

Stage 1 Pre-task Workbook

Thank you very much for agreeing to take part in this research. Before we come and talk to you, we would like you to fill in this workbook for us.

This workbook will help us to find out about your life and the things that are important to you. It will give us something to talk about during the interview.

During the interview we would like to talk to you about your life in general, to get a feel for what it is like. We may ask about specific issues relating to disability and health, in order to get your views and opinions on these.

There are 2 sections in the workbook as follows:

1. Your diary
2. Telling us about things that are important to you

Please complete both sections of the workbook and remember, **there are no right or wrong answers!**

Please have your workbook ready when we come to interview you on

[Date and time]

This is when we will go through the workbook and collect it from you.

If you have any questions about what you are expected to do or if you have any problems with the equipment then please contact [name] on **[telephone number]** who will call you back (she will pay for the call) and deal with your query. If you go through to [name's] voicemail leave a message with your name and number and she'll get back to you as soon as possible.

Diary

In this section we are asking you to keep a diary. Each day we will be asking you to tell us about your day. When completing your diary you may like to consider the following things:

- What you have done
- Who you have seen
- Where you have been
- Things that have made you happy
- Any challenges or difficulties that you experienced
- What could have improved your day

You have one week before your interview. Seven pages have been provided for a possible total of seven entries. It is important that you complete entries for at least three out of the seven days.

You can write in whatever way is comfortable for you. You may like to use full sentences or write in shorter, note form. The important thing is that you include all the information you think is important for each day of the week.

Day 1

Date:

Tell me about your day...

For example:

- What you have done
- Who you have seen
- Where you have been
- Things that have made you happy
- Any challenges or difficulties that you experienced
- What could have improved your day

Day 2

Date:

Tell me about your day...

Day 3

Date:

Tell me about your day...

Day 4

Date:

Tell me about your day...

Day 5

Date:

Tell me about your day...

Day 6

Date:

Tell me about your day...

Day 7

Date:

Tell me about your day...

Telling us about things that are important to you

In this section we are asking you to think about what is important to you.

Think of **two or three things** that tell us about you and what is important in your life. These things could be:

- A photograph
- An object
- Something that you use every day

We'd like to see whatever you choose to talk about, so please make sure that you have these things when we visit you for your interview. At the interview we will ask you to explain to us why these things are important.

When thinking about what is important to you, you may like to consider the following:

- Things you do at home
- Any education and learning you are doing
- Any work you do
- Your family and friends
- Your use of transport and how you get around
- Your hobbies and things you enjoy
- Your health and fitness

Thank you for completing this workbook! We look forward to meeting you next week.

PERMISSION TO USE WORKBOOKS, VIDEOS AND PHOTOS

I understand that I have been invited to take part in an interview and will be required to complete a workbook.. It has been explained that the workbook will be used for market research purposes only and used / viewed by selected individuals within the client company and research agency. It will not be used for any other purpose or used /viewed by anyone not immediately involved in the project without my consent. I understand that GfK NOP will have the copy right of this information.

Please sign below to show that you agree with the above.

SIGNATURE OF RESPONDENT:

DATE: _____