



# Appendix A

## **Appendix A      Fieldwork Documents**

1. Child Boost Advance letter – Opt-in
2. Child Boost Confirmation letter – Opt-in
3. Child Boost Reminder letter 1 – Opt-in
4. Child Boost Reminder letter 2 – Opt-in
5. Child Boost Advance letter – In-home
6. Advance letter – ScotCen – Version A
7. Advance letter – ScotCen – Version B
8. Advance letter – ONS – Version A
9. Survey leaflet – ScotCen
10. Survey leaflet – ONS
11. Child information leaflet
12. Adult information leaflet
13. COVID leaflet – Knock to nudge – ScotCen
14. COVID leaflet – In-home – ScotCen
15. Self-completion Cover letter – ScotCen
16. Self-completion Cover letter – ONS
17. Self-completion Reminder letter 1 – ScotCen
18. Self-completion Reminder letter 2 – ScotCen
19. Adult Useful Contacts Leaflet
20. Child Useful Contacts Leaflet
21. Reissue letter – ScotCen
22. Reissue letter – ONS
23. Adult Thank you letter
24. Child (proxy) Thank you letter
25. Core Sample – Showcards
26. Child Boost – Showcards
27. Language translation card

The Resident

<Add1>

<Add2>

<Add3>

<Add4>

<Postcode>

Code: <Serial>/<CHK>

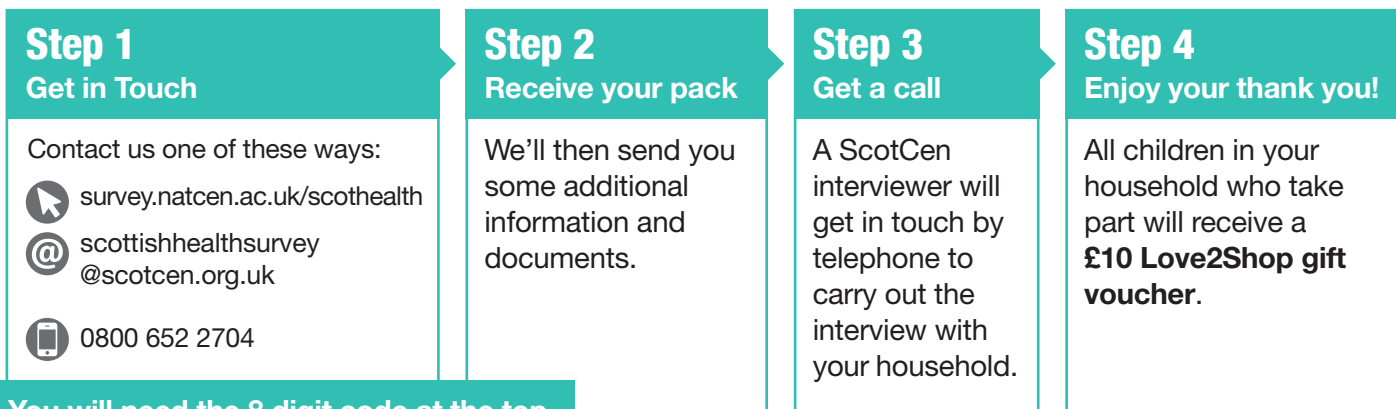
## Help improve health services in <healthboard>

Dear Sir or Madam,

Your household has been chosen to take part in the Scottish Health Survey (Child Interviews), an important annual study used to help improve health services in your area and across Scotland. We rely on the goodwill of the people who take part to make the study a success and need to speak to as many different people as possible. In previous years more than 7,000 people took part – now you have an opportunity to join in as well. We're sure you will find it interesting. We are particularly interested in understanding more about the health of **children and young people aged 0-15** living in Scotland.

We would like to hear from you if you have a child or children aged under 16 living in your household.

### Taking part is easy:

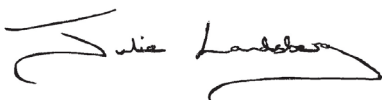


You will need the 8 digit code at the top of this letter and your contact details

By taking part, you and your child are helping to provide a better understanding of the health and lifestyles of people in Scotland during this challenging time. It is also important to look to the future, and the information you and your child provide will help plan, and improve, health services beyond the pandemic.

### Further info

Answers to some questions you may have are on the back of this letter, in the enclosed leaflet and at [www.gov.scot/publications/scottish-health-survey-interviewee-faqs](http://www.gov.scot/publications/scottish-health-survey-interviewee-faqs). If you would like to talk to someone about the study, please phone free on **0800 652 2704**.



**Julie Landsberg**

Survey Manager, Scottish Government

## How did you choose my address?

We chose your address at random from the Postcode Address File. This file is held by the Post Office and is available to the public. Only the addresses chosen have the opportunity to take part. As this household has been selected to increase the number of children taking part, we are only able to include your household if there are any children aged 0 to 15 living there. If there are no children living at your address then please disregard this letter. We will also ask you to confirm that there are children in the household.

## Who will we want to speak to?

We can interview up to two children in your household. If you have three or more children, your interviewer will select two of them to take part. Parents or guardians will answer questions on behalf of children aged under 13. Children aged 13-15 can answer the questions themselves but we will need you to answer some questions at the start of the interview. We will also ask for your consent for them to take part. We would like you to be present or within earshot of the interview taking place. You can have the phone on speaker phone so everyone can take part at the same time.

Information for children taking part is in the enclosed survey leaflet, please share this with them in advance.

If you require any assistance to take part in the telephone survey then please contact us by emailing [scottishhealthsurvey@scotcen.org.uk](mailto:scottishhealthsurvey@scotcen.org.uk) or phone us free on **0800 652 2704**.

## What will happen to any information my child and I give?

The information you provide will help the survey team understand more about health conditions and behaviours which will in turn help policy-makers to develop policies aimed at improving people's health in Scotland.

Your answers are treated with care and with full respect for your privacy. The information is used for statistical and research purposes only and is dealt with in accordance with data protection legislation. We will not publish the survey results in a form that can reveal your identity and no attempts will be made to identify you from your answers.

For further information on how the information you provide will be used please see the privacy information on the Scottish Government's website here:

[www.gov.scot/publications/scottish-health-survey-interviewee-faqs/](http://www.gov.scot/publications/scottish-health-survey-interviewee-faqs/)

More information is available in the enclosed survey leaflet.

## Who is carrying out the survey?

The Scottish Government has asked ScotCen Social Research (ScotCen) to carry out the survey. ScotCen's interviewers are highly trained and regular procedures are in place to monitor the quality of their work.

ScotCen is independent of all government departments and political parties. For more information about ScotCen please visit [www.scotcen.org.uk](http://www.scotcen.org.uk).

## What is the interview about?

The interview covers a range of health topics, including general health and lifestyles.

## Where can I find out more?

See the enclosed leaflet, visit [www.gov.scot/collections/scottish-health-survey](http://www.gov.scot/collections/scottish-health-survey) or phone us free on **0800 652 2704**.

Hear more about the real difference the study makes at [www.scotcen.org.uk/healthvideo](http://www.scotcen.org.uk/healthvideo)

The Resident

<Add1>

<Add2>

<Add3>

<Add4>

<Postcode>

Code: <Serial>/<CHK>

# Thank you for your interest in the Scottish Health Survey

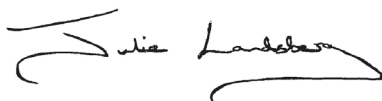
Dear Household,

Thank you for sending your details to us to take part in the Scottish Health Survey. The survey is an important annual study used to help improve health services in your area and across Scotland. By taking part, you are helping to provide a better understanding of the health and lifestyles of people in Scotland.

Enclosed in this envelope are the Scottish Health Survey 2022 showcards. These showcards are used throughout the interview for you to select some of your answer options to questions. A useful contacts leaflet is also provided with the contact details for organisations that you may find helpful.

Your interviewer will be in contact shortly to arrange your interview.

For further information, please visit [www.gov.scot/collections/scottish-health-survey](http://www.gov.scot/collections/scottish-health-survey) or phone us free on **0800 652 2704**. Hear more about the real difference the study makes at [www.scotcen.org.uk/healthvideo](http://www.scotcen.org.uk/healthvideo)



**Julie Landsberg**  
Survey Manager, Scottish Government

The Resident

<Add1>  
<Add2>  
<Add3>  
<Add4>  
<Postcode>

Code: <Serial>/<CHK>

## Your chance to help improve health services in Scotland

We wrote to you recently asking for your help with an important study called the Scottish Health Survey. We are particularly interested in understanding more about the health of children and young people aged 0-15 living in Scotland. If you haven't taken part yet you still have time to do so. Thank you to those of you who very kindly contacted us to take part. If you have been in touch then please ignore the rest of this letter.

The survey is especially important during the **COVID-19 pandemic and beyond** to provide a better understanding of the health and lifestyles of people in Scotland. We would like to hear from you if you have a child or children aged under 16 living in your household.



### It's easy to take part

The simple steps to getting involved are:

#### Step 1 Get in Touch

Contact us one of these ways:

- [survey.natcen.ac.uk/scothealth](https://survey.natcen.ac.uk/scothealth)
- [scottishhealthsurvey@scotcen.org.uk](mailto:scottishhealthsurvey@scotcen.org.uk)
- 0800 652 2704

#### Step 2 Receive your pack

We'll then send you some additional information and documents.

#### Step 3 Get a call

A ScotCen interviewer will get in touch by telephone to carry out the interview with your household.

#### Step 4 Enjoy your thank you!

All children in your household who take part will receive a **£10 Love2Shop gift voucher**.

You will need the 8 digit code at the top of this letter and your contact details



### Help improve health services in your area

Only people selected in your area have been contacted and we hope you'll join them in taking part in this important annual study used to help improve health services in your area and across Scotland.

**Julie Landsberg**  
Survey Manager, Scottish Government

## How did you choose my address?

We chose your address at random from the Postcode Address File. This file is held by the Post Office and is available to the public. Only the addresses chosen have the opportunity to take part. As this household has been selected to increase the number of children taking part, we are only able to include your household if there are any children aged 0 to 15 living there. If there are no children living at your address then please disregard this letter.

## Who will we want to speak to?

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If you require any assistance to take part in the telephone survey then please contact us by emailing [scottishhealthsurvey@scotcen.org.uk](mailto:scottishhealthsurvey@scotcen.org.uk) or phone us free on **0800 652 2704**.

## What will happen to any information my child and I give?

The information you and your child provide will help the survey team understand more about health conditions and lifestyles. This, in turn, will help policy-makers to develop policies aimed at improving people's health in Scotland.

Your and your child's answers are treated with care and with full respect for their privacy. The information is used for statistical and research purposes only and is dealt with in accordance with data protection legislation. We will not publish the survey results in a form that can reveal your or your child's identity and no attempts will be made to identify you or your child from your answers.

For further information on how the information you and your child provide will be used, please see the privacy information on the Scottish Government's website here: [www.gov.scot/publications/scottish-health-survey-interviewee-faqs](http://www.gov.scot/publications/scottish-health-survey-interviewee-faqs).

## Who is carrying out the survey?

The Scottish Government has asked ScotCen Social Research (ScotCen) to carry out the survey. ScotCen's interviewers are highly trained and regular procedures are in place to monitor the quality of their work.

ScotCen is independent of all government departments and political parties. For more information about ScotCen please visit [www.scotcen.org.uk](http://www.scotcen.org.uk).

## What is the interview about?

The interview covers a range of health topics, including general health and lifestyles.

## Where can I find out more?

Visit [www.gov.scot/collections/scottish-health-survey](http://www.gov.scot/collections/scottish-health-survey) or phone us free on **0800 652 2704**.

Hear more about the real difference the study makes at [www.scotcen.org.uk/healthvideo](http://www.scotcen.org.uk/healthvideo)

## How to get in touch?

In response to recent government advice, this study will only be conducted over the phone. As your household was chosen at random, we only have details of your address. If there are children aged under 16 living at your address, we kindly ask that you contact us by going to [survey.natcen.ac.uk/scothealth](http://survey.natcen.ac.uk/scothealth) or by using the e-mail or freephone details provided above, so that we can get in touch. Please give your name, phone number, postcode, email and the 8-digit code found in the top right-hand corner of this letter. We will also ask you to confirm that there are children in the household.

We will then securely log your details and aim to call you back within 10 days to arrange an appointment at a convenient time. We would like to talk to you and, up to two children in your household.

The Resident

<Add1>  
<Add2>  
<Add3>  
<Add4>  
<Postcode>

Code: <Serial>/<CHK>

# Last chance to help improve health services in Scotland



## We'd really like to hear from you

We are particularly interested in understanding more about the health of **children and young people aged 0-15** living in Scotland. If you have a child or young person aged under 16 living with you and you have not yet taken part in the Scottish Health Survey, we would be very grateful if you could do so as soon as you can. Thank you to those of you who very kindly contacted us to take part. If you have then please ignore the rest of this letter.

Taking part will help provide a better understanding of the health and lifestyles of people in Scotland. The information you and your child(ren) provide will help plan, and improve, health services both now, and beyond the **COVID-19 pandemic**.



## It's easy to take part

The simple steps to getting involved are:

### Step 1 Get in Touch

Contact us one of these ways:

-  [survey.natcen.ac.uk/scothealth](http://survey.natcen.ac.uk/scothealth)
-  [scottishhealthsurvey@scotcen.org.uk](mailto:scottishhealthsurvey@scotcen.org.uk)
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### Step 2 Receive your pack

We'll then send you some additional information and documents.

### Step 3 Get a call

A ScotCen interviewer will get in touch by telephone to carry out the interview with your household.

### Step 4 Enjoy your thank you!

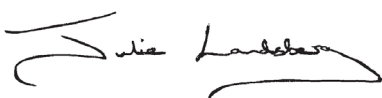
All children in your household who take part will receive a **£10 Love2Shop gift voucher**.

**You will need the 8 digit code at the top of this letter and your contact details**



## Thank you

As a thank you, all children in your household will receive a **£10 shopping voucher** when they take part.



**Julie Landsberg**  
Survey Manager, Scottish Government



## How did you choose my address?

We chose your address at random from the Postcode Address File. This file is held by the Post Office and is available to the public. Only the addresses chosen have the opportunity to take part. As this household has been selected to increase the number of children taking part, we are only able to include your household if there are any children aged 0 to 15 living there. If there are no children living at your address then please disregard this letter.

## Who will we want to speak to?

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## What will happen to any information my child and I give?

The information you and your child provide will help the survey team understand more about health conditions and lifestyles. This, in turn, will help policy-makers to develop policies aimed at improving people's health in Scotland.

Your and your child's answers are treated with care and with full respect for their privacy. The information is used for statistical and research purposes only and is dealt with in accordance with data protection legislation. We will not publish the survey results in a form that can reveal your or your child's identity and no attempts will be made to identify you or your child from your answers.

For further information on how the information you and your child provide will be used, please see the privacy information on the Scottish Government's website here: [www.gov.scot/publications/scottish-health-survey-interviewee-faqs](http://www.gov.scot/publications/scottish-health-survey-interviewee-faqs).

## Who is carrying out the survey?

The Scottish Government has asked ScotCen Social Research (ScotCen) to carry out the survey. ScotCen's interviewers are highly trained and regular procedures are in place to monitor the quality of their work.

ScotCen is independent of all government departments and political parties. For more information about ScotCen please visit [www.scotcen.org.uk](http://www.scotcen.org.uk).

## What is the interview about?

The interview covers a range of health topics, including general health and lifestyles.

## Where can I find out more?

Visit [www.gov.scot/collections/scottish-health-survey](http://www.gov.scot/collections/scottish-health-survey) or phone us free on **0800 652 2704**.

Hear more about the real difference the study makes at [www.scotcen.org.uk/healthvideo](http://www.scotcen.org.uk/healthvideo)

## How to get in touch?

In response to recent government advice, this study will only be conducted over the phone. As your household was chosen at random, we only have details of your address. If there are children aged under 16 living at your address, we kindly ask that you contact us by going to [survey.natcen.ac.uk/scothealth](http://survey.natcen.ac.uk/scothealth) or by using the e-mail or freephone details provided above, so that we can get in touch. Please give your name, phone number, postcode, email and the 8-digit code found in the top right-hand corner of this letter. We will also ask you to confirm that there are children in the household.

We will then securely log your details and aim to call you back within 10 days to arrange an appointment at a convenient time. We would like to talk to you and, up to two children in your household.

<Salut>  
<Add1>  
<Add2>  
<Add3>  
<Add4>  
<Add5>

<IntNameTxt>  
<IntName>  
Ref: <Serial\_Num> <Chklet>

## Your chance to help improve health services in <healthboard>

Dear Sir or Madam,

Your household has been chosen to take part in the Scottish Health Survey (Child Interviews), an important study of the health and lifestyles of people across Scotland.

We are particularly interested in understanding the health of **children and young people aged 0-15**. An interviewer will arrive to do the interview, but if there is no-one aged 0-15 in your household then let them know when they arrive.

By taking part, your answers can help improve health services in your local area. Last year more than 6,000 people took part – now you have an opportunity to join in as well. Many found it to be interesting and we're sure you will too.



### What's next

An interviewer from ScotCen Social Research will call at your address (showing you their photo ID card). If the timing is not suitable for an interview we can arrange one for a different time.



### Thank you

We rely on the goodwill of the people who take part to make the study a success and need to speak to as many different people as possible. To say thank-you for your help, each child that takes part will receive a **£10 Gift Card** that can be used at high street shops like Argos, Boots and Marks & Spencer.



### Further info

Answers to some questions you may have are on the back of this letter. You can also look at the enclosed leaflet or visit [www.gov.scot/collections/scottish-health-survey](http://www.gov.scot/collections/scottish-health-survey). If you would like to talk to someone about the study or don't want to take part, please phone **0800 652 2704**.

**Julie Landsberg**  
Survey Manager, Scottish Government

**No-one aged 15 or under in your household?** Please let us know.

Call 0800 652 2704.

**How did you choose my address?**

We chose your address at random from the Postcode Address File and linked this with the Community Health Index (CHI), a population register, which is used for NHS patients resident in Scotland for health care purposes. This file is held by the Post Office and is available to the public.

**What will happen to any information I give?**

The information you provide will help the survey team understand more about health conditions and behaviours which will in turn help policy-makers to develop policies aimed at improving people's health in Scotland.

Your answers are treated with care and with full respect for your privacy. The information is used for statistical and research purposes only and is dealt with in accordance with data protection legislation. We will not publish the survey results in a form that can reveal the identity of you or your child and no attempts will be made to identify you from your answers. For further information on how the information you provide will be used please see the privacy information on the Scottish Government's website here: [www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/faqs](http://www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey/faqs).

More information is available in the enclosed survey leaflet.

**Who is carrying out the survey?**

The Scottish Government has asked ScotCen Social Research, in collaboration with the Office for National Statistics (ONS), the Medical Research Council Social and Public Health Sciences Unit (MRC SPHSU) at the University of Glasgow, and academics from the Universities of Aberdeen and Edinburgh, to carry out the survey.

ScotCen, the MRC SPHSU and the Universities of Aberdeen and Edinburgh are independent of all government departments and political parties. ONS is the UK's independent producer of official statistics. For more information about Scotcen Social Research visit [www.scotcen.org.uk](http://www.scotcen.org.uk). For more information about ONS visit [www.ons.gov.uk/surveys](http://www.ons.gov.uk/surveys).

**What is the interview about?**

The interview covers a range of health topics, including general health and lifestyles. If you agree, the interviewer will also take some measurements, such as height and weight.

**Where can I find out more?**

See the enclosed leaflet, visit [www.gov.scot/collections/scottish-health-survey/](http://www.gov.scot/collections/scottish-health-survey/) or phone us free on 0800 652 4569. Hear more about the real difference the study makes at [www.scotcen.org.uk/healthvideo](http://www.scotcen.org.uk/healthvideo)

The survey has been reviewed by an independent Research Ethics Committee to protect your safety, rights, wellbeing and dignity.

The Resident

<Add1>

<Add2>

<Add3>

<Add4>

<Postcode>

Code: <Serial>/<CHK>

## Help improve health services in <healthboard>

Dear Sir or Madam,

Your household has been chosen to take part in the Scottish Health Survey, an important annual study used to help improve health services in your area and across Scotland. We rely on the goodwill of the people who take part to make the study a success and need to speak to as many different people as possible. In previous years more than 7,000 people took part – now you have an opportunity to join in as well. We're sure you will find it interesting.



### What's next

An interviewer from ScotCen Social Research will call at your address in the next week or so. They will explain more about the study and arrange a convenient time for you and other members of your household to take part. Your interviewer will show you a photo ID card, so you know who they are. Please see the enclosed leaflet which details how we are keeping you and our interviewers safe from Coronavirus (Covid-19).



### Thank you

As a thank you, everyone who takes part in your household will receive a £10 Love2Shop gift voucher.



### Further info

Answers to some questions you may have are on the back of this letter, in the enclosed leaflet and at [www.gov.scot/collections/scottish-health-survey](http://www.gov.scot/collections/scottish-health-survey). If you would like to talk to someone about the study, please phone free on **0800 652 2704**.

**Julie Landsberg**  
Survey Manager, Scottish Government

## How did you choose my address?

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## What will happen to any information I give?

The information you provide will help the survey team understand more about health conditions and behaviours which will in turn help policy-makers to develop policies aimed at improving people's health in Scotland.

Your answers are treated with care and with full respect for your privacy. The information is used for statistical and research purposes only and is dealt with in accordance with data protection legislation. We will not publish the survey results in a form that can reveal your identity and no attempts will be made to identify you from your answers.

For further information on how the information you provide will be used please see the privacy information on the Scottish Government's website here:

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## Who is carrying out the survey?

The Scottish Government has asked ScotCen Social Research (ScotCen) to carry out the survey, in collaboration with the Office for National Statistics (ONS). ScotCen and ONS interviewers are highly trained and regular procedures are in place to monitor the quality of their work.

ScotCen is independent of all government departments and political parties. For more information about ScotCen please visit **[www.scotcen.org.uk](http://www.scotcen.org.uk)**. ONS is the UK's independent producer of official statistics. For more information about ONS visit **[www.ons.gov.uk/surveys](http://www.ons.gov.uk/surveys)**.

## What is the interview about?

The interview covers a range of health topics, including general health, lifestyles and information about yourself. The survey also collects, if you agree, height and weight measurements. If the interview is conducted over the telephone these measurements will not be taken and the interviewer will ask you to report your height and weight if you wish to do so.

## Where can I find out more?

See the enclosed leaflet, visit **[www.gov.scot/collections/scottish-health-survey](http://www.gov.scot/collections/scottish-health-survey)** or phone us free on **0800 652 2704**.

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The Resident

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## Help improve health services in <healthboard>

Dear Sir or Madam,

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**Julie Landsberg**  
Survey Manager, Scottish Government

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## Who is carrying out the survey?

The Scottish Government has asked ScotCen Social Research (ScotCen) to carry out the survey, in collaboration with the Office for National Statistics (ONS). ScotCen and ONS interviewers are highly trained and regular procedures are in place to monitor the quality of their work.

ScotCen is independent of all government departments and political parties. For more information about ScotCen please visit **[www.scotcen.org.uk](http://www.scotcen.org.uk)**. ONS is the UK's independent producer of official statistics. For more information about ONS visit **[www.ons.gov.uk/surveys](http://www.ons.gov.uk/surveys)**.

## What is the interview about?

The interview covers a range of health topics, including general health, lifestyles and information about yourself. The survey also collects, if you agree, height and weight measurements. If the interview is conducted over the telephone these measurements will not be taken and the interviewer will ask you to report your height and weight if you wish to do so.

## Where can I find out more?

See the enclosed leaflet, visit **[www.gov.scot/collections/scottish-health-survey](http://www.gov.scot/collections/scottish-health-survey)** or phone us free on **0800 652 2704**.

Hear more about the real difference the study makes at **[www.scotcen.org.uk/healthvideo](http://www.scotcen.org.uk/healthvideo)**

The Resident

<Add1>

<Add2>

<Add3>

<Add4>

<Postcode>

Code: <Serial>/<CHK>

## Help improve health services in <healthboard>

Dear Sir or Madam,

Your household has been chosen to take part in the Scottish Health Survey, an important annual study used to help improve health services in your area and across Scotland. We rely on the goodwill of the people who take part to make the study a success and need to speak to as many different people as possible. In previous years more than 7,000 people took part – now you have an opportunity to join in as well. We're sure you will find it interesting.



### What's next

An interviewer from ONS will call at your address in the next week or so. They will explain more about the study and arrange a convenient time for you and other members of your household to take part. Your interviewer will show you a photo ID card, so you know who they are. Please see the enclosed leaflet which details how we are keeping you and our interviewers safe from Coronavirus (Covid-19).



### Thank you

As a thank you, everyone who takes part in your household will receive a £10 Love2Shop gift voucher.



### Further info

Answers to some questions you may have are on the back of this letter, in the enclosed leaflet and at [www.gov.scot/collections/scottish-health-survey](http://www.gov.scot/collections/scottish-health-survey). If you would like to talk to someone about the study, please phone free on **0800 298 5313**.

**Julie Landsberg**

Survey Manager, Scottish Government



## How did you choose my address?

We chose your address at random from the Postcode Address File. This file is held by the Post Office and is available to the public. Only the addresses chosen have the opportunity to take part.

## What will happen to any information I give?

The information you provide will help the survey team understand more about health conditions and behaviours which will in turn help policy-makers to develop policies aimed at improving people's health in Scotland.

Your answers are treated with care and with full respect for your privacy. The information is used for statistical and research purposes only and is dealt with in accordance with data protection legislation. We will not publish the survey results in a form that can reveal your identity and no attempts will be made to identify you from your answers.

For further information on how the information you provide will be used please see the privacy information on the Scottish Government's website here:

**[www.gov.scot/publications/scottish-health-survey-interviewee-faqs/](http://www.gov.scot/publications/scottish-health-survey-interviewee-faqs/)**

More information is available in the enclosed survey leaflet.

## Who is carrying out the survey?

The Scottish Government has asked ScotCen Social Research (ScotCen) to carry out the survey, in collaboration with the Office for National Statistics (ONS). ScotCen and ONS interviewers are highly trained and regular procedures are in place to monitor the quality of their work.

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# How will you change the picture this year?

The information we collect provides an important picture of the health of the nation and helps the Scottish Government and others to plan more effective health services for the future. We rely on the goodwill of people like you to make the study a success. Please take part and help us to make a difference to the health of people in Scotland. Thank you.

## We need your help with the Scottish Health Survey

An interviewer will call at your address and will be able to explain more about the study. In the meantime, you can find out more at:

[www.gov.scot/collections/scottish-health-survey](http://www.gov.scot/collections/scottish-health-survey)

### Who is carrying out the study and why?

The Scottish Government has asked ScotCen Social Research and the Office for National Statistics to carry out the survey. The Scottish Government will use this information to help plan services and to identify inequalities in health.

The survey is used by other organisations, including:

- **Public Health Scotland** have used the survey data to inform their work on monitoring and evaluating the measures taken to tackle problem drinking in Scotland.
- **The British Heart Foundation** have used the findings to help raise awareness of heart disease risk in Scotland.

### Contact

**Telephone:** 0800 652 2704

**Address:** ScotCen Social Research, Scotiabank House, 2nd Floor, 6 South Charlotte Street, Edinburgh, EH2 4AW

ONS, NSHW Field Office, Room 4100W, Office for National Statistics, Segensworth Road, Titchfield, Hampshire, PO15 5RR

**Email:** [scottishhealthsurvey@scotcen.org.uk](mailto:scottishhealthsurvey@scotcen.org.uk)

#### Scottish Health Survey Team

**Address:** Scottish Government, St Andrew's House, Regent Road, Edinburgh, EH1 3DG

**Email:** [scottishhealthsurvey@scotland.gsi.gov.uk](mailto:scottishhealthsurvey@scotland.gsi.gov.uk)

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# The Scottish Health Survey

## A brief introduction

**We interview around 7,000 people each year** as part of the **Scottish Health Survey**. It's an annual study that looks into the changing health and lifestyles of people living in Scotland.

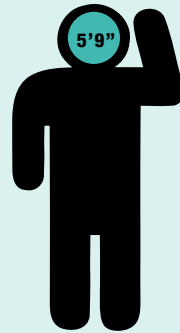
Everything is done with voluntary co-operation and with full respect for your privacy (in accordance with data protection legislation).



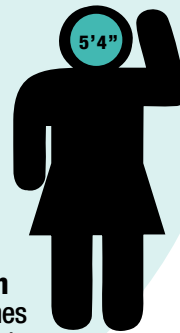
Key aspects of the survey include height and weight measurements, plus questions on topics such as physical activity, fruit and vegetable intake, and general health



# In recent years we found out that...



The average man is about 5 foot 9 inches and roughly 13 stone and 8 pounds.



The average woman is about 5 foot 4 inches and weighs around 11 stone and 7 pounds



Around **2 in 3** adults are **overweight**.

Children eat just **under 3 portions** of fruit and veg a day on average.



**Men** consume fewer portions of fruit and veg per day, on average, than women



**Two thirds of adults** meet the recommended weekly level of moderate or vigorous physical activity



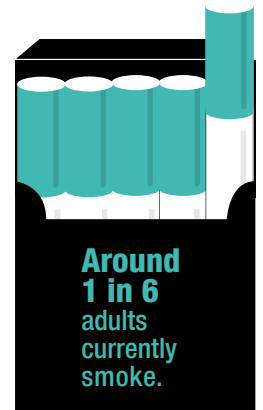
**of men and women** say their health is 'good' or 'very good'



**adults** have some form of cardiovascular disease



**Around 1 in 4** adults drink more than 14 units per week



**Around 1 in 6** adults currently smoke.

# How will you change the picture this year?

The information we collect provides an important picture of the health of the nation and helps the Scottish Government and others to plan more effective health services for the future. We rely on the goodwill of people like you to make the study a success. Please take part and help us to make a difference to the health of people in Scotland. Thank you.

## We need your help with the Scottish Health Survey

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### Contact

**Telephone:** 0800 298 5313

**Address:** ONS, Scottish Health Survey, Field Office, Room 4100W, Office for National Statistics, Segensworth Road, Titchfield, Hampshire, PO15 5RR

ScotCen Social Research, Scotiabank House, 2nd Floor, 6 South Charlotte Street, Edinburgh, EH2 4AW

**Email:** [surveyfeedback@ons.gsi.gov.uk](mailto:surveyfeedback@ons.gsi.gov.uk)

#### Scottish Health Survey Team

**Address:** Scottish Government, St Andrew's House, Regent Road, Edinburgh, EH1 3DG

**Email:** [scottishhealthsurvey@scotland.gsi.gov.uk](mailto:scottishhealthsurvey@scotland.gsi.gov.uk)

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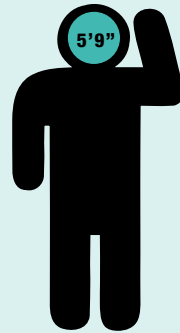
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Key aspects of the survey include height and weight measurements, plus questions on topics such as physical activity, fruit and vegetable intake, and general health



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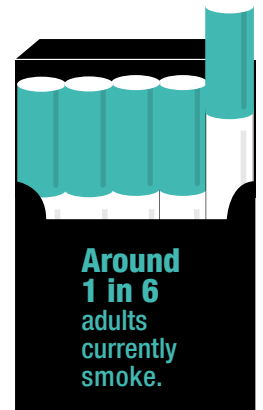
**of men and women** say their health is 'good' or 'very good'



**adults** have some form of cardiovascular disease



**Around 1 in 4** adults drink more than 14 units per week



**Around 1 in 6** adults currently smoke.

**Your measurements:**

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If you want us to, we will measure how tall you are and what you weigh. You can use the space below to keep a copy of this if you wish. If you do not want this written down, please just say.

Name: _____
-------------

<b>HEIGHT:</b> _____ cm
_____ ft/ins

<b>WEIGHT:</b> _____ kg
_____ st/lbs



## The Scottish Health Survey 2022

### Information for Children

The Scottish Health Survey is a survey to find out about the health of people in Scotland.

Every year around 2,000 children and 5,000 adults take part in the study.

This leaflet tells you more about the study and why it is being done.



### **Who asks you the questions?**

An interviewer from the Scottish Centre for Social Research or the Office for National Statistics will tell you about the survey and ask you some questions.



### **What are the questions about?**

The questions are about your general health and illness. The interviewer will also ask about things that can affect your health like the kinds of food you eat and what kinds of sports and activities you do.



### **What are the measurements?**

If you agree, the interviewer will also measure your height and weight. If you want, the interviewer will write down your height and weight for you.

If the interview is conducted over the telephone these measurements will not be taken and the interviewer will ask you to report your height and weight if you wish to do so.



### **Do I have to be measured and weighed?**

No, not if you don't want to. The interviewer will ask you if it's okay to measure your height and weight before he or she takes your measurements.



### **What will happen to the answers I give?**

The answers you give will be put together with those from other people and will be reported in a way that no one will know that you have taken part.

Your answers will also be joined up to some information from your health records, that means information about any visits you have to hospital, illnesses and medicines your doctor gives and who your doctor is. This, along with your answers to the survey, will help to provide valuable information on the health of children in Scotland. If you do not want your answers to be joined up in this way please tell the interviewer.

Also, if you and the person that looks after you agree, then your name, where you live and your answers could be given to the Scottish Government or other researchers to contact you about other research about your health.



### **Why has my household been chosen?**

To visit every household in Scotland would take too long and cost too much money. Instead we select a small number of addresses and ask the people at each address to take part in the Scottish Health Survey.

**Do I have to answer the questions?**

No, not if you don't want to. If you only want to answer some of the questions this is okay too. If you are aged 12 or under your mum, dad or the person who looks after you will answer the questions with your help. If you don't want them to answer a question about you this is okay, just tell them not to.

**Will the answers I give be of help?**

Yes, the information you provide could help to make health services better.

**What are my rights**

You have the right to be informed about how the information about you will be used (see 'If I have any other questions?').

**If I have any other questions?**

We hope this leaflet answers the questions you may have. If you have any other questions about the study, please ask the interviewer. You can find out more about how the answers you give are used on the Scottish Government's website at <https://www.gov.scot/publications/scottish-health-survey-interviewee-faqs/>

You can also send us an email with any questions to:

[scottishhealthsurvey@scotcen.org.uk](mailto:scottishhealthsurvey@scotcen.org.uk)

**Thank you for your help with this study.**



## What if I have any other questions?

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We hope this leaflet answers the questions you may have, and that it shows the importance of the survey. If you have any other questions about the survey, please do not hesitate to contact one of the individuals listed below.

Your co-operation is very much appreciated. Thank you very much for your help with this survey.

Joanne McLean, Scott Edgar, or Erin Deakin

ScotCen Social Research  
Scotiabank House  
2<sup>nd</sup> Floor  
6 South Charlotte Street  
Edinburgh  
EH2 4AW

Tel: 0800 652 2704

[www.gov.scot/collections/scottish-health-survey](http://www.gov.scot/collections/scottish-health-survey)

For further information and advice on healthy living please see the Healthier Scotland website:

<https://www.nhsinform.scot/healthy-living>

Information about common health conditions is available here:

[www.nhsinform.scot](http://www.nhsinform.scot)

If you have any concerns about how your information is being used, you can contact the Scottish Government's Data Protection Officer by emailing:

[DataProtectionOfficer@gov.scot](mailto:DataProtectionOfficer@gov.scot)

**ScotCen**  
Social Research

 Office for  
National Statistics



## The 2022 Scottish Health Survey

The Scottish Health Survey is an annual survey of around 5,000 adults and 2,000 children. It is carried out for the Scottish Government by ScotCen Social Research, an independent research institute, the Office for National Statistics (ONS), the MRC Social and Public Health Sciences Unit at the University of Glasgow and academics from the Universities of Aberdeen and Edinburgh.

This leaflet tells you more about the survey and why it is being done.

### What is it about?

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The information provided by the Scottish Health Survey is used to help develop ways of improving people's health and to plan the services people need at times of ill health. The 2022 survey will update the information collected in previous surveys.

The 2022 survey has questions about your general health, Covid-19 and about behaviour that can affect your health such as physical activity, smoking and drinking. There are also questions about diseases of the heart, lungs and chest. The Scottish Government are particularly interested in having this information because at present the rates of heart disease in Scotland are among the highest in the world.

The survey also collects, if you agree, some physical measurements such as height, weight and blood pressure. If the interview is conducted over the telephone these measurements will not be taken and the interviewer will ask you to report your height and weight if you wish to do so. Some personal details such as age, sex and employment are also included to help interpret this information.

## **Why have we come to your household?**

To visit every household in Scotland is expensive and time consuming. Instead we select a sample of addresses in such a way that all addresses in the country have a chance of being chosen. Yours is one of those chosen for the 2022 survey.

## **Who will we want to speak to?**

We would like to interview every adult (aged 16 and over) who lives in your household. If there are any children aged 0-15 we would like to interview two of them. Parents or guardians will answer questions on behalf of children aged under 13.

## **What happens to the information I provide?**

Your answers are treated with care and with full respect for your privacy. The information collected is used for statistical and research purposes only and will be dealt with in accordance with data protection legislation. The Scottish Government, ScotCen and ONS guarantee that the survey results will not be published in a form that can reveal your identity and that they will make no attempt to identify you from your answers. The information collected in the survey (but no information that would allow you to be identified) is made available via the UK Data Service for use by researchers and academics.

If you take part in the survey, some information will be linked to your survey answers from your NHS health records on the following:

- Visits to hospital and length of stay.
- Covid-19 hospital admissions and positive tests.
- Information about diagnosis, treatments and hospital stays for cancer, heart disease, stroke, diabetes and psychiatric episodes.
- If you pass away, the date and cause of death.

This increases the value of the information you provide and is done in such a way that no data which can identify you or any other individual will be released. If you wish your survey results not to be linked to your health records, please tell the interviewer when you take part.

For further information on how the information you provide will be used please see the privacy information on the Scottish Government's website here:

[www.gov.scot/publications/scottish-health-survey-interviewee-faqs/](http://www.gov.scot/publications/scottish-health-survey-interviewee-faqs/)

### **What happens if you agree to be contacted about further research?**

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If you give your permission, your name, contact details and relevant survey answers may be passed on to the Scottish Government or research agencies for the purpose of further research among particular groups of people to improve health or health services. This information will only be released for statistical and research purposes carried out by reputable research organisations and you will not be identifiable in any published results. Any information passed to any other organisation will be treated in accordance with data protection legislation and will not be used for any purposes other than further research about health or health services.

### **Is the survey compulsory?**

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No. In all our surveys we rely on voluntary co-operation. The success of the survey depends on the goodwill and co-operation of those asked to take part. The more people who do take part, the more useful the results will be. You are free to withdraw from any part of the survey at any time, and you do not have to answer all the questions.

### **How will taking part in the survey benefit me?**

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Benefits from the survey will be indirect and in due course will come from any improvements in health and in health services which result from the survey.

### **What measurements are included in the survey?**

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Adults aged 16 and over will be asked to have their height, weight, waist circumference and blood pressure measured, and to provide a saliva sample. The interviewer has been given specialist training to conduct these measurements and to handle the sample. Taking part is voluntary – you can answer the questions in the rest of the survey and choose to miss out the measurements and sample if you prefer. The interviewer will give you a leaflet that explains more about the measurements and sample. Any children aged 2-15 in your household that take part in the survey will be asked to have their height and weight measured. Children will not be asked to take part in any other measurements or to provide samples. If you wish, you may have a record of your measurements.

If the interview is conducted over the telephone these measurements will not be taken and the interviewer will ask you to report your height and weight if you wish to do so.

### **Who has reviewed the study?**

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The study has been looked at by an independent group of people called a Research Ethics Committee, to protect your safety, rights, wellbeing and dignity. This study has been given a favourable opinion by Wales REC 3 on behalf of the NHS. The Public Benefit and Privacy Panel are reviewing the process for linkage of the survey data with information from the NHS health records.

# OUR COVID-19 SAFETY MEASURES

As Scotland's largest independent social research agency, we've worked, for the last 20 years, on behalf of government and charities to find out what people really think about important social issues and how Scotland is run.

As leaders in social research, we know the impact of COVID-19 will shape society for years to come. Knocking on doors to encourage response to surveys is an important method of ensuring everyone's views are represented.

**We want to reassure you that we are working in line with government guidance to minimise the risk of COVID-19 transmission.**



## What measures have the Scottish Centre for Social Research introduced to ensure safe working during the COVID-19 pandemic?

- Due to current restrictions interviewers **will only visit on your doorstep** to invite you to participate. Interviews will be conducted by **telephone**. No-one will enter your home.
- **Social distancing** will be observed by our interviewers. Where possible any doorstep contact will be carried out at a 2-metre social distance and 1-metre as a minimum.
- **Interviewers will wear face masks** for the entire duration of the visit.
- **Interviewers will sanitise their hands** before passing anything to you on the doorstep.
- Interviewers will be required to self-assess their health and will **not be permitted to work** if they have displayed symptoms of COVID-19 in the last 10 days. We advise interviewers to conduct lateral flow tests at least twice a week.

We are organising the survey in this socially-distant way to avoid close contact as per government guidelines. Your details may be passed onto NHS Scotland Test and Protect in the unlikely event that our interviewer tests positive for COVID-19 *and* close contact was made with you on your doorstep.

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**We want to reassure you that we are working in line with government guidance to minimise the risk of COVID-19 transmission.**



## What measures have the Scottish Centre for Social Research introduced to ensure safe working during the COVID-19 pandemic?

- Interviewers will self-assess their health before working and will re-arrange their working days if they are unwell or display symptoms of COVID-19.
- Interviewers will offer to wear a face mask if you wish and will wear one where it is not possible to maintain a distance of at least 1 metre such as during height and weight measurements.
- Interviewers will sanitise their hands and equipment before entering your home and in your home.
- Alternative interview options such as a remote telephone interview may be offered to you if you are unable to be interviewed in your home.
- Our interviewer will carry out a household health screening questionnaire with you before making an appointment and in advance of any in-home visits.
- Some respondents are selected randomly to be asked to provide waist measurement, blood pressure and saliva samples. If you are selected for this then our interviewer will wear a face mask and gloves.
- Could we please ask for your support in ensuring a safe interviewing environment by;
  - Opening doors to reduce the contact our interviewer has with surfaces in your home
  - Choosing a place for the interview to take place that supports social distancing
  - Opening a window or external door to provide ventilation in the room where the interview will take place

We are organising the survey in this way to reduce close contact as much as possible and continue to follow government guidelines.

The Resident

<Add1>

<Add2>

<Add3>

<Add4>

<Postcode>

Code: <Serial>/<CHK>

# Thank you for taking part in the Scottish Health Survey

Dear Household,

Thank you for your participation so far in the Scottish Health Survey. You have helped to provide a better understanding of the health and lifestyles of people in Scotland during this challenging time.

As mentioned during your interview, we would also like everyone to complete and return their self-completion booklet(s). Everyone that agreed to complete a booklet during the interview has been provided with their own booklet with their name on it.

How long it will take to complete will vary depending on which version of the booklet you have received—the booklets for those aged 16+ take between 10 and 15 minutes on average to complete.

For children aged 4–12 years old, we would like the parent or guardian named on the booklet to complete this.

The instructions in the booklet will help you to complete the questionnaire and you won't need to answer every question. The self-completion booklets are an important part of the Scottish Health Survey and add to the answers already given during the interview.

## What is in this envelope?

- Self-completion booklet(s) – there should be enough booklets contained in the pack for everyone who agreed to complete one.
- Blank envelopes have been provided – if there is more than one person in the household completing a booklet we would encourage you to use one of these per questionnaire to help you keep your answers private.
- One pre-paid plastic envelope with a NatCen address label on the front for you to send back the self-completion booklet(s).
- One useful contacts leaflet.



## What do I do next?

1. Fill in the self-completion booklet that has your name on it.
2. Once completed, we would encourage everyone to place their own booklet in a separate blank envelope (if others in your household are also completing booklets).
3. Then place all the blank envelopes together in the pre-paid plastic envelope with the NatCen address on the front.
4. Finally, you need to securely close and post the pre-paid envelope back to us. You can post this at a post box or drop it off at your local Post Office. Please do so as soon as possible after receiving this letter.

For more information please visit **Scottish Health Survey – gov.scot** ([www.gov.scot/collections/scottish-health-survey](http://www.gov.scot/collections/scottish-health-survey)) or phone us free on **0800 652 2704**. Hear more about the real difference the study makes at [www.scotcen.org.uk/healthvideo](http://www.scotcen.org.uk/healthvideo)

Thank you,

## ScotCen Interviewer:

## Phone number:

The Resident

<Add1>

<Add2>

<Add3>

<Add4>

<Postcode>

Code: <Serial>/<CHK>

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3. Then place all the blank envelopes together in the pre-paid plastic envelope with the NatCen address on the front.
4. Finally, you need to securely close and post the pre-paid envelope back to us. You can post this at a post box or drop it off at your local Post Office. Please do so as soon as possible after receiving this letter.

For more information please visit **Scottish Health Survey – gov.scot** ([www.gov.scot/collections/scottish-health-survey](http://www.gov.scot/collections/scottish-health-survey)) or phone us free on **0800 298 5313**. Hear more about the real difference the study makes at [www.scotcen.org.uk/healthvideo](http://www.scotcen.org.uk/healthvideo)

Thank you,

## ONS Interviewer:

## Phone number:

The Resident

<Add1>

<Add2>

<Add3>

<Add4>

<Postcode>

Code: <Serial>/<CHK>

# By filling out your self-completion booklet you can help improve health services in Scotland

Dear Household,

We wrote to you recently to thank you for your help so far with the Scottish Health Survey. We also provided information on how to complete and return the self-completion booklet. If you haven't had the chance to do this yet, you still have time to do so.

The self-completion part of the survey is especially important to provide a better understanding of the health, wellbeing and lifestyles of people in Scotland.

## It's easy to take part

### Step 1

Fill out the named self-completion booklet(s) we recently sent out to you - there should be enough booklets for everyone

### Step 2

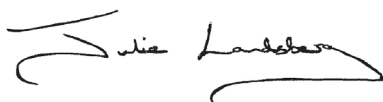
Place the booklet(s) in the plastic envelope with the NatGen address on the front.

### Step 3

Post the plastic envelope with the completed booklet(s) back to us. You can post it at a post box or drop it off at your local Post Office. Please do this as soon as possible after receiving this letter.

For more information please visit **Scottish Health Survey - gov.scot** ([www.gov.scot/collections/scottish-health-survey](http://www.gov.scot/collections/scottish-health-survey)) or phone us free on **0800 652 2704**. Hear more about the real difference the study makes at [www.scotcen.org.uk/healthvideo](http://www.scotcen.org.uk/healthvideo)

If you have recently returned the booklets sent to you please ignore this letter.



**Julie Landsberg**  
Survey Manager, Scottish Government

The Resident

<Add1>

<Add2>

<Add3>

<Add4>

<Postcode>

Code: <Serial>/<CHK>

## Last chance to help improve health services in Scotland by filling out your booklet

Dear Household,

We wrote to you recently to thank you for your help so far with the Scottish Health Survey and to remind you how to complete and return the self-completion booklet – we'd be very grateful if you could do this as soon as possible. If you have recently returned the booklet(s) sent to you please ignore the rest of this letter.

The self-completion booklet is an especially important part of the survey. Completing and returning it will help provide a better understanding of the health and lifestyle of people in Scotland.

### It's easy to take part

#### Step 1

Fill out the named self-completion booklet(s) we recently sent out to you - there should be enough booklets for everyone

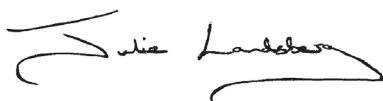
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**Julie Landsberg**  
Survey Manager, Scottish Government



### **Parentline Scotland: Children 1st**

Provides information and advice to anyone concerned about a child's safety and to anyone caring for a child in Scotland.

Phone: 08000 28 22 33 - free

[www.children1st.org.uk](http://www.children1st.org.uk)

### **Citizens Advice Scotland**

Helps people resolve their legal, money and other problems by providing them with free information and advice.

For local offices see the listings in your local phonebook or on the website.

Phone: 0800 028 1456 free from landline

[www.cas.org.uk](http://www.cas.org.uk)

### **Carers Scotland**

Provides advice, information and support to carers.

Phone: 0808 808 7777

[www.carersuk.org/scotland](http://www.carersuk.org/scotland)

## **The Scottish Health Survey 2022 Useful Contacts**

### **Local contacts:**

A GP (General Practitioner): Your GP will be able to provide help and advice and can provide access to appropriate specialist services and local organisations.

There are also many local organisations providing a range of services including support groups, helplines and information. Details can be obtained from your GP, your local library, or they may be listed in the telephone directory.

The national organisations listed below may also be able to put you in touch with local groups:

### **NHS 24**

Provides help and advice from a qualified nurse on a wide range of health problems and issues.

Phone: 111 - 24 hours a day, 7 days a week

[www.nhs24.scot](http://www.nhs24.scot)

[www.nhsinform.scot](http://www.nhsinform.scot) (phone: 0800 22 44 88) also provides information about health and conditions in Scotland.

For more information about healthy eating or physical exercise please see the Healthier Scotland website:

[www.nhsinform.scot/healthy-living](http://www.nhsinform.scot/healthy-living)

For more information about stopping smoking please see the NHS Scottish stop smoking website: [www.nhsinform.scot/healthy-living/stopping-smoking](http://www.nhsinform.scot/healthy-living/stopping-smoking)

**Alzheimer Scotland**

Provides support for people with dementia and for the people who care for them.

Phone: 0808 808 3000 - free 24 hour helpline

[www.alzscot.org](http://www.alzscot.org)

**Alcoholics Anonymous**

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others recover from alcoholism.

Phone: 0800 9177 650 – free

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

**Narcotics Anonymous**

A fellowship of men and women for whom drugs have become a major problem. The only requirement for membership is the desire to stop using drugs.

Phone: 0300 999 1212 (10am – midnight)

[www.ukna.org](http://www.ukna.org)

**Know the Score**

Provides a free, confidential information and advice through the Know the Score Drugs Helpline. Links to local sources of help and support, advice on what to do if you're worried about someone and what to do in an emergency is also available.

Phone: 0800 587 5879 – free

[www.knowthescore.info](http://www.knowthescore.info)

**Scottish Families Affected by Alcohol and Drugs**

Provides a free and confidential helpline for those that are concerned about someone's alcohol or drug use.

Phone: 08080 10 10 11

[www.sfad.org.uk/](http://www.sfad.org.uk/)

**Gamblers Anonymous Scotland**

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

Phone: 0370 050 8881

[www.gascotland.org](http://www.gascotland.org)

**Victim Support line**

Provides help and information to anyone who has been affected by a crime, including domestic violence and sexual assault.

Scottish helpline 0800 160 1985 (8am-8pm Mon-Fri)

[www.victimsupport.scot](http://www.victimsupport.scot)

UK support line 0808 16 89 111 (24 hours)

[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

**Scotland Domestic Abuse and Forced Marriage Helpline**

Information and support service for those affected by domestic abuse and/or forced marriage

Phone: 0800 027 1234 (24 hours)

[www.sdafmh.org.uk](http://www.sdafmh.org.uk)

**Refuge (domestic abuse helpline)**

Provides access to 24-hour emergency refuge accommodation as well as an information service.

Phone: 0808 2000 247 (free 24 hours)

[www.refuge.org.uk](http://www.refuge.org.uk)

**LGBT Helpline Scotland**

Helpline provides information and emotional support to lesbian, gay, bisexual and transgender people - or their friends or family.

Phone: 0300 123 2523 (Tuesday and Wednesday 12–9pm)

[www.lgbthealth.org.uk](http://www.lgbthealth.org.uk)

### **The Samaritans**

The Samaritans provide a confidential service for people in despair and who feel suicidal.

Free (24 hour) phone line: 116 123

[www.samaritans.org](http://www.samaritans.org)

### **Breathing Space Scotland**

Breathing Space is a confidential phonenumber service for any individual who is experiencing low mood or depression or who is unusually worried and in need of someone to talk to.

Phone: 0800 83 85 87 – free (6pm-2am Mon-Thurs; 6pm Friday–6am Monday)

[www.breathingspace.scot](http://www.breathingspace.scot)

### **NHS Living Life**

Free telephone service available to anyone over the age of 16 who is suffering from low mood, mild to moderate depression and/or anxiety.

Phone: 0800 328 9655 (1pm-9pm Mon-Fri)

[www.nhs24.scot/our-services/living-life](http://www.nhs24.scot/our-services/living-life)

### **SANE**

Provides information and support to people who suffer from all forms of mental illness and their friends and families.

Phone: 07984 967 708 (4.30-10.30pm every day)

[www.sane.org.uk](http://www.sane.org.uk)

### **Supportline**

Confidential telephone helpline offering emotional support to any individual on any issue including child abuse, bullying, eating disorders, domestic violence, rape, mental health, depression, anxiety and addictions.

Phone: 01708 765 200

[www.supportline.org.uk](http://www.supportline.org.uk)

**NSPCC** is a major UK charity specialising in child protection and the prevention of cruelty to children. The NSPCC's purpose is to end cruelty to children. Help for adults concerned about a child:

Phone: 0808 800 5000 or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

[www.nspcc.org.uk](http://www.nspcc.org.uk)

### **Future Pathways**

In Care Survivor Support, offers help and support to people who were abused or neglected as children while living in care in Scotland. Helps people to access person-centred support including counselling, community activities, psychological trauma support, work and education.

Phone: 0808 164 2005 (Monday to Friday, 9am to 5pm)

Or email [registration@future-pathways.co.uk](mailto:registration@future-pathways.co.uk)

[www.future-pathways.co.uk](http://www.future-pathways.co.uk)

### **NAPAC (The National Association for People Abused in Childhood)**

UK-wide charity supporting adults who were abused in childhood. Find support in your local area or call the support line – calls won't show up on your bill and are free from all landlines and mobiles.

Phone: 0808 801 0331 (10am-9pm Mon-Thurs; 10am-6pm Fri)

[www.napac.org.uk](http://www.napac.org.uk)

### **Relationships Scotland**

Provides relationship counselling, family mediation and child contact centre services and other family support services across all of mainland and island Scotland.

Phone: 0345 119 2020 (9.30am-4pm Mon-Fri)

[www.relationships-scotland.org.uk](http://www.relationships-scotland.org.uk)

### **Cruse Bereavement Care Scotland**

Offers help, including a free counselling service, for bereaved people whatever their age, nationality or beliefs.

Phone: 0808 802 6161

[www.crusescotland.org.uk](http://www.crusescotland.org.uk)

Other helplines in Scotland for people who have experienced abuse can be found on [www.mygov.scot/childhood-abuse](http://www.mygov.scot/childhood-abuse)



## Useful Contacts Sheet

This sheet contains some contact details for organisations that you may find useful. A Useful Contacts Sheet has been sent to every household contacted as part of the Scottish Health Survey.

Organisation	Phone number	Website address
NHS 24	111	<a href="http://www.nhs24.scot">www.nhs24.scot</a>
NHS Inform (dedicated to Covid-19 at time of issue)	0800 22 44 88	<a href="http://www.nhsinform.scot">www.nhsinform.scot</a>
Every Mind Matters		<a href="http://www.nhs.uk/every-mind-matters">www.nhs.uk/every-mind-matters</a>
Scottish Families Affected by Alcohol and Drugs	08080 10 10 11	<a href="https://www.sfad.org.uk/">https://www.sfad.org.uk/</a>
LGBT Helpline Scotland	0300 123 2523	<a href="http://www.lgbthealth.org.uk">www.lgbthealth.org.uk</a>
The Samaritans	116 123	<a href="http://www.samaritans.org">www.samaritans.org</a>
Breathing Space Scotland	0800 83 85 87	<a href="http://www.breathingspace.scot">www.breathingspace.scot</a>
NHS Living Life	0800 328 9655	<a href="http://www.nhs24.scot/our-services/living-life">www.nhs24.scot/our-services/living-life</a>
SANE		<a href="http://www.sane.org.uk">www.sane.org.uk</a>
Supportline	01708 765 200	<a href="http://www.supportline.org.uk">www.supportline.org.uk</a>
Childline	0800 1111	<a href="http://www.childline.org.uk/">www.childline.org.uk/</a>
NSPCC	0808 800 5000	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
Beat (eating disorders)	0808 801 0677	<a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a>
Future Pathways	0808 164 2005	<a href="http://www.future-pathways.co.uk">www.future-pathways.co.uk</a>
Relationships Scotland	0345 119 2020	<a href="http://www.relationships-scotland.org.uk">www.relationships-scotland.org.uk</a>
Cruse Bereavement Care Scotland	0808 802 6161	<a href="http://www.crusescotland.org.uk">www.crusescotland.org.uk</a>
Parentline Scotland: Children 1 <sup>st</sup>	08000 28 22 33	<a href="http://www.children1st.org.uk">www.children1st.org.uk</a>
Carers Scotland	0808 808 7777	<a href="http://www.carersuk.org/scotland">www.carersuk.org/scotland</a>

The Resident

<Add1>

<Add2>

<Add3>

<Add4>

<Add5>



<Serial>/<CHK>

Dear Sir or Madam,

**We've been trying to contact you because we need your help with the Scottish Health Survey.**

### What is the Scottish Health Survey?

It's an important study that looks at changes in the health and lifestyles of people all over Scotland.

### How we've been trying to reach you.

Your address was selected at random to take part. You may recall our recent letter about taking part in the study. Our interviewer has called at your address on a number of occasions hoping to make an appointment to see you. We've asked them to call once more.

### Why do we need your help?

To ensure the results are accurate, it's important that we speak to people from all over Scotland. By contributing to this important study, your answers could help identify priorities for health provision and plan services more effectively for the future. We can only properly build up a picture of the nation's health if as many selected people as possible take part.

### What does the study involve?

The interview covers a range of health topics, including fruit and vegetable intake, levels of physical activity and your health in general. Your answers are treated with care and with respect for your privacy (in accordance with data protection legislation). In previous years more than 7,000 people took part.

### What happens next?

In the next few days your ScotCen Social Research interviewer will call at your address, and will explain more about the study. All our interviewers carry an identity card with their photograph and interviewer number. If you are busy when they call, they will be happy to call back at a more convenient time.

### Thank you.

We rely on the goodwill and voluntary cooperation of people who are selected to take part. Thank you in advance for helping to make this vital survey a success.

### Need more information?

We have answered some of the questions you might have on the back of this letter. We have also included details on how you can find out more about the study.

**Julie Landsberg**

Survey Manager, Scottish Government

## How did you choose my address?

We chose your address at random from the Postcode Address File. This file is held by the Post Office and is available to the public. Only the addresses chosen have the opportunity to take part.

## What will happen to any information I give?

The information you provide will help the survey team understand more about health conditions and behaviours which will in turn help policy-makers to develop policies aimed at improving people's health in Scotland.

Your answers are treated with care and with full respect for your privacy. The information is used for statistical and research purposes only and is dealt with in accordance with data protection legislation. We will not publish the survey results in a form that can reveal your identity and no attempts will be made to identify you from your answers.

For further information on how the information you provide will be used please see the privacy information on the Scottish Government's website here:

**[www.gov.scot/publications/scottish-health-survey-interviewee-faqs/](http://www.gov.scot/publications/scottish-health-survey-interviewee-faqs/)**

More information is available in the enclosed survey leaflet.

## Who is carrying out the survey?

The Scottish Government has asked ScotCen Social Research (ScotCen) to carry out the survey, in collaboration with the Office for National Statistics (ONS). ScotCen and ONS interviewers are highly trained and regular procedures are in place to monitor the quality of their work.

ScotCen is independent of all government departments and political parties. For more information about ScotCen please visit **[www.scotcen.org.uk](http://www.scotcen.org.uk)**. ONS is the UK's independent producer of official statistics. For more information about ONS visit **[www.ons.gov.uk/surveys](http://www.ons.gov.uk/surveys)**.

## What is the interview about?

The interview covers a range of health topics, including general health, lifestyles and information about yourself. The survey also collects, if you agree, height and weight measurements. If the interview is conducted over the telephone these measurements will not be taken and the interviewer will ask you to report your height and weight if you wish to do so.

## Where can I find out more?

See the enclosed leaflet, visit **[www.gov.scot/collections/scottish-health-survey](http://www.gov.scot/collections/scottish-health-survey)** or phone us free on **0800 652 2704**.

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The Resident

<Add1>

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Survey Manager, Scottish Government

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Hear more about the real difference the study makes at **[www.scotcen.org.uk/healthvideo](http://www.scotcen.org.uk/healthvideo)**

<Forename> <Surname>  
<Add1>  
<Add2>  
<Add3>  
<Add4>  
<Postcode>

Code: <Serial>/<CHK>

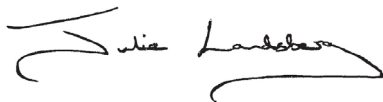
# Thank you for taking part

Dear <Forename>

Many thanks for taking part in the Scottish Health Survey 2022. Your contribution is very important and has helped us gather valuable information about the health and lifestyles of people living in Scotland.

## To say thank you

Please find enclosed a **£10 Love2shop voucher** for your use. It can be used in store and online at a wide range of shops, restaurants or attractions. For more information please visit: <https://love2shop.co.uk/where-to-spend>



**Julie Landsberg**  
Survey Manager, Scottish Government

<Forename> <Surname>  
<Add1>  
<Add2>  
<Add3>  
<Add4>  
<Postcode>

Code: <Serial>/<CHK>

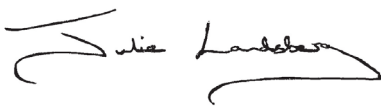
## We would like to thank **<childname>** for taking part

Dear <Forename>

Many thanks to <childname> for taking part in the Scottish Health Survey 2022. Their contribution is very important and has helped us gather valuable information about the health and lifestyles of children living in Scotland.

### To say thank you

Please find enclosed a **£10 Love2shop voucher** for your use. It can be used in store and online at a wide range of shops, restaurants or attractions. For more information please visit: <https://love2shop.co.uk/where-to-spend>



**Julie Landsberg**  
Survey Manager, Scottish Government

# SCOTTISH HEALTH SURVEY 2022

## SHOWCARDS

Thank you for agreeing to take part in the Scottish Health Survey.

During the survey you will need these showcards to help you choose your answers to some of the questions. Please keep them in a safe place and have them ready to use at the time of your interview.

Please note that **not all** of the showcards apply to everyone and there is **nothing you need to prepare in advance**. Your interviewer will tell you which showcards you need to refer to during the interview.

If you require a replacement set of showcards please contact your interviewer as soon as possible in advance of your appointment date.



## CARD A1

### MARITAL STATUS

- 1 Never married and never registered a same-sex civil partnership
- 2 Married
- 3 In a registered same-sex civil partnership
- 4 Separated, but still legally married
- 5 Separated, but still legally in a same-sex civil partnership
- 6 Divorced
- 7 Formerly in a same-sex civil partnership which is now legally dissolved
- 8 Widowed
- 9 Surviving partner from a same-sex civil partnership

## CARD A2

### RELATIONSHIP

- 1 Husband / Wife / Spouse
- 2 Legally recognised civil partner
- 3 Partner / Cohabitee
  
- 4 Natural child
- 5 Adopted child
- 6 Foster child
- 7 Step-child
- 8 Child's spouse / civil partner (in law)
- 9 Natural parent
- 10 Adoptive parent
- 11 Foster parent
- 12 Step-parent / Parent's partner
- 13 Parent-in-law
  
- 14 Natural sibling (i.e. both natural parents the same)
- 15 Half-sibling (i.e. one natural parent the same)
- 16 Step-sibling (i.e. no natural parents the same)
- 17 Adopted sibling
- 18 Foster sibling
- 19 Sibling-in-law
  
- 20 Grandchild
- 21 Grandparent
  
- 22 Other relative
- 23 Other non-relative

## CARD A3

- 1 Buying with mortgage / loan
- 2 Own it outright
- 3 Part rent / part mortgage
- 4 Rent (including rents paid by housing benefit)
- 5 Living here rent free

## CARD A4

- 1 People can smoke anywhere inside this house / flat
- 2 People can only smoke in certain areas or rooms inside this house / flat (include smoking out of the window and at an open back door)
- 3 People can only smoke in outdoor areas (e.g. gardens / balconies of this house / flat)
- 4 People cannot smoke indoors or in outdoor areas of this house / flat

## CARD A5

- 1 Very confident
- 2 Fairly confident
- 3 Not very confident
- 4 Not at all confident

## CARD A6

- 1 Earnings from employment or self-employment (including overtime, tips, bonuses)
- 2 State retirement pension
- 3 Pension from former employer
- 4 Personal pensions
- 5 Pension Credit
- 6 Child Benefit
- 7 Universal Credit
- 8 Job-Seekers Allowance
- 9 Income Support
- 10 Working Tax Credit, Child Tax Credit or any other Tax Credit
- 11 Housing Benefit
- 12 Employment and Support Allowance
- 13 Personal Independence Payments
- 14 Disability Living Allowance
- 15 Attendance Allowance
- 16 Carer's Allowance
- 17 Other state benefits
- 18 Student grants and bursaries (but not loans)
- 19 Interest from savings and investments (eg. stocks and shares)
- 20 Rent from property (after expenses)
- 21 Other kinds of regular income (eg. maintenance or grants)
- 22 No source of income

## CARD A7

### GROSS INCOME FROM ALL SOURCES

(before any deductions for taxes, National Insurance contributions, health insurance payments, superannuation payments etc.)

WEEKLY	or	MONTHLY	or	ANNUAL
Less than £10 ..... 1		Less than £40 ..... 1		Less than £520 ..... 1
£10 less than £30 ..... 2		£40 less than £130 ..... 2		£520 less than £1,600 ..... 2
£30 less than £50 ..... 3		£130 less than £220 ..... 3		£1,600 less £2,600 ..... 3
£50 less than £70 ..... 4		£220 less than £300 ..... 4		£2,600 less than £3,600 ..... 4
£70 less than £100 ..... 5		£300 less than £430 ..... 5		£3,600 less than £5,200 ..... 5
£100 less than £150 ..... 6		£430 less than £650 ..... 6		£5,200 less than £7,800 ..... 6
£150 less than £200 ..... 7		£650 less than £870 ..... 7		£7,800 less than £10,400 ..... 7
£200 less than £250 ..... 8		£870 less than £1,100 ..... 8		£10,400 less than £13,000 ..... 8
£250 less than £300 ..... 9		£1,100 less than £1,300 ..... 9		£13,000 less than £15,600 ..... 9
£300 less than £350 ..... 10		£1,300 less than £1,500 ..... 10		£15,600 less than £18,200 ..... 10
£350 less than £400 ..... 11		£1,500 less than £1,700 ..... 11		£18,200 less than £20,800 ..... 11
£400 less than £450 ..... 12		£1,700 less than £2,000 ..... 12		£20,800 less than £23,400 ..... 12
£450 less than £500 ..... 13		£2,000 less than £2,200 ..... 13		£23,400 less than £26,000 ..... 13
£500 less than £550 ..... 14		£2,200 less than £2,400 ..... 14		£26,000 less than £28,600 ..... 14
£550 less than £600 ..... 15		£2,400 less than £2,600 ..... 15		£28,600 less than £31,200 ..... 15
£600 less than £650 ..... 16		£2,600 less than £2,800 ..... 16		£31,200 less than £33,800 ..... 16
£650 less than £700 ..... 17		£2,800 less than £3,000 ..... 17		£33,800 less than £36,400 ..... 17
£700 less than £800 ..... 18		£3,000 less than £3,500 ..... 18		£36,400 less than £41,600 ..... 18
£800 less than £900 ..... 19		£3,500 less than £3,900 ..... 19		£41,600 less than £46,800 ..... 19
£900 less than £1,000 ..... 20		£3,900 less than £4,300 ..... 20		£46,800 less than £52,000 ..... 20
£1,000 less than £1,150 ..... 21		£4,300 less than £5,000 ..... 21		£52,000 less than £60,000 ..... 21
£1,150 less than £1,350 ..... 22		£5,000 less than £5,800 ..... 22		£60,000 less than £70,000 ..... 22
£1,350 less than £1,500 ..... 23		£5,800 less than £6,500 ..... 23		£70,000 less than £78,000 ..... 23
£1,500 less than £1,750 ..... 24		£6,500 less than £7,500 ..... 24		£78,000 less than £90,000 ..... 24
£1,750 less than £1,900 ..... 25		£7,500 less than £8,300 ..... 25		£90,000 less than £100,000 ..... 25
£1,900 less than £2,100 ..... 26		£8,300 less than £9,200 ..... 26		£100,000 less than £110,000 ..... 26
£2,100 less than £2,300 ..... 27		£9,200 less than £10,000 ..... 27		£110,000 less than £120,000 ..... 27
£2,300 less than £2,500 ..... 28		£10,000 less than £10,800 ..... 28		£120,000 less than £130,000 ..... 28
£2,500 less than £2,700 ..... 29		£10,800 less than £11,700 ..... 29		£130,000 less than £140,000 ..... 29
£2,700 less than £2,900 ..... 30		£11,700 less than £12,500 ..... 30		£140,000 less than £150,000 ..... 30
£2,900 or more ..... 31		£12,500 or more ..... 31		£150,000 or more ..... 31

## CARD A8

- 1 Working as an employee (or temporarily away)
- 2 On a Government sponsored training scheme (or temporarily away)
- 3 Self employed or freelance (or temporarily away)
- 4 Working unpaid for your own family's business (or temporarily away)
- 5 Doing any other kind of paid work
- 6 None of the above



## CARD A9

### HOURS SPENT PROVIDING CARE

- 1 Up to 4 hours a week
- 2 5 - 19 hours a week
- 3 20 - 34 hours a week
- 4 35 - 49 hours a week
- 5 50 or more hours a week

## CARD A10

- 1 Less than one year
- 2 One year but less than 5 years
- 3 5 years but less than 10 years
- 4 10 years but less than 20 years
- 5 20 years or more

## CARD A11

- 1 Been unable to take up employment
- 2 Worked fewer hours
- 3 Reduced responsibility at work
- 4 Flexible employment agreed
- 5 Changed to work at home
- 6 Reduced opportunities for promotion
- 7 Took new job
- 8 Left employment altogether
- 9 Took early retirement
- 10 Other (Please say what)
- 11 Employment not affected/never had a job

## CARD A12

- 1 Short breaks or respite e.g. day time breaks, overnight breaks or emergency respite
- 2 Advice and information
- 3 Practical support (e.g. transport, equipment/adaptations)
- 4 Counselling or emotional support
- 5 Training and learning
- 6 Advocacy services
- 7 Personal assistant/ support worker/ community nurse/ home help
- 8 Help from family, friends or neighbours
- 9 Carer's allowance
- 10 Other (Please say what)
- 11 Receive no help or support

## CARD A13

- 1 Short breaks or respite e.g. day time breaks, overnight breaks or emergency respite
- 2 Advice and information
- 3 Practical things, e.g. putting hand rails in the bathroom, transport to a day centre
- 4 Talking to someone for support, e.g. family member, friend, counsellor
- 5 Having a befriender or a peer mentor
- 6 Advocacy services
- 7 Personal assistant/ support worker/ community nurse/ home help
- 8 Help from family, friends or neighbours
- 9 Help from teachers at school, e.g. talking or extra help with homework
- 10 Social activities and support, e.g. young carers' groups or day trips
- 11 Other (Please say what)
- 12 Receive no help or support

# CARD A14

**Extremely  
dissatisfied**

**Extremely  
satisfied**

**0**

**1**

**2**

**3**

**4**

**5**

**6**

**7**

**8**

**9**

**10**

## CARD B2

- 1 Regular check-up with GP / hospital / clinic
- 2 Taking medication (tablets / inhalers)
- 3 Advice or treatment to stop smoking
- 4 Using oxygen
- 5 Immunisations against flu / pneumococcus
- 6 Exercise or physical activity
- 7 Advice or treatment to lose weight
- 8 Other (Please say what)

## CARD C1

- 1 A general practitioner (GP)
- 2 Nurse at GP surgery/Health centre
- 3 Community, School or District Nurse
- 4 Hospital casualty/Accident and Emergency department
- 5 Consultant/Specialist or other doctor at hospital outpatients
- 6 Consultant/Specialist or other doctor elsewhere
- 7 Homeopath
- 8 Acupuncturist
- 9 Other alternative medicine professional



## CARD C2

- 1 NHS or charity information about managing pain including online resources
- 2 Your GP
- 3 Nurse or other health worker at GP surgery/Health centre
- 4 Physiotherapist
- 5 Chemist or pharmacist
- 6 Specialist pain services at a hospital such as a doctor, nurse or physiotherapist
- 7 Residential pain service where you have stayed away from home
- 8 Psychologist
- 9 Osteopath, chiropractor or acupuncturist
- 10 Homeopath or other alternative medicine professional
- 11 Other – please specify
- 12 None of these

## CARD C3

- 1 Fever
- 2 Weakness/tiredness
- 3 Diarrhoea
- 4 Loss of smell
- 5 Shortness of breath
- 6 Vertigo/dizziness
- 7 Trouble sleeping
- 8 Headache
- 9 Nausea/vomiting
- 10 Loss of appetite
- 11 Sore throat
- 12 Chest pain
- 13 Worry/anxiety
- 14 Memory loss or confusion
- 15 Muscle ache
- 16 Abdominal pain
- 17 Loss of taste
- 18 Cough
- 19 Palpitations
- 20 Low mood/not enjoying anything
- 21 Difficulty concentrating
- 22 Other

## CARD C4

- 1 I was advised by a clinician that I should not be vaccinated
- 2 I need more information about the safety of the vaccines
- 3 I have heard that some people don't feel well after being vaccinated
- 4 I don't think COVID-19 would be a serious illness for me
- 5 I don't think I'm at risk of catching COVID-19
- 6 I'm concerned about how quickly the vaccines have been developed
- 7 I'm concerned about how quickly the vaccines have been approved
- 8 I have a medical history of allergic reactions and am concerned about my reaction to being vaccinated
- 9 I am concerned about having an allergic reaction, even though I do not have a medical history of allergies
- 10 I would worry about the risk of catching COVID-19 at the place where the vaccines are given
- 11 I worry about how I will travel to the place where the vaccines are being given
- 12 I usually choose not to get any vaccines
- 13 I'm unlikely to have time to get vaccinated
- 14 I don't trust vaccines
- 15 Other (please specify)

## CARD E1

### HOUSEWORK

Done during the last 4 weeks -

Hoovering

Dusting

Ironing

General tidying

Washing floors and paintwork

## CARD E2

### HEAVY HOUSEWORK

Done during the last 4 weeks -

Moving heavy furniture

Spring cleaning

Walking with heavy shopping  
(for more than 5 minutes)

Cleaning windows

Scrubbing floors with a scrubbing brush

## **CARD E3**

### **GARDENING, DIY AND BUILDING WORK**

Done during the last 4 weeks -

Hoeing, weeding, pruning

Mowing with a power mower

Planting flowers/seeds

Decorating

Minor household repairs

Car washing and polishing

Car repairs and maintenance

## CARD E4

### HEAVY MANUAL WORK

Done during the last 4 weeks -

Digging, clearing rough ground

Building in stone/bricklaying

Mowing large areas with a hand mower

Felling trees, chopping wood

Mixing/laying concrete

Moving heavy loads

Refitting a kitchen or bathroom

## CARD E5

Done during the last 4 weeks -

- 1 Swimming
- 2 Cycling
- 3 Workout at a gym / Exercise bike / Weight training
- 4 Aerobics / Keep fit / Gymnastics / Dance for Fitness
- 5 Any other type of dancing
- 6 Running / Jogging
- 7 Football / Rugby
- 8 Badminton / Tennis
- 9 Squash
- 10 Exercises (e.g. press-ups, sit-ups)

Please also include teaching, coaching and training/practice sessions



## CARD E6

- 1 Bowls
- 2 Fishing / angling
- 3 Golf
- 4 Hillwalking / rambling
- 5 Snooker / billiards / pool
- 6 Aqua-robics / aquafit / exercise class in water
- 7 Yoga / pilates
- 8 Athletics
- 9 Basketball
- 10 Canoeing / Kayaking
- 11 Climbing
- 12 Cricket
- 13 Curling
- 14 Hockey
- 15 Horse riding
- 16 Ice skating
- 17 Martial arts including Tai Chi
- 18 Netball
- 19 Powerboating / jet skiing
- 20 Rowing
- 21 Sailing / windsurfing
- 22 Shinty
- 23 Skateboarding / inline skating
- 24 Skiing/ snowboarding
- 25 Subaqua
- 26 Surfing / body boarding
- 27 Table tennis
- 28 Tenpin bowling
- 29 Volleyball
- 30 Waterskiing

**0 No – none of these**

## **CARD E7**

- 1 To keep fit (not just to lose weight)
- 2 To lose weight
- 3 To take children
- 4 To socialise
- 5 To train/ take part in a competition
- 6 To improve my performance
- 7 Just enjoy it
- 8 To help with my injury or disability
- 9 Part of my voluntary work
- 10 To walk the dog
- 11 For health reasons / to improve health
- 12 For peace and quiet
- 13 To de-stress, relax and unwind
- 14 To feel closer to nature
- 15 Other (RECORD AT NEXT QUESTION)

## CARD E8

- 1 It costs too much
- 2 No one to do it with
- 3 Never occurred to me
- 4 Not really interested
- 5 Fear of injury/making current injury worse
- 6 I wouldn't enjoy it
- 7 Health isn't good enough
- 8 I might feel uncomfortable or out of place
- 9 Facilities are too far away
- 10 Not enough information on what is available
- 11 It's difficult to find the time
- 12 I already do enough
- 13 Other (RECORD AT NEXT QUESTION)
- 14 No reason

## CARD F1

- 1 Less than 5 minutes
- 2 5 minutes, less than 15 minutes
- 3 15 minutes, less than 30 minutes
- 4 30 minutes, less than 1 hour
- 5 1 hour, less than 1 ½ hours
- 6 1 ½ hours, less than 2 hours
- 7 2 hours, less than 2 ½ hours
- 8 2 ½ hours, less than 3 hours
- 9 3 hours, less than 3 ½ hours
- 10 3 ½ hours, less than 4 hours
- 11 4 hours or more (please say how long)

## CARD F2

### SPORTS AND EXERCISE ACTIVITIES

INCLUDE any sports and exercise activities like:

Playing football, rugby or netball in a team,  
or any other organised team games

Playing tennis, squash or badminton

*include playing in:  
a practice session  
a match  
a club  
out-of-school lesson*

Going swimming or swimming lessons

Gymnastics (include Toddler Gym, Tumble Tots etc)

Dance lessons, ballet lessons, ice skating

Horse riding

Disco dancing

Any other organised sports, team sports or exercise activities

## CARD F3

Other active things like:

Ride a bike

Kick a ball around

Run about (outdoors or indoors)

Play active games

Jump around

Any other things like these

## CARD G1

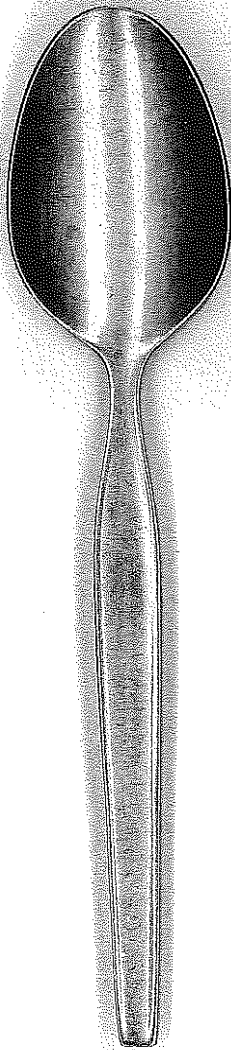
- 1 6 a day or more
- 2 4 or 5 a day
- 3 2 or 3 a day
- 4 One a day
- 5 Less than one a day

## CARD G2

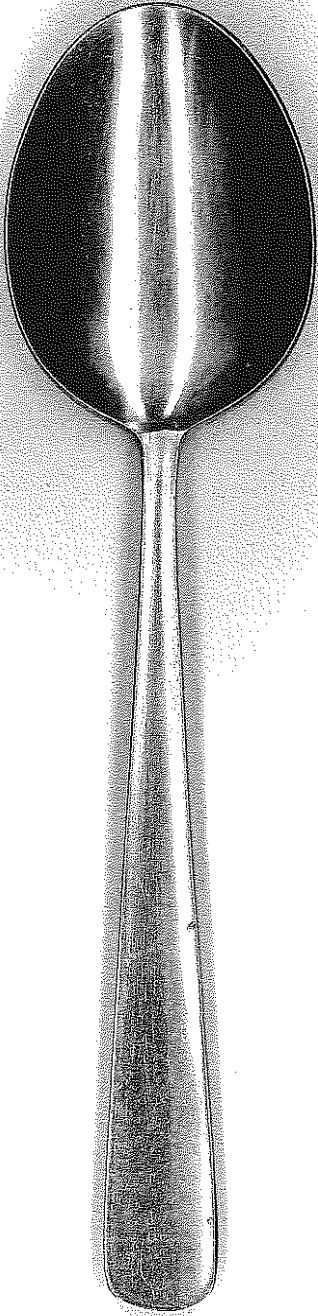
- 1 6 or more times a day
- 2 4 or 5 times a day
- 3 2 or 3 times a day
- 4 Once a day
- 5 5 or 6 times a week
- 6 2 to 4 times a week
- 7 Once a week
- 8 1 to 3 times a month
- 9 Less often or never



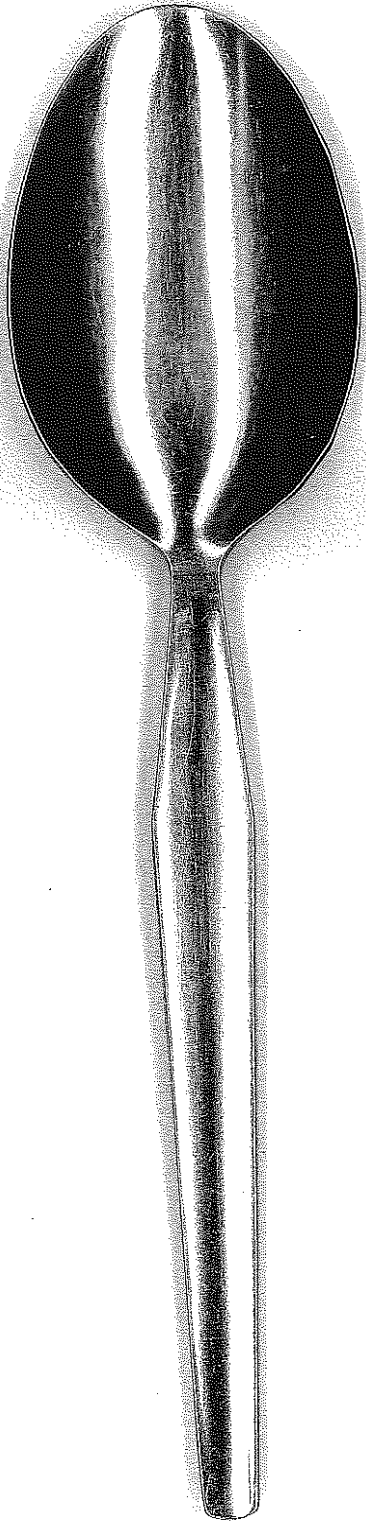
**CARD G3**



**Teaspoon**



**Dessertspoon**



**Tablespoon**

## CARD H1

- 1 Less than a week
- 2 At least a week but less than a month
- 3 1 - 3 months
- 4 4 - 6 months
- 5 Over 6 months

## CARD H2

- 1 Every day
- 2 4 - 6 days a week
- 3 2 – 3 days a week
- 4 Once a week
- 5 2 – 3 times in the last 4 weeks
- 6 Once in the last 4 weeks
- 7 Not at all in last 4 weeks

### CARD H3

- 1 Every day
- 2 4 - 6 days a week
- 3 2 – 3 days a week
- 4 Once a week
- 5 2 – 3 times in a 4 week period
- 6 Once in a 4 week period
- 7 Less than once in a 4 week period

## CARD H4

- 1 Nicotine gum
- 2 Nicotine patches that you stick on your skin
- 3 Nasal spray/nicotine inhaler
- 4 Lozenge / microtab
- 5 Champix / Varenicline
- 6 Zyban / Bupropion
- 7 Electronic cigarette / vaping device
- 8 Other (Please say what)
- 9 No products used

## CARD H5

- 1 At own home
- 2 At work
- 3 In other people's homes
- 4 In cars, vans etc
- 5 Outside of buildings (e.g. pubs, shops, hospitals)
- 6 In other public places
- 7 No, none of these

## CARD J1

- 1 Almost every day
- 2 Five or six days a week
- 3 Three or four days a week
- 4 Once or twice a week
- 5 Once or twice a month
- 6 Once every couple of months
- 7 Once or twice a year
- 8 Not at all in the last 12 months



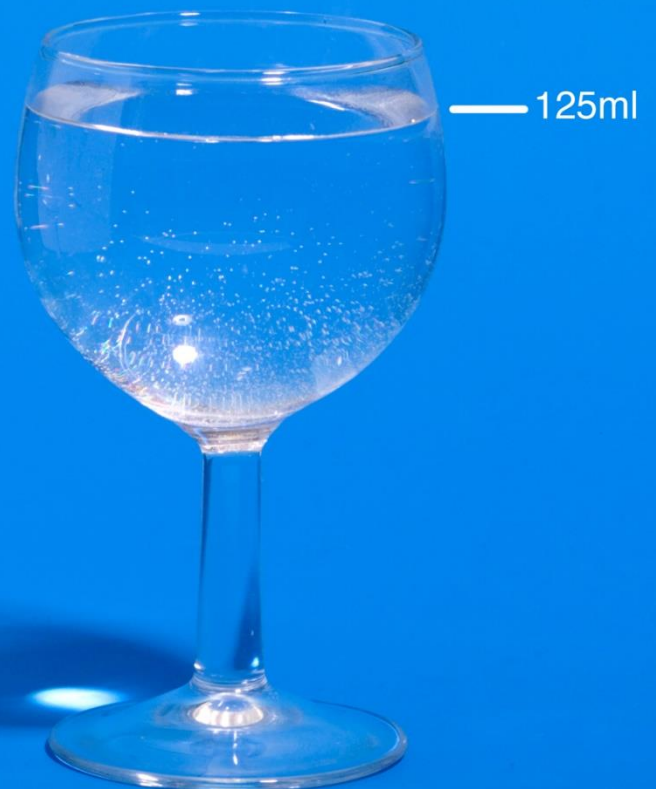
— 250 ml

250ml wine glass





175ml wine glass



125ml wine glass

## CARD J2

- 1 Normal strength beer / lager / cider / shandy
- 2 Strong beer / lager / cider
- 3 Spirits or Liqueurs
- 4 Sherry, Martini or Buckfast
- 5 Wine (including Babycham, champagne and prosecco)
- 6 Alcopops / pre-mixed drinks
- 7 Other alcoholic drinks
- 8 Low alcohol drinks only

## CARD K1

- 1 No natural teeth
- 2 Fewer than 10 natural teeth
- 3 Between 10 and 19 natural teeth
- 4 20 or more natural teeth

## CARD K2

1. Eating food
2. Speaking clearly
3. Smiling, laughing and showing teeth without embarrassment
4. Emotional stability, for example, becoming more easily upset than usual
5. Enjoying the company of other people such as family, friends, or neighbours
6. None of these

## CARD K3

- 1 Yes, often
- 2 Yes, occasionally
- 3 No, never

## CARD P1

- 1 Working as an employee (or temporarily away)
- 2 On a Government sponsored training scheme (or temporarily away)
- 3 Self employed or freelance (or temporarily away)
- 4 Working unpaid for your own family's business (or temporarily away)
- 5 Doing any other kind of paid work
- 6 None of the above

## CARD Q1

- 1 School Leaving Certificate, National Qualification Access Unit
- 2 O Grade, Standard Grade, GCSE, GCE O Level, CSE, National Qualification Access 3 Cluster, Intermediate 1 or 2, National 4 or 5, Senior Certificate or equivalent
- 3 GNVQ/GSVQ Foundation or Intermediate, SVQ Level 1 or 2, SCOTVEC / National Certificate Module, City and Guilds Craft, RSA Diploma or equivalent
- 4 Higher Grade, Advanced Higher, CSYS, A level, AS level, Advanced Senior Certificate or equivalent
- 5 GNVQ/GSVQ Advanced, SVQ Level 3, ONC, OND, SCOTVEC National Diploma, City and Guilds Advanced Craft, RSA Advanced Diploma or equivalent
- 6 HNC, HND, SVQ Level 4, RSA Higher Diploma or equivalent
- 7 First Degree, Higher Degree, SVQ Level 5 or equivalent
- 8 Professional qualifications e.g. teaching, accountancy
- 9 Other school examinations not already mentioned
- 10 Other post-school but pre Higher education examinations not already mentioned
- 11 Other Higher education qualifications not already mentioned
- 12 No qualifications

## CARD Q2

Choose **ONE** section from A to F, then choose **ONE** option which best describes your ethnic group or background.

### **A White**

Scottish

Other British

Irish

Polish

Gypsy/Traveller

Roma

Showman/Showwoman

Other white ethnic group (please say what)

### **B Mixed or multiple ethnic group**

Any mixed or multiple ethnic groups (please say what)

### **C Asian, Scottish Asian or British Asian**

Pakistani, Scottish Pakistani or British Pakistani

Indian, Scottish Indian or British Indian

Bangladeshi, Scottish Bangladeshi or British Bangladeshi

Chinese, Scottish Chinese or British Chinese

Other (please say what)

### **D African**

African, Scottish African or British African (please say what – for example NIGERIAN, SOMALI)

### **E Caribbean or Black**

Caribbean or Black (please say what – for example SCOTTISH CARIBBEAN, BLACK SCOTTISH)

### **F Other ethnic group**

Arab, Scottish Arab or British Arab

Other (please say what – for example SIKH, JEWISH)



## CARD R1

- 1 Nicotine gum
- 2 Nicotine patches that you stick on your skin
- 3 Nasal spray/nicotine inhaler
- 4 Lozenge / microtab
- 5 Champix / Varenicline
- 6 Zyban / Bupropion
- 7 Electronic cigarette / vaping device
- 8 Other (Please say what)
- 9 No products used

# SCOTTISH HEALTH SURVEY 2022

## SHOWCARDS

Thank you for agreeing to take part in the Scottish Health Survey.

During the survey you will need these showcards to help you choose your answers to some of the questions. Please keep them in a safe place and have them ready to use at the time of your interview.

Please note that **not all** of the showcards apply to everyone and there is **nothing you need to prepare in advance**. Your interviewer will tell you which showcards you need to refer to during the interview.

If you require a replacement set of showcards please contact your interviewer as soon as possible in advance of your appointment date.

## CARD A1

### MARITAL STATUS

- 1 Never married and never registered a same-sex civil partnership
- 2 Married
- 3 In a registered same-sex civil partnership
- 4 Separated, but still legally married
- 5 Separated, but still legally in a same-sex civil partnership
- 6 Divorced
- 7 Formerly in a same-sex civil partnership which is now legally dissolved
- 8 Widowed
- 9 Surviving partner from a same-sex civil partnership

## CARD A2

### RELATIONSHIP

- 1 Husband / Wife / Spouse
- 2 Legally recognised civil partner
- 3 Partner / Cohabitee
  
- 4 Natural child
- 5 Adopted child
- 6 Foster child
- 7 Step-child
- 8 Child's spouse / civil partner (in law)
- 9 Natural parent
- 10 Adoptive parent
- 11 Foster parent
- 12 Step-parent / Parent's partner
- 13 Parent-in-law
  
- 14 Natural sibling (i.e. both natural parents the same)
- 15 Half-sibling (i.e. one natural parent the same)
- 16 Step-sibling (i.e. no natural parents the same)
- 17 Adopted sibling
- 18 Foster sibling
- 19 Sibling-in-law
  
- 20 Grandchild
- 21 Grandparent
  
- 22 Other relative
- 23 Other non-relative

## CARD A3

- 1 Buying with mortgage / loan
- 2 Own it outright
- 3 Part rent / part mortgage
- 4 Rent (including rents paid by housing benefit)
- 5 Living here rent free

## CARD A4

- 1 People can smoke anywhere inside this house / flat
- 2 People can only smoke in certain areas or rooms inside this house / flat (include smoking out of the window and at an open back door)
- 3 People can only smoke in outdoor areas (e.g. gardens / balconies) of this house / flat
- 4 People cannot smoke indoors or in outdoor areas of this house / flat

## CARD A6

- 1 Earnings from employment or self-employment (including overtime, tips, bonuses)
- 2 State retirement pension
- 3 Pension from former employer
- 4 Personal pensions
- 5 Pension Credit
- 6 Child Benefit
- 7 Universal Credit
- 8 Job-Seekers Allowance
- 9 Income Support
- 10 Working Tax Credit, Child Tax Credit or any other Tax Credit
- 11 Housing Benefit
- 12 Employment and Support Allowance
- 13 Personal Independence Payments
- 14 Disability Living Allowance
- 15 Attendance Allowance
- 16 Carer's Allowance
- 17 Other state benefits
- 18 Student grants and bursaries (but not loans)
- 19 Interest from savings and investments (eg. stocks and shares)
- 20 Rent from property (after expenses)
- 21 Other kinds of regular income (eg. maintenance or grants)
- 22 No source of income

## CARD A7

### GROSS INCOME FROM ALL SOURCES

(before any deductions for taxes, National Insurance contributions, health insurance payments, superannuation payments etc.)

WEEKLY	or	MONTHLY	or	ANNUAL
Less than £10 ..... 1		Less than £40 ..... 1		Less than £520 ..... 1
£10 less than £30 ..... 2		£40 less than £130 ..... 2		£520 less than £1,600 ..... 2
£30 less than £50 ..... 3		£130 less than £220 ..... 3		£1,600 less £2,600 ..... 3
£50 less than £70 ..... 4		£220 less than £300 ..... 4		£2,600 less than £3,600 ..... 4
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£150 less than £200 ..... 7		£650 less than £870 ..... 7		£7,800 less than £10,400 ..... 7
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£250 less than £300 ..... 9		£1,100 less than £1,300 ..... 9		£13,000 less than £15,600 ..... 9
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£450 less than £500 ..... 13		£2,000 less than £2,200 ..... 13		£23,400 less than £26,000 ..... 13
£500 less than £550 ..... 14		£2,200 less than £2,400 ..... 14		£26,000 less than £28,600 ..... 14
£550 less than £600 ..... 15		£2,400 less than £2,600 ..... 15		£28,600 less than £31,200 ..... 15
£600 less than £650 ..... 16		£2,600 less than £2,800 ..... 16		£31,200 less than £33,800 ..... 16
£650 less than £700 ..... 17		£2,800 less than £3,000 ..... 17		£33,800 less than £36,400 ..... 17
£700 less than £800 ..... 18		£3,000 less than £3,500 ..... 18		£36,400 less than £41,600 ..... 18
£800 less than £900 ..... 19		£3,500 less than £3,900 ..... 19		£41,600 less than £46,800 ..... 19
£900 less than £1,000 ..... 20		£3,900 less than £4,300 ..... 20		£46,800 less than £52,000 ..... 20
£1,000 less than £1,150 ..... 21		£4,300 less than £5,000 ..... 21		£52,000 less than £60,000 ..... 21
£1,150 less than £1,350 ..... 22		£5,000 less than £5,800 ..... 22		£60,000 less than £70,000 ..... 22
£1,350 less than £1,500 ..... 23		£5,800 less than £6,500 ..... 23		£70,000 less than £78,000 ..... 23
£1,500 less than £1,750 ..... 24		£6,500 less than £7,500 ..... 24		£78,000 less than £90,000 ..... 24
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£1,900 less than £2,100 ..... 26		£8,300 less than £9,200 ..... 26		£100,000 less than £110,000 ..... 26
£2,100 less than £2,300 ..... 27		£9,200 less than £10,000 ..... 27		£110,000 less than £120,000 ..... 27
£2,300 less than £2,500 ..... 28		£10,000 less than £10,800 ..... 28		£120,000 less than £130,000 ..... 28
£2,500 less than £2,700 ..... 29		£10,800 less than £11,700 ..... 29		£130,000 less than £140,000 ..... 29
£2,700 less than £2,900 ..... 30		£11,700 less than £12,500 ..... 30		£140,000 less than £150,000 ..... 30
£2,900 or more ..... 31		£12,500 or more ..... 31		£150,000 or more ..... 31



## CARD A8

- 1 Working as an employee (or temporarily away)
- 2 On a Government sponsored training scheme (or temporarily away)
- 3 Self employed or freelance (or temporarily away)
- 4 Working unpaid for your own family's business (or temporarily away)
- 5 Doing any other kind of paid work
- 6 None of the above

## CARD A9

### HOURS SPENT PROVIDING CARE

- 1 Up to 4 hours a week
- 2 5 - 19 hours a week
- 3 20 - 34 hours a week
- 4 35 - 49 hours a week
- 5 50 or more hours a week

## CARD A10

- 1 Less than one year
- 2 One year but less than 5 years
- 3 5 years but less than 10 years
- 4 10 years but less than 20 years
- 5 20 years or more

## CARD A13

- 1 Short breaks or respite e.g. day time breaks, overnight breaks or emergency respite
- 2 Advice and information
- 3 Practical things, e.g. putting hand rails in the bathroom, transport to a day centre
- 4 Talking to someone for support, e.g. family member, friend, counsellor
- 5 Having a befriender or a peer mentor
- 6 Advocacy services
- 7 Personal assistant/ support worker/ community nurse/ home help
- 8 Help from family, friends or neighbours
- 9 Help from teachers at school, e.g. talking or extra help with homework
- 10 Social activities and support, e.g. young carers' groups or day trips
- 11 Other (Please say what)
- 12 Receive no help or support

## **CARD C1**

- 1 A general practitioner (GP)
- 2 Nurse at GP surgery/Health centre
- 3 Community, School or District Nurse
- 4 Hospital casualty/Accident and Emergency department
- 5 Consultant/Specialist or other doctor at hospital outpatients
- 6 Consultant/Specialist or other doctor elsewhere
- 7 Homeopath
- 8 Acupuncturist
- 9 Other alternative medicine professional

## CARD C2

- 1 NHS or charity information about managing pain including online resources
- 2 Your GP
- 3 Nurse or other health worker at GP surgery/Health centre
- 4 Physiotherapist
- 5 Chemist or pharmacist
- 6 Specialist pain services at a hospital such as a doctor, nurse or physiotherapist
- 7 Residential pain service where you have stayed away from home
- 8 Psychologist
- 9 Osteopath, chiropractor or acupuncturist
- 10 Homeopath or other alternative medicine professional
- 11 Other – please specify
- 12 None of these

## CARD C3

- 1 Fever
- 2 Weakness/tiredness
- 3 Diarrhoea
- 4 Loss of smell
- 5 Shortness of breath
- 6 Vertigo/dizziness
- 7 Trouble sleeping
- 8 Headache
- 9 Nausea/vomiting
- 10 Loss of appetite
- 11 Sore throat
- 12 Chest pain
- 13 Worry/anxiety
- 14 Memory loss or confusion
- 15 Muscle ache
- 16 Abdominal pain
- 17 Loss of taste
- 18 Cough
- 19 Palpitations
- 20 Low mood/not enjoying anything
- 21 Difficulty concentrating
- 22 Other

## CARD C4

- 1 I was advised by a clinician that I should not be vaccinated
- 2 I need more information about the safety of the vaccines
- 3 I have heard that some people don't feel well after being vaccinated
- 4 I don't think COVID-19 would be a serious illness for me
- 5 I don't think I'm at risk of catching COVID-19
- 6 I'm concerned about how quickly the vaccines have been developed
- 7 I'm concerned about how quickly the vaccines have been approved
- 8 I have a medical history of allergic reactions and am concerned about my reaction to being vaccinated
- 9 I am concerned about having an allergic reaction, even though I do not have a medical history of allergies
- 10 I would worry about the risk of catching COVID-19 at the place where the vaccines are given
- 11 I worry about how I will travel to the place where the vaccines are being given
- 12 I usually choose not to get any vaccines
- 13 I'm unlikely to have time to get vaccinated
- 14 I don't trust vaccines
- 15 Other (please specify)



## CARD F1

- 1 Less than 5 minutes
- 2 5 minutes, less than 15 minutes
- 3 15 minutes, less than 30 minutes
- 4 30 minutes, less than 1 hour
- 5 1 hour, less than 1 ½ hours
- 6 1 ½ hours, less than 2 hours
- 7 2 hours, less than 2 ½ hours
- 8 2 ½ hours, less than 3 hours
- 9 3 hours, less than 3 ½ hours
- 10 3 ½ hours, less than 4 hours
- 11 4 hours or more (please say how long)

## CARD F2

### SPORTS AND EXERCISE ACTIVITIES

INCLUDE any sports and exercise activities like:

Playing football, rugby or netball in a team,  
or any other organised team games

Playing tennis, squash or badminton

*include playing in:  
a practice session  
a match  
a club  
out-of-school lesson*

Going swimming or swimming lessons

Gymnastics (include Toddler Gym, Tumble Tots etc)

Dance lessons, ballet lessons, ice skating

Horse riding

Disco dancing

Any other organised sports, team sports or exercise activities

## CARD F3

Other active things like:

Ride a bike

Kick a ball around

Run about (outdoors or indoors)

Play active games

Jump around

Any other things like these

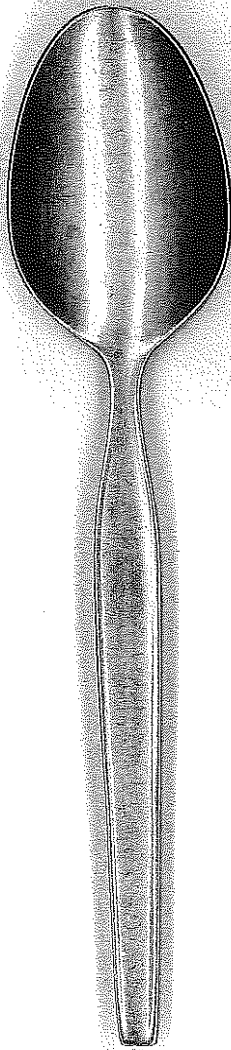
## CARD G1

- 1 6 a day or more
- 2 4 or 5 a day
- 3 2 or 3 a day
- 4 One a day
- 5 Less than one a day

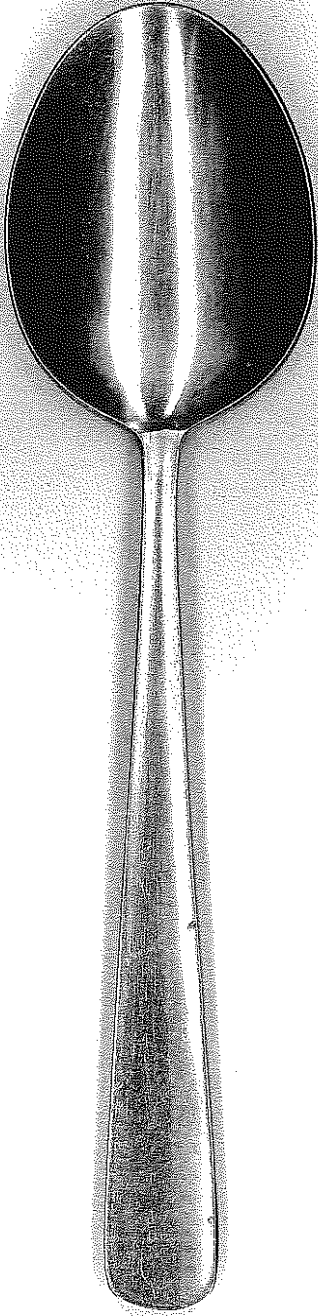
## CARD G2

- 1 6 or more times a day
- 2 4 or 5 times a day
- 3 2 or 3 times a day
- 4 Once a day
- 5 5 or 6 times a week
- 6 2 to 4 times a week
- 7 Once a week
- 8 1 to 3 times a month
- 9 Less often or never

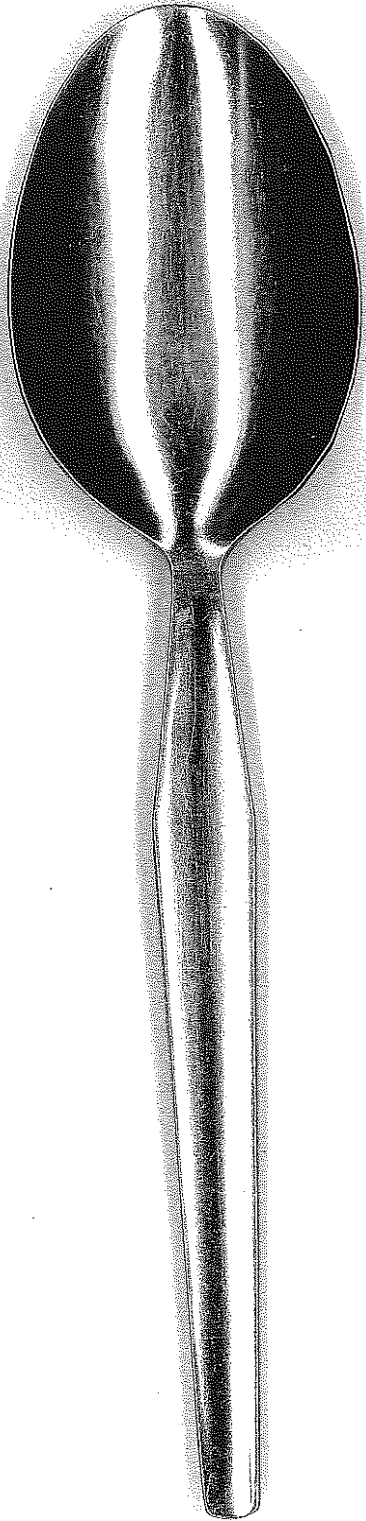
**CARD G3**



**Teaspoon**



**Dessertspoon**



**Tablespoon**

## CARD H5

- 1 At own home
- 2 At work
- 3 In other people's homes
- 4 In cars, vans etc
- 5 Outside of buildings (e.g. pubs, shops, hospitals)
- 6 In other public places
- 7 No, none of these

## CARD Q2

Choose **ONE** section from A to F, then choose **ONE** option which best describes your ethnic group or background.

### **A White**

Scottish

Other British

Irish

Polish

Gypsy/Traveller

Roma

Showman/Showwoman

Other white ethnic group (please say what)

### **B Mixed or multiple ethnic group**

Any mixed or multiple ethnic groups (please say what)

### **C Asian, Scottish Asian or British Asian**

Pakistani, Scottish Pakistani or British Pakistani

Indian, Scottish Indian or British Indian

Bangladeshi, Scottish Bangladeshi or British Bangladeshi

Chinese, Scottish Chinese or British Chinese

Other (please say what)

### **D African**

African, Scottish African or British African (please say what – for example NIGERIAN, SOMALI)

### **E Caribbean or Black**

Caribbean or Black (please say what – for example SCOTTISH CARIBBEAN, BLACK SCOTTISH)

### **F Other ethnic group**

Arab, Scottish Arab or British Arab

Other (please say what – for example SIKH, JEWISH)





# Scottish Health Survey

## British Sign Language

Your household has been selected to take part in the Scottish Health Survey. This important study collects information on behalf of the Scottish Government and the National Health Service about the health and lifestyles of people who live in Scotland. If you would you like us to arrange for a BSL interpreter to help conduct the interview, or to explain more about what is involved, please give the person who has called at your address your telephone number so we can arrange this.

## Gaelic / Gàidhlig

Chaidh an dachaigh agaibhse a thaghadh airson pàirt a ghabhail ann an Suirbhidh Slàinte na h-Alba. Tha an sgrùdadh cudromach seo a' cruinneachadh fiosrachadh airson Riaghaltas na h-Alba agus Seirbheis Nàiseanta na Slàinte mu dheidhinn slàinte agus caitheamh-beatha muinntir na h-Alba. Ma tha sibh ag iarraidh eadar-theangair a chuidicheas leis an agallamh, no a mhìnicheas dè bhios na lùib, comharraich an cànan a tha sibh a' bruidhinn agus thoiribh an àireamh fòn agaibh don neach a thàinig don taigh gus am faigh sinn air sin a chur air dòigh dhuibh.

## Bengali / বাংলা

স্কটিশ হেলথ সার্ভে (Scottish Health Survey) -তে অংশগ্রহণ করার জন্য আপনার পরিবার নির্বাচিত হয়েছে। এই গুরুত্বপূর্ণ অধ্যয়নটি স্কটিশ গভর্নর (Scottish Government) এবং ন্যাশানাল হেলথ সার্ভিস (National Health Service)-এর পক্ষ স্কটল্যান্ড-এ বসবাসকারী ব্যক্তিদের স্বাস্থ্য এবং জীবনধারা সংক্রান্ত বিষয়ে তথ্য সংগ্রহ করে। আপনি যদি চান যে সাক্ষাৎকারে সহায়তার করতে, অথবা কী কী বিষয় অন্তর্ভুক্ত আছে সে সম্পর্কে আরো ব্যাখ্যা করতে আমরা আপনার জন্য একজন দোভাষীর বন্দোবস্ত করি, তাহলে অনুগ্রহ করে আপনি যে ভাষায় কথা বলেন সেটি নির্দেশ করুন এবং যিনি আপনার ঠিকানায় ফোন করবেন সেই ব্যক্তিকে আপনার ফোন নম্বরটি দিন যাতে করে আমরা এটির বন্দোবস্ত করতে পারি।

## Chinese (Cantonese) /中文 (廣東話)

府上已獲選參與《蘇格蘭健康問卷調查》(Scottish Health Survey)。這是一項代表蘇格蘭政府及國民保健服務 (National Health Service) 收集有關居住在蘇格蘭的人士的健康及生活形式的資料的重要研究。如你希望我們為你安排口譯員以協助進行訪問，或更詳細地解釋當中所涉及的过程，請向到訪府上的問卷調查員指出你所說的語言，並提供你的電話號碼，以便我們作出此安排。

## French / Français

Votre foyer a été sélectionné pour participer à l'étude sur la santé en Écosse. Cette importante étude réunit des informations au nom du Gouvernement écossais et du ministère national de la Santé à propos de la santé et du style de vie des habitants de l'Écosse. Si vous aimeriez que nous organisions la présence d'un interprète pour faciliter la conduite de cet entretien ou vous expliquer plus en détail ce qui est impliqué, veuillez indiquer la langue que vous parlez et donner votre numéro de téléphone à la personne qui s'est présentée chez vous pour que nous puissions l'organiser.

## Hindi / हिन्दी

आपके परिवार को स्कॉटिश स्वास्थ्य सर्वेक्षण में हिस्सा लेने के लिए चुना गया है। इस महत्वपूर्ण अध्ययन में स्कॉटलैंड सरकार और राष्ट्रीय स्वास्थ्य सेवा की ओर से स्कॉटलैंड में रहने वाले लोगों के स्वास्थ्य और जीवनशैलियों के संबंध में जानकारी एकत्र की जाती है। साक्षात्कार के आयोजन अथवा इसमें शामिल किसी अन्य जानकारी को स्पष्ट करने के लिए यदि आप दुभाषिण (इंटरप्रेटर) की व्यवस्था चाहते हैं तो आप जो भाषा बोलते हैं उस पर निशान लगाएं तथा आपसे सम्पर्क करने वाले व्यक्ति को अपना टेलीफोन नम्बर दे दें ताकि हम इसका प्रबन्ध कर सकें।

## Polish / Polski

Uprzejmie informujemy, że Pana/i gospodarstwo domowe wybrano do wzięcia udziału w ankiecie na temat zdrowia (Scottish Health Survey). Celem tego ważnego badania jest zebranie informacji na temat zdrowia i trybu życia mieszkańców Szkocji. Sondaż przeprowadzamy w imieniu szkockiego rządu i państwowej służby zdrowia (National Health Service). Jeżeli chciał(a)by Pan/i wziąć udział w ankiecie korzystając z pomocy tłumacza bądź uzyskać bliższe informacje na temat badania, proszę wskazać na karcie swój język ojczysty i podać urzędnikowi numer swojego telefonu, by można było umówić spotkanie, podczas którego obecny będzie tłumacz.

## Punjabi / ਪੰਜਾਬੀ

ਤੁਹਾਡੇ ਘਰਬਾਰ ਨੂੰ ਸਕੌਟਲੈਂਡ ਦੇ ਸੇਹਤ ਸਰਵੇ ਵਿੱਚ ਭਾਗ ਲੈਣ ਲਈ ਚੁਣਿਆ ਗਿਆ ਹੈ। ਇਹ ਮਹੱਤਵਪੂਰਨ ਅਧਿਐਨ ਸਕੌਟਲੈਂਡ ਦੀ ਸਰਕਾਰ ਅਤੇ ਨੈਸ਼ਨਲ ਹੈਲਥ ਸਰਵਿਸ ਦੀ ਤਰਫੋਂ ਸਕੌਟਲੈਂਡ ਵਿੱਚ ਰਹਿ ਰਹੇ ਲੋਕਾਂ ਦੀ ਸੇਹਤ ਅਤੇ ਰਹਿਣੀ ਬਹਿਣੀ ਬਾਰੇ ਜਾਣਕਾਰੀ ਇਕੱਤਰ ਕਰਦੀ ਹੈ। ਇੰਟਰਵਿਓ ਕਰਨ ਵਿੱਚ ਸਹਾਇਤਾ ਲਈ, ਜਾਂ ਜੇ ਕੁੱਝ ਇਸ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋ ਬਾਰੇ ਵਧੇਰੇ ਜਾਣਕਾਰੀ ਦੇਣ ਲਈ, ਜੇ ਤੁਸੀਂ ਚਾਹੁੰਦੇ ਹੋ ਕਿ ਅਸੀਂ ਚੋਭਾਸ਼ੀਏ ਦਾ ਪ੍ਰਬੰਧ ਕਰੀਏ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਜਿਹੜੀ ਭਾਸ਼ਾ ਤੁਸੀਂ ਬੋਲਦੇ ਹੋ ਉਸ ਵੱਲ ਇਸ਼ਾਰਾ ਕਰੋ ਅਤੇ ਜਿਹੜਾ ਵਿਅਕਤੀ ਤੁਹਾਡੇ ਘਰ ਆਇਆ ਹੈ ਉਸ ਨੂੰ ਆਪਣਾ ਟੈਲੀਫੋਨ ਨੰਬਰ ਦਿਓ ਤਾਂ ਕਿ ਅਸੀਂ ਇਸ ਦਾ ਪ੍ਰਬੰਧ ਕਰ ਸਕੀਏ।

## Turkish / Türkçe

Aileniz İskoç Sağlık Anketi'ne katılmak üzere seçilmiştir. Bu önemli çalışmada, İskoçya Hükümeti ve Ulusal Sağlık Hizmetleri adına, İskoçya'da yaşayan kişilerin sağlık durumları ve yaşam tarzları ile ilgili önemli bilgiler toplanmaktadır. Görüşmelerin yapılabilmesine yardımcı olması veya bu sürece dahil olan diğer noktaları açıklaması için bir tercüman ayarlamamızı istiyorsanız, lütfen konuştuğunuz dili belirtin ve sizi ziyaret eden kişiye telefon numaranızı verin; sizin için gerekli ayarlamaları yapacağız.

## Arabic / العربية

لقد وقع الاختيار عليك وعلى عائلتك للمشاركة في استبيان الصحة الاسكتلندي، وتقوم هذه الدراسة الهامة بجمع المعلومات لصالح الحكومة الاسكتلندية وهيئة الصحة الوطنية (NHS) وتتعلق بصحة ونمط وأسلوب حياة القاطنين في اسكتلندا. إذا كنت ترغب منا أن نرتب حضور مترجم لمساعدتك خلال هذه المقابلة أو لتوضيح المزيد عن أهداف ومغزى الاستبيان فالرجاء الإشارة إلى اللغة التي تتكلمها إلى الشخص الذي جاء لمنزلك لإجراء المقابلة و اكتب له رقم هاتفك لترتيب إجراء هذه المقابلة بحضور مترجم.

## Farsi / فارسی

خانواده شما برای شرکت در نظرسنجی سلامتی و بهداشت اسکاٹلند انتخاب شده است. در این تحقیق بسیار مهم از طرف دولت اسکاٹلند و سرویس ملی بهداشت، اطلاعاتی درباره سلامتی و شیوه های زندگی مردم ساکن اسکاٹلند جمع آوری می شود. اگر مایل هستید برای تان یک مترجم بیاوریم تا در انجام مصاحبه کمک کند، یا اطلاعات بیشتری درباره تحقیق به شما بدهد، لطفاً به نام زبانی که به آن صحبت می کنید اشاره کرده و شماره تلفن خود را به فردی که به آدرس شما مراجعه کرده است بدهید تا ترتیب این کار بدهیم.

## Urdu / اردو

سکاٹش ہیلتھ سروے میں حصہ لینے کے لئے آپ کے گھرانے کا انتخاب کیا گیا ہے۔ یہ ضروری تحقیق سکاٹش گورنمنٹ اور نیشنل ہیلتھ سروے کی جانب سے سکاٹ لینڈ میں رہائش پذیر لوگوں کی صحت اور طرز زندگی کے متعلق معلومات جمع کرتی ہے۔ اگر آپ چاہتے ہیں کہ ہم انٹرویو لینے یا اس میں شامل امور کی مزید وضاحت کرنے میں مدد کے لئے ایک انٹریویٹر (ترجمان) کا انتظام کریں تو براہ مہربانی جو زبان آپ بولتے ہیں اس کی طرف اشارہ کریں اور جو شخص آپ کے گھر تشریف لایا ہے اسے اپنا پتہ اور ٹیلیفون نمبر دے دیں تاکہ ہم اس کا انتظام کرسکیں۔