



**Healthy Ireland Survey 2016
Technical Report**
Prepared by Ipsos MRBI

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Report

1. Introduction

The Healthy Ireland Survey is an annual interviewer administered face-to-face survey commissioned by the Department of Health. It is part of the Healthy Ireland Framework to improve the health and wellbeing of people living in Ireland.

The objectives of this survey are to:

- Provide and report on current and credible data, to enhance the monitoring and assessment of the various policy initiatives under the Framework
- Support and enhance Ireland’s ability to meet many of its international reporting obligations
- Feed into the Outcomes Framework for Healthy Ireland and contribute to assessing, monitoring and realising the benefits of the overall health reform strategy
- Allow targeted monitoring where necessary, with an outcomes-focussed approach, leading to enhanced responsiveness and agility from a policymaking perspective
- Support the Department of Health in ongoing engagement and awareness-raising activities in the various policy areas and support better understanding of policy priorities

In June 2014, the Department of Health commissioned Ipsos MRBI to undertake this survey. Fieldwork for the initial wave of this survey took place between November 2014 and August 2015. Results of the initial wave were published in October 2015.

This report relates to design and administration of the second wave of this survey. The second wave consists of 7,498 interviews conducted with a representative sample of the population aged 15 and older living in Ireland. Respondents were selected using a probability-based methodology and interviewed in their homes. Survey fieldwork was conducted between September 2015 and May 2016.

2. Background

This wave of the Healthy Ireland Survey included questions covering a variety of topics including:

- Smoking
- Alcohol
- Diet and nutrition
- Physical activity
- Sexual health
- General health
- Health service utilisation
- Mental health

After completing the interviewer-administered survey questionnaire, respondents aged 17 and over were asked to complete a self-completion questionnaire on issues relating to sexual health. A total of 5,916 respondents (80% of those aged 17 and over) provided a valid answer to at least one question in this section.

Approval to conduct the study was provided by the Research Ethics Committee at the Royal College of Physicians of Ireland.

3. Development of Survey Instruments

3.1 Questionnaire Design

A core objective of the Healthy Ireland Survey is to provide a source for current and consistent data on a variety of aspects relating to the health and wellbeing of the population in Ireland. In order to ensure consistency in these measurements some elements of the questionnaire are not changed between survey waves. However, a degree of flexibility exists to introduce changes to other elements of the questionnaire in order to allow for exploration of additional areas of interest.

The process of revising the questionnaire took place between May and August 2015. This took into account new survey elements requested by the Department of Health as well as revisions suggested by Ipsos MRBI based on experience undertaking the initial wave of the survey.

3.2 Differences Between Questionnaires Used in 2016 & 2015 Surveys

The table below outlines the key differences between the questionnaires used in the 2016 and 2015 surveys. A copy of the questionnaire used in the 2016 survey is included in the Appendices.

Section	Changes made
General Health	Additional questions on attendance at Emergency Department, past year admittance to hospital as day patient, in-patient and number of in-patient stays in a private hospital.
Smoking	Additional questions on interactions with health professionals in relation to quitting and exposure to second-hand smoke.
Alcohol	Additional questions on highest number of standard drinks consumed on a single day in past 12 months, perceptions of own drinking, AUDIT-C scoring and awareness of health risks of alcohol. Question removed on harms from alcohol in past 12 months.
Diet and nutrition	Additional question on taking a folic acid supplement.

Weight management	Unchanged
Physical measurements	Removed from survey
Social connectedness	Unchanged
Wellbeing	Unchanged
Attitudes to dementia	Removed from survey
Mental health	Addition of the Reported and Intended Behaviour Scale (RIBS)
Socio-demographics	Unchanged
Sexual health	Unchanged

3.3 CAPI Scripting

All interviewing was conducted through Computer Assisted Personal Interviewing (CAPI). Following agreement on changes to be implemented to the questionnaire, it was converted into a CAPI script suitable for interviewing.

As with the first wave of the survey a range of procedures were put in place to ensure that the data were suitably validated, further enhancing the quality of the data. Examples of key procedures used were as follows:

- Survey routing to ensure that respondents are only asked those questions relevant to them. For example, only those who smoked were asked questions in relation to quitting.
- Text substitutions in question wording to ensure questions are worded effectively and easily understood. For example, changing the tense of questions to reflect current working status.
- Not allowing contradictions at certain questions. For example, the interviewer was not permitted to record that the respondent never drank six or more standard drinks, if it had already been recorded that the respondent typically drank a higher amount than this.

The survey used Dimensions software which is designed with ease of use and minimal training in mind. Question wording and instructions were clearly displayed at the top of the screen, and answer options at the bottom of the screen.

3.4 Questionnaire Testing

In advance of commencement of fieldwork, the questionnaire and CAPI script underwent a period of extensive testing. This rigorous piloting procedure ensured that the questionnaire presented questions to respondents in a meaningful way that could be easily understood and were logical in context of earlier answers given.

The survey script and stimulus materials were subsequently refined based on feedback from this process.

4. Sample Design

In selecting a sample design strategy before commencing the first wave of this survey, consideration was required in terms of a key objective of the study – to provide data that is in line with best international practice. In this regard, it was decided to utilise a probability sample.

The sampling approach used in this wave directly replicates that used in the first wave, and a summary of the steps taken are outlined below.

The study uses the An Post/Ordnance Survey Ireland GeoDirectory as the primary sampling frame. GeoDirectory is a complete database of every building in the Republic of Ireland. Each of the 2.2 million addresses contained in GeoDirectory includes an accurate standardised postal address, usage details for each building (commercial or residential), a unique 8-digit identity number and geo-coordinates which accurately locate the centre point of each building to within one metre.

A two-stage equal-probability sample of addresses was drawn, with the aim of attempting to interview a randomly selected individual at each selected address.

The sample was issued in Electoral Division clusters. In line with good sampling practice, all Electoral Divisions containing fewer than 500 addresses were combined with adjacent sectors before the first stage of sampling (i.e. before clusters are selected). This ensured that each cluster covered a sufficiently large geographic area.

The sample was stratified by region and within this by relevant variables. Stratification is effective to the extent that variables chosen as stratifiers correlate with key survey variables. In the light of this, stratified within region, by urban/rural and proportion of owner occupiers.

A total of 686 clusters were selected with probability proportional to address count. Addresses selected for the previous survey were removed from the sample, and twenty addresses were then selected systematically (random start and fixed interval skip) from the list of addresses in each PSU, thereby ensuring a spread of addresses across the cluster.

With 10.5% of addresses anticipated to be ineligible and a target 60% response rate (which is considered the gold standard on population studies such as this one) this would deliver an average of 10.74 interviews per cluster.

Summary of sample design	
Number of clusters	686
Number of addresses per cluster	20
Gross sample of addresses	13,720
Estimated number eligible (89.5%)	12,277
Anticipated number of completed interviews (60% response rate)	7,366

Selecting households and adults

In the cases where an address generates more than one household, one was selected by the interviewer in the field using a random selection method. This method was simple for the interviewer to apply and has a minimal impact on design effects.

In each selected household, individuals aged 15+ were listed and the interviewer selected one eligible individual through a randomised approach (e.g. KISH Grid). This is the only individual within that household that could be interviewed, and the interviewer could not seek a replacement if that individual was unwilling to participate.

5. Fieldwork Procedures

5.1 Briefing and Training Of Interviewers

A total of 104 interviewers worked on this wave of the Healthy Ireland Survey. This includes 79 interviewers who also worked on the first wave of the survey.

Interviewers received extensive briefing and training, including attending in-person briefing sessions and receiving a detailed interviewer manual.

Topics covered by the training sessions included:

- Background to the study
- Questionnaire coverage
- Social class coding
- Sampling and Contact Sheets
- Ethical considerations
- Maximising survey response
- Project administration

In addition to the in-person training received, all interviewers were also provided with detailed written instructions on all aspects of the project. This included instructions for individual questions to assist interviewers in addressing respondent queries.

Interviewers also had ongoing access to telephone support from field management staff throughout the fieldwork period.

5.2 Interviewer Materials

Upon completion of interviewer training, all interviewers were issued with their initial assignment of twenty addresses as well as a workpack containing the necessary fieldwork materials. This workpack included:

- Survey materials
 - Interviewer manual
 - A paper copy of the CAPI questionnaire
 - Assignment sheets
 - Contact sheets
 - KISH grid

- Showcards and information sheets
- Self-completion questionnaire
- Envelopes for self-completion questionnaire

- Advance communications
 - Letter of introduction for each household (2 copies of each letter)
 - Call back cards
 - Appointment cards
 - Garda introduction and form
 - Copy of Healthy Ireland letter to household

- Respondent materials
 - Consent form
 - Thank you slips

5.3 Undertaking Survey Fieldwork

Whilst the interviewing methodology is relatively straightforward to administer, ensuring it is done in the correct manner requires the implementation of specific strategies to ensure respondents understand what is involved in the survey and can provide informed consent. Details on the specific strategies used on this study are provided below.

5.3.1 Sending advance letters to potential respondents

Two advance letters were provided to all households that were selected to take part in the study. One letter was sent before the start of fieldwork on Department of Health – Healthy Ireland headed paper to inform the householder that it had commissioned Ipsos MRBI to undertake this study and that their household had been selected to take part. It also provided an overview of what was involved in taking part in the study. The second letter was issued a few days before the interviewer commenced work on a particular assignment. It was printed on Ipsos MRBI headed paper and provided further detail on the survey process and a respondent information sheet providing information on the household selection process and survey content.

Both letters were sent separately in advance of the interviewer commencing work on an assignment. Where the selected address was identified on GeoDirectory as being unique (i.e. it did not share its address with other households), these letters were despatched centrally by post.

In the case of non-unique addresses, interviewers themselves delivered the letters from Ipsos MRBI by hand. In addition, as those living in households that share addresses with other households may not have received a letter from Healthy Ireland (due to insufficient address details for delivery through the postal system), the interviewer had a copy of this letter to show to respondents in those households.

This practical step provides reassurance to the occupants of the household, as they will be forewarned about the survey and had both Ipsos MRBI's and Healthy Ireland's details. It also formalises the process lending weight to the notion of a 'pre-selected address' where no other address could be substituted in its place.

5.3.2 Informing the Garda Síochána

In advance of commencing the fieldwork Ipsos MRBI sent a letter to the Garda Headquarters to inform them of the nature of the survey and that interviewers would be working throughout the country. In addition, interviewers were required to visit local Garda stations in the areas they were working in and deliver a form that informed the local Gardaí that they would be working in the area during a particular time period. This form provided information about their car as well as contact details for the interviewer and the Project Manager. This was accompanied by a copy of the letter that was sent to Garda Headquarters.

This step ensured that Gardaí could provide reassurances about interviewers visiting their area, in particular given that a car they do not recognise may be driving around the area and visiting different households.

5.3.3 Informed consent

Verbal consent was obtained from all participants. In providing this consent, respondents were informed that their participation in the survey was voluntary, that they are free to refuse to answer any particular question, to stop the interview at any point and to request that all data they provided to Ipsos MRBI be destroyed. Signed consent from the parent/guardian of those aged under 18 was received prior to an interview taking place with a minor.

5.3.4 Additional forms of communication

In addition to the information provided to respondents through a variety of written and verbal communication from Healthy Ireland, Ipsos MRBI and the interviewer, respondents could request further information through a variety of forms of contact. All materials provided to respondents included a telephone number and email address to make contact with the project management team. In addition, the Ipsos MRBI website included a dedicated section with an outline of the study and a contact form should further detail be required.

5.3.5 Multiple contacts with households

Interviewers carried out up to five calls – an initial call, plus four call-backs – at each address for each potential respondent in each household, at different times and days. In practice, some addresses would have received more calls in order to convert “soft refusals” and to follow-up on appointments with other members of the household.

Interviewers also left appointment cards at households where a respondent was not at home. This card provided brief details of the study and a name and telephone number to call either to arrange an interview at a time most convenient to them or to find out more about the study.

5.4 Fieldwork Quality Controls

Ipsos MRBI’s ISO 9001 certified fieldwork management procedures were used to ensure timely and effective completion of interviewing. This involved a number of specific procedures:

- Ongoing contact with interviewers and supervisors to monitor progress across individual sampling points and regions;
- Completed interviews were uploaded by interviewers on a daily basis to ensure that interim data files could be produced to check the quality and integrity of the data;
- Interviewers had the support of supervisors and head office field management staff throughout the project, ensuring a swift resolution to any problems that emerged.

In order to monitor progress, and calculate response rates, interviewers completed a contact sheet for each address that was issued to them. These contact sheets were prefilled with household address and sample identifier numbers, and required interviewers to record details of each visit to the household and outcomes for individual household members.

A key element of the quality control process involves randomly selecting 10% of all assignments and contacting each household. In doing so, householders are asked a series of questions including:

- Whether an interviewer has called to their house recently
- What the subject of the survey was
- How long the survey took in total
- Overall rating of the interviewer
- Whether respondent was asked to complete a self-completion questionnaire (among those 17+)

A total of 141 interviewing assignments were randomly selected and contacted by telephone. In order to maximise the number of households contacted, each telephone number was attempted up to three times. All who were contacted verified the survey information that was collected. As such no changes were made to the data as a result of these quality checks.

6. Fieldwork Response

In order to conduct the Healthy Ireland survey, 13,720 addresses were pre-selected in advance of fieldwork in line with the sampling procedures outlined in section four of this report. In order to maximise the robustness of this approach it is crucial to achieve a high response rate. A core requirement of the Healthy Ireland Survey is to achieve a response rate of 60% amongst all eligible households.

Table 6.1 below details the response rate for each household that was sampled.

Table 6.1 Overview of fieldwork response

Category	Outcome	Cases
Complete interview	Full interview	7,498
Unproductive address	No reply after five contacts	1,825
	Address inaccessible/dangerous	250
	Address not found	86
	Appointment not maintained by respondent	6
	Partial interview	4
	Other reason unproductive	418
Refusal	Upfront refusal to interviewer	2,204
	Respondent refusal by contacting head office	218
Ineligible	Property vacant	822
	Occupied, but not main residence (e.g. holiday home)	163
	Non-residential address	111
	Communication difficulties	115
Total		13,720

The response rate is calculated by dividing the number of complete interviews by the sum of all addresses minus ineligible addresses. The response rate therefore is 59.9% (7,498 divided by 12,509).

Further analysis of the response rate indicates a much lower response rate in Dublin compared to other regions (46.5% within Dublin compared to 65.3% outside Dublin). This is comparable to other surveys and is addressed through the post-survey weighting structure that is applied.

Table 6.2 Fieldwork response by region

Category	Outcome	Dublin	Rest of Leinster	Munster	Conn/ Ulster
Complete interview	Full interview	1,659	1,932	2,151	1,756
Unproductive address	No reply after five contacts	829	397	406	193
	Address inaccessible/dangerous	151	43	30	26
	Address not found	30	16	23	17
	Appointment not maintained by respondent	2	1	3	0
	Partial interview	1	1	2	0
	Other reason unproductive	122	100	138	58
Refusal	Upfront refusal to interviewer	695	576	691	242
	Respondent refusal by contacting head office	78	56	68	16
Ineligible	Property vacant	124	224	255	219
	Occupied, but not main residence (e.g. holiday home)	3	27	69	64
	Non-residential address	29	34	26	22
	Communication difficulties	37	33	18	27
Total		3,760	3,440	3,880	2,640
Response rate		46.5%	61.9%	61.2%	76.1%

Over the course of the fieldwork period, 37,589 contacts were made to the 13,720 households that were selected. This equates to an average of 2.74 contacts per household, with 2,634 households being contacted at least five times before a final outcome was achieved.

Table 6.3 Number of contacts made to each selected household

Number of contacts made to household	Number of households
1	4,163
2	3,180
3	2,208
4	1,535
5	1,502
6 or more	1,132
Total	13,720

One of the modules on the questionnaire – sexual health – was optional for respondents. While respondents were encouraged to answer these questions, a proportion of respondents opted not to complete one or both sections. At an overall level 83% provided a valid answer to the initial question, and 80% were eligible for the questions on sexual health (3% answered that they had never had sexual intercourse). Participation rates differed by demographic group, with younger respondents typically more likely to participate in each module.

Table 6.4 Participation in sexual health module

	% Participating*
Total	83%
Men	82%
Women	84%
17-24	94%
25-34	95%
35-44	94%
45-54	88%
55-64	83%
65+	63%

**Only those aged 17 and older were asked to participate in the sexual health module. As such the participation rates for sexual health are based on those aged 17 and older*

Necessary adjustments were made when weighting the data in order to account for differential participation rates.

7. Data Preparation

7.1 Data Processing

As the survey was conducted through CAPI (Computer Assisted Personal Interviewing) the survey routing and many of the survey logic checks were automated and completed during fieldwork. This minimised the extent of data cleaning that was required post-fieldwork. However, extensive data checking was conducted following data collection and appropriate editing and data coding was conducted to ensure the accuracy of the final dataset.

Data processing was conducted on an ongoing basis during survey fieldwork. This involved a number of tasks:

- Data entry of contact sheets
- Data entry of self-completion questionnaires
- Merging and validation checks between different data sources (CAPI interview, self-completion questionnaire and contact sheet)
- Logic checking of data
- Formatting of values for missing, don't know and refused answers
- Review and recoding of other specify codes
- Creating derived variables to facilitate data analysis (for example, variables indicating total number of minutes spent sitting, calculation of RIBS score etc.)
- Formatting of variable names to ensure they appear in a sensible manner in the dataset
- Converting final data into SAS format and checking that transition was made correctly

Whilst some of this process was semi-automated, it also involved an extensive amount of manual checking of data and comparisons between different data sources. Extensive analysis was also conducted at this stage and compared to other population studies and national statistics to ensure comparability with other datasets.

All data processing was conducted by Ipsos MRBI's specialist data management team and data were delivered in SAS format.

7.2 Data Weighting

A survey of this nature requires data weighting for two reasons. Firstly, differential response rates mean that some groups in the population are less likely to respond to the survey than others. This may be due to them being less accessible (for example, younger males typically spend less time at home than other groups so are less likely to take part in surveys), or are being less amenable to an approach to participate in a survey (for example, those living in Dublin are typically less likely to take part in surveys than those living in rural areas).

Secondly, the sampling approach used for this survey (one individual selected at random within a household) meant that those living in households with fewer people were more likely to be selected than those living in households with more people. For example, someone living alone in a selected household is three times more likely to be selected than someone living with two other individuals aged 15 or older.

As such, data weighting is used to overcome potential distortions that could arise as a result of these factors.

In producing weights for the Healthy Ireland survey it is necessary to do this at three levels – firstly for the overall dataset, and additionally for the sexual health module. The sexual health module was optional for survey participants, and although it had a high response rate it was observed that older individuals in particular were less likely to participate which could potentially distort the results.

Overall weights

The first stage in producing these weights is to generate a selection weight. This is done in order to address any issues that may arise due to those living in smaller households being more likely to be selected. In doing so a weight is calculated that is the inverse of the selection probabilities – i.e. those living in larger households had a higher weight applied than those living in smaller households.

The second stage in this process is to overcome discrepancies that arise due to differential response rates. In doing so the weighting variables should relate to both response behaviour (i.e. likelihood of participating) and healthy behaviours. With this in mind, weights were produced by the following variables.

- Age by sex
- Education
- Working status (respondent)
- Region

Population information taken from Central Statistics Office (Census 2011 and Quarterly National Household Survey, Q1 2016), and a rrm weighting process was used.

Weights for sexual health module

Weights for the sexual health module were generated using logistic regression modelling. This method is generally used where individual-level information about each respondent is known. In this instance, although someone may not have participated in the sexual health module, a wide variety of information is known about them from other questions that they did answer. The logistic regression model makes best use of the available data to model non-response behaviour and predict the likelihood that a respondent will participate, given their individual and household characteristics. The weights are then generated as the inverse of this predicted probability.

Only respondents aged 17 and over were eligible for the sexual health questions, hence any individuals aged 15 or 16 were excluded from the sexual health non-response model. This means the non-response model is modelling response behaviour for eligible individuals only – i.e. those aged 17 and over, rather than the overall profile.

Variables used to produce weights for the sexual health module were

- Age by sex
- Education
- Working status
- Region
- General health (Q.1)
- Marital status
- Ethnicity
- Whether the individual has ever drunk alcohol

The weights were checked at each stage and a small number (around 0.5%) of high weights were capped to prevent extreme weights. The final weights were scaled to give a mean of one and ensure the weighted sample size matches the unweighted sample size.

Appendices

Appendix A	Final Questionnaire
Appendix B	Showcards
Appendix C	Self-Complete Questionnaire
Appendix D	Contact Sheet
Appendix E	Letter of Introduction (Ipsos MRBI)
Appendix F	Letter of Introduction (Department of Health)
Appendix G	Consent Form
Appendix H	Information Sheets

Appendix A: Final Questionnaire

**Healthy Ireland
Wave 2
FINAL**

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I.D. No.
(1-4)

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Interviewer No.
(5-8)

Ass. No. _____

Q'aire No. _____

Ipsos MRBI/15-049826

ASK ALL

INTERVIEWER NOTE: SHOW THE RESPONDENT THE PARTICIPANT INFORMATION SHEET AND THEN ASK:

Consent Q. Can you please confirm that you have read and understood the information sheet I have shown you and are happy to proceed?

- Yes 1
No..... 2 **CLOSE**

ASK ALL

SINGLE CODE

Q.58 How would you define your current situation with regard to work?

SHOWCARD Q.58

Working for payment or profit
Looking for first regular job
Unemployed, having lost or given up previous job
Actively looking for work after voluntary interruption of working life (for 12 months or more) for personal or domestic reasons
Student or pupil
Engaged on home duties
Retired from employment
Unable to work due to permanent sickness or disability.
Other (please specify)

GENERAL HEALTH

ASK ALL

Firstly, I would like to ask you a few questions about your general health...

ASK ALL

SINGLE CODE

Q.1 How is your health in general?

SHOW CARD Q.1

- Very Good 1
Good..... 2
Fair 3
Bad 4
Very Bad 5
Don't Know (DNRO)..... 6
Refused (DNRO)..... 7

SINGLE CODE

Q.2 Do you have any long standing illness or health problem i.e. problems which have lasted or will last for at least 6 months or more?

-
- | | |
|------------------------|---|
| Yes | 1 |
| No..... | 2 |
| Don't Know (DNRO)..... | 3 |
| Refused (DNRO)..... | 4 |

SINGLE CODE

Q.3 For at least the past six months to what extent have you been limited in everyday activities because of health problems i.e. an on-going physical or mental health problem, illness or disability?

SHOW CARD Q.3

- | | |
|--------------------------------|---|
| Severely Limited..... | 1 |
| Limited but not severely | 2 |
| Not limited at all..... | 3 |
| Don't Know (DNRO)..... | 4 |
| Refused (DNRO)..... | 5 |

MULTI CODE

Q.4 Have you suffered from any of the following conditions in the past 12 months?

SHOW CARD Q.4

	YES
Asthma (allergic asthma included)	1
Chronic bronchitis, chronic obstructive pulmonary disease (COPD), emphysema	2
Heart Attack or chronic consequences of heart attack	3
High blood pressure	4
A stroke or the chronic consequences of stroke (cerebral haemorrhage or cerebral thrombosis)	5
Arthrosis (excluding arthritis)	6
Arthritis	7
Lower back disorder or other chronic back defects	8
Neck disorder or other chronic neck defects	9
Diabetes	10
Allergy, such as rhinitis, hay fever, eye inflammation, dermatitis, food allergy or other (allergic asthma excluded)	11
Cirrhosis of the liver	12
Urinary incontinence or problems in controlling the bladder	13
Kidney problems	14
Depression	15
None of these	16

SINGLE CODE

INTERVIEWER NOTE: THE FOLLOWING SHOULD BE EXCLUDED FOR THE PURPOSES OF THESE QUESTIONS: VISITS FOR PRESCRIBED LABORATORY TESTS, VISITS TO PERFORM PRESCRIBED AND SCHEDULED TREATMENT PROCEDURES E.G. INJECTIONS, PHYSIOTHERAPY ETC., VISITS TO DENTISTS.

Q.5a When was the last time you consulted a GP or family doctor on your own behalf? This includes home visits and phone consultations but excludes nurse-only consultations.

SHOW CARD Q.5a

- Less than 12 months ago..... 1
- More than 12 months ago 2
- Never Consulted 3
- Don't Know (DNRO)..... 4
- Refused (DNRO)..... 5

ASK Q.5b IF CODE 1 AT Q.5a

Q.5b How often in the last four weeks did you consult a GP on your own behalf, excluding nurse only consultations?

RECORD OCCASIONS.

- Have not consulted in the past 4 weeks CTRL + 1
- Don't Know (DNRO)..... CTRL + 2
- Refused (DNRO)..... CTRL + 3

ASK ALL

Q.5c When was the last time you consulted a nurse within a GP practice on your own behalf, excluding visits where you also consulted the GP?

SHOW CARD Q.5c

- Less than 12 months ago..... 1
- More than 12 months ago 2
- Never Consulted 3
- Don't Know (DNRO)..... 4
- Refused (DNRO)..... 5

ASK Q.5d IF CODE 1 AT Q.5c

Q.5d How often in the last four weeks did you consult such a nurse working within a GP practice on your own behalf, excluding visits where you also consulted the GP?

RECORD OCCASIONS.

- Have not consulted in the past 4 weeks CTRL + 1
- Don't Know (DNRO)..... CTRL + 2
- Refused (DNRO)..... CTRL + 3

ASK ALL

SINGLE CODE

SHOW CARD Q.5e

Q.5e When was the last time you consulted a medical or surgical consultant on your own behalf?

- Less than 12 months ago..... 1
- More than 12 months ago 2
- Never Consulted 3
- Don't Know (DNRO)..... 4
- Refused (DNRO)..... 5

ASK Q.5f IF CODE 1 AT Q.5e

Q.5f How many times have you consulted such a medical or surgical consultant in the past 4 weeks?

RECORD OCCASIONS.

Have not consulted in the past 4 weeks	CTRL + 1
Don't Know (DNRO).....	CTRL + 2
Refused (DNRO).....	CTRL + 3

ASK ALL

Q.130 During the past 12 months, how many times have you attended an Emergency (A&E) department on your own behalf?

RECORD OCCASIONS.

Have not been to A+E in past 12 months	CTRL + 1
Don't Know (DNRO).....	CTRL + 2
Refused (DNRO).....	CTRL + 3

ASK ALL

Q.131a During the past 12 months, how many times have you been admitted to a hospital as an in-patient?

RECORD OCCASIONS.

Have not been admitted to hospital as an in-patient in the past 12 months	CTRL + 1
Don't Know (DNRO).....	CTRL + 2
Refused (DNRO).....	CTRL + 3

ASK ALL CODED 1 OR MORE AT Q131A

SHOWCARD 131b

Q.131b How many of these in-patient stays were in a private hospital?

RECORD OCCASIONS..ANSWER MUST BE EQUAL TO OR LESS THAN ANSWER AT Q.131A

Have not been admitted to a hospital an in-patient at a private hospital in the past 12 months	CTRL + 1
Don't Know (DNRO).....	CTRL + 2
Refused (DNRO).....	CTRL + 3

ASK ALL

Q.132 During the past 12 months, how many times have you been admitted to hospital as a day-patient?

RECORD OCCASIONS.

Have not been admitted to a hospital as a day patient in the past 12 months	CTRL + 1
Don't Know (DNRO).....	CTRL + 2
Refused (DNRO).....	CTRL + 3

TOBACCO

Moving on, I would now like to ask you a few questions relating to tobacco consumption.....

ASK ALL**SINGLE CODE****SHOW CARD Q.6**

Q.6 Do you smoke tobacco products?

Yes, daily.....	1	<u>GO TO Q9a</u>
Yes, occasionally	2	<u>GO TO Q9b</u>
No.....	3	<u>GO TO Q7</u>
Don't Know (DNRO).....	4	<u>GO TO Q10</u>
Refused (DNRO).....	5	<u>GO TO Q10</u>

ASK Q.7 IF CODE 3 SELECTED AT Q.6**SINGLE CODE****SHOW CARD Q.7**

Q.7 Did you ever smoke tobacco products (in the past)?

Yes, daily.....	1	<u>GO TO Q8</u>
Yes, occasionally	2	<u>GO TO Q8</u>
No.....	3	<u>GO TO Q10</u>
Don't Know (DNRO).....	3	<u>GO TO Q10</u>
Refused (DNRO).....	3	<u>GO TO Q10</u>

ASK Q.8 IF CODE 1 OR 2 SELECTED AT Q.7**SINGLE CODE**

Q.8 About how long has it been since you last smoked tobacco products?

SHOWCARD Q.8

Within the past month (anytime< than 1 month ago)	1
Within the past 3 months (1 month but < than 3 months ago)	2
Within the past 6 months (3 months but < than 6 months ago)	3
Within the past year (6 months but < than 1 year ago)	4
Within the past 5 years (1 year but < than 5 years ago)	5
Within the past 10 years (5 years but < than 10 years ago)	6
10 or more years ago	7
Don't Know (DNRO).....	8
Refused (DNRO).....	9_

ASK Q.9a IF CODE 1 AT Q.6. LIMIT RANGE TO 0-199.

INTERVIEWER NOTE: IF RESPONDENT HAS DIFFICULTY ASK THEM TO ESTIMATE THE AMOUNT THEY SMOKE FOR THE PRODUCT THEY SMOKE MOST OFTEN.

Q.9a On average how many of the following tobacco products do you smoke each day?

SHOWCARD Q.9a

RECORD NO. OF CIGARETTES ETC. SMOKED DAILY

Manufactured cigarettes	
Hand-rolled cigarettes	
Pipes full of tobacco	
Cigars	
Any others (please specify)	

ASK Q.9b IF CODE 2 AT Q.6. LIMIT RANGE TO 0-499.

INTERVIEWER NOTE: IF RESPONDENT HAS DIFFICULTY, ASK THEM TO ESTIMATE THE AMOUNT THEY SMOKE FOR THE PRODUCT THEY SMOKE MOST OFTEN.

Q.9b On average how many of the following tobacco products do you smoke each week?

SHOWCARD Q9b

Manufactured cigarettes	
Hand-rolled cigarettes	
Pipes full of tobacco	
Cigars	
Any others (please specify)	
Smokes less often than once a week	

ASK ALL

SINGLE CODE

Q.10 Which of the following statements BEST applies to you?

SHOWCARD Q.10

- I have never heard of e-cigarettes and have never tried them 1
- I have heard of e-cigarettes but have never tried them 2
- I have tried e-cigarettes but do not use them (anymore) 3
- I have tried e-cigarettes and still use them 4
- Don't know (DNRO) 5
- Refused (DNRO) 6

ASK Q.11 IF CODE 1 OR 2 AT Q.6 OR IF CODE 1, 2, 3 OR 4 AT Q.8

SINGLE CODE

Q.11 During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

- Yes 1
- No 2
- Don't Know (DNRO) 3
- Refused (DNRO) 4

ASK Q.12 IF CODE 1 AT Q.11

MULTICODE

SHOWCARD Q.12

Q.12 During your last attempt to give up, did you use any help?

Nicotine patches, gum, lozenges, spray	1
Varenicline/Champix or Bupropion/Zyban (prescribed medication)	2
Acupuncture	3
Smokers telephone Quitline/Helpline	4
www.quit.ie	5
www.facebook.com/HSEquit.....	6
E-cigarettes	7
Other aid, help, support (please specify)	8
No help used	9
Don't Know (DNRO).....	10
Refused (DNRO).....	11

ASK Q.13 IF CODE 1 OR 2 AT Q.6

SINGLE CODE

SHOWCARD Q.13

Q.13 Are you currently...?

Trying to quit	1
Actively planning to quit	2
Thinking about quitting but not planning to	3
Not thinking about quitting	4
Don't Know (DNRO).....	5
Refused (DNRO).....	6

ASK Q. IF CODE 1 OR 2 AT Q.6

SINGLE CODE

SHOW CARD Q.115

READ OUT STATEMENTS.

Q.115 In the last 12 months did any of the following health professionals discuss ways of giving up smoking with you?

	Saw this health professional in the last 12 months and discussed ways of giving up smoking	Saw this health professional in the last 12 months but did not discuss ways of giving up smoking	Did not see this health professional in the last 12 months	Don't Know (DNRO)
GP/family doctor	1	2	3	4
Dentist	1	2	3	4
Pharmacist	1	2	3	4
Hospital doctor	1	2	3	4
Nurse	1	2	3	4
Other health professional	1	2	3	4

ASK ALL**SINGLE CODE****SHOW CARD Q.116****INTERVIEWER NOTE: By indoors we mean at home, at work, at public places, at restaurants etc.****Q.116** How often are you exposed to the tobacco smoke of other people indoors?

Never or almost never	1
Less than 1 hour per day	2
1 hour or more per day	3
Don't know	4
Refused.....	5

ALCOHOL**I would now like to ask you a few questions relating to alcohol consumption....****ASK ALL****SINGLE CODE****Q.14** Have you ever drunk any of these types of alcoholic beverages?**SHOWCARD Q.14**

Yes	1	<u>GO TO Q.15</u>
Never.....	2	<u>GO TO Q.20</u>
Have only had a few sips of alcohol in my lifetime	3	<u>GO TO Q.20</u>
Don't Know (DNRO).....	4	<u>GO TO Q.20</u>
Refused (DNRO).....	5	<u>GO TO Q.20</u>

ASK IF CODE 1 AT Q.14**SINGLE CODE****Q.15** How often have you consumed alcohol in the last 12 months?**SHOWCARD Q.15**

Daily	1	
5-6 times a week.....	2	
4 times a week	3	
3 times a week	4	
Twice a week	5	
Once a week	6	
2-3 times a month	7	
Once a month.....	8	
6-11 times a year	9	
2-5 times a year	10	
Once a year.....	11	
I did not drink in the last year but I drank longer ago.....	12	<u>GO TO Q.20</u>
Dramatically changed drinking in the last 12 months (DNRO)	13	<u>GO TO Q.19</u>
Don't know (DNRO)	14	
Refused (DNRO).....	15	

NO QUESTION 16

ASK Q.17 IF CODE 1 AT Q.14 (AND NOT CODE 12 OR 13 AT Q.15)

SHOWCARD Q.17

Q.17 Thinking of a typical day in the last 12 months on which you had an alcoholic drink, how many standard drinks would you drink?

RECORD NUMBER OF STANDARD DRINKS

Don't know
Refused

ASK Q.18 IF CODE 1 AT Q.14 (AND NOT CODE 12 OR 13 AT Q.15)

SINGLE CODE

Q.18 During the last 12 months, how often have you consumed (drunk) the equivalent of 6 standard drinks on one drinking occasion?

SHOWCARD Q.18

Daily	1
5-6 times a week	2
4 times a week	3
3 times a week	4
2 times a week	5
Once a week	6
2-3 times a month	7
Once a month.....	8
6-11 times a year	9
2-5 times a year	10
Once-a year.....	11
Never.....	12
Don't know (DNRO)	14
Refused (DNRO).....	15

ASK Q.18 IF CODE 1 AT Q.14 (AND NOT CODE 12 OR 13 AT Q.15)

SINGLE CODE

SHOWCARD Q.142 (with standard drink amounts)

Validate: if someone answers code 1 to 11 at Q18, only accept 6 or higher at Q142

Q.142 What is the highest number of standard drinks that you have drunk on a single day in the last year?

RECORD NUMBER OF STANDARD DRINKS

Don't know
Refused

ASK IF CODE 1 AT Q.14 (AND NOT CODE 12 OR 13 AT Q.15)

SINGLE CODE

SHOW CARD Q.143

Q.143 Please look at the statements on this show card and tell me which of them you feel best applies to you...

I am a heavy drinker.....	1
I am a heavy drinker and sometimes I binge drink	2
I am a moderate drinker	3
I am a moderate drinker and sometimes I binge drink...	4
I am a light drinker.....	5
I am a light drinker and sometimes I binge drink	6
Don't know	7
Refused.....	8

ASK IF CODE 1 AT Q.14 (AND NOT CODE 12 OR 13 AT Q.15)**SINGLE CODE****READ OUT STATEMENTS**

Q.144 During the last 12 months, have you ...

	Yes	No	Don't know (DNRO)
Had feelings of guilt or remorse after drinking	1	2	3
Had a friend or family member tell you about things you said or did while drinking that you did not remember	1	2	3
Failed to do what was normally expected from you because of drinking, for example missed days and poor performance at work or school/college; or been suspended or expelled from school/college; or neglected children and/or other family members	1	2	3
Needed a first drink in the morning to get yourself going after a heavy drinking session	1	2	3

ASK Q.19 IF CODE 1 AT Q.14 AND NOT CODE 12 AT Q.15**SINGLE CODE**

Q.19 During the last 12 months, have you?

READ OUT STATEMENTS

	YES	NO
Got into a physical fight when you had been drinking	1	2
Been in an accident of any kind when you had been drinking	1	2
Ever felt that you should cut down on your drinking	1	2
Regretted something you said or did after drinking	1	2
Felt that your drinking harmed your friendship or social life	1	2
Felt that your drinking harmed your home life or marriage	1	2
Felt that your drinking harmed your work or studies	1	2
Felt that your drinking harmed your health	1	2
Felt that your drinking harmed your finances	1	2
Been stopped by the police due to your drinking	1	2

ASK ALL**SINGLE CODE**

Q.20 During the last 12 months, have you?

SHOWCARD 20. READ OUT STATEMENTS

	No, Never	Yes, once	Yes, more than once	Don't Know (DNRO)
Had property vandalized by someone who had been drinking	1	2	3	4
Been a passenger in a vehicle with a driver who had too much to drink	1	2	3	4
Been hit or assaulted by someone who had been drinking	1	2	3	4
Had financial trouble because of someone else's drinking	1	2	3	4
Had family problems or relationship difficulties as a result of someone else's drinking	1	2	3	4

ASK ALL

SINGLE CODE

SHOW CARD Q.145

Q.145 Looking at this showcard, can you please tell me which of the following you are at increased risk of developing by drinking more than the recommended number of standard drinks in a week...

Liver disease
Pancreatitis
Stomach ulcers
High blood pressure
Breast cancer among women
Skin cancer
Bowel cancer
All of these (not on showcard)

DIET & NUTRITION

I would now like to ask you a few questions relating to diet and nutrition.....

ASK ALL

SINGLE CODE

INTERVIEWER NOTE: IF RESPONDENT QUERIES THE DEFINITION OF “BREAKFAST”, ASK THEM TO THINK OF WHATEVER “BREAKFAST” USUALLY MEANS TO THEM.

Q.21a How often do you usually have breakfast on weekdays?

SHOWCARD Q.21a

Never.....	1
One day.....	2
Two days.....	3
Three days.....	4
Four days.....	5
Five days.....	6
Don't Know (DNRO).....	7
Refused (DNRO).....	8

SINGLE CODE

Q.21b How often do you usually have breakfast on the weekend?

SHOWCARD Q.21b

Never.....	1
One day.....	2
Both Saturday and Sunday.....	3
Don't Know (DNRO).....	4
Refused (DNRO).....	5

SINGLE CODE

Q.22 How often do you eat fruit, excluding fruit juice?

SHOWCARD Q.22

Once or more a day.....	1
4 to 6 times a week.....	2
1 to 3 times a week.....	3
Less than once a week.....	4
Never.....	5
Don't Know (DNRO).....	6
Refused (DNRO).....	7

ASK IF CODE 1 AT Q.22

Q.23 How many portions a day on average do you eat? A portion is an apple, a pear, orange or similar sized fruit.

RECORD NUMBER OF PORTIONS DAILY

Don't Know (DNRO)
Refused (DNRO)

ASK ALL

SINGLE CODE

Q.24 How often do you eat vegetables or salad, excluding juice and potatoes?

SHOWCARD Q.24

Once or more a day	1
4 to 6 times a week	2
1 to 3 times a week	3
Less than once a week	4
Never.....	5
Don't Know (DNRO).....	5_
Refused (DNRO).....	6

ASK IF CODE 1 AT Q.24

Q.25 How many portions a day on average do you eat? A portion is one medium tomato or onion, 3 heaped tablespoons of peas, mixed vegetables

RECORD NUMBER OF PORTIONS DAILY

Don't Know (DNRO)
Refused (DNRO)

ASK ALL

Q.26 How many portions of snack foods (other than fruit, vegetables or yoghurt) do you usually eat each day? **SHOWCARD Q.26**

RECORD NUMBER OF PORTIONS DAILY

Don't eat snack foods everyday.....	CTRL +1
Never eat snack foods	CTRL +2
Don't Know (DNRO).....	CTRL +3
Refused (DNRO).....	CTRL +4

ASK ALL

SINGLE CODE

Q.27 How often do you drink sugar-sweetened drinks?

SHOWCARD Q.27

INTERVIEWER READ OUT: This includes sugary fizzy drinks, energy drinks, sports drinks, sugar sweetened cordials and squashes and sugar sweetened fruit juices

Once or more a day	1
4 to 6 times a week	2
1 to 3 times a week	3
Less than once a week	4
Never.....	5
Don't Know (DNRO).....	6
Refused (DNRO).....	7

ASK ALL**SINGLE CODE**

Q.28 Which of these statements best describes your eating and/or cooking habits most of the time?
SHOWCARD Q.28

I eat/cook homemade meals from scratch using fresh, raw ingredients	1
I eat/cook meals using a combination of fresh ingredients and packets/jars of ingredients/sauces	2
I heat up ready meals in the oven/microwave oven (i.e. pizza, lasagne, frozen fish, chicken and veg)	3
I eat out	4
I eat take away food	5
Don't Know (DNRO).....	6
Refused (DNRO).....	7

SINGLE CODE**SHOWCARD Q.29**

Q.29 How often do you add salt to food while cooking?

Always	1
Usually.....	2
Sometimes	3
Rarely	4
Never.....	5
N/A (DNRO)	6
Don't Know (DNRO).....	7
Refused (DNRO).....	8

SINGLE CODE**SHOWCARD Q.30**

Q.30 How often do you add salt to food while at the table?

Always	1
Usually.....	2
Sometimes	3
Rarely	4
Never.....	5
Don't Know (DNRO).....	6
Refused (DNRO).....	7

ASK ALL**SINGLE CODE**

Q.120 Are you currently taking a folic acid supplement?

Yes	1
No.....	2
Don't know/refused (DNRO)	3

PHYSICAL ACTIVITY

I am now going to ask you a few questions relating to physical activity.

You may have heard that there is a recommended level of physical activity for health benefits. It is recommended that people do at least a certain amount of moderate activity every week. Moderate activities are those that take moderate physical effort and make you breathe somewhat harder than normal.

ASK ALL
SINGLE CODE

Q.101 Firstly, on how many days a week do you think people should do physical activity in order to meet the recommendations?

RECORD NUMBER OF DAYS

Don't Know CTRL + 1

ASK ALL
SINGLE CODE

Q.102 Secondly, on each of the days someone does moderate physical activity, how many minutes a day should they do it for it to be good for their health?

RECORD NUMBER OF MINUTES

Don't Know CTRL + 1

For the following set of questions, please ignore any current restrictions which you may have which are of a temporary nature e.g. if you are currently experiencing short-term ill-health or an injury or a temporary change in circumstances which restricts you.

ASK ALL
SINGLE CODE

Q.103 Do you think you generally do enough physical activity?

Yes 1
No 2
Don't know/refused (DNRO) 3

ASK ALL
SINGLE CODE

Q.104 Would you generally like to be more physically active than you are at the moment?

Yes 1
No 2
Don't know/refused (DNRO) 3

ASK ALL
SINGLE CODE
FLIP ORDER.

READ OUT

Q.105 Compared with other people of your age, would you say the level of physical activity you do is...

Well above average 1
Slightly above average 2
About average 3
Slightly below average 4
Well below average 5
Don't know/Refused (DNRO) 6

ASK ALL

MULTI CODE

PROBE TO PRECODE

Q.106 For what reasons are you not more physically active than you are generally?

Do enough already.....	1
Don't want to do any more	2
It's boring.....	3
Too lazy.....	4
Too busy in work.....	5
Too busy caring for others	6
Too busy with other things	7
No-one to do it with	8
No suitable location that is convenient.....	9
No suitable equipment	10
Poor health	11
Injuries/fear of injuries	12
Self-conscious about how I look	13
Other (specify: _____)	14
Don't know/Refused	15

ASK ALL

MULTI CODE

PROBE TO PRECODE

Q.107 I would like to ask you some more detail about the last time you deliberately chose to do some physical activity. What were your reasons for doing it?

Keep fit.....	1
Lose weight	2
Spend time with family	3
Spend time with friends.....	4
To walk the dog.....	5
Training for a competition.....	6
Participating in a competition	7
To help with injury/disability	8
For mental health/clear the head	9
Just for the enjoyment.....	10
No suitable equipment	11
Poor health	12
Injuries/fear of injuries	13
Self-conscious about how I look	14
Other (specify: _____)	15
Don't know/Refused	16

ASK ALL CHOOSING MORE THAN ONE OPTION AT Q.107

SINGLE CODE

Q.108 What was the main reason for doing it?

List of answers selected at Q.107

No one particular reason (DNRO).....	2
Don't know/Refused (DNRO).....	3



ASK ALL WORKING FOR PAYMENT OR PROFIT (CODE 1 @ Q.58)

SINGLE CODE

SHOW CARD Q.108a

Q.108a Which one of these best describes how you spend most of your time in work?

- Sitting down..... 1
- Standing up 2
- Mostly walking or tasks of moderate physical effort 3
- Mostly heavy labour or physically demanding work..... 4
- Don't know/Refused 6

ASK ALL

SINGLE CODE

SHOW CARD Q.109

Q.109 Thinking about how you spend your weekdays, at work, school or college, in general would you say that you are...

- Very physically active 1
- Fairly physically active 2
- Not very physically active..... 3
- Not at all physically active 4

I would now like to ask you a few questions about how much time you spent sitting down yesterday. It may be the case that yesterday was unusual in some way, but it is very important for this study that you answer these questions about yesterday rather than what you might consider to be a normal day.

ASK ALL

Q.110 Thinking of yesterday, how much time did you spend sitting watching TV or another type of screen such as a computer, tablet, Ipad, Smartphone, games console, Kindle etc.? Please do not include any time spent in front of a screen for work or study purposes.

RECORD HOURS AND MINUTES

- Did not do this yesterday..... CTRL + 1
- Don't know..... CTRL + 2

ASK ALL

Q.111 Thinking again of yesterday, how much time did you spend sitting while engaged in other activities such as driving, eating, drinking, relaxing, reading etc. Please do not include any time that you already mentioned at the previous question.

RECORD HOURS AND MINUTES

- Did not do this yesterday..... CTRL + 1
- Don't know..... CTRL + 2

ASK ALL

Q.112 And again thinking of yesterday, how much time did you spend sitting whilst working **or studying**. Please do not include any time that you already mentioned at the previous questions.

RECORD HOURS AND MINUTES

- Did not do this yesterday..... CTRL + 1
- Don't know..... CTRL + 2

(SCRIPT CHECK TO VERIFY IF TOTAL AMOUNT OF TIME SPENT SITTING IS IN EXCESS OF 15 HOURS. DO NOT ALLOW ANSWERS IN EXCESS OF 24 HOURS). Verify if under 360 minutes

SHOW THE FOLLOWING ON SCREEN FOR Q.110-112

INTERVIEWER NOTE:

1 HOUR = 60 MINS, 2 HOURS = 120 MINS, 3 HOURS = 180 MINS, 4 HOURS = 240 MINS, 5 HOURS = 300 MINS, 6 HOURS = 360 MINS, 7 HOURS = 420 MINS, 8 HOURS = 480 MINS, 9 HOURS = 540 MINS, 10 HOURS = 600 MINS, 11 HOURS = 660 MINS, 12 HOURS = 720 MINS, 13 HOURS = 780 MINS, 14 HOURS = 840 MINS, 15 HOURS = 900 MINS, 16 HOURS = 960 MINS.

WEIGHT MANAGEMENT

Moving on, I would like to ask some questions relating to weight management.....

ASK ALL SINGLE CODE

Q.38 Which of the following statements best describes you? **SHOWCARD Q.38**

- I am trying to lose weight 1
- I am trying to maintain weight 2
- I am trying to gain weight 3
- None of the above 4

ASK IF CODE 1, 2 AT Q.38

MULTICODE

SHOWCARD Q.39

Q.39 Are you trying to lose weight (**IF CODE 1 AT Q.38**) or maintain your weight (**IF CODE 2 AT Q.38**) by doing any of the following?

- Eating fewer calories 1
- Eating less fat..... 2
- Eating/drinking fewer sugar sweetened foods/drinks 3
- Taking more exercise..... 4
- Other (please specify) 5

SOCIAL CONNECTEDNESS

The next set of question relate to social groups and your neighbourhood.

ASK ALL SINGLE CODE

INTERVIEWER NOTE: THIS INCLUDES GAA OR OTHER SPORTS CLUBS, RESIDENTS' ASSOCIATION, ART/DRAMA/DANCING, BOOK CLUB, CARDS CLUB, CHURCH CONNECTED GROUP, SELF-HELP OR SUPPORT GROUP, CHARITABLE BODY OR COMMUNITY GROUPS, OR A DAY CARE CENTRE.

Q.43 Do you participate in any social groups or clubs?

- Yes 1
- No..... 2
- Don't Know 3

SINGLE CODE

Q.44 How much of a problem are each of the following in your neighbourhood? **SHOWCARD Q.44**

READ OUT STATEMENTS.

	A big problem	A bit of a problem	Not a problem
Rubbish or litter lying around	1	2	3
Graffiti on walls or buildings	1	2	3
Vandalism and deliberate damage to property	1	2	3
Insults or attacks to do with someone's race or colour	1	2	3
House break ins	1	2	3
Poor public transport	1	2	3
Lack of food shops / supermarkets that are easy to get to	1	2	3
People being drunk in public	1	2	3
Lack of open public spaces	1	2	3

WELLBEING

Moving on, I would now like to ask you some questions relating to well-being....

ASK ALL SINGLE CODE

Q.45 How much of the time during the past 4 weeks....

SHOWCARD Q.45. READ OUT STATEMENTS.

	All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
Did you feel full of life?	1	2	3	4	5	6
Have you been a very nervous person?	1	2	3	4	5	6
Have you felt so down in the dumps that nothing could cheer you up?	1	2	3	4	5	6
Have you felt calm and peaceful?	1	2	3	4	5	6
Did you have a lot of energy?	1	2	3	4	5	6
Have you felt downhearted and blue?	1	2	3	4	5	6
Did you feel worn out?	1	2	3	4	5	6
Have you been a happy person?	1	2	3	4	5	6
Did you feel tired?	1	2	3	4	5	6

MULTI CODE

Q.46 Which of these changes, if any, would you like to make that would improve your health and wellbeing? **SHOWCARD Q.46**

Cut down smoking.....	1
Stop smoking	2
Cut down the amount of alcohol I drink.....	3
Be more physically active.....	4
Control weight or lose weight.....	5
Eat more healthily	6
Reduce the amount of stress in my life	7
Sleep better	8
Relax more	9
Have more time for myself	10
Have more time for family	11
Be more connected with my community	12
Have a better work/life balance.....	13
Change Job	14
Find a job	15
Be more financially secure	16
Other (Please specify).....	17
None of the above	18

MENTAL HEALTH

The following questions ask about your experiences and views in relation to people who have mental health problems (for example, people seen by healthcare staff).

**ASK ALL
SINGLE CODE**

READ OUT STATEMENTS

Q.146

	Yes	No	Don't know (DNRO)
Are you currently living with, or have you ever lived with, someone with a mental health problem?	1	2	3
Are you currently working with, or have you ever worked with, someone with a mental health problem?	1	2	3
Do you currently have, or have you ever had, a neighbour with a mental health problem?	1	2	3
Do you currently have, or have you ever had, a close friend with a mental health problem?	1	2	3

**ASK ALL
SINGLE CODE**

SHOW CARD Q.114

READ OUT STATEMENTS

Q.114 Please indicate the extent to which you agree or disagree with the following statements...

	Agree strongly	Agree slightly	Neither agree nor disagree	Disagree slightly	Disagree strongly	Don't Know (DNRO)
In the future, I would be willing to live with someone with a mental health problem	1	2	3	4	5	6
In the future, I would be willing to work with someone with a mental health problem	1	2	3	4	5	6
In the future, I would be willing to live nearby to someone with a mental health problem	1	2	3	4	5	6
In the future, I would be willing to continue a relationship with a friend who developed a mental health problem	1	2	3	4	5	6

DEMOGRAPHICS**Moving on, I would now like to ask you some general questions about you.....****ASK ALL****Q.51** Age in years**RECORD AGE IN YEARS****SINGLE CODE****Q.52** Code Gender

Male.....	1
Female	2

SINGLE CODE**SHOWCARD Q.53****Q.53** What is your current marital status?

Single, never married and never in a civil partnership	1
Married or in a civil partnership	2
Widowed or with civil partnership that ended with death of partner (not remarried or in civil partnership)	3
Divorced or with civil partnership that was legally dissolve (not remarried or in new civil partnership).....	4
Separated (including deserted)	5

SINGLE CODE**Q.54a** Do you have a full medical card?

Yes	1
No.....	2

ASK IF CODE 2 AT Q.54a**Q.54b** Do you have a GP visit card?

Yes	1
No.....	2

DUMMY VARIABLE**If code 2 at 54a and 54b, force into “No medical card”****SINGLE CODE****Q.55** Do you have private health insurance?

Yes	1
No.....	2

SINGLE CODE

Q.57 What is the highest level of education/training (full-time or part-time) which you have completed to date? **SHOWCARD Q.57**

No formal education or training
Primary education (FETAC Level 1 or 2 Cert. or equivalent). NFQ levels 1 or 2
Lower secondary education (Junior/Inter/Group Cert, Fetac Level 3 Cert, FÁS Introductory Skills, NCVA Foundation Cert. or equivalent. NFQ level 3
Upper secondary education (Leaving Cert. (including Applied and Vocational programmes) or equivalent. NFQ levels 4 or 5
Technical or Vocational, FETAC Level 4/5 Cert., NCVA Level 1/2, FÁS National Craft Cert., Teagasc Farming Cert., CERT Professional Cookery Cert. or equivalent. NFQ levels 4 or 5
Advanced Certificate / Completed Apprenticeship, FETAC Advance Cert., NCVA Level 3, FÁS National Craft Cert., Teagasc Farming Cert., CERT Professional Cookery Cert. or equivalent. NFQ level 5
Higher Certificate, NCEA/HETAC National Cert. or equivalent. NFQ level 6
Ordinary Bachelor Degree or National Diploma. NFQ Level 7
Honours Bachelor Degree/Professional qualification or both. NFQ Level 8
Postgraduate diploma, Masters Degree or equivalent. NFQ Level 9
Doctorate (Ph.D) or higher. NFQ level 10

SINGLE CODE

Q.59a Do you provide regular unpaid personal help for a friend or family member with a long-term illness, health problem or disability? Include problems which are due to old age. Personal help includes help with basic tasks such as feeding or dressing.

Yes 1
No..... 2

ASK IF CODE 1 AT Q.59a

Q.59b How many hours per week?

RECORD HOURS

Around the clock care for someone you live with 1

I would now like to ask you a few questions about your working situation. Earlier you said that you are <ANSWER AT Q.58>.

ASK IF CODE 3 AT Q.58

Q.60a How long is it since you had a job?

RECORD MONTHS**ASK IF CODE 2 AT Q.58**

Q.60B How long have you been looking for your first regular job?

RECORD MONTHS

ASK IF CODE 1, 3, 4 OR 7 AT Q.58

SINGLE CODE

SHOWCARD Q.61

Q.61 Do (if code 1 at Q.58)/did (if code 3,4,7 at Q.58) you work as an employee or are/were you self-employed in your main job?

- Employee 1
- Self-employed, with paid employees 2
- Self-employed, without paid employees 3
- Assisting relative (not receiving a fixed wage or salary) 4

ASK IF CODE 1, 3, 4 OR 7 AT Q.58

Interviewer Note: You need a full description. Probe for ‘manufacturing’, ‘processing’, ‘distributing’, etc and main goods produced, materials used, wholesale or retail etc.

Q.62a ‘What does (if code 1 at Q.58)/ did (if code 3,4,7 at Q.58) the firm/organisation you work/ (if code 1 at Q.58)/ worked (if code 3,4,7 at Q.58) for mainly make or do (at the place where you work if code 1 at Q.58)/ worked (if code 3,4,7 at Q.58)?’

RECORD VERBATIM

Q.62b ‘What is (if code 1 at Q.58)/was (if code 3,4,7 at Q.58) your (main) job?’

RECORD VERBATIM

Interviewer Note: Check for any special qualifications, training, etc needed to do the job

Q.62c ‘What do (if code 1 at Q.58)/did (if code 3,4,7 at Q.58) you mainly do in your job?’

RECORD VERBATIM

INTERVIEWER NOTE: IF RESPONDENT IS A FARMER, PLEASE ASK THE FOLLOWING QUESTION. IF NOT, CODE AS ‘NOT A FARMER’. There are 2.5 acres in a hectare.

Q.62d what is the size of the area farmed to the nearest hectare?

- Don't Know CTRL + 1

ASK IF CODE 1, 3, 4 OR 7 AT Q.58

SINGLE CODE

INTERVIEWER NOTE: DO NO INCLUDE SUPERVISORS OF CHILDREN, E.G. TEACHERS, NANNIES, CHILDMINDERS, SUPERVISORS OF ANIMALS, OR PEOPLE WHO SUPERVISE SECURITY OR BUILDINGS ONLY, E.G. CARETAKERS, SECURITY GUARDS/

Q.63a In your job, do (if code 1 at Q.58) did (if code 3,4,7 at Q.58) you have any formal responsibility for supervising the work of other employees?

- Yes 1
- No..... 2

Q.63b Are you the Chief Income Earner in your household?

- Yes 1 GO TO Q.64
- No..... 2 Repeat questions 58, 61, 62a, 62b, 62c, 62d, 63a with “CHIEF INCOME EARNER” instead of “YOUR/YOU”

ASK ALL
SINGLE CODE

Q.64 To which one of the following groups do you consider you belong?
SHOWCARD Q.64

White	Irish	1
	Irish Traveller	2
	Any other White background (specify) _____	3
Black or Black Irish	African	4
	Any other black background (specify) _____	5
Asian or Asian Irish	Chinese	6
	Any other Asian background (specify) _____	7
Other including mixed background	Specify _____	8

SINGLE CODE

Q.65a Were you born in the Republic of Ireland?

Yes 1
No..... 2

ASK IF CODE 2 AT Q.65a
SINGLE CODE

Q.65b In what country were you born?

Select from list..... 1
(If UK, select England, Scotland, Wales, NI, IOM, Jersey, Guernsey, Other (specify))

- Poland
- UK
- Lithuania
- Latvia
- Nigeria
- Romania
- India
- Philippines
- Germany
- USA
- China
- Slovakia
- France
- Brazil
- Hungary
- Italy
- Pakistan
- Spain
- Czech Republic
- South Africa
- Other (please specify)

SEXUAL HEALTH**ASK THIS SECTION ONLY FOR RESPONDENTS AGED 17 YEARS AND OVER****INTERVIEWER TO READ OUT GENERAL INTRODUCTION:**

For the next part of the interview I am going to give you some questions to fill in yourself. These are more in depth questions relating to your sexual health. Your answers to these questions will be completely confidential. You will have the opportunity to skip any question should you prefer not to answer.

Q – How is the respondent completing this part of the survey?

1. Pen and Paper
2. Laptop
3. Refused to complete – close survey

All who answered code 1 (PEN & PAPER). VALIDATION: ALLOW 1-7000.

ENTER SELF-COMPLETION SHEET NO. BELOW

Please fill in assignment number and household number on the pen and paper self-completion questionnaire and then hand to respondent to complete.

READ OUT:

The answers to these questions are completely confidential. **WHEN YOU HAVE FINISHED THE QUESTIONNAIRE PLEASE PUT IN THE ENVELOPE AND SEAL IT.**

We would very much appreciate if **you could answer all the questions as honestly as possible.**

Interviewer: When respondent has finished, retain their questionnaire and proceed to next page.

All who answered code 2 (Laptop)

Read Out: The answers to these questions are completely confidential.

We would very much appreciate if **you could answer all the questions as honestly as possible.**

There is a practice question at the start so that you can get the hang of it.

Interviewer: Please pass laptop to respondent

HOW TO FILL IN THIS PART OF THE SURVEY

- Please **read each question carefully** and take your time to answer.
- Answer simply **by entering the numbers** next to the answers you want to give.
- If you see **a question that you can't answer** or don't want to answer, just enter the number for "I'd rather not say/Refuse to answer" and go to the next question.
- Just **ask the interviewer** if you have any questions as you fill in the survey.

This survey is completely confidential and the interviewer will not have any access to your answers

Practice Q. How is your health in general?

Very Good	1
Good.....	2
Fair	3_
Bad	4_
Very Bad	5
Don't Know	6_
I'd rather not say/refuse to answer.....	7_

SINGLE CODE

Q.67 Was the person you last had sexual intercourse with female or male?

- Female 1
 - Male..... 2
 - I'd rather not say/Refuse to answer 3
 - Have never had sexual intercourse 4
- CLOSE: SHOW SCREEN:
PLEASE PASS THE LAPTOP BACK TO THE INTERVIEWER**

SINGLE CODE

Q.68 Which one of these descriptions applies best to you and this person, at the time you last had sex?

- You were living together as a couple/ married/ in a civil partnership at the time
- You were in a steady relationship at the time
- You used to be in a steady relationship, but were not at the time
- You had known each other for a while, but were not in a relationship
- You had recently met
- You had just met for the first time
- Other (specify)
- I'd rather not say/Refuse to answer

SINGLE CODE

Q.69 Did you use a condom on the last occasion of sex?

- Yes 1
- No..... 2
- Don't Remember 3
- I'd rather not say/Refuse to answer 4

MULTI CODE

Q.70 Could you tell me if you used any other form of contraception on the last occasion of sex?

- No method used
- Contraceptive pill
- Patch/ Ring/ Injection
- IUD/ IUS/ Coil
- Other (please specify)
- Don't know
- I'd rather not say/Refuse to answer CLOSE

Screen: Please pass the laptop back to the interviewer

Appendix B: Showcards

15-049826

Healthy Ireland

Wave 2

Showcards

And

Information Sheets

Participant's Information Sheet

Population Study commissioned by the Department of Health

You have been randomly selected to take part in a study commissioned by the Department of Health. Before you decide whether to participate it is important for you to understand why this research is being done and what will be involved. We would like you to read this information sheet carefully and take time to decide whether or not you would like to take part.

What is this research about?

The Department of Health has commissioned Ipsos MRBI to complete a national survey about lifestyles on its behalf. The aim of this research is to explore a number of topics relating to lifestyle issues such as health, wellbeing, nutrition, alcohol, smoking, physical activity and weight management.

How was my household selected?

Over 12,000 households were randomly selected from An Post's address list to take part in the survey and your household was one of those selected.

Who can take part?

As part of this research we would like to survey approximately 7,400 people aged 15 years and over. There is a need to survey people as young as 15 years old as it is important to understand changes in lifestyles over time.

What will be involved if I take part?

A researcher from Ipsos MRBI will ask you a series of questions about lifestyle issues, and your attitudes and behaviours towards these. We ask that you answer these questions as accurately as possible.

What if I decide not to take part?

There is no obligation for you to take part. If you decide to take part but then change your mind you are free to withdraw at any time without having to give a reason and any information that you have given will not be used. You are also entitled to refuse to answer any questions you don't want to answer.

What will happen to the information I give?

Any information that you give the interviewer will be strictly confidential. The data will be encrypted on a password protected laptop. The confidential information will not be disclosed to anyone outside of the research team. The research team includes Ipsos MRBI and the Department of Health. Only Ipsos MRBI will have access to all of the data. The Department of Health will only have access to the anonymised data, i.e. the data without information that could lead to an individual being identified.

The research data will remain confidential at all times and answers of all survey participants will be grouped together so that no individual's responses will be identified. It will not be possible to identify you or any other member of your household from the published information, research data or the retained anonymised dataset. The alpha-numeric link between your questionnaire and the household information sheet will be deleted once the data collection supervisor has reviewed and verified the data.

A supervisor from Ipsos MRBI may contact you to check that the interviewer called and to verify your answers to a small number of questions. The household information sheet will also be destroyed once the data are reviewed and validated.

The anonymised data will be retained for additional analysis, including comparisons for future surveys. The data will not be used for commercial purposes or given to commercial entities for analysis. Anonymised data from the Healthy Ireland study may be analysed in the future by different researchers and health service personnel, from other organisations outside the Department of Health, under agreed conditions. The Department of Health will be the Data Controller and the body responsible for the secure holding/retention of the data.

The first results of this research phase will be published in 2016.

If I have any questions or problems, who can I contact?

If you have any questions or problems regarding this research you can contact Ipsos MRBI on 01 4389000 or by email at healthyireland@ipsos.com. Alternatively you may contact the Health and Wellbeing Programme by email at healthyireland@health.gov.ie or by telephone at 01-6354341.

It is important to note that whilst Ipsos MRBI interviewers are experienced data collectors and have received specific training relating to this project, they are not experts on health matters and will not be able to provide individual advice on these topics. If you have any queries on health related matters please contact your GP or call the HSE Infoline on 1850 24 1850.

Young Person's Information Sheet

Population Study commissioned by the Department of Health

You have been asked to take part in a study commissioned by the Department of Health. Before you decide whether to participate it is important for you to understand why this research is being done and what will be involved. We would like you to read this information sheet carefully and take time to decide whether or not you would like to take part. Under the rules of the Market Research Society it is not permissible to ask young people under 18 years of age any questions without an adult's permission and your parent/guardian has given permission for us to approach you.

What is this research about?

The Department of Health has commissioned Ipsos MRBI to complete a national survey about lifestyles on its behalf. The aim of this research is to explore a number of topics relating to lifestyle issues such as health, wellbeing, nutrition, alcohol, smoking, physical activity and weight management.

How was my household selected?

Over 12,000 households were randomly selected from An Post's address list to take part in the survey and your household was one of those selected.

Who can take part?

As part of this research we would like to survey approximately 7,400 people aged 15 years and over. There is a need to survey people as young as 15 years old as it is important to understand changes in lifestyles over time.

What will be involved if I take part?

A researcher from Ipsos MRBI will ask you a series of questions about lifestyle issues, and your attitudes and behaviours towards these. We ask that you answer these questions as accurately as possible.

What if I decide not to take part?

There is no obligation for you to take part. If you decide to take part but then change your mind you are free to withdraw at any time without having to give a reason and any information that you have given will not be used. You are also entitled to refuse to answer any questions you don't want to answer.

What will happen to the information I give?

Any information that you give the interviewer will be strictly confidential. The data will be encrypted on a password protected laptop. The confidential information will not be disclosed to anyone outside of the research team. The research team includes Ipsos MRBI and the Department of Health. Only Ipsos MRBI will have access to all of the data. The Department of Health will only have access to the anonymised data, i.e. the data without information that could lead to an individual being identified.

The research data will remain confidential at all times and answers of all survey participants will be grouped together so that no individual's responses will be identified. It will not be possible to identify you or any other member of your household from the published information, research data or the retained anonymised dataset. The alpha-numeric link between your questionnaire and the household information sheet will be deleted once the data collection supervisor has reviewed and verified the data.

A supervisor from Ipsos MRBI may contact you to check that the interviewer called and to verify your answers to a small number of questions. The household information sheet will also be destroyed once the data are reviewed and validated.

The anonymised data will be retained for additional analysis, including comparisons for future surveys. The data will not be used for commercial purposes or given to commercial entities for analysis. Anonymised data from the Healthy Ireland study may be analysed in the future by different researchers and health service personnel, from other organisations outside the Department of Health, under agreed conditions. The Department of Health will be the Data Controller and the body responsible for the secure holding/retention of the data.

The first results of this research phase will be published in 2016.

If I have any questions or problems, who can I contact?

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It is important to note that whilst Ipsos MRBI interviewers are experienced data collectors and have received specific training relating to this project, they are not experts on health matters and will not be able to provide individual advice on these topics. If you have any queries on health related matters please contact your GP or call the HSE Infoline on 1850 24 1850.

SHOW CARD Q.58

1.	Working for payment or profit
2.	Looking for first regular job
3.	Unemployed, having lost or given up previous job
4.	Actively looking for work after voluntary interruption of working life (for 12 months or more) for personal or domestic reasons
5.	Student or pupil
6.	Engaged on home duties
7.	Retired from employment
8.	Unable to work due to permanent sickness or disability
9.	Other

SHOW CARD Q.1

Very Good

Good

Fair

Bad

Very Bad

SHOW CARD Q.3

Severely Limited

Limited but not severely

Not limited at all

SHOW CARD Q.4

1.	Asthma (allergic asthma included)
2.	Chronic bronchitis, chronic obstructive pulmonary disease (COPD), emphysema
3.	Heart Attack or chronic consequences of heart attack
4.	High blood pressure
5.	A stroke or the chronic consequences of stroke (cerebral hemorrhage or cerebral thrombosis)
6.	Arthrosis (excluding arthritis)
7.	Arthritis
8.	Lower back disorder or other chronic back defects
9.	Neck disorder or other chronic neck defects
10.	Diabetes
11.	Allergy, such as rhinitis, hay fever, eye inflammation, dermatitis, food allergy or other (allergic asthma excluded)
12.	Cirrhosis of the liver
13.	Urinary incontinence or problems in controlling the bladder
14.	Kidney problems
15.	Depression

SHOW CARD Q.5a/5c/5e

Less than 12 months ago

More than 12 months ago

Never Consulted

SHOW CARD Q.131b

Aut Even Hospital
Barringtons Hospital
Beacon Hospital
Blackrock Clinic
Bon Secours Health System
Clane General Hospital
Galway Clinic
Hermitage Clinic
Highfield Healthcare
Kingsbridge Private Hospital Sligo
Mater Private Hospital
Sports Surgery Clinic
St. John of God Hospital
St. Josephs Sligo
St. Patrick's Mental Health Services
St. Vincent's Private Hospital
St. Francis Hospital, Ballinderry
Whitfield Clinic

SHOW CARD Q.6/Q.7

Yes, daily

Yes, occasionally

No

SHOW CARD Q.8

Within the past month (anytime < than 1 month ago)

Within the past 3 months (1 month but < than 3 months ago)

Within the past 6 months (3 months but < than 6 months ago)

Within the past year (6 months but < than 1 year ago)

Within the past 5 years (1 year but < than 5 years ago)

Within the past 10 years (5 years but < than 10 years ago)

10 or more years ago

SHOW CARD Q.9a/9b

Manufactured cigarettes

Hand-rolled cigarettes

Pipes full of tobacco

Cigars

Any others

SHOW CARD Q.10

1.	I have never heard of e-cigarettes and have never tried them
2.	I have heard of e-cigarettes but have never tried them
3.	I have tried e-cigarettes but do not use them (anymore)
4.	I have tried e-cigarettes and still use them

SHOW CARD Q.12

1.	Nicotine patches, gum, lozenges, spray
2.	Varenicline/Champix or Bupropion/Zyban (prescribed medication)
3.	Acupuncture
4.	Smokers telephone Quitline/Helpline
5.	www.quit.ie
6.	www.facebook.com/HSEquit
7.	E-cigarettes
8.	Other aid, help, support (please specify)

SHOW CARD Q.13

1.	Trying to quit
2.	Actively planning to quit
3.	Thinking about quitting but not planning to
4.	Not thinking about quitting

SHOW CARD Q.115

Saw this health professional in the last 12 months and discussed ways of giving up smoking

Saw this health professional in the last 12 months but did not discuss ways of giving up smoking

Did not see this health professional in the last 12 months

SHOW CARD Q.116

1 hour or more per day

Less than 1 hour per day

Never or almost never

SHOW CARD Q.14

Yes
Never
Have only had a few sips of alcohol in my lifetime
Shandy
Beer/lager/stout/ale
Cider
Wine
Buckfast/Fortified Wine
Champagne/Prosecco
Sherry/Martini/Vermouth
Port
Cream liqueurs (e.g. Baileys, Carolans)
Spirits (e.g. brandy /whisky /gin/vodka/rum/tequila)
Alcopops/Coolers/Spirit-based mixers (e.g. Smirnoff Ice, Bacardi Breezer, WKd)

SHOW CARD Q.15

1.	Daily
2.	5-6 times a week
3.	4 times a week
4.	3 times a week
5.	Twice a week
6.	Once a week
7.	2-3 times a month
8.	Once a month
9.	6-11 times a year
10.	2-5 times a year
11.	Once a year
12.	I did not drink in the last year but I drank longer ago

SHOW CARD Q.17

Did you know: 1 standard drink contains 10g of pure alcohol



...and some drinks are more than one standard drink



SHOW CARD Q.18

Examples of approx. 6 Standard Drinks

<p>3 pints beer, lager, stout (3 x 2 std. drinks)</p>	
<p>2 pints (2 x 2 std. drinks) + 2 shots (2 x 1 std. drinks)</p>	
<p>6 glasses wine (100 ml) (6 x 1 std. drinks)</p>	
<p>Just under 1 bottle of wine (approx. 7-8 std. drinks)</p>	

1.	Daily
2.	5/6 times a week
3.	4 times a week
4.	3 times a week
5.	2 times a week
6.	Once a week
7.	2/3 times a month
8.	Once a month
9.	6-11 times a year
10.	2-5 times a year
11.	Once a year
12.	Never

SHOW CARD Q.142

Did you know: 1 standard drink contains 10g of pure alcohol



...and some drinks are more than one standard drink



SHOW CARD Q.143

I am a heavy drinker

I am a heavy drinker and sometimes I binge drink

I am a moderate drinker

**I am a moderate drinker and sometimes I binge
drink**

I am a light drinker

I am a light drinker and sometimes I binge drink

SHOW CARD Q.20

No, never

Yes, once

Yes, more than once

SHOW CARD Q.145

Liver disease
Pancreatitis
Stomach ulcers
High blood pressure
Breast cancer among women
Skin cancer
Bowel cancer

SHOW CARD Q.21a

Never

One day

Two days

Three days

Four days

Five days

SHOW CARD Q.21b

Never

One day

Both Saturday and Sunday

SHOW CARD Q.22

Once or more a day

4 to 6 times a week

1 to 3 times a week

Less than once a week

Never

SHOW CARD Q.24

Once or more a day

4 to 6 times a week

1 to 3 times a week

Less than once a week

Never

SHOW CARD Q.26

Examples of snack foods include....

Chocolate

Sweets

Biscuits

Crisps

Ice-creams

Sugars, syrups, preserves and sweetener

Cakes, pastries and buns

Puddings and chilled desserts

SHOW CARD Q.27

Once or more a day

4 to 6 times a week

1 to 3 times a week

Less than once a week

Never

SHOW CARD Q.28

1.	I eat/cook homemade meals from scratch using fresh, raw ingredients
2.	I eat/cook meals using a combination of fresh ingredients and packets/jars of ingredients/sauces
3.	I heat up ready meals in the oven/microwave oven (i.e. pizza, lasagne, frozen fish, chicken and veg)
4.	I eat out
5.	I eat take away food

SHOW CARD Q.29

Always

Usually

Sometimes

Rarely

Never

SHOW CARD Q.30

Always

Usually

Sometimes

Rarely

Never

SHOW CARD Q.108a

1.	Sitting Down
2.	Standing up
3.	Mostly walking or tasks of moderate physical effort
4.	Mostly heavy labour or physically demanding work

SHOW CARD Q.109

1.	Very physically active
2.	Fairly physically active
3.	Not very physically active
4.	Not at all physically active

SHOW CARD Q.38

1.	I am trying to lose weight
2.	I am trying to maintain weight
3.	I am trying to gain weight
4.	None of the above

SHOW CARD Q.39

1.	Eating fewer calories
2.	Eating less fat
3.	Eating/drinking fewer sugar sweetened foods/drinks
4.	Taking more exercise
5.	Other

SHOW CARD Q.44

A big problem

A bit of a problem

Not a problem

SHOW CARD Q.45

All of the time

Most of the time

A good bit of the time

Some of the time

A little of the time

None of the time

SHOW CARD Q.46

1.	Cut down smoking
2.	Stop smoking
3.	Cut down the amount of alcohol I drink
4.	Be more physically active
5.	Control weight or lose weight
6.	Eat more healthily
7.	Reduce the amount of stress in my life
8.	Sleep better
9.	Relax more
10.	Have more time for myself
11.	Have more time for family
12.	Be more connected with my community
13.	Have a better work/life balance
14.	Change Job
15.	Find a job
16.	Be more financially secure
17.	Other

SHOW CARD Q.114

Agree strongly

Agree slightly

Neither agree nor disagree

Disagree slightly

Disagree strongly

SHOW CARD Q.53

1.	Single, never married and never in a civil partnership
2.	Married or in a civil partnership
3.	Widowed or with civil partnership that ended with death of partner (not remarried or in civil partnership)
4.	Divorced or with civil partnership that was legally dissolved (not remarried or in new civil partnership)
5.	Separated (including deserted)

SHOW CARD Q.57

1	No formal education or training		
2	Primary education	NFQ Levels 1 or 2	FETAC Level 1 or 2 Cert. or equivalent
3	Lower secondary education	NFQ Level 3	Junior/Inter/ Group Certificate, Fetac Level 3 Cert, FÁS Introductory Skills, NCVA Foundation Cert. or equivalent
4	Upper secondary education	NFQ levels 4 or 5	Leaving Cert. (including Applied and Vocational programmes) or equivalent
5	Technical or Vocational	NFQ Levels 4 or 5	FETAC Level 4/5 Cert., NCVA Level 1/2, FÁS National Craft Cert., Teagasc Farming Cert., CERT Professional Cookery Cert. or equivalent
6	Advanced Certificate / Completed Apprenticeship	NFQ Level 5	FETAC Advance Cert., NCVA Level 3, FÁS National Craft Cert., Teagasc Farming Cert., CERT Professional Cookery Cert. or equivalent
7	Higher Certificate	NFQ Level 6	NCEA/HETAC National Cert. or equivalent
8	Ordinary Bachelor Degree or National Diploma	NFQ Level 7	
9	Honours Bachelor Degree/Professional qualification or both	NFQ Level 8	
10	Postgraduate diploma, Masters Degree or equivalent	NFQ Level 9	
11	Doctorate (Ph.D) or higher	NFQ Level 10	

SHOW CARD Q.61

Employee

Self-employed, with paid employees

Self-employed, without paid employees

Assisting relative (not receiving a fixed wage or salary)

SHOW CARD Q.64

White	Irish	1
	Irish Traveller	2
	Any other White background (specify) _____	3
Black or Black Irish	African	4
	Any other black background (specify) _____	5
Asian or Asian Irish	Chinese	6
	Any other Asian background (specify) _____	7
Other including mixed background	Specify _____	8

Appendix C: Self-Complete Questionnaire

**Healthy Ireland
Self-Complete Module
Ipsos MRBI/15-049826**

Interviewer No. _____
(18-20)

Sheet No. _____
(12-16)

Ass. No. _____
(1-4)

Add No. _____
(5-6)

Many thanks for taking part in this interview. This short questionnaire will take just a minute to complete and includes some questions in relation to sexual health. Upon completion, please return this questionnaire to the interviewer in the envelope provided. Your participation is greatly appreciated.

SCQ.1 Was the person you last had sexual intercourse with female or male?

- | | | | |
|---|--|--------------------------|------|
| 1 | Female | <input type="checkbox"/> | (30) |
| 2 | Male..... | <input type="checkbox"/> | |
| 3 | I'd rather not say/refuse to answer..... | <input type="checkbox"/> | |
| 4 | Have never had sexual intercourse | <input type="checkbox"/> | |
- Please place questionnaire into envelope provided and return to interviewer**

SCQ.2 Which one of these descriptions applies best to you and this person, at the time you last had sex? **Please just tick the box beside the one statement you think best applies to you**

- | | | | |
|----|--|--------------------------|---------|
| 01 | You were living together as a couple/ married/ in a civil partnership at the time... | <input type="checkbox"/> | (31-32) |
| 02 | You were in a steady relationship at the time | <input type="checkbox"/> | |
| 03 | You used to be in a steady relationship, but were not at the time | <input type="checkbox"/> | |
| 04 | You had known each other for a while, but were not in a relationship | <input type="checkbox"/> | |
| 05 | You had recently met | <input type="checkbox"/> | |
| 06 | You had just met for the first time | <input type="checkbox"/> | |
| 97 | Other (please specify _____) | <input type="checkbox"/> | |
| 98 | I'd rather not say/refuse to answer..... | <input type="checkbox"/> | |

SCQ.3 Did you use a condom on the last occasion of sex?
Please just tick the box beside the one statement you think best applies to you

- | | | | |
|---|--|--------------------------|------|
| 1 | Yes | <input type="checkbox"/> | (33) |
| 2 | No..... | <input type="checkbox"/> | |
| 3 | Don't Remember | <input type="checkbox"/> | |
| 4 | I'd rather not say/Refuse to Answer..... | <input type="checkbox"/> | |

SCQ.4 Could you tell me if you used any other form of contraception on the last occasion of sex?
Please tick the boxes beside all that apply to you

- | | | | |
|---|--|--------------------------|------|
| 1 | No method used..... | <input type="checkbox"/> | (34) |
| 2 | Contraceptive pill..... | <input type="checkbox"/> | (35) |
| 3 | Patch/ Ring/ Injection | <input type="checkbox"/> | (36) |
| 4 | IUD/ IUS/ Coil..... | <input type="checkbox"/> | (37) |
| 5 | Other (please specify _____)..... | <input type="checkbox"/> | (38) |
| 6 | Don't Know | <input type="checkbox"/> | (39) |
| 7 | I'd rather not say/refuse to answer..... | <input type="checkbox"/> | (40) |

Thank you for completing this section. Please place this questionnaire into the envelope provided and return to the interviewer.

Appendix D: Contact Sheet

IDENTIFIERS	Assignment Number (1-4)		Address																																																	
	Household Number (5-6)																																																			
NEIGHBOURHOOD	In the immediate vicinity, how much litter and rubbish is there? (200) Very large amount <input type="checkbox"/> Large amount <input type="checkbox"/> Small amount <input type="checkbox"/> None/ almost none <input type="checkbox"/>		In the immediate vicinity, how much vandalism and/or graffiti is there? (201) Very large amount <input type="checkbox"/> Large amount <input type="checkbox"/> Small amount <input type="checkbox"/> None/ almost none <input type="checkbox"/>		Property type (202-203) <input type="text"/>	Are any of these physical barriers to entry present at the house/flat/ building? Locked common entrance <input type="checkbox"/> Locked gates <input type="checkbox"/> Security staff or gatekeeper <input type="checkbox"/> Entry phone access <input type="checkbox"/> None of these <input type="checkbox"/> Unable to obtain information <input type="checkbox"/>																																														
	Gender & age of person answering the door Male (210) <input type="checkbox"/> Female <input type="checkbox"/>		Under 20 (211) <input type="checkbox"/> 20-39 <input type="checkbox"/> 40-59 <input type="checkbox"/> 60+ <input type="checkbox"/> Don't know <input type="checkbox"/>		Gender & age of respondent Male (9) <input type="checkbox"/> Female <input type="checkbox"/>	Under 20 (10) <input type="checkbox"/> 20-39 <input type="checkbox"/> 40-59 <input type="checkbox"/> 60+ <input type="checkbox"/> Don't know <input type="checkbox"/>																																														
RESPONDENT SELECTION	Respondent Selection																																																			
	Stage 1		Stage 2		Stage 3																																															
	Enter the number of people aged 15+ living in the h'hold <input type="text"/> (21-22)		Write names & ages of people below & go to STAGE 3 (Please order from oldest to youngest)		Identify respondent using selection from grid below?																																															
			<table border="1"> <thead> <tr> <th></th> <th>Name or initial</th> <th>Age (25-26)</th> <th>Selected Tick Box (28)</th> <th></th> </tr> </thead> <tbody> <tr><td>1</td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td></td><td></td><td></td><td>2</td></tr> <tr><td>3</td><td></td><td></td><td></td><td>3</td></tr> <tr><td>4</td><td></td><td></td><td></td><td>4</td></tr> <tr><td>5</td><td></td><td></td><td></td><td>5</td></tr> <tr><td>6</td><td></td><td></td><td></td><td>6</td></tr> </tbody> </table>			Name or initial	Age (25-26)	Selected Tick Box (28)		1				1	2				2	3				3	4				4	5				5	6				6	<table border="1"> <thead> <tr> <th>No. of people aged 15+ living in h'hold</th> <th>2</th> <th>3</th> <th>4</th> <th>5</th> <th>6</th> </tr> </thead> <tbody> <tr> <td>Selection</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		No. of people aged 15+ living in h'hold	2	3	4	5	6	Selection				
	Name or initial	Age (25-26)	Selected Tick Box (28)																																																	
1				1																																																
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6				6																																																
No. of people aged 15+ living in h'hold	2	3	4	5	6																																															
Selection																																																				
STAGE 1: If only one person aged 15+, this is the person that should be interviewed. If two or more people aged 15+, go to STAGE 2. AT STAGE 2, ORDER FROM OLDEST TO YOUNGEST. STAGE 3: In the top row identify the number of people aged 15+ living in the household. Using the number below this, select the corresponding person from STAGE 2.																																																				
HOUSEHOLD CONTACT		Date	Month	Time (24 Hr)	Outcome	Notes																																														
	Visit 1																																																			
	Visit 2																																																			
	Visit 3																																																			
	Visit 4																																																			
	Visit 5																																																			
RECONTACT	Name of respondent			Please tick box if you feel this address should not be contacted by another interviewer and write below the reasons why <input type="checkbox"/>																																																
	Telephone number			<input type="text"/>																																																

Appendix E: Letter of Introduction (Ipsos MRBI)

Dear Sir/Madam,

Major Household Survey – Healthy Ireland

Ipsos MRBI, the independent research and opinion polling company, is currently conducting a major survey on behalf of the Department of Health.

The survey investigates people's views on a wide range of issues including their attitudes and behaviours relating to lifestyle issues such as health, wellbeing, diet and nutrition, alcohol, smoking and physical activity. The results will help inform the implementation of the Healthy Ireland Framework which is taking important steps towards making Ireland a healthier place in which to live work and play and where everyone can enjoy physical and mental health and wellbeing to their full potential.

Ipsos MRBI has been commissioned to conduct over 7,400 interviews over the coming months. An interviewer may call to your door in the coming weeks and select a member of your household aged 15 years or over to take part in the survey.

Your participation in the research is completely voluntary. However, we would encourage you to take part as **the information that you provide will be very important in improving the health and wellbeing of people living in Ireland.**

About this survey

- Your interviewer will ask you for your name and telephone number but this is for quality control purposes only. **We will not give this information to anyone else for any purpose.**
- This is a genuine research project and no one will try to sell you anything or send you any follow-up junk mail as a result of this interview.
- All our interviewers carry identity cards and local Gardaí have been informed of our presence in the area.

Any questions?

Further information about the survey is provided on the accompanying information sheet and we ask that you read this before the interviewer calls. If you do not wish to participate in this survey, or have any queries in relation to it, please contact me on 01-4389000, or by email at healthyireland@ipsos.com. Alternatively you may contact the Health and Wellbeing Programme by email at healthyireland@health.gov.ie or by telephone at 01-6354341.

Yours sincerely,



Kieran O'Leary
Director

Appendix F: Letter of Introduction (Department of Health)

Dear Sir/Madam,

Major Household Survey – Healthy Ireland

Healthy Ireland, A Framework for Improved Health and Wellbeing 2013-2025 is the national framework for action to improve the health and wellbeing of the country over the coming generation. It sets out a new vision about health and wellbeing in Ireland where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone's responsibility.

Ipsos MRBI, the independent research and opinion polling company, has been commissioned to conduct a national household survey, Healthy Ireland Survey, on behalf of the Department of Health.

This survey investigates people's views on a wide range of issues including their attitudes and behaviours relating to diet and nutrition, alcohol, smoking, physical activity and wellbeing. The results will help inform the implementation of the Healthy Ireland Framework.

The first phase of this study was recently completed, during which 7,500 people throughout Ireland were surveyed. The report of its findings will be published shortly.

The second phase is now getting underway. Over twelve thousand households were randomly selected, from An Post's list of all addresses in Ireland, to take part in the survey and your household was one of those selected.

I would like to assure you that **the data collected will remain confidential at all times** and it will not be possible to identify you or any other member of your household from the published information.

The data collection at the selected households will start in September 2015 and should finish in May 2016. In advance of interviewer contact, you will receive a letter from Ipsos MRBI providing you with more detailed information. There is no need for you to do anything at this stage.

I would like to thank you for taking the time to read this letter and ask that you consider the request to participate in this important survey.

Yours sincerely,



Kate O'Flaherty
Director Health and Wellbeing Programme
Department of Health

Appendix G: Consent Form

Parent's Information Sheet

Population Survey commissioned by the Department of Health

Your child has been randomly selected to take part in a survey commissioned by the Department of Health. Under the rules of the Market Research Society it is not permissible to ask children any questions without a parent/guardian's permission. Before you decide whether to consent to your child's participation it is important for you to understand why this research is being done and what will be involved. We would like you to read this information sheet carefully and take time to decide whether or not you consent to your child taking part.

What is this research about?

The Department of Health has commissioned Ipsos MRBI to complete a national survey about lifestyles on its behalf. The aim of this research is to explore a number of topics relating to lifestyle issues such as health, wellbeing, nutrition, alcohol, smoking, physical activity and weight management.

How was my household selected?

Over 10,000 households were randomly selected from An Post's address list to take part in the survey and your household was one of those selected.

Who can take part?

As part of this research we would like to survey approximately 7,400 people aged 15 years and over. There is a need to survey people as young as 15 years old as it is important to understand changes in lifestyles over time.

What will be involved if my child takes part?

A researcher from Ipsos MRBI will ask your child a series of questions about lifestyle issues, and your attitudes and behaviours towards these. The survey will take approximately 30 minutes to complete and the answers to the survey will be encrypted on a password protected laptop.

What if I decide not to consent to my child taking part?

Participation in the study is entirely voluntary. There is no obligation for you to consent to your child taking part. If you do not consent to your child taking part your child will not be contacted to participate.

In addition, your child's participation in the study is entirely voluntary. There is no obligation on your child to take part. If he/she decides to take part but then changes his/her mind he/she is free to withdraw at any time without having to give a reason and any information that he/she has given will not be used. He/she is also entitled to refuse to answer any questions he/she doesn't want to answer. You may wish to be present at your child's interview, although he/she may be more comfortable if you were not present.

What will happen to the information my child gives?

Any information that your child gives the interviewer will be strictly confidential. However if your child discloses any information which leads the interviewer to believe the child may be at risk of harm, the information will be dealt with in accordance with the appropriate legislation.

The data will be encrypted on a password protected computer. The confidential information your child provides will not be disclosed to anyone outside of the research team. The research team includes Ipsos MRBI and the Department of Health, however only Ipsos MRBI will have access to the full data. The Department of Health will only have access to the anonymised data, i.e. the dataset without information that could lead to an individual being identified.

The research data will remain confidential at all times and answers of all study participants will be grouped together so that no individual's responses will be identified. It will not be possible to identify your child or any other member of your household from the published information, research data or the retained anonymised dataset. The alpha-numeric link between your child's questionnaire and the household information sheet will be deleted once the data collection supervisor has reviewed and verified the data.

A supervisor from Ipsos MRBI may contact your child to check that the interviewer called and to verify your child's answers to a small number of questions. The household information sheet will also be destroyed once the data are reviewed and validated.

The anonymised data will be retained for additional analysis, including comparisons for future surveys. The data will not be used for commercial purposes or given to commercial entities for analysis. Anonymised data from the Healthy Ireland study may be analysed in the future by different researchers and health service personnel, from other organisations outside the Department of Health, under agreed conditions. The Department of Health will be the Data Controller and the body responsible for the secure holding/retention of the data.

The first results of this research phase will be published in 2016.

If I have any questions or problems, who can I contact?

If you have any questions or problems regarding this research you can contact Ipsos MRBI on 01 4389000 or by email at healthyireland@ipsos.com. Alternatively you may contact the Health and Wellbeing Programme by email at healthyireland@health.gov.ie or by telephone at 01-6354341.

It is important to note that whilst Ipsos MRBI interviewers are experienced data collectors and have received specific training relating to this project, they are not experts on health matters and will not be able to provide individual advice on these topics. If you or your child have any queries on health related matters please contact your GP or call the HSE Infoline on 1850 24 1850.

I confirm that I have been provided with the information I need to inform my decision to provide consent for my child to take part in this research. I also confirm that I am willing for the anonymised information my child provides to be analysed and archived by Ipsos MRBI and the Department of Health for research purposes.

Print Name:	
Signature:	
Relationship to the child:	
Date:	

For interviewer use:

<i>Assignment number:</i>	
<i>Address number:</i>	

Appendix H: Information Sheets

**Ipsos MRBI**

Household Information Sheet

Population Study commissioned by the Department of Health

Your household has been randomly selected to take part in a study commissioned by the Department of Health. Before you decide whether to participate it is important for you to understand why this research is being done and what will be involved. We would like you to read this information sheet carefully and take time to decide whether or not you would like to take part.

What is this research about?

The Department of Health has commissioned Ipsos MRBI to complete a national survey about lifestyles on its behalf. The aim of this research is to explore a number of topics relating to lifestyle issues such as health, wellbeing, nutrition, alcohol, smoking, physical activity and weight management.

How was my household selected?

Over 12,000 households were randomly selected from An Post's address list to take part in the survey and your household was one of those selected.

Who can take part?

As part of this research we would like to survey approximately 7,400 people aged 15 years and over. There is a need to survey people as young as 15 years old as it is important to understand changes in lifestyles over time. Only one person in your household will be asked to participate and this person will be randomly selected by the interviewer.

What will be involved if I take part?

A researcher from Ipsos MRBI will ask you a series of questions about lifestyle issues, and your attitudes and behaviours towards these. We ask that you answer these questions as accurately as possible.

What if I decide not to take part?

There is no obligation for you to take part. If you decide to take part but then change your mind you are free to withdraw at any time without having to give a reason and any information that you have given will not be used. You are also entitled to refuse to answer any questions you don't want to answer.

What will happen to the information I give?

Any information that you give the interviewer will be strictly confidential. The data will be encrypted on a password protected laptop. The confidential information will not be disclosed to anyone outside of the research team. The research team includes Ipsos MRBI and the Department of Health. Only Ipsos MRBI will have access to all of the data. The Department of Health will only have access to the anonymised data, i.e. the data without information that could lead to an individual being identified.

The research data will remain confidential at all times and answers of all survey participants will be grouped together so that no individual's responses will be identified. It will not be possible to identify you or any other member of your household from the published information, research data or the retained anonymised dataset. The alpha-numeric link between your questionnaire and the household information sheet will be deleted once the data collection supervisor has reviewed and verified the data.

A supervisor from Ipsos MRBI may contact you to check that the interviewer called and to verify your answers to a small number of questions. The household information sheet will also be destroyed once the data are reviewed and validated.

The anonymised data will be retained for additional analysis, including comparisons for future surveys. The data will not be used for commercial purposes or given to commercial entities for analysis. Anonymised data from the Healthy Ireland study may be analysed in the future by different researchers and health service personnel, from other organisations outside the Department of Health, under agreed conditions. The Department of Health will be the Data Controller and the body responsible for the secure holding/retention of the data.

The first results of this research phase will be published in 2016.

If I have any questions or problems, who can I contact?

If you have any questions or problems regarding this research you can contact Ipsos MRBI on 01 4389000 or by email at healthyireland@ipsos.com. Alternatively you may contact the Health and Wellbeing Programme by email at healthyireland@health.gov.ie or by telephone at 01-6354341.

It is important to note that whilst Ipsos MRBI interviewers are experienced data collectors and have received specific training relating to this project, they are not experts on health matters and will not be able to provide individual advice on these topics. If you have any queries on health related matters please contact your GP or call the HSE Infoline on 1850 24 1850.

Participant's Information Sheet

Population Study commissioned by the Department of Health

You have been randomly selected to take part in a study commissioned by the Department of Health. Before you decide whether to participate it is important for you to understand why this research is being done and what will be involved. We would like you to read this information sheet carefully and take time to decide whether or not you would like to take part.

What is this research about?

The Department of Health has commissioned Ipsos MRBI to complete a national survey about lifestyles on its behalf. The aim of this research is to explore a number of topics relating to lifestyle issues such as health, wellbeing, nutrition, alcohol, smoking, physical activity and weight management.

How was my household selected?

Over 12,000 households were randomly selected from An Post's address list to take part in the survey and your household was one of those selected.

Who can take part?

As part of this research we would like to survey approximately 7,400 people aged 15 years and over. There is a need to survey people as young as 15 years old as it is important to understand changes in lifestyles over time.

What will be involved if I take part?

A researcher from Ipsos MRBI will ask you a series of questions about lifestyle issues, and your attitudes and behaviours towards these. We ask that you answer these questions as accurately as possible.

What if I decide not to take part?

There is no obligation for you to take part. If you decide to take part but then change your mind you are free to withdraw at any time without having to give a reason and any information that you have given will not be used. You are also entitled to refuse to answer any questions you don't want to answer.

What will happen to the information I give?

Any information that you give the interviewer will be strictly confidential. The data will be encrypted on a password protected laptop. The confidential information will not be disclosed to anyone outside of the research team. The research team includes Ipsos MRBI and the Department of Health. Only Ipsos MRBI will have access to all of the data. The Department of Health will only have access to the anonymised data, i.e. the data without information that could lead to an individual being identified.

The research data will remain confidential at all times and answers of all survey participants will be grouped together so that no individual's responses will be identified. It will not be possible to identify you or any other member of your household from the published information, research data or the retained anonymised dataset. The alpha-numeric link between your questionnaire and the household information sheet will be deleted once the data collection supervisor has reviewed and verified the data.

A supervisor from Ipsos MRBI may contact you to check that the interviewer called and to verify your answers to a small number of questions. The household information sheet will also be destroyed once the data are reviewed and validated.

The anonymised data will be retained for additional analysis, including comparisons for future surveys. The data will not be used for commercial purposes or given to commercial entities for analysis. Anonymised data from the Healthy Ireland study may be analysed in the future by different researchers and health service personnel, from other organisations outside the Department of Health, under agreed conditions. The Department of Health will be the Data Controller and the body responsible for the secure holding/retention of the data.

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It is important to note that whilst Ipsos MRBI interviewers are experienced data collectors and have received specific training relating to this project, they are not experts on health matters and will not be able to provide individual advice on these topics. If you have any queries on health related matters please contact your GP or call the HSE Infoline on 1850 24 1850.

Young Person's Information Sheet

Population Study commissioned by the Department of Health

You have been asked to take part in a study commissioned by the Department of Health. Before you decide whether to participate it is important for you to understand why this research is being done and what will be involved. We would like you to read this information sheet carefully and take time to decide whether or not you would like to take part. Under the rules of the Market Research Society it is not permissible to ask young people under 18 years of age any questions without an adult's permission and your parent/guardian has given permission for us to approach you.

What is this research about?

The Department of Health has commissioned Ipsos MRBI to complete a national survey about lifestyles on its behalf. The aim of this research is to explore a number of topics relating to lifestyle issues such as health, wellbeing, nutrition, alcohol, smoking, physical activity and weight management.

How was my household selected?

Over 12,000 households were randomly selected from An Post's address list to take part in the survey and your household was one of those selected.

Who can take part?

As part of this research we would like to survey approximately 7,400 people aged 15 years and over. There is a need to survey people as young as 15 years old as it is important to understand changes in lifestyles over time.

What will be involved if I take part?

A researcher from Ipsos MRBI will ask you a series of questions about lifestyle issues, and your attitudes and behaviours towards these. We ask that you answer these questions as accurately as possible.

What if I decide not to take part?

There is no obligation for you to take part. If you decide to take part but then change your mind you are free to withdraw at any time without having to give a reason and any information that you have given will not be used. You are also entitled to refuse to answer any questions you don't want to answer.

What will happen to the information I give?

Any information that you give the interviewer will be strictly confidential. The data will be encrypted on a password protected laptop. The confidential information will not be disclosed to anyone outside of the research team. The research team includes Ipsos MRBI and the Department of Health. Only Ipsos MRBI will have access to all of the data. The Department of Health will only have access to the anonymised data, i.e. the data without information that could lead to an individual being identified.

The research data will remain confidential at all times and answers of all survey participants will be grouped together so that no individual's responses will be identified. It will not be possible to identify you or any other member of your household from the published information, research data or the retained anonymised dataset. The alpha-numeric link between your questionnaire and the household information sheet will be deleted once the data collection supervisor has reviewed and verified the data.

A supervisor from Ipsos MRBI may contact you to check that the interviewer called and to verify your answers to a small number of questions. The household information sheet will also be destroyed once the data are reviewed and validated.

The anonymised data will be retained for additional analysis, including comparisons for future surveys. The data will not be used for commercial purposes or given to commercial entities for analysis. Anonymised data from the Healthy Ireland study may be analysed in the future by different researchers and health service personnel, from other organisations outside the Department of Health, under agreed conditions. The Department of Health will be the Data Controller and the body responsible for the secure holding/retention of the data.

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It is important to note that whilst Ipsos MRBI interviewers are experienced data collectors and have received specific training relating to this project, they are not experts on health matters and will not be able to provide individual advice on these topics. If you have any queries on health related matters please contact your GP or call the HSE Infoline on 1850 24 1850.