

CONFIDENTIAL

Serial Number

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LIVING CONDITIONS SURVEY - 2018/19

Module I - QUALITY OF LIFE

Reference Month 

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Enumeration Area 

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PSU-RDI 

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Household Number 

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PSU Number 

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Name of head of household .....

Name of interviewer .....

Name of supervisor .....

Interviewer Code 

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Response details

Visit No.	d	d	m	m	y	y	Status*

- \* 1 Respondent available for interview
- 2 Refusal
- 3 Non contact
- 4 Moved away
- 5 Respondent not available
- 6 Others, please specify.....

For supervisor. Have you visited the household to check whether the respondent has refused/moved away?  
.....

**1. Demographic and other characteristics of household members**

1.1	1.2	1.3	1.3a		1.3b	1.4	1.5					1.6	1.7	1.8			1.9		1.10	1.11a			1.12b	1.12						
Serial No.	Name of hhd member <i>(only first name)</i>	Status of household member with respect to HBS 1 Same 2 New 3 No longer member	Reasons for presence/absence of household member formerly absent/present				ID card number	Relationship of member to head					Age <i>(Last birthday)</i>	Sex 1 Male 2 Female	Marital status			School attendance for Preprimary, Primary and Secondary		Level of education attained If past, insert highest level completed. Specify whether passed or not passed if left school at Std VI, Form V & Upper VI. If now, insert level being attended.	Other educational qualifications			1.12b Insert highest qualification obtained and field of study. If now, specify course being attended	Activity status					
			Presence		Absence			1 Head 2 Spouse 3 Son/Daughter 4 Son in law/Daughter in law 5 Grandchild 6 Father/Mother 7 Father in law/Mother in law 8 Other relative 9 Non relative	1 Now 2 Past 3 Never 4 Child not yet at school	1 Now - Full time 2 Now - Part time 3 Now - Abroad 4 Past 5 Never	1 Employer 2 Own account work/ Self employed 3 Employee 4 Apprentice/Internship 5 Contributing family worker 6 Homemaker 7 Student 8 Retired 9 Not working but looking for work 10 Disable/Invalid 11 Other, specify																			
01		1 2 3	1 2 3 4	1 2 3 4	1 2 3 4		1 2 3 4 5 6 7 8 9		1 2	1 2 3 4 5	1 2 3 4		1 2	1 2 3 4 5	1 2 3 4		1 2 3		1 2 3		1 2 3 4 5 6 7 8 9 10 11									
02		1 2 3	1 2 3 4	1 2 3 4	1 2 3 4		1 2 3 4 5 6 7 8 9		1 2	1 2 3 4 5	1 2 3 4		1 2	1 2 3 4 5	1 2 3 4		1 2 3		1 2 3		1 2 3 4 5 6 7 8 9 10 11									
03		1 2 3	1 2 3 4	1 2 3 4	1 2 3 4		1 2 3 4 5 6 7 8 9		1 2	1 2 3 4 5	1 2 3 4		1 2	1 2 3 4 5	1 2 3 4		1 2 3		1 2 3		1 2 3 4 5 6 7 8 9 10 11									
04		1 2 3	1 2 3 4	1 2 3 4	1 2 3 4		1 2 3 4 5 6 7 8 9		1 2	1 2 3 4 5	1 2 3 4		1 2	1 2 3 4 5	1 2 3 4		1 2 3		1 2 3		1 2 3 4 5 6 7 8 9 10 11									
05		1 2 3	1 2 3 4	1 2 3 4	1 2 3 4		1 2 3 4 5 6 7 8 9		1 2	1 2 3 4 5	1 2 3 4		1 2	1 2 3 4 5	1 2 3 4		1 2 3		1 2 3		1 2 3 4 5 6 7 8 9 10 11									
06		1 2 3	1 2 3 4	1 2 3 4	1 2 3 4		1 2 3 4 5 6 7 8 9		1 2	1 2 3 4 5	1 2 3 4		1 2	1 2 3 4 5	1 2 3 4		1 2 3		1 2 3		1 2 3 4 5 6 7 8 9 10 11									
07		1 2 3	1 2 3 4	1 2 3 4	1 2 3 4		1 2 3 4 5 6 7 8 9		1 2	1 2 3 4 5	1 2 3 4		1 2	1 2 3 4 5	1 2 3 4		1 2 3		1 2 3		1 2 3 4 5 6 7 8 9 10 11									
08		1 2 3	1 2 3 4	1 2 3 4	1 2 3 4		1 2 3 4 5 6 7 8 9		1 2	1 2 3 4 5	1 2 3 4		1 2	1 2 3 4 5	1 2 3 4		1 2 3		1 2 3		1 2 3 4 5 6 7 8 9 10 11									
09		1 2 3	1 2 3 4	1 2 3 4	1 2 3 4		1 2 3 4 5 6 7 8 9		1 2	1 2 3 4 5	1 2 3 4		1 2	1 2 3 4 5	1 2 3 4		1 2 3		1 2 3		1 2 3 4 5 6 7 8 9 10 11									
10		1 2 3	1 2 3 4	1 2 3 4	1 2 3 4		1 2 3 4 5 6 7 8 9		1 2	1 2 3 4 5	1 2 3 4		1 2	1 2 3 4 5	1 2 3 4		1 2 3		1 2 3		1 2 3 4 5 6 7 8 9 10 11									
11		1 2 3	1 2 3 4	1 2 3 4	1 2 3 4		1 2 3 4 5 6 7 8 9		1 2	1 2 3 4 5	1 2 3 4		1 2	1 2 3 4 5	1 2 3 4		1 2 3		1 2 3		1 2 3 4 5 6 7 8 9 10 11									
12		1 2 3	1 2 3 4	1 2 3 4	1 2 3 4		1 2 3 4 5 6 7 8 9		1 2	1 2 3 4 5	1 2 3 4		1 2	1 2 3 4 5	1 2 3 4		1 2 3		1 2 3		1 2 3 4 5 6 7 8 9 10 11									

## 2. Household's standard of living and care of household members

<b>Who is answering this section?</b> <i>(This section should be answered by head of household)</i>	Name		
	Reasons, if head is not answering		
<b>2.1 To what extent can you meet your household expenses with your household's total monthly income?</b> 1 With great difficulty 2 With some difficulty 3 Fairly easily 4 Very easily	Circle only <b>one</b> answer	1	2
<b>2.2 Which of the following can your household afford?</b> 1 A holiday away from home for at least one week a year 2 An evening dedicated to entertainment/leisure (e.g a dinner outside home, attending a show or similar activity) once a month 3 Friends or family invited for a meal at home once a month 4 A special meal for household members once a week 5 Buy new clothes when required( e.g on special occasions, uniforms at start of school year) 6 Spend time on any kind of leisure activities	Circle the answer (Yes = 1, No = 2)	<b>Yes</b> 1 1 1 1 1 1	<b>No</b> 2 2 2 2 2 2
<b>2.3 During the past 12 months, was there a time when you had financial difficulties?</b>	Circle one answer <i>(If answered <b>No</b>, go to Q 2.5)</i>	<b>Yes</b> 1	<b>No</b> 2
<b>2.4 During the past 12 months, was there a time when, because of lack of money:</b> 1 You were worried you would not have enough food to eat? 2 You were unable to eat healthy and nutritious food? 3 You ate only a few kinds of food? 4 You had to skip a meal? 5 You ate less than you thought you should? 6 Your household ran out of food? 7 You were hungry but did not eat? 8 You went without eating for a whole day?	Circle the answer (Yes = 1, No = 2) <b>If Q2.3 was Yes</b>	<b>Yes</b> 1 1 1 1 1 1 1 1	<b>No</b> 2 2 2 2 2 2 2 2

<p><b>2.5</b> If you need material help (e.g money, food or an object) for your household, can you receive it from relatives, friends, neighbours or other persons you know (outside your household)?</p>	<p>Circle one answer</p>	<table border="1"> <thead> <tr> <th>Yes</th> <th>No</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>2</td> </tr> </tbody> </table>	Yes	No	1	2
Yes	No					
1	2					
<p><b>2.6</b> If you need some other help (e.g help to do something) for your household, can you receive it from relatives, friends, neighbours or other persons you know (outside your household)?</p>	<p>Circle one answer</p>	<table border="1"> <thead> <tr> <th>Yes</th> <th>No</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>2</td> </tr> </tbody> </table>	Yes	No	1	2
Yes	No					
1	2					
<p><b>2.7</b> How would you rate your household's standard of living compared to 4-5 years ago?</p> <p>1 Better 2 Same 3 Worse 4 Not applicable</p>	<p>Circle only <b>one</b> answer</p>	<p>1 2 3 4</p>				
<p><b>2.8</b> Who usually looks after child(ren) aged ' less than 5 years' in your household during the day?</p> <p>1 Father or mother of the child/children 2 Other household member 3 Person outside household (parent/relative/friend) without payment 4 Paid childminder at home 5 Nursery/kindergarden or paid childminder outside home 6 Other</p>	<p>Circle only <b>one</b> answer ( <i>Skip</i> , if there is <b>no</b> child &lt; 5years)</p>	<p>1 2 3 4 5 6 (specify) .....</p>				
<p><b>2.9</b> Are there any sick/disabled/elderly person(s) in your household who need assistance for daily activities?</p>	<p>Circle one answer (If answered <b>No</b> , go to <b>section 3</b> )</p>	<table border="1"> <thead> <tr> <th>Yes</th> <th>No</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>2</td> </tr> </tbody> </table>	Yes	No	1	2
Yes	No					
1	2					
<p><b>2.10</b> Who provides the required assistance?</p> <p>1 Other household members 2 Unpaid carer (person outside household such as relative or friend) at home 3 Paid carer at home 4 Day care centre/paid carer outside home/ specialised institution 5 Other</p>	<p>Circle only <b>one</b> answer (If <b>Q 2.9</b> was <b>Yes</b> )</p>	<p>1 2 3 4 5 (specify) .....</p>				

### 3. Health and nutrition; sports, recreation, cultural activities and subjective wellbeing

Member who should answer this section			
Is that member available?	Circle one answer	<b>Yes</b> 1	<b>No</b> 2
Reason why	<i>If answered <b>No</b> for previous question</i>		

Applicable for one member aged 16 years or more.

Please list number of interviews for Section 3 .....

#### Health and nutrition

<b>3.1 How is your health in general?</b> 1 Very good 2 Good 3 Fair 4 Bad 5 Very bad	Circle only <b>one</b> answer	1 2 3 4 5										
<b>3.2 Do you have any health problem(s) that reduce your ability to carry out the following day-to-day activities?</b> 1 Dressing, bathing or moving around inside the house 2 Going out alone to shop or for other personal reasons (pay bills, attend treatment,...) 3 Working at a job/business or attending an educational institution or doing household work 4 Participating in social, recreational, leisure activities	Circle the answer (Yes = 1, No = 2)	<table border="0"> <tr> <td><b>Yes</b></td> <td><b>No</b></td> </tr> <tr> <td>1</td> <td>2</td> </tr> <tr> <td>1</td> <td>2</td> </tr> <tr> <td>1</td> <td>2</td> </tr> <tr> <td>1</td> <td>2</td> </tr> </table>	<b>Yes</b>	<b>No</b>	1	2	1	2	1	2	1	2
<b>Yes</b>	<b>No</b>											
1	2											
1	2											
1	2											
1	2											
<b>3.3 In general how would you rate your eating habits?</b> 1 Very good 2 Good 3 Fair 4 Poor	Circle only <b>one</b> answer	1 2 3 4										
<b>3.4 Have you ever changed your eating habits to manage your weight or for health reasons?</b>	Circle one answer	<table border="0"> <tr> <td><b>Yes</b></td> <td><b>No</b></td> </tr> <tr> <td>1</td> <td>2</td> </tr> </table>	<b>Yes</b>	<b>No</b>	1	2						
<b>Yes</b>	<b>No</b>											
1	2											

<b>3.5 How often do you usually eat in eateries outside home or purchase take away dishes?</b>		
1 Daily	Circle only <b>one</b> answer	1
2 Once a week		2
3 A few times during a week		3
4 2 or 3 times during a month		4
5 Once during a month		5
6 Rarely		6
7 Never		7

**Sports, Recreational and Cultural Activities**

<b>3.6 Do you usually practice any sport/physical activity?</b>	Circle one answer (If answered <b>No</b> , go to <b>Q3.9</b> )	<b>Yes</b>	<b>No</b>
		1	2
<b>3.7 How often do you practise activity(ies) reported at Q 3.6?</b>			
1 Daily	Circle only <b>one</b> answer	1	
2 3 or more times per week		2	
3 1 to 2 times per week		3	
4 1 to 3 times per month		4	
<b>3.8 How important is sport/physical activity in providing you with the following?</b>			
<b>3.8 a Physical health and fitness</b>			
1 Very important	Circle only <b>one</b> answer	1	
2 Somewhat important		2	
3 Not important		3	
<b>3.8 b Family Activity</b>			
1 Very important	Circle only <b>one</b> answer	1	
2 Somewhat important		2	
3 Not important		3	
<b>3.8 c New friends and acquaintance</b>			
1 Very important	Circle only <b>one</b> answer	1	
2 Somewhat important		2	
3 Not important		3	
<b>3.8 d Fun, recreation and relaxation</b>			
1 Very important	Circle only <b>one</b> answer	1	
2 Somewhat important		2	
3 Not important		3	

<b>3.8 e A sense of achievement and skill development</b> 1 Very important 2 Somewhat important 3 Not important	Circle only <b>one</b> answer	1 2 3								
<b>3.9 Is there any particular reason why you do not practice any sport or physical?</b> 1 Injury or health concern 2 Disability 3 Old age 4 Do not have time 5 Facilities not available nearby 6 No particular reason	Circle only <b>one</b> answer <i>(If answered No for Q3.6)</i>	1 2 3 4 5 6								
<b>3.10 Which of the following outdoor activities do you usually undertake?</b> 1 Go to seaside for swimming/fishing/relaxing 2 Visit a botanical garden or similar place 3 Hiking/mountain climbing/biking 4 Other (please specify) 5 None	Circle <i>(more than one answer possible)</i>	1 2 3 4 5								
<b>3.11 Do you usually go to the cinema, concert, sports events, exhibition or any similar activity?</b>	Circle one answer <i>(If answered Yes, go to Q3.13)</i>	<table border="0"> <tr> <td><b>Yes</b></td> <td><b>No</b></td> </tr> <tr> <td>1</td> <td>2</td> </tr> </table>	<b>Yes</b>	<b>No</b>	1	2				
<b>Yes</b>	<b>No</b>									
1	2									
<b>3.12 Why do you not go to any of the activities mentioned at Q3.11?</b> 1 Cannot afford it 2 Health problems 3 Not interested 4 No, for other reasons	Circle only <b>one</b> answer <i>(If answered No, for Q3.11)</i>	1 2 3 4 <i>(specify)</i> .....								
<b>3.13 During the past 4 weeks, have you met any relatives or friends?</b> 1 Met at own place 2 Met at other person's place 3 Met at public place	Circle the answer <i>(Yes = 1, No = 2)</i>	<table border="0"> <tr> <td><b>Yes</b></td> <td><b>No</b></td> </tr> <tr> <td>1</td> <td>2</td> </tr> <tr> <td>1</td> <td>2</td> </tr> <tr> <td>1</td> <td>2</td> </tr> </table>	<b>Yes</b>	<b>No</b>	1	2	1	2	1	2
<b>Yes</b>	<b>No</b>									
1	2									
1	2									
1	2									
<b>3.14 During the past 12 months, how many books (in printed or electronic form) have you read?</b> 1 At least one book a week 2 At least one book a month 3 At least one book every 3 months 4 At least one book every 6 months 5 At least one book during the past 12 months 6 None	Circle only <b>one</b> answer	1 2 3 4 5 6								

<b>3.15 During the past 12 months, how often did you read newspapers (printed or online)?</b> 1 Every day 2 At least once a week 3 At least once a month 4 Less than once a month 5 Not in the past 12 months	Circle only <b>one</b> answer	1 2 3 4 5
<b>3.16 During the past 12 months, how often did you listen to music?</b> 1 Every day 2 At least once a week 3 At least once a month 4 Less than once a month 5 Not in the past 12 months	Circle only <b>one</b> answer	1 2 3 4 5

**Subjective well being**

<b>3.17 Thinking of your daily activities and responsibilities, would you say that most days are...?</b> 1 Not at all stressful 2 Somewhat stressful 3 Quite stressful 4 Very stressful	Circle only <b>one</b> answer	1 2 3 4
<b>3.18 What are your main sources of stress?</b> 1 Work 2 Financial concerns 3 Studies 4 Not enough time 5 Own health 6 Health problem of household member(s) 7 Family problems 8 Other	Circle ( <i>more than one answer possible</i> )	1 2 3 4 5 6 7 8 <i>(specify).....</i>
<b>3.19 During the past 4 weeks, how often have you been nervous/worried?</b> 1 Most of the time 2 Sometimes 3 Rarely 4 Never	Circle only <b>one</b> answer	1 2 3 4



<p><b>3.20 During the past 4 weeks, how often have you felt calm and peaceful?</b></p> <p>1 Most of the time  2 Sometimes  3 Rarely  4 Never</p>	<p>Circle only <b>one</b> answer</p>	<p>1  2  3  4</p>
<p><b>3.21 During the past 4 weeks, how often have you been happy?</b></p> <p>1 Most of the time  2 Sometimes  3 Rarely  4 Never</p>	<p>Circle only <b>one</b> answer</p>	<p>1  2  3  4</p>
<p><b>3.22 During the past 4 weeks, how often have you been felt lonely?</b></p> <p>1 Most of the time  2 Sometimes  3 Rarely  4 Never</p>	<p>Circle only <b>one</b> answer</p>	<p>1  2  3  4</p>
<p><b>3.23 How satisfied are you with your life?</b></p> <p>1 Very satisfied  2 Satisfied  3 Somewhat satisfied  4 Neither satisfied nor dissatisfied  5 Somewhat dissatisfied  6 Dissatisfied  7 Very dissatisfied</p>	<p>Circle only <b>one</b> answer</p>	<p>1  2  3  4  5  6  7</p>

## 4. Views on dimensions

Views of the household member (16+ years) who answered section 3 of the questionnaire on the dimensions of life that matter most to him/her.

Recent work on measurement of wellbeing and quality of life has shown that the following factors are important for a better life.

<b>Q1 Based on your own personal experience, which of these factors are important for you?</b>		<b>Yes</b>	<b>No</b>
1 Material living standards	Circle the answer (Yes = 1, No = 2)	1	2
2 Health		1	2
3 Education		1	2
4 Personal activities including work		1	2
5 Political voice and governance		1	2
6 Social connections and relationship		1	2
7 Environment		1	2
8 Insecurity		1	2
<b>Q2 Which other aspects do you think should also be considered?</b>			

Home contact number of respondent: .....

Mobile number of respondent: .....

Status: 1 Completed

2 Partly completed

*(Circle only one answer)*