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An Roinn Leanaí  
agus Gnóthaí Óige  
Department of  
Children and Youth Affairs



Trinity College Dublin  
Coláiste na Tríonóide, Baile Átha Cliath  
The University of Dublin

C4M

AREA

HHOLD

YA No

Interviewer Name \_\_\_\_\_ Interviewer Number

## GROWING UP IN IRELAND

### Time-Use Diary

#### STRICTLY CONFIDENTIAL

As part of the *Growing Up in Ireland* project we would like to record details on how 20-year-olds in Ireland spend their time.

We would like you to complete this Time-use Diary, as shown by the interviewer.

Simply mark the booklet on pages 4 and 5 to indicate what you were doing for each quarter hour in the day. To do this draw an arrow through the relevant 15 minute slots to indicate what you were doing.

If you were engaged in a number of activities in any given 15-minute time period we would like you to record your MAIN activity – for example, if at some time in the course of the day you were watching TV and also eating a snack and if you considered your main activity to have been watching the TV at that time then record this in Line 16 – Watching TV, Films, Videos or DVDs - rather than in Line 3 on Eating.

Once again we would like to assure you that all of the information provided will be treated in the strictest confidence and will not be revealed in any way which could be associated with your name or address.

#### TIME-USE DIARY

*Day on which we would like this diary to be completed:*

**DAY** \_\_\_\_\_ **DATE** \_\_\_\_\_

**T1. Please record the day and date of the Time-use Diary Day, i.e. the day the activities relate to:**

Day: \_\_\_\_\_ Date: \_\_\_\_\_  
DD/MM

**T2. Was this:**

- A work day ..... ☐ 1
- A college day ..... ☐ 2
- A weekend day ..... ☐ 3
- A holiday or family celebration ..... ☐ 4
- A day when something special was happening in your home (someone was sick/visiting, a family crisis, etc.) .... ☐ 5

**T3. When did you fill in the diary? Please tick (✓) one box.**

- Now and then during the diary day ..... ☐ 1
- At the end of the diary day ..... ☐ 2
- The day after the diary day ..... ☐ 3
- Later ..... ☐ 4

→ **T4. About how many days after? \_\_\_\_\_ days**

**PLEASE RETURN THIS COMPLETED TIME-USE DIARY AND FOOD FREQUENCY QUESTIONNAIRE IN THE ENCLOSED PRE-PAID ENVELOPE TO THE ECONOMIC AND SOCIAL RESEARCH INSTITUTE.**

**THE ASSISTANCE OF YOU AND YOUR FAMILY IN THE GROWING UP IN IRELAND PROJECT IS GREATLY APPRECIATED AND WILL HOPEFULLY HELP ALL YOUNG ADULTS IN IRELAND OVER THE COMING YEARS.**

## Time Use Diary (20-year study)

### Worked Example

The purpose of the Time-Use Diary is to record details on the way you use your time on the reference day specified on the front of this questionnaire. We would like you to fill it out at some point in the course of that day or the following.

The Time-Use Diary records what you did for each 15-minute slot in the reference day.

To fill out the Time-Use Diary we would like you to start at Midnight (00.00am) and draw an arrow through the boxes to indicate what you were doing for each 15-minute period.

In the worked example overleaf the Young Person's day was as follows:

- Sleeping until 8.00am (arrow from midnight to 8.00am shows sleeping) [Line 1]
- Personal care – getting washed and dressed – from 8.00-8.15 am. [Line 2]
- Eating breakfast from 8.15-8.30 am. [Line 3]
- Travelling to work from 8.30 to 9.00am. [Line 4]
- At work from 9.00am until 5.00pm. [Line 6]
- Travelling home from 5.00-5.30pm. [Line 4]
- Having a meal from 5.30-6.00pm on arriving home. [Line 3]
- Attending a football match from 6.00-7.00pm. [Line 11]
- Watching TV from 7.00-8.00pm. [Line 16]
- Having a meal (dinner) from 8.00-8.30 pm. [Line 3]
- Reading a book from 8.30 to 9.00pm. [Line 18]
- Playing computer games from 9.00 – 10.30pm. [Line 13]
- Personal care – taking a shower – from 10.30-10.45pm. [Line 2]
- Going to bed and sleeping from 10.45pm to midnight [Line 1]

*[This example is not intended to suggest that the 20-year-old should do these activities. It is included only to show how the Time-Use diary is filled out.]*

**We would like you to fill out the Time-Use Diary in the same way as the example above to show how you spent your time on the day specified on the front of the Time Use Diary.**



Activity (AM)	00.00 am				01.00 am				02.00 am			
	15	30	45		15	30	45		15	30	45	
1. SLEEPING / RESTING (including time trying to get to sleep, trying to get up)												
2. PERSONAL CARE OR GETTING READY (showering, washing, dressing, brushing teeth or hair, doing make-up, getting changed or ready for work/college, for training, for going out or for going to bed)												
3. EATING (breakfast, lunch, dinner, tea)												
4. TRAVELLING (to or from work/college or elsewhere)												
5. AT COLLEGE												
6. AT WORK												
7. DOING COLLEGE WORK OR STUDYING												
8. JUST HANGING AROUND WITH FRIENDS (outside or inside)												
9. SPENDING TIME WITH FAMILY												
10. AT THE GYM, PLAYING SPORT OR DOING PHYSICAL EXERCISE (training, matches)												
11. ATTENDING A SPORTS EVENT												
12. USING THE INTERNET / EMAILING (including social networking, browsing etc)												
13. PLAYING COMPUTER GAMES (e.g. Playstation, PSP, X-Box or Wii)												
14. TALKING ON THE PHONE OR TEXTING												
15. MUSIC LESSONS (OR PRACTICING MUSIC), DRAMA, CLASSES ETC												
16. WATCHING TV, FILMS, VIDEOS OR DVDS												
17. LISTENING TO MUSIC												
18. READING FOR PLEASURE OR INTEREST (not for work or college/study)												
19. HOUSEWORK (preparing food, tidying bedroom, feeding pets)												
20. HOBBIES AND OTHER LEISURE ACTIVITIES												
21. OUT SHOPPING TO BUY THINGS (groceries, clothes etc).												
22. GOING TO DISCOS OR BARS, ETC.												
23. GOING TO PARTY OR OTHER SOCIAL EVENT (in people's houses)												
24. OTHER (SPECIFY) _____												
Activity (PM)	12 noon				01.00 pm				02.00 pm			
	15	30	45		15	30	45		15	30	45	
1. SLEEPING / RESTING (including time trying to get to sleep, trying to get up)												
2. PERSONAL CARE OR GETTING READY (showering, washing, dressing, brushing teeth or hair, doing make-up, getting changed or ready for work/college, for training, for going out or for going to bed)												
3. EATING (breakfast, lunch, dinner, tea)												
4. TRAVELLING (to or from work / college or elsewhere)												
5. AT COLLEGE												
6. AT WORK												
7. DOING COLLEGE WORK OR STUDYING												
8. JUST HANGING AROUND WITH FRIENDS (outside or inside)												
9. SPENDING TIME WITH FAMILY												
10. AT THE GYM, PLAYING SPORT OR DOING PHYSICAL EXERCISE (training, matches)												
11. ATTENDING A SPORTS EVENT												
12. USING THE INTERNET / EMAILING (including social networking, browsing etc)												
13. PLAYING COMPUTER GAMES (e.g. Playstation, PSP, X-Box or Wii)												
14. TALKING ON THE PHONE OR TEXTING												
15. MUSIC LESSONS (OR PRACTICING MUSIC), DRAMA, CLASSES ETC												
16. WATCHING TV, FILMS, VIDEOS OR DVDS												
17. LISTENING TO MUSIC												
18. READING FOR PLEASURE OR INTEREST (not for work or college/study)												
19. HOUSEWORK (preparing food, tidying bedroom, feeding pets)												
20. HOBBIES AND OTHER LEISURE ACTIVITIES												
21. OUT SHOPPING TO BUY THINGS (groceries, clothes etc).												
22. GOING TO DISCOS OR BARS, ETC.												
23. GOING TO PARTY OR OTHER SOCIAL EVENT (in people's houses)												
24. OTHER (SPECIFY) _____												

Activity	03.00 am 15 30 45	04.00 am 15 30 45	05.00 am 15 30 45	06.00 am 15 30 45	07.00 am 15 30 45	08.00 am 15 30 45	09.00 am 15 30 45	10.00 am 15 30 45	11.00 am 15 30 45
1. SLEEPING									
2. PERS. CARE									
3. EATING									
4. TRAVELLING									
5. COLLEGE									
6. WORK									
7. STUDY									
8. FRIENDS									
9. FAMILY									
10. EXERCISE									
11. SPORT EVE.									
12. INTERNET									
13. COMP. GAME									
14. PHONE									
15. CLASSES									
16. TV, FILMS									
17. MUSIC									
18. READING									
19. HOUSEWORK									
20. HOBBIES									
21. SHOPPING									
22. BARS									
23. PARTY									
24. OTHER									

  

Activity	03.00 pm 15 30 45	04.00 pm 15 30 45	05.00 pm 15 30 45	06.00 pm 15 30 45	07.00 pm 15 30 45	08.00 pm 15 30 45	09.00 pm 15 30 45	10.00 pm 15 30 45	11.00 pm 15 30 45
1. SLEEPING									
2. PERS. CARE									
3. EATING									
4. TRAVELLING									
5. COLLEGE									
6. WORK									
7. STUDY									
8. FRIENDS									
9. FAMILY									
10. EXERCISE									
11. SPORT EVE.									
12. INTERNET									
13. COMP. GAME									
14. PHONE									
15. CLASSES									
16. TV, FILMS									
17. MUSIC									
18. READING									
19. HOUSEWORK									
20. HOBBIES									
21. SHOPPING									
22. BARS									
23. PARTY									
24. OTHER									

**Thank you for taking the time to complete this questionnaire. Please return this completed Time-Use Diary Questionnaire in the pre-paid envelope provided to the Economic and Social Research Institute.**

