# THE UNIVERSITY OF NEW SOUTH WALES





### AUSTRALIAN VERSION 3

#### What is the LEQ?

The LEQ is a questionnaire to determine both your current *mental activity levels* and how active you have been over your lifetime.

### Why is mental activity important?

From a brain health perspective, a number of studies have linked participation in mental activities with reduced dementia risk. Mental activity has a number of positive effects on the brain – from the level of the individual cell, to overall brain connectivity and performance.

### What's the LEQ for?

In order to determine how mental activity patterns vary in the Australian community. The LEQ was designed for this purpose and assesses the full range of complex mental pursuits that build up over a person's lifetime. The LEQ is designed for individuals over the age of 65 years, or those already retired, and divides their experiences into the young adulthood, middle age and late life stages. Your educational, occupational and mental and leisure pursuits are assessed at each of these life stages.

### Has the LEQ been scientifically validated?

Yes. We have published our validation study in the following international peer-reviewed scientific journal: M. Valenzuela & P. Sachdev. Assessment of complex mental activity across the lifespan: development of the Lifetime of Experiences Questionnaire (LEQ). *Psychological Medicine* (2007) 37:1015-1025

### How do I proceed?

To complete the LEQ please continue and answer each question as accurately as possible. Completing the LEQ will take about 20 minutes.

### Thank you for your participation.

Dr Michael Valenzuela and Professor Perminder Sachdev

DO	NOT	WRITE	IN T	HIS	AREA	
				1		1

# PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY BEFORE YOU COMMENCE FILLING IN THE SURVEY

- 1. Use a pencil (preferable 2B)
- 2. Erase your mistakes
- 3. Do not use red or felt tip pens
- 4. Do not write outside boxes or in page margins
- 5. Do not fold
- 6. Try not to make stray marks
- 7. Try to use capital letters
- 8. Do not cross out questions or boxes



**Please MARK LIKE THIS ONLY:** 



CITIZEN

### PLEASE FILL IN YOUR DETAILS, USING CAPITAL LETTERS

First Name

**CAPITAL LETTERS** 

Surname

**CAPITAL LETTERS** 

E-mail Address

## FILL IN GRIDS BELOW FOR YOUR DATE OF BIRTH, AGE AND GENDER

#### **Example:**

Please write your date of birth in the space provided, then mark the oval corresponding to the number in each column.

C	DATE OF BIRTH							
D	٩Y	M	TH		ΥE	AR		
0	3	1	2	1	9	4	6	
•	0	0	0	0	0	0	0	
1	1	3	1		1	1	1	
2	2		=	2	2	2	2	
3	=		3	3	3	3	3	
	4		4	4	4	•	4	
	5		5	(5)	5	(5)	5	
	6		6	6	6	6		
	7		7	7	7	7	7	
	8		8	8	8	8	8	
	9		9	9	-	9	9	

DATE OF BIRTH								
D	ΑY	MOI	NTH		ΥE	AR		
0	0	0	0	0	0	0	0	
1	1	1	1	1	1	1	1	
2	2		2	2	2	2	2	
3	3		3	3	3	3	3	
	4		4	4	4	4	4	
	5		5	5	5	5	5	
	6		6	6	6	6	6	
	7		7	7	7	7	7	
	8		8	8	8	8	8	
	9		9	9	9	9	9	

AC	βE
0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

	SEX
$\supset$	Female
$\supset$	Male

Please answer the following questions as accurately as possible. Choose the option which most closely fits with your experience.

# LEQ - YOUNG ADULTHOOD

The following questions apply to the time in your life between 13 and 30 years of age

Tip! Please answer all questions

**SPECIFIC** 

1	How many years of Primary School did you complete?
	<ul> <li>None</li> <li>1</li> <li>2</li> <li>3</li> <li>4</li> <li>5</li> <li>6</li> </ul>
2	How many years of High School (i.e. secondary school or grades after Year 6) did you complete?
	<ul><li>None</li><li>1</li></ul>
	<ul><li>2</li><li>3</li><li>4</li></ul>
	<ul><li>5</li><li>6</li></ul>
3	Did you gain an end of High School Certificate (e.g., a High School Certificate, Matriculation Exam, O-Level, SAT)?
	<ul><li>No</li><li>Yes</li></ul>
4	Did you continue with any type of training or study after leaving school (only between the ages of 13 and 30 years of age)?
	○ No – If No, go to NON-SPECIFIC, Question 1 (page 5).
	○ Yes – If Yes, please fill in the table on the next page.

Please specify what type(s) of training or study you attempted up until 30 years of age and for how long you were enrolled. Some categories are given below. If your experience is not covered by this list please fill in the details under 'Any other course(s)'.

## Tip! If you choose one option, please complete the entire row

Type of Course	Number of Years Enrolled in course?			Full-time or Part-time?		% of course you completed	
Clerical, administrative or basic book-keeping training	<ul><li>○ 1</li><li>○ 4</li></ul>	<ul><li>2</li><li>5</li></ul>	<ul><li>3</li><li>6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50%</li><li>100%</li></ul>	
Business Course	<ul><li>1</li><li>4</li></ul>	<ul><li>2</li><li>5</li></ul>	<ul><li>3</li><li>6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50%</li><li>100%</li></ul>	
Trade Apprenticeship	<ul><li>1</li><li>4</li></ul>	<ul><li>2</li><li>5</li></ul>	<ul><li>3</li><li>6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50%</li><li>100%</li></ul>	
Other Technical Course	<ul><li>1</li><li>4</li></ul>	<ul><li>2</li><li>5</li></ul>	<ul><li>3</li><li>6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50%</li><li>100%</li></ul>	
College Diploma	<ul><li>1</li><li>4</li></ul>	<ul><li>2</li><li>5</li></ul>	<ul><li>3</li><li>6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50%</li><li>100%</li></ul>	
University Undergraduate (3 or 4 year degree)	<ul><li>○ 1</li><li>○ 4</li></ul>	<ul><li>2</li><li>5</li></ul>	<ul><li>3</li><li>6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50%</li><li>100%</li></ul>	
University Undergraduate (5 or 6 year degree, e.g. Medicine )	<ul><li>○ 1</li><li>○ 4</li></ul>	<ul><li>2</li><li>5</li></ul>	<ul><li>3</li><li>6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50%</li><li>100%</li></ul>	
University Masters	<ul><li>1</li><li>4</li></ul>	<ul><li>2</li><li>5</li></ul>	<ul><li>3</li><li>6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50%</li><li>100%</li></ul>	
University PhD / Doctorate	<ul><li>1</li><li>4</li></ul>	<ul><li>2</li><li>5</li></ul>	<ul><li>3</li><li>6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50%</li><li>100%</li></ul>	
Other Graduate Course	<ul><li>1</li><li>4</li></ul>	<ul><li>2</li><li>5</li></ul>	<ul><li>3</li><li>6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50%</li><li>100%</li></ul>	
Any other course(s)? Please note down the name of the course(s), number of years enrolled, part-time or full-time, and whether it was fully completed.	<ul><li>○ 1</li><li>○ 4</li></ul>	<ul><li>2</li><li>5</li></ul>	<ul><li>○ 3</li><li>○ 6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50%</li><li>100%</li></ul>	
PLEASE PRINT							

# The following questions also apply to the time in your life between 13 and 30 years of age

N	I	0	N	I-S	P	E	C	IF	IC

*Tip!* Please choose only <u>one</u> option in <u>each</u> question

1 How often	were you	seeing	a member	· of
your family	y or friend	l during	this time?	?

Never	
Less than Monthly	
Monthly	
Fortnightly	
Weekly	
Daily	

2 How often were you practicing or playing a musical instrument?

Never	
Less than Monthly	
Monthly	
Fortnightly	
Weekly	
Daily	

3 How often would you practice or develop an artistic pastime (e.g. drawing, painting, writing, acting)?

Never	
Less than Monthly	
Monthly	$\bigcirc$
Fortnightly	
Weekly	$\bigcirc$
Daily	

- 4 How often would you take part in sports or activities that were mildly energetic, moderately energetic or vigorous?
- **4a.** Mildly energetic: e.g. walking, woodwork, weeding, hoeing, bicycle repair, playing pool, general housework.

Never	
Less than Monthly	
Monthly	$\bigcirc$
Fortnightly	
Weekly	$\bigcirc$
Daily	

**4b.** Moderately energetic: e.g. scrubbing, polishing car, dancing, golf, cycling, decorating, lawn mowing, leisurely swimming.

Never	
Less than Monthly	
Monthly	
Fortnightly	
Weekly	
Daily	

**4c.** Vigorous: e.g. running, hard swimming, tennis, squash, digging, cycle racing.

Never	
Less than Monthly	
Monthly	
Fortnightly	
Weekly	
Daily	

5 How often did you read (material of any sort) for more than 20 minutes?

Never	
Less than Monthly	
Monthly	
Fortnightly	
Weekly	
Daily	

6 How often would you practice speaking, reading, writing or learning a second language?

Never	
Less than Monthly	
Monthly	
Fortnightly	
Weekly	
Daily	

7 Did you travel to any of the following continents between the ages of 13–30 years? Choose as many options as applicable.

None	
Pacific Islands	
Asia/Subcontinent	
Latin/Central America	
North America	
Western Europe	
East Europe/former USSR	
Africa	
Middle Fact	

8	Between the ages of 13 and 30 years did you have any other pastime, hobby or special interest not mentioned in this questionnaire?							
	If so please list:							
	'							
We				on to		xperi	ence	<b>FE</b> during your middle age years. s until 65 years of age
SF	PECI	FIC	Tip!	Please	e provid	de an a	answer	for each age range or row
1	to retire please i	ement bac indicate <u>tl</u> also refer	ck to you he main to the s	our earl i job or eparate	y thirtie occupa ASCO	s. If yo tion wh JOB CL	u had n nich you .ASSIFIO	hat you have been involved in, from prior nultiple jobs during any one time period, were involved with.  CATION GUIDE for help on how to work out
	Age Range Job Classification Options:  1. Managers 2. Professionals 3. Associate Professionals / Running own business				Job Title (free response)  Tip! Please PRINT neatly and complete each row.			
· ·	<ol> <li>Tradespersons and related workers</li> <li>Advanced clerical and service workers</li> <li>Intermediate clerical, sales and service workers</li> <li>Intermediate production and transport workers</li> <li>Elementary clerical, sales and service workers</li> <li>Labourers and related workers</li> <li>Nil – retired or not employed</li> <li>Homecare or housewife</li> </ol>					rkers		
60–6	5 years	<ul><li>1</li><li>7</li></ul>	<ul><li>2</li><li>8</li></ul>	<ul><li>3</li><li>9</li></ul>	<ul><li>4</li><li>10</li></ul>	<ul><li>5</li><li>11</li></ul>	<b>6</b>	
		O 1	<ul><li>2</li></ul>	<ul><li>3</li><li>3</li></ul>	O 4	<ul><li>5</li></ul>	<b>6</b>	
55–5	9 years	O 7	_ _ 8	<ul><li>9</li></ul>	<ul><li>10</li></ul>	O 11		
		O 1	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	
50–5	4 years	O 7	<b>8</b>	<b>9</b>	O 10	O 11		
15 1	0.400#0	O 1	O 2	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	
45–4	9 years	O 7	<b>8</b>	<b>9</b>	O 10	O 11		
40_4	4 years	<b>0</b> 1	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	
40-4	4 years	O 7	<b>8</b>	<b>9</b>	O 10	O 11		
35_3	9 years	○ <b>1</b>	○ 2	○ 3	<b>4</b>	○ 5	○ 6	
55 0	o yours	O 7	<b>8</b>	<b>9</b>	<u> </u>	O 11		
30–3	4 years	<b>0</b> 1	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	
	,	O 7	O 8	<b>9</b>	O 10	O 11		

### Australian Standard Classifications of Occupations (ASCO) Job Classification Guide

On the previous page you are asked to classify the main jobs you have held over your working life. The following table provides more information about main job classifications and specific examples as determined by the Australian Bureau of Statistics. You only need to determine the main job category (IN BOLD) and its associated number.

<b>1 MAN</b>	<b>AGERS</b>	AND A	DMINI	<b>STRATORS</b>	À

Some Generic Examples Some Specific Examples

Generalist Managers Directors, CEOs, judges, parliamentarians, building and

construction managers

School principals, finance managers, human resource Specialist Managers

managers, sales and marketing managers

Farmers and Farm Managers

**2 PROFESSIONALS** 

Science, Building and Engineering Engineers, chemists, geologists, scientists, architects,

**Professionals** surveyors

**Business and Information Professionals** Accountants, auditors, marketing and advertising,

librarians, human resource

Health Professionals Doctors, registered nurses, dentists, physiotherapists,

optometrists, pharmacists, veterinarians

**Education Professionals** Teachers, lecturers

Social. Arts and Miscellaneous Social workers, counsellors, psychologists, journalists,

**Professionals** photographers, designers, illustrators

**3 ASSOCIATE PROFESSIONALS** 

Science, Engineering and Related Technical officers

Associate Professionals

**Business and Administration** 

Associate Professionals Managing Supervisors

(Sales and Service)

Health and Welfare Associate

**Professionals** 

Other Associate Professionals Police officers

Branch managers, finance dealers and brokers, office

managers, computer support

Enrolled nurse, ambulance officers

Shop managers, chefs

### **4 TRADESPERSONS AND RELATED WORKERS**

Tradespersons in the following areas: Mechanical and Fabrication, Automotive, Electrical and Electronics, Construction, Food Trade, Skilled Agricultural and

Horticultural Workers

**5 ADVANCED CLERICAL AND SERVICE WORKERS** 

Secretaries and Personal Assistants

**6 CLERICAL, SALES AND SERVICE WORKERS** 

Intermediate Clerical, Sales and Service Workers

7 PRODUCTION AND TRANSPORT WORKERS

Intermediate Plant Operators, Machine Operators, Road

and Rail Transport Drivers, Miners

**8 ELEMENTARY CLERICAL, SALES AND SERVICE WORKERS** 

Elementary Clerks, Sales Workers, Service Workers

9 LABOURERS AND RELATED WORKERS

Cleaners, Factory Labourers

10 NIL - RETIRED OR NOT EMPLOYED

11 - HOMECARE OR HOUSEWIFE

for other pe	your jobs or occupations mean that you were in cheople?  YES, please indicate below the approximate number of						
	NO, please continue to NON-SPECIFIC Q1 (below).	n people you were	s in charge of.				
Age Range	Job Title  Tip! Please PRINT neatly and complete each row	Tip! Please PRINT neatly and Tip! Please complete each row Options:					
60-65 years		○ a ○ c	<ul><li>□ b</li><li>□ d</li></ul>				
55–59 years		○ a	○ b ○ d				
50-54 years		○ a	<ul><li>□ b</li><li>□ d</li></ul>				
45–49 years		○ a ○ c	○ b				
40-44 years		<ul><li>○ a</li><li>○ c</li></ul>	<ul><li>□ b</li><li>□ d</li></ul>				
35–39 years		<ul><li>□ a</li><li>□ c</li></ul>	<ul><li>□ b</li><li>□ d</li></ul>				
30-34 years		○ a ○ c	○ b ○ d				
	e following questions also apply to the from 30 years of age until 65 year	-	life				
NON-SP	NON-SPECIFIC Tip! Please choose only one option in each question						
		were you practic nstrument?	ing or playing				

Never

Monthly

Fortnightly Weekly Daily

Less than Monthly

Never

Daily

Monthly

Fortnightly Weekly

Less than Monthly

4c. Vigorous: e.g. running, hard swimming, to squash, digging, cycle racing.  Never Less than Monthly Monthly Fortnightly Weekly Daily  5 How often did you read (material of any stor more than 20 minutes?  Never	
Less than Monthly Monthly Fortnightly Weekly Daily  How often did you read (material of any story more than 20 minutes?	0 0 0 0
Less than Monthly Monthly Fortnightly Weekly Daily  How often did you read (material of any story more than 20 minutes?	0 0 0 0
Monthly Fortnightly Weekly Daily  How often did you read (material of any s for more than 20 minutes?	
Fortnightly Weekly Daily  How often did you read (material of any s for more than 20 minutes?	
Daily  How often did you read (material of any soften more than 20 minutes?	0
Daily  How often did you read (material of any story more than 20 minutes?	
Daily  How often did you read (material of any story more than 20 minutes?	
5 How often did you read (material of any s for more than 20 minutes?	
for more than 20 minutes?	sort)
	$\circ$
Less than Monthly	
	0
•	
Daily	
6 How often would you practice speaking, read	dina
	9
ang or loanning a scooma language:	
Nover	
Fortnightly	
Weekly	
Daily	
	ars?
Choose as many options as applicable.	
Asia/Subcontinent	$\bigcirc$
Latin/Central America	
·	
MIDDIE EAST	
	6 How often would you practice speaking, rearwriting or learning a second language?  Never Less than Monthly Monthly Fortnightly Weekly Daily  7 Did you travel to any of the following continents between the ages of 30-65 ye Choose as many options as applicable.  None Pacific Islands Asia/Subcontinent

- Yes If Yes, please indicate the details on the list below.
- No If No, please continue to LEQ Late Life on the next page.

### Tip! If you choose one option, please complete the entire row.

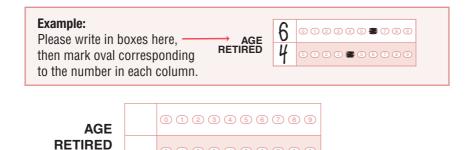
Type of Course	Number of Years enrolled in course?			Full-time or Part-time?		% of course you completed		
Clerical, administrative or basic	0 1	O 2	<b>3</b>	○ Full-time	O 25%	<ul><li>50%</li></ul>		
book-keeping training	<b>0</b> 4	O 5	<ul><li>○ 6</li></ul>	<ul><li>Part-time</li></ul>	O 75%	<ul><li>100%</li></ul>		
Business Course	O 1	<b>2</b>	<b>3</b>	○ Full-time	<b>25%</b>	<b>50%</b>		
Buomicoo Gourco	<b>0</b> 4	<b>5</b>	<b>6</b>	<ul><li>Part-time</li></ul>	O 75%	<u> </u>		
Trade Apprenticeship	<b>0</b> 1	<b>2</b>	<b>3</b>	<ul><li>Full-time</li></ul>	<b>25%</b>	<b>50%</b>		
	O 4	O 5	<b>6</b>	O Part-time	O 75%	O 100%		
Other Technical Course	0 1	O 2	<ul><li>○ 3</li></ul>	○ Full-time	<ul><li>25%</li></ul>	<ul><li>50%</li></ul>		
	<b>0</b> 4 <b>0</b> 1	<ul><li>5</li><li>2</li></ul>	<ul><li>○ 6</li><li>○ 2</li></ul>	<ul><li>Part-time</li><li>Full-time</li></ul>	O 75%	O 100%		
College Diploma	<b>1 0 1 0 4</b>	<ul><li>5</li></ul>	<ul><li>3</li><li>6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50%</li><li>100%</li></ul>		
University Undergraduate (3 or 4 year	0 1	O 2	<ul><li>3</li></ul>	Full-time	<ul><li>25%</li></ul>	<ul><li>50%</li></ul>		
degree)	O 4	<b>5</b>	<b>6</b>	Part-time	O 75%	O 100%		
University Undergraduate (5 or 6 year	<b>0</b> 1	<b>2</b>	<b>3</b>	<ul><li>Full-time</li></ul>	<b>25%</b>	<b>50%</b>		
degree, e.g. Medicine )	<b>0</b> 4	<b>5</b>	<b>6</b>	O Part-time	O 75%	100%		
11.1. 2. 34. 44. 4	O 1	<b>2</b>	<b>3</b>	○ Full-time	<b>25%</b>	<b>50%</b>		
University Masters	<b>O</b> 4	<b>5</b>	<b>6</b>	<ul><li>Part-time</li></ul>	<b>75%</b>	100%		
University PhD / Desterate	<b>0</b> 1	<b>2</b>	○ 3	○ Full-time	<b>25%</b>	<b>50%</b>		
University PhD / Doctorate	<b>O</b> 4	<b>5</b>	<b>6</b>	<ul><li>Part-time</li></ul>	O 75%	<b>100%</b>		
Other Graduate Course	<b>0</b> 1	<b>2</b>	○ 3	<ul><li>Full-time</li></ul>	<b>25%</b>	<b>50%</b>		
Other Graduate Course	<b>4</b>	<b>5</b>	<b>6</b>	<ul><li>Part-time</li></ul>	O 75%	<b>100%</b>		
Any other course(s)? Please note	<b>0</b> 1	<b>2</b>	<b>3</b>	<ul><li>Full-time</li></ul>	<b>25%</b>	<b>50%</b>		
down the name of the course(s), number of years enrolled, part-time or full-time, and whether it was fully completed.	<b>04</b>	<b>5</b>	<b>6</b>	Part-time	O 75%	<b>100%</b>		
PLEASE PRINT								

# **LEQ - LATE LIFE**

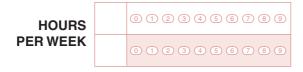
You will now be asked questions about the present phase of your life, beginning from 65 years of age.

## **SPECIFIC**

- 1 Have you retired? Please choose only one of the following three options:
  - **1a. Yes** (= no ongoing paid work)
    - i. At what age did you retire?



- **1b.** O **Sort of** (= part-time or casual ongoing paid work)
  - i. Number of hours of paid work per week?



ii. What is the main occupation title? Please PRINT neatly.



- iii. What is the main occupation classification? (see ASCO JOB CLASSIFICATION GUIDE for help) Please fill in ONE oval only.
  - Managers
  - Professionals
  - Associate Professionals / Running Own Business
  - Tradespersons and related workers
  - Advanced clerical and service workers
  - Intermediate clerical, sales and service workers
  - Intermediate production and transport workers
  - Elementary clerical, sales and service workers
  - Labourers and related workers

i. Number of hour	<i>,</i>	r week?				
i. Number of flour	s of paid work per	week?				
HOURS	0 1 2 3 4 (	5 6 7 8	9			
PER WEEK	0 1 2 3 4 (	5 6 7 8	9			
L						
ii. What is the <b>ma</b> i	n occupation title	? Please I	PRINT nea	atly.		
iii. What is the main occ Please fill in ONE ov		ation? <i>(see</i>	e ASCO JO	OB CLASS	FIFICATION GUIDE fo	r help)
<ul><li>Managers</li><li>Professionals</li></ul>	,					
<ul> <li>Associate Profes</li> </ul>			siness			
<ul><li>Tradespersons a</li><li>Advanced clerica</li></ul>						
<ul><li>Intermediate cle</li><li>Intermediate pro</li></ul>						
Elementary cleri     Labourers and re	cal, sales and ser					
Caboulers and re	elated workers					
2 Do you currently reside	(Please fill in ON	E oval onl	y):			
<ul><li>Alone</li><li>With a partner</li></ul>						
<ul><li>With a friend</li><li>With family</li></ul>						
Other arrangement -	Please list:					
Are you currently an ac	tive member of a	ny oosial	aluba ar 4	aroupo?		
○ No → Please go t		ily Social	ciubs or (	groups :		
○ Yes → Please indi		<ul><li>1</li><li>2</li></ul>	$\bigcirc$ 3	<ul><li>5</li><li>6</li></ul>	<ul><li> 7</li><li> 8 or more</li></ul>	
			<b>.</b>	<b>0</b>		
4 Do you do any charity o		?				
<ul><li>○ No → Please go t</li><li>○ Yes → Please indi</li></ul>		o 1	<b>3</b>	<b>5</b>	<ul><li>7</li><li>8 or more</li></ul>	
		<b>2</b>	<b>4</b>	<b>6</b>	<ul><li>8 or more</li></ul>	
5 How often might you m		see a fan	nily meml	oer, friend	or group of friend	s?
Please fill in ONE oval on	ıly.					
<ul><li>Never</li><li>Less than Monthly</li></ul>						
<ul><li>Monthly</li></ul>						
<ul><li>Fortnightly</li><li>Weekly</li></ul>						
<ul><li>Daily</li></ul>						

6	What types of events or entertainment
	have you undertaken in the last
	2 months?

Please fill in ovals for any events or entertainment you have attended.

Nil	
Movies	
Plays / Drama	$\circ$
Pub / RSL Club	
Concert / Recital	$\circ$
Special Performance	
Dancing	$\circ$
Visiting friends	
Sporting event	$\circ$
Restaurant	
Other –	
Describe:	
<u></u>	

7 How would you spend a typical	day?
---------------------------------	------

Please fill in ovals for any of the following activities if you undertake them on a typical day.

Sleep / Nothing	
House work	
TV	$\bigcirc$
Radio	
Listening to Music	$\bigcirc$
Email	000000000000000000
Internet use	$\bigcirc$
Walking	
Gardening	$\bigcirc$
Crosswords or Sudoku	
Pet Care	$\bigcirc$
Socialising	
Reading	$\bigcirc$
Writing	
Studying	
Teaching	
Volunteer work	$\bigcirc$
Paid work	
Strategic games	
(e.g. Chess, Bridge, Cards)	
Helping friends / family	
Artistry	
(e.g. drawing, painting, sculpture,	
creative writing, acting, etc)	
Prayer / Religious activity	
Playing Music	
Brain Training Games	
(e.g. on computer or Nintendo)	
Learning something new	
Hobby / Pastime	0
Intellectual / Professional	0
Taking care of grandchildren	
Sewing / knitting / embroidering	

8	How do you usually acquire your
	information about world and national
	events?

Fill in as many ovals as are relevant to you

No particular way	$\bigcirc$
Friends	
TV	
Radio	
Newspapers	
Magazines	
Internet	
Other –	
Describe:	

### What kinds of materials are you reading on a regular basis?

Fill in as many ovals as appropriate

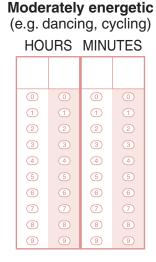
Just what is needed to get by				
Newspaper articles				
Magazines articles				
Novels				
Fiction stories	0			
Journals or Monographs				
Non-Fiction Books				
All of above				
Other –				
Describe:				

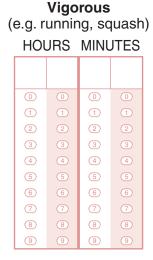
10 Please give the typical <u>number of hours per week</u> you spend in sports and physical activities. (Enter '0' in hours and minutes if not undertaken at all.)

Number of hours per week spent in sports or physical activities.

Example: 1 hour and 35 minutes					
0	1	3	5		
-	0	0	0		
1	•	1	1		
2	2	2	2		
3	3		3		
4	4	4	4		
5	5	(5)	-		
6	6	6	6		
7	7	7	7		
8	8	8	8		
9	9	9	9		

Mildly energetic (e.g. walking, weeding) HOURS MINUTES						
	0	0	0	0		
	1	1	1	1		
	2	2	2	2		
	3	3	3	3		
	4	4	4	4		
	5	5	5	5		
	6	6	6	6		
	7	7	7	7		
	8	8	8	8		
	9	9	9	9		
	(9)	9)	9)	(9)		





The following questions also apply to the current period in your life from 65 years of age.

## **NON-SPECIFIC**

Tip! Please choose only one option in each question.

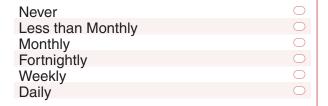
1 How often are you seeing a member of your family or friend during this time?

Never	
Less than Monthly	
Monthly	
Fortnightly	
Weekly	
Daily	
•	

3 How often do you practice or develop an artistic pastime (e.g. drawing, painting, sculpture, creative writing, acting, etc)?

Never Class than Monthly Class t

2 How often are you practicing or playing a musical instrument?



- 4 How often do you take part in sports or activities that are mildly energetic, moderately energetic or vigorous:
- 4a. Mildly energetic: e.g. walking, woodwork, weeding, hoeing, bicycle repair, playing pool, general housework.

Never	
Less than Monthly	
Monthly	
Fortnightly	
Weekly	
Daily	

4b.	Moderately energetic: e.g. scrubbing, polishing car, dancing, golf, cycling, decorating, lawn mowing, leisurely		6 How often do you read (material of any sort) for more than 20 minutes?			
	swimming.			Never		
				Less than Monthly		
	Never			Monthly		
	Less than Monthly			Fortnightly		
	Monthly			Weekly		
	Fortnightly			Daily		
	Weekly			Daily		
4.5	Daily  Viscours of the standard and antispring			How often do you practice speaking, reading, writing or learning a second		
4C.	Vigorous: e.g. running, hard swimming, tennis, squash, digging, cycle racing.			language?		
				Never		
	Never			Less than Monthly		
	Less than Monthly			Monthly		
	Monthly			Fortnightly		
	Fortnightly			Weekly		
	Weekly			Daily		
	Daily			Daily		
	muuto Luot					
	Have you had any other pastime, hobby o questionnaire?  Yes No	or spe	eciai II	nterest NOT mentioned in this		
[1	Yes, please list:					

<ul> <li>Since the age of 65 years, have you undertaken any form of formal study?</li> <li>Yes</li> <li>No</li> <li>If Yes, please indicate the precise nature on the list below.</li> </ul>												
Tip! If you choose one option, please complete the entire row.												
Type of Course	Number of Years enrolled in course?			Full-time or Part-time?	% of course you complete							
Clerical, administrative or basic book-keeping training	<ul><li>1</li><li>4</li></ul>	<ul><li>2</li><li>5</li></ul>	<ul><li>○ 3</li><li>○ 6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50°</li><li>10°</li></ul>						
Business Course	<ul><li>1</li><li>4</li></ul>	<ul><li>2</li><li>5</li></ul>	<ul><li>3</li><li>6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50°</li><li>10°</li></ul>						
Trade Apprenticeship	<ul><li>1</li><li>4</li></ul>	<ul><li>2</li><li>5</li></ul>	<ul><li>3</li><li>6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50°</li><li>10°</li></ul>						
Other Technical Course	<ul><li>1</li><li>4</li></ul>	<ul><li>2</li><li>5</li></ul>	<ul><li>3</li><li>6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50°</li><li>10°</li></ul>						
College Diploma	<ul><li>1</li><li>4</li></ul>	<ul><li>2</li><li>5</li></ul>	<ul><li>3</li><li>6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50°</li><li>10°</li></ul>						
University Undergraduate (3 or 4 year degree)	<ul><li>1</li><li>4</li></ul>	<ul><li>2</li><li>5</li></ul>	<ul><li>○ 3</li><li>○ 6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50°</li><li>10°</li></ul>						
University Undergraduate (5 or 6 year degree, e.g. Medicine)	<ul><li>1</li><li>4</li></ul>	<ul><li>2</li><li>5</li></ul>	<ul><li>○ 3</li><li>○ 6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50°</li><li>10°</li></ul>						
University Masters	<ul><li>1</li><li>4</li></ul>	<ul><li>2</li><li>5</li></ul>	<ul><li>3</li><li>6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50°</li><li>10°</li></ul>						
University PhD / Doctorate	<ul><li>1</li><li>4</li></ul>	<ul><li>2</li><li>5</li></ul>	<ul><li>3</li><li>6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50°</li><li>10°</li></ul>						
Other Graduate Course	<ul><li>1</li><li>4</li></ul>	<ul><li>2</li><li>5</li></ul>	<ul><li>3</li><li>6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50°</li><li>10°</li></ul>						
Any other course(s)? Please note down the name of the course(s), number of years enrolled, part-time or full-time, and whether it was fully completed.	<ul><li>1</li><li>4</li></ul>	<ul><li>2</li><li>5</li></ul>	<ul><li>3</li><li>6</li></ul>	<ul><li>Full-time</li><li>Part-time</li></ul>	<ul><li>25%</li><li>75%</li></ul>	<ul><li>50°</li><li>10°</li></ul>						

Thank you for taking the time to complete this questionnaire. Please revise your responses one last time and then put your completed LEQ into the pre-paid envelope and mail back to our centre.

DO NOT WRITE IN THIS AREA.	

PLEASE PRINT