

Survey on Wellbeing, Health and Life in general 2020 online questionnaire (from RDD-sampling SMS-invitation web-push study)

In the last week, did you do any exercise which caused a moderate increase in your heart rate or breathing, that is, **moderate exercise**? (e.g., gentle swimming, social tennis, golf)

- Yes (1)
 - No (2)
-

How many serves of vegetables do you usually eat each day?

- 1 serve (1)
 - 2 serves (2)
 - 3 serves (3)
 - 4 serves (4)
 - 5 serves (5)
 - 6 serves or more (6)
 - less than one serve (7)
 - do not eat vegetables (8)
-

Have you had an alcoholic drink of any kind in the last 12 months?

- Yes (1)
 - No (2)
-

How often do you now smoke cigarettes, pipes or other tobacco products?

- Daily (1)
 - At least weekly (but not daily) (2)
 - Less often than weekly (3)
 - Not at all, but I have smoked in the last 12 months (4)
 - Not at all and I have not smoked in the last 12 months (5)
-

In general, would you say your health is...?

- Excellent (1)
 - Very good (2)
 - Good (3)
 - Fair (4)
 - Poor (5)
-

How often do you feel rushed or pressed for time?

- Always (1)
 - Often (2)
 - Sometimes (3)
 - Rarely (4)
 - Never (5)
-

In the past 4 weeks, about how often did you feel **hopeless**?

- None of the time (1)
 - A little of the time (2)
 - Some of the time (3)
 - Most of the time (4)
 - All of the time (5)
-

Do you have access to the Internet at home?

- Yes (1)
 - No (2)
-

Which, if any, of the following devices do you own or have ready access to (i.e., that is readily available for you to use)?

- Smartphone (1)
 - Laptop (2)
 - Desktop/tower computer (3)
 - Tablet (4)
-

Thinking about new brands or technology, do you agree or disagree with the following statement?

I like to be the first among my friends and family to try something new.

- Strongly agree (1)
 - Agree (2)
 - Disagree (3)
 - Strongly disagree (4)
-

In the last twelve months did you spend any time doing voluntary work through an organisation or group?

- No, did not do voluntary work (1)
 - Yes, did voluntary work (2)
-

In the last two weeks did you spend time providing unpaid care, help or assistance to family members or others because of a disability, a long term health condition or problems related to old age?

- No, did not provide unpaid care, help or assistance (1)
 - Yes, provided unpaid care, help or assistance (2)
-

How well do the following words describe you? For each word, indicate how well that word describes you. There are no right or wrong answers.

How well does **Warm** describe you?

- 1 - Does not describe me at all (1)
 - 2 (2)
 - 3 (3)
 - 4 (4)
 - 5 (5)
 - 6 (6)
 - 7 - Describes me very well (7)
-

What about **Orderly**?

- 1 - Does not describe me at all (1)
 - 2 (2)
 - 3 (3)
 - 4 (4)
 - 5 (5)
 - 6 (6)
 - 7 - Describes me very well (7)
-

How well does **Moody** describe you?

- 1 - Does not describe me at all (1)
 - 2 (2)
 - 3 (3)
 - 4 (4)
 - 5 (5)
 - 6 (6)
 - 7 - Describes me very well (7)
-

What about **Quiet**?

- 1 - Does not describe me at all (1)
- 2 (2)
- 3 (3)
- 4 (4)
- 5 (5)
- 6 (6)
- 7 - Describes me very well (7)

And finally, how well does **Philosophical** describe you?

- 1 - Does not describe me at all (1)
- 2 (2)
- 3 (3)
- 4 (4)
- 5 (5)
- 6 (6)
- 7 - Describes me very well (7)

I am now going to ask you some questions about how satisfied or dissatisfied you are with some of the things happening in your life.

Please pick a number between 0 and 10 to indicate how satisfied you are with **your health**.

	0 - Totally dissatisfied (1)	1 (2)	2 (3)	3 (4)	4 (5)	5 - Neither satisfied nor dissatisfied (6)	6 (7)	7 (8)	8 (9)	9 (10)	10 - Totally satisfied (11)
Your health (1)											

How satisfied are you with **your financial situation**?

	0 - Totally dissatisfied (1)	1 (2)	2 (3)	3 (4)	4 (5)	5 - Neither satisfied nor dissatisfied (6)	6 (7)	7 (8)	8 (9)	9 (10)	10 - Totally satisfied (11)
Your financial situation (1)											

How satisfied are you with **how safe you feel**?

	0 - Totally dissatisfied (1)	1 (2)	2 (3)	3 (4)	4 (5)	5 - Neither satisfied nor dissatisfied (6)	6 (7)	7 (8)	8 (9)	9 (10)	10 - Totally satisfied (11)
How safe you feel (1)											

How satisfied are you with **your life as a whole**?

	0 - Totally dissatisfied (1)	1 (2)	2 (3)	3 (4)	4 (5)	5 - Neither satisfied nor dissatisfied (6)	6 (7)	7 (8)	8 (9)	9 (10)	10 - Totally satisfied (11)
Your life as a whole (1)											

Now some questions about yourself to help me analyse results.

Are you...?

- Male (1)
- Female (2)

Which of the following age groups do you belong to...?

- 18-24 (1)
 - 25-34 (2)
 - 35-44 (3)
 - 45-54 (4)
 - 55-64 (5)
 - 65-74 (6)
 - 75 and over (7)
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What is the highest year of primary or secondary school you have completed?

- Year 12 or equivalent (1)
 - Year 11 or equivalent (2)
 - Year 10 or equivalent (3)
 - Year 9 or equivalent (4)
 - Year 8 or below (5)
 - Did not go to school (6)
-

Have you completed any educational qualification (including a trade certificate)?

- Yes (1)
 - No (2)
-

What is the level of the highest qualification you have completed?

- Certificate I or Certificate II (1)
 - Certificate III or Certificate IV (2)
 - Associate Diploma (3)
 - Undergraduate Diploma (4)
 - Bachelor Degree (5)
 - Master's Degree, Postgraduate Degree, or Postgraduate Diploma (6)
 - Doctorate (7)
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What state do you live in?

- New South Wales (1)
 - Victoria (2)
 - Queensland (3)
 - South Australia (4)
 - Western Australia (5)
 - Tasmania (6)
 - Northern Territory (7)
 - Australian Capital Territory (8)
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Do you live in the capital city of your state or territory?

- Yes (1)
 - No (2)
-

Are you an Australian citizen?

- Yes (1)
 - No (2)
-

Were you born in Australia?

- Yes (1)
 - No (2)
-

Do you speak a language other than English at home?

- Yes (4)
 - No (5)
-

Are you of Aboriginal or Torres Strait Islander origin?

- No (1)
 - Yes, Aboriginal (2)
 - Yes, Torres Strait Islander (3)
-

Did you live at your current address 5 years ago (in November 2015)?

- Yes (1)
 - No (2)
-

We're interested in whether your home is owned by you or members of your household. Is the dwelling that you live in...?

- Owned outright (1)
 - Owned with a mortgage (2)
 - Being purchased under a rent/buy scheme (3)
 - Being rented (4)
 - Being occupied rent free (5)
 - Being occupied under a life tenure scheme (6)
 - Other (8)
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Which category best describes this household?

- Person living alone (1)
 - Couple living alone (2)
 - Couple with non-dependent child(ren) (3)
 - Couple with dependent child(ren) (4)
 - Couple with dependent and non-dependent child(ren) (5)
 - Single parent with non-dependent child(ren) (10)
 - Single parent with dependent child(ren) (7)
 - Single parent with dependent and non-dependent child(ren) (8)
 - Non-related adults sharing house/apartment/flat (9)
 - Other household type (11)
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Last week, did you have a job of any kind?

- Yes, worked for payment or profit (1)
 - Yes, but absent on holidays, on paid leave, on strike, or temporarily stood down (4)
 - Yes, unpaid work in a family business (3)
 - Yes, other unpaid work (5)
 - No, did not have a job (6)
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What is the total of all income you usually receive?

- 3,000 or more per week / \$156,000 or more per year (1)
 - \$2,000 - \$2,999 per week / \$104,000 - \$155,999 per year (2)
 - \$1,750 - \$1,999 per week / \$91,000 - \$103,999 per year (3)
 - \$1,500 - \$1,749 per week / \$78,000 - \$90,999 per year (4)
 - \$1,250 - \$1,499 per week / \$65,000 - \$77,999 per year (5)
 - \$1,000 - \$1,249 per week / \$52,000 - \$64,999 per year (6)
 - \$750 - \$999 per week / \$39,000 - \$51,999 per year (7)
 - \$500 - \$749 per week / \$26,000 - \$38,999 per year (8)
 - \$250 - \$499 per week / \$13,000 - \$25,999 per year (9)
 - \$1 - \$249 per week / \$1 - \$12,999 per year (10)
 - Nil income (11)
 - Negative income (12)
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