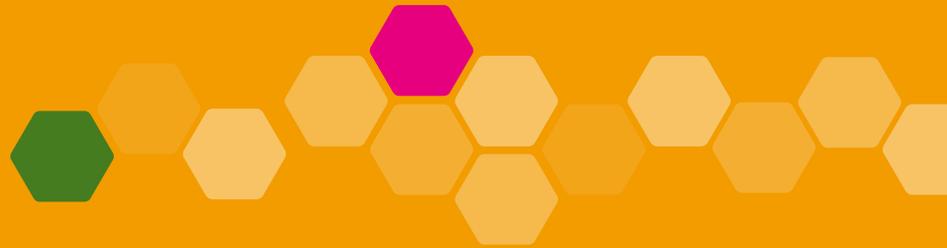




The Impact of COVID-19 on Wellbeing in Scotland: Wave 4

Methodology and Questionnaire



PEOPLE, COMMUNITIES AND PLACES

Methodology

- 1006 participants were selected using random digit dialling. This was a similar number of participants to wave 1 (1000), wave 2 (1004) and wave 3 (1000).
- Quotas were set based on gender, working status, age, and Scottish parliamentary region and weighted to ensure the sample was representative of the Scottish population.
- The unweighted sample sizes for subgroups are shown in the table below.
- Telephone interview lasting 18 minutes.
- Topics included: wellbeing, social contacts and relationships, neighbourhoods and social cohesion, formal and informal support, and behaviours during the pandemic.
- Questions were all closed (see below).
- Four waves of interviews have been conducted: April/May 2020, December 2020, March 2021 and January/February 2022.
- We identified differences in experiences based on: gender, age, income, living in more and less deprived areas, living in urban and rural areas, those with long term health conditions, and unpaid carers.

Table 1: Unweighted base sizes for wave 4

Category		Unweighted base
Gender Identity	Male	447
	Female	550
SIMD	Quintile 1	176
	Quintile 2	183
	Quintile 3	199
	Quintile 4	204
	Quintile 5	200
Age	16-24	110
	25-34	153
	35-54	321
	55-69	279
	70+	143
Disabled	Disabled	252
	Non-disabled	739
Urban/Rural	Urban	777
	Rural	185
Household Income (Annualised)	£15,559 or less	124
	£15600-£25,999	163
	£26,000-£51,999	223
	£52,000 or more	226
Unpaid carer	Unpaid carer	385
	Not an unpaid carer	617
Working Status	Working full time	396

	Working part time	109
	Self-employed	76
	Not working (excluding retired)	138
	Retired	264
Housing Tenure	Owned/with mortgage	705
	Rent (private landlord)	105
	Rent (local authority/housing association)	164

Questionnaire

SOCIAL COHESION

How much do you agree or disagree with the following statements about your neighbourhood?

a) If I was alone and needed help, I could rely on someone in this neighbourhood to help me

1. Agree strongly
2. Tend to agree
3. Neither agree nor disagree
4. Tend to disagree
5. Disagree strongly
6. (Don't know)

b) There are places where people can meet up and socialise

1. Agree strongly
2. Tend to agree
3. Neither agree nor disagree
4. Tend to disagree
5. Disagree strongly
6. (Don't know)
7. (Refused)

Thinking about your local neighbourhood, in general do you think it has got better, stayed the same, or got worse since the start of the pandemic in March 2020?

1. A lot better
2. A little better
3. About the same
4. A little worse
5. A lot worse
6. (DNR – was not living in area pre-pandemic)
7. (Don't know)
8. (Prefer not to say)

As far as you know, which, if any, of the following services or amenities are available within 15-20 minutes of your home?

1. Food shop or convenience store
2. A café or restaurant
3. A library
4. A social club or pub
5. (Don't know)
6. (Prefer not to say)

Thinking about places in your area, like the ones I just asked about, where you might meet up with or bump into other people – so not just cafes and pubs, but also places like libraries and shops. Compared with before the pandemic, do you feel you have more or less access to places like this where you might meet others from your area, or is it about the same?

1. More access

2. About the same
3. Less access
4. (Don't know)
5. (Prefer not to say)

At the moment, do you have access to any of the following within a 10-15 minute walk?

1. A private garden (IF NESS: that's only for your household)
2. A shared garden
3. A balcony, terrace or rooftop
4. Another open space, like a park, beach, wood, canal or river path?
5. None of these
6. (Don't know)
7. (Refused)

PERSONAL WELLBEING

Compared to how often you did them before the Coronavirus outbreak started in March 2020, are you doing the following things more, less, or the same amount these days - or did you not do them anyway?

- a. Visiting parks/woodlands/beaches
- b. Reading books
- c. Watching television/films
- d. Reading/listening to the news or looking at news on the internet
- e. Eating
- f. Drinking alcohol
- g. Smoking
- h. Gambling (including online)
- i. Volunteering informally or formally
- j. Exercising

1. More
2. Less
3. Same amount
4. Did not do them anyway

How much of the time during the last week have you felt lonely? Would you say you felt lonely none, or almost none of the time; some of the time; most of the time; or all, or almost all of the time?

1. None or almost none of the time
2. Some of the time
3. Most of the time
4. All or almost all of the time
5. (Don't know)
6. (Refused)

Overall, how anxious did you feel yesterday, on a scale of 0 to 10 where 0 is "not at all anxious" and 10 is "completely anxious"?

Different people deal with stress in different ways. For each of the following, please say how strongly you agree or disagree

- a. I tend to bounce back quickly after hard times
 - b. I tend to take a long time to get over setbacks in my life
- 1. Agree strongly
 - 2. Tend to agree
 - 3. Neither agree nor disagree
 - 4. Tend to disagree
 - 5. Disagree strongly
 - 6. (Don't know)
 - 7. (Prefer not to say)

SOCIAL CONTACT AND RELATIONSHIPS

Which, if any, of the following statements apply to you? Please just say yes or no for whether each of them apply.

- 1. I feel cut off from my friends and family at the moment
- 2. I am finding the current restrictions on socialising difficult to cope with
- 3. I have been sleeping badly
- 4. I have less of a sense of purpose at the moment
- 5. None of these – EXCLUSIVE CODE

In the last month, how often, if at all, have you met up in person with friends, relatives, neighbours or work colleagues, for exercise or any other reason?

- 1. Every day or most days
- 2. A few times a week
- 3. Once a week
- 4. Less often than once a week
- 5. Never
- 6. (Don't know)
- 7. (Refused)

And in the last month, how often, if at all, have you had phone or videocalls with friends, relatives, neighbours or work colleagues? Would you say ...

- 1. Every day or most days
- 2. A few times a week
- 3. Once a week
- 4. Less often than once a week
- 5. Never
- 6. (Don't know)
- 7. (Refused)

Compared with before the pandemic, do you feel that your relationships with family members in general? are stronger, weaker, or about the same?

- 1. A lot stronger
- 2. A little stronger
- 3. About the same
- 4. A little weaker
- 5. A lot weaker
- 6. (DNR – don't have family)
- 7. (Don't know)
- 8. (Prefer not to say)

And what about your relationships with friends? Compared with before the pandemic, do you feel that your relationships with friends in general are stronger, weaker, or about the same?

1. A lot stronger
2. A little stronger
3. About the same
4. A little weaker
5. A lot weaker
6. (DNR – don't have friends)
7. (Don't know)
8. (Prefer not to say)

And your relationships with colleagues or others you work with? Compared with before the pandemic, do you feel that these are stronger, weaker, or about the same?

1. A lot stronger
2. A little stronger
3. About the same
4. A little weaker
5. A lot weaker
6. (DNR – don't have colleagues/anyone I work with)
7. (DNR – started new job since the pandemic so not comparable)
8. (Don't know)
9. (Prefer not to say)

And your relationships with your neighbours? In general, compared with before the pandemic, do you feel that these are stronger, weaker, or about the same?

1. A lot stronger
2. A little stronger
3. About the same
4. A little weaker
5. A lot weaker
6. (DNR – don't have any neighbours)
7. (DNR – don't have any relationship with my neighbours)
8. (Don't know)
9. (Prefer not to say)

FORMAL AND INFORMAL SUPPORT

In the last month, have you or anyone else in your household provided any of the following kinds of help to other people, outside your household?

1. Donated or given food to another person or a foodbank
2. Done food shopping for others
3. Collected prescriptions or other health-related items for others
4. Helped with money to cover bills or expenses
5. Got in touch with others to check they are okay
6. Supported someone else with an existing health condition unrelated to COVID-19
7. Provided any other help to people outside your household? – please say what

8. No, none of these (EXCLUSIVE CODE)
9. (Don't know)
10. (Refused)

How confident, if at all, would you say you are that you could get a GP appointment within a reasonable timeframe, if you needed one? Would you feel ...:

1. Very confident
2. Fairly confident
3. Not very confident
4. Not at all confident
5. (Don't know)
6. (Refused)

And how confident, if at all, would you say you are that if you needed an ambulance, one would arrive quickly? Would you feel:

1. Very confident
2. Fairly confident
3. Not very confident
4. Not at all confident
5. (Don't know)
6. (Refused)

How confident, if at all, would you say you are that if you needed emergency care at an Accident and Emergency department, you would be seen quickly? Would you feel:

1. Very confident
2. Fairly confident
3. Not very confident
4. Not at all confident
5. (Don't know)
6. (Refused)

FURTHER DEMOGRAPHICS

Can I take the postcode of the address where you are currently living?

Please could you tell me your age at your last birthday?

1. WRITE IN NUMBER.
Numeric range (16 – 99)
2. (Don't know)
3. (Refused)

Which of the following describes how you think of yourself?

1. Male
2. Female
3. Or in another way?

What is your current working status?

1. Employed full time, 30 hours or more a week
2. Employed part time, 8-29 hours a week
3. Self-employed
4. Unemployed and looking for work
5. Unemployed and not looking for work
6. Retired
7. Studying at school, college or university
8. Looking after the home
9. Not working due to long-term illness or disability
10. Other- WRITE IN
11. (Don't know)
12. (Refused)

Do you, or another member of your household, rent or own your home?

1. Own outright / own with mortgage
2. Rent from a private landlord
3. Rent from a local authority/housing association
4. Live there rent free
5. Other – WRITE IN
6. (Don't know)
7. (Refused)

How many other people (including children) do you live with?

1. Numeric (RANGE 0-20)
2. (Don't know)
3. (Refused)

How old is the <first / next> other person you live with?

1. (Don't know)
2. (Refused)

Do you have a physical or mental health condition or illness lasting or expected to last 12 months or more?

1. Yes
2. No
3. (Don't know)
4. (Refused)

Does your condition or illness reduce your ability to carry out day-to-day activities?

1. A lot
2. A little
3. Not at all
4. (Don't know)
5. (Refused)

Apart from anything you do as part of paid employment, do you look after, or give any regular help or support to family members, friends, neighbours or others because of either long term physical/mental ill health/disability, or problems related to old age?

1. Yes
2. No
3. (Don't know)
4. (Refused)

What is your ethnic group?

1. White - Scottish
2. White - other British
3. White - Irish
4. White - other
5. Mixed or multiple ethnic group
6. Asian, Asian Scottish or Asian British
7. African
8. Caribbean or Black
9. Other ethnic group
10. (Don't know)
11. (Refused)

What is your household's total weekly income from all sources BEFORE any deductions for tax? Please include income from benefits, pensions, interest, etc.

1. Less than £100
2. £100 to £199
3. £200 to £299
4. £300 to £399
5. £400 to £499
6. £500 to £699
7. £700 to £999
8. £1,000 to £1,499
9. £1,500 or more
10. (Don't know)
11. (Refused)

What is your household's total monthly income from all sources BEFORE any deductions for tax? Please include income from benefits, pensions, interest, etc.

1. Less than £433
2. £433 to £899
3. £900 to £1,299
4. £1,300 to £1,699
5. £1,700 to £2,199
6. £2,200 to £2,999
7. £3,000 to £4,349
8. £4,350 to £6,499
9. £6,500 or more
10. (Don't know)
11. (Refused)

What is your household's total yearly income from all sources BEFORE any deductions for tax? Please include income from benefits, pensions, interest, etc.

1. Less than £5,200

2. £5,200 to £10,399
3. £10,400 to £15,599
4. £15,600 to £20,799
5. £20,800 to £25,999
6. £26,000 to £36,399
7. £36,400 to £51,999
8. £52,000 to £77,999
9. £78,000 or more
10. (Don't know)
11. (Refused)

CONSENT FOR RECONTACT FOR FUTURE RESEARCH

In the future, the Scottish Government may want to commission follow-up research among particular groups of the public to help improve public policies and services.

Would you be willing to have your name, contact details and relevant answers you have given during this interview passed on the Scottish Government or other research agencies acting on behalf of, or in collaboration with, the Scottish Government for this purpose? It would still be up to you to decide whether or not you wanted to take part in further research when asked, and any information you provided would be used strictly for research purposes only. Your confidentiality will be protected in the publication of any results given.

1. Yes, consent given
2. No, consent refused

Can I please take your name?

2. Refused

Can I take your phone number?

1. Yes – use this number
2. Please type in
3. Prefer not to say

Do you have an email address we could contact you on?

2. Prefer not to answer