**HARRIS INTERACTIVE**

**Title for landing page:** Your attitudes and behaviour towards everyday life

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| --- |
| **SECTION 1: INTRODUCTION AND SCREENER** |

INTRODUCTION

Welcome to this study which is being conducted on behalf of researchers at the University of Essex. This is the first study of its kind and we thank you for your time in helping us with this important research. The study has been designed to investigate the influence of your social and physical environment at home and in the workplace on your health, wellbeing and behaviour. The data collected will be used to further our knowledge in this area, allow publication of articles that will be read internationally, and may help to shape future policy.

This research is funded by the Economic and Social Research Council. Ethical approval has been granted by the University of Essex ethical committee.

Your participation in this study is voluntary; you may refuse to answer any particular questions or refuse to participate altogether. If you decide not to take part, you may withdraw from the study now or during the survey. By answering questions within this survey you have agreed to take part in the research project and have given consent that your answers will be used anonymously to help further scientific understanding in relation to those topics that are within the survey.

It should take approximately 30 minutes to complete the survey. There are 5 sections: Introduction, Home, Work, Recreation and General Demographics. As Harris Interactive is in accordance with the Market Research Society Code of Conduct participation is completely anonymous and confidential.

Should you have any questions about the validity of the survey or about Harris Interactive, you can call the Market Research Society on 0500 396 999 (UK) free of charge.

Base: All Respondents

Q1. What is your current age (in years)?

|\_\_|\_\_|\_\_|

Base: All Respondents

Q2.Are you…?

1. Male
2. Female

**Base: All Respondents**

Q3. Which one of the following best describes your employment status?

1 Employed full time

2 Employed part time

3 Self-employed

4 Not employed, but looking for work

5 Not employed and not looking for work

6 Not employed, unable to work due to a disability or illness

7 Retired

8 Student

9 Stay-at-home spouse or partner/Housewife/husband

*SCREENER*

*Age – must be aged 22-65 years*

*Age & Gender quotas – to reflect national picture*

*Employment status - must be employed to continue with the survey. If select codes 4-9 please exit from the survey*

**SECTION 1 [HOME]**

**BASE: ALL RESPONDENTS**

Q4 Welcome to the main part of the survey. We are firstly going to focus on your ***home life***.

Thinking about your current accommodation would you say you live in a…

1 Terraced house

2 Semi-detached house

3 Detached house

4 Bungalow

5 Flat

6 Maisonette

7 Room (or rooms)

8 Mobile Home

9 Other

**BASE: ALL RESPONDENTS**

Q5 How long have you lived in this accommodation?

1 Less than a year

2 1-2 years

3 3-4 years

4 5-6 years

5 7-8 years

6 9-11 years

7 12-14 years

8 15+ years

9 Lived here all my life

**BASE: ALL RESPONDENTS**

Q6 Does your home have any of the following? Please tick all that apply.

1 Private garden

2 Private garden with shared access

3 Shared garden

4 Yard / Terrace/decked area

5 Balcony

6 Roof garden

7 Access to open area other than your street

8 None of these options

**BASE: ALL RESPONDENTS**

Q7 Do you use an allotment?

1 Yes – a private allotment

2 Yes - shared with others

3 No

**BASE: ALL RESPONDENTS WHO HAVE A GARDEN OR ALLOTMENT (Q6/1,2 OR Q7/1,2)**

Q8 Do you regularly undertake gardening activities in your garden/allotment e.g. mowing the grass, weeding, planting? (by regularly we mean once a week).

1 Yes

2 No

**BASE: ALL RESPONDENTS**

Q9 Thinking about your surroundings where you live: On a scale of 1 to 10 where 1 is a very built environment i.e. city centre and 10 is surrounded by nature i.e. trees, fields, water, how would you rate your overall view out of your house?

[10 RADIO BUTTONS SHOWING – 5 BEING THE MID-POINT – PLEASE DO NOT SHOW THE NUMBERS – DISPLAY HORIZONTALLY]

1 Built-up

2

3

4

5

6

7

8

9

10 Nature

**BASE: ALL RESPONDENTS**

Q10 Thinking back to when you were growing up, do you consider that you grew up in an area that was…

1 Mostly surrounded by buildings i.e. town or city centre

2 Mostly surrounded by urban green spaces (a space that is mostly grass, parkland)

3 Mostly surrounded by uncultivated natural green spaces (forests, mountains, natural streams, lakes)

4 A mixture of buildings and green spaces

**BASE: ALL RESPONDENTS WHO HAVE LIVED IN ACCOMMODATION UP TO 15+ YEARS (Q5/1-8)**

Q11aDid you have any choice in location as to where you live today?

1 Yes

2 No

3 Don’t know

**BASE: ALL RESPONDENTS WHO HAD A CHOICE IN WHERE THEY LIVE TODAY (Q11a/1)**

Q11 There are many reasons why people choose to live in a particular location. Below is a list of common reasons other people have suggested.

Please select how much these mattered to you when you moved to where you live today?

 1 Not at all

2 A bit

3 Very much

4 Don’t know / Not applicable

1 Close to family and friends

2 Community of neighbourhood

3 Close to sports facilities

4 Near to green space e.g. public parks, gardens, wooded area, common ground

5 Countryside/sea

**BASE: ALL RESPONDENTS**

Q12 If you were to move house tomorrow, how important would the following features be to you nowadays?

 1 Not at all

2 A bit

3 Very much

4 Don’t know / Not applicable

1 Close to family and friends

2 Community of neighbourhood

3 Close to sports facilities

4 Near to green space e.g. public parks, gardens, wooded area, common ground

5 Countryside/sea

**BASE: ALL RESPONDENTS**

Q13 Thinking about how you feel about your life, please tell us how satisfied you are with the following aspects of your current situation.

1 Very dissatisfied

2 Somewhat dissatisfied

3 Neither satisfied nor dissatisfied

4 Somewhat satisfied

5 Very satisfied

1 Your physical health

2 Your emotional health

3 Your income

4 Your leisure time

5 Your personal relationships

6 Your living accommodation

7 Your work: life balance

8 Your life on the whole

**BASE: ALL RESPONDENTS**

Q14 How financially secure do you feel?

1 Not at all secure

2 Not very secure

3 Somewhat secure

4 Very secure

5 Extremely secure

**BASE: ALL RESPONDENTS**

Q15 Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you.

1 Not at all true

2 A bit true

3 Somewhat true

4 Quite a bit true

5 Very much true

1 I feel free to be who I am

2 I feel like a competent person

3 I feel loved and cared about

4 I often feel inadequate or incompetent

5 I have a say in what happens, and I can voice my opinion

6 I often feel a lot of distance in my relationships

7 I feel very capable and effective

8 I feel a lot of closeness and intimacy

9 I feel controlled and pressured to be certain ways

10 I am physically active

11 I care about other people in my neighbourhood

12 I am connected to other people in my neighbourhood

13 I feel that people within my neighbourhood are “on the same team”

14 I would help my neighbours if they required 1 hour of my time

**BASE: ALL RESPONDENTS**

Q16 When I help people or do nice things for them, I typically do it because:

1 Not at all likely

2 Not very likely

3 Somewhat likely

4 Very likely

5 Extremely likely

1 I would feel bad if I didn’t

2 I care about them

3 I would feel ashamed if I didn’t

4 I feel a sense of concern for them

5 It makes me feel good about myself

**BASE: ALL RESPONDENTS**

Q17 Below is a collection of statements about your everyday experiences. Using the scale provided, please indicate how frequently or infrequently you currently have each experience.

Please answer according to what really reflects your experience rather than what you think your experience should be.

1 Almost always

2 Very frequently

3 Somewhat frequently

4 Somewhat infrequently

5 Very infrequently

6 Almost never

1 I find it difficult to stay focused on what’s happening in the present

2 I rush through activities without being really attentive to them

3 I do jobs or tasks automatically, without being aware of what I’m doing

4 I find myself preoccupied with the future or the past

5 I find myself doing things without paying attention

**BASE: ALL RESPONDENTS**

Q18 Below is a collection of statements about your everyday experience. Using the scale provided please indicate how true each statement is of your general experiences. Please answer according to what really reflects your experiences rather than what you think your experiences should be. Please treat each item separately from every other item.

1 Not at all true of me

2 Slightly true of me

3 Moderately true of me

4 Very true of me

5 Extremely true of me

1 I fear others have more rewarding experiences than me

2 I fear my friends have more rewarding experiences than me

3 I get worried when I find out my friends are having fun without me

4 I get anxious when I don't know what my friends are up to

5 It is important that I understand my friends "in jokes."

6 Sometimes, I wonder if I spend too much time keeping up with what is going on

7 It bothers me when I miss an opportunity to meet up with friends

8 When I have a good time it is important for me to share the details online (e.g. updating status)

9 When I miss out on a planned get-together it bothers me

10 When I go on vacation, I continue to keep tabs on what my friends are doing

**BASE: ALL RESPONDENTS**

Q19 Over the past month, how many hours of sleep have you had each night on average?

1 Less than 4 hours

2 4-5 hours

3 5-6 hours

4 6-7 hours

5 7-8 hours

6 8-9 hours

7 9-10 hours

8 10-11 hours

9 11-12 hours

10 More than 12 hours

**BASE: ALL RESPONDENTS**

Q20 How would you rate the quality of your sleep over the past month?

1 Terrible

2 Very poor

3 Poor

4 Fair

5 Good

6 Very good

7 Excellent

**BASE: ALL RESPONDENTS**

Q21 Generally, how many times during the night is your sleep interrupted?

1 None

2 1

3 2

4 3

5 4

6 5+ times

**BASE: ALL RESPONDENTS WHO HAVE INTERRUPTED SLEEP (Q21/2-6)**

Q22 What is it that tends to interrupt your sleep?

[TEXTBOX]

**BASE: ALL RESPONDENTS**

Q23 Please tell us how often you have felt the following over the last month…

1 Never

2 Rarely

3 Sometimes

4 Often

5 Always

1 Worried/Anxious

2 Depressed/Blue

3 Frustrated

4 Pleased

5 Angry/Hostile

6 Unhappy

7 Joyful

8 Happy

9 Enjoyment/Fun

**BASE: ALL RESPONDENTS**

Q24 Overall, how would you rate your health in the past month?

1 Terrible

2 Very poor

3 Poor

4 Fair

5 Good

6 Very good

7 Excellent

**BASE: ALL RESPONDENTS**

Q25 Again thinking about your health, how often have you suffered from any of the following in the past month?

1 Never

2 Rarely

3 Sometimes

4 Often

5 Always

1 Headaches

2 Coughing/sore throat

3 Stomach ache/pain

4 Runny/congested nose

5 Stiff/sore muscles

6 Chest/heart pain

7 Faintness/dizziness

8 Tiredness

**BASE: ALL RESPONDENTS**

Q26 In the last month, how often have you…

 1 Never

2 Almost never

3 Sometimes

4 Fairly often

5 Very often

1 Been upset because of something that happened unexpectedly

2 Felt that you were unable to control the important things in your life

3 Felt nervous and “stressed”

4 Felt confident about your ability to handle your personal problems

5 Felt that things were going your way

6 Found that you could not cope with all the things that you had to do

7 Been able to control irritations in your life

8 Felt that you were on top of things

9 Been angered because of things that were outside of your control

10 Felt difficulties were piling up so high that you could not overcome them

**BASE: ALL RESPONDENTS**

The next set of questions is about **green space near your home**. Green space includes public parks, public gardens, public wooded area, common ground, public recreational space, local off-road footpaths or cycle ways. It does not include your own garden.

Q28 How would you rate the quality of your local accessible green spaces? Please consider number, size and quality.

1 Terrible

2 Very poor

3 Poor

4 Fair

5 Good

6 Very good

7 Excellent

9 Don’t know

**BASE: ALL RESPONDENTS**

Q29 How easy is it to get to “green space” in your local area?

1 Very difficult

2 Difficult

3 Somewhat difficult

4 Neither easy nor difficult

5 Somewhat easy

6 Easy

7 Very easy

8 Don’t know

**BASE: ALL RESPONDENTS**

Q27 How often do you visit the local green spaces close to your home?

1 Every day

2 Few times a week

3 Once a week

4 Few times a month

5 Once a month

6 Rarely

7 Never visit my local green space BUT DO tend to go to green spaces further away

8 Never visit my local green space or any other green spaces

**BASE: ALL RESPONDENTS WHO VISIT GREEN SPACE (Q27/1-6)**

Q30 How do you usually travel to your local green space? Please tick all that apply.

1 Car

2 Bus

3 Train

4 Cycle

5 Walk

6 Other

**BASE: ALL RESPONDENTS WHO VISIT GREEN SPACE (Q27/1-6)**

Q31 How long does it take you to get to your local green space?

1 0-5 minutes

2 5-10 minutes

3 15-20 minutes

4 20-25 minutes

5 25-30 minutes

6 More than 30 minutes

**BASE: ALL RESPONDENTS WHO VISIT GREEN SPACE (Q27/1-6)**

Q32 When you are at the green space near your home, what do you generally do? Please select the most appropriate response for each of the activities.

1 Never

2 Rarely

3 Sometimes

4 Often

5 Always

1 Sit/Stand still

2 Walk slowly e.g. strolling

3 Walk fast

4 Cycle

5 Run/jog

6 Play sport / other activities

7 Pass through on the way somewhere else

**BASE: ALL RESPONDENTS**

Q32 What prevents you from using your local green space more? Please tick all that apply to you.

1 Lack of Time

2 Distance to green space

3 Size of green space

4 Quality of green space

5 Accessibility to green space

6 Undesirable people in green space

7 Lack of other people in green space

8 Safety concerns

9 Dogs and dog fouling

10 Own health issues

11 Lack of motivation

12 Tiredness

13 Don’t wish to visit a green space

14 Too many people in green space

15 None of the above

16 Nothing prevents me from visiting the green space

**SECTION 2 [WORK]**

**BASE: ALL RESPONDENTS**

We are now going to focus on your ***work life.***

Q33 Please select which is the best way to describe your main place of work:

1 I work from home

2 Factory

3 Office (including call centres)

4 Shop / Retail

5 On the road (driving car/truck/lorry/bus)

6 A Mixture of home and another workplace

7 Other (please specify)

**BASE: ALL RESPONDENTS**

Q34 How many days per week do you work?

1 1

2 2

3 3

4 4

5 5

6 6

7 7

**BASE: ALL RESPONDENTS**

Q35 On average how many hours do you work in a typical work day?

1 1

2 2

3 3

4 4

5 5

6 6

7 7

8 8

9 9

10 10

11 11

12 12

13 13

14 14

15 More than 14 hours

**BASE: ALL RESPONDENTS**

Q36 When are you contracted to work?

1 During the day (9-5)

2 During the night (5pm onwards)

3 During the night (10pm onwards)

4 Pattern of work varies

5 Shift work

6 Other

**BASE: ALL RESPONDENTS**

Q37 And how often do you **actually** work…

1 Never

2 Rarely

3 Sometimes

4 Often

5 Always

1 During the day (9-5)

2 During the evening (5pm onwards)

3 During the night (10pm onwards)

4 Pattern of work varies

**BASE: ALL RESPONDENTS**

Q38 How would you describe where you work:

1 Always indoors

2 Mostly indoors

3 A mixture between indoors and outdoors

4 Mostly outdoors

5 Always outdoors

**BASE: ALL RESPONDENTS**

Q39 What do you spend most of your time doing during your working day? Please tick all that apply.

1 Sitting at a desk or computer

2 Standing with very short walks

3 Walking within the workplace

4 Lifting and carrying loads

5 Manual labour

6 Driving

**BASE: ALL RESPONDENTS**

Q40 Can you see out of the window from where you are at work?

1 Yes

2 No

**BASE: ALL RESPONDENTS WHO CAN SEE OUT OF A WINDOW (Q40/1)**

Q41 Thinking about your surroundings where you work: On a scale of 1 to 10 where 1 is a very built environment i.e. city centre and 10 is surrounded by nature i.e. trees, fields, water, how would you rate your overall view out of your main window?

[10 RADIO BUTTONS SHOWING – 5 BEING THE MID-POINT – DO NOT SHOW THE NUMBERS – DISPLAY HORIZONTALLY]

1 Built-up

2

3

4

5

6

7

8

9

10 Nature

**BASE: ALL RESPONDENTS WHO DON’T WORK FROM HOME (Q33/2-7)**

Q42 Which of these means of transport do you usually use to travel to and from your workplace? Please select all that apply.

1 Train (above ground)

2 Underground train (tube, metro)

3 Bus, minibus or coach (public or private)

4 Motorcycle, scooter or moped

5 Driving a car or van

6 Passenger in a car, van or taxi

7 Bicycle

8 On foot

**BASE: ALL RESPONDENTS WHO DON’T WORK FROM HOME (Q33/2-7)**

**Q3050** (Q43) About how much time does it usually take for you to get to your workplace each day?

[INSERT DROPDOWN BOX FOR HOURS – RANGE 0-12]

[INSERT DROPDOWN BOX FOR MINUTES – RANGE 0-60]

1 Hours [INSERT DROPDOWN BOX]

2 Minutes [INSERT DROPDOWN BOX]

**BASE: ALL RESPONDENTS**

Q44 Thinking about how you feel at work, please read each of the following statements carefully and decide how often, if ever, you ever feel this way about your job:

1 Never

2 A few times per year or less

3 Once a month

4 A few times a month

5 Once a week

6 A few times a week

7 Every day

1 At work I feel bursting with energy

2 At my job I feel strong and vigorous

3 When I get up in the morning, I feel like going to work

4 My job inspires me

5 I am enthusiastic about my job

6 I am proud of the work I do

7 I feel happy when I am working most intensely

8 I am immersed in my work

9 I get carried away when I am working

**BASE: ALL RESPONDENTS**

Q45 Please think of your work experiences over the past month. In the spaces provided below, write the number of days you spent in each of the following work situations.

In the past month, how many days did you...

 [\_]\_] [RANGE 0-28]

1 miss an **entire work day** because of problems with your physical or mental health (only those days missed for your **own** health, not someone else’s health)

2 miss an **entire work day** for any other reason (but not for a day’s holiday)

3 miss **part of a work day** because of problems with your physical or mental health (only those days missed for your **own** health, not someone else’s health)

4 miss **part of a work day** for any other reason (but not for a day’s holiday)

5 come in early, go home late, or work on your day off

**BASE: ALL RESPONDENTS**

Q46 On a scale of 1 to 10 where 1 is a poor performance and 10 is excellent performance, how would you rate your overall job performance on the days you worked during the past month?

[RADIO BUTTONS – DISPLAY HORIZONTALLY]

1 1 - Worst Performance

2 2

3 3

4 4

5 5

6 6

7 7

8 8

9 9

10 10 - Best Performance

**BASE: ALL RESPONDENTS**

Q47 Thinking about your overall job performance, do you think you have performed better, worse or the same as other work colleagues in a similar role to yours?

1 A lot worse

2 Somewhat worse

3 The same

4 Somewhat better

5 A lot better

8 Don’t know

**BASE: ALL RESPONDENTS**

Q48 Thinking about your work and how you feel about work. Please read each of the following items carefully, thinking about how it relates to your **work life,** and then indicate how true it is for you.

1 Not at all true

2 A bit true

3 Somewhat true

4 Quite a bit true

5 Very much true

1 I feel free to be who I am

2 I feel like a competent person

3 I feel my employer cares about me

4 I often feel inadequate or incompetent

5 I have a say in what happens, and I can voice my opinion

6 I often feel a lot of distance in my relationships with work colleagues

7 I feel very capable and effective

8 I feel controlled and pressured to be certain ways

9 I have a say in how I do my work

**BASE: ALL RESPONDENTS**

Q49 Thinking about how you feel at **WORK**, how often have you felt the following over the last month whilst at work…

1 Never

2 Rarely

3 Sometimes

4 Often

5 Always

1 Worried/Anxious

2 Depressed/Blue

3 Frustrated

4 Pleased

5 Angry/Hostile

6 Unhappy

7 Joyful

8 Happy

9 Enjoyment/Fun

10 Tired

**BASE: ALL RESPONDENTS**

Q51 How many days a week do you **STOP** working and take a break from your work at…

*NB. Please do not include breaks that are only to visit the toilet but do include cigarette breaks*.

1 Lunchtime

2 Other times of the day

Days Per Week:

1 None

2 1

3 2

4 3

5 4

6 5

7 6

8 7

**BASE: ALL RESPONDENTS WHO TAKE A LUNCH BREAK (Q51/1)**

Q52 On your lunch break, how long do you take on average?

1 0-15 minutes

2 15-30 minutes

3 30-45 minutes

4 45-60 minutes

5 More than 1 hour

**BASE: ALL RESPONDENTS WHO TAKE A LUNCH BREAK (Q51/1)**

Q53 During your lunch break, how often do you do the following activities…

1 Never

2 Rarely

3 Sometimes

4 Often

5 Always

1 Continue working

2 Sit at a desk using a computer for personal use i.e. not work

3 Sit at a desk NOT using a computer

4 Walk indoors (e.g. within workplace or elsewhere such as shop/canteen etc)

5 Walk outdoors

6 Sport indoors

7 Sport outdoors

8 Drive somewhere

9 Go to an eating place e.g. restaurant/cafe/sandwich shop

**BASE: ALL RESPONDENTS WHO TAKE A LUNCH BREAK (Q51/1)**

Q54 With whom do you typically spend your lunch breaks? Please tick all that apply.

1 Alone

2 With work colleagues

3 People at work that you do not directly work with

4 Friends not at work

5 Partner

6 Other

**BASE: ALL RESPONDENTS WHO WORK AWAY FROM HOME (Q33/2-7)**

The next set of questions is about **green space near your WORK**. Green space includes public parks, public gardens, public wooded areas, common ground, public recreational space, local off-road footpaths or cycle ways. It does not include your own garden.

Q56 How would you rate the quality of your local accessible green spaces that are close to your **work**?

Please consider number, size and quality.

1 Terrible

2 Very poor

3 Poor

4 Fair

5 Good

6 Very good

7 Excellent

9 Don’t know

**BASE: ALL RESPONDENTS WHO WORK AWAY FROM HOME (Q33/2-7)**

Q57 How easy is it to get to the green space local to your work?

1 Very difficult

2 Difficult

3 Somewhat difficult

4 Neither easy nor difficult

5 Somewhat easy

6 Easy

7 Very easy

8 Don’t know

**BASE: ALL RESPONDENTS WHO WORK AWAY FROM HOME (Q33/2-7)**

Q55 How often do you visit the green space closest to your work?

1 Every day

2 Few times a week

3 Once a week

4 Few times a month

5 Once a month

6 Rarely

7 Never visit my local green space BUT DO tend to go to green spaces further away

8 Never visit my local green space or any other green spaces

**BASE: ALL RESPONDENTS WHO VISIT GREEN SPACES AT WORK (Q55/1-6)**

Q58 How do you usually travel to the green space local to your work? Please tick all that apply

1 Car

2 Bus

3 Train

4 Cycle

5 Walk

6 Other

**BASE: ALL RESPONDENTS WHO VISIT GREEN SPACES AT WORK (Q55/1-6)**

Q59 How long does it take you to get to the green space local to your work?

1 0-5 minutes

2 5-10 minutes

3 15-20 minutes

4 20-25 minutes

5 25-30 minutes

6 More than 30 minutes

**BASE: ALL RESPONDENTS WHO VISIT GREEN SPACES AT WORK (Q55/1-6)**

Q60 When you are at the green space near your work, what do you generally do? Please select the most appropriate response for each of the activities

1 Never

2 Rarely

3 Sometimes

4 Often

5 Always

1 Sit / Stand still

2 Walk slowly

3 Walk fast

4 Cycle

5 Run/jog

6 Play sport / other activities

7 Pass through on way to somewhere else

**BASE: ALL RESPONDENTS WHO WORK AWAY FROM HOME (Q33/2-7)**

Q61 What prevents you from using your local green space more? Please tick all that apply to you.

1 Lack of Time

2 Distance to green space

3 Size of green space

4 Quality of green space

5 Accessibility to green space

6 Undesirable people in green space

7 Lack of other people in green space

8 Safety concerns

9 Dogs and dog fouling

10 Own health issues

11 Lack of motivation

12 Tiredness

13 Don’t wish to visit a green space

14 Too many people in green space

15 None of the above

16 Nothing prevents me from visiting the green space

**SECTION 3 [RECREATION]**

**BASE: ALL RESPONDENTS**

This next set of questions is going to focus on your ***recreational activities***.

Q62 Do you have a dog(s) as pets?

1 Yes

2 No

**BASE: ALL RESPONDENTS**

Q63 Do you smoke?

1 Yes

2 No

3 I’m trying to give up

**BASE: ALL RESPONDENTS**

Q64 Thinking of last week, how many **hours** on average do you engage in each of these activities PER WEEK:

HOURS PER WEEK:

 [\_]\_] [RANGE 0-168]

1 Watching films/television

2 Electronic games (e.g. Nintendo, mobile)

3 Using internet (e.g. browsing, Facebook)

4 Socialising face to face

5 Sports/physical recreation

6 Being outdoors

7 Being in garden/allotment

8 Visiting local green space

9 Visiting non-local green space

10 Volunteering/helping others

11 Looking after/playing with children (not as part of your work)

12 Caring for a family member or partner (not children)

**BASE: ALL RESPONDENTS**

Q65 Please reflect on how you used social media (e.g. Facebook, Twitter, LinkedIn) in the past week and report the number of times you used it under the circumstances listed below.

1 Not one day last week

2 One day last week

3 Two days last week

4 Three days last week

5 Four days last week

6 Five days last week

7 Six days last week

8 Every day last week

1 When eating breakfast

2 When eating lunch

3 When eating dinner

4 Within 15 minutes of waking up

5 Within 15 minutes of going to sleep

**BASE: ALL RESPONDENTS**

Q66 What are the main regular physical activities you do in a week? Please tick all that apply.

1 Gym (including running and cycling indoors)

2 Walking Outdoors

3 Running Outdoors

4 Cycling Outdoors

5 Indoor sports (e.g. racquet or team sports)

6 Outdoor Sports (e.g. racquet or team sports)

7 Aerobics/Dance

8 Yoga/Pilates

9 Indoor Swimming

10 Outdoor Swimming

11 Golf

12 Other activity (please specify)

13 I don’t do any physical activity regularly

**BASE: ALL RESPONDENTS WHO DO PHYSICAL ACTIVITY (Q66/1-12)**

Q67 Thinking of your main physical activity do you mainly do it:

1 Alone

2 With another person

3 In a group / with other people

**BASE: ALL RESPONDENTS WHO DO PHYSICAL ACTIVITY (Q66/1-12)**

Q68 **In the past week**, how many days did you do vigorous or moderate physical activity?

*Vigorous exercises include activities such as heavy lifting, digging, aerobics, running or fast cycling.*

*Moderate exercises include activities such as cycling, and light games.*

*Please do NOT include walking activities in your calculation of the number of days.*

1 Vigorous exercise

2 Moderate exercise

1 None

2 1

3 2

4 3

5 4

6 5

7 6

8 7

**BASE: ALL RESPONDENTS WHO DID VIGOROUS EXERCISE (Q68/1)**

Q69 Thinking of last week, how much time PER DAY (on average) did you spend doing **VIGOROUS** exercise?

[INSERT DROPDOWN BOX FOR HOURS – RANGE 0-24]

[INSERT DROPDOWN BOX FOR MINUTES – RANGE 0-60]

1 Hours [INSERT DROPDOWN BOX]

2 Minutes [INSERT DROPDOWN BOX]

**BASE: ALL RESPONDENTS WHO DID MODERATE EXERCISE (Q68/2)**

Q70 How much time PER DAY (on average) did you spend doing **MODERATE** exercise?

*Please do NOT include walking activities when working out your time.*

[INSERT DROPDOWN BOX FOR HOURS – RANGE 0-24]

[INSERT DROPDOWN BOX FOR MINUTES – RANGE 0-60]

1 Hours [INSERT DROPDOWN BOX]

2 Minutes [INSERT DROPDOWN BOX]

**BASE: ALL RESPONDENTS**

Q71 During the last week, on how many days did you **WALK** for at least 10 minutes at a time? This includes walking at work and at home, walking from place to place and any other walking that you did solely for recreation, sport, exercise or leisure.

1 None

2 1

3 2

4 3

5 4

6 5

7 6

8 7

**BASE: ALL RESPONDENTS WHO WALKED IN LAST WEEK (Q71/2-8)**

Q72 How much time PER DAY (on average) did you spend **WALKING**?

[INSERT DROPDOWN BOX FOR HOURS – RANGE 0-24]

[INSERT DROPDOWN BOX FOR MINUTES – RANGE 0-60]

1 Hours [INSERT DROPDOWN BOX]

2 Minutes [INSERT DROPDOWN BOX]

**BASE: ALL RESPONDENTS**

Q73 How much time PER DAY do you spend **SITTING** (on average) during a week day? This includes time spent at a desk, visiting friends, travelling on a bus, reading or sitting or lying to watch television.

[INSERT DROPDOWN BOX FOR HOURS – RANGE 0-24]

[INSERT DROPDOWN BOX FOR MINUTES – RANGE 0-60]

1 Hours [INSERT DROPDOWN BOX]

2 Minutes [INSERT DROPDOWN BOX]

**BASE: ALL RESPONDENTS WHO EXERCISE (Q66/1-12)**

Q74 Please read the statements below and indicate how true each of these reasons are for why you exercise regularly. On a scale of 1 to 7 where 1 is a not at all true and 7is very true, please rate how true the statements are?

“I try to exercise on a regular basis because......”

1 1 - Not at all true

2 2

3 3

4 4

5 5

6 6

7 7 – Very true

1 Others would be disappointed with me if I did not exercise

2 People would think I’m a weak person if I did not exercise

3 I would feel bad about myself if I did not exercise

4 I feel guilty if I do not exercise regularly

5 Exercise provides a good way for me to be healthy

6 I believe exercise helps me feel better

7 Exercising is fun

8 I enjoy exercising

**BASE: ALL RESPONDENTS**

Q75)For each of the following, please rate the extent to which you agree with each statement. Please respond as you really feel, rather than how you think most people feel.

1 Disagree strongly

2 Disagree slightly

3 Neither agree nor disagree

4 Agree slightly

5 Agree strongly

1 I enjoy being outdoors, even in unpleasant weather

2 My ideal vacation spot would be a remote, wilderness area

3 I always think about how my actions affect the environment

4 I enjoy digging in the earth and getting dirt on my hands

5 My connection to nature and the environment is a part of my spirituality

6 I am very aware of environmental issues

7 I take notice of wildlife wherever I am

8 I don’t often go out in nature

9 I am not separate from nature, but a part of nature

10 The thought of being deep in the woods, away from civilization, is frightening

11 My feelings about nature do not affect how I live my life

12 Even in the middle of the city, I notice nature around me

13 My relationship to nature is an important part of who I am

14 I feel very connected to all living things and the earth

**BASE: ALL RESPONDENTS**

Q76 How much action do you take to preserve the environment (by going out of your way to recycle, preserve gas and electricity, etc)?

1 I take a lot of action on a daily basis

2 I take some action on a daily basis

3 I frequently, but not daily, take action

4 I take occasional action

5 I take almost no action

**DEMOGRAPHICS**

**BASE: ALL RESPONDENTS**

This next set of questions is just for ***classification purposes only***.

Q77 Do you consider yourself…?

1 British

2 Irish

3 Any other white background

4 White and Black Caribbean

5 White and Black African

6 White and Asian

7 Any other mixed background

8 Indian

9 Pakistani

10 Bangladeshi

11 Any other Asian background

12 Caribbean

13 African

14 Any other Black background

15 Chinese

16 Any other ethnic origin

**BASE: ALL RESPONDENTS**

Q78 How diverse in terms of ethnicity, nationality, religion etc is your community?

1 Not at all diverse

2 Not very diverse

3 Somewhat diverse

4 Very diverse

5 Extremely diverse

**BASE: ALL RESPONDENTS**

Q79 Please specify your household postcode below e.g. CM1 2RU

We will only use this information to map how green the area you live in is. You have our guarantee that this will not be used for any other purposes. If you prefer please feel free to provide just the first five letters of your postcode.

[\_]\_]\_][\_] \_]\_]\_]

**BASE: ALL RESPONDENTS**

Q80 Please specify below the postcode for your main place of work. If you have no fixed work location, please leave this blank.

Again, we will only use this information to map how green the area you live in is. You have our guarantee that this will not be used for any other purposes. If you prefer please feel free to provide just the first five letters of your postcode.

[\_]\_]\_][\_] \_]\_]\_]

**BASE: ALL RESPONDENTS**

Q81 Which of the following, if any, is the highest educational or professional qualification you have obtained?

1 GCSE/O-Level/CSE

2 Vocational qualifications (=NVQ1/NVQ2)

3 A-Level/Scottish Higher or equivalent (=NVQ3)

4 Bachelor Degree or equivalent (=NVQ4)

5 Masters/PhD or equivalent

6 No formal qualifications

7 Other

8 Still studying

**BASE: ALL RESPONDENTS**

Q82 What is your marital status?

1 Never married

2 Married or Civil union

3 Divorced

4 Separated

5 Widow/Widower

6 Living with Partner

9 Decline to answer

**BASE: ALL RESPONDENTS**

Q83. Including yourself, how many people age 18 or older live in your household?

|\_\_|\_\_|

**BASE: ALL RESPONDENTS**

Q84. How many people under the age of 18 live in your household?

|\_\_|\_\_|

**BASE: ALL RESPONDENTS**

Q85. Do you have any children (under the age of 18) who do not live in your household but whom you see regularly? Please write in the number below.

|\_\_|\_\_|

**BASE: ALL RESPONDENTS**

Q86. Which of the following income categories best describes your total 2010 household income before taxes?

1 Less than £10,000

2 £10,000 to £14,999

3 £15,000 to £19,999

4 £20,000 to £24,999

5 £25,000 to £29,999

6 £30,000 to £39,999

7 £40,000 to £49,999

8 £50,000 to £74,999

9 £75,000 to £99,999

10 £100,000 to £149,999

11 £150,000 or more

12 Prefer not to say

**BASE: ALL RESPONDENTS**

Q87 Are you registered disabled? Please select:

1 Yes

2 No

**BASE: ALL RESPONDENTS**

Q88 Have you ever been diagnosed with any of the following? Please tick all that apply.

1 High blood pressure

2 Diabetes

3 Epilepsy

4 Heart problems

5. Arthritis

6. Back pain

7. Allergies

8. Cancer

9. Lung problems (e.g. asthma, COPD, lung cancer)

10. Mental ill health

11. None of the above

12. Prefer not to say

Thank you for your participation in this survey!

We appreciate your time and thank you for your opinions.

If you would like further information, please visit The University of Essex website

[www.essex.ac.uk](http://www.essex.ac.uk)