

Healthy Ageing In Scotland (HAGIS)



Validated Survey Instruments

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Cognitive Health

Subjective memory (self-rated memory) *

- *How would you rate your day-to-day memory at the present time?*
- *How often would you find that you are absent minded, for example forgetting where you put your glasses / keys or finding yourself in a room having forgotten why you came in there?*

Global cognition (orientation in time) *

- *Please tell me what year it is*
- *What month it is?*
- *Can you tell me what day of the week it is?*
- *Can you tell me what today's date is?*

Letter Digit Substitution Task (processing speed) [1,2]

Respondents are asked to match the letters to the corresponding number. See example in Figure 1.

Figure 1. Letter Digit Substitution Test

Letter Digit Substitution Test – Test Sheet - (Jolles et al., 1995)

Key								
W	B	T	P	V	D	G	C	J
1	2	3	4	5	6	7	8	9

T	W	C	G	J	V	B	D	P	V	P	T	D	C	B

P	D	V	B	T	D	P	W	B	J	D	T	C	V	G

J	P	W	C	B	V	J	D	P	C	G	W	T	B	V

T	G	V	B	P	W	C	V	D	J	W	J	G	D	C

G	T	J	C	W	C	G	D	J	P	B	V	T	C	B

W	P	G	V	B	J	C	P	T	C	G	W	J	D	V

J	P	G	D	G	B	J	C	W	V	T	B	D	T	W

T	V	G	W	D	P	V	D	B	J	G	T	J	P	B

W	C	T	V	P	B	J	G	W	D	V	C	T	P	G

Total _____

Verbal declarative memory (short- and long-term recall) *

Four 10-word lists are available. One list is chosen at random per participant. The participant is asked to recall the words twice: immediately after hearing the list (short-term recall); and after an interval (long-term recall).

Executive function: verbal fluency (animal fluency) *

- *I would like you to name as many different animals as you can think of. You have one minute to do this. Ready? Go.*

Crystallised ability (vocabulary and matrices)

Adapted from COGNITO[3]

Newest Vital Sign: health literacy [4]

* Sourced from English Longitudinal Study of Ageing (ELSA)[5] and are also used in other global ageing studies.

Financial Literacy

The financial literacy questions are drawn from the Organisation for Economic Co-operation and Development (OECD) & International Network on Financial Education (INFE) toolkit for measuring financial literacy and financial inclusion[6]. This toolkit has been developed to collect internationally comparable data. The fundamental concepts of saving and investment decisions and their role in financial literacy were developed by Lusardi & Mitchell (2014)[7].

- *Imagine that five <brothers> are given a gift of £1,000. If the <brothers> have to share the money equally how much does each one get?*
- *Now imagine that the <brothers> have to wait for one year to get their share of the £1,000 and inflation stays at 0.6 percent (valid at 20th September 2016, ONS).. In one year's time they will be able to buy?*
- *You lend £25 to a friend one evening and he gives you £25 back the next day. How much interest has he paid on this loan?*
- *Suppose you put £100 into a <no fee> savings account with a guaranteed interest rate of 2% per year. You don't make any further payments into this account and you don't withdraw any money. How much would be in the account at the end of the first year, once the interest payment is made?*
- *And, how much would be in the account at the end of five years [add if necessary: remembering there are no fees]?*
- *It is usually possible to reduce the risk of investing in the stock market by buying a wide range of stocks and shares.*
- *An investment with a high return is likely to be high risk. (True/False)*
- *High inflation means that the cost of living is increasing rapidly, (True/False)*
- *There is a TV of the same make and model on sale in two different shops. The recommended retail price is £1,100. One shop offers a discount of £125, while the other shop offers a 10% discount. Which offer is the better bargain?*
- *If I deposited £1000 in a bank that was paying a negative interest rate and withdrew my money a year later, would I receive?*

Hopelessness

Beck's Hopelessness Scale [8]

- *At home, I feel I have control over what happens in most situations*
- *I feel that what happens in life is often determined by factors beyond my control*

- *In general, I have different demands that I think are hard to combine*
- *In general, I have enough time to do everything*
- *Considering the things I have to do at home, I have to work very fast*

Life Satisfaction

The Satisfaction With Life Scale (SWLS) [9]

- *In most ways my life is close to my ideal*
- *The conditions of my life are excellent*
- *I am satisfied with my life*
- *So far I have got the important things I want in life*
- *If I could live my life again, I would change almost nothing*

Loneliness

6-Item De Jong Gierveld Loneliness Scale for Emotional and Social Loneliness [10]

- *I experience a general sense of emptiness*
- *I miss having people around me*
- *I often feel rejected*
- *There are plenty of people I can rely on when I have problems*
- *There are many people I can trust completely*
- *There are enough people I feel close to*

UCLA Loneliness Scale (UCL-6) [11]

- *How often do you feel you lack companionship?*
- *How often do you feel left out?*
- *How often do you feel isolated from others?*
- *How often do you feel in tune with the people around you?*
- *How often do you feel lonely?*
- *How often do you feel sad, low or depressed?*

Personality

International Personality Item Pool (IPIP) - Five Factor [12]

- | | |
|---|--|
| ▪ <i>I am the life of the party</i> | ▪ <i>I have little to say</i> |
| ▪ <i>I feel little concern for others</i> | ▪ <i>I have a soft heart</i> |
| ▪ <i>I am always prepared</i> | ▪ <i>I often forget to put things back in their proper place</i> |
| ▪ <i>I get stressed out easily</i> | ▪ <i>I get upset easily</i> |
| ▪ <i>I have a rich vocabulary</i> | ▪ <i>I do not have a good imagination</i> |
| ▪ <i>I don't talk a lot</i> | ▪ <i>I talk to a lot of different people at parties</i> |
| ▪ <i>I am interested in people</i> | ▪ <i>I am not really interested in others</i> |
| ▪ <i>I leave my belongings around</i> | ▪ <i>I like order</i> |
| ▪ <i>I am relaxed most of the time</i> | |

- *I have difficulty understanding abstract ideas*
- *I feel comfortable around people*
- *I insult people*
- *I pay attention to details*
- *I worry about things*
- *I have a vivid imagination*
- *I keep in the background*
- *I sympathise with others' feelings*
- *I make a mess of things*
- *I seldom feel blue*
- *I am not interested in abstract ideas*
- *I start conversations*
- *I am not interested in other people's problems*
- *I get chores done right away*
- *I am easily disturbed*
- *I have excellent ideas*
- *I change my mood a lot*
- *I am quick to understand things*
- *I don't like to draw attention to myself*
- *I take time out for others*
- *I shirk my duties*
- *I have frequent mood swings*
- *I use difficult words*
- *I don't mind being the centre of attention*
- *I feel others' emotions*
- *I follow a schedule*
- *I get irritated easily*
- *I spend time reflecting on things*
- *I am quiet around strangers*
- *I make people feel at ease*
- *I am exacting in my work*
- *I often feel blue*
- *I am full of ideas*

Quality of Life

CASP-19 Quality of Life Measure [13]

- *My age prevents me from doing the things I would like to*
- *I feel that what happens to me is out of my control*
- *I feel free to plan for the future*
- *I feel left out of things*
- *I can do the things that I want to do*
- *Family responsibilities prevent me from doing what I want to do*
- *I feel that I can please myself what I do*
- *My health stops me from doing things I want to do*
- *Shortage of money stops me from doing the things I want to do*
- *I look forward to each day*
- *I feel that my life has meaning*
- *I enjoy the things that I do*
- *I enjoy being in the company of others*
- *On balance, I look back on my life with a sense of happiness*
- *I feel full of energy these days*
- *I choose to do things that I have never done before*
- *I feel satisfied with the way my life has turned out*
- *I feel that life is full of opportunities*
- *I feel that the future looks good for me*

Risk

Risk Preferences [14]

- *How do you see yourself: are you generally a person that is fully prepared to take risks or do you try to avoid taking risks?*
- *Are you a person that is fully prepared to take financial risks or do you try to avoid taking financial risks?*

Social Status

Subjective Social Status (11)

- *Think of this ladder (picture shown to participant) as representing where people stand in our society. At the top of the ladder are the people who are the best off - those who have the most money, most education and best jobs. At the bottom are the people who are the worst off - who have the least money, least education, and the worst jobs or no jobs. The higher up you are on this ladder, the closer you are to the people at the very top and the lower you are, the closer you are to the people at the very bottom. Please mark a cross on the rung on the ladder where you would place yourself.*

Standard of Living

Living Standards Capabilities for Elders: LSCAPE-6 [15]

- *I can afford to go to a medical specialist if I need to*
- *I am able to visit people whenever I wish*
- *I am able to give to others as much as I want*
- *I am able to do all the things I love*
- *I expect a future without money problems*
- *My choices are limited by money*

Wellbeing

Measures of Subjective Wellbeing [16]

- *Overall, how satisfied are you with your life nowadays?*
- *Overall, how happy did you feel yesterday?*
- *Overall, how anxious did you feel yesterday?*
- *Overall, how worthwhile are the things that you do in your life?*

Core and Harmonised Questions

Global Ageing Studies

The HAGIS survey has been developed to reflect the questions asked in other global ageing studies[17] including the English Longitudinal Study of Ageing (ELSA) and Northern Ireland Cohort for the Longitudinal Ageing (NICOLA). We ask many of the same questions using the exact same wording. This means our questionnaires are harmonised and that we will be able to compare and contrast the responses we gather with other surveys. Every global ageing study varies to some extent, as they may ask greater or fewer questions or may include or omit some groups of questions over time. Therefore, while HAGIS is harmonised with other global ageing studies, this will vary across study and over time.

Broadly speaking, HAGIS is harmonised with other global ageing studies for the following topics:

- Demographics
- Social Circumstances
- Employment
- Income & Assets
- Expectations & Retirement
- Cognitive Health
- Physical Health
- Health Behaviours
- Social Participation

Scottish Government Surveys

Since 2012, all Scottish Government cross-sectional surveys (The Scottish Health Survey; The Scottish Household Survey, and the Scottish Crime and Justice Survey) included a core set of harmonised questions[18]. These data can then be pooled to provide additional power to statistical analysis at local and national level. Areas which are harmonised with HAGIS include date of birth, gender, country of birth, religion, ethnic group and national identity.

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