were few text responses. Where they occurred, they were recoded into the existing categories above, including "other" therapies (zmhpanic13p). No new categories emerged from the coding.					

* These items are dropped from the dataset because there were negligible responses; where responses occurred, they are added to responses for 'other' (item p).

Skip To: End of Block If PAD.THE.1.0 = 17 [never tried psychotherapy ..]

Display This Question:

If PAD.TRE.1.0 = 5 [psychotherapy] And PAD.THE.1.0 != 17 [not 'never tried psychotherapy']

PAD.THE.2.0 [QID756]

zmhpanic14a

Have you completed your course of psychotherapy or other (talking) therapy for these panic attacks or feelings of intense panic?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If PAD.TRE.1.0 = 5 And PAD.THE.1.0 != 17

PAD.THE.3.0 [QID757]

zmhpanic14b

Did/Do you find psychotherapy or other (talking) therapy helpful?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

End of Block: (AGoD) Panic Disorder

Start of Block: (AGoD) Agoraphobia

The next questions contain a list of situations which some people actively avoid, need a companion with them for, or endure with intense fear or anxiety.

HEAD

Do you have (or have you ever had) a strong fear of, or are (were) you extremely anxious about, any of the following situations?

				No	Yes
				0	1
Using public transportation (e.g. cars, buses, trains, ships, planes)	AGP.SCR.1.0	QID564_1	zmhagora01a	0	1
Being in open spaces (e.g. car parks, marketplaces, bridges)	AGP.SCR.2.0	QID564_2	zmhagora01b	0	1
Being in enclosed spaces (e.g. shops, theatres, cinemas)	AGP.SCR.3.0	QID564_3	zmhagora01c	0	1
Standing in a queue or being in a crowd	AGP.SCR.4.0	QID564_4	zmhagora01d	0	1
Being outside of the home alone	AGP.SCR.5.0	QID564_5	zmhagora01e	0	1

Skip To: End of Block If HEAD [1] (Count) <= 1

[continue with block only if there were 2 or more 'yes' responses]

Carry Forward Selected Choices from "HEAD"

Please think about these situations that you fear (or feared):

[each of the following was displayed if selected in AGP.SCR.1/2/3/4/5.0]

Using public transportation (e.g. cars, buses, trains, ships, planes)

Being in open spaces (e.g. car parks, marketplaces, bridges)

Being in enclosed spaces (e.g. shops, theatres, cinemas)

Standing in a queue or being in a crowd

Being outside of the home alone

AGP.SYM.1.0 [QID566]

zmhagora02

How often do/did these situations cause fear or anxiety for you?

Always	5	4
Almost always	4	3
Some of the time	3	2
Only one or two times ever	2	1
Never	1	0

Skip To: End of Block If AGP.SYM.1.0 = 3

Skip To: End of Block If AGP.SYM.1.0 = 2

Skip To: End of Block If AGP.SYM.1.0 = 1

[continue with rest of block only if 'always' or 'almost always']

Carry Forward Selected Choices from "HEAD"

Please think about these situations that you fear (or feared):

[each of the following was displayed if selected in AGP.SCR.1/2/3/4/5.0]

Using public transportation (e.g. cars, buses, trains, ships, planes)

Being in open spaces (e.g. car parks, marketplaces, bridges)

Being in enclosed spaces (e.g. shops, theatres, cinemas)

Standing in a queue or being in a crowd

Being outside of the home alone

Do/Did you...?

				No	Yes
				2	1
avoid these situations?	AGP.SYM.2.0	QID686_1	zmhagora03a	0	1
endure them with intense anxiety?	AGP.SYM.3.0	QID686_3	zmhagora03b	0	1
require the presence of a companion?	AGP.SYM.4.0	QID686_4	zmhagora03c	0	1

Carry Forward Selected Choices from "HEAD"

Please think about these situations that you fear (or feared):

[each of the following was displayed if selected in AGP.SCR.1/2/3/4/5.0]

- Using public transportation (e.g. cars, buses, trains, ships, planes)
- Being in open spaces (e.g. car parks, marketplaces, bridges)
- Being in enclosed spaces (e.g. shops, theatres, cinemas)
- Standing in a queue or being in a crowd
- Being outside of the home alone

AGP.SYM.5.0 [QID567]

zmhagora04a

In one or more of these situations, are/were you ever afraid that you might faint, lose control, or embarrass yourself in other ways?

Yes	1	1
No	2	0

AGP.SYM.6.0 [QID568]

zmhagora04b

Are/were you afraid that escape might be difficult if that happened?

Yes	1	1
No	2	0

AGP.SYM.7.0 [QID569]

zmhagora04c

Are/were you afraid that help might not be available if you needed it?

Yes	1	1
No	2	0

Carry Forward Selected Choices from "HEAD"

Please think about these situations that you fear (or feared):

[each of the following was displayed if selected in AGP.SCR.1/2/3/4/5.0]

- Using public transportation (e.g. cars, buses, trains, ships, planes)
- Being in open spaces (e.g. car parks, marketplaces, bridges)
- Being in enclosed spaces (e.g. shops, theatres, cinemas)
- Standing in a queue or being in a crowd
- Being outside of the home alone

AGP.SYM.8.0 [QID570]

zmhagora05a

How old were you when these fears first started?

Please put your age in years. An approximate age is fine.

5	5	5
6	6	6
[The list of responses is shortened here. The responses give ages at intervals of 1 throughout this range.]	7 - 22	7 - 22
23	23	23
24	24	24
25	25	25
26	26	
27	27	
28	28	
29	29	
30	30	

Responses higher than 25 were very rare. In dataset variable zmhagora05a, therefore, value 25 is used to code for ages of 25 or higher. Values 5 to 24 are unchanged from the raw data.

AGP.SYM.9.0 [QID571]

zmhagora05b

How old were you when you most recently experienced any of these fears?

Please put your age in years. An approximate age is fine.

[Only response ages greater than or equal to the age selected in the previous question were displayed in this question]

5	5	17
[The list of responses is shortened here. The responses give ages at intervals of 1 throughout this range.]	6 - 17	
18	18	18
19	19	19
20	20	20
21	21	21
22	22	22
23	23	23
24	24	24
25	25	25
26	26	26
27	27	27
28	28	28
29	29	
30	30	

Responses below 18, and responses above 28, were very rare. Hence, dataset variable zmhagora05b is coded in ranges as shown above.

AGP.SYM.10.0 [QID572]

zmhagora05c

How long was the longest time one of these fears lasted?

Less than 6 months	1	1
Over 6 months but less than 12 months	2	2
Over 1 year but less than 5 years	3	3
More than 5 years	4	4
All of my life / as long as I can remember	5	5

Display This Question:

If AGP.SYM.10.0 is between 2 and 5 [6 months or longer]

AGP.SYM.14.0 [QID760]

zmhagora05d

Please estimate the number of times you have had periods of this kind of fear or anxiety in your life lasting 6 or more months:

1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	
9	9	
10	10	8
11	11	
12	12	
13+	13	9
All of my life/as long as I can remember	14	10
Prefer not to answer	-11	

Responses were recoded into ranges in dataset variable zmhagora05d, as shown above.

AGP.SYM.11.0 [QID573]

zmhagora06

How much have any of these fears ever interfered with your life or activities?

A lot	4	3
Some	3	2
A little	2	1
Not at all	1	0

AGP.SYM.12.0 [QID687]

zmhagora07

Are/were any of these fears out of proportion to the actual danger involved?

Yes	1	1
No	2	0

AGP.TRE.1.0

Did you ever try the following for these problems? Please include any treatments you have already told us about if they were also for these fears: [all coded 1 if ticked; ticking "none of the above" or "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if 'prefer not to answer' was ticked. 'None of the above' results in 0=no responses in all preceding items.

					Yes	No
Medication prescribed to you for at least two weeks	AGP.TRE.1.0_1	QID761_1	zmhagora08a	1	1	0
Specific anti-anxiety medication prescribed to you for at least one week	AGP.TRE.1.0_2	QID761_2	zmhagora08b	1	1	0
Unprescribed medication more than once	AGP.TRE.1.0_3	QID761_3	zmhagora08c	1	1	0
Drugs and alcohol more than once	AGP.TRE.1.0_4	QID761_4	zmhagora08d	1	1	0
Psychotherapy or other talking therapy more than once (including internet-based CBT)	AGP.TRE.1.0_5	QID761_5	zmhagora08e	1	1	0
Structured wellbeing activity (e.g. mindfulness, meditation self-help book)	AGP.TRE.1.0_6	QID761_6	zmhagora08f	1	1	0
Regular physical exercise (e.g. yoga, running, walking)	AGP.TRE.1.0_7	QID761_7	zmhagora08g	1	1	0
None of the above	AGP.TRE.1.0_8	QID761_8		1		
Prefer not to answer	AGP.TRE.1.0_-11	QID761_-11		1		

Display This Question:

If AGP.TRE.1.0 = 5 [psychotherapy]

AGP.IAP.1.0 [QID809]

zmhagora09

Have you ever been enrolled in an NHS funded talking therapy or psychotherapy (IAPT) for these fears?

Responses were very rare in first two categories: these are merged into a single category in the dataset variable as shown.

Yes currently	1	1
Yes currently and previously	2	
Yes previously	3	2
No	4	3
Don't know	-11	

Display This Question:

If AGP.TRE.1.0 = 1

Or AGP.TRE.1.0 = 2

[any kind of prescribed medication]

AGP.TRE.2.0 [QID762]

'no' responses were negligible, so this item dropped in dataset

Did/Do you take your medication for these fears as advised?

Yes	1
No	0
Don't know	-88
Prefer not to answer	-11

Display This Question:

If AGP.TRE.1.0 = 1

Or AGP.TRE.1.0 = 2

AGP.TRE.3.0 [QID763]

zmhagora10b

Did/Do you find the medication helpful?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If AGP.TRE.1.0 = 5

Or AGP.TRE.1.0 = 6

AGP.THE.1.0

You previously mentioned that you have tried psychotherapy, another talking therapy, or a structured wellbeing activity for these fears. Please select all that you have attended more than once:

[all coded 1 if ticked; ticking "never tried ..." or "don't know" or "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if "prefer not to answer" or "don't know" was ticked. "Never tried ..." results in 0=no responses in all preceding items.

					Yes	No
Counselling	AGP.THE.1.0_1	QID764_1	zmhagoralla	1	1	0
Psychotherapy	AGP.THE.1.0_2	QID764_2	zmhagorallb	1	1	0
Mindfulness	AGP.THE.1.0_3	QID764_3	zmhagorallc	1	1	0
Relationship therapy *	AGP.THE.1.0_4	QID764_4		1		
Group therapy	AGP.THE.1.0_5	QID764_5	zmhagoralle	1	1	0
EMDR * (Eye Movement Desensitization and Reprocessing)	AGP.THE.1.0_6	QID764_6		1		
Guided self-help	AGP.THE.1.0_7	QID764_7	zmhagorallg	1	1	0
Family therapy *	AGP.THE.1.0_8	QID764_8		1		
Cognitive Behavioural Therapy (CBT)	AGP.THE.1.0_9	QID764_9	zmhagoralli	1	1	0
Dialectical Behavioural Therapy (DBT) *	AGP.THE.1.0_10	QID764_10		1		
Workshops *	AGP.THE.1.0_11	QID764_11		1		
Cognitive Analytic Therapy (CAT) *	AGP.THE.1.0_12	QID764_12		1		
Online therapy	AGP.THE.1.0_13	QID764_13	zmhagorallm	1	1	0
Hypnotherapy/hypnosis *	AGP.THE.1.0_14	QID764_14		1		
Other Psychotherapy/talking therapy	AGP.THE.1.0_15	QID764_15	zmhagorallo	1	1	0
Other	AGP.THE.1.0_16	QID764_16	zmhagorallp	1	1	0
Never tried psychotherapy or other talking therapies	AGP.THE.1.0_17	QID764_17		1		
Don't know	AGP.THE.1.0_-88	QID764_-88		1		
Prefer not to answer	AGP.THE.1.0_-11	QID764_-11		1		
[text box for 'other']	AGP.THE.1.0_16_TEXT (not retained in cleaned raw data). There were few text responses. Where they occurred, they were recoded into the existing categories above, including "other" therapies (zmhagorallp). No new categories emerged from the coding.					

* These items are dropped from the dataset because there were negligible responses; where responses occurred, they have been added to responses for 'other' (item p).

Skip To: End of Block If AGP.THE.1.0 = 17 [Never tried psychotherapy]

Display This Question:

If AGP.TRE.1.0 = 5 [psychotherapy]

And AGP.THE.1.0 != 17 [not 'never tried psychotherapy']

AGP.THE.2.0 [QID765]

zmhagora12a

Have you completed your course of psychotherapy or (other) talking therapy for these fears?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If AGP.TRE.1.0 = 5

And AGP.THE.1.0 != 17

AGP.THE.3.0 [QID766]

zmhagora12b

Did/Do you find psychotherapy or other talking therapy helpful?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

End of Block: (AGoD) Agoraphobia

Start of Block: GAD2

This section asks some questions about anxiety or nerves.

GAD2

Over the last 2 weeks, how often have you been bothered by any of the following problems?

Select ONE for each of the following statements:

				Not at all	Several days	More than half the days	Nearly every day
				0	1	2	3
Feeling nervous, anxious, or on edge	GAD.1.0	QID98_1	zmhgad1	0	1	2	3
Not being able to stop or control worrying	GAD.2.0	QID98_2	zmhgad2	0	1	2	3

SC3 - GAD-7 [SC_5gvP3Yxax8TWHcN] = GAD.1.0 + GAD.2.0 [range 0 to 6]

This score is used in the initial branch condition for the Work and Social Adjustment Scale block below.

End of Block: GAD2

Start of Block: PHQ2

Your recent mood and feelings

PHQ2

Over the last 2 weeks, how often have you been bothered by any of the following problems?

				Not at all	Several days	More than half the days	Nearly every day
				0	1	2	3
Little interest or pleasure in doing things	PHQ.1.0	QID68_1	zmhphqdep1	0	1	2	3
Feeling down, depressed or hopeless	PHQ.2.0	QID68_2	zmhphqdep2	0	1	2	3

SC4 - PHQ-9 [SC_3rtKxr7Lzd9OHhX] = PHQ.1.0 + PHQ.2.0 [range 0 to 6]

This score is used in the initial branch condition for the Work and Social Adjustment Scale block below.

End of Block: PHQ2

Start of Block: Work and Social Adjustment Scale

[This entire block is only displayed if the following condition is met]

Display This Block:

If GAD2Score >= 2 [see GAD2 block above]

Or PHQ2Score >= 2 [see PHQ2 block above]

Questions about your work and social life

Based on the answers you have already given us, it seems like you are experiencing some symptoms of anxiety and/or depression. These symptoms sometimes affect people's ability to do certain day-to-day tasks in their lives, making them more of a problem. Please look at each section below and determine on the scale provided how much your symptoms/problem impair your ability to carry out the activity.

WASAS.1.0 [QID897]

zmhwasas1

Because of my problem my ability to work is impaired. If you are a student or choose not to have a job for reasons unrelated to your problem, please tick NA (not applicable).

0 - Not at all	0	0
1	1	1
2 - Slightly	2	2
3	3	3
4 - Definitely	4	4
5	5	5
6 - Markedly	6	6
7	7	7
8 - Very severely, I cannot work	8	8
NA	-88	

Display This Question:

If DEM.EMP.1.0 = 8 [student]

And WASAS.1.0 = -88 [question above is not applicable]

WASAS.2.0 [QID898]

zmhwasas2

Because of my problem my ability to study is impaired.

0 - Not at all	0	0
1	1	1
2 - Slightly	2	2
3	3	3
4 - Definitely	4	4
5	5	5
6 - Markedly	6	6
7	7	7
8 - Very severely, I cannot work	8	8

WASAS.3.0 [QID899]

zmhwasas3

Because of my problem my home management (Cleaning, tidying, shopping, cooking, looking after home/children, paying bills) is impaired.

0 - Not at all	0	0
1	1	1
2 - Slightly	2	2
3	3	3
4 - Definitely	4	4
5	5	5
6 - Markedly	6	6
7	7	7
8 - Very severely, I cannot work	8	8

WASAS.4.0 [QID900]**zmhwasas4**

Because of my problem my social leisure activities (with other people eg. parties, bars, clubs, outings, visits, dating, home entertainment) are impaired.

0 - Not at all	0	0
1	1	1
2 - Slightly	2	2
3	3	3
4 - Definitely	4	4
5	5	5
6 - Markedly	6	6
7	7	7
8 - Very severely, I cannot work	8	8

WASAS.5.0 [QID901]**zmhwasas5**

Because of my problem my private leisure activities (done alone, such as reading, gardening, collecting, sewing, walking alone) are impaired.

0 - Not at all	0	0
1	1	1
2 - Slightly	2	2
3	3	3
4 - Definitely	4	4
5	5	5
6 - Markedly	6	6
7	7	7
8 - Very severely, I cannot work	8	8

WASAS.6.0 [QID902]**zmhwasas6**

Because of my problem my ability to form and maintain close relationships with other, including those I live with, is impaired.

0 - Not at all	0	0
1	1	1
2 - Slightly	2	2
3	3	3
4 - Definitely	4	4
5	5	5
6 - Markedly	6	6
7	7	7
8 - Very severely, I cannot work	8	8

End of Block: Work and Social Adjustment Scale

Start of Block: Childhood Trauma Screener (CTS)

This section asks about your childhood and some possible stresses and strains of life.

The following questions ask about negative experiences in your childhood. We know that this is a sensitive subject, but it is important to ask as some of these experiences are not uncommon. If you find answering these questions too distressing, please select 'Prefer not to answer' for each question and move on to the next page.

CTS

When I was growing up...

				Never true	Rarely true	Sometimes true	Often true	Very often true	Prefer not to answer
				1	2	3	4	5	-11
I felt loved	CTS.1.0	QID159_1	zmhctq1	0	1	2	3	4	
People in my family hit me so hard that it left me with bruises or marks	CTS.2.0	QID159_2	zmhctq2	0	1	2	3	4	
I felt that someone in my family hated me	CTS.3.0	QID159_3	zmhctq3	0	1	2	3	4	
Someone molested me (sexually)	CTS.4.0	QID159_4	zmhctq4	0	1	2	3	4	
There was someone to take me to the doctor if I needed it	CTS.5.0	QID159_5	zmhctq5	0	1	2	3	4	

If you feel distressed from remembering past crime/abuse, please visit <https://www.victimsupport.org.uk/help-and-support/>. If you have been upset by remembering domestic or sexual violence, there is information available at Women's Aid (for urgent assistance, give them a call on 0808 2000 247), ManKind or Galop.

End of Block: Childhood Trauma Screener (CTS)

Start of Block: Adult Trauma Screener (ATS)

This section asks about some possible stresses and strains in your adult life.

The following questions ask about negative experiences in your life. We know that this is a sensitive subject, but it is important to ask as some of these experiences are not uncommon. If you find answering these questions too distressing, please select 'Prefer not to answer' for each question and move on to the next page.

In your life, have you...?

				Never	Yes, but not in the last 12 months	Yes, within the last 12 months	Prefer not to answer
				1	2	3	-11
Been a victim of a sexual assault, whether by a stranger or someone you knew	ATS.CAT .1.0	QID161_1	zmhatsev1	0	1	2	
Been attacked, mugged, robbed, or been the victim of a physically violent crime	ATS.CAT .2.0	QID161_2	zmhatsev2	0	1	2	
Been in a serious accident that you believed to be life-threatening at the time	ATS.CAT .3.0	QID161_3	zmhatsev3	0	1	2	
Witnessed a sudden violent death (e.g. murder, suicide, aftermath of an accident)	ATS.CAT .4.0	QID161_4	zmhatsev4	0	1	2	
Been diagnosed with a life-threatening illness	ATS.CAT .5.0	QID161_5	zmhatsev5	0	1	2	

If you feel distressed from remembering past crime/abuse, please visit <https://www.victimsupport.org.uk/help-and-support/> If you have been upset by remembering domestic or sexual violence, there is information available at Women's Aid (for urgent assistance, give them a call on 0808 2000 247), ManKind or Galop

Since I was sixteen...

				Never	Yes, but not in the last 12 months	Yes, within the last 12 months	Prefer not to answer
				1	2	3	-11
I have been in a confiding relationship	ATS.DOM .1.0	QID279_2	zmhatsdom1	0	1	2	
A partner or ex-partner deliberately hit me or used violence in any other way	ATS.DOM .2.0	QID279_6	zmhatsdom2	0	1	2	
A partner or ex-partner repeatedly belittled me to the extent that I felt worthless	ATS.DOM .3.0	QID279_3	zmhatsdom3	0	1	2	
A partner or ex-partner sexually interfered with me, or forced me to have sex against my wishes	ATS.DOM .4.0	QID279_4	zmhatsdom4	0	1	2	
I have had the money to pay my rent/mortgage payment	ATS.DOM .5.0	QID279_7	zmhatsdom5	0	1	2	

If you feel distressed from remembering past crime/abuse, please visit <https://www.victimsupport.org.uk/help-and-support/> If you have been upset by remembering domestic or sexual violence, there is information available at Women's Aid (for urgent assistance, give them a call on 0808 2000 247), ManKind or Galop.

Display This Question:

If ATS [2] (Count) >= 1

Or ATS [3] (Count) >= 1

[if there was at least one 'yes' response in the previous question]

Please indicate how often the following statements have been true:

[Each question below was displayed only if the response to the corresponding question above was 'yes', so that the response code was 2 or 3]

				Never true	Rarely true	Sometimes true	Often	Very often true	Prefer not to answer
				1	2	3	4	5	-11
I have been in a confiding relationship	ATS.DFR.1.0	QID474_5	zmhatsdomfr1	0	1	2	3	4	
A partner or ex-partner deliberately hit me or used violence in any other way	HEAD.DFR.2.0	QID474_9	zmhatsdomfr2	0	1	2	3	4	
A partner or ex-partner repeatedly belittled me to the extent that I felt worthless	ATS.DFR.3.0	QID474_6	zmhatsdomfr3	0	1	2	3	4	
A partner or ex-partner sexually interfered with me, or forced me to have sex against my wishes	ATS.DFR.4.0	QID474_7	zmhatsdomfr4	0	1	2	3	4	
I have had the money to pay my rent/mortgage payment	ATS.DFR.5.0	QID474_10	zmhatsdomfr5	0	1	2	3	4	

Display This Question [Footer]:

If ATS [2] (Count) >= 1

And ATS [3] (Count) >= 1

FOOTER

If you feel distressed from remembering past crime/abuse, please visit <https://www.victimsupport.org.uk/help-and-support/> If you have been upset by remembering domestic or sexual violence, there is information available at Women's Aid (for urgent assistance, give them a call on 0808 2000 247), ManKind or Galop.

End of Block: Adult Trauma Screener (ATS)

Stressful Experiences

Next, is a list of problems and complaints that people sometimes have in response to extremely stressful experiences. Please indicate how much you have been bothered by that problem in the past month:

PCL6

				Not at all	A little bit	Moderately	Quite a bit	Extremely	Prefer not to answer
				1	2	3	4	5	-11
Repeated, disturbing memories, thoughts, or images of a stressful experience?	PCL6.1.0	QID162_1	zmhpc11	0	1	2	3	4	
Feeling very upset when something reminded you of a stressful experience?	PCL6.2.0	QID162_2	zmhpc12	0	1	2	3	4	
Avoiding activities or situations because they reminded you of a stressful situation?	PCL6.3.0	QID162_3	zmhpc13	0	1	2	3	4	
Feeling distant or cut off from other people?	PCL6.4.0	QID162_4	zmhpc14	0	1	2	3	4	
Feeling irritable or having angry outbursts?	PCL6.5.0	QID162_5	zmhpc15	0	1	2	3	4	
Difficulty concentrating?	PCL6.6.0	QID162_6	zmhpc16	0	1	2	3	4	

FOOTER

If you feel distressed from remembering past crime/abuse, please visit www.victimsupport.org.uk/help-victims. If you have been upset by remembering domestic or sexual violence, there is information available at Women’s Aid (for urgent assistance, give them a call on 0808 2000 247), ManKind or Galop

Events in your life

Listed below are a number of events that may have brought substantial changes to you, both positive and negative. Have any of these occurred in the last year, and if so, how did they affect you?

As some events in this list could be either positive or negative, and we need to have the same answer options for all these questions, we give both options in the response sets.

All items in this block are recoded into ordinal measures of either positive (suffix p) or negative (suffix n) life events. For most items, only one variable (positive or negative) has been coded because responses in the other direction were insignificant or even non-existent. Such variables are coded as follows:

- Positive-only events: 0=did not happen, 1=no effect (or, very rarely, negative effect), 2=somewhat positive, 3=very positive
- Negative-only events: 0=did not happen, 1=no effect (or, very rarely, positive effect), 2=somewhat negative, 3=very negative

In each of four items where there were significant numbers of BOTH positive and negative responses, both variables are included and have been coded as follows:

- Positive item: 0=did not happen, 1=no effect, 2=somewhat positive, 3=very positive (with negative responses recoded to missing).
- Negative item: 0=did not happen, 1=no effect, 2=somewhat negative, 3=very negative (with positive responses recoded to missing).

In such cases, the recoding of opposite-meaning responses to missing is used to avoid double-counting of responses in derived variables (which count numbers of positive and negative responses).

LIFEVENTS.TIMER.1 Timing

First Click

Last Click

Page Submit [QID1319_PAGE_SUBMIT] zmhlifevtime [seconds, as a decimal number]

Click Count

[zmhlifevtime is the sum of the three raw page_submit values from LIFEVENTS.TIMER.1, .2 and .3 in this block]

LifeEvents.1.0

In the last year...

		Positive or negative?	Dataset variables	No, did not happen	Yes, negatively affected me a lot	Yes, negatively affected me somewhat	Yes, but did not affect me	Yes, positively affected me somewhat	Yes, positively affected me a lot	Prefer not to answer
				1	2	3	4	5	6	-11
You became homeless	LE.1.0_1 [QID908_1]	Negative	zmhlifev01n	0	3	2	1	1	1	
You left home	LE.1.0_2 [QID908_2]	Both	zmhlifev02n	0	3	2	1			
			zmhlifev02p	0			1	2	3	
You graduated from University	LE.1.0_3 [QID908_3]	Positive	zmhlifev03p	0	1	1	1	2	3	
You or your partner became pregnant or had a baby	LE.1.0_4 [QID908_4]	Both	zmhlifev04p	0			1	2	3	
			zmhlifev04n	0	3	2	1			
You entered into a new relationship	LE.1.0_5 [QID908_23]	Both	zmhlifev05p	0			1	2	3	
			zmhlifev05n	0	3	2	1			
Outstanding personal achievement	LE.1.0_6 [QID908_24]	Positive	zmhlifev06p	0	1	1	1	2	3	

LifeEvents.HEAD

Listed below are a number of events that may have brought substantial changes to you, both positive and negative. Have any of these occurred in the last year, and did they affect you?

LIFEEVENTS.TIMER.2 Timing

First Click

Last Click

Page Submit [QID1320_PAGE_SUBMIT]

Click Count

LifeEvents.2.0

In the last year...

		Positive or negative?	Dataset variables	No, did not happen	Yes, negatively affected me a lot	Yes, negatively affected me somewhat	Yes, but did not affect me	Yes, positively affected me somewhat	Yes, positively affected me a lot	Prefer not to answer
				1	2	3	4	5	6	-11
A family member was admitted to hospital or became seriously ill	LE.2.0_1 [QID909_1]	Negative	zmhlifev07n	0	3	2	1	1	1	
You were admitted to hospital or became seriously ill	LE.2.0_2 [QID909_2]	Negative	zmhlifev08n	0	3	2	1	1	1	
You got engaged to be married/to enter a civil partnership	LE.2.0_3 [QID909_3]	Positive	zmhlifev09p	0	1	1	1	2	3	
This is a quality control item, please select 'Yes, but did not affect me'	LE.2.0_4QC [QID909_9]	-	zmhlifevqcer*	1	1	1	0	1	1	1
You got married or entered a civil partnership	LE.2.0_5 [QID909_4]	Positive	zmhlifev10p	0	1	1	1	2	3	
You lost your job or got into serious financial problems	LE.2.0_6 [QID909_5]	Negative	zmhlifev11n	0	3	2	1	1	1	
You were divorced or separated from a partner	LE.2.0_7Divorced [QID909_6]	Negative	zmhlifev12n	0	3	2	1	1	1	
You were in trouble with the law	LE.2.0_8Law [QID909_7]	Negative	zmhlifev13n	0	3	2	1	1	1	

* QC item recoded into error flag zmhlifevqcer: 1=error, 0=correct

LifeEvents.HEAD

Listed below are a number of events that may have brought substantial changes to you, both positive and negative. Have any of these occurred in the last year, and did they affect you?

LIFEEVENTS.TIMER.3 Timing

First Click

Last Click

Page Submit [QID1321_PAGE_SUBMIT]

Click Count

LifeEvents.3.0

In the last year...

		Positive or negative?	Dataset variables	No, did not happen	Yes, negatively affected me a lot	Yes, negatively affected me somewhat	Yes, but did not affect me	Yes, positively affected me somewhat	Yes, positively affected me a lot	Prefer not to answer
				1	2	3	4	5	6	-11
Someone close to you died	LE.3.0_1 [QID910_4]	Negative	zmhlifev14n	0	3	2	1	1	1	
You attempted suicide	LE.3.0_2 [QID910_5]	Negative	zmhlifev15n	0	3	2	1	1	1	
You or your partner had an abortion	LE.3.0_3 [QID910_2]	Negative	zmhlifev16n	0	3	2	1	1	1	
You were responsible for a road accident	LE.3.0_4 [QID910_6]	Negative	zmhlifev17n	0	3	2	1	1	1	
You started a new job	LE.3.0_5 [QID910_3]	Both	zmhlifev18p	0			1	2	3	
			zmhlifev18n	0	3	2	1			
Your parents separated or divorced	LE.3.0_6 [QID910_7]	Negative	zmhlifev19n	0	3	2	1	1	1	
You came out (e.g. to friends or family) as a member of the LGBTQIA community	LE.3.0_7 [QID910_8]	Positive	zmhlifev20p	0	1	1	1	2	3	

End of Block: Life Events

Start of Block: Self-Harm Screener

The following section is about (thoughts of) suicide and hurting yourself on purpose, also sometimes referred to as 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.

The following questions ask specifically about the past year. If you find answering these questions too distressing, please select 'Prefer not to answer' for each question and move on to the next page.

SH.SCREEN.1.0 [QID983]

zmhs1fhm01

In the past year, have you ever thought about killing yourself, even if you would not really do it?

No	1	0
Yes, once or twice	2	1
Yes, 3-5 times	3	2
Yes, 6-10 times	4	3
Yes, 11-20 times	5	4
Yes, more than 20 times	6	5
Prefer not to answer	-11	

SH.SCREEN.2.0 [QID984]

zmhs1fhm02

In the past year, have you ever hurt or harmed yourself on purpose in any way (e.g., by taking an overdose of pills, or by cutting yourself)?

No	1	0
Yes, once or twice	2	1
Yes, 3-5 times	3	2
Yes, 6-10 times	4	3
Yes, 11-20 times	5	4
Yes, more than 20 times	6	5
Prefer not to answer	-11	

End of Block: Self-Harm Screener

Start of Block: Self-harm - Past year

[This entire block is only displayed if the following condition is met]

Display This Block:

If SH.SCREEN.2.0 is between 2 and 6 ['yes' responses]

[see Self-Harm Screener block above]

[the item numbering in dataset variable names continues from the self-harm items in the previous block]

SH.1.0 [QID986]

zmhslfhm03

In the past year, have you ever hurt or harmed yourself on purpose without intending to kill yourself? (e.g. by taking an overdose of pills, or by cutting yourself)?

No, not in the past year	1	0
Yes, once or twice	2	1
Yes, 3-5 times	3	2
Yes, 6-10 times	4	3
Yes, 11-20 times	5	4
Yes, more than 20 times	6	5
Prefer not to answer	-11	

SH.2.0 [QID987]

zmhslfhm04

In the past year, on any of the occasions you have hurt or harmed yourself on purpose, have you ever wanted to kill yourself?

No, not in the past year	1	0
Yes, once or twice	2	1
Yes, 3-5 times	3	2
Yes, 6-10 times	4	3
Yes, 11-20 times	5	4
Yes, more than 20 times	6	5
Prefer not to answer	-11	

SH.3.0 [QID988]

zmhslfhm05

In the past year, did you hurt yourself because you wanted to show how desperate you were feeling?

No, not in the past year	1	0
Yes, once or twice	2	1
Yes, 3-5 times	3	2
Yes, 6-10 times	4	3
Yes, 11-20 times	5	4
Yes, more than 20 times	6	5
Prefer not to answer	-11	

SH.4.0 [QID989]

zmhslfhm06

In the past year, did you hurt yourself because you wanted to die?

No, not in the past year	1	0
Yes, once or twice	2	1
Yes, 3-5 times	3	2
Yes, 6-10 times	4	3
Yes, 11-20 times	5	4
Yes, more than 20 times	6	5
Prefer not to answer	-11	

SH.5.0 [QID990]

zmhslfhm07

In the past year, did you hurt yourself because you wanted to punish yourself?

No, not in the past year	1	0
Yes, once or twice	2	1
Yes, 3-5 times	3	2
Yes, 6-10 times	4	3
Yes, 11-20 times	5	4
Yes, more than 20 times	6	5
Prefer not to answer	-11	

SH.6.0 [QID991]

zmhslfhm08

In the past year, did you hurt yourself because you wanted to frighten someone?

No, not in the past year	1	0
Yes, once or twice	2	1
Yes, 3-5 times	3	2
Yes, 6-10 times	4	3
Yes, 11-20 times	5	4
Yes, more than 20 times	6	5
Prefer not to answer	-11	

SH.7.0 [QID992]

zmhslfhm09

In the past year, did you hurt yourself because you wanted to get relief from a terrible state of mind?

No, not in the past year	1	0
Yes, once or twice	2	1
Yes, 3-5 times	3	2
Yes, 6-10 times	4	3
Yes, 11-20 times	5	4
Yes, more than 20 times	6	5
Prefer not to answer	-11	

SH.7.0 [QID993]

[SH.7.0 used for both this and the previous item, but present in the data as two distinct variables]

zmhslfhm10

In the past year, have you swallowed pills or something poisonous?

No, not in the past year	1	0
Yes, once or twice	2	1
Yes, 3-5 times	3	2
Yes, 6-10 times	4	3
Yes, 11-20 times	5	4
Yes, more than 20 times	6	5
Prefer not to answer	-11	

SH.8.0 [QID994]

zmhslfhm11

In the past year, have you harmed your skin (e.g., by cutting, scratching, pinching yourself)?

No, not in the past year	1	0
Yes, once or twice	2	1
Yes, 3-5 times	3	2
Yes, 6-10 times	4	3
Yes, 11-20 times	5	4
Yes, more than 20 times	6	5
Prefer not to answer	-11	

SH.9.0 [QID995]

zmhslfhm12

In the past year, have you burnt or scalded yourself (e.g., with a cigarette or hot water)?

No, not in the past year	1	0
Yes, once or twice	2	1
Yes, 3-5 times	3	2
Yes, 6-10 times	4	3
Yes, 11-20 times	5	4
Yes, more than 20 times	6	5
Prefer not to answer	-11	

SH.10.0 [QID996]

zmhslfhm13

In the past year, have you scratched or bruised yourself, pulled your hair, headbutted, hit or punched something to the point of feeling pain?

No, not in the past year	1	0
Yes, once or twice	2	1
Yes, 3-5 times	3	2
Yes, 6-10 times	4	3
Yes, 11-20 times	5	4
Yes, more than 20 times	6	5
Prefer not to answer	-11	

SH.Treatment

After hurting yourself on purpose in the past year, did you ever seek medical help/first aid from...

				No	Yes
				2	1
Your GP (family doctor)?	SH.Treatment_1	QID998_1	zmhslfhm14a	0	1
Hospital causality/emergency department?	SH.Treatment_2	QID998_2	zmhslfhm14b	0	1
Another healthcare professional?	SH.Treatment_3	QID998_3	zmhslfhm14c	0	1

End of Block: Self-harm - Past year

Start of Block: SDQ

About you

SDQ.TIMER.1 Timing

First Click

Last Click

Page Submit [QID1322_PAGE_SUBMIT] zmhsdqtime [seconds, as a decimal number]

Click Count

[zmhsdqtime is the sum of the three raw page_submit values from SDQ.TIMER.1, .2 and .3 in this block]

The naming and numbering of SDQ items is consistent with that used in the same measure in other TEDS studies.

SDQ.1.0

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

				Not true	Quite true	Very true
				1	2	3
I've tried to be nice to other people. I've cared about their feelings	SDQ.1.0 _1	QID873_1	zmhsdqpro1	0	1	2
I've been restless, I've found it hard to sit down for long	SDQ.1.0 _2	QID873_2	zmhsdqhy1	0	1	2
I've had a lot of headaches, stomach-aches or sickness	SDQ.1.0 _3	QID873_3	zmhsdqemo1	0	1	2
I have usually shared with others, for example food or drink	SDQ.1.0 _4	QID873_4	zmhsdqpro2	0	1	2
I've been very angry and often lost my temper	SDQ.1.0 _5	QID873_5	zmhsdqcon1	0	1	2
I would rather be alone than with other people	SDQ.1.0 _6	QID873_6	zmhsdqper1	0	1	2
This is a quality control question, please select 'Very true'	SDQ.1.0 _7QC	QID873_1 0	zmhsdqqcer *	1	1	0
I've been generally willing to do what other people want	SDQ.1.0 _8	QID873_7	zmhsdqcon2	0	1	2
I've worried a lot	SDQ.1.0 _9	QID873_8	zmhsdqemo2	0	1	2

* QC item recoded into error flag zmhsdqqcer: 1=error, 0=correct

SDQ.TIMER.2 Timing
 First Click
 Last Click
 Page Submit [QID1323_PAGE_SUBMIT]
 Click Count

SDQ.2.0

In the last six months...

				Not true	Quite true	Very true
				1	2	3
I've been helpful if someone was hurt, upset or feeling ill	SDQ.2.0_1	QID874_1	zmhsdqpro3	0	1	2
I have constantly been fidgeting or squirming	SDQ.2.0_2	QID874_2	zmhsdqhyp2	0	1	2
I've had at least one good friend	SDQ.2.0_3	QID874_3	zmhsdqper2	0	1	2
I've fought a lot. I could make other people do what I wanted	SDQ.2.0_4	QID874_4	zmhsdqcon3	0	1	2
I have often been unhappy, down-hearted or tearful	SDQ.2.0_5	QID874_5	zmhsdqemo3	0	1	2
Other people my age have generally liked me	SDQ.2.0_6	QID874_6	zmhsdqper3	0	1	2
I've been easily distracted, I've found it difficult to concentrate	SDQ.2.0_7	QID874_7	zmhsdqhyp3	0	1	2
I've been nervous in new situations. I've easily lost confidence	SDQ.2.0_8	QID874_8	zmhsdqemo4	0	1	2

SDQ.TIMER.3 Timing
 First Click
 Last Click
 Page Submit [QID1324_PAGE_SUBMIT]
 Click Count

SDQ.3.0

In the last six months...

				Not true	Quite true	Very true
				1	2	3
I've been kind to children	SDQ.3.0_1	QID875_1	zmhsdqpro4	0	1	2
I've often been accused of lying or cheating	SDQ.3.0_2	QID875_2	zmhsdqcon4	0	1	2
Other people have picked on me or bullied me	SDQ.3.0_3	QID875_3	zmhsdqper4	0	1	2
I've often volunteered to help others (family members, friends, colleagues)	SDQ.3.0_4	QID875_4	zmhsdqpro5	0	1	2
I've thought before I've done things	SDQ.3.0_5	QID875_5	zmhsdqhyp4	0	1	2
I've taken things that are not mine from home, work or elsewhere	SDQ.3.0_6	QID875_6	zmhsdqcon5	0	1	2
I have got on better with older people than with people my own age	SDQ.3.0_7	QID875_7	zmhsdqper5	0	1	2
I've had many fears, I've been easily scared	SDQ.3.0_8	QID875_8	zmhsdqemo5	0	1	2
I've finished the work I have been doing. My attention has been good	SDQ.3.0_9	QID875_9	zmhsdqhyp5	0	1	2

End of Block: SDQ

Your feelings

In this section we would like to know how you feel about things in general.

SWB.1.0 [QID544]

zmhq011

In general, how happy are you?

Extremely happy	6	6
Very happy	5	5
Moderately happy	4	4
Moderately unhappy	3	3
Very unhappy	2	2
Extremely unhappy	1	1
Do not know	-88	
Prefer not to answer	-11	

SWB.2.0 [QID545]

zmhq012

In general, how happy are you with your health?

Extremely happy	6	6
Very happy	5	5
Moderately happy	4	4
Moderately unhappy	3	3
Very unhappy	2	2
Extremely unhappy	1	1
Do not know	-88	
Prefer not to answer	-11	

SWB.3.0 [QID546]

zmhq013

To what extent do you feel your life to be meaningful?

An extreme amount	5	4
Very much	4	3
A moderate amount	3	2
A little	2	1
Not at all	1	0
Do not know	-88	
Prefer not to answer	-11	

Thinking about your appearance

BDD.TIMER Timing

First Click

Last Click

Page Submit [QID1325_PAGE_SUBMIT] zmhbddtime [seconds, as a decimal number]

Click Count

BDD.1.0

Please read the questions carefully and answer them by selecting the answer which you think is more appropriate for your specific situation. Please do not include concerns about your weight or not being slim enough.

Have you ever...

				Not at all	Same as most people	More than most people	Much more than most people	Prefer not to answer
				1	2	3	4	-11
Been very concerned about some aspect of your physical appearance	BDD.1.0_1	QID981_1	zmhbdd1	0	1	2	3	
Considered yourself to be misformed or misshapen in some way (e.g. nose/hair/skin/sexual organs/overall body build)	BDD.1.0_2	QID981_2	zmhbdd2	0	1	2	3	
Considered your body to be malfunctioning in some way (e.g. excessive body odour, flatulence, sweating).	BDD.1.0_3	QID981_3	zmhbdd3	0	1	2	3	
Consulted or felt that you needed to consult a plastic surgeon/dermatologist/physician about these concerns.	BDD.1.0_4	QID981_4	zmhbdd4	0	1	2	3	
This is a quality control item, please select 'Much more than most people'	BDD.1.0_5QC	QID981_9	zmhbddqcer*	1	1	1	0	1
Been told by others/doctors that you are normal in spite of you strongly believing that something is wrong with your appearance or bodily function.	BDD.1.0_6	QID981_6	zmhbdd5	0	1	2	3	
Spent a lot of time worrying about a defect in your appearance/bodily functioning.	BDD.1.0_7	QID981_7	zmhbdd6	0	1	2	3	
Spent a lot of time covering up defects in your appearance/bodily functioning.	BDD.1.0_8	QID981_8	zmhbdd7	0	1	2	3	

* QC item recoded into error flag zmhbddqcer: 1=error, 0=correct

Your relationship with food

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. If you find answering these questions too distressing, please select 'Prefer not to answer' where possible. For more information and support on this topic, you may wish to contact Beat, an eating disorder charity group, on 0808 801 0677 or visit their website: <http://www.b-eat.co.uk>.

ED.1.0 [QID916]

zmheatd01

Have you ever had a period of time when you weighed much less than other people thought you should weigh? (Exclude medical illnesses other than eating disorder)

Yes	1	1
No	2	0
Prefer not to answer	-11	

Skip To: ED.2.0 If ED.1.0 = 2

Skip To: ED.2.0 If ED.1.0 = -11

Display This Question:

If ED.1.0 = 1 [yes]

ED.1.1 [QID917]

zmheatd02a

During the time when you were at this low weight, did you either feel fat or were you afraid that you might gain weight or become fat?

Yes	1	1
No	2	0
Prefer not to answer	-11	

If you are affected by any of the issues raised on this page, you may wish to contact the charity Beat on 0808 801 0677 or visit their website: <https://www.beateatingdisorders.org.uk/support-services/helplines>

Display This Question:

If ED.1.0 = 1

ED.1.3b [QID1272]

zmheatd02b: dataset variable converted to integer kg values

Roughly how much did you weigh at your lowest weight?

Less than 5 kg (less than 0 stone 11 pounds)	1
5 kg (0 stone 11 pounds)	2
6 kg (0 stone 13 pounds)	3
7 kg (1 stone 1 pounds)	4
8 kg (1 stone 3 pounds)	5
[The list of responses is shortened here. The responses give weights at intervals of 1kg throughout this range.]	6 - 173
177kg (27 stone 12 pounds)	174
178kg (28 stone 0 pounds)	175
179kg (28 stone 3 pounds)	176
180kg (28 stone 5 pounds)	177
More than 180kg (more than 28 stone 5 pounds)	178
Prefer not to answer	-11

zmheatd02bmi: BMI derived from the weight item above and from the earlier height response (medical history section, above)

If you are affected by any of the issues raised on this page, you may wish to contact the charity Beat on 0808 801 0677 or visit their website: <https://www.beateatingdisorders.org.uk/support-services/helplines>

Display This Question:

If ED.1.0 = 1

ED.1.4 [QID919]

zmheatd02c

Roughly how old were you when you were first at this weight?

0	0	10
1	1	
2	2	
3	3	
4	4	
5	5	
6	6	
7	7	
8	8	
9	9	
10	10	
[The list of responses is shortened here. The responses give ages at intervals of 1 throughout this range.]	11 - 25	11 - 25
26	26	26
27	27	
28	28	
29	29	
30	30	

Responses lower than 11 or higher than 26 were very rare. Hence, dataset variable zmheatd02c is coded in ranges as shown above.

Display This Question:

If ED.1.0 = 1

ED.1.5 [QID1248]

zmheatd02d

Roughly how old were you when you were last at this weight (or weighed much less than other people thought you ought to weigh)?

[The response choices displayed here were dependent on the response in the previous question; only ages greater than or equal to the age selected in the previous question were displayed]

0	0	13
1	1	
2	2	
[The list of responses is shortened here. The responses give ages at intervals of 1 throughout this range.]	3 - 13 14 - 26	14 - 26
27	27	27
28	28	
29	29	
30	30	

Responses lower than 14 and higher than 26 were very rare. Hence, dataset variable zmheatd02d is coded in ranges as shown above. Responses between 14 and 26 are unchanged from the raw data values.

Display This Question:

If ED.1.0 = 1

ED.1.5

During your period(s) of low weight, have you?

(Select all responses that apply) [all coded 1 if ticked; ticking "none of the above" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked) or missing if not answered.

					Yes	No
Fasted for 8 waking hours or longer	ED.1.5_1	QID920_1	zmheatd03a	1	1	0
Made yourself vomit	ED.1.5_2	QID920_2	zmheatd03b	1	1	0
Used diet pills, laxatives, diuretics, drugs	ED.1.5_3	QID920_3	zmheatd03c	1	1	0
Exercised excessively or compulsively	ED.1.5_4	QID920_4	zmheatd03d	1	1	0
None of the above	ED.1.5_5	QID920_5		1		

If you are affected by any of the issues raised on this page, you may wish to contact the charity Beat on 0808 801 0677 or visit their website: <https://www.beateatingdisorders.org.uk/support-services/helplines>

ED.2.0 [QID921]

zmheatd04

Have you ever had recurrent episodes of excessive overeating or binge eating (i.e., eating significantly more than what most people eat in a similar period of time, for example, 2 hours)?

Yes, at least once a week for at least 3 months	3	2
Yes, occasionally	2	1
No	1	0
Prefer not to answer	-11	

Skip To: ED.3.0 If ED.2.0 = 1 [no]

Skip To: ED.3.0 If ED.2.0 = -11 [prefer not to answer]

Display This Question:

If ED.2.0 = 3

Or ED.2.0 = 2

And ED.1.0 = 1

ED.1.2.6

When did the overeating occur?

[each response could be ticked independently; coded 1 if ticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked) or missing if not answered.

					Yes	No
During period/s of low weight	ED.1.2.6_1	QID922_1	zmheatd05a	1	1	0
Outside of low weight	ED.1.2.6_2	QID922_2	zmheatd05b	1	1	0

Display This Question:

If ED.2.0 = 2

Or ED.2.0 = 3

ED.2.1 [QID923]

zmheatd05c

During your episodes of excessive overeating/binge eating, how often did you feel like you had no control over your eating (e.g., not being able to stop eating or feeling compelled to eat)?

Always or occasionally	1	1
Never	2	0
Prefer not to answer	-11	

If you are affected by any of the issues raised on this page, you may wish to contact the charity Beat on 0808 801 0677 or visit their website: <https://www.beateatingdisorders.org.uk/support-services/helplines>

Display This Question:

If ED.2.0 = 3 Or ED.2.0 = 2

ED.2.2

During these episodes of excessive overeating/binge eating, did you?

(Select all responses that apply) [each response coded 1 if ticked; ticking "none of the above" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked) or missing if not answered.

					Yes	No
Eat much more rapidly than normal	ED.2.2_1	QID924_1	zmheatd06a	1	1	0
Eat until feeling uncomfortably full	ED.2.2_2	QID924_2	zmheatd06b	1	1	0
Eat large amounts of food when not feeling physically hungry	ED.2.2_3	QID924_3	zmheatd06c	1	1	0
Eat alone because of feeling embarrassed by how much you are eating	ED.2.2_4	QID924_4	zmheatd06d	1	1	0
Feel disgusted, depressed, or very guilty afterward	ED.2.2_5	QID924_5	zmheatd06e	1	1	0
None of the above	ED.2.2_6	QID924_6		1		

Display This Question:

If ED.2.0 = 3 Or ED.2.0 = 2

ED.2.3 [QID925]

zmheatd07

Do you feel distressed about your episodes of excessive overeating/binge eating?

Yes	1	1
No	2	0
Prefer not to answer	-11	

Display This Question:

If ED.2.0 = 3 Or ED.2.0 = 2

ED.BINGE.AGE [QID1250]

zmheatd08

About how old were you the FIRST time you had a period of three months where you were binge eating?

0	0	10
1	1	
2	2	
3	3	
4	4	
5	5	
6	6	
7	7	
8	8	
9	9	
10	10	
[The list of responses is shortened here. The responses give ages at intervals of 1 throughout this range.]	11 - 25	11 - 25
26	26	26
27	27	27
28	28	
29	29	
30	30	

Responses lower than 11 or higher than 27 were very rare. Hence, dataset variable zmheatd08 is coded in ranges as shown above.

If you are affected by any of the issues raised on this page, you may wish to contact the charity Beat on 0808 801 0677 or visit their website: <https://www.beateatingdisorders.org.uk/support-services/helplines>

Display This Question:

If ED.2.0 = 3 Or ED.2.0 = 2

ED.2.4

To compensate for overeating, have you used any of the following at least once a week for at least 3 months? (Select all responses that apply) [each response coded 1 if ticked; ticking "none of the above" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked) or missing if not answered. 'None of the above' results in 0=no responses in all preceding items.

					Yes	No
Fasted for 8 waking hours or longer	ED.2.4_1	QID926_1	zmheatd09a	1	1	0
Made yourself vomit	ED.2.4_2	QID926_2	zmheatd09b	1	1	0
Used diet pills, laxatives, diuretics, drugs	ED.2.4_3	QID926_3	zmheatd09c	1	1	0
Exercised excessively or compulsively	ED.2.4_4	QID926_4	zmheatd09d	1	1	0
None of the above	ED.2.4_5	QID926_5		1		

If you are affected by any of the issues raised on this page, you may wish to contact the charity Beat on 0808 801 0677 or visit their website: <https://www.beateatingdisorders.org.uk/support-services/helplines>

ED.3.0 [QID927]

zmheatd10

In general, how dependent has your self-esteem been on your body shape or weight?

A great deal	3	2
A moderate amount	2	1
Not at all or very little	1	0

ED.4.0

Independent from low weight or excessive overeating, have you used any of the following at least once a week for at least 3 months, to control your weight or shape?

(Select all responses that apply) [each response coded 1 if ticked; ticking "none of the above" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked) or missing if not answered. 'None of the above' results in 0=no responses in all preceding items.

					Yes	No
Fasted for 8 waking hours or longer	ED.4.0_1	QID928_1	zmheatd11a	1	1	0
Made yourself vomit	ED.4.0_2	QID928_2	zmheatd11b	1	1	0
Used diet pills, laxatives, diuretics, drugs	ED.4.0_3	QID928_3	zmheatd11c	1	1	0
Exercised excessively or compulsively	ED.4.0_4	QID928_4	zmheatd11d	1	1	0
None of the above	ED.4.0_5	QID928_5		1		

If you are affected by any of the issues raised on this page, you may wish to contact the charity Beat on 0808 801 0677 or visit their website: <https://www.beateatingdisorders.org.uk/support-services/helplines>

Display This Question:

If ED.4.0 is between 1 and 4 [any response other than 'none of the above']

ED.5.0 [QID1251]

zmheatd12

About how old were you the FIRST time you had a period of three months where you were engaging in any of these behaviours?

0	0	10
1	1	
2	2	
3	3	
4	4	
5	5	
6	6	
7	7	
8	8	
9	9	
10	10	
[The list of responses is shortened here. The responses give ages at intervals of 1 throughout this range.]	11 - 25	11 - 25
26	26	26
27	27	27
28	28	
29	29	
30	30	

Responses lower than 11 or higher than 26 were very rare. Hence, dataset variable zmheatd12 is coded in ranges as shown above.

If you are affected by any of the issues raised on this page, you may wish to contact the charity Beat on 0808 801 0677 or visit their website: <https://www.beateatingdisorders.org.uk/support-services/helplines>

End of Block: ED Screener

Start of Block: MCTQ - Chronotype

Your sleep

The following questions are about your usual sleep habits in the past month.

In this block, there are four questions in which a bedtime or waking-time was collected using separate boxes for hour and minutes past the hour in the raw data (as shown). In each case, the hour and minutes have been combined to make a single dataset variable in time format HH:MM.

Think about the work/week nights when you have work or other commitments the next day:

MCTQ.WORK [QID1053]

zmhmctqwkdy

How many days do you work in a typical week?

0	1	0
1	2	1
2	3	2
3	4	3
4	5	4
5	6	5
6	7	6
7	8	7

What time do you usually go to bed on your work/week days? (Note that we are using a 24 hour clock for these questions, so 10pm is 22 hours)

zmhmctqwk1

(time variable with range 00:00 to 23:45)

MCTQ.1.1h [QID859]

Hour:

21	21	
22	22	
23	23	
00	24	
01	1	
02	2	
[the list of responses is shortened here - they continue at intervals of 1 hour throughout this range]	3 - 17	
18	18	
19	19	
20	20	

MCTQ.1.2m [QID1049]

Minute:

00	1	
15	2	
30	3	
45	4	

MCTQ.1.3 [QID860]

zmhmctqwk2

How long does it take you to fall asleep (from the time when you go to bed)? (in minutes)

0-5	1	1
6-15	2	2
16-30	3	3
31-45	4	4
46-60	5	5
61-90	6	6
91-120	7	7
More than 120	8	8

What time do you usually wake up on work/week days? (Note that we are using a 24 hour clock for these questions, so 10pm is 22 hours)

zmhmctqwk3

(time variable with range 00:00 to 23:45)

MCTQ.1.4h [QID861]

Hour:

06	6	
07	7	
08	8	
[the list of responses is shortened here - they continue at intervals of 1 hour throughout this range]	9 - 21	
22	22	
23	23	
00	24	
01	1	
02	2	
03	3	
04	4	
05	5	

MCTQ.1.5m [QID1050]

Minute:

00	1	
15	2	
30	3	
45	4	

MCTQ.1.6 [QID862]

zmhmctqwk4

With an alarm clock, or without?

With	1	1
Without	2	2

MCTQ.1.7 [QID863]

zmhmctqwk5

How many minutes does it take you to get up out of bed after you wake up?

0-5	1	1
6-15	2	2
16-30	3	3
31-45	4	4
46-60	5	5
More than 60	6	6

MCTQ.1.8 [QID864]

zmhmctqwk6 (responses < 4 very rare, so recoded to a range as shown)

How many hours of actual sleep do you get on work/week nights? This may be different than the number of hours you spend in bed

0	1	3
1	2	
2	3	
3	4	
4	5	4
5	6	5
6	7	6
7	8	7
8	9	8
9	10	9
10	11	10
11	12	11
12+	13	12

MCTQ.HEADER

Now, think about the nights when you are free the next day, like weekends or whenever you don't have work or any other commitments.

What time do you usually go to bed on free nights? (Note that we are using a 24 hour clock for these questions, so 10pm is 22 hours)

zmhmctqfr1

(time variable with range 00:00 to 23:45)

MCTQ.2.1h [QID866]

Hour:

21	21	
22	22	
23	23	
00	24	
01	1	
02	2	
[the list of responses is shortened here - they continue at intervals of 1 hour throughout this range]	3 - 17	
18	18	
19	19	
20	20	

MCTQ.2.2m [QID867]

Minute:

00	1	
15	2	
30	3	
45	4	

MCTQ.2.3 [QID868]

zmhmctqfr2

How long does it take you to fall asleep (from the time when you go to bed)? (in minutes)

0-5	1	1
6-15	2	2
16-30	3	3
31-45	4	4
46-60	5	5
61-120	6	6
More than 120	7	7

What time do you usually wake up on free days? (Note that we are using a 24 hour clock for these questions, so 10pm is 22 hours)

zmhmctqfr3

(time variable with range 00:00 to 23:45)

MCTQ.2.4h [QID869]

Hour:

06	6	
07	7	
08	8	
[the list of responses is shortened here - they continue at intervals of 1 hour throughout this range]	9 - 21	
22	22	
23	23	
00	24	
01	1	
02	2	
03	3	
04	4	
05	5	

MCTQ.2.5m [QID1052]

Minute:

00	1	
15	2	
30	3	
45	4	

MCTQ.2.6 [QID870]

zmhmctqfr4

With an alarm clock, or without?

With	1	1
Without	2	2

MCTQ.2.7 [QID871]

zmhmctqfr5

How many minutes does it take before you get up out of bed after you wake up?

0-5	1	1
6-15	2	2
16-30	3	3
31-45	4	4
46-60	5	5
More than 60	6	6

MCTQ.2.8 [QID872]

zmhmctqfr6 (responses < 4 very rare, so recoded to a range as shown)

How many actual hours of sleep do you get on free nights? This may be different than the number of hours you spend in bed

0	1	3
1	2	
2	3	
3	4	
4	5	4
5	6	5
6	7	6
7	8	7
8	9	8
9	10	9
10	11	10
11	12	11
12+	13	12

PSQI.1.0 [QID1055]

zmhpsqi1

During the past month, how would you rate your sleep quality overall?

Very good	1	1
Fairly good	2	2
Fairly bad	3	3
Very bad	4	4

Display This Question:

If PSQI.1.0 = 3 [fairly bad]

Or PSQI.1.0 = 4 [very bad]

PSQI.2.0 [QID1056]

zmhpsqi2

Have your sleep difficulties interfered with your daily life?

Not at all	1	0
A little bit	2	1
Moderately	3	2
Quite a bit	4	3
Extremely	5	4

End of Block: MCTQ - Chronotype

Start of Block: SPEQ

Unusual Experiences

SPEQ.TIMER.1 Timing

First Click

Last Click

Page Submit [QID1385_PAGE_SUBMIT] zmhspeqtime [seconds, as a decimal number]

Click Count

[zmhspeqtime is the sum of four raw page_submit values from SPEQ.TIMER.1, .2, .3 and .4 in this block]

SPEQ.1.0

For each of the following statements, please indicate how often in the past year you have had the thought or feeling described.

				Not at all	Rarely	Once a month	Once a week	Several times a week	Daily	Prefer not to answer
				1	2	3	4	5	6	-11
Someone has bad intentions towards me	SPEQ.1.0_1	QID887_1	zmhspeqpar01	0	1	2	3	4	5	
Bad things are being said about me behind my back	SPEQ.1.0_2	QID887_2	zmhspeqpar02	0	1	2	3	4	5	
People are being hostile towards me	SPEQ.1.0_3	QID887_3	zmhspeqpar03	0	1	2	3	4	5	
People are trying to upset me	SPEQ.1.0_4	QID887_4	zmhspeqpar04	0	1	2	3	4	5	
Someone has it in for me	SPEQ.1.0_5	QID887_5	zmhspeqpar05	0	1	2	3	4	5	
People are looking at me in an unfriendly way	SPEQ.1.0_6	QID887_6	zmhspeqpar06	0	1	2	3	4	5	
There might be negative comments being spread about me	SPEQ.1.0_7	QID887_7	zmhspeqpar07	0	1	2	3	4	5	

SPEQ.2.0

For each of the following statements, please indicate how often in the past year you have had the thought or feeling described.

				Not at all	Rarely	Once a month	Once a week	Several times a week	Daily	Prefer not to answer
				1	2	3	4	5	6	-11
People might be conspiring against me	SPEQ.2.0_1	QID929_1	zmhspeqpar08	0	1	2	3	4	5	
I am under threat from others	SPEQ.2.0_2	QID929_2	zmhspeqpar09	0	1	2	3	4	5	
People are laughing at me	SPEQ.2.0_3	QID929_3	zmhspeqpar10	0	1	2	3	4	5	
People would harm me if given an opportunity	SPEQ.2.0_4	QID929_4	zmhspeqpar11	0	1	2	3	4	5	
People are deliberately trying to irritate me	SPEQ.2.0_5	QID929_5	zmhspeqpar12	0	1	2	3	4	5	
I need to be on my guard against others	SPEQ.2.0_6	QID929_6	zmhspeqpar13	0	1	2	3	4	5	
I might be being observed or followed	SPEQ.2.0_7	QID929_7	zmhspeqpar14	0	1	2	3	4	5	

SPEQ.TIMER.3 Timing
 First Click
 Last Click
 Page Submit [QID1387_PAGE_SUBMIT]
 Click Count

SPEQ.3.0

For each of the following statements, please indicate how often in the past year you have had the thought or feeling described.

				Not at all	Rarely	Once a month	Once a week	Several times a week	Daily	Prefer not to answer
				1	2	3	4	5	6	-11
I can detect coded messages about me in the press/TV/internet	SPEQ.3.0_1	QID931_1	zmhspeqpar15	0	1	2	3	4	5	
I hear sounds or music that people near me don't hear	SPEQ.3.0_2	QID931_2	zmhspeqhal1	0	1	2	3	4	5	
I see things that other people cannot	SPEQ.3.0_3	QID931_3	zmhspeqhal2	0	1	2	3	4	5	
This is a quality control question, please select 'Daily'	SPEQ.3.0_4QC	QID931_8	zmhspeqqcer	1	1	1	1	1	0	1
I feel that someone is touching me, but when I look nobody is there	SPEQ.3.0_5	QID931_4	zmhspeqhal3	0	1	2	3	4	5	
I hear noises or sounds when there is nothing about to explain them	SPEQ.3.0_6	QID931_5	zmhspeqhal4	0	1	2	3	4	5	
I detect smells which don't seem to come from my surroundings	SPEQ.3.0_7	QID931_6	zmhspeqhal5	0	1	2	3	4	5	
I see shapes, lights, or colours even though there is nothing really there	SPEQ.3.0_8	QID931_7	zmhspeqhal6	0	1	2	3	4	5	

QC item recoded into error flag zmhspeqqcer: 1=error, 0=correct

SPEQ.TIMER.4 Timing
 First Click
 Last Click
 Page Submit [QID1388_PAGE_SUBMIT]
 Click Count

SPEQ.4.0

For each of the following statements, please indicate how often in the past year you have had the thought or feeling described.

				Not at all	Rarely	Once a month	Once a week	Several times a week	Daily	Prefer not to answer
				1	2	3	4	5	6	-11
I notice smells or odours that people next to me seem unaware of	SPEQ.4.0_1	QID932_1	zmhspeqha17	0	1	2	3	4	5	
I experience unusual burning sensations or other strange feelings in or on my body that can't be explained	SPEQ.4.0_2	QID932_2	zmhspeqha18	0	1	2	3	4	5	
I hear voices commenting on what I'm thinking or doing	SPEQ.4.0_3	QID932_4	zmhspeqha19	0	1	2	3	4	5	

End of Block: SPEQ

Elevated mood

MDQ.1.0

Has there ever been a period of time when you were not your usual self and...

Tick ALL that apply.

				Yes	No
				1	2
...you felt so good or so hyper that other people thought you were not your normal self or you were so hyper that you got into trouble?	MDQ.SYM. 1.0	QID1292_1	zmhmdq1a	1	0
...you were so irritable that you shouted at people or started fights or arguments?	MDQ.SYM. 2.0	QID1292_2	zmhmdq1b	1	0
...you felt much more self-confident than usual?	MDQ.SYM. 3.0	QID1292_3	zmhmdq1c	1	0
...you got much less sleep than usual and found you didn't really miss it?	MDQ.SYM. 4.0	QID1292_4	zmhmdq1d	1	0
...you were much more talkative or spoke much faster than usual?	MDQ.SYM. 5.0	QID1292_5	zmhmdq1e	1	0
...thoughts raced through your head or you couldn't slow your mind down?	MDQ.SYM. 6.0	QID1292_6	zmhmdq1f	1	0
...you were so easily distracted by things around you that you had trouble concentrating or staying on track?	MDQ.SYM. 7.0	QID1292_7	zmhmdq1g	1	0
...you had much more energy than usual?	MDQ.SYM. 8.0	QID1292_8	zmhmdq1h	1	0
...you were much more active or did many more things than usual?	MDQ.SYM. 9.0	QID1292_9	zmhmdq1i	1	0
...you were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night?	MDQ.SYM. 10.0	QID1292_10	zmhmdq1j	1	0
...you were much more interested in sex than usual?	MDQ.SYM. 11.0	QID1292_11	zmhmdq1k	1	0
...you did things that were unusual for you or that other people might have thought were excessive, foolish, or risky?	MDQ.SYM. 12.0	QID1292_12	zmhmdq1l	1	0
...spending money got you or your family into trouble?	MDQ.SYM. 13.0	QID1292_13	zmhmdq1m	1	0

zmhmdq1count (derived variable): count of 'yes' responses derived from the 13 items above

Display This Question:

If MDQ.1.0 [1] (Count) >= 2 [responded yes in at least two questions]

MDQ.2.0 [QID1293]

zmhmdq2

You ticked 'yes' to more than one of the previous symptoms - have several of these ever happened during the same period of time?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If MDQ.1.0 [1] (Count) >= 2 [at least 2 Yes responses]

And If MDQ.2.0 = 1 [Yes]

Carry Forward Selected Choices from "MDQ.1.0"

[Each question below, other than "prefer not to answer" and "don't know", was displayed only for the corresponding items to which a Yes response was given in MDQ.1.0]

MDQ.2.1

You indicated that you experienced the following.

Please select all that occurred during the same period of time:

[each response is coded 1 if ticked; ticking "don't know" or "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if "prefer not to answer" or "don't know" was ticked.

					Yes	No
Prefer not to answer		MDQ.2. 1_-11	QID1294_-11	1		
Don't know		MDQ.2. 1_-88	QID1294_-88	1		
...you felt so good or so hyper that other people thought you were not your normal self or you were so hyper that you got into trouble?	zmhmdq3a	MDQ.2. 1_1	QID1294_1	1	1	0
...you were so irritable that you shouted at people or started fights or arguments?	zmhmdq3b	MDQ.2. 1_2	QID1294_2	1	1	0
...you felt much more self-confident than usual?	zmhmdq3c	MDQ.2. 1_3	QID1294_3	1	1	0
...you got much less sleep than usual and found you didn't really miss it?	zmhmdq3d	MDQ.2. 1_4	QID1294_4	1	1	0
...you were much more talkative or spoke much faster than usual?	zmhmdq3e	MDQ.2. 1_5	QID1294_5	1	1	0
...thoughts raced through your head or you couldn't slow your mind down?	zmhmdq3f	MDQ.2. 1_6	QID1294_6	1	1	0
...you were so easily distracted by things around you that you had trouble concentrating or staying on track?	zmhmdq3g	MDQ.2. 1_7	QID1294_7	1	1	0
...you had much more energy than usual?	zmhmdq3h	MDQ.2. 1_8	QID1294_8	1	1	0
...you were much more active or did many more things than usual?	zmhmdq3i	MDQ.2. 1_9	QID1294_9	1	1	0
...you were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night?	zmhmdq3j	MDQ.2. 1_10	QID1294_10	1	1	0
...you were much more interested in sex than usual?	zmhmdq3k	MDQ.2. 1_11	QID1294_11	1	1	0
...you did things that were unusual for you or that other people might have thought were excessive, foolish, or risky?	zmhmdq3l	MDQ.2. 1_12	QID1294_12	1	1	0
...spending money got you or your family into trouble?	zmhmdq3m	MDQ.2. 1_13	QID1294_13	1	1	0

zmhmdq3count (derived variable): count of 'yes' responses derived from the 13 items above

Display This Question:

If MDQ.1.0 [1] (Count) >= 2

MDQ.3.0 [QID1295]

zmhmdq4a

What is the longest time that these "high" or "irritable" periods have lasted?

Less than 24 hours	1	1
At least a day, but less than a week	2	2
A week or more	3	3
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If MDQ.1.0 [1] (Count) >= 2

MDQ.4.0 [QID1296]

zmhmdq4b

How much of a problem did any of these cause you - like being unable to work; having family, money or legal troubles; getting into arguments or fights?

No Problem	1	0
Minor Problem	2	1
Moderate Problem	3	2
Serious Problem	4	3
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If MDQ.1.0 [1] (Count) >= 2

MDQ.5.0 [QID1297]

zmhmdq5a

Has a health professional ever told you that you have manic-depressive illness or bipolar disorder?

Yes	1	1
No	2	0
Don't know	-88	

Display This Question:

If MDQ.1.0 [1] (Count) >= 2

MDQ.6.0 [QID1298]

zmhmdq5b

Have any of your blood relatives (i.e. children, siblings, parents, grandparents, aunts, uncles) had manic-depressive illness or bipolar disorder?

Yes	1	1
No	2	0
Don't know	-88	

Display This Question:

If CIDID.SYM.1.0 = 1 [Yes in first CIDID question]

Or CIDID.SYM.2.0 = 1 [Yes in second CIDID question]

Or If

MDQ.1.0 [1] (Count) >= 7 [at least 7 Yes responses]

And MDQ.2.0 = 1 [yes]

And MDQ.4.0 is 3 [moderate problem] or 4 [serious problem]

Or If

MHD.DX.1.0 = 3 [diagnosed mania, etc]

And MDQ.5.0 = 1 [yes]

MDQ.7.0 [QID1299]

zmhmdq6a

During any of your episodes of depression or low mood or mania or "high" or "irritable" periods, were you also diagnosed with psychosis?

(hearing voices or seeing things that other people said did not exist or believing that you had special powers, that you were in danger, that others were trying to communicate with you in unusual ways or that a catastrophe was imminent)

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

Display This Question:

If CIDID.SYM.1.0 = 1 [Yes in first CIDID question]

Or CIDID.SYM.2.0 = 1 [Yes in second CIDID question]

Or If

MDQ.1.0 [1] (Count) >= 1 [at least one Yes response]

MDQ.8.0 [QID1300]

zmhmdq6b

Have you ever had an episode where psychosis was the primary symptom or diagnosis?

Yes	1	1
No	2	0
Don't know	-88	
Prefer not to answer	-11	

End of Block: MDQ mania

Your behaviour

ADHD.TIMER.1 Timing

First Click

Last Click

Page Submit [QID1326_PAGE_SUBMIT] zmhconntime [seconds, as a decimal number]

Click Count

[zmhconntime is the sum of the two raw page_submit values from ADHD.TIMER.1 and ADHD.TIMER.2 in this block]

To what extent do the following statements accurately describe you?

				Not true at all	Somewhat true	Mainly true	Definitely true
				1	2	3	4
It is hard for me to pay attention to details	ADHD.1.0_1	QID969_1	zmhconn01	0	1	2	3
I make mistakes	ADHD.1.0_2	QID969_2	zmhconn02	0	1	2	3
I have trouble keeping my mind on what I am doing	ADHD.1.0_3	QID969_3	zmhconn03	0	1	2	3
I have trouble keeping my mind on what other people are saying to me	ADHD.1.0_4	QID969_4	zmhconn04	0	1	2	3
This is a quality control item, please select 'Mainly true'	ADHD.1.0_5	QID969_5	zmhconnqcer	1	1	0	1
I have trouble following instructions	ADHD.1.0_6	QID969_6	zmhconn05	0	1	2	3

QC item recoded into error flag zmhconnqcer: 1=error, 0=correct

ADHD.TIMER.2 Timing

First Click

Last Click

Page Submit [QID1327_PAGE_SUBMIT]

Click Count

To what extent do the following statements accurately describe you?

				Not true at all	Somewhat true	Mainly true	Definitely true
				1	2	3	4
I have trouble finishing things	ADHD.2.0_1	QID970_1	zmhconn06	0	1	2	3
I have trouble keeping myself organised	ADHD.2.0_2	QID970_9	zmhconn07	0	1	2	3
I do not like doing things that make me think hard	ADHD.2.0_3	QID970_8	zmhconn08	0	1	2	3
I lose stuff that I need	ADHD.2.0_4	QID970_2	zmhconn09	0	1	2	3
I get distracted by things that are going on around me	ADHD.2.0_5	QID970_3	zmhconn10	0	1	2	3
I forget stuff	ADHD.2.0_6	QID970_4	zmhconn11	0	1	2	3

Some life experiences and personality characteristics that may apply to you

For each item please choose one of the following alternatives:

- This is true or describes me now and when I was young
- This is true or describes me only now
- This was true only when I was young (16 years or younger)
- This was never true and never described me.

Please answer the questions according to what is/was true for you. Check only one column per statement.

				True now and when I was young	True only now	True only when I was younger than 17	Never true
				1	2	3	4
I often don't know how to act in social situations	RAADS.1.0_1	QID1253_1	zmhraads1	3	2	1	0
When I feel overwhelmed by my senses, I have to isolate myself to shut them down	RAADS.1.0_2	QID1253_2	zmhraads2	3	2	1	0
It can be very hard to read someone's face, hand, and body movements when we are talking	RAADS.1.0_3	QID1253_3	zmhraads3	3	2	1	0
I focus on details rather than the overall idea	RAADS.1.0_4	QID1253_4	zmhraads4	3	2	1	0
I take things too literally, so I often miss what people are trying to say	RAADS.1.0_5	QID1253_5	zmhraads5	3	2	1	0
I get extremely upset when the way I like to do things is suddenly changed	RAADS.1.0_6	QID1253_6	zmhraads6	3	2	1	0

How you interact with others

CU.TIMER Timing

First Click

Last Click

Page Submit [QID1328_PAGE_SUBMIT] zmhicutime [seconds, as a decimal number]

Click Count

CU.1.0

Please read each statement and decide how well it describes you based on your thoughts and behaviours over the last six months

				Not true at all	Somewhat true	Quite true	Definitely true	Prefer not to answer
				1	2	3	4	-11
I feel bad or guilty when I do something wrong	CU.1.0_1	QID1008_1	zmhicu1	0	1	2	3	
I do not show my emotions to others	CU.1.0_2	QID1008_2	zmhicu2	0	1	2	3	
I am concerned about the feelings of others	CU.1.0_3	QID1008_3	zmhicu3	0	1	2	3	
This is a quality control item, please select 'Not at all true'	CU.1.0_4	QID1008_8	zmhicuqcer*	0	1	1	1	1
I do not care if I get in trouble	CU.1.0_5	QID1008_4	zmhicu4	0	1	2	3	
I do not care about doing things well	CU.1.0_6	QID1008_5	zmhicu5	0	1	2	3	
I apologise to someone if I hurt them	CU.1.0_7	QID1008_6	zmhicu6	0	1	2	3	
I do things to make others feel good	CU.1.0_8	QID1008_7	zmhicu7	0	1	2	3	

* QC item recoded into error flag zmhicuqcer: 1=error, 0=correct

Start of Block: Hormonal Contraception

[This entire block is only displayed if the following condition is met]

Display This Block:

If DEM.GEN.1.0 = 2 [female; see Demographics block above]

Contraception use

In the following section we ask you questions about your contraceptive use, both now and in the past.

CONTRA.1.0

Which of the following forms of contraception do you use at the moment (tick all that apply)?

[each response is coded 1 if ticked; ticking "I do not use contraception" or "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if "prefer not to answer" was ticked. "I do not use contraception" response results in 0=no responses in all preceding items.

					Yes	No
The 'combined' pill (often referred to as simply 'the pill')	CONTRA.1.0_1	QID1010_1	zmhcontrala	1	1	0
A progesterone-only pill (sometimes referred to as POP or mini-pill)	CONTRA.1.0_2	QID1010_2	zmhcontralb	1	1	0
The contraceptive injection	CONTRA.1.0_3	QID1010_3	zmhcontralc	1	1	0
The coil (also known as an Intrauterine Device or Intrauterine System)	CONTRA.1.0_4	QID1010_4	zmhcontrald	1	1	0
Fertility awareness method (sometimes referred to as rhythm method)	CONTRA.1.0_5	QID1010_5	zmhcontrale	1	1	0
Fertility tracking app (e.g. Flo, Glow, etc.)	CONTRA.1.0_6	QID1010_6	zmhcontralf	1	1	0
Fertility tracking kit (e.g. Mira, Clearblue, etc.) *	CONTRA.1.0_7	QID1010_7		1		
Condoms	CONTRA.1.0_8	QID1010_8	zmhcontralh	1	1	0
Other	CONTRA.1.0_9	QID1010_9	zmhcontrali	1	1	0
I do not use contraception	CONTRA.1.0_10	QID1010_10		1		
Prefer not to answer	CONTRA.1.0_-11	QID1010_-11		1		

* Responses to fertility tracking kit were negligible: item removed from dataset; where responses occurred, they have been added to responses for 'other' (item p)

Skip To: PMS.HEADER If CONTRA.1.0 = -11 [prefer not to answer]

Display This Question:

If CONTRA.1.0 = 4 [the coil]

CONTRA.1.1 [QID1011]

zmhcontraldi

Is this a hormonal coil such as Mirena or a non-hormonal coil (For example, the copper coil is non-hormonal)?

Yes, hormonal	1	1
No, non-hormonal (i.e. the copper coil is not hormonal)	2	0
Prefer not to answer	3	

Display This Question:

If CONTRA.1.0 is not 1 or 2 or 3 [not any sort of pill or injection]

And CONTRA.1.1 is not 1 [not hormonal coil]

CONTRA.2.0 [QID1012]

zmhcontra2

Have you ever used a hormonal method of contraception (e.g. the mini-pill, combined pill, contraceptive injection, hormonal coil, or any other form of hormonal contraception) in the past?

Yes	1	1
No	2	0
Prefer not to answer	3	

Skip To: CONTA.5.0 If CONTRA.2.0 = 2 [no]

Display This Question:

If CONTRA.1.0 is between 1 and 3 [any sort of pill or injection]

Or CONTRA.1.1 = 1 [hormonal coil]

Or CONTRA.2.0 = 1 [yes]

CONTRA.4.0 [QID1013]

zmhcontra3a

What age were you when you first started using any sort of hormonal contraception (e.g. the mini-pill, combined pill, contraceptive injection, hormonal coil, or any other form of hormonal contraception)?

Responses of 12 or lower, or 26 or higher, were very rare so these are combined into ranges.

Under 10	9	12
10	10	
11	11	
12	12	
13	13	13
14	14	14
[The list of responses is shortened here. The responses give ages at intervals of 1 throughout this range.]	15 - 24	15 - 24
25	25	25
26	26	26
27	27	
28	28	
29	29	
30	30	

Display This Question:

If CONTRA.4.0, 9 Is Displayed [if previous question was displayed]

CONTRA.age [QID1014]

zmhcontra3b

Since then, for how many years in total have you used any form of hormonal contraception (to the nearest year)?

Responses higher than 15 were very rare and have been combined into a range.

0	0	0
1	1	1
2	2	2
3	3	3
[The list of responses is shortened here. The responses give years at intervals of 1 throughout this range.]	4 - 12	4 - 12
13	13	13
14	14	14
15	15	15
16	16	
17	17	
18	18	
19	19	
20	20	

Display This Question:

If CONTRA.1.0 != 10 [not "do not use contraception"]

CONTA.5.0

Please indicate how important the following reasons are for you in your choice of current contraception:

				This is a major reason	This is one of the reasons	This is not a reason
				1	2	3
To avoid becoming pregnant	CONTA.5.0_1	QID1015_1	zmhcontra4a	2	1	0
To try to reduce or regulate physical symptoms associated with your menstrual cycle	CONTA.5.0_2	QID1015_2	zmhcontra4b	2	1	0
To try to reduce or regulate emotional symptoms associated with your menstrual cycle	CONTA.5.0_3	QID1015_3	zmhcontra4c	2	1	0
To avoid the side effects associated with using other types of contraceptive method	CONTA.5.0_4	QID1015_4	zmhcontra4d	2	1	0

The next questions are about how your premenstrual symptoms impact things you do everyday. Premenstrual symptoms refer to symptoms that occur 5-7 days before the onset of your menstrual period and go away when your menstrual period begins or shortly thereafter.

Where we ask about your premenstrual symptoms, please indicate your experiences during your last premenstrual period.

You are the expert on how premenstrual symptoms affect what you are able to do and how you feel. Please select the answer that best describes the impact of your premenstrual symptoms on your daily activities. If you are not sure about a question, please give the best answer you can.

PMS.1.0 [QID1017]

zmhpms1

During your last premenstrual period, how much of the time did you feel frustrated because of your premenstrual symptoms?

None of the time	1	0
A little of the time	2	1
Some of the time	3	2
Most of the time	4	3
All of the time	5	4

PMS.2.0 [QID1018]

zmhpms2

During your last premenstrual period, how much of the time did you have mood swings (e.g. suddenly felt sad or angry) because of your premenstrual symptoms?

None of the time	1	0
A little of the time	2	1
Some of the time	3	2
Most of the time	4	3
All of the time	5	4

PMS.3.0 [QID1019]

zmhpms3

During your last premenstrual period, how much of the time did your premenstrual symptoms limit your ability to concentrate on work or daily activities

None of the time	1	0
A little of the time	2	1
Some of the time	3	2
Most of the time	4	3
All of the time	5	4

PMS.4.0 [QID1020]

zmhpms4

During your last premenstrual period, how often did you get tense (e.g. anxiety, muscular tightness) because of your premenstrual symptoms?

None of the time	1	0
A little of the time	2	1
Some of the time	3	2
Most of the time	4	3
All of the time	5	4

PMS.5.0 [QID1021]

zmhpms5

During your last premenstrual period, how much of the time did your premenstrual symptoms leave you too tired to do work or daily activities?

None of the time	1	0
A little of the time	2	1
Some of the time	3	2
Most of the time	4	3
All of the time	5	4

PMS.6.0 [QID1022]

zmhpms6

During your last premenstrual period, how often did your premenstrual symptoms keep you from socialising?

Never	1	0
Rarely	2	1
Sometimes	3	2
Often	4	3
Very Often	5	4

[The two questions below were asked for admin purposes; they have not been retained in the cleaned raw data and are not included in the dataset]

CONTRA.CONTACT

The TEDS team are interested in conducting more research into the links between the use of hormonal contraceptives, the menstrual cycle, and mental health.

In preparing to do so we would like to speak to female TEDS twins about the issues that matter to you. We feel that this will better equip us to ask the questions that matter most.

Would you be happy to be contacted again to assist the TEDS team by sharing your thoughts on what we most need to know about links between hormonal contraceptives, the menstrual cycle, and mental health? For example, we may arrange a chat on the phone, focus groups, and/or online discussion forums (all confidential and all led by female researchers).

Yes, please feel free to contact me about getting involved. (NB we cannot guarantee that we will contact all volunteers)	1
No thank you, please do not contact me about this.	2

CONTRA.COMMENTS

If you have anything you would like to add on this topic please feel free to add some text in the space below:
[text box]

End of Block: Hormonal Contraception

Start of Block: Alcohol Use (TEDS21)

ALCOHOL.TIMER.1 Timing

First Click

Last Click

Page Submit [QID1329_PAGE_SUBMIT] zmhalcotime [seconds, as a decimal number]

Click Count

[zmhalcotime is the sum of the five raw page_submit values from ALCOHOL.TIMER.1, 2, 3, 4 and 5 in this block]

Alcohol

The questions in the next section are about drinking alcohol (this includes beer, wine, alcopops, cider, and spirit drinks like vodka).

ALC.1.0 [QID828]

zmhalco1

Have you ever had a whole drink? (For example: a small bottle or half a pint of beer, a small glass of wine, or a shot of whisky, gin or vodka).

Yes	1	1
No	2	0
Prefer not to answer	-11	

Skip To: End of Block If ALC.1.0 = 2 [no]

Skip To: End of Block If ALC.1.0 = -11 [prefer not to answer]

ALC.3.0 [QID829]

zmhalco2

How old were you the first time you had a whole drink?

Less than 10	1	1
10-12	2	2
13-15	3	3
16-18	4	4
Over 18	5	5
Prefer not to answer	-11	

ALC.4.0

zmhalco3 (estimated total number of units)

Think about the occasion on which you drank the most alcohol you ever had in a 24-hour period. On that occasion, how many of each of the following did you drink? An estimate is fine (Choose from the options below, for example: 3-5 pints of beer and 1-2 shots).

The four parts below were combined as a sum into a single dataset variable zmhalco3, which is an estimated total number of alcohol units.

The estimated number of units from each response is shown in the table below.

Each 'standard glass of wine' and each 'pint of lager/beer/cider' is assumed to be 2 alcohol units on average, while each 'alcopop' and each 'shot of spirit' is assumed to be 1 alcohol unit on average.

			0	1-2	3-5	6-10	11-15	16-20	21-25	Prefer not to answer	
			1	2	3	4	5	6	7	-11	
			Assumed no. units for sum:								
Standard glass of wine (175ml)	ALC.4.0_1	QID830_1	0	3	8	16	26	36	46		
Pint of lager / beer / cider	ALC.4.0_2	QID830_2	0	3	8	16	26	36	46		
Alcopop	ALC.4.0_3	QID830_3	0	1.5	4	8	13	18	23		
Single shot of spirit	ALC.4.0_4	QID830_4	0	1.5	4	8	13	18	23		

For confidential advice and information on drinking Drinkline can be reached on 0300 123 1110 weekdays between 9-8 and weekends between 11-4.

ALCOHOL.TIMER.2 Timing
 First Click
 Last Click
 Page Submit [QID1330_PAGE_SUBMIT]
 Click Count

ALC.5.0 [QID831]

zmhalco4

How often do you have a drink containing alcohol?

Never / Almost never	1	0
Monthly or less	2	1
2-4 times a month	3	2
2-3 times per week	4	3
4 or more times per week	5	4
Prefer not to answer	-11	

ALC.6.0

zmhalco5 (estimated total number of units)

Thinking about a typical day when you are drinking how many of the following do you drink?

The four parts below were combined as a sum into a single dataset variable zmhalco5, which is an estimated total number of alcohol units.

The estimated number of units from each response is shown in the table below.

Each 'standard glass of wine' and each 'pint of lager/beer/cider' is assumed to be 2 alcohol units on average, while each 'alcopop' and each 'shot of spirit' is assumed to be 1 alcohol unit on average.

			0	1-2	3-5	6-10	11-15	16-20	21-25	Prefer not to answer	
			1	2	3	4	5	6	7	-11	
			Assumed no. units for sum:								
Standard glass of wine (175ml)	ALC.6.0_1	QID832_1	0	3	8	16	26	36	46		
Pint of lager / beer / cider	ALC.6.0_2	QID832_2	0	3	8	16	26	36	46		
Alcopop	ALC.6.0_3	QID832_3	0	1.5	4	8	13	18	23		
Single shot of spirit	ALC.6.0_4	QID832_4	0	1.5	4	8	13	18	23		

For confidential advice and information on drinking Drinkline can be reached on 0300 123 1110 weekdays between 9-8 and weekends between 11-4.

ALC.7.0

Please answer the following questions about your drinking in the past year

				Never/almost never	Less than monthly	Monthly	Weekly	Daily / almost daily	Prefer not to answer
				1	2	3	4	5	-11
During the past year, how often have you had six or more units of alcohol on one occasion? This would be drinking either a bottle of wine, 3 pints of beer/lager/cider, 6 shots of spirit or 6 alcopops.	ALC.7 .0_1	QID1064_1	zmhalco6a	0	1	2	3	4	
During the past year, how often have you found that you were not able to stop drinking once you had started?	ALC.7 .0_2	QID1064_2	zmhalco6b	0	1	2	3	4	
This is a quality control question, please select 'Less than monthly'	ALC.7 .0_3_ QC	QID1064_3	zmhalco6qcer *	1	0	1	1	1	1
During the past year, how often have you failed to do what was normally expected of you because of drinking (e.g., go to college/university/work, play sport or go out with family and friends)?	ALC.7 .0_7	QID1064_7	zmhalco6c	0	1	2	3	4	

* QC item recoded into error flag zmhalco6qcer: 1=error, 0=correct

For confidential advice and information on drinking Drinkline can be reached on 0300 123 1110 weekdays between 9-8 and weekends between 11-4.

ALCOHOL.TIMER.4 Timing
 First Click
 Last Click
 Page Submit [QID1331_PAGE_SUBMIT]
 Click Count

Please answer the following questions about your drinking in the past year

				Never/almost never	Less than monthly	Monthly	Weekly	Daily / almost daily	Prefer not to answer
				1	2	3	4	5	-11
During the past year, how often have you needed a first drink in the morning to get yourself going after a heavy drinking session?	ALC.8.0_1	QID937_5	zmhalco6d	0	1	2	3	4	
During the past year, how often have you had a feeling of guilt or remorse after drinking?	ALC.8.0_2	QID937_6	zmhalco6e	0	1	2	3	4	
During the past year, how often have you been unable to remember what happened the night before because you had been drinking?	ALC.8.0_3	QID937_7	zmhalco6f	0	1	2	3	4	

For confidential advice and information on drinking Drinkline can be reached on 0300 123 1110 weekdays between 9-8 and weekends between 11-4.

ALCOHOL.TIMER.5 Timing
 First Click
 Last Click
 Page Submit [QID1332_PAGE_SUBMIT]
 Click Count

Please answer the following questions about your drinking in the past year

				No	Yes, but not in the past year	Yes, once	Yes, a couple of times	Yes, frequently	Prefer not to answer
				1	2	3	4	5	-11
During the past year have you, or has someone else, been injured as a result of your drinking?	ALC.9.0_1	QID835_1	zmhalco7a	0	1	2	3	4	
During the past year has anyone (e.g., a relative, friend or doctor) been concerned about your drinking or suggested you cut down?	ALC.9.0_2	QID835_2	zmhalco7b	0	1	2	3	4	

For confidential advice and information on drinking Drinkline can be reached on 0300 123 1110 weekdays between 9-8 and weekends between 11-4.

End of Block: Alcohol Use (TEDS21)

Start of Block: Drug Use

DRUGUSE.TIMER.1 Timing

First Click

Last Click

Page Submit [QID1334_PAGE_SUBMIT] zmhcanntime [seconds, as a decimal number]

Click Count

[zmhcanntime is the sum of the three raw page_submit values from DRUGUSE.TIMER.1, .2 and .3 in this block]

Cannabis Use

The next questions are about cannabis (also called marijuana, hash, dope, pot, blow, skunk, puff, grass, draw, ganja, spliff, joint, smoke, weed). Please remember that your answers to all these questions are confidential. If you prefer not to answer these questions, please skip them.

DRUG.1.0 [QID1206]

zmhcann1

In the last 12 months how often have you used cannabis?

I have never used cannabis	1	0
Not in the last 12 months	2	1
Once or twice	3	2
Less than monthly	4	3
Monthly	5	4
Weekly	6	5
Daily or almost daily	7	6
Prefer not to answer	-11	

Skip To: End of Block If DRUG.1.0 = 1 [never]

Skip To: End of Block If DRUG.1.0 = 2 [not in the last 12 months]

Skip To: End of Block If DRUG.1.0 = -11 [prefer not to answer]

DRUGUSE.TIMER.2 Timing

First Click

Last Click

Page Submit [QID1335_PAGE_SUBMIT]

Click Count

DRUG.2.0 [QID1207]

zmhcann2

When you smoke cannabis, on a typical day, how many joints/spliffs/pipes or bongs would you have?

Responses of 'more than 10' were very rare and have been combined with '6-10' to make a single category of '6 or more' as shown.

1	1	1
2-3	2	2
4-5	3	3
6-10	4	4
More than 10	5	
Prefer not to answer	-11	

For confidential advice and information on drug use, you can call the drug advice helpline FRANK on 0300 123 6600 (24 hours a day 365 days a year).

DRUG.3.0

The questions below are about your use of cannabis in the past 12 months

				Never / Almost never	Rarely	From time to time	Fairly often	Often	Prefer not to answer
				1	2	3	4	5	-11
During the past 12 months, how often have you used cannabis before midday?	DRUG.3 .0_1	QID1208_1	zmhcann3a	0	1	2	3	4	
During the past 12 months, how often have you used cannabis when you were alone?	DRUG.3 .0_2	QID1208_2	zmhcann3b	0	1	2	3	4	
During the past 12 months, how often have you had memory problems when you've used cannabis?	DRUG.3 .0_3	QID1208_3	zmhcann3c	0	1	2	3	4	
This is a quality control item, please select 'Fairly often'	DRUG.3 .0_4	QID1208_7	zmhcann3qcer*	1	1	1	0	1	1
During the past 12 months, how often have friends or members of your family told you that you ought to reduce your cannabis use?	DRUG.3 .0_5	QID1208_4	zmhcann3d	0	1	2	3	4	
During the past 12 months, how often have you tried to reduce or stop your cannabis use without succeeding?	DRUG.3 .0_6	QID1208_5	zmhcann3e	0	1	2	3	4	
During the past 12 months, how often have you had problems because of your use of cannabis (an argument, fight, accident, bad result at college/university, or other problems)?	DRUG.3 .0_7	QID1208_6	zmhcann3f	0	1	2	3	4	

* QC item recoded into error flag zmhcann3qcer: 1=error, 0=correct

For confidential advice and information on drug use, you can call the drug advice helpline FRANK on 0300 123 6600 (24 hours a day 365 days a year).

End of Block: Drug Use

Nicotine Use

SMO.1.0 [QID877]

zmhsmo1

Have you ever smoked a cigarette (including roll-ups) or tried an e-cigarette/vape (even one or two puffs)?

Yes	1	1
No	2	0

Skip To: End of Block If SMO.1.0 = 2 [no]

SMO.CUR.1.0 [QID1031]

zmhsmocig1

Do you currently smoke cigarettes (factory made or roll-ups)?

Yes	1	1
No	2	0
Prefer not to answer	3	

Skip To: VAPE.CUR If SMO.CUR.1.0 = 2 [no]

Skip To: VAPE.CUR If SMO.CUR.1.0 = 3 [prefer not to answer]

Display This Question:

If SMO.1.0 = 1 [yes]

CIG.1.0 [QID878]

zmhsmocig2

How many cigarettes have you smoked altogether in your lifetime?

1-10	1	1
11-50	2	2
51-100	3	3
101-250	4	4
251-500	5	5
501-1000	6	6
Over 1000	7	7

Display This Question:

If SMO.1.0 = 1

CIG.AGE [QID879]

zmhsmocig3

How old were you when you first smoked a whole cigarette?

Responses of 24 or higher were very rare and have been combined into a single category.

12 or younger	12	12
13	13	13
14	14	14
15	15	15
16	16	16
17	17	17
18	18	18
19	19	19
20	20	20
21	21	21
22	22	22
23	23	23
24	24	24
[list of responses shortened here: they continue at intervals of 1 year in this range]	25 - 30	

CIG.FRE1.0 [QID1032]

zmhsmocig4

How often do you smoke cigarettes?

Recorded as shown in table: responses in the first category were negligible and have been combined with the second category.

I've only tried once/a few times	1	1
Less than once a month	2	
At least once a month	3	2
At least once a week	4	3
At least once a day	5	4
Every few hours	6	5

CIG.FRE2.0 [QID880]

zmhsmocig5

On days when you smoke, how many cigarettes do you smoke?

Rare responses of 'none' were meaningless and have been recoded to missing.

There were negligible responses of '31 or more' and these have been combined with the preceding category as a single category of 3=21 or more.

None	1	
10 or less	2	1
11-20	3	2
21-30	4	3
31 or more	5	

CIG.URGE [QID1290]

zmhsmocig6

In the past 30 days, how often did you have a strong urge to smoke a cigarette?

Several times a day	1	4
Every day or most days	2	3
At least once a week	3	2
Less than once a week	4	1
Never	5	0
Don't know	-88	
Prefer not to answer	-11	

VAPE.CUR [QID882]

zmhsmovap1

Do you currently use e-cigarettes/vapes?

Yes	1	1
No	2	0
Prefer not to answer	-11	

Skip To: End of Block If VAPE.CUR = 2 [no]

Skip To: End of Block If VAPE.CUR = -11 [prefer not to answer]

VAPE.AGE [QID1033]

zmhsmovap2

How old were you when you first used an electronic cigarette or vape?

Responses were very rare at ages 16 or lower and ages 28 or higher, and these ages have been combined into categories. Intermediate responses have been recoded to values reflecting actual ages in years.

12 or younger	4	16
13	5	
14	6	
15	7	
16	8	
17	9	17
18	10	18
19	11	19
20	12	20
21	13	21
22	14	22
23	15	23
24	16	24
25	17	25
26	18	26
27	19	27
28	20	
29	21	
30	22	

VAPE.TIME [QID883]

zmhsmovap3

How long have you used electronic cigarettes for?

Less than one month	1	1
1-3 months	2	2
3-6 months	3	3
6 months - 1 year	4	4
1-2 years	5	5
More than 2 years	6	6

Display This Question:

If VAPE.CUR = 1

VAPE.FRE [QID884]

zmhsmovap4

How often do you use electronic cigarettes?

I've only tried once/a few times	1	1
Less than once a month	2	2
At least once a month	3	3
At least once a week	4	4
At least once a day	5	5
Every few hours	6	6

Which of the following TYPES of e-cigarettes/ vaping devices have you ever tried?

[each response is coded 1 if ticked; ticking "don't know" or "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if "prefer not to answer" was ticked.

					Yes	No
Disposable (not refillable or rechargeable) ecigarette/vaping device	VAPE.TYPE_1	QID1034_1	zmhsmovap5a	1	1	0
E-cigarette/vaping device with replaceable prefilled cartridges or pods	VAPE.TYPE_2	QID1034_2	zmhsmovap5b	1	1	0
E-cigarette/vaping device with a tank that you fill with liquid	VAPE.TYPE_3	QID1034_3	zmhsmovap5c	1	1	0
Don't know	VAPE.TYPE_-88	QID1034_-88		1		
Prefer not to answer	VAPE.TYPE_-11	QID1034_-11		1		

VAPE.NIC.1.0 [QID1036]

zmhsmovap6

Do you vape nicotine?

Yes	1	1
No	2	0

Skip To: VAPE.REA If VAPE.NIC.1.0 = 2 [no]

VAPE.NIC.2.0

How much nicotine do the e-cigarettes, cartridges, pods, or e-liquids you currently use contain?

VAPE.NIC.per [QID1037]

zmhsmovap7

Percentage:

1% or lower (10mg/mL or lower)	1	1
1.1% to 2% (11-20 mg/mL)	2	2
2.1% to 5% (21-50mg/mL)	3	3
5.1% or higher (51 mg/mL or higher)	4	

Responses in last category very rare, hence categories combined as shown giving 3="2.1% or higher".

VAPE.REA [QID1041]

zmhsmovap8

Is using e-cigarettes/vaping less harmful, about the same, or more harmful than smoking cigarettes?

A lot more harmful than "regular" tobacco cigarettes	1	1
A little more harmful than "regular" tobacco cigarettes	2	2
As harmful as "regular" tobacco cigarettes	3	3
A little less harmful than "regular" tobacco cigarettes	4	4
A lot less harmful than "regular" tobacco cigarettes	5	5

For confidential advice and information on smoking, including giving up smoking, Smokefree National Helpline can be reached on 0300 123 1044 (weekdays 9am-8pm, weekends 11am-4pm).

End of Block: Smoking Behaviours (TEDS21 adapted)

Start of Block: Diet

Your diet

DIET.1.0 [QID838]

zmhdiet

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

Vegan (no animal products)	1	1
Vegetarian (no meat, no fish)	2	2
Pescatarian (no meat, but eat fish and/or shell fish)	3	3
None of the above	4	4

ALLER.1.0 [QID1061]

zmhaller1

Do you have any food allergies?

Yes	1	1
No	2	0
Prefer not to answer	-11	

Display This Question:

If ALLER.1.0 = 1 [yes]

ALLER.2.0

Which of the following foods are you allergic to? (tick all that apply)

[each response is coded 1 if ticked]

Dataset: each is coded 1=yes (ticked), 0=no (not ticked) or missing if not answered.

					Yes	No
Peanuts	ALLER.2.0_1	QID1063_1	zmhaller2a	1	1	0
Fish	ALLER.2.0_2	QID1063_2	zmhaller2b	1	1	0
Mustard *	ALLER.2.0_3	QID1063_3		1		
Tree nuts	ALLER.2.0_4	QID1063_4	zmhaller2d	1	1	0
Eggs	ALLER.2.0_5	QID1063_5	zmhaller2e	1	1	0
Fruit	ALLER.2.0_6	QID1063_6	zmhaller2f	1	1	0
Sesame seeds	ALLER.2.0_7	QID1063_7	zmhaller2g	1	1	0
Wheat/gluten	ALLER.2.0_8	QID1063_8	zmhaller2h	1	1	0
Lactose	ALLER.2.0_9	QID1063_9	zmhaller2i	1	1	0
Dairy	ALLER.2.0_10	QID1063_10	zmhaller2j	1	1	0
Shellfish	ALLER.2.0_13	QID1063_13	zmhaller2k	1	1	0
Celery *	ALLER.2.0_14	QID1063_14		1		
Soya	ALLER.2.0_11	QID1063_11	zmhaller2m	1	1	0
Other	ALLER.2.0_12	QID1063_12	zmhaller2n	1	1	0

* Responses were negligible in these categories, so variables dropped from dataset; where responses occurred, they have been added to responses for 'other' (zmhaller2n).

End of Block: Diet

Start of Block: Exercise

EXERCISE.TIMER Timing

First Click

Last Click

Page Submit [QID1337_PAGE_SUBMIT] zmhexercertime [seconds, as a decimal number]

Click Count

Exercise habits

EX.1.0

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)
				1	2	3	4	5
Strenuous exercise (heart beats rapidly - including running/jogging, football, swimming fast)?	EX.1.0_1	QID1002_1	zhexer1	1	2	3	4	5
Moderate exercise (including walking fast, hiking, dancing, vigorous yoga)?	EX.1.0_2	QID1002_2	zhexer2	1	2	3	4	5
This is a quality control item, please select '16-60 mins'	EX.1.0_4QC	QID1002_4	zhexerqcer*	1	0	1	1	1
Mild exercise (minimal effort - light yoga, bowling)?	EX.1.0_3	QID1002_3	zhexer3	1	2	3	4	5

* QC item recoded into error flag zhexerqcer: 1=error, 0=correct

End of Block: Exercise

Your medical history

PHY.NER.1.0

Have you ever been diagnosed with the following illnesses?

Please select ALL that apply: [each response is coded 1 if ticked; ticking "none of the above" or "don't know" or "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if "prefer not to answer" or "don't know" was ticked. "None of the above" results in 0=no responses in all preceding items.

					Yes	No
Epilepsy or convulsions	PHY.NER.1.0_1	QID655_1	zmhphyla	1	1	0
Migraines	PHY.NER.1.0_2	QID655_2	zmhphy1b	1	1	0
Multiple sclerosis *	PHY.NER.1.0_3	QID655_3		1		
Asthma	PHY.NER.1.0_4	QID655_4	zmhphy1d	1	1	0
None of the above	PHY.NER.1.0_6	QID655_6		1		
Don't know	PHY.NER.1.0_-88	QID655_-88		1		
Prefer not to answer	PHY.NER.1.0_-11	QID655_-11		1		

* There were negligible responses for "multiple sclerosis", so this variable is dropped from the dataset.

PHY.ALB.1.0

Have you ever been diagnosed with the following illnesses?

Please select ALL that apply: [each response is coded 1 if ticked; ticking "none of the above" or "don't know" or "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if "prefer not to answer" or "don't know" was ticked. "None of the above" results in 0=no responses in all preceding items.

					Yes	No
Hay fever	PHY.ALB.1.0_1	QID656_1	zmhphy2a	1	1	0
Osteoarthritis	PHY.ALB.1.0_2	QID656_2	zmhphy2b	1	1	0
Rheumatoid arthritis	PHY.ALB.1.0_3	QID656_3	zmhphy2c	1	1	0
Other arthritis	PHY.ALB.1.0_4	QID656_4	zmhphy2d	1	1	0
Drug allergy (if yes, which drug?)	PHY.ALB.1.0_5			1	1	0
Penicillin allergy		penicillin	zmhphy2e		1	0
Amoxicillin allergy		amoxycillin	zmhphy2f		1	0
Allergy to any other antibiotic		other_antib	zmhphy2g		1	0
Allergy to any type of painkiller		painkillers	zmhphy2h		1	0
Any other drug allergy		QID656_5	zmhphy2i		1	0
Any other allergy (if yes, which allergy?)	PHY.ALB.1.0_6			1		
Allergy to animals, fur or hair		animals_fur	zmhphy2j		1	0
Allergy to dust, dust mites or mould		dust_mites	zmhphy2k		1	0
Allergy to plasters or latex		latex_plasters	zmhphy2l		1	0
Allergy to stings, bees or wasps		stings	zmhphy2m		1	0
Allergy to any cosmetics, sun cream or household cleaners		cosmetics	zmhphy2n		1	0
Any other allergy (except foods, see separate question above)		QID656_6	zmhphy2o		1	0
None of the above	PHY.ALB.1.0_7	QID656_7		1		
Prefer not to answer	PHY.ALB.1.0_-88	QID656_-88		1		
Don't know	PHY.ALB.1.0_-11	QID656_-11		1		

There were text boxes associated with three category responses above:

- Other arthritis
- Drug allergy
- Any other allergy

There were common text responses for "drug allergy" and "any other allergy", and these have been coded into the new category variables shown in the table above.

There were few text responses for "other arthritis", and these have been recoded into the existing numeric category variables (osteo, rheumatoid or other arthritis).

The original text has not been retained in the cleaned raw data.

PHY.SKT.1.0

Have you ever been diagnosed with the following illnesses?

Please select ALL that apply: [each response is coded 1 if ticked; ticking "none of the above" or "don't know" or "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if "prefer not to answer" or "don't know" was ticked. "None of the above" results in 0=no responses in all preceding items.

					Yes	No
Psoriasis	PHY.SKT.1.0_1	QID660_1	zmhphy3a	1	1	0
Vitiligo	PHY.SKT.1.0_2	QID660_2	zmhphy3b	1	1	0
Eczema	PHY.SKT.1.0_3	QID660_3	zmhphy3c	1	1	0
Thyroid disease (if yes, please specify)	PHY.SKT.1.0_4	thyroid	zmhphy3d	1	(see below)	
None of the above	PHY.SKT.1.0_5	QID660_5		1		
Don't know	PHY.SKT.1.0_-88	QID660_-88		1		
Prefer not to say	PHY.SKT.1.0_-11	QID660_-11		1		

There was a text box associated with the "thyroid disease" category above. Responses generally fell into two categories and have been recoded as shown below.

The original text has not been retained in the cleaned raw data.

zmhphy3d

Code value	Meaning	Example responses
0	No thyroid disease	-
1	Hypothyroidism	Hypothyroid or underactive thyroid; occasionally specified as Hashimoto's disease
2	Hyperthyroidism	Hyperthyroid or overactive thyroid; occasionally specified as Graves' disease

PHY.GI.1.0

Have you ever been diagnosed with the following illnesses?

Please select ALL that apply: [each response is coded 1 if ticked; ticking "none of the above" or "don't know" or "prefer not to answer" caused all other response to be unticked]

Dataset coding: 1=yes (ticked), 0=no (not ticked), missing if not answered or if "prefer not to answer" or "don't know" was ticked. "None of the above" results in 0=no responses in all preceding items.

					Yes	No
Inflammatory Bowel Disorder (Crohn's, Ulcerative Colitis)	PHY.GI.1.0_1	QID658_1	zmhphy4a	1	1	0
Coeliac disease	PHY.GI.1.0_2	QID658_2	zmhphy4b	1	1	0
Diabetes type 1	PHY.GI.1.0_3	QID658_3	zmhphy4c	1	1	0
Pain due to diabetes (diabetic neuropathy) *	PHY.GI.1.0_4	QID658_4		1		
Pain due to virus (post herpetic neuralgia) *	PHY.GI.1.0_5	QID658_5		1		
None of the above	PHY.GI.1.0_6	QID658_6		1		
Don't know	PHY.GI.1.0_-88	QID658_-88		1		
Prefer not to answer	PHY.GI.1.0_-11	QID658_-11		1		

* Negligible responses for some items in this block: variables dropped from dataset.

End of Block: Physical Illness Diagnosis

How you get along with people

The next questions contain a series of items related to nine aspects of a person's life. For each area please could you indicate which of the four statements best describes how things are for you in general. We are keen to find out how things generally are for you, rather than how things might have been over recent days or weeks.

SASPD.1.0 [QID591]

zmhsaspd1

Being with others

I enjoy being with other people	1	1
I sometimes find it difficult to be with other people	2	2
In general, I do not like being with others	3	3
I do not like being with other people at all and do everything to avoid them	4	4

SASPD.2.0 [QID592]

zmhsaspd2

Trusting other people

I have no difficulty trusting others	1	1
At times I find it difficult to trust others	2	2
There are very few people I can trust	3	3
I trust no one and this stops me from doing things I need to do	4	4

SASPD.3.0 [QID593]

zmhsaspd3

Friendships

I have no difficulty making and keeping friends	1	1
I find it difficult to make and keep friends	2	2
I have very few friends	3	3
I have no friends	4	4

SASPD.4.0 [QID594]

zmhsaspd4

For each aspect of yourself or your life, please tick the box that best describes how you generally are.

Temper

I do not lose my temper easily	1	1
I lose my temper more easily than others	2	2
I lose my temper easily and this gets me into difficult situations	3	3
I lose my temper easily and this has led me to harm myself or other people	4	4

SASPD.5.0 [QID595]

zmhsaspd5

Acting on impulse

I never or rarely act on impulse	1	1
I sometimes act on impulse	2	2
Acting on impulse gets me into trouble with others	3	3
Acting on impulse has led me to harm myself or other people	4	4

SASPD.6.0 [QID596]

zmhsaspd6

Worrying

In general I am not a worrier	1	1
I sometimes get worried about things that others don't	2	2
I am generally a worrier	3	3
Constant worrying stops me from doing things I need to do	4	4

SASPD.7.0 [QID597]

zmhsaspd7

For each aspect of yourself or your life, please tick the box that best describes how you generally are.

Being organised

It's fine with me if things are not well organised	1	1
I dislike it when things are not well organised	2	2
Trying to make things organised interferes with most things I need to do	3	3
Trying to make things organised stops me from doing everything	4	4

SASPD.8.0 [QID598]

zmhsaspd8

Caring about other people

I care about how other people feel	1	1
I don't pay much attention to whether what I do affects other people	2	2
I don't care whether what I do hurts other people's feelings	3	3
People say that I am 'cold blooded' or callous	4	4

SASPD.9.0 [QID599]

zmhsaspd9

Self-reliance

I generally complete the things I need to do on my own	1	1
When tackling things, I like to get help from other people	2	2
When tackling things, I generally need help from other people	3	3
I can't do anything by myself	4	4

End of Block: Standardised assessment of severity of personality disorder (SASPD)

Start of Block: Hedonia subscale of SPEQ

HEDONIA.TIMER.1 Timing

First Click

Last Click

Page Submit [QID1338_PAGE_SUBMIT] zmhspeqhedtime [seconds, as a decimal number]

Click Count

[zmhspeqhedtime is the sum of two raw page_submit values from HEDONIA.TIMER.1 and HEDONIA.TIMER.2 in this block]

Positive mood/feelings

HEDONIA.1.0

Please rate the following statements according to how much they apply to you. Please base your ratings on your thoughts and feelings over the last month.

				Very False	Moderately false for me	Slightly false for me	Slightly true for me	Moderately true for me	Very true
				1	2	3	4	5	6
When something exciting is coming up in my life, I really look forward to it	HEDONIA.1 .0_1	QID935_1	zmhspeqhed01	1	2	3	4	5	6
When I think about eating my favourite food, I can almost taste how good it is	HEDONIA.1 .0_2	QID935_2	zmhspeqhed02	1	2	3	4	5	6
I don't look forward to things like eating out at restaurants	HEDONIA.1 .0_3	QID935_3	zmhspeqhed03	1	2	3	4	5	6
This is a quality control item, please select 'Moderately false for me'	HEDONIA.1 .0_6QC	QID935_6	zmhspeqhedqcer*	1	0	1	1	1	1
When I'm going on a day out, I can hardly wait to leave	HEDONIA.1 .0_4	QID935_4	zmhspeqhed04	1	2	3	4	5	6
I get so excited the night before a major holiday I can hardly sleep	HEDONIA.1 .0_5	QID935_5	zmhspeqhed05	1	2	3	4	5	6

* QC item recoded into error flag zmhspeqhedqcer: 1=error, 0=correct

HEDONINA.TIMER.2 Timing
 First Click
 Last Click
 Page Submit [QID1339_PAGE_SUBMIT]
 Click Count

HEDONIA.2.0

Please rate the following statements according to how much they apply to you. Please base your ratings on your thoughts and feelings over the last month.

				Very False	Moderately false for me	Slightly false for me	Slightly true for me	Moderately true for me	Very true
				1	2	3	4	5	6
When I think of something tasty, I have to have it	HEDONIA.2.0_1	QID936_1	zmhspeqhed06	1	2	3	4	5	6
Looking forward to a pleasurable experience is in itself pleasurable	HEDONIA.2.0_2	QID936_2	zmhspeqhed07	1	2	3	4	5	6
I look forward to a lot of things in my life	HEDONIA.2.0_3	QID936_3	zmhspeqhed08	1	2	3	4	5	6
When ordering something off a menu, I imagine how good it will taste	HEDONIA.2.0_4	QID936_4	zmhspeqhed09	1	2	3	4	5	6
When I hear about a new movie starring my favourite actor, I can't wait to see it	HEDONIA.2.0_5	QID936_5	zmhspeqhed10	1	2	3	4	5	6

End of Block: Hedonia subscale of SPEQ

Start of Block: Feedback Qs

Your feedback

To help the TEDS team plan future studies, we would be grateful for your help with the following feedback questions. You will then be directed to the voucher preference page.

[The questions in this block were asked for admin reasons. The variables have not been retained in the cleaned raw data and are not included in the dataset.]

What motivated you to complete this questionnaire (please select all that apply)?

[each response is coded 1 if ticked]

The focus on mental health	FB.MOT_1	1
A desire to contribute to a scientific research project	FB.MOT_2	1
The £10 reward	FB.MOT_3	1
The prize draws	FB.MOT_4	1
Loyalty to TEDS – I always try to complete the questionnaires	FB.MOT_5	1
My twin had done it and encouraged me to take part	FB.MOT_6	1
Other (please specify)	FB.MOT_7	1
[text box for 'other']	FB.MOT_7_TEXT	

FB.LENGTH

Were you concerned about the length of this questionnaire as specified in the invitation?

Not concerned	1
Somewhat concerned	2
Very concerned	3
I didn't notice the information about how long it would take	4

FB.REMINDER

How do you prefer to receive reminders? (select one response)

Not applicable – I usually take part as soon as I receive the invitation	1
Email	2
Text	3
Phone call	4
No preference	5

FB.EXTRA

If you have any additional feedback or comments, please get in touch on teds-project@kcl.ac.uk.

End of Block: Feedback Qs

Start of Block: Voucher preference

REWARD.PREFERENCE

[This variable was collected for admin reasons and is not retained in the cleaned raw data or in the dataset.]

Your reward

Thank you so much for taking the time to complete this Mental Health Questionnaire!

Please indicate below whether you would like to receive the £10 Love2Shop reward code or whether you would like to donate some or all of it back to TEDS for further research.

After making your selection, please submit your questionnaire by pressing the arrow below:

I would like to receive the £10 reward	1
I would like to receive a £5 reward and donate £5 to TEDS for further research	2
I do not require a reward, please donate the £10 back to TEDS for further research	3

End of Block: Voucher preference

END OF QUESTIONNAIRE