

American Time Use Survey

Well-being Module Questionnaire

November 2011

The ATUS Well-being Module is sponsored by the National Institute on Aging. The ATUS is sponsored by the Bureau of Labor Statistics and conducted by the U.S. Census Bureau.

Sponsored by the U.S. National Institute on Aging, the Well-being (WB) Module was introduced into the American Time Use Survey (ATUS) in January 2010 and fielded through December 2010. The ATUS is a continuous survey that started in January 2003. The WB module used the ATUS diary to capture how people felt during selected activities.

Respondents who completed a 24-hour diary were given the well-being module. Three activities from the diary were randomly selected and seven questions related to quality of life (5 affect questions, 1 question about how meaningful the activity was, and 1 question about whether the respondent was interacting with anyone during the activity) were asked about each activity; four questions about health status were asked for each respondent. The order of the five affect questions was randomly determined, but the questions were asked in the same order for each respondent.

The activities selected into the Well-being module were required to meet the following criteria:

- The activity had to be at least 5 minutes in duration
- The following activities and responses were not eligible for selection:
 - Sleeping
 - Grooming
 - Personal Activities
 - Don't know/Can't remember
 - Refusal/None of your business

The Well-being Module begins with an introductory screen explaining the purpose of the module questions, and then proceeds to the screen asking how the respondent felt during the selected activities.

QUESTIONS 1 THROUGH 7

Now I want to go back and ask you some questions about how you felt yesterday. We're asking these questions to better understand people's health and well-being during their daily lives. As before, whatever you tell us will be kept confidential. The computer has selected 3 time intervals that I will ask about.

Between [STARTTIME OF EPISODE] and [STOPTIME OF EPISODE] yesterday, you said you were doing [ACTIVITY]. The next set of questions asks how you felt during this particular time.

Please use a scale from 0 to 6, where a 0 means you did not experience this feeling at all and a 6 means the feeling was very strong. You may choose any number 0,1,2,3,4,5 or 6 to reflect how strongly you experienced this feeling during this time.

1. Happy First, from 0 – 6, where a 0 means you were not happy at all and a 6 means you were very happy, how happy did you feel during this time?
2. Tired From 0 – 6, where a 0 means you were not tired at all and a 6 means you were very tired, how tired did you feel during this time?
3. Stressed From 0 – 6, where a 0 means you were not stressed at all and a 6 means you were very stressed, how stressed did you feel during this time?
4. Sad From 0 – 6, where a 0 means you were not sad at all and a 6 means you were very sad, how sad did you feel during this time?
5. Pain From 0 – 6, where a 0 means you did not feel any pain at all and a 6 means you were in severe pain, how much pain did you feel during this time if any?
6. Meaningful From 0 to 6, how meaningful did you consider what you were doing? 0 means it was not meaningful at all to you and a 6 means it was very meaningful to you.

[THE ORDER OF THE AFFECTIVE DIMENSIONS (ITEMS 1-5)
WAS RANDOMIZED BY RESPONDENT].

7. Were you interacting with anyone during this time, including over the phone? (Yes/No)

These screens demonstrate the introduction to the module and the questions about the respondent's feelings:

Forms Answer Navigate Tools Options Help Show Watch Window

Main Roster EDays FAQ S3 S4 S5 S7 S8 Exit

Now I want to go back and ask you some questions about how you felt yesterday.

We're asking these questions to better understand people's health and well-being during their daily lives.

As before, whatever you tell us will be kept confidential.

The computer has selected 3 time intervals that I will ask about.

1. Enter 1 to Continue

Introduction 1

Forms Answer Navigate Tools Options Help Show Watch Window

Main Roster EDays FAQ S3 S4 S5 S7 S8 S9 Exit

Between 12:00 PM and 1:00 PM yesterday, you said you were watching tv. The next set of questions asks how you felt during this particular time.

Please use a scale from 0 to 6, where a 0 means you did not experience this feeling at all and a 6 means the feeling was very strong. You may choose any number 0,1,2,3,4,5 or 6 to reflect how strongly you experienced this feeling during this time.

1. Enter 1 to Continue

Activity	Time	Intro	SAD	PAIN	STRESSED	HAPPY	TIRED	MEANING	INTERACT
Watching TV	12:00 PM - 1:00 PM	1							
eating	6:00 PM - 7:00 PM								
driving home	10:00 PM - 11:00 PM								

The next set of questions asks about the respondent's health in general.

PAIN ITEM # 1

8. Did you take any pain medication yesterday, such as Aspirin, Ibuprofen or prescription pain medication?

[INTERVIEWER NOTE: IF MENTIONS A DRUG, CODE AS A YES. FOR EXAMPLE, TYLENOL AND ALEVE ARE BOTH PAIN MEDS.]

- Yes
 No

HEALTH STATUS # 1

9. Finally, I have a couple of questions about your health. Would you say your health in general is excellent, very good, good, fair, or poor?

1. EXCELLENT
2. VERY GOOD
3. GOOD
4. FAIR
5. POOR
9. DON'T KNOW/REFUSED

HEALTH STATUS # 2

10. In the last five years, were you ever told by a doctor or other health professional that you have hypertension, also called high blood pressure, or borderline hypertension?

- Yes
 No

HEALTH STATUS # 3

11. When you woke up yesterday, how well-rested did you feel? Did you feel very rested, somewhat rested, a little rested, or not at all rested?

- Very
 Somewhat
 A little
 Not at all

This screen shows the last HEALTH STATUS question.

The screenshot shows a web-based questionnaire interface. At the top, there is a navigation bar with the following items: Forms, Answer, Navigate, Tools, Options, Help, Show, Watch, Window. Below this is a secondary menu with buttons for Main, Roster, EDays, FAQ, S3, S4, S5, S7, S8, S9, and Exit. The main content area has a yellow background and contains the following text: "When you woke up yesterday, how well-rested did you feel? Did you feel very rested, somewhat rested, a little rested, or not at all rested?". Below the text are four radio button options: "1. Very", "2. Somewhat", "3. A little", and "4. Not at all". At the bottom of the form is a table with the following data:

PAIN1	1	Yes
HEALTH1	2	Verygood
HEALTH2	1	Yes
HEALTH3		