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| Appendix 1: Social support index |  |  | |
|  |  | **Frequency (Percent)** | |
| **Survey Question** | **Response (Score)** | **1999** | **2009** |
| How often do you regularly visit or are visited by friends and relatives? | Never/almost never (0) | 44 (2.7%) | 25 (1.5%) |
| Once every few months (2.5) | 133 (8.0%) | 139 (8.1%) |
| About once a month (5) | 207 (12.5%) | 264 (15.5%) |
| About once a week (7.5) | 800 (48.1%) | 824 (48.2%) |
| Almost daily (10) | 479 (28.0%) | 456 (26.7%) |
| How many friends or relatives do you see once a month or more? | None (0) | 62 (3.7%) | 38 (2.2%) |
| 1 to 2 (2.5) | 208 (12.5%) | 233 (13.7%) |
| 3 to 5 (5) | 490 (29.5%) | 473 (27.7%) |
| 6 to 10 (7.5) | 460 (27.7%) | 475 (27.8%) |
| More than 10 (10) | 443 (26.6%) | 487 (28.6%) |
| Do you think that you have friends, neighbours or relatives who would help you out if a problem or crisis came up? | No one to help (0) | 15 (0.9%) | 15 (0.9%) |
| Would sometimes get help (3.3) | 64 (3.9%) | 106 (6.1%) |
| Would often get help (6.7) | 123 (7.4%) | 193 (11.0%) |
| Would always get help (10) | 1461 (87.9%) | 1434 (82.0%) |
| Overall do you wish that you had more of a social life, or are thing about right for you, or would you prefer to see less of people? | Prefer more/less (0) | 372 (22.4%) | 295 (16.9%) |
| About right (10) | 1291 (77.6%) | 1446 (83.1%) |
| In the last 12 months have you lost contact with a close friend or relative for any other reason? | Yes (0) | 109 (6.6%) | 0 (0.0%) |
| No (10) | 1554 (93.5%) | 1745 (100.0%) |
| How much in the last 12 months did you confide in the person you felt closest to? | A great deal (10) | 568 (35.5%) | 627 (36.2%) |
| Quite a lot (6.7) | 700 (43.7%) | 768 (44.3%) |
| A little (3.3) | 298 (18.6%) | 298 (17.2%) |
| Not at all (0) | 35 (2.2%) | 40 (2.3%) |
| How much in the last 12 months would you have liked to have confided more in the person you felt closest to? | A great deal (0) | 125 (7.9%) | 105 (6.1%) |
| Quite a lot (3.3) | 188 (11.8%) | 192 (11.1%) |
| A little (6.7) | 473 (30.0%) | 528 (30.5%) |
| Not at all (10) | 802 (5.05%) | 904 (52.3) |
| In the last 12 months have you had any serious disagreements with your spouse/partner or felt betrayed or disappointed by them? | Yes (0) | 89 (5.4%) | 0 (0.0%) |
| No (10) | 94.6%) | 1678 (100.0%) |
| How much, in the last 12 months, did you share interests, hobbies? | A great deal (10) | 536 (33.5%) | 607 (35.0%) |
| Quite a lot (6.7) | 766 (47.9%) | 818 (46.2%) |
| A little (3.3) | 253 (15.8%) | 280 (16.2%) |
| Not at all (0) | 44 (2.8%) | 29 (1.7%) |
| How much, in the last 12 months, did the person you felt closest to give you worries, problems and stress? | A great deal (0) | 59 (3.7%) | 71 (4.1%) |
| Quite a lot (3.3) | 165 (10.3%) | 235 (13.5%) |
| A little (6.7) | 839 (52.4%) | 947 (54.6%) |
| Not at all (10) | 537 (33.6%) | 482 (27.8%) |
| How much in the last 12 months did talking to the person you feel closest to make things worse? | A great deal (0) | 9 (0.6%) | 7 (0.4%) |
| Quite a lot (3.3) | 40 (2.5%) | 43 (2.5%) |
| A little (6.7) | 253 (15.8%) | 366 (21.1%) |
| Not at all (10) | 1298 (81.1%) | 1318 (76.0%) |
| In the past 12 months have you had any serious agreements with the person you feel closest to? | Yes (0) | 89 (5.4%) | 0 (0.0%) |
| No (10) | 1570 (94.6%) | 1678 (100.0%) |
| How much in the last 12 months did talking to the person you feel closest to make you feel good about yourself? | A great deal (10) | 577 (36.1%) | 607 (35.0%) |
| Quite a lot (6.7) | 799 (49.9%) | 818 (47.2%) |
| A little (3.3) | 202 (12.6%) | 280 (16.2%) |
| Not at all (0) | 22 (1.4%) | 29 (1.7%) |
| Marital status | Divorced/never married/widowed (0) | 316 (19.0%) | 331 (21.0%) |
| Married (10) | 1347 (81.0%) | 1246 (79.0%) |