

1. Further Assessment - Information Sheet



International

The International Wellbeing Study consisted of a set of 208 questions, which took on average 29 minutes to complete. The following 44 questions and one further measure (40 questions) are on aspects related to wellbeing (such as whether you smoke cigarettes, own pets, or are physically active, for example) and take on average 14 minutes to complete.

All questions are voluntary to answer - if you feel uncomfortable answering a question, you can leave it blank. Again, your information is strictly confidential.

If you would rather not answer these questions, you can provide your email on the next page and select the option to skip to the end in order to register to receive a personalised report of your International Wellbeing Study scores.

2. Register and Email

Can you answer a few more questions on aspects related to wellbeing before registering for your Wellbeing Report?

Yes, I can answer a few more questions before I register for my Wellbeing Report.

No, I would rather just register to receive my Wellbeing Report.

To identify your previous responses in The International Wellbeing Study, it is ESSENTIAL that you supply the same e-mail address you used previously in The International Wellbeing Study.

In this text box, please provide the e-mail address that you supplied in The International Wellbeing Study:

3.

What is your height?

Height

Height?

What is your weight?

Weight

Weight?

What is the highest level of education you have completed?

- Did not finished school
- High school
- Diploma
- Bachelors degree
- Master degree
- PhD
- Other (provide details in the text box below)

Other (please specify)

How many children do you have?

Number of Boys

Number of Girls

How many children?

How many pets do you have?

Number of Pets

How many pets?

Please specify the type of pet/s

4.

How many hours of sleep do you average each night?

Sleep hours

Average hours of sleep each night? (as examples, from 9pm to 7am = 10 hours, from 10pm to 6am = 8 hours)

On average, what time do you go to sleep?

Go to sleep at:

I go to sleep at:

How would you rate the quality of your sleep?

Extremely unsatisfying Unsatisfying Slightly unsatisfying Slightly satisfying Satisfying Extremely satisfying

Your sleep quality?

How many standard drinks of alcohol do you drink on average EACH WEEK?

Drinks each week

Standard drinks of alcohol EACH WEEK? (such as a glass of wine or bottle of beer)

How many cigarettes do you smoke on average EACH WEEK?

Cigarettes each week

Standard cigarettes EACH WEEK?

Are you currently taking a prescribed medication?

Yes (provide details in the text box below)

No

If yes, what is this medication for?

Do you take illegal drugs?

Yes (provide details in the text box below)

No

If yes, what drugs?

5.

How would you describe your physical health?

	Extremely poor	Poor	Slightly below average	Average for my age	Slightly above average	Good	Extremely good
Your physical health?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In general, how physically active are you?

	Extremely inactive	Very inactive	Slightly inactive	Slightly active	Very active	Extremely active
How physically active are you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How would you describe the nutritional quality your diet?

	Extremely poor	Poor	A little poor	A little good	Good	Extremely good
Your diet's nutritional quality?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

During the last 12 months, did the following health problems occur to you?

	Yes	No
Heart trouble	<input type="radio"/>	<input type="radio"/>
High blood pressure	<input type="radio"/>	<input type="radio"/>
Asthma	<input type="radio"/>	<input type="radio"/>
Arthritis	<input type="radio"/>	<input type="radio"/>
Diabetes	<input type="radio"/>	<input type="radio"/>
Stroke	<input type="radio"/>	<input type="radio"/>
Cancer	<input type="radio"/>	<input type="radio"/>
Circulatory problems	<input type="radio"/>	<input type="radio"/>
Hospital admission	<input type="radio"/>	<input type="radio"/>

Other (please specify)

Have you previously been diagnosed by a mental health professional, such as by a clinical psychologist or psychiatrist (excluding a GP or medical doctor), as having a mental health condition?

Yes (provide details in the text box below)

No

If yes, A) what condition/s, and B) when was the condition/s diagnosed?

	5
	6

6.

What is the approximate size of the city or town you live in?

Size?

Number of people in your city or town?

Which best describes your current accommodation?

- House by myself
- House with 3 people or less
- House with 4 to 7 people
- House with 8 people or more
- Apartment by myself
- Apartment with 3 people or less
- Apartment with 4 to 7 people
- Apartment with 8 people or more
- Other (provide details in the text box below)

Other (please specify)

How well do you get along with your housemates?

	Extremely negatively	Negatively	Slightly negatively	Average for my age	Slightly positively	Positively	Extremely positively	I live alone
Get along with your housemates?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7.

How do you travel to work? (your main source of travel)

I am not currently working or I work from home

Car

Bus

Train

Boat

Walk

Bike

Other (specify below)

Other (please specify)

How long is your commute to work each day?
(include travel time to work, and travel time home from work)

Commuting time each day?

Commuting time each day?

What is your MAIN activity during your commute?

I am not currently working or I work from home

Focusing on the commute itself - such as driving.

Read a book

Read a newspaper/magazine

Listen to music

Listen to an audio book

Use a computer to do work

Use a computer for enjoyment

Talk for friend in person

Talk or txt on your mobile phone

Other (specify below)

Other (please specify)

8.

How many hours of TV viewing do you average EACH NIGHT?

TV hours

Average hours of TV viewing EACH NIGHT?	<input type="text" value="6"/>
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How satisfied are you with your TV viewing experience on average?

	Extremely dissatisfied	Dissatisfied	Slightly dissatisfied	Neutral - neither satisfied nor dissatisfied	Slightly satisfied	Satisfied	Extremely satisfied
How satisfied?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do you usually view TV with others?

Yes (provide details in the text box below)

No

If yes, with who?

How would you describe your main TV viewing approach?

I purposely choose and plan what to watch, and only watch what I plan

I channel surf

I plan some and also browse around

Other (provide details in the text box below)

Other (please specify)

How many hours of computer use do you average EACH DAY?

	WORK - Computer use hours	LEISURE - Computer use hours
Average hours of computer use EACH DAY?	<input type="text" value="6"/>	<input type="text" value="6"/>

9.

Some people describe themselves as more or less religious. In general, how religious are you?

	I am not religious	Slightly religious	Moderately religious	Very religious	Extremely religious
How religious are you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you are religious, which religion?

My religion is... (provide details in the text box below)

I am not religious

My religion is...

In an AVERAGE MONTH, how often would you attend a religious service or ceremony?

Monthly attendance average

How often would you attend a religious service or ceremony?

10.

Generally speaking, would you say that most people can be trusted, or that you can't be too careful in dealing with people?

	1 - You can't be too careful in dealing with people	2	3	4	5	6	7 - Most people can be trusted
How trustworthy are people?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Have you been the victim of a crime over the last year?

Yes (provide details in the text box below)

No

If yes, A) how many crimes, and B) what crime/s?

	5
	6

Excluding the country you live in, during your lifetime, how many countries have you visited?

	0 - I have not left my country of origin	1 to 5	6 to 10	11 to 15	16 to 20	21 to 25	More than 25
Countries visited?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How would you describe your main approach towards travelling to other countries?

	For relaxing	For business	For helping others	For learning	For family/friends
Approach towards travelling?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)

What age do you think you will live to?

	Age you will live to?
Age you will live to?	<input style="width: 80px;" type="text" value="6"/>

How many close friends do you have?

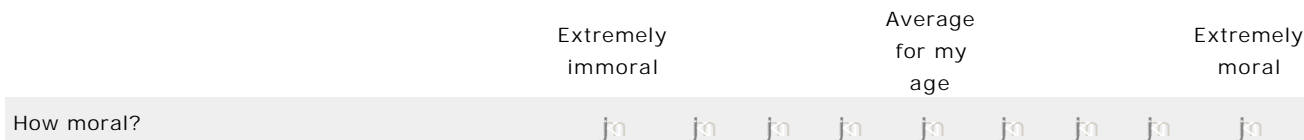
	Number of friends
How many close friends?	<input style="width: 80px;" type="text" value="6"/>

11.

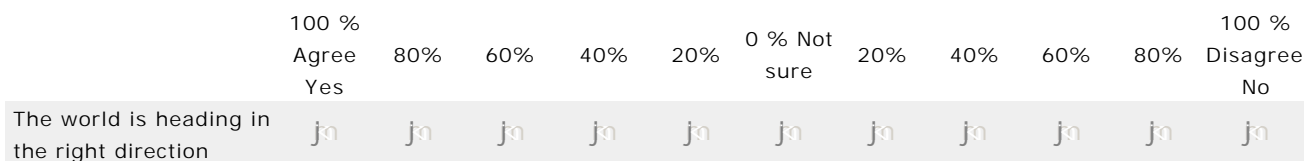
In general, how happy or unhappy does the PERSON CLOSEST TO YOU in your life usually feel? Which ONE statement best describes THEIR average happiness?

- Extremely happy (feeling ecstatic, joyous, fantastic)
- Very happy (feeling really good, elated)
- Pretty happy (spirits high, feeling good)
- Mildly happy (feeling fairly good & somewhat cheerful)
- Slightly happy (just a bit above normal)
- Neutral (not particularly happy or unhappy)
- Slightly unhappy (just a bit below neutral)
- Mildly unhappy (just a little low)
- Pretty unhappy (somewhat "blue", spirits down)
- Very unhappy (depressed, spirits very low)
- Extremely unhappy (utterly depressed, completely down)

In general, how moral would you describe yourself as a person?



How strongly do you agree with the following statement: "The world is heading in the right direction"



12.

How satisfied are you with:

	Extremely satisfied	Very satisfied	Slightly satisfied	Neither satisfied nor UNSatisfied	Slightly UNSatisfied	Very UNSatisfied	Extremely UNSatisfied
The environment.	jq	jq	jq	jq	jq	jq	jq
The government.	jq	jq	jq	jq	jq	jq	jq
The economy.	jq	jq	jq	jq	jq	jq	jq
National security.	jq	jq	jq	jq	jq	jq	jq
Your personal security.	jq	jq	jq	jq	jq	jq	jq
The amount of spare time you have.	jq	jq	jq	jq	jq	jq	jq
The amount of time you spend with others.	jq	jq	jq	jq	jq	jq	jq
If employed, your job (if you are UNemployed, leave blank)	jq	jq	jq	jq	jq	jq	jq
If UNemployed, being unemployed (if you are employed, leave blank)	jq	jq	jq	jq	jq	jq	jq

Imagine that scientists figured out a way to stimulate a person's brain so that they experience constant and permanent pleasure every moment of their life. It's perfectly safe, no chance of malfunction, and not harmful to a person's health. Would you choose to be plugged into such a machine?

jq Yes

jq No

On a scale from 0 to 10, where 0 indicates that you do NOT know what your central values are, and 10 indicates that you know EXACTLY what your central values are, please choose a number.

	0	1	2	3	4	5	6	7	8	9	10
How much do you know what your values are (what is most important to you)?	jq	jq	jq	jq	jq	jq	jq	jq	jq	jq	jq

13.

The last 40 questions that you are about to complete have both a male version and a female version (the only difference is in the wording: e.g., "it is important to HIM that..." or "it is important to HER that...").

If you are male please select "Male version", and if you are female please select "Female version".

Female Version

Male Version

14.

Here we briefly describe some people. Please read each description and think about how much each person is or is not like you. Mark the button to the right that shows how much the person in the description is like you.

How much like you is this person?

	Very much like me	Like me	Somewhat like me	A little like me	Not like me	Not like me at all
1. Thinking up new ideas and being creative is important to him. He likes to do things in his own original way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. It is important to him to be rich. He wants to have a lot of money and expensive things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. He thinks it is important that every person in the world be treated equally. He believes everyone should have equal opportunities in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. It's very important to him to show his abilities. He wants people to admire what he does.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. It is important to him to live in secure surroundings. He avoids anything that might endanger his safety.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. He thinks it is important to do lots of different things in life. He always looks for new things to try.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. He believes that people should do what they're told. He thinks people should follow rules at all times, even when no-one is watching.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. It is important to him to listen to people who are different from him. Even when he disagrees with them, he still wants to understand them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. He thinks it's important not to ask for more than what you have. He believes that people should be satisfied with what they have.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. He seeks every chance he can to have fun. It is important to him to do things that give him pleasure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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How much like you is this person?

	Very much like me	Like me	Somewhat like me	A little like me	Not like me	Not like me at all
11. It is important to him to make his own decisions about what he does. He likes to be free to plan and to choose his activities for himself.	ja	ja	ja	ja	ja	ja
12. It's very important to him to help the people around him. He wants to care for their well-being.	ja	ja	ja	ja	ja	ja
13. Being very successful is important to him. He likes to impress other people.	ja	ja	ja	ja	ja	ja
14. It is very important to him that his country be safe. He thinks the state must be on watch against threats from within and without.	ja	ja	ja	ja	ja	ja
15. He likes to take risks. He is always looking for adventures.	ja	ja	ja	ja	ja	ja
16. It is important to him always to behave properly. He wants to avoid doing anything people would say is wrong.	ja	ja	ja	ja	ja	ja
17. It is important to him to be in charge and tell others what to do. He wants people to do what he says.	ja	ja	ja	ja	ja	ja
18. It is important to him to be loyal to his friends. He wants to devote himself to people close to him.	ja	ja	ja	ja	ja	ja
19. He strongly believes that people should care for nature. Looking after the environment is important to him.	ja	ja	ja	ja	ja	ja
20. Religious belief is important to him. He tries hard to do what his religion requires.	ja	ja	ja	ja	ja	ja

How much like you is this person?

	Very much like me	Like me	Somewhat like me	A little like me	Not like me	Not like me at all
21. It is important to him that things be organized and clean. He really does not like things to be a mess.	ja	ja	ja	ja	ja	ja
22. He thinks it's important to be interested in things. He likes to be curious and to try to understand all sorts of things.	ja	ja	ja	ja	ja	ja
23. He believes all the worlds' people should live in harmony. Promoting peace among all groups in the world is important to him.	ja	ja	ja	ja	ja	ja
24. He thinks it is important to be ambitious. He wants to show how capable he is.	ja	ja	ja	ja	ja	ja
25. He thinks it is best to do things in traditional ways. It is important to him to keep up the customs he has learned.	ja	ja	ja	ja	ja	ja
26. Enjoying life's pleasures is important to him. He likes to 'spoil' himself.	ja	ja	ja	ja	ja	ja
27. It is important to him to respond to the needs of others. He tries to support those he knows.	ja	ja	ja	ja	ja	ja
28. He believes he should always show respect to his parents and to older people. It is important to him to be obedient.	ja	ja	ja	ja	ja	ja
29. He wants everyone to be treated justly, even people he doesn't know. It is important to him to protect the weak in society.	ja	ja	ja	ja	ja	ja
30. He likes surprises. It is important to him to have an exciting life.	ja	ja	ja	ja	ja	ja

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How much like you is this person?

	Very much like me	Like me	Somewhat like me	A little like me	Not like me	Not like me at all
31. He tries hard to avoid getting sick. Staying healthy is very important to him.	jn	jn	jn	jn	jn	jn
32. Getting ahead in life is important to him. He strives to do better than others.	jn	jn	jn	jn	jn	jn
33. Forgiving people who have hurt him is important to him. He tries to see what is good in them and not to hold a grudge.	jn	jn	jn	jn	jn	jn
34. It is important to him to be independent. He likes to rely on himself.	jn	jn	jn	jn	jn	jn
35. Having a stable government is important to him. He is concerned that the social order be protected.	jn	jn	jn	jn	jn	jn
36. It is important to him to be polite to other people all the time. He tries never to disturb or irritate others.	jn	jn	jn	jn	jn	jn
37. He really wants to enjoy life. Having a good time is very important to him.	jn	jn	jn	jn	jn	jn
38. It is important to him to be humble and modest. He tries not to draw attention to himself.	jn	jn	jn	jn	jn	jn
39. He always wants to be the one who makes the decisions. He likes to be the leader.	jn	jn	jn	jn	jn	jn
40. It is important to him to adapt to nature and to fit into it. He believes that people should not change nature.	jn	jn	jn	jn	jn	jn

Is there is anything else you would like to tell us?

Yes (if yes, please type below)

No

If "Yes", please specify here

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Is there is anything else you would like to tell us?

Yes (if yes, please type below)

No

If "Yes", please specify here

16. Thank You



International

When you select "done" below your answers will be submitted and you will be registered to receive your Wellbeing Report. This report may take us up to a month to compile - we will aim to e-mail this to you as soon as possible.

Again, thank you, your help is greatly appreciated and will contribute to a better understanding of people's wellbeing.

This research project is lead by Aaron Jarden, who is a lecturer in psychology and president of the New Zealand Association of Positive Psychology. For further information, you can contact Aaron or one of the other main researchers:

Aaron Jarden - aaron.jarden@openpolytechnic.ac.nz

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