

## Growing Up in Ireland Cohort 98 at 25 years of age

# 25-year-old Main Questionnaire

#### Introduction

Welcome to this survey from the Growing Up in Ireland (GUI) survey. If there is any question you do not wish to answer, you do not have to do so. Please press 'Start' to begin.

Growing Up in Ireland (GUI) is the national longitudinal study of children and young people and will be run by the CSO for the first time in 2023.

The purpose of the main survey will be to gather data that helps us understand the issues facing young adults in Ireland today. This will help policy makers make decisions about services for young people and their families.

You can find more information about the survey, as well as view the transparency notice, with the following link:

https://www.cso.ie/en/surveys/householdsurveys/growingupinirelandsurvey/

Contact details: Webpage for further information www.cso.ie.

Telephone the CSO head office on 021 453 5110, Email us at growingup@cso.ie

Respon\_DOB What is your date of birth?\_\_DDMMYYYY\_\_

Respon\_Sex What is your sex? 1.Male 2.Female

email\_address Can you please confirm your email address? \_\_\_\_\_

telephone\_number Can you please confirm your telephone number? \_\_\_\_\_

address\_confirmation Is the address below your main residential address?

1.Yes, the address is correct 2.No, the address needs to be amended

Living\_ROI Are you living in the Republic of Ireland

1.Yes 2.No Goto Emigration

address\_update Can you provide your new address please? \_\_\_\_\_\_

# If Living\_ROI Are you living in the Republic of Ireland = 2.No. Emigration

Emigration					
relocate_date When did you move abroad?					
LIVE_abroad_country What country did you move to? enter first 3 letters.					
emigrate_reason What was the main reason for leaving the Republic of Ireland?					
1. Employment					
2. Family reasons					
3. Partner/Spouse					
4. Education or training					
5. Holiday / Travel					
6. Other (specify)					
LIVPCT_abroad How long do you intend to live abroad in total?					
1. Less than 12 months					
2. 12 months or more					
3. Don't know					
emigrate_roi_return Do you intend to emigrate back to the Republic of Ireland?					
1.Yes 2.No					

Exit Questionnaire Thank you.

н		110	ar	าต
11	U	us	110	ıч

## Fixed Accommodation

OCCUPY Is the dwelling?		
1. Owner-occupied		
2. Being rented (owner not in residence in this hous	ehold)	
total_property_rent How much rent does yo the property?	our HOUSE	HOLD pay per MONTH for
your_property_rent How much rent do YOU	pay per M	ONTH?
3. Not owned by occupant(s) and being occupied re	ent free	
4. Not owned by occupant(s) and rent free to some		) of the household only
5. Owner occupied and rented out to some member	`	•
own_property Do you own the property?	1.Yes	2.No
T22 How much is the current monthly payments for mortgage/life insurance or other		
If own_property ≠ 1 own_property_other Is the property	owned by	?
1. Your partner		
2. Your parent(s)		
3. Other relation(s)		
4. Unrelated person		
5. A private letting company		
6. A local authority		
7. A voluntary/co-operative housing body		
8. Your or your partner's employer		
If Occupy ≠ 2 pay_rent Do you pay rent for this dwelling? financial contributions (utilities, groceries, etc) will follow	•	n about other household 1.Yes 2.No
your_property_rent How much rent do YOU pay	per MONT	H?

If paying rent or mortgage. housing\_burden To what extent would you describe your rent/mortgage to be a burden to YOU?

- 1. A great burden
- 2. A bit of a burden
- 3. Not really a burden at all

bedroom\_num How many bedrooms are in this accommodation? \_\_\_\_\_

bathroom\_num How many bathrooms are in this accommodation? \_\_\_\_\_

living\_space Is there adequate living space for the number of people who live here – kitchen, dining, sitting room(s)? 1.Yes 2.No

Remote\_suitable Is your current work suitable for remote working?

1. 1.Yes, fully 2.Yes, partially 3.No 4.N/A

remote\_work\_space Is there a suitable space for you to work from home if you need to?

1.Yes 2.No

property\_problems Does the property have any problems with: Tick all that apply

- 1. Dampness
- 2. Insulation/draughts
- 3. Noise
- 4. Infestation, e.g. mice, rats, cockroaches
- 5. None of the above

internet\_connection\_type What type of internet connection does your household have?

- 1. Fixed broadband (e.g. phone/TV cable, internet cable, etc)
- 2. Mobile broadband (e.g. 3G, 4G, dongle, etc)
- 3. Satellite broadband (via roof antenna)
- 4. Other connection (\_\_\_\_specify)
- 5. No internet connection

Relationship\_Desc Which of the following best describes your current relationship status?

- 1. Single, not dating
- 2. Casually dating but not exclusive
- 3. Dating one person
- 4. Cohabiting

partner\_share\_income Do you share income with your spouse/partner?

1.Yes 2.No

- 5. Engaged
- 6. Married
- 7. In a civil partnership
- 8. Separated
- 9. Divorced
- 10. Widowed
- 11. Other

If Relationship\_Desc = 3, 5,6 or 7. Couples\_Living Do you live with this person as a couple?

1.Yes 2.No 3.Prefer not to say

partner\_share\_income Do you share income with your spouse/partner?

1.Yes 2.No

future\_move Are you planning to move in the future?

1.Yes

2.No

future\_move\_time In how many years?

- 1. In the next year
- 2. In 1-2 years time
- 3. In 3-5 years time
- 4. In more than 5 years time

future\_living\_arrangements Who do you expect to be living with after your next move?

- 1. Alone
- 2. With partner
- 3. With partner and others
- 4. With friends
- 5. With parent(s)/family/guardian(s)
- 6. Others

home\_buy\_expectation Do you expect to buy a home in the future?

1.Yes

2.No

home\_reasons

Why not? Tick all that apply

1. Could not afford deposit
2. Do not qualify for a mortgage
3. Was refused a mortgage
4. Not ready for home ownership at present
5. No interest in home ownership at any time
6. Prefer to rent
7. Satisfied with current living arrangements
8. None of the above

housing\_cost Do you save regularly towards future housing costs or needs (e.g. for a mortgage)?

1.Yes

2.No

housing\_cost\_reason

1.Cannot afford to

2.Other reason

	cality_scale To what extent do you agree or sagree with these statements about your local ea	Strongly agree	Agree	Disagree	Strongly disagree
a.	This is a safe area				
b.	There is good access to services that I need in this area				
C.	There are suitable leisure / sports facilities in this area				
d.	I have family/ friends living in this area				

live\_abroad Have you always lived in Ireland, or have you lived elsewhere at times? This refers to a continuous stay in another country of more than 6 months.

1.I have always lived in Ireland	2.I lived elsewhere
lived_abroad_num How many other c	ountries have you lived in?
PrevCountry_2 What country did you l	ive in previously?
emigrate_reason What was the main r	reason for leaving the Republic of Ireland?
1. Employment	
<ol><li>Family reasons</li></ol>	
3. Partner / spouse	
4. Education or training	
live_abroad_qual_details Did y	you attain a qualification in this country?
i. Course was part of Eras	mus
ii. Yes	
live_abroad_co	urse Please provide the full name of the
	bleted
	urse_qual Please provide the qualification
attained	200_quax i iedoe provide trie qualification
	college Please provide the name and address
	nstitution
iii. No	
5. Holiday / travel	
-	
6. Other (specify)	

## Activities, Attitudes and Politics

fun\_activities\_list Which of these activities do you regularly do for fun or to relax? Tick all that apply

- 1. Waking/hiking
- 2. Reading for pleasure
- 3. Listening to music
- 4. Watching TV
- 5. Singing or playing an instrument
- 6. Craftwork/hobbies
- 7. Spending time with pets
- 8. Participating in sport (with others)
- 9. Participating in individual sports (e.g. horse riding, cycling, going to the gym, running, dancing, etc.)
- 10. Going to clubs, pubs, parties or other social events /socialising with friends
- 11. None of the above

	None	Less than 1 hour	1 hour up to 2 hours	2 up to 3 hours	3 up to 5 hours	More than 5 hours
weekday_screen_leisure On a typical WEEKDAY, how much screen time do you spend for LEISURE?						
weekend_screen_leisure On a typical WEEKEND day, how much screen time do you spend for LEISURE?						
weekday_screen_work On a typical WEEKDAY, how much screen time do you spend for WORK / STUDY?						
weekend_screen_work On a typical WEEKEND day, how much screen time do you spend for WORK / STUDY?						

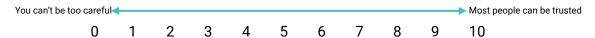
driving\_licence\_type Do you have a full or provisional driving licence for any of the following vehicle types? Car, van, moped/motorcycle

1. Full 2.Provisional 3.None

motor\_veh\_access Do you have access to a car, van or moped/motorcycle for your personal use?

- 1. Yes, I have my own vehicle
- 2. Yes, I can use a family vehicle whenever I need to
- 3. I can use a family vehicle sometimes
- 4. No

trust\_general Generally speaking, would you say that most people can be trusted? Please give your answer on a scale of 0 to 10, where 0 means that "you can't be too careful in dealing with people" and 10 means that "most people can be trusted"?



politics\_interest Generally speaking, how interested would you say you are in politics? Please give your answer on a scale of 0 to 10, where 0 means "Not at all interested" and 10 means you are "Very interested"?



political\_activities Please indicate which activities if any, you were involved in over the last twelve months. Tick all that apply

- 1. Contacted a politician or councillor
- 2. Worked (on a voluntary basis or otherwise) in a political party
- 3. Worked (on a voluntary basis or otherwise) with an environmental group
- 4. Worn or displayed a campaign badge / sticker
- 5. Signed a petition (paper, email, on-line) about a political or social issue
- 6. Took part in a public demonstration
- 7. Boycotted certain products for political, social or environmental reasons
- 8. Posted or shared anything about politics online
- 9. None of the above

social_concerns Please rate how concerned you	Not	Somewhat	Very .
are about the following issues.	concerned	concerned	concerned
social_concerns_climate Climate change			
social_concern_racism Racism			
soc_concern_gender_ineq Gender inequality			
soc_concern_animal Animal rights			
social_concerns_poverty Poverty in Ireland			
social_concerns_employment Access to decent			
employment opportunities in Ireland			
social_concerns_housing Access to housing in			
Ireland			
social_concerns_richpoor Global gap between			
rich and poor countries			

## Health

Respon\_Health In general, how would you say your current health is?

- 1. Excellent
- 2. Very good
- 3. Good
- 4. Fair
- 5. Poor

MedProb Do you have	any on-go	ing chronic physical or mental health problems, illness or
disability?	1.Yes	2.No

MedProb\_type What is the nature of this problem, illness or disability? Tick all that apply.

- 1. Respiratory system (e.g. asthma, chronic disease such as COPD obstructive pulmonary disease, other respiratory diseases)
- 2. Endocrine diseases (metabolic disorders e.g., diabetes, disorders of thyroid gland, nutritional deficiencies)
- 3. Nervous system (e.g. Parkinson disease, Alzheimer disease, multiple sclerosis, epilepsy, cerebral palsy)
- 4. Digestive system (e.g. inflammatory bowel disease, Crohn's disease, diseases of the digestive system including liver and colon)
- 5. Musculoskeletal (e.g. osteoporosis, osteoarthritis, muscular skeletal disorders)
- 6. Mental health (e.g. depression, schizophrenia, anxiety, eating disorders)
- 7. Intellectual disability (significantly reduced ability to understand new or complex information and to learn and apply new skills)

Intellectual\_disability Would your intellectual disability be ...

- i. Mild
- ii. Moderate
- iii. Severe
- iv. Don't know
- 8. Physical or sensory disabilities (e.g., physical impairment, visual impairment, hearing impairment)
- 9. Autism spectrum disorders (e.g. autism, Asperger syndrome)
- 10. Emotional or behavioural disorders (e.g., attention deficit hyperactivity disorder/ADD)
- 11. Other illness (\_\_\_\_specify)

If MedProb\_type > 1 MedProb\_type\_severe Which of the following would you consider as the most severe problem, illness or disability? [Choose one of MedProb\_type chosen options]

medically\_diagnosed Has this problem, illness or disability been diagnosed by a medical professional? Please answer the following in respect of the most severe problem/illness/disability.

1.Yes

2.No

MedProb\_Severe Are you hampered in your daily activities by this problem, illness or disability? Please answer the following in respect of the most severe problem/illness/disability.

- 1. Yes, severely
- 2. Yes, to some extent
- 3. No

hospital\_nights How many nights have you spent in hospital in total in the last 12 months, from illness or injury? \_\_\_\_\_

medcare_type_1C In the last 12 months, how many times have you seen or consulted, or talked on the phone with	N times	Don't know	Refused
a. A general practitioner (GP)			
b. A practice nurse			
c. Another medical doctor e.g. in a hospital			
d. Physiotherapist			
e. Psychologist, counsellor			
f. Psychiatrist			
g. Accident & Emergency			
h. Private emergency clinic			
i. Out-of-hours GP service			
j. Social Worker			
k. Alternative therapists			
I. Health helplines			
m. Dentist			
n. Other			

GP\_consultation Was there any time during the past 12 months when you really needed to consult a GP but did not?

1.Yes, there was at least one occasion 2.No, there was no such occasion

GP\_avoid\_reason What were your main reasons for not consulting a GP? Tick all that apply.

- 1. You couldn't afford to pay
- 2. No GP service available
- 3. You were afraid/embarrassed to visit the doctor
- 4. The premises was not accessible
- 5. Too far to travel/no means of transport
- 6. None of the above

medical\_insurance Are you covered by private medical insurance (not just travel insurance)?

1.Yes

2.No

medical\_insurance\_policy Is this your own policy, as part of your parents'/ family policy or provided by work?

1. Own policy

2. Parents' policy

3. Work

Medcard Do you have a GP visit card or medical card? A medical card is a card that entitles the owner/bearer to receive free or reduced-rate medical treatment in the Republic of Ireland. Tick all that apply

1. Yes, medical card

4. Other

- 2. Yes, GP visit card
- 3. Does not have a GP visit or medical card

covid\_yn Have you tested positive for COVID-19?

1.Yes

2.No

covid\_frequency How many times have you tested positive for COVID-19

1. Once

Twice
 More than twice

dental\_health How would you rate your dental health?

- 1. Excellent
- 2. Very good
- 3. Good
- 4. Fair
- 5. Poor

dentist\_visit\_freq Which of the following best describes how regularly you visit the dentist?

- 1. Twice a year or more often
- 2. Once a year
- 3. Once every two years
- 4. Once every three years
- 5. Only when there is a problem
- 6. Never / almost never

dentist\_consultation Was there any time during the past 12 months when you really needed to consult a dentist but did not?

1.Yes

2.No

dentist\_avoid\_reason What were your main reasons for not consulting a dentist?

- 1. You couldn't afford to pay
- 2. No dental service available
- 3. You were afraid/embarrassed to visit the dentist
- 4. The premises was not accessible
- 5. Too far to travel / no means of transport
- 6. None of the above

sleep\_diff Do you have any difficulty with sleep?

- 1. Yes, a lot of difficulty
- 2. Yes, some difficulty
- 3. No

sleep\_length\_hours / minutes On a normal week-night, how long do you usually sleep?\_\_

exercised\_yn In the last year, have you exercised to lose (or avoid gaining) weight?

1.Yes 2.No

dieted\_yn In the last year, have you dieted to lose (or avoid gaining) weight?

1.Yes 2.No

moderate\_exercise How many times in the last 7 days have you done at least 30 mins of moderate-intensity activity (that is, activity that causes a small increase in your heart rate and breathing e.g., brisk walking, cycling, swimming and active e travel/transport)?

- 1. None
- 2. 1 to 2 days
- 3. 3 to 4 days
- 4. 5 to 6 days
- 5. Everyday

vigorus\_exercise How many times in the last 7 days have you done at least 30 mins of vigorous-intensity activity (that is, activity that causes a large increase in your heart rate and breathing e.g. running, playing football, GAA or similar team sports and gym classes)?

- 1. None
- 2. 1 to 2 days
- 3. 3 to 4 days
- 4. 5 to 6 days
- 5. Everyday

C98w5_weightkg What is your weight? Please enter 'stones & lbs' or kgs	C98w5 w	eightkg What is	vour weight? Please ent	er 'stones & lbs'	or kas.
--	---------	-----------------	-------------------------	-------------------	---------

C98w5\_heightcm What is your height? Please enter 'feet & inches' or 'centimetres'. \_\_\_\_

#### Labour Market

activities\_history For the last five years, please indicate the total time you have spent in each of the following six activities {{in months}}?

Ac	etivity	Time in Months
1.	In employment (full-time/part-time)	
2.	Self-employment or farming	
3.	Unemployed (and seeking work)	
4.	III/disabled and outside labour force	
5.	On home duties	
6.	In full/part time education	

### Labour Force Details

D\_EMPSTAT is a derived variable of employment status (1=Employed, 2=Not employed, 9=Not applicable)

Wstator_PaidLFS Did you do ar Sunday {{refweek}}, even if it wa		orofit in the se	even days ending 2.No
Wstator_UnpaidLFS Did business owned by a me {{refweek}}? 1.Yes	, , ,	•	•
Wstator_AwayLFS week but expect to g	Did you have a job or bu	siness that y	ou were away from that 2.No
that week?  1. Holidays  2. Working time  3. Ill, injured or h  4. Maternity or p  If Respon  expect to  i. Th  ii. Me	LSex = 2 Female. maters be away from work for? hree months or less ore than three months bu	nsation of ov y nity_return_ ut less than 1	vertime work How long do you
v. Do 5. Job related tra 6. Parental leave	•		nave been absent from
income of 7. Off-season Signisal_ or duties	you continue to receiver r benefit? 1.Yes  TaskLFS Do you continu for the job or business de	2.No  ue to regularly uring the off-	3.Don't know y perform some tasks
	2.No 3.Don't kr temporarily 11.Don't know if Signisal_SalaryLFS = 2 g do you expect to be aw	or 3. Signisa	
i. Th ii. M iii. Do Sigr	ore than three months on't know hisal_DurDKLFS Can you		
	ready back at work		

## Questions asked if D\_EMPSTAT = 1 Employed

Num\_JobsLFS Besides the job or work that you just mentioned, do you have any other job as employee, self-employed or unpaid family worker?

- 1. No, only one job
- 2. Yes, one other job
- 3. Yes, several other jobs

WISHMORELFS Would you like to work more hours {{for more pay}}?

1.Yes

2.No

AVAILBLE\_WORKLFS In the two weeks following {{Ref date}} would you be available to work more hours either in your current job, or in a new job? 1.Yes 2.No

#### **Job Characteristics**

If Num\_JobsLFS = 2 or 3 Intro\_MainJob We will now talk about the job or work which you usually spend the most time on. 1.Continue

job\_start\_date When did you take up this job? \_\_\_\_\_\_

job\_status In relation to your current job/last job you held, how would you describe it?

- 1. Regular, full-time
- 2. Temporary, full-time
- 3. Regular, part-time
- 4. Temporary, part-time
- 5. Paid work placement / internship
- 6. Unpaid work placement /internship

job\_contract\_type Is your job contract a permanent one or is it temporary in some way? A permanent job is one that is expected to last as long as the employee wants it, given that business conditions permit. There is no predetermined termination date. A zero-hours contract is one where the employer is not obliged to provide any minimum number of working hours to the employee.

- 1. Fixed term written contract
- 2. Fixed term verbal contract
- 3. Permanent written contract
- 4. Permanent verbal contract
- 5. Zero-hours contract

## Questions asked if D\_EMPSTAT = 1 Employed

work\_typical Does your work involve any of the following? Tick all that apply

- 1. Working evenings, after usual office hours
- 2. Working weekends
- 3. Nights
- 4. Rotating shift work (e.g., days one week, nights the next)
- 5. Having to work unpaid overtime at short notice
- 6. Having to work paid overtime at short notice
- 7. None of the above

work\_locations\_per\_1C What percentage of your working week do you typically spend in the following locations?

Location	Percentage
1. Office	
2. Home	
3. Hub or co-working space	
4. Travelling for work (exclude commute time)	

Stapro\_Empstat In this job were you ...?

- 1. Self-employed with paid employees
- 2. Self-employed without paid employees
- 3. An employee
- 4. On a state-sponsored employment scheme (not Community Employment Scheme)
- 5. On a Community Employment Scheme
- 6. Unpaid family worker

NACE3D What is the main activity of the business or organisation where you work? "What does the business mainly make or do?" It is extremely important to enter a detailed description for this question. Not enough detail: Cars, Food, Software, Local Authority. Possible correct response: Repairing cars, Bread wholesaler, Software development and support, Local authority library service. \_\_\_\_\_\_

SOC4D What is your occupation in that job? "What did you mainly do in the business/organisation?" Please describe the occupation fully using the full job title. Not enough detail: Teacher, Manager, Engineer. Possible correct response: Secondary school teacher, Retail store manager, Electrical engineer. \_\_\_\_\_

Job\_stop\_gap Do you see your current job as a stop gap or as a start to a long-term career?

1.Stop gap

2.Start to a long-term career

### Questions asked if D\_EMPSTAT = 1 Employed

pathway\_satistifaction Looking back if you were free to choose again would you take the same pathway (education, training or job)? 1.Yes 2.No 3.Maybe Job\_Satisfaction\_2 Generally speaking, on a scale of 0 to 10, how well do/did you like your job, where a '0' indicates 'not at all' and '10' indicates 'completely satisfied.' Not at all satisfied 10 completely satisfied 2 3 5 6 7 8 9 If Num\_JobsLFS = 2 or 3. Stapro\_2 You indicated that you had more than one job during the week ending Sunday {{Ref date}}. We will now ask you a few questions about your second job, the one you spent the most hours on other than your main job. In this job were you...? 1. Self-employed with paid employees 2. Self-employed without paid employees 3. An employee 4. On a state-sponsored employment scheme (not Community Employment Scheme) 5. On a Community Employment Scheme 6. Unpaid family worker NACE2J2D What is the main activity of the business or organisation where you work "What does the business mainly make or do?" It is extremely important to enter a detailed description for this question. Not enough detail: Cars, Food, Software, Local Authority. Possible correct response: Repairing cars, Bread wholesaler, Software development and support, Local authority library service. \_\_\_ SOC2J4D What is your occupation in that job? "What did you mainly do in the business/organisation?" Please describe the occupation fully using the full job title. Not enough detail: Teacher, Manager, Engineer. Possible correct response: Secondary school teacher, Retail store manager, Electrical engineer. sec\_job\_start\_date When did you take up this second job? \_\_\_\_\_ hours\_worked How many hours do you usually work per week in all jobs? Please do not include the time you spend on lunch breaks but do include any regular overtime that you are expected to work. \_\_\_\_\_

## Questions asked if D\_EMPSTAT = 2 Not Employed

LOOKWORKLFS In the four weeks prior to Sunday {{refweek}}, have you done anything to find work? This includes looking for a job of only a few hours or any activity to start a business.

1.Yes

2.No

LOOKWK2 Have you perhaps already found a job? {{or are you returning to your current job}}

- 1. Yes but not started yet
  - SEEKWORK\_NEWJOB Do you expect to start this job before the week ending {{refweek + 13 weeks}}?

    1.Yes
    2.No
- 2. Yes. Started working after reference week
- 3. No

If derived variable D\_SEEKWORK = 5 not searching employment and has not found any job to start later. WANTWORKLFS Even though you were not looking for work in the last four weeks, would you like to work? Please consider any kind of work, including work of only a few hours. 1.Yes 2.No

If derived variable D\_WANTWORK = 1 (Person is not searching for employment but would nevertheless like to have work). SEEKREASLFS What is the main reason you were not looking for work during this time?

- 1. No suitable job is available
- 2. Currently in education or training
- 3. Own illness or disability
- 4. Care responsibilities for own children or adult relatives
- 5. Other family reasons
- 6. Other personal reasons including caring for non-relatives or friends
- 7. Laid off and waiting to be called back to work
- 8. Any other reason

If derived variable D\_WANTWORK = 2 (Person is not searching for employment and does not want to have work). SEEKREASNO What is the main reason you do not want work?

- 1. Currently in education or training
- 2. Own illness or disability
- 3. Care responsibilities for own children or adult relatives
- 4. Other family reasons
- 5. Other personal reasons including caring for non-relatives or friends
- 6. Retired
- 7. Any other reason

D\_WANTWORK is a derived variable for willingness to work even if not searching for employment where 1 = Person is not searching for employment but would nevertheless like to have work and 2 = Person is not searching for employment and does not want to have work.

If derived variable D\_EMPSTAT = 2 & D\_SEEKWORK = 1 Person is searching for employment. QM1 to QM9 In the 4 weeks ending Sunday {{Refdate}}, in order to find a job have you ...

		Yes	No
QM1	replied to / placed ads Online or in newspapers?		
QM2	applied directly to employers?		
QM3	asked friends, relatives, contact trade unions etc.?		
QM4	Attended graduate recruitment / jobs fair?		
QM5	contacted the public employment service Intreo or local social welfare office? [Intreo provides the public employment services previously provided by Fás.]		
QM6	placed or updated a CV online? (e.g. LinkedIn profile/online recruitment agency)		
QM7	contacted a private employment agency?		
QM8	did a test, interview or exam?		
QM9	made preparations to set up your own business?		

If D\_SEEKWORK = 1, 2 or 3 or D\_WANTWORK = 1 or (D\_EMPSTAT=1 & D\_WISHMORE = 2). AVAILBLE\_WORKLFS If you had found a job in the week ending Sunday {{refdate}} could you start work immediately, within the following two weeks?

1. Yes

2.No

D\_SEEKWORK is a derived variable for searching for employment during the 4 weeks ending in the reference week. Categorised as:

- Person is searching for employment.
  - 2. Person is not searching employment and has already found a job which has not yet started but will start within a period of at most 3 months after the end of the reference week.
  - 3. Person is not searching for employment and has already found a job which has not yet started but will start in more than 3 months after the end of reference week.
  - 4. Person is not searching employment and has already found a job which has started between the end of the reference week and the interview date.
  - 5. Person is not searching employment and has not found any job to start later.
  - 9. Not applicable

D\_WISHMORE is a derived variable for the wish to work more than the current number of usual hours (1 = No, 2 = Yes)

#### Income

Income\_sources What is the average MONTHLY amount AT YOUR DISPOSAL from the following sources currently (after tax, USC and other statutory deductions are taken)?

Income Source	Monthly Amount (in Euros)
1. Income from your job	
2. From parents	
3. From other family	
4. Student grant	
5. Social Welfare Payment	
6. From other sources	

employment\_status Which of the following categories best describes your current
situation?

- 1. Employed (including self-employed)
- 2. Unemployed
- 3. Retired
- 4. Unable to work due to long-standing health problems
- 5. Student, pupil
- 6. Fulfilling domestic tasks
- 7. Other

save\_regularly Are you able to save on a regular basis? 1.Yes 2.No

pension\_YN Are you a member of a pension scheme? This could be a scheme run by your employer, or one you have started privately. 1.Yes 2.No

parent\_money\_out Do you currently give any of the following payments to your parent(s)? Include money given to parents to meet the needs of other household members. Tick all that apply.

- 1. You give them money on a regular basis (i.e. a set amount per week or month)
- 2. You give them some money towards your 'keep' now and then
- 3. You give them money if they ask for it because they need it
- 4. You pay for particular household bills (e.g. a utility bill or for petrol in the car)
- 5. You loan them money and they pay you back
- 6. Other financial support
- 7. Not applicable

Hh\_abilty\_depr A household may have different sources of income. Concerning your total monthly or weekly income, with which degree of ease or difficulty are you able to make ends meet?

- 1. Very easily
- 2. Easily
- 3. Fairly easily
- 4. With some difficulty
- 5. With difficulty
- 6. With great difficulty
- 7. Cannot make ends meet

D12 In your opinion what is the very lowest net monthly income you would no	ed to make
ends meet? €	

food\_insecurity In the last 12 months, have you ever cut the size of your meals or skipped meals because there wasn't enough money for food?

1.Yes

2.No

If accom\_type ≠7 D8 Do you keep the home adequately warm? If no, is it because the household cannot afford to or is there another reason?

- 1. Yes
- 2. No, because cannot afford
- 3. No, other reason (\_\_\_\_\_ specify)

D10a At the end of a typical month, do you

- 1. Put money aside
- 2. Need to draw on savings
- 3. Need to borrow money
- 4. Neither put money aside nor need to draw on savings or borrow

living\_cost\_type For each of the following living costs can you please tell me if you {{and your spouse/partner}} pay for them personally, in full or part. Tick all that apply.

- 1. Rent / mortgage
- 2. Utility bills
- 3. Food
- 4. Transportation
- 5. Communication (telephone, internet etc.)
- 6. Health costs (e.g. medical insurance)
- 7. Childcare
- 8. Debt payment (e.g. credit card, car loan, excluding mortgage)
- 9. Social and leisure activities
- 10. Other regular living costs (clothing, toiletries, tobacco, pets, insurance [except medical insurance])
- 11. Study related costs
- 12. None of the above

living\_cost\_parent\_type For each of the following living costs can you please tell me if your parents pay for them for you, in full or part. Tick all that apply

- 1. Rent / mortgage
- 2. Utility bills
- 3. Food
- 4. Transportation
- 5. Communication (telephone, internet etc.)
- 6. Health costs (e.g. medical insurance)
- 7. Childcare
- 8. Debt payment (e.g. credit card, car load, excluding mortgage)
- 9. Social and Leisure activities
- 10. Other regular living costs (clothing, toiletries, tobacco, pets, insurance [expect medical insurance])
- 11. Study related costs
- 12. None of the above

loan\_repayments Are you {{and your spouse/partner}} currently having difficulty meeting
any loan or debt repayments (from any source)?

- 1. A lot
- 2. A little
- 3. No difficulty
- 4. No loans

If activities\_history option 6 not empty. study\_funding How do/did you fund your studies/training? Tick all that apply.

- 1. Money from your family
- 2. A bank loan
- 3. Indirect support from your family (e.g. food, accommodation)
- 4. Savings
- 5. Earnings from employment
- 6. Employer assistance
- 7. A state grant (e.g. SUSI)
- 8. Social welfare payment (e.g. Back to Education Allowance)
- 9. Scholarship / research bursary
- 10. Other assistance (\_\_\_\_\_ specify)

If partner\_share\_income = 1 partner\_emp\_status Which of the following categories best describes your spouse / partners current situation?

- 1. Employed
- 2. Unemployed
- 3. Retired
- 4. Unable to work due to long-standing health problems
- 5. Student, pupil
- 6. Fulfilling domestic tasks
- 7. Other

If Relationship\_Desc = 3, 4, 5 or 6 NACE3DP What is the main activity of the business or organisation where your spouse / partner works? It is extremely important to enter a detailed description for this question. Not enough detail: Cars, Food, Software, Local Authority. Possible correct response: Repairing cars, Bread wholesaler, Software development and support, Local authority library service. \_\_\_\_\_

SOC4DP What is your spouse / partner's occupation in that job? Please describe the occupation fully using the full job title. Not enough detail: Teacher, Manager, Engineer. Possible correct response: Secondary school teacher, Retail store manager, Electrical engineer.

If No\_Pers1 > 1 Household\_grid Please tell me about the OTHER people you share the accommodation with at this address.

	hh_co mp_n ame	hh_ mp_	co _sex	hh_co mp_ag e	hh_co ations	omp_rel ship	hh_c	comp <sub>.</sub>	_PES(	Currer	nt situ	ation			hh_co _inco	_
No.	First name/ Initial.	Sex		Age	each n	onship of nember ng adult	cluding self yed)	loyed	pə.	due to long- th problems	, pupil	nestic tasks	l school	e	Do you share incom with th	e
Person No.		М	F	Years (if less than 1 year put 0)	Person No.	R'Ship to: Young Adult	Employed (including employed)	Unemployed	Retired	Unable to work due to long- standing health problems	Student, pupil	Fulfilling domestic tasks	Not yet at school	Other	person (exclu shared bills)?	n ding d
1		$\Box_1$	$\square_2$	·	1		$\Box_1$	$\square_2$	□3	□4	$\square_5$	$\Box_6$	$\square_7$	□8	Yes	No
2		□1	$\square_2$		2		□1	$\square_2$	□3	□4	□5	□6	$\square_7$	□8	□1	$\square_2$
3		□1	$\square_2$		3		□1	$\square_2$	□3	□4	□5	□6	$\square_7$	□8	□1	$\square_2$
4		□1	$\square_2$		4		$\Box_1$	$\square_2$	□3	$\square_4$	$\square_5$	$\Box_6$	$\square_7$	□8	$\Box_1$	$\square_2$
5		□1	$\square_2$		5		□1	$\square_2$	□3	□4	□5	□6	$\square_7$	□8	□1	$\square_2$
6		□1	$\square_2$		6		$\Box_1$	$\square_2$	□3	$\square_4$	$\square_5$	$\Box_6$	$\square_7$	□8	$\Box_1$	$\square_2$
7		$\Box_1$	$\square_2$		7		$\Box_1$	$\square_2$	$\square_3$	□4	$\square_5$	$\Box_6$	$\square_7$	□8	$\Box_1$	$\square_2$
8		□1	$\square_2$		8		$\Box_1$	$\square_2$	$\square_3$	□4	$\square_5$	$\Box_6$	$\square_7$	□8	□1	$\square_2$
9		$\Box_1$	$\square_2$		9		□1	$\square_2$	□3	□4	$\square_5$	$\Box_6$	$\square_7$	□8	□1	$\square_2$
10		□1	$\square_2$		10		□1	$\square_2$	□3	□4	$\square_5$	□6	$\square_7$	□8	□1	$\square_2$

#### hh\_comp\_relationship

Their relationship to you

- 1. Spouse
- 2. Cohabitee
- 3. Son /daughter (inc. adopted)
- 4. Step-son /daughter
- 5. Foster child
- 6. Son-in-law /daughter-in-law
- 7. Parent / guardian
- 8. Step-parent
- 9. Foster parent
- 10. Parent-in-law
- 11. Brother /sister (inc. adopted)
- 12. Step-brother /sister
- 13. Foster brother / sister
- 14. Brother / sister-in-law
- 15. Grand-child
- 16. Grand-parent
- 17. Other relative
- 18. Other non-relative

#### Main Questionnaire Exit

selfcomplete\_statement This completes the main part of the questionnaire. There are some final questions which we would like you to answer. As some of these may be considered slightly sensitive, we have included them in a separate section 1.Continue



# Growing Up in Ireland Cohort 98 at 25 years of age

# 25-year-old Self-complete Questionnaire

## Feelings about yourself

Ethnic What is your ethnic group/background?

- 1. White Irish
- 2. White Irish traveller
- 3. White Roma
- 4. White Any other white background
- 5. Black or Black Irish African
- 6. Black or Black Irish Any other Black background
- 7. Asian or Asian Irish Chinese
- 8. Asian or Asian Irish Indian / Pakistani / Bangladeshi
- 9. Asian or Asian Irish Any other Asian background
- 10. Other, including mixed group/ background Arab
- 11. Other, including mixed group / background Mixed
- 12. Other, including mixed group / background Other

#### Rosenberg Scale



WeightType\_Dec How would you describe yourself?

- 1. Very underweight
- 2. A bit underweight
- 3. Just the right size
- 4. A bit overweight
- 5. Very overweight

Life\_satisifaction\_Scale If you were to describe how satisfied you are with your own life in general, how would you rate it on a scale of 0 to 10, 0 meaning you are not at all satisfied with your life in general, and 10 meaning that you are extremely satisfied with your life.



optimistic\_outlook To what extent do you agree or disagree with the following statement: "I am optimistic about the future"?

- 1. Strongly agree
- 2. Agree
- 3. Neutral
- 4. Disagree
- 5. Strongly disagree

## Friends, Family and Children

#### Friends

Friends\_Type How many of your friends would you describe as CLOSE friends?

- 1. None
- 2. Some
- 3. All or nearly all

Friends\_Close\_Type Would you say that you can count on your close friends when you need them?

- 1. Always / most of the time
- 2. Some of the time
- 3. Rarely / never

## **Discrimination Scale**



## Family Relationships

Contact\_Mother\_YN Are you in regular contact with your mother (or mother figure)?

1.Yes

2.No

3.Mother deceased

4. Prefer not to say

mother\_relationship\_change Since you were 20 years old has your relationship with your mother...

- 1. improved?
- 2. remained the same?
- 3. disimproved?

Contact\_Father\_YN Are you in regular contact with your father (or father figure)?

1.Yes

2.No

3.Father deceased

4. Prefer not to say

father\_relationship\_change Since you were 20 years old has your relationship with your father ...

- 1. improved?
- 2. remained the same?
- 3. disimproved?

Mentor\_Present Is there someone in your life you can usually turn to for help and advice?

1.Yes 2.No

Provide\_Family\_Care Do you care for or look after another family member on a regular basis? By 'caring' I mean things like cooking for them, helping them wash or dress, making sure they take medication, supervising them when there is no-one else at home. If you have children, don't include them unless they need extra help.

1.Yes

2.No

Family\_Care\_Relation How is this person related to you?

- 1. Grandparent or other elderly relative
- 2. A parent or step-parent
- 3. A younger sibling
- 4. A sibling of the same age or older than you
- 5. Someone else

Family\_Care\_Freq Would you describe this care you provide as taking up ...

- 1. A large amount of my time
- 2. Quite a lot of my time
- 3. Some of my time
- 4. Not very much of my time

## Children

If Respon\_Sex = 2 Female. Preg\_Current Are you currently pregnant?

1.Yes 2.No 3.Prefer not to say

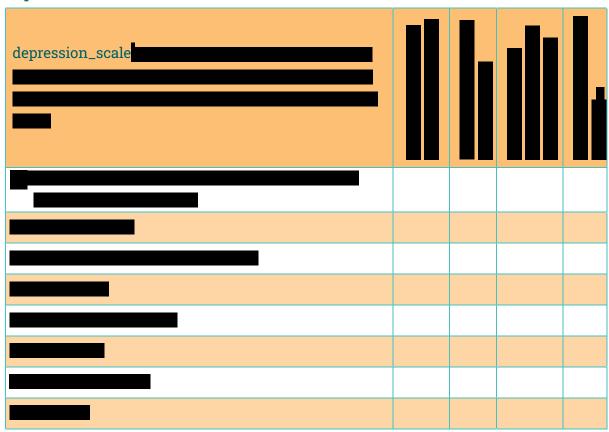
Have\_Children\_YN Do you have any children?

1.Yes	2.No	3.Prefer not to say				
children_qua	ntity How	many children do you ha	ave?			
child_DOB W	hat is the	child's date of birth?				
		OB empty. Child_age Ho	ow old is the child? If o	child is under		
		child ever breastfed (incl t few days after the birth)	•	he milk		
1.Yes	2.No	3.Still being breastfe	d			
	StopExcl H astfeeding	ow old was this child stopped?	Insert number of			
1. BB_Da	ys Days					
2. BB_Weeks Or Weeks						
3. BB_Mc	onths Or M	onths				

# How You Feel About Things

covid_concerns How do you think the COVID-19 pandemic affected you in the following areas of life, if at all?	Very negative	Somewhat negative	No effect / not sure	Somewhat positive	Very positive
a. Physical health					
b. Mental health					
c. Relationships with others					
d. Career path					
e. General outlook on life					

# **Depression Scale**



#### **DASS Stress Scale**



Depression\_Anxiety\_Diagnosed Have you ever been diagnosed with depression or anxiety by a doctor / psychologist / psychiatrist?

1.Yes

2.No

Diagnosed\_Type What were you diagnosed with?

1.Depression 2.Anxiety 3.Depression and anxiety

Depression\_Anxiety\_Treatment Are you currently on or have you ever received any treatment? 1.Yes, currently 2.Yes, in the past 3.No

Waiting\_List\_YN Are you currently on a waiting list for any form of treatment?

1.Yes 2.No

MH\_No\_Consult Was there any time during the past 12 months when you really needed to consult a psychologist, psychiatrist, counsellor or other mental health specialist but did not?

1. Yes, there was at least one occasion

2.No, there was no such occasion

MH\_No\_Consult\_Reason What were the main reasons for not consulting a specialist in this area? Tick all that apply.

- 1. You couldn't afford to pay
- 2. No specialist service available
- 3. You were afraid / embarrassed to visit a specialist
- 4. The premises was not accessible
- 5. Too far to travel / no means of transport
- 6. None of the above

Confide\_Feelings With whom do you talk about personal thoughts and feelings, or about things you wouldn't tell just anyone? Tick all that apply

- 1. My mother
- 2. My father
- 3. Step-parent
- 4. Boyfriend / girlfriend / partner / spouse
- 5. Brother / sister
- 6. Grandparent / other relative
- 7. Friend
- 8. Counsellor or other professional
- 9. Someone else (e.g. work/college, neighbour etc.)
- 10. No one

eating\_disorder Do you currently suffer with or have you ever suffered in the past with an eating disorder?

- 1. Yes, currently
- 2. Yes, in the past
- 3. No

eating\_disorder\_spec Please specify the eating disorder. \_\_\_\_\_

## Criminal Justice System and Bullying

## Victims of Crime and Bullying

Crime\_Victim\_YN Have you been a victim of any crime in the last two years?

1.Yes

2.No

Crime\_Experience\_Type What type of crime did you experience? Tick all that apply

- 1. Your home was broken into
- 2. Your car was broken into
- 3. Your car/motorbike/bicycle was stolen
- 4. You had something stolen from your person
- 5. You were assaulted or threatened with assault by someone you knew
- 6. You were assaulted or threatened with assault by a stranger
- 7. You were the victim of fraud or a cybercrime such as having your bank details stolen
- 8. Someone posted/threatened to post upsetting or very personal information about you online
- 9. Something else

bullying\_yn Have you experienced bullying / harassment in the last 3 months?

1.Yes

2.No

bullying\_freq How often would this / these have occurred?

- 1. Daily
- 2. Weekly
- 3. Monthly
- 4. Rarely

bullying\_place In what setting would this / these have occurred? Tick all that apply

- 1. Home
- 2. Workplace
- 3. Place of Education / training
- 4. Leisure /sport
- 5. Public space
- 6. Online

## Contact with the Criminal Justice System

criminal\_behaviour\_list Since you were 20 years of age, have you ever been... Tick all that apply

- 1. Stopped and questioned by the Gardaí
- 2. Given a formal caution by a Garda
- 3. Arrested by a Garda and taken to a Garda station

criminal\_behaviour\_D Since you were 20 years of age have you appeared in court because you were accused of a crime?1.Yes2.No

criminal\_behaviour\_E Since you were 20 years of age, have you been found guilty of a crime?1.Yes2.No

criminal\_act\_type What was that for? Tick all that apply

- I. Public order issue
- II. Assault or other offence against the person
- III. Damage to property
- IV. Robbery, burglary or theft
- V. Road traffic offence
- 4. None of the above

## Your Identity, Relationships and Sexual Experiences

#### Your Identity

Sexual\_Orientation\_Type How would you describe your sexual orientation?

- 1. Heterosexual / straight (sexually attracted to the opposite sex)
- 2. Gay or Lesbian (attracted to the same sex)
- 3. Bisexual (attracted to both men and women)
- 4. Questioning not sure
- 5. Asexual (not attracted to either sex)
- 6. Other(s) (\_\_\_\_\_specify)

  sexual\_orientation\_other Please describe your sexual orientation. This question is voluntary and you may skip to the next question.
- 7. Don't know
- 8. Prefer not to say

gender\_identity Is the gender you identify with the same as your sex registered at birth?

1.Yes

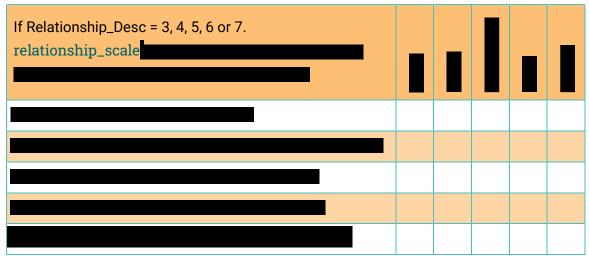
2. No

3. Prefer not to say

gender\_identity\_other Please describe your gender identity \_\_\_\_\_

## **Intimate Relationships**

## Relationship Inventory Scale



### **Sexual Experiences**

Condom\_Freq In general, do you usually use a condom every time you have sexual intercourse?

- 1. Yes, on every occasion
- 2. Yes, on most occasions ( $^{3}/_{4}$  of the time)
- 3. Yes, roughly half the time
- 4. Yes, on some occasions ( $^{1}/_{4}$  of the time)
- 5. No, never
- 6. Not currently sexually active
- 7. Not applicable
- 8. Don't know
- 9. Prefer not to say

Contraception\_Freq Do you (or your partner) usually use some form of contraception?

- 1. Always
- 2. Nearly Always
- 3. Sometimes
- 4. Never / hardly ever
- 5. Not currently sexually active
- 6. Not applicable
- 7. No, as trying to conceive
- 8. No, as currently pregnant
- 9. Don't know
- 10. Prefer not to say

STD\_Freq Have you ever had a sexually transmitted disease?

- 1. Never
- 2. Once
- 3. More than once
- 4. Don't know
- 5. Prefer not to say

## Smoking, Alcohol, Drugs and Gambling

Smoking\_Type Which of the following best describes how often do you smoke? Please only think about cigarettes or cigars, we will ask you separately about 'vaping' and e-cigarettes.

- 1. Have never tried smoking
- 2. Only ever tried smoking once or twice
- 3. Used to smoke but not now
- 4. Smoke occasionally
- 5. Smoke daily

smoking\_qty\_week About how many cigarettes do you smoke in a week? \_\_

vaping\_yn Have you ever tried an e-cigarette or "vaping"?

1.Yes

2.No

vaping\_qty How often, if at all, do you currently use an electronic cigarette?

- 1. Daily
- 2. Less than daily, but at least once a week
- 3. Less than weekly, but at least once a month
- 4. Less than monthly
- 5. Not at all

alcohol\_freq How often do you have a drink containing alcohol?

- 1. Never
- 2. Monthly or less
- 3. 2 4 times per month
- 4. 2 3 times per week
- 5. 4+ times per week

alcohol\_units How many units of alcohol do you have on a typical day when you are drinking? Note: 6 units is 2 pints of 5% strength beer or 2 large (250ml) glasses of 12% wine. 8 units is 5 bottles (330ml) of 5% strength beer or 5 small (125ml) glasses of 13% wine.

- 1. 0 to 2
- 2. 3 or 4
- 3. 5 or 6
- 4. 7.8 or 9
- 5. 10 or more

	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
alcohol_consumption How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last					
year? Note: 6 units is 2 pints of 5% strength beer or 2 large					
(250ml) glasses of 12% wine. 8 units is 5 bottles (330ml) of 5%					
beer or 5 small (125ml) glasses of 13% wine.					
alcohol_refrain How often during the last year have you found					
that you were not able to stop drinking once you had started?					
alcohol_behaviour How often during the last year have you					
failed to do what was normally expected from you because of					
your drinking?					
alcohol_dependence How often during the last year have you					
needed an alcoholic drink in the morning to get yourself going					
after a heavy drinking session?					
alcohol_remorse How often during the last year have you had					
a feeling of guilt or remorse after drinking?					
alcohol_memory How often during the last year have you been					
unable to remember what happened the night before because you had been drinking?					

alcohol\_injury Have you or somebody else been injured as a result of your drinking?

1.No 2.Yes, but not in the last year

3. Yes, during the last year

alcohol\_concern Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?

1.No 2.Yes, but not in the last year

3. Yes, during the last year

DrugUse\_YN Have you ever tried cannabis (also called marijuana, hash, dope, pot, skunk, puff, grass, draw, ganja, spliff, joints, smoke, weed)?

1.Yes 2.No 3.Prefer not to say

Cannabis\_Freq Which statement describes you the best?

- 1. Only ever tried cannabis once or twice
- 2. Used to take cannabis but not now
- 3. Take cannabis occasionally
- 4. Take cannabis more than once a week
- 5. Don't take cannabis

NonPresc\_Drugs Have you tried, taken or used any non-prescribed drugs, such as ecstasy, cocaine etc?

1.No

2.Yes, less than 5 times

3.Yes, 5 or more times

aine etc? 1.No	Z. Yes, less than 5 times	<b>.</b>	J. I	es, 5 or m	ore time
drug_use_list Which of taken in the last year? T	f the following have you ick all that apply	a. Not taken	b. Taken less than 5 times	c. Taken 5 or more times	d. Taken in the last year, frequency
Cocaine (also calle	d coke, charlie, snow)	Т	q	O	7
Ketamine (also call     K, super K	ed 'K', special K, vitamin				
<ol><li>Ecstasy (also called mitsubishis, rolexs)</li></ol>					
flash)	lled trips, dot, microdots,				
5. Magic mushrooms mushies)	(also called liberties,				
6. Speed / Amphetam billy, wizz, base, de	ines (also called phet, xedrine)				
7. Heroin (also called horse)	gear, skag, smack, brown,				
8. Crack (also called be pebbles)	pase, freebase, wash,				
Synthetic cannabin called meow meow	oids / Mepherdrone ( also , mcat)				
· ·	eational use, not for pain, fentanyl, tramadol)				
11. Other					

gambling\_online Have you ever taken part in any of the following kinds of gambling ONLINE for money? Tick all that apply

- 1. Lottery tickets such as scratch cards or lotto
- 2. Casino tables / cards / bingo
- 3. Video games
- 4. Bet on horse races /sporting events
- 5. None of the above

gambling\_in\_person Have you ever taken part in any of the following kinds of gambling IN PERSON for money? Tick all that apply

- 1. Lottery tickets such as scratch cards or lotto
- 2. Casino tables /cards/ bingo
- 3. Video games
- 4. Bet on horse races / sporting events
- 5. None of the above

If gambling\_online  $\neq$  5 and gambling\_in\_person  $\neq$  5. gambling\_refrain Have you ever felt the need to bet more and more money? 1.Yes 2.No

If gambling\_online  $\neq$  5 and gambling\_in\_person  $\neq$  5. gambling\_lie Have you ever had to lie to people important to you about how much you gambled? 1.Yes 2.No

## List of Helplines and Websites

The following are a list of helplines and websites available to you if you have been affected by any of the issues raised in the questionnaire.

Citizens Information provides free information and advice on a range of issues. 0818 07 4000, www.citizensinformation.ie/en/

The Samaritans is a 24 hour a day, 365 days a year support service for anyone who is experiencing feelings of distress or despair, including those who have thoughts of suicide and want someone to talk to. Their website lists the addresses and opening hours of their nationwide branches. 116 123, jo@samaritans.org,

https://www.samaritans.org/ireland/samaritans-ireland/

Aware is the national mental health organisation providing free support, education and information to those impacted by depression, bipolar disorder and related mood conditions. 1800 80 48 48, supportmail@aware.ie, www.aware.ie

The following websites also provide a lot of advice and support about mental health: www.yourmentalhealth.ie, www.pieta.ie

The HSE Drugs and Alcohol Helpline provides support, information, guidance and referral to anyone with a question or concern related to drug and alcohol use and/or HIV and sexual health. 1800 459 459, helpline@hse.ie, www.drugs.ie

Al-Anon offers understanding and support for families and friends of problem drinkers in an anonymous environment, whether the alcoholic is still drinking or not. 01 8732699, info@alanon.ie, www.al-anon-ireland.org/

Alcoholics Anonymous (AA) is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. 01 842 0700, gso@alcoholicsanonymous.ie, www.alcoholicsanonymous.ie

Gamblers Anonymous (G.A.) is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. 01 8721133, info@gamblersanonymous.ie, www.gamblersanonymous.ie

MABS (Money Advice and Budgeting Service) is the State's money advice service, guiding people through dealing with problem debt for more than 20 years. MABS is free, confidential and independent. 0818 07 2000, helpline@mabs.ie, www.mabs.ie

Threshold, a national housing charity provides free, independent, and confidential advice and support to individuals and families who are renting their homes. 1800 454 454, advice@threshold.ie, www.threshold.ie

One Family is a helpline for people parenting alone, sharing parenting and for those separating. 0818 662 212, helpline@onefamily.ie, onefamily.ie/

My Options is a HSE freephone line that provides free and confidential information and counselling to people experiencing an unplanned pregnancy. 1800 828 010, www2.hse.ie/services/unplanned-pregnancy-support-services/my-options-freephone-line.html

Bodywhys is the national voluntary organisation supporting people affected by eating disorders. 1890 200 444, alex@bodywhys.ie, www.bodywhys.ie

LGBT Helpline is a national support service for Lesbian, Gay, Bisexual and Transgender people, their families and friends 1890 929 539, info@lgbt.ie, www.lgbt.ie

Women's Aid provides support services for female victims of domestic abuse, such as a helpline, refuge referral and court accompaniment. 1800 341 900, helpline@womensaid.ie, www.womensaid.ie

Men's Aid provides support services for male victims of domestic abuse, such as a helpline, counselling and court accompaniment. 01-5543811, hello@mensaid.ie, www.mensaid.ie

The Dublin Rape Crisis Centre works to prevent the harm and heal the trauma of sexual violence. They work with people who have experienced sexual assault, rape or childhood sexual abuse. National Helpline: 1800 77 88 88, info@rcc.ie, www.drcc.ie