

Drop-Off ID

Survey of Health, Ageing and Retirement in Europe

2017

Self-administered questionnaire

Respondent ID:	
Name/Initials:	,
Interview date :	
IWER-ID:	

How to FILL IN this questionnaire

Most of the questions on the following pages can be answered by simply checking the box below or alongside the answer that applies to you.

Correct X or				
i (🗆	Z			
Incorrect				

Please proceed question by question. Skip questions only if there is an explicit instruction to do so.

Example:
Do you have children?
Yes > ► If you check "Yes" in this example, you go on to the next question
☐ No > GO TO QUESTION XX .
If you check "No" in this example, you go on to the question given in the instruction box!

How to RETURN this Questionnaire

If the interviewer is still in your home when you have completed the questionnaire, please hand it back to him or her. If not, please return the completed questionnaire in the pre-paid envelope as soon as you possibly can.

ALL YOUR ANSWERS WILL REMAIN CONFIDENTIAL.

g	1. At the end of the interview, we asked you about your expectations to live until a given age. Now we would like to ask you until what age you wish to live. Thus, if you could decide, until what age would you like to live?							
۱v	I would like to live until age							
	2.Thinking about your life TODAY, how important is each of the following aspects of life for you these days?							
(P	(Please tick one box in each row)							
		Not at all important	Not very important	Important	Very important	Absolutely critical		
2a)	Standard of living	□1	\square_2	\square_3	□4	\square_5		
2b)	Personal safety	□1	\square_2	\square_3	□4	\square_5		
2c)	Health and healthy lifestyle	□1	\square_2	\square_3	□4	\square_5		
2d)	Partnership and family	\square_1	\square_2	\square_3	\square_4	\square_5		
2e)	Friends and social relationships	\square_1	\square_2	\square_3	\square_4	\square_5		
2f)	Community participation	\square_1	\square_2	\square_3	\square_4	\square_5		
2g)	Free time	\square_1	\square_2	\square_3	\square_4	\square_5		
2h)	Religious beliefs	□1	\square_2	\square_3	\square_4	\square_5		
2i)	Professional career and achievement (current or past job)	\square_1	\square_2	\square_3	□4	\square_5		
2j)	Personal development and growth (having new experiences, learning new things)	□1	\square_2	□3	□4	□5		
2k)	Making a difference	\square_1	\square_2	\square_3	\square_4	\square_5		
21)	Enjoying myself in everyday life	\square_1	\square_2	□3	□4	\square_5		

3. Thinking back about your life when you were 25 YEARS OLD, how important were each of the following aspects of life for you then?

		Not at all important	Not very important	Important	Very important	Absolutely critical
3a)	Standard of living	\square_1	\square_2	\square_3	\square_4	\square_5
3b)	Personal safety	\square_1	\square_2	\square_3	\square_4	\square_5
3c)	Health and healthy lifestyle	\square_1	\square_2	\square_3	\square_4	\square_5
3d)	Partnership and family	\square_1	\square_2	□3	\square_4	\square_5
3e)	Friends and social relationships	\square_1	\square_2	\square_3	□4	\square_5
3f)	Community participation	\square_1	\square_2	\square_3	\square_4	\square_5
3g)	Free time	\square_1	\square_2	\square_3	\square_4	\square_5
3h)	Religious beliefs	\square_1	\square_2	\square_3	\square_4	\square_5
3i)	Professional career	\square_1	\square_2	\square_3	\square_4	\square_5
3j)	Personal development and growth (having new experiences, learning new things)	□1	□2	\square_3	□4	\square_5
3k)	Making a difference	\square_1	\square_2	\square_3	\square_4	\square_5
31)	Enjoying myself in everyday life	\square_1	\square_2	\square_3	\square_4	\square_5

4. Looking back at your life, how much do you regret...

		No regret	Slight regret	Moderat e regret	Strong regret	Very strong regret
4a)	the way you have handled your personal finances	\square_1	\square_2	\square_3	\square_4	\square_5
4b)	decisions you have made about your education	\square_1	\square_2	\square_3	\square_4	\square_5
4c)	decisions you have made that related to your job and career	□1	\square_2	\square_3	\square_4	\square_5
4d)	decisions you have made that affect your family	\square_1	\square_2	\square_3	\square_4	□5
4e)	the way you have handled friendships and social relationships	□1	\square_2	\square_3	\square_4	\square_5
4f)	decisions you have made that affect your health	\square_1	\square_2	□3	\square_4	\square_5
4g)	the way you pursued your leisure or free time like	□1	\square_2	\square_3	\square_4	\square_5
4h)	the way you have handled yourself like not being more independent, not being more outspoken, not being more agreeable, not being more spiritual, or not contributing more to society	□1	\square_2	\square_3	□4	□5
4i)	did not focus enough on the joys of everyday.	\square_1	\square_2	\square_3	\square_4	\square_5
4 j)	having made wrong choices in life in general.	\square_1	\square_2	□3	\square_4	\square_5

5. How satisfied you are with your current life and specific aspects of it?

		Not at all satisfied	Not very satisfied	Satisfied	Very satisfied	Completely satisfied
5a)	Life as a whole taking all things together	\square_1	\square_2	\square_3	\square_4	\square_5
5b)	Standard of living	\square_1	\square_2	\square_3	\square_4	\square_5
5c)	Personal safety	\square_1	\square_2	\square_3	\square_4	\square_5
5d)	Health	\square_1	\square_2	\square_3	\square_4	\square_5
5e)	Family relationships	\square_1	\square_2	\square_3	\square_4	\square_5
5f)	Friends and social relationships	\square_1	\square_2	\square_3	\square_4	\square_5
5g)	Home/residence	\square_1	\square_2	\square_3	\square_4	\square_5
5h)	Neighborhood/Local environment	□1	\square_2	\square_3	□4	\square_5
5i)	Amount of free time	\square_1	\square_2	\square_3	\square_4	\square_5
5j)	Overall achievements in life	\square_1	\square_2	\square_3	\square_4	\square_5

6.	We would like to ask you a few questions about YESTERDAY. Please take a
	short moment to first recall your activities and experiences yesterday. Which day
	of the week was yesterday?

□₁	Monday

- \square_2 Tuesday
- \square_3 Wednesday
- \square_4 Thursday
- □₅ Friday
- □₆ Saturday
- □₇ Sunday

7. How often, if at all, did you experience the following feelings YESTERDAY?

		Never	Rarely	Some of the time	Often	Almost all the time
7a)	Enjoyment	\square_1	\square_2	\square_3	\square_4	\square_5
7b)	Calm/Relaxed	\square_1	\square_2	\square_3	\square_4	\square_5
7c)	Worry	\square_1	\square_2	\square_3	\square_4	\square_5
7d)	Sadness	\square_1	\square_2	\square_3	\square_4	\square_5
7e)	Happiness	\square_1	\square_2	\square_3	\square_4	\square_5
7f)	Anger	\square_1	\square_2	\square_3	\square_4	\square_5
7g)	Stress/rush	\square_1	\square_2	\square_3	\square_4	\square_5
7h)	Tiredness	\square_1	\square_2	\square_3	\square_4	\square_5
7 i)	Hope	\square_1	\square_2	\square_3	\square_4	\square_5
7 j)	Gratitude	\square_1	\square_2	\square_3	\square_4	\square_5
7k)	Shame	\square_1	\square_2	\square_3	\square_4	\square_5
7I)	Love	\square_1	\square_2	\square_3	\square_4	\square_5
7m)	Boredom	\square_1	\square_2	\square_3	□4	\square_5
7n)	Pain	\square_1	\square_2	\square_3	\square_4	\square_5
70)	Irritability	\square_1	\square_2	\square_3	\square_4	\square_5
7p)	Content	\square_1	\square_2	\square_3	\square_4	\square_5
7q)	Frustration	\square_1	\square_2	\square_3	\square_4	\square_5
7r)	Motivation	\square_1	\square_2	\square_3	\square_4	\square_5
7s)	Resignation	\square_1	\square_2	\square_3	\square_4	\square_5
7t)	Hostility	\square_1	\square_2	\square_3	\square_4	\square_5
7u)	Nervousness	\square_1	\square_2	\square_3	\square_4	\square_5
7v)	Loneliness	\square_1	\square_2	\square_3	\square_4	\square_5
7w)	Reward	\square_1	\square_2	\square_3	\square_4	\square_5
7x)	Purpose	□1	\square_2	\square_3	□4	\square_5

8. Still thinking about yesterday, how much time did you spend on...

Please enter the number of hours and minutes spent on each activity. For example, if you spent one and a half hours on an activity, enter 1 for the hours and 30 for the minutes. Please enter 0 in the hours and minutes if you haven't done the activity. Also note that activities are not mutually exclusive. For example, if you have spent an hour reading a book alone at home, please indicate the length of time in both the "reading books, newspapers or magazines" category and the "staying home alone" category.

8a)	doing housework or yardwork such as cooking, cleaning, gardening etc.	hours	minutes
8b)	working for pay	hours	minutes
8c)	caring for a sick or disabled/frail person	hours	minutes
8d)	volunteering	hours	minutes
8e)	going for a walk or exercising	hours	minutes
8f)	healthcare and self-care such as grooming, visiting a doctor etc.	hours	minutes
8g)	traveling or commuting	hours	minutes
8h)	watching television	hours	minutes
8i)	listing to the radio	hours	minutes
8j)	reading books, newspapers or magazines	hours	minutes
8k)	using a computer or the Internet	hours	minutes
81)	spending time with/calling family	hours	minutes
8m)	spending time with/calling friends	hours	minutes
8n)	staying home alone	hours	minutes

(Ple	ease tick the one that ap	oplies)					
\Box_1	Yes – just a norma	ıl day					
	No, my day include	No, my day included unusual <u>negative</u> things					
	No, my day include	ed unusua	I positive	things			
а	10. In an average month, how often, if at all, do you have in-depth conversations about important things like your wishes, hopes or fears with any of the following persons?						
(Pi	lease tick one box in ea	ch row)					
		Never	Rarely	Some time	Often	Very often	Not applicable
10a)	Spouse or partner	\square_1	\square_2	\square_3	□4	\square_5	□9
10b)	Children	\square_1	\square_2	\square_3	\square_4	\square_5	□9
10c)	Grandchildren	\square_1	\square_2	\square_3	□4	\square_5	□9
10b)	Other family such as siblings etc.	\square_1	\square_2	\square_3	\square_4	\square_5	□9
10c)	Friends and acquaintances	□1	\square_2	□3	□4	□5	□9
44 6	Do view employ employed	ar bauaak	ald man	har auff	ion only of the	a fallau	din a
	Do you and/or any othe allergies?	er nouser	iola mem	per sum	er any or tr	ie follow	/ing
(Pi	lease tick all boxes that	apply in e	ach row)				
			Mys	elf (Other house member		lo one in the household
11a)	Hayfever, pollen, gras	s]1	\square_1		\square_1
11b)	Dust] ₁	\square_1		\square_1
11c)	Animal hair] ₁	\square_1		\square_1
11d)	Mold] ₁	\square_1		\square_1
11e)	Foods (e.g. nuts, shel wheat)	lfish, egg,]1	\square_1		\square_1
11f)	Medicines/drugs] ₁	\square_1		\square_1

9. Was yesterday a normal day for you or did something unusual happen?

12. Do	you c	urrently have one or more of the following pets in your household?		
(Ple	ase t	ick all that apply)		
12a)	□1	Dog		
12b)	\square_1	Cat		
12c)	\square_1	Bird		
12d)	\square_1	Fish		
12e)	\square_1	Other pets, please specify:		
2f)	□1	No pets in the household → GO TO QUESTION 16.		
13. Wh	ose d	lecision was it to get the pet(s)?		
(Ple	ease t	ick one answer that applies)		
13a)	\square_1	My decision alone		
13b)	\square_2	A joint decision of me and someone else		
13c)	\square_3	Someone else's decision alone		
13d)	□9	Don't know		
14. Wh	o is r	nainly responsible for taking care of the pet(s)?		
(Pl	ease i	tick one answer that applies)		
14a)	\square_1	Me alone		
14b)	\square_2	Me and someone else		
14c)	\square_3	Someone else alone		
14d)	\square_9	Don't know		

15. Please tell us how much you personally agree or disagree with each statement regarding your relationship between you and your pet(s) (even if you are not personally taking care of them).

		Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
15a)	I enjoy having my pet(s) around	□1	\square_2	\square_3	□4	\square_5
15b)	I love my pet(s)	\square_1	\square_2	\square_3	\square_4	\square_5
15c)	My pet(s) give me companionship	\square_1	\square_2	\square_3	\square_4	\square_5
15d)	It is very expensive to take care of my pet(s)	□1	\square_2	\square_3	\square_4	\square_5
15e)	I love to take care of my pet(s)	\square_1	\square_2	\square_3	\square_4	\square_5
15f)	My pet(s) is/are my friend(s)	\square_1	\square_2	\square_3	\square_4	\square_5
15g)	I talk to my pet	\square_1	\square_2	\square_3	\square_4	\square_5
15h)	My pet(s) add to my happiness	\square_1	\square_2	\square_3	\square_4	\square_5
15i)	I often play with my pet(s)	\square_1	\square_2	\square_3	\square_4	\square_5
15j)	I talk to others about my pet(s)	\square_1	\square_2	\square_3	\square_4	\square_5
15k)	My pet(s) makes me go outside more frequently	□1	\square_2	\square_3	\square_4	\square_5
15I)	My pet(s) help me to engage with other people	\square_1	\square_2	\square_3	□4	\square_5
15m)	My pet knows how I feel about things	□1	\square_2	\square_3	\square_4	\square_5
15n)	My pet(s) go(es) on my nerves	\square_1	\square_2	\square_3	\square_4	\square_5
150)	It is very hard work to take care of my pet(s)	\square_1	\square_2	\square_3	\square_4	\square_5

16. Finally, could	you please indicate	your gender and	year of birth:
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a)	I am		
	□ ₁ A man		
	□ ₂ A woma	n	
b) I w	as born in		(year).

Thank you very much for having taken the time to answer our questions.

Please give this questionnaire back to the interviewer or return it by mail using the pre-paid envelope at the survey institute.