Wellbeing and Daily Life
2016
Web version
Box and Arrow
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LOGIN. Welcome! To begin your survey, please enter your unique login and click ‘Start’.

Login ID:    

Start

LOGINTYPE RULE.

LOGIN TYPE=1    LOGIN TYPE=2 → GO TO RETURN

WELCOME. Wellbeing and Daily Life
Welcome to the Wellbeing and Daily Life web survey.
This questionnaire is part of the Family Economics Study (FES). The questions should take about 20 minutes to complete and ask about how satisfied you are with different parts of your life and how you felt over the last month and yesterday. There are also questions about your personality and everyday skills.
Your help in this study is voluntary. You may choose not to answer any question for any reason.
In some families, we have asked more than one person to complete the survey. Before you begin, please confirm that your first name is [FIRST NAME]

1. Yes → GO TO PIN    5. No

FNAME_INCORRECT. Wellbeing and Daily Life
Please check the materials you are using to login to make sure they are addressed to you. If you continue to have trouble, please contact us at 1-877-556-1542 or uofmstudystudy@umich.edu.

SESSIONS ENDS

PIN. If you are not able to complete the survey in one session, you will need your PIN to return. To protect the confidentiality of your responses, your session will end after 15 minutes of inactivity.
Please make a note of your PIN:    
Your unique login and PIN are also on the materials that were mailed to you.

Next → SET LOGINTYPE=1; GO TO MAILADDR
RETURN. Please enter your PIN below.
You can find your PIN on the materials that were mailed to you.
Or, click ‘Forgot PIN’ to have your PIN mailed to you.

[ ] [ ] [ ]

Next
CORRECT PIN
INCORRECT PIN

INCORRECT_PIN. The PIN you entered is incorrect.
Please log back in and make sure you enter the correct PIN.
(SESSIONS ENDS)

Forgot PIN
FORGOT_PIN. Your login and PIN will be mailed to you.
(SESSIONS ENDS)

WELCOMEBACK. Welcome back to the Wellbeing and Daily Life web survey.
In some families, we have asked more than one person to complete the survey. Before you continue, please confirm that your first name is [FIRST NAME].

1. Yes → SET LOGINTYPE=2; GO TO [LAST QUESTION ANSWERED] 5. No → GO TO FName_INCORRECT
When you have submitted your survey, you will receive $20 from the University of Michigan in appreciation for your help. Please indicate where you would like your check mailed.

1. Address on file → GO TO A1

2. Different address

MAILCOUNTRY. Is this address for your payment in the United States or somewhere else?

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<td>COUNTRY. Country</td>
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Select PROVINCE. Province for addresses outside the United States.
Section A: About Your Life in General

A1. How satisfied are you with your life as a whole these days?

A2. Suppose that the top of the ladder below represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. On which step of the ladder do you feel you personally stand at the present time?
   10 – Best possible life  9  8  7  6  5  4  3  2  1  0 – Worst possible life

A3A. How much do you agree or disagree with each of the following statements?
   In most ways, my life is close to my ideal.

A3B. (How much do you agree or disagree with each of the following statements?)
   The conditions of my life are excellent.

A3C. (How much do you agree or disagree with each of the following statements?)
   I am satisfied with my life.

A3D. (How much do you agree or disagree with each of the following statements?)
   So far, I have gotten the important things I want in life.

A3E. (How much do you agree or disagree with each of the following statements?)
   If I could live my life over, I would change almost nothing.

A4A. Below is a list of things that may or may not be important to you. How important are each of the following to you?
   Living in a house or apartment that I like?
   1. Extremely important  2. Very important  3. Somewhat important  4. A little important  5. Not at all important

A4B. (Below is a list of things that may or may not be important to you. How important are each of the following to you?)
   Living in a city or place that I like?
   1. Extremely important  2. Very important  3. Somewhat important  4. A little important  5. Not at all important
A4C. (Below is a list of things that may or may not be important to you. How important are each of the following to you?)
Having an interesting job?

1. Extremely important 2. Very important 3. Somewhat important 4. A little important 5. Not at all important

A4D. (Below is a list of things that may or may not be important to you. How important are each of the following to you?)
Being financially secure or not having to worry about money?

1. Extremely important 2. Very important 3. Somewhat important 4. A little important 5. Not at all important

A4E. (Below is a list of things that may or may not be important to you. How important are each of the following to you?)
Having hobbies or things that I like to do outside of work?

1. Extremely important 2. Very important 3. Somewhat important 4. A little important 5. Not at all important

A4F. (Below is a list of things that may or may not be important to you. How important are each of the following to you?)
Having a happy marriage or romantic relationship?

1. Extremely important 2. Very important 3. Somewhat important 4. A little important 5. Not at all important

A4G. (Below is a list of things that may or may not be important to you. How important are each of the following to you?)
Having a good family life?

1. Extremely important 2. Very important 3. Somewhat important 4. A little important 5. Not at all important

A4H. (Below is a list of things that may or may not be important to you. How important are each of the following to you?)
Having good friends?

1. Extremely important 2. Very important 3. Somewhat important 4. A little important 5. Not at all important

A4I. (Below is a list of things that may or may not be important to you. How important are each of the following to you?)
Being in good health?

1. Extremely important 2. Very important 3. Somewhat important 4. A little important 5. Not at all important

A4J. (Below is a list of things that may or may not be important to you. How important are each of the following to you?)
Having a strong religious faith?

1. Extremely important 2. Very important 3. Somewhat important 4. A little important 5. Not at all important

A5A. How satisfied are you with each of the following? My house or apartment?

4. A little satisfied 5. Not at all satisfied 6. Does not apply to me

A5B. (How satisfied are you with each of the following?) The city or place that I live in?

4. A little satisfied 5. Not at all satisfied 6. Does not apply to me
A5C. (How satisfied are you with each of the following?) My job?

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<td>4. A little satisfied</td>
<td>5. Not at all satisfied</td>
<td>6. Does not apply to me</td>
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A5D. (How satisfied are you with each of the following?) My financial situation?

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<td>4. A little satisfied</td>
<td>5. Not at all satisfied</td>
<td>6. Does not apply to me</td>
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A5E. (How satisfied are you with each of the following?) My hobbies?

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<td>4. A little satisfied</td>
<td>5. Not at all satisfied</td>
<td>6. Does not apply to me</td>
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A5F. (How satisfied are you with each of the following?) My marriage or romantic relationship?

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<td>4. A little satisfied</td>
<td>5. Not at all satisfied</td>
<td>6. Does not apply to me</td>
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A5G. (How satisfied are you with each of the following?) My family life?

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<td>4. A little satisfied</td>
<td>5. Not at all satisfied</td>
<td>6. Does not apply to me</td>
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A5H. (How satisfied are you with each of the following?) My friendships?

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<tr>
<td>4. A little satisfied</td>
<td>5. Not at all satisfied</td>
<td>6. Does not apply to me</td>
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A5I. (How satisfied are you with each of the following?) My health?

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<td>4. A little satisfied</td>
<td>5. Not at all satisfied</td>
<td>6. Does not apply to me</td>
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A5J. (How satisfied are you with each of the following?) My faith?

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<td>4. A little satisfied</td>
<td>5. Not at all satisfied</td>
<td>6. Does not apply to me</td>
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A6A. How much do you agree or disagree with each of the following statements?
I lead a purposeful and meaningful life.

|-------------------|-------------------|-----------------------------|--------------------|----------------------|

A6B. (How much do you agree or disagree with each of the following statements?)
My social relationships are supportive and rewarding.

<table>
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<tr>
<th>A6C. (How much do you agree or disagree with each of the following statements?)</th>
<th>I am engaged and interested in my daily activities.</th>
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<tr>
<th>A6D. (How much do you agree or disagree with each of the following statements?)</th>
<th>I actively contribute to the happiness and wellbeing of others.</th>
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<tr>
<th>A6E. (How much do you agree or disagree with each of the following statements?)</th>
<th>I am competent and capable in the activities that are important to me.</th>
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<tr>
<th>A6F. (How much do you agree or disagree with each of the following statements?)</th>
<th>I am a good person and live a good life.</th>
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<tr>
<th>A6G. (How much do you agree or disagree with each of the following statements?)</th>
<th>I am optimistic about my future.</th>
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<tr>
<th>A6H. (How much do you agree or disagree with each of the following statements?)</th>
<th>People respect me.</th>
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</table>
Section B: About the Past 30 Days

B1A. During the past 30 days, how much of the time did you feel each of the following? Cheerful?

1. All of the time  2. Most of the time  3. Some of the time  4. A little of the time  5. None of the time

B1B. (During the past 30 days, how much of the time did you feel each of the following?) In good spirits?

1. All of the time  2. Most of the time  3. Some of the time  4. A little of the time  5. None of the time

B1C. (During the past 30 days, how much of the time did you feel each of the following?) Extremely happy?

1. All of the time  2. Most of the time  3. Some of the time  4. A little of the time  5. None of the time

B1D. (During the past 30 days, how much of the time did you feel each of the following?) Calm and peaceful?

1. All of the time  2. Most of the time  3. Some of the time  4. A little of the time  5. None of the time

B1E. (During the past 30 days, how much of the time did you feel each of the following?) Satisfied?

1. All of the time  2. Most of the time  3. Some of the time  4. A little of the time  5. None of the time

B1F. (During the past 30 days, how much of the time did you feel each of the following?) Full of life?

1. All of the time  2. Most of the time  3. Some of the time  4. A little of the time  5. None of the time

B2A. (During the past 30 days, how much of the time did you feel each of the following?) So sad nothing could cheer you up?

1. All of the time  2. Most of the time  3. Some of the time  4. A little of the time  5. None of the time

B2B. (During the past 30 days, how much of the time did you feel each of the following?) Nervous?

1. All of the time  2. Most of the time  3. Some of the time  4. A little of the time  5. None of the time

B2C. (During the past 30 days, how much of the time did you feel each of the following?) Restless or fidgety?

1. All of the time  2. Most of the time  3. Some of the time  4. A little of the time  5. None of the time

B2D. (During the past 30 days, how much of the time did you feel each of the following?) Hopeless?

1. All of the time  2. Most of the time  3. Some of the time  4. A little of the time  5. None of the time
B2E. (During the past 30 days, how much the time did you feel each of the following?)
   That everything was an effort?
   
   1. All of the time  2. Most of the time  3. Some of the time  4. A little of the time  5. None of the time

B2F. (During the past 30 days, how much the time did you feel each of the following?)
   Worthless?
   
   1. All of the time  2. Most of the time  3. Some of the time  4. A little of the time  5. None of the time
Section C: About Yesterday

C1. The next questions are about YESTERDAY.
What day of the week was yesterday?


C2. What time did you WAKE UP yesterday?

a.      b.      c.
HH : MM  1. AM

C3. What time did you GO TO SLEEP last night?

a.      b.      c.
HH : MM  1. AM

C4. Which of the following did you EAT yesterday? Mark all that apply

1. Breakfast  2. Lunch  3. Dinner  4. Snack(s)  5. None of the above

C5. Which of the following WORK- OR SCHOOL-RELATED activities did you do yesterday? Mark all that apply

1. Worked  2. Volunteered for an organization  3. Went to school  4. Studied or learned something new  5. None of the above

C6. Which of the following HOUSEHOLD activities did you do yesterday? Mark all that apply

1. Cooked or prepared food or meals  2. Cleaned up the kitchen  
3. Did laundry  4. Cleaned around the house or did indoor chores or repairs  
5. Worked in the yard or did outdoor chores or repairs  6. Worked on a car  
7. Shopped or ran errands (including online)  8. Paid bills or managed finances (including online)  
9. None of the above

C7. Which of the following HEALTH-RELATED activities did you do yesterday? Mark all that apply

1. Took medication or treated my own health needs  2. Saw a medical professional  3. None of the above

C8. Which of the following CARE activities did you do yesterday? Mark all that apply

1. Helped a friend, neighbor, or relative  2. Took care of a child  3. Took care of another adult  
4. Took care of a pet  5. None of the above
C9. Which of the following PHYSICAL activities did you do yesterday? Mark all that apply
1. Walked for pleasure or exercise
2. Played a sport or worked out (not including walking)
3. Spent time outdoors doing recreational activities
4. None of the above

C10. Which of the following SOCIAL activities did you do yesterday? Mark all that apply
1. Socialized in person with friends or relatives
2. Talked on the phone with friends or relatives
3. Texted or emailed with friends or relatives
4. Went on (or posted to) social networking sites
5. None of the above

C11. Which of the following LEISURE activities did you do yesterday? Mark all that apply
1. Watched TV, movie, or video (including online)
2. Read (including online)
3. Spent time on hobbies or games (including online)
4. Attended a sporting event, play, or concert
5. Meditated, prayed, or attended a religious service
6. None of the above

C12. Which of the following TRANSPORTATION-RELATED activities did you do yesterday? Mark all that apply
1. Drove to or from work
2. Drove for other reasons
3. Used public transportation
4. Was stuck in traffic
5. None of the above

C13. Who did you spend time with yesterday? Mark all that apply
1. Myself (alone)
2. My spouse or romantic partner
3. My children or step-children
4. My parents or step-parents
5. My friends
6. My co-workers, colleagues, clients, or customers
7. My pet(s)
8. Someone else

C14A. Thinking about the whole day yesterday, how much of the day did you feel each of the following? Calm?
1. All of the day
2. Most of the day
3. Some of the day
4. A little of the day
5. None of the day

C14B. (Thinking about the whole day yesterday, how much of the day did you feel each of the following?) Happy?
1. All of the day
2. Most of the day
3. Some of the day
4. A little of the day
5. None of the day

C14C. (Thinking about the whole day yesterday, how much of the day did you feel each of the following?) Enthusiastic?
1. All of the day
2. Most of the day
3. Some of the day
4. A little of the day
5. None of the day

C14D. (Thinking about the whole day yesterday, how much of the day did you feel each of the following?) Content?
1. All of the day
2. Most of the day
3. Some of the day
4. A little of the day
5. None of the day

C14E. (Thinking about the whole day yesterday, how much of the day did you feel each of the following?) Interested?
1. All of the day
2. Most of the day
3. Some of the day
4. A little of the day
5. None of the day
C15A. (Thinking about the whole day yesterday, how much of the day did you feel each of the following?) Angry?

1. All of the day  2. Most of the day  3. Some of the day  4. A little of the day  5. None of the day

C15B. (Thinking about the whole day yesterday, how much of the day did you feel each of the following?) Frustrated?

1. All of the day  2. Most of the day  3. Some of the day  4. A little of the day  5. None of the day

C15C. (Thinking about the whole day yesterday, how much of the day did you feel each of the following?) Sad?

1. All of the day  2. Most of the day  3. Some of the day  4. A little of the day  5. None of the day

C15D. (Thinking about the whole day yesterday, how much of the day did you feel each of the following?) Stressed?

1. All of the day  2. Most of the day  3. Some of the day  4. A little of the day  5. None of the day

C15E. (Thinking about the whole day yesterday, how much of the day did you feel each of the following?) Lonely?

1. All of the day  2. Most of the day  3. Some of the day  4. A little of the day  5. None of the day

C15F. (Thinking about the whole day yesterday, how much of the day did you feel each of the following?) Worried?

1. All of the day  2. Most of the day  3. Some of the day  4. A little of the day  5. None of the day

C15G. (Thinking about the whole day yesterday, how much of the day did you feel each of the following?) Bored?

1. All of the day  2. Most of the day  3. Some of the day  4. A little of the day  5. None of the day

C16A. (Thinking about the whole day yesterday, how much of the day did you feel each of the following?) Tired?

1. All of the day  2. Most of the day  3. Some of the day  4. A little of the day  5. None of the day

C16B. (Thinking about the whole day yesterday, how much of the day did you feel each of the following?) Pain?

1. All of the day  2. Most of the day  3. Some of the day  4. A little of the day  5. None of the day

C17A. How much do you agree or disagree with each of the following statements about your day yesterday?

I felt well rested when I woke up.


C17B. (How much do you agree or disagree with each of the following statements about your day yesterday?)

I finished everything I set out to do.


C17C. (How much do you agree or disagree with each of the following statements about your day yesterday?)

I was running late.

C17D. (How much do you agree or disagree with each of the following statements about your day yesterday?)
I had free time on my hands.


C17E. (How much do you agree or disagree with each of the following statements about your day yesterday?)
I had more to do than I could accomplish.


C17F. (How much do you agree or disagree with each of the following statements about your day yesterday?)
I felt exhausted when I went to bed.


C18A. (How much do you agree or disagree with each of the following statements about your day yesterday?)
I follow the same general routine most weekdays (Monday through Friday).


C18B. (How much do you agree or disagree with each of the following statements about your day yesterday?)
I follow the same general routine most weekends (Saturday and Sunday).


C18C. (How much do you agree or disagree with each of the following statements about your day yesterday?)
Yesterday was a typical day.

Section D: About You

D1A. How much do each of the following statements describe you?
   I do a thorough job.

D1B. (How much do each of the following statements describe you?)
   I am talkative.

D1C. (How much do each of the following statements describe you?)
   I am sometimes rude to others.

D1D. (How much do each of the following statements describe you?)
   I am original and come up with new ideas.

D1E. (How much do each of the following statements describe you?)
   I worry a lot.

D1F. (How much do each of the following statements describe you?)
   I have a forgiving nature.

D1G. (How much do each of the following statements describe you?)
   I tend to be lazy.

D1H. (How much do each of the following statements describe you?)
   I am outgoing and sociable.

D1I. (How much do each of the following statements describe you?)
   I value artistic experiences.
D1J. (How much do each of the following statements describe you?)
   I get nervous easily.

D1K. (How much do each of the following statements describe you?)
   I do things efficiently.

D1L. (How much do each of the following statements describe you?)
   I am reserved.

D1M. (How much do each of the following statements describe you?)
   I am considerate and kind to almost everyone.

D1N. (How much do each of the following statements describe you?)
   I have an active imagination.

D1O. (How much do each of the following statements describe you?)
   I am relaxed and handle stress well.
**Section E: About You**

**E1.** These next questions ask you to compare two statements and choose the one that describes you better. Which statement describes you better?

| 1. I usually feel pretty sure my life will work out the way I want it to. |
| 2. There have been more times when I haven’t been very sure about how my life will work out. |

**E2.** (Which statement describes you better?)

| 1. I am the kind of person who plans my life ahead all of the time. |
| 2. I am the kind of person who lives more from day to day. |

**E3.** (Which statement describes you better?)

| 1. When I make plans ahead, I usually get to carry out things the way I expected. |
| 2. When I make plans ahead, things usually come up to make me change my plans. |

**E4.** (Which statement describes you better?)

| 1. I nearly always finish things once I start them. |
| 2. I sometimes have to give up before things I have started are finished. |

**E5.** (Which statement describes you better?)

| 1. I would rather spend my money and enjoy life today. |
| 2. I would rather save more money for the future. |

**E6.** (Which statement describes you better?)

| 1. I usually think a lot about things that might happen in the future. |
| 2. I usually just take things as they come. |

**E7.** (Which statement describes you better?)

| 1. I get angry fairly easily. |
| 2. It takes a lot to get me angry. |
**Section F: About Others**

**TOC**

F1. How much does it matter what other people think about you?


F2. Generally speaking, how many people do you trust?

1. Most people  2. Some people  3. Very few people

F3. How do you think the life of the average person is changing?

1. Getting better  2. Getting worse

F4. Are there a lot of people who have good things they don’t deserve?

1. Yes  5. No
Section G: Choices

TOC

G1. These next questions ask you to compare two statements and choose the one that describes you better. Which statement describes you better?

1. I might quit a job if the job turned out to be too difficult.
2. I might quit a job if the job was no longer challenging.

G2. Which statement describes you better?

1. I would rather have a child that was popular with his or her classmates.
2. I would rather have a child that was a leader.

G3. Which statement describes you better?

1. I would rather have a child that was a leader.
2. I would rather have a child that does the work his or her teacher expects.

G4. Which statement describes you better?

1. I would like to have more friends.
2. I would like to do better at what I try.

G5. Which statement describes you better?

1. I would like to have more people pay attention to my point of view.
2. I would like to do better at what I try.

G6. Which statement describes you better?

1. I would rather have a job where I have to think for myself.
2. I would rather have a job where the people I work with are a nice group.

G7. Which statement describes you better?

1. I would rather have a job where I have a lot of say in what’s going on.
2. I would rather have a job where I have to think for myself.

G8. These next questions ask you to compare two statements and choose the one that better describes what you would rather hear about yourself. Which statement better describes what you would rather hear about yourself?

1. My opinion carries a lot of weight among people who know me.
2. People like to live next door to me.
G9. Which statement better describes what you would rather hear about yourself?

1. Other people like me very much.
2. I can do anything I set my mind on doing.

G10. Which statement better describes what you would rather hear about yourself?

1. I am fun to have at a party.
2. People like to go to me for advice on important matters.
For each of the next few statements, there is a word missing. Select the word you think makes
the best, truest, or most sensible complete sentence. If you are not sure of an answer, please
make your best guess.

Example: Lemons are sour but sugar is _______.
- Bitter
- White
- Fattening
- Sweet
- Spicy

H1. There is an old ________, “An apple a day keeps the doctor away.”

H2. The person who ________ another must make good the damages.

H3. False facts are highly ________ to the progress of science.

H4. The winds and the waves are always on the side of the ablest ________.

H5. Think long when you may ________ only once.

H6. The coward threatens only when ________.
Section I. Health Information

1. How confident are you filling out medical forms by yourself?

2. Suppose your doctor prescribes pills that you are supposed to take 4 times a day. If you take the first one at 7:00 am, when would you take the next one?
   a.  
   b.  
   c.  
   HH  MM  1. AM  2. PM

3. Normal blood sugar is between 60 and 150. Suppose a test shows that your blood sugar level is 160. Would that result be normal?
   1. Yes  5. No

4. Suppose your doctor tells you to take medication on an empty stomach either 1 hour before or 2 to 3 hours after a meal. If you eat lunch at 12:00 noon, and you want to take this medicine before lunch, what time should you take it?
   a.  
   b.  
   c.  
   HH  MM  1. AM  2. PM
In each of the questions below, there is one number missing from the series. Fill in the number you think goes in the blank. If you are not sure of an answer, please make your best guess.

**Example 1:** 1 2 [3] 4
The number 3 goes in the blank because the correct order is 1 2 3 4.

**Example 2:** 2 4 6 [8]
The number 8 goes in the blank because the numbers increase by 2.

---

J11.
8 0-99 12 14

J12.
23 26 30 35 0-99

J13.
18 17 15 0-99 8

**J21 RULE: NUMBER CORRECT FOR J11 – J13**

<table>
<thead>
<tr>
<th>0 CORRECT, NOT ANSWERED</th>
<th>1 CORRECT</th>
<th>2 CORRECT</th>
<th>3 CORRECT</th>
<th>PAPER/PHONE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>GO TO J31</td>
<td>GO TO J41</td>
<td>GO TO J51</td>
<td>→GO TO J61</td>
</tr>
</tbody>
</table>

J21.
6 7 0-99 9

J22.
6 0-99 4 3

J23.
5 8 11 0-99
GO TO K1

J31.
0-99 4 6 8
Section K. Story Problems

TOC

K1. These last few questions ask about use of numbers in everyday life. If you are not sure of an answer, please make your best guess.

   If you buy a drink for 85 cents and pay with one dollar, how much change should you get back?
   $0 – 99 cents

K2. A shop is having a half-price (50% off) sale. Before the sale, a sofa costs $300. How much will it cost on sale?
   $0 – 999,999

K3. If the chance of getting a disease is 10 percent, how many people out of 1,000 would be expected to get the disease?
   0 – 99 people

K4. A used car dealer is selling a car for $6,000. This is two thirds of what it cost new. How much did the car cost new?
   $0 – 999,999

K5. If 5 people all have the winning numbers in the lottery and the prize is $2 million, how much will each of them get?
   $0 – 999,999

K6. Suppose you have $200 in a savings account. The account earns 10 percent interest each year. How much would you have in the account at the end of two years?
   $0 – 999,999
SUBMIT. To complete the survey, please click Submit.

END. Thank you for your contributions to the Family Economics Study.