

Version 2  
**P8158**

Serial								CK	Person	First name:	Card	
											0	3
1-9								10	11-12		13-14	

Batch no 15-19

# Personal Beliefs and Wellbeing

## Self-Completion Questionnaire In Confidence

The following questions are about your personal beliefs and wellbeing. Whilst they are not part of the main ELSA study, we would appreciate your help in answering them to assist us in designing our future questionnaire. Completion is, of course, entirely voluntary.

### HOW TO FILL IN THIS QUESTIONNAIRE

Please answer the questions by:

Ticking a box like this



### HOW TO RETURN THIS QUESTIONNAIRE

Please return the completed questionnaire in the pre-paid envelope as soon as you possibly can.

**PLEASE START THE QUESTIONNAIRE AT QUESTION 1 ON THE NEXT PAGE.  
THANK YOU AGAIN FOR YOUR HELP.**

Please indicate how strongly you agree or disagree with each of the following statements

*Tick one box on each line*

		<b>Strongly Agree</b>	<b>Some- what agree</b>	<b>Agree a little</b>	<b>Neither agree nor disagree</b>	<b>Disagree a little</b>	<b>Some- what disagree</b>	<b>Strongly disagree</b>
	20							
<b>1.</b>	I like most parts of my personality	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
	21							
<b>2.</b>	When I look at the story of my life, I am pleased with how things have turned out so far	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
	22							
<b>3.</b>	Some people wander aimlessly through life, but I am not one of them	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
	23							
<b>4.</b>	The demands of everyday life often get me down	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
	24							
<b>5.</b>	In many ways I feel disappointed about my achievements in life	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
	25							
<b>6.</b>	Maintaining close relationships has been difficult and frustrating for me	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
	26							
<b>7.</b>	I live life one day at a time and don't really think about the future	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
	27							
<b>8.</b>	In general, I feel I am in charge of the situation in which I live	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7

*Tick one box on each line*

	<b>Strongly Agree</b>	<b>Some-what agree</b>	<b>Agree a little</b>	<b>Neither agree nor disagree</b>	<b>Disagree a little</b>	<b>Some-what disagree</b>	<b>Strongly disagree</b>
28							
9. I am good at managing the responsibilities of daily life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29							
10. I sometimes feel as if I've done all there is to in life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30							
11. For me, life has been a continuous process of learning, changing and growth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31							
12. I think it is important to have new experiences that challenge how I think about myself and the world	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32							
13. People would describe me as a giving person, willing to share my time with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33							
14. I gave up trying to make big improvements or changes in my life a long time ago	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34							
15. I tend to be influenced by people with strong opinions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35							
16. I have not experienced many warm and trusting relationships with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tick one box on each line

	<b>Strongly Agree</b>	<b>Some- what agree</b>	<b>Agree a little</b>	<b>Neither agree nor disagree</b>	<b>Disagree a little</b>	<b>Some- what disagree</b>	<b>Strongly disagree</b>
36							
17. I have confidence in my own opinions, even if they are different from the way most other people think	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
37							
18. I judge myself by what I think is important, not by the values of what others think is important	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
38							
19. I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
39							
20. I have a sense of direction and purpose in life	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
40							
21. In general, I feel confident and positive about myself	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
41							
22. Most people see me as loving and affectionate	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
42							
23. I am not interested in activities that will expand my horizons	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7

*Tick one box on each line*

	<b>Strongly Agree</b>	<b>Some-what agree</b>	<b>Agree a little</b>	<b>Neither agree nor disagree</b>	<b>Disagree a little</b>	<b>Some-what disagree</b>	<b>Strongly disagree</b>
43							
24. I do not fit very well with the people and the community around me	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
44							
25. My decisions are not usually influenced by what everyone else is doing	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
45							
26. I don't have a good sense of what it is I'm trying to accomplish in life	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
46							
27. I feel like many of the people I know have got more out of life than I have	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
47							
28. I often feel lonely because I have few close friends with whom to share my concerns	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
48							
29. When I think about it, I haven't really improved much as a person over the years	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
49							
30. I often feel overwhelmed by my responsibilities	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7

*Tick one box on each line*

	<b>Strongly Agree</b>	<b>Some- what agree</b>	<b>Agree a little</b>	<b>Neither agree nor disagree</b>	<b>Disagree a little</b>	<b>Some- what disagree</b>	<b>Strongly disagree</b>
50							
<b>31.</b> It's difficult for me to voice my own opinions on controversial matters	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
51							
<b>32.</b> I used to set goals for myself, but that now seems like a waste of time	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
52							
<b>33.</b> My attitude about myself is probably not as positive as most people feel about themselves	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
53							
<b>34.</b> It seems to me that most other people have more friends than I do	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
54							
<b>35.</b> I have the sense that I have developed a lot as a person over time	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
55							
<b>36.</b> I have difficulty arranging my life in a way that is satisfying to me	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
56							
<b>37.</b> I often change my mind about decisions if my friends or family disagree	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7

*Tick one box on each line*

	<b>Strongly Agree</b>	<b>Some- what agree</b>	<b>Agree a little</b>	<b>Neither agree nor disagree</b>	<b>Disagree a little</b>	<b>Some- what disagree</b>	<b>Strongly disagree</b>
57							
<b>38.</b> I enjoy making plans for the future and working to make them a reality	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
58							
<b>39.</b> When I compare myself to friends and acquaintances, it makes me feel good about who I am	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
59							
<b>40.</b> I know that I can trust my friends, and they know they can trust me	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
60							
<b>41.</b> There is truth to the saying you can't teach an old dog new tricks	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
61							
<b>42.</b> I have been able to build a home and a lifestyle for myself that is much to my liking	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
62							
<b>43.</b> I am an active person in carrying out the plans I set for myself	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7

**Thank you very much for taking the time  
to answer our questions.**

**Please return to NatCen in the prepaid envelope provided.  
All your answers will remain confidential.**