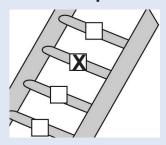
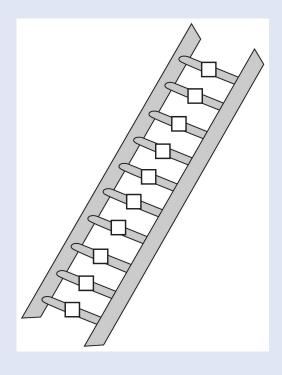
Q1

Think of this ladder 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.

## **Example**



Please mark an X on the rung on the ladder where you would place yourself. (Mark (X) one.)



Q2a

Has your position on the ladder changed within the last two years? (Mark (X) one.)

Yes, I have moved up.	
Yes, I have moved down.	
No, my position has not changed.	

	Now please think about the LAST 5 YEARS and indice the events below occurred. If the event did happen, purpose year in which it happened MOST RECENTLY. (Mark (Value)) line. If "Yes", indicate year.)	olease indic X) one box	ate the for each	
	Have you involuntarily lost a job for reasons other than retirement at any point in the past five years?	No	If Yes, what y	ear?
	Have you been unemployed and looking for work for longer than 3 months at some point in the past five years?	<b>–</b> [		
	Was anyone else in your household unemployed and looking for work for longer than 3 months in the past five years?	_ [		
	Have you moved to a worse residence or neighborhood in the past five years?			
	Were you robbed or did you have your home burglarized in the past five years?	_ [		
	Have you been the victim of fraud in the past five years?	<b>-</b> [		
	These next questions are about your use of mod following devices do you own or have access to (Mark (X) one box for each line.)			of the
D	esktop computer		YES	
P	Pad or other tablet			
La	aptop computer			
Sı	martphone (such as iPhone, Android, or Blackberry)			
R	egular cell phone (not a smartphone)			
E٠	-reader (such as Kindle or Nook)			
W	/earable device (such as a Fitbit or Apple Watch)			
Н	ome assistant (such as Amazon Echo, Alexa, or Google	Home)		
Sı	mart home technology or security (such as Nest, Ring, or	SimpliSat	fe) 🗆	
Sı	mart TV or Streaming Device (such as Roku or Amazon I	Firestick)	П	

Q3a

## How often do you use one or more of the devices listed in Q3 (page 2) to do any of the following activities? (Mark (X) one box for each line)

Play games or do puzzles	Daily	Several times a week	At least once a month	At least once a year	Never/ Not relevant
Get health information					
Get news and other information updates (such as sport results)					
Get information about local neighborhood events					
Search for ideas such as recipes, patterns, or tips about travel, home renovations, or repairs					
Get directions or traffic information					
Check the weather					
Use a home assistant such as Amazon Echo (Alexa) or Google Home					
Watch videos on sites like YouTube or Netflix					
Listen to music, radio stations, or podcasts					
Read books					
Use as an alarm clock, timer, or calendar for reminders					
Write notes, take surveys, or fill out forms					
Visit websites or surf the internet					

Q3b

Now please think about the following activities. How often do you use one or more of the devices listed in Q3 on page 2 to do any of the activities in the list below? (Mark (X) one box for each line)

	Daily	Several times a week	At least once a month	At least once a year	Never/ Not relevant
Make a purchase or shop online					
Do banking, pay bills, send or receive money	′ 🗆				
Order food or groceries for pick up or delivery					
Request a ride via an app (such as Uber, Lyft)					
Manage travel or hotel stays online					
Buy tickets (sports, movie, concert) or reserve a table at a restaurant online					
Take or share photos and videos					
Track your steps, exercise, or personal fitness					
Talk to your doctor or other medical professional, make medical appointments, order prescriptions, or receive personal health care advice					
Apply for jobs online					
Buy or manage insurance online					
Send or receive instant messages, text messages, or emails					
Write or read blogs, reviews, ratings, or comments online					
Access a social network site like Facebook, Twitter, or Instagram					
Use other social media such as LinkedIn to network with people					
Use WhatsApp, Snapchat, or similar apps to network with people					
Connect face-to-face with family and friends using an app (such as FaceTime, Skype)					

Now please pause briefly to think about **YESTERDAY**, from the morning until the end of the day. Think about where you were, what you were doing, who you were with, and how you felt.

Q4	What day o	of the week v	was it yesterd	day? (Mark (	X) one box	<b>K.</b> )	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Q5	What was t	he date yes  Month	terday? (Plea	nse write a n	umber in t	the boxes.)	
Q6	4:00 AM, pl mark AM ()	•	e up yesterd 14 in the hour boxes.) Minute	boxes, 00 ii		•	
Q7	if you went minute box and later ti	to sleep at	o sleep at the 11:30 PM, ple k PM (X) in t .)	ease write 11 he last boxe	l in the ho	ur boxes, 3	0 in the

The next questions are about your experiences yesterday. Mark (X) in one Q8 box for each line for the extent you felt the following. Not Quite A little Somewhat a bit Very at all Yesterday, did you feel... Frustrated П П П П П Sad Enthusiastic П Lonely Content Worried Bored П Нарру П Angry П П П Tired П П П П Stressed П П П Q9 Yesterday, did you feel any pain? (Mark (X) one.) None A little Some Quite a bit A lot 

Q10	Did you feel well-rested yesterday morning (that is you slept well the night before)? (Mark (X) one box.)						
	Yes □	No					
Q11	How was yo Was it Excellent	ur health yeste Very Good □	rday? (Mark Good □	(X) one bo Fair □	Poor		
Q12	Was yesterd (Mark (X) on	lay a normal da e.)	y for you or	did somet	hing unusual	happen?	
		Yes, just a nori	mal day				
	☐ No, my day included unusual bad (stressful) things						
		No, my day inc	luded unus	ual good th	ings		

Q13

## Please think about the THINGS YOU DID YESTERDAY. How did you spend your time?

	How much time did you spend doing thi  (Mark (X) one box)					loing this	
V ( 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Marl one		Less than 1	(1	wark (X) o	ne box)	7 or more
Yesterday, did you	NO	YES	hour	1	2 to 3	4 to 6	hours
Watch TV?							
Work or volunteer?							
Go for a walk?							
Do exercises at home, at a gym, community center, or class?							
Do health-related activities other than walking or exercising (e.g., visit doctor, do treatments)?							
Travel or commute (e.g., by car, train, bus)?							
Socialize with friends, neighbors, or family (not counting your spouse or partner)?							
Spend time at home by yourself (without your spouse, partner, or anyone else present)?							
Run errands (e.g., go shopping, get gas or supplies, pick up or deliver something)?							
Do chores, maintenance, or gardening around the house?							
Use a computer or the internet?							
Read a book, magazine, or newspaper?							
Do work on a hobby or project?							
Caregiving for an adult?							
Activities with grandchildren or other children (nieces, nephews, or neighbors)?							
Pet care?							
Take a nap?							
Spend some quiet time (e.g., meditate, sit outside)?							
Do religious or church activities?							

How well does each statement below describe you or your financial situation? (Mark (X) one box for each line.)						
C	ompletely	Very well	Somewhat	Very little	Not at all	
I could handle a major unexpected expense						
I am securing my financial future						
Because of my money situation, I feel like I will never have the things I want in life						
I can enjoy life because of the way I'm managing my money						
I am just getting by financially						
I am concerned that the money I have or will save won't last						
How often does each statement be (Mark (X) one box for each line.)	low apply	y to yo	u?			
	Always	Often	Sometimes	Rarely	Never	
Giving a gift for a wedding, birthday or other occasion would put a strain on my finances for the month						
I have money left over at the end of the mor	nth 🔲					
I am behind with my finances						
My finances control my life						

Q14b

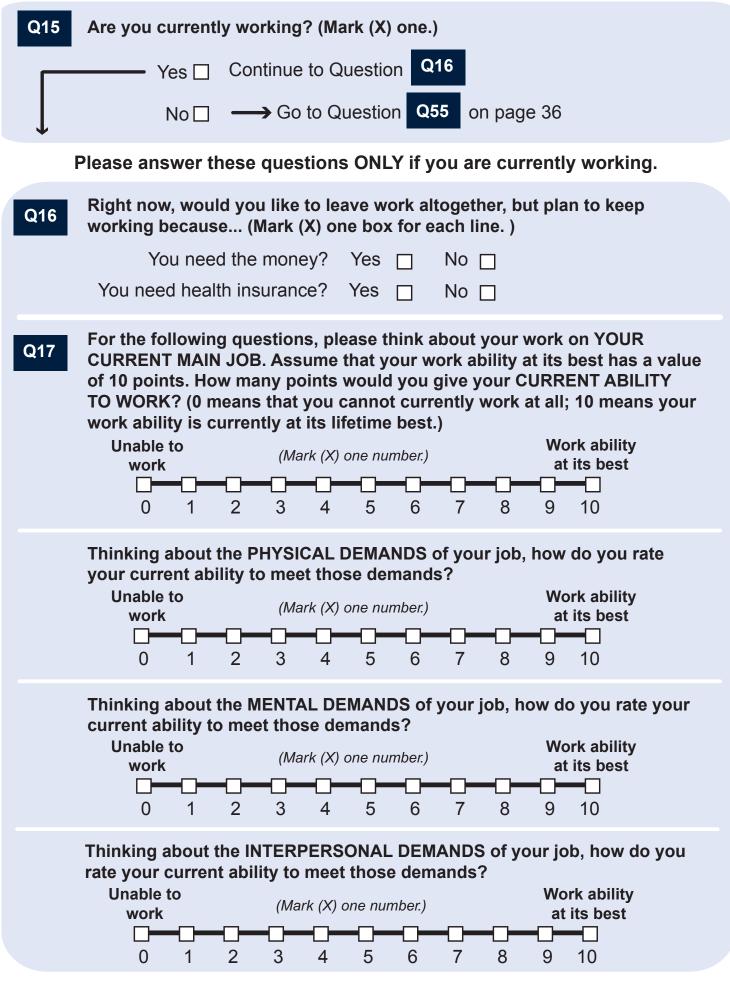
Now, suppose you were given the choice between receiving a payment today or a payment in 6 months. Ten different choices are listed below. The payment today is always the same but the payment in 6 months is different. Please mark (X) in one box on each line to indicate if you prefer to have the payment today OR in 6 months.

Choice	<b>(¼</b> ¦^ <b>△</b> ¦ <b>È</b> È		
F	☐ \$303 today	OR	☐ \$309 in 6 months
2	☐ \$303 today	OR	☐ \$327 in 6 months
3	☐ \$303 today	OR	□ \$345 in 6 months
4	☐ \$303 today	OR	☐ \$364 in 6 months
5	☐ \$303 today	OR	☐ \$382 in 6 months
6	☐ \$303 today	OR	☐ \$400 in 6 months
7	☐ \$303 today	OR	☐ \$418 in 6 months
8	☐ \$303 today	OR	☐ \$436 in 6 months
9	☐ \$303 today	OR	☐ \$455 in 6 months
10	☐ \$303 today	OR	☐ \$473 in 6 months

Q14c

Now, suppose you were given the choice between receiving a payment in 6 months or a payment in 12 months. Ten different choices are listed below. The payment in 6 months is always the same but the payment in 12 months is different. Please mark (X) in one box on each line to indicate if you prefer to have the payment in 6 months OR in 12 months.

Choice	<b>(本 ^^                                  </b>	
F	☐ \$307 in 6 months	OR   \$313 in 12 months
2	□ \$307 in 6 months	OR  \$332 in 12 months
3	□ \$307 in 6 months	OR  \$\Boxed{\Boxesian}\$ \$350 in 12 months
4	□ \$307 in 6 months	OR  \$\Boxed{\Boxes}\$ \$368 in 12 months
5	□ \$307 in 6 months	OR   \$387 in 12 months
6	□ \$307 in 6 months	OR  \$\Boxed{\Boxes}\$ \$405 in 12 months
7	□ \$307 in 6 months	OR  \$424 in 12 months
8	□ \$307 in 6 months	OR   \$442 in 12 months
9	□ \$307 in 6 months	OR   \$461 in 12 months
10	□ \$307 in 6 months	OR  \$479 in 12 months



## Please answer these questions ONLY if you are currently working.

Please use the scale below to answer the next set of questions.  (Mark (X) one box for each line.)						
My work schedule makes it difficult to fulfill	Rarely	Some times	Often	Most of the time		
personal responsibilities.		Ш	Ш			
Because of my job, I don't have the energy to do things with my family or other important people in my life.						
Job worries or problems distract me when I am not at work.						
My home life keeps me from getting work done on time on my job.						
My family or personal life drains me of the energy I need to do my job.						
I am preoccupied with personal responsibilities while I am at work.						
My work leaves me enough time to attend to my personal responsibilities.						
My work gives me energy to do things with my family and other important people in my life.						
Because of my job, I am in a better mood at home.						
My personal responsibilities leave me enough time to do my job.						
My family or personal life gives me energy to do my job.						
I am in a better mood at work because of my family or personal life.						
Q19 Please say how much you agree or disag	ree with t	he follow	ing staten			
All things considered, I am satisfied with my job.	Disagre	e Agree	Strongl agree			

Contains renumbered items 36-54 from pages 24-35 of the full document "Health and Retirement Study: Questionnaire on Your Everyday life and Well-being"