

# **American Time Use Survey**

## **Well-being Module Questionnaire**

**June**  
**2022**

The 2021 Well-being Module was last collected in the ATUS under OMB control #1220-0185 from March 1, 2021 through December 31, 2021.

## **Introduction**

A Well-Being (WB) Module, sponsored by the National Institute on Aging (NIA), was added to the ATUS and fielded for three full years—in 2010, 2012, and 2013. This module used the ATUS diary to capture how people felt during three randomly-selected activities. Specifically, respondents were asked to rate how happy, tired, sad, stressed, and in pain they felt. The module also captured how meaningful the activities were and whether they were interacting with anyone during the selected activities. These questions were not asked for times respondents reported sleeping, grooming, and engaging in personal activities. Respondents also were asked a few questions about their general health.

Starting in 2012, two additional questions were added to the WB Module that collected data about life satisfaction and respondents' emotional experience on the diary day. These questions provide information about the quality of life in the United States and they can be used to develop measures of well-being.

The University of Minnesota and the University of Maryland sponsored collection of the WB Module in the ATUS between March 1, 2021 and December 31, 2021.

The Well-being Module begins with an introductory screen explaining the purpose of the module questions, and then proceeds to the screen asking how the respondent felt during the selected activities.

### QUESTIONS 1 THROUGH 7

Now I want to go back and ask you some questions about how you felt yesterday. We're asking these questions to better understand people's health and well-being during their daily lives. As before, whatever you tell us will be kept confidential. The computer has selected 3 time intervals that I will ask about.

Between [STARTTIME OF EPISODE] and [STOPTIME OF EPISODE] yesterday, you said you were doing [ACTIVITY]. The next set of questions asks how you felt during this particular time.

Please use a scale from 0 to 6, where a 0 means you did not experience this feeling at all and a 6 means the feeling was very strong. You may choose any number 0,1,2,3,4,5 or 6 to reflect how strongly you experienced this feeling during this time.

1. Happy                      First, from 0 – 6, where a 0 means you were not happy at all and a 6 means you were very happy, how happy did you feel during this time?
2. Tired                        From 0 – 6, where a 0 means you were not tired at all and a 6 means you were very tired, how tired did you feel during this time?
3. Stressed                    From 0 – 6, where a 0 means you were not stressed at all and a 6 means you were very stressed, how stressed did you feel during this time?
4. Sad                         From 0 – 6, where a 0 means you were not sad at all and a 6 means you were very sad, how sad did you feel during this time?
5. Pain                         From 0 – 6, where a 0 means you did not feel any pain at all and a 6 means you were in severe pain, how much pain did you feel during this time if any?
6. Meaningful                From 0 to 6, how meaningful did you consider what you were doing? 0 means it was not meaningful at all to you and a 6 means it was very meaningful to you.

[THE ORDER OF THE AFFECTIVE DIMENSIONS (ITEMS 1-5) WAS RANDOMIZED BY RESPONDENT].

7. Were you interacting with anyone during this time, including over the phone? (Yes/No)

These screens demonstrate the introduction to the module and the questions about the respondent's feelings:

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Now I want to go back and ask you some questions about how you felt yesterday.

We're asking these questions to better understand people's health and well-being during their daily lives.

As before, whatever you tell us will be kept confidential.

The computer has selected 3 time intervals that I will ask about.

1. Enter 1 to Continue

Introduction 1

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Between 12:00 PM and 1:00 PM yesterday, you said you were watching tv. The next set of questions asks how you felt during this particular time.

Please use a scale from 0 to 6, where a 0 means you did not experience this feeling at all and a 6 means the feeling was very strong. You may choose any number 0,1,2,3,4,5 or 6 to reflect how strongly you experienced this feeling during this time.

1. Enter 1 to Continue

Activity	Time	Intro	SAD	PAIN	STRESSED	HAPPY	TIRED	MEANING	INTERACT
Watching TV	12:00 PM - 1:00 PM	<input type="text" value="1"/>	<input type="text"/>						
eating	6:00 PM - 7:00 PM	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
driving home	10:00 PM - 11:00 PM	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Questions appearing in the 2012, 2013, and 2021 Well-being Modules:

[CANTRIL\_INT] Thank you. We're going to switch focus now. The next two questions ask you to think about your life in general, not just in terms of the specific activities we just talked about. And, rather than using a 6-point scale to represent how you feel, we'll be using a 10-point scale. To begin,

8. [CANTRIL] Please imagine a ladder with steps numbered from zero at the bottom to ten at the top. The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you.

If the top step is 10 and the bottom step is 0, on which step of the ladder do you feel you personally stand at the present time?

9. [TYPICAL] Thinking about yesterday as a whole, how would you say that your feelings, both good and bad, compared to a typical [fill day of the week]? Were they better than a typical [fill day of the week], the same as a typical [fill day of the week], or worse than a typical [fill day of the week]?

The next set of questions asks about the respondent's health in general.

PAIN ITEM # 1

10. Did you take any pain medication yesterday, such as Aspirin, Ibuprofen or prescription pain medication?

[INTERVIEWER NOTE: IF MENTIONS A DRUG, CODE AS A YES. FOR EXAMPLE, TYLENOL AND ALEVE ARE BOTH PAIN MEDS.]

Yes

No

HEALTH STATUS # 1

11. Finally, I have a couple of questions about your health. Would you say your health in general is excellent, very good, good, fair, or poor?

1. EXCELLENT

2. VERY GOOD

3. GOOD

4. FAIR

5. POOR

9. DON'T KNOW/REFUSED

HEALTH STATUS # 2

12. In the last five years, were you ever told by a doctor or other health professional that you have hypertension, also called high blood pressure, or borderline hypertension?

Yes

No

HEALTH STATUS # 3

13. When you woke up yesterday, how well-rested did you feel? Did you feel very rested, somewhat rested, a little rested, or not at all rested?

Very

Somewhat

A little

Not at all

This screen shows the last HEALTH STATUS question.

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**When you woke up yesterday, how well-rested did you feel? Did you feel very rested, somewhat rested, a little rested, or not at all rested?**

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

PAIN1	1	Yes
HEALTH1	2	Verygood
HEALTH2	1	Yes
HEALTH3		