

## 9. HEALTH AND WELL-BEING

*Interviewer Instruction: Fill in the time at starting this part of the interview: \_\_\_\_\_: \_\_\_\_\_*

### Health in general

901. How is your health in general?

- 1 – very good
- 2 – good
- 3 – fair
- 4 – bad
- 5 – very bad

902. a. Do you have any long-standing illness or chronic condition?

- 1 – yes ↓
- 2 – no → go to 903

b. How long have you had this long-standing illness or chronic condition?

- 1 – Less than 6 months
- 2 – 6 months to one year
- 3 – 1 year to 5 years
- 4 – 5 years to 10 years
- 5 – 10 years or more

903. a. Are you limited in your ability to undertake normal everyday activities, because of a physical or mental health problem or a disability?

- 1 – yes ↓ go to 912 p.64
- 2 – no → go to 912

b. Are you limited or strongly limited?

- 1 – limited
- 2 – strongly limited

c. Since how long?

- 1 – Less than 6 months
- 2 – 6 months to one year
- 3 – 1 year to 5 years
- 4 – 5 years to 10 years
- 5 – 10 years or more

### Personal care transfers

904. Over the last twelve months, have you needed regular help with personal care such as eating, getting up, dressing, bathing, or using toilets?

- 1 – Yes
- 2 – No → go to 912, p.64

905. Over the last twelve months, have you received such help from people in your household?

- 1 – Yes
- 2 – No → **go to 908**

		Persons who helped R		
		1	2	3
906. Which of the people on this card did you get this help from?	Household Roster			
<b>Interviewer Instruction: Show Household Roster and record up to three persons in this row.</b>				
907. Was [person, i.e. your partner, your father] paid for his/her help?	1 – Yes 2 – No			

908. Over the last twelve months, have you received help with personal care from people outside your household?

- 1 – Yes
- 2 – No → **go to 911**

		Persons who helped R		
		1	2	3
909. Which of the people on this card did you get this help from?	Card 909			
<b>Interviewer Instruction: Record up to three persons from Card 909 in this row.</b>				
910. Was he/she paid for the help?	1 – Yes 2 – No			

*Card 909: Source or recipient of personal care*

- 1 – My mother
- 2 – My father
- 3 – Mother of my spouse/ partner
- 4 – Father of my spouse/ partner
- 5 – son (either yours or your partner's)
- 6 – daughter (either yours or your partner's)
- 7 – Another relative
- 8 – Friend
- 9 – Acquaintance, neighbour
- 10 – other person, specify \_\_\_\_\_

911. Over the last twelve months, did you receive regular help with personal care from professional persons from the public sector or from a private organisation?

- 1 – Yes, from the public sector
- 2 – Yes, from a private organisation
- 3 – No

912. Over the last twelve months, have you given to people in your household regular help with personal care such as eating, getting up, dressing, bathing, or using toilets?

1 - Yes

2 - No → **go to 914**

913. Which of the people on this card have you given help to?

**Interviewer Instruction: Hand out Household Roster and record number of all persons.**

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914. Over the last twelve months, have you given regular help with personal care to persons outside your household?

1 - Yes

2 - No → **go to 916**

915. Which of the people on this card have you given help to?

**Interviewer Instruction: Hand out Household Roster and record number of all persons.**

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*Card 909: Source or recipient of personal care*

1 - My mother

2 - My father

3 - Mother of my spouse/ partner

4 - Father of my spouse/ partner

5 - son (either yours or your partner's)

6 - daughter (either yours or your partner's)

7 - Another relative

8 - Friend

9 - Acquaintance, neighbour

10 - Other person, specify \_\_\_\_\_

## Emotional support transfers

916. Over the last twelve months, have you talked to anyone about your personal experiences and feelings?

- 1 – Yes
- 2 – No → **go to 919**

	1	2	3	4	5
917. Which of the people on this card have you talked to about your personal experiences and feelings?  <i>Interviewer check: Hand out Card 917 and record up to five persons in this row.</i>					
918. Did or does this person live in your household?  Yes No					

*Card 917:*

- 1 – my spouse/ partner
- 2 – my mother
- 3 – my father
- 4 – mother of my spouse/ partner
- 5 – father of my spouse/ partner
- 6 – son (either yours or your partner's)
- 7 – daughter (either yours or your partner's)
- 8 – another relative
- 9 – friend
- 10 – acquaintance, neighbour
- 11 – other person, specify \_\_\_\_\_

→ Go to 920, p.66

919. If you wanted to talk to someone about your personal experiences and feelings, whom would you turn to? Please look at this list and tell me all the persons.

**Interviewer Check:**

*If the respondent names 'child', 'another relative', 'friend', or 'acquaintance/ neighbour' ask immediately to how many children, other relatives, friends, or acquaintances/ neighbours he/she can turn.*

Card 917:

- 1 – my spouse/ partner
- 2 – My father
- 3 – My mother
- 4 – Father of my spouse/ partner
- 5 – Mother of my spouse/ partner
- 6 – son (either yours or your partner's)
- 7 – daughter (either yours or your partner's)
- 8 – Another relative
- 9 – Friend

How many?

→ \_\_\_\_\_  
 → \_\_\_\_\_  
 → \_\_\_\_\_  
 → \_\_\_\_\_

10 – Acquaintance, neighbour

11 – Another person

12 – To no one

→ \_\_\_\_\_

920. Over the last twelve months, has anyone talked to you about their personal experiences and feelings?

1 – Yes

2 – No → go to 923, p.67

	1	2	3	4	5
921. Which of the people on this card has talked to you about his/her personal experiences and feelings?  <i>Interviewer check: Hand out Card 917 and record up to five persons in this row.</i>					
922. Did or does this person live in your household?	Yes No				

**Card 917:**

1 – my spouse/ partner

2 – my mother

3 – my father

4 – mother of my spouse/ partner

5 – father of my spouse/ partner

6 – son (either yours or your partner's)

7 – daughter (either yours or your partner's)

8 – another relative

9 – friend

10 – acquaintance, neighbour

11 – other person, specify \_\_\_\_\_

## Well-being

923. I am going to read out six statements about your current experiences. Please indicate for each of them to what extent they have applied to you recently.

*Card 923*

- 1 – yes  
2 – more or less  
3 – no

	yes	more or less	no
a. There are plenty of people that I can lean on in case of trouble.	1	2	3
b. I experience a general sense of emptiness	1	2	3
c. I miss having people around	1	2	3
d. There are many people that I can count on completely	1	2	3
e. Often, I feel rejected	1	2	3
f. There are enough people that I feel close to	1	2	3

924. Please tell me how frequently you experienced the next items during the previous week.

*Card 924*

During the past week...	seldom or never	some-times	often	most or all of the time
a. I felt that I could not shake off the blues even with help from my family or friends	1	2	3	4
b. I felt depressed	1	2	3	4
c. I thought my life had been a failure	1	2	3	4
d. I felt fearful	1	2	3	4
e. I felt lonely	1	2	3	4
f. I had crying spells	1	2	3	4
g. I felt sad	1	2	3	4

## 10. RESPONDENT'S ACTIVITY

**Interviewer Instruction:** Fill in the time at starting this part of the interview: \_\_\_\_\_: \_\_\_\_\_

Now I would like to ask you some questions about your present work and daily activities.

1001. Are you at present working in a job or business?

- 1 - Yes → go to 1009, p.69
- 2 - No

1002. Do you have a job or business from which you are temporarily absent or on leave?

- 1 - Yes
- 2 - No → go to 1042, p.73

1003. Are you temporarily absent from your job or business because you are ...,?

- 1 - on maternity leave,
- 2 - on parental leave,
- 3 - or because of another reason, specify \_\_\_\_\_? → go to 1009, p.69

1004. In what month and year did you go on maternity leave or parental leave?

month   year

1005. Have you received salary payments or benefits while you are on maternity leave or parental leave during the last 12 months?

- 1 - Yes
- 2 - No → go to 1007

1006. How much money on average do you receive each month from these payments or benefits during the last 12 months?

\_\_\_\_\_ £ per month

1007. Do you have the opportunity to resume your work after your maternity or parental leave has ended?

- 1 - yes ↓
- 2 - no ↓

1008.a. Do you want to resume your work after your maternity or parental leave has ended?

- 1 - yes
- 2 - no

1008.b. Would you like to resume your work after your maternity or parental leave has ended?

- 3 - yes
- 4 - no

1009. [If R is working at present:] Is your present work or business ...

[If R is temporarily absent from work or business:] Is the work or business from which you are temporarily absent ...

- 1 - full-time or
- 2 - part-time?

1010. What is your current occupation? Please describe the principal activity you perform. If you have more than one job or business, please tell me about the job or business you spend most of your working hours.

\_\_\_\_\_

(Code: ISCO)

1011. What is the main activity of the local unit of the business or organisation where you work?

\_\_\_\_\_

(Code: NACE)

1012. How many hours per week do you normally work in this job or business including overtime?

\_\_\_\_\_ hours per week

1013. In what month and year did you start this job or business?

month     year

1014. Which of the following statements best describes where you work?

- 1 - I usually work in one place away from home
- 2 - I usually work at home
- 3 - I usually work part of the week at home and part in one place away from home
- 4 - I usually work in a variety of places

1015. When do you usually work at this job? Please choose your answer from the card.

*Card 1015*

Regularly:

- 1 - During the daytime
- 2 - In the evening
- 3 - At night
- 4 - Early in the morning
- 5 - Over the weekend
- 6 - The working hours change periodically
- 7 - Two or more working periods each working day

Irregularly:

- 8 - Work on call
- 9 - Irregular working times
- 10 - Some other arrangement of working time, specify \_\_\_\_\_

1016. Are you ...

- 1 - working for an employer in paid employment,
- 2 - self-employed or a farmer,
- 3 - working without payment in a family enterprise
- 4 - \* member of a producer's co-operative?

→ go to 1026, p.71



## Questions to employees

1017. How satisfied you are with your current job? Please use this card and tell me the value on the scale.

Scale value from Card 212: \_\_\_\_\_

1018. Do you supervise or co-ordinate the work of any personnel?

- 1 - yes
- 2 - no

1019. Is your local unit of the business or organisation where you work composed mostly of men, women or equally composed?

- 1 - mostly of men
- 2 - mostly of women
- 3 - about equal number of men and women

1020. Does the business or organisation you work in belong to the private sector or to the public sector?

- 1 - Private sector, including non-profit private organisations
- 2 - Public sector (including para-statal)

1021. Does your employer provide free or subsidised services or benefits in any of the following areas?

	Yes	No
a. Child-minding or crèche	1	2
b. Health care or medical insurance	1	2
c. Education and training	1	2
d. Free or subsidised housing	1	2

1022. Does your employer allow regular flexible time arrangements for personal reasons, like for adapting to children's schedules?

- 1 - yes
- 2 - no

1023. Which of the items on this card best describes the situation of your job?

*Card 1022*

- 1 - It is a job with no written contract
- 2 - It is a fixed-term job lasting less than 12 months
- 3 - It is a fixed-term job lasting 12 months or more
- 4 - It is a job with no set time limit

1024. And how satisfied are you with the security of your job? Please use this card and tell me the value on the scale.

Scale value from Card 212: \_\_\_\_\_

1025. Do you intend to change your employer within the next three years?

- 1 – Certainly not
- 2 – Probably not
- 3 – Probably yes
- 4 – Certainly yes

→ go to *Interviewer Check before 1040, p.73*

## Questions to the self-employed

1026. How satisfied you are with your self-employment? Please use this card and tell me the value on the scale.

Scale value from Card 212: \_\_\_\_\_

1027. How many paid employees do you have, including family members who work for pay?

Number of employees \_\_\_\_\_

1028. How many family members help out without payment?

Number of helping family members: \_\_\_\_\_

**Interviewer Check: If the respondent is a farmer (see 1011) continue with 1029, otherwise go to 1032**

1029.\* What is the main activity of your farm?

- 1 – livestock farming
- 2 – dairy farming
- 3 – arable farming → go to 1031
- 4 – Cultivation of vegetables and/or fruits → go to 1031
- 5 – forestry → go to 1031

1030.\* What is the most important kind of animals for your farm and how many of them do you have?

Kind of animal	Number
_____	_____

1031.\* How many acres of land/forest do you farm?

\_\_\_\_\_

1032. What are your expectations about the development of your business or farm within the next three years? Do you think your business or farm will ...

- 1 – grow and expand,
- 2 – keep going as it is today,
- 3 – decline,
- 4 – probably be given up.
- 5 – don't know

1033. Do you intend to get out of your business or farm within the next three years?

- 1 - Certainly not
- 2 - Probably not
- 3 - Probably yes
- 4 - Certainly yes

### Questions to all those who currently work

1034. What were your normal monthly earnings from your job or business during the last twelve months? If you are working with an employer, please include also earnings from any overtime you normally did. Please give me the net-amount, i.e. the take-home pay of your monthly earnings.

- 1 - \_\_\_\_\_ → go to 1036
- 8 - Don't know, cannot say → go to 1035
- 9 - Refused → go to 1036

1035. Please look at this card and give me the approximate range of your usual net income per month.

#### Card 1035

- 1 - 499 £ or less
- 2 - 500 to 999 £
- 3 - 1,000 to 1,499 £
- 4 - 1,500 to 1,999 £
- 5 - 2,000 to 2,499 £
- 6 - 2,500 to 2,999 £
- 7 - 3,000 to 4,999 £
- 8 - 5,000 £ or more
- 98 - Don't know, cannot say
- 99 - Refused

1036. Have you ever been unemployed during the last three years?

- 1 - Yes
- 2 - No

**Interviewer Check:** Is R born after 1952 (see 108)?

Yes → go to 1079, p.77

No ↓

1037. Do you receive a pension?

- 1 - yes ↓
- 2 - no → go to 1040, p.73

1038. How much money on average do you receive each month from this pension?

\_\_\_\_\_

1039. Since what month and year do you receive this pension?

month   | year   → go to 1079, p.77

1040. Do you intend to retire or take early retirement within the next three years?

- 1 – Certainly not
- 2 – Probably not
- 3 – Probably yes
- 4 – Certainly yes

1041. To what extent do you agree or disagree with each of the following statements? Please choose your answers from this card.

Scale from Card 339

Getting retired will...	Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree	Not applicable
a. ...worsen your financial situation	1	2	3	4	5	8
b. ...increase time for leisure activities	1	2	3	4	5	8
c. ... improve your state of health	1	2	3	4	5	8
d. ...decrease the recognition you will get from people around you	1	2	3	4	5	8
e. ... decrease your self-esteem	1	2	3	4	5	8
f. ... increase the closeness between you and your partner	1	2	3	4	5	8
g. ... increase the contacts with your children and grandchildren	1	2	3	4	5	8
h. ... increase the contacts with your parents	1	2	3	4	5	8
i. ... decrease your contacts from work	1	2	3	4	5	8
j. ...increase your contacts with friends	1	2	3	4	5	8

→ go to 1079, p.77

### Question to non-working respondents

1042. What is your main activity status?

- 1 – Unemployed → go to 1043
- 2 – Student, in school, in vocational training → go to 1048, p.74
- 3 – Retired → go to 1054, p.74
- 4 – ill or disabled for a long time or permanently → go to 1058, p.75
- 5 – looking after the home or family → go to 1063, p.75
- 6 – Military service, community service → go to 1065, p.76
- 7 – maternity or parental leave → go to 1067, p.76
- 8 – Other activity status, specify \_\_\_\_\_ → go to 1079, p.77

### Questions to the unemployed

1043. In what month and what year did you become unemployed?

month   year

1044. During the last 12 months have you received benefits that are related to your current unemployment?

1 - Yes

2 - No

→ go to 1047

1045. For how many months have you received these benefits during the last twelve months?

\_\_\_\_\_

1046. How much money on average do you/ did you receive each month from these benefits during the last 12 months?

\_\_\_\_\_

1047. Did you have a job or business directly before you became unemployed?

1 - Yes

→ go to 1072, p.76

2 - No

→ go to 1079, p.77

### Questions to students

1048. Since what month and year are you a student, in school, or in vocational training?

month   year

1049. During the last twelve months, have you received benefits or scholarships because you are a student, in school, or in vocational training?

1 - Yes

2 - No

→ go to 1052

1050. For how many months have you received these benefits or scholarships during the last twelve months?

\_\_\_\_\_

1051. How much money on average do you/did you receive each month from these benefits or scholarships during the last 12 months?

\_\_\_\_\_

1052. Have you ever been unemployed during the last 3 years?

1 - Yes

2 - No

1053. Did you have a job or business directly before you started this education or training?

1 - Yes

→ go to 1072, p.76

2 - No

→ go to 1079, p.77

### Questions to the retired

1054. In what month and year did you retire?

month   year

1055.a. Do you receive a pension?

1 - yes ↓

2 - no

b. How much money on average do you receive each month from this pension during the last 12 months?

\_\_\_\_\_

1056. Have you ever been unemployed during the last 3 years?

1 - Yes

2 - No

1057. Did you have a job or business directly before you retired?

1 - Yes

→ go to 1072, p.76

2 - No

→ go to 1079, p.77

### Questions to the ill or permanently disabled

1058. During the last twelve months, have you received payments or benefits because of your illness or handicap?

1 - Yes

2 - No

→ go to 1061

1059. For how many months have you received these payments or benefits during the last twelve months?

\_\_\_\_\_

1060. How much money on average do you/did you receive each month from these payments or benefits during the last 12 months?

\_\_\_\_\_

1061. Have you ever been unemployed during the last 3 years?

1 - Yes

2 - No

1062. Did you have a job or business directly before your illness or handicap appeared?

1 - Yes

→ go to 1072, p.76

2 - No

→ go to 1079, p.77

### Questions to housewives and househusbands

1063. Have you ever been unemployed during the last 3 years?

1 - Yes

2 - No

1064. Did you have a job or business directly before you became a housewife or househusband?

1 - Yes

→ go to 1072, p.76

2 - No

→ go to 1079, p.77

## Questions to respondents in military service, community service

1065. Have you ever been unemployed during the last 3 years?

- 1 - Yes
- 2 - No

1066. Did you have a job or business directly before your military service, community service started?

- 1 - Yes → go to 1072, p.76
- 2 - No → go to 1079, p.77

## Questions to those currently on parental leave (for those who did not enter 1003)

1067. Have you ever been unemployed during the last 3 years?

- 1 - Yes
- 2 - No

1068. In what month and year did you go on maternity leave/ parental leave?

month    year

1069. Do you receive salary payments or benefits while you are on maternity/ parental leave?

- 1 - Yes
- 2 - No → go to 1071

1070. How much money on average do you receive each month from these payments or benefits during the last 12 months?

\_\_\_\_\_

1071. Did you have a job or business directly before you went on maternity/ parental leave?

- 1 - Yes → go to 1072, p.76
- 2 - No → go to 1079, p.77

## Previous employment

1072. What was your last occupation? Please describe the principal activity you performed. If you had more than one job or business at the same time, please answer in reference to the job or business you spent most of your working hours.

\_\_\_\_\_  
(Code: ISCO)

1073. Please describe the main activity of the local unit of the business or organisation where you worked.

\_\_\_\_\_  
(Code: NACE)

1074. Did you work full-time or part-time?

- 1 – full-time
- 2 – part-time

1075. How many hours per week did you normally work in this job or business including overtime?

\_\_\_\_\_

1076. Was this job or business ...

- 1 – work for an employer in paid employment,
- 2 – self-employment or farming,
- 3 – work without payment in a family enterprise?

1077. What was your position in the business or organisation: Did you supervise or co-ordinate the work of any personnel?

- 1 – yes
- 2 – no

1078. Why did you stop working in your previous job or business? Please indicate the main reason.

*Card 1078*

- 1 – Required to stop by employer (business closure, redundancy, early retirement, dismissal etc.)
- 2 – End of contract/temporary job
- 3 – Sale/closure of own or family business
- 4 – Marriage
- 5 – Child birth/need to look after children
- 6 – Looking after old, sick, disabled person(s)
- 7 – Partner's job required move to another place
- 8 – Study, national service
- 9 – Own illness or disability
- 10 – Wanted to retire or to live off private means
- 11 – Other reason, specify \_\_\_\_\_

### **Additional job or business**

1079. Do you currently earn money from an additional job or business? This includes any kind of work like part-time work, odd jobs, homework, second jobs, part-time self-employment, running a small business, or part-time agriculture.

- 1 – Yes
- 2 – No

→ go to 1086, p.78

1080. What kind of activity is this?

\_\_\_\_\_  
(Code: ISCO)



1081. How many hours per week do you normally work in your additional job or business including overtime?

\_\_\_\_\_

1082. Please describe the main activity of the local unit of the business or organisation where you perform your additional job or business?

\_\_\_\_\_  
(Code: NACE)

1083. Is this additional job or business ...

- 1 - work for an employer in paid employment,
- 2 - self-employment,
- 3 - farming or work on a plot of land,
- 4 - odd jobs,
- 5 - work without payment in a family enterprise,
- 6 - or another kind of work?

1084. What are your monthly earnings from this additional job or business? Please give me the net-amount, i.e. the take-home pay of these earnings.

- 1 - \_\_\_\_\_ → **go to 1086**
- 8 - Don't know, cannot say → **go to 1085**
- 9 - Refused → **go to 1086**

1085. Please look at this card and give me the approximate range of these earnings.

*Card 1085*

- 1 - 499 £ or less
- 2 - 500 to 999 £
- 3 - 1,000 to 1,499 £
- 4 - 1,500 to 1,999 £
- 5 - 2,000 to 2,499 £
- 6 - 2,500 to 2,999 £
- 7 - 3,000 to 4,999 £
- 8 - 5,000 £ or more
- 98 - Don't know, cannot say
- 99 - Refused

### **Other sources of income**

1086. a. Beside the income we already talked about, do you also have an income from rent, investment, savings, insurance, or property, or other private sources like that?

- 1 - yes ↓
- 2 - no → **go to 1087**

b. How much money did you receive from these sources during the last twelve months?

\_\_\_\_\_

1087. a. Have you also had an income from social benefits like survivor's or widow's benefits, pension other than old-age pension, or other social benefits during the last 12 months?

1 - yes ↓

2 - no → go to part 11 overleaf

b. How much money did you receive from these sources during the last twelve months?

\_\_\_\_\_

## 11. PARTNER'S ACTIVITY

*Interviewer Instruction: Fill in the time at starting this part of the interview: \_\_\_\_\_: \_\_\_\_\_*

**Interviewer Check:**

*If R has currently a co-resident or non-resident partner, continue.*

*Otherwise, go to next part.*

*Now, I would like to talk about your partner's present work and daily activities.*

1101. Is your partner/ spouse at present working in a job or business?

1 - Yes → **go to 1109, p.81**

2 - No

1102. Does your partner/ spouse have a job or business from which he/she is temporarily absent or on leave?

1 - Yes

2 - No → **go to 1131, p.84**

1103. Is your partner/ spouse temporarily absent from his/her job or business because he/she is ...,?

1 - on maternity leave,

2 - on parental leave,

3 - or because of another reason, specify \_\_\_\_\_? → **go to 1109, p.81**

1104. In what month and year did your partner/ spouse go on maternity leave or parental leave?

month    year

1105. Does your partner/ spouse receive salary payments or benefits while he/she is on maternity leave or parental leave?

1 - Yes

2 - No → **go to 1107**

1106. How much money on average does your partner/ spouse receive each month from these payments or benefits during the last 12 months?

\_\_\_\_\_

1107. Does your partner/ spouse have the opportunity to resume work after his/her maternity or parental leave has ended?

1 - yes ↓

2 - no ↓

1108.a. Does your partner/ spouse want to resume work after his/her maternity or parental leave has ended?

- 1 - yes
- 2 - no

1108.b. Would your partner/ spouse like to resume your work after your maternity or parental leave has ended?

- 1 - yes
- 2 - no

1109. [If P is working at present:] Is your partner's/ spouse's present work or business ...

[If P is temporarily absent from work or business:] Is the work or business from which your partner/ spouse is temporarily absent ...

- 1 - full-time or
- 2 - part-time?

1110. What is your partner's/ spouse's current occupation? Please describe the principal activity he/she performs. If your partner/ spouse has more than one job or business at the same time, please answer in reference to the job or business he/she spends most of his/her working hours.

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(Code: ISCO)

1111. What is the main activity of the local unit of the business or organisation where your partner/ spouse works?

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(Code: NACE)

1112. How many hours per week does your partner/ spouse normally work in this job or business including overtime?

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1113. In what month and year did your partner/ spouse start this job or business?

month   year

1114. Which of the following statements best describes where your partner/ spouse works?

- 1 - He/she usually works in one place away from home
- 2 - He/she usually works at home
- 3 - He/she usually works part of the week at home and part in one place away from home
- 4 - He/she usually works in a variety of places

1115. When does your partner/ spouse usually work at this job? Please choose your answer from the card.

Card 1115

Regularly:

- 1 - During the daytime
- 2 - In the evening
- 3 - At night
- 4 - Early in the morning
- 5 - Over the weekend