Learning Family Project
Baseline Questionnaire Survey – T1

Date: 2011/___ (month)/___ (day)

Please answer all questions of each part, the information you provided will be kept strictly confidential, and will be used for research analysis of this project only.

Note: Please clearly put a " ☑️ " on the selected circle. For example: ☑️ ☐ ☐

From which of the following source you get this questionnaire?

☑️ Mail box    ☐ Mutual Aid Committee    ☐ Block counter    ☐ Synergis Management    ☐ Housing Authority
☐ Other, please specify: ____________________

Part 1: Family Harmony
1 In general, I get along well with my family.
    ☐ Strongly agree    ☐ Agree    ☐ Neutral/ No comments    ☐ Disagree    ☐ Strongly disagree

2 Do you think your family is harmonious? (Based on a 0-10 score, 0 is NOT AT ALL HARMONIOUS, 10 is VERY HARMONIOUS)
    Score [ ] (fill in a number)

Part 2: Family Role
1 Are you satisfied or dissatisfied with the balance between your job and home life?
    ☐ Yes    ☐ No

2. Number of family roles for which you were mostly or fully responsible, including: earning money to support the family; taking care of children; taking care of another household (for example: (maternal) grandparents)
    ☐ 1 ☐ 2 ☐ 3 ☐ 4 or above

Part 3: Family Communication
1 In the past 7 days, how long have you spent on average per day to communicate or chat with your family?
    [ ] Hour [ ] Minute (fill in a number)

2 Do you think you have enough communication time with your family?
    ☐ Extremely enough    ☐ Enough    ☐ Average    ☐ Not enough    ☐ Extremely not enough

Part 4: Interpersonal Relationships and Support
1 How many friends do you feel at ease with, can talk to about private matters, or can call on for help?

Name in Chinese: ____________________ Contact number: ____________________

(Questionnaire – T1 is to be filled by participant)
2 How many family members do you feel at ease with, can talk to about private matters, or can call on for help? (fill in a number)

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Part 5: Social Support

1 When you were sick, need help with household task, financial support, or get to the doctor, do you find it easy to seek for the help from family or friends?
   ① Very difficult  ② Difficult  ③ Average  ④ Easy  ⑤ Very Easy

2 How many people you are in regular contact (including family, relatives, friends & neighbours)? (fill in a number)

In the past ONE month, how frequent you were in regular contact with the following persons?

At least once per day  At least once a week  At least once a month  Never

3 family members: ①  ②  ③  ④  ⑤
4 relatives: ①  ②  ③  ④  ⑤
5 friends: ①  ②  ③  ④  ⑤
6 neighbours: ①  ②  ③  ④  ⑤

Are you satisfied with...

7 support received from family members? Very dissatisfied Dissatisfied Average Satisfied Very satisfied
8 support received from your relatives?
9 support received from your friends?
10 support received from your neighbours?

Part 6: Neighbourhood Cohesion

1 People around here are willing to help their neighbours. Strongly agree Agree Neutral Disagree Strongly disagree
2 This is a close-knit neighbourhood.
3 People in this neighbourhood can be trusted.
4 People in this neighbourhood generally do not get along with each other.
5 People in this neighbourhood do not share the same values.

Part 7: Life Satisfaction Scale

1 In most ways my life is close to my ideal. Strongly disagree Disagree Neutral Agree Strongly agree
2 The conditions of my life are excellent.
3 I am satisfied with my life.
4 So far I have gotten the important things I want in life.
5 During the past half year, have you thought of quitting your job? Yes No Not applicable

6 Marital status: ① Single  ② Married  ③ Cohabitation  ④ Divorced  ⑤ Separated  ⑥ Widowed

If you are married, please answer the following two questions, if not, please go to Part 8

1 Our relationship is a perfect success.
2 I am very happy with how we handle role responsibilities in our

Strongly disagree Disagree Neutral Agree Strongly agree

①  ②  ③  ④  ⑤
Part 8: Level of Happiness

1. All things considered, would you say you are:  
   ① Very Happy  ② Happy  ③ Not very happy  ④ Not happy at all

2. Do you think your family is happy? (Based on a 0-10 score, 0 is NOT HAPPY, 10 is VERY HAPPY)  
   Score (fill in a number)

Part 9: Level of Health

1. In general, you think your health status is:  
   ① Excellent  ② Very good  ③ Good  ④ Fair  ⑤ Bad

2. In physical health aspect:  
   ① Strongly unsatisfactory  ② Very unsatisfactory  ③ Unsatisfactory  ④ Average  ⑤ Satisfactory  ⑥ Very satisfactory  ⑦ Strongly satisfactory

3. In mental and psychological health aspect:  
   ① Strongly unsatisfactory  ② Very unsatisfactory  ③ Unsatisfactory  ④ Average  ⑤ Satisfactory  ⑥ Very satisfactory  ⑦ Strongly satisfactory

4. Do you think your family is healthy? (Based on a 0-10 score, 0 is NOT HEALTHY, 10 is VERY HEALTHY)  
   Score (fill in a number)

5. Do you smoke cigarettes?  
   ① No, I have never tried to smoke (⑤ go to q8)  
   ② No, I have quitted smoking for 6 months or below  
   ③ No, I have quitted smoking for more than 6 months  
   ④ Yes, I smoke daily  
   ⑤ Yes, I smoke occasionally

6. Are you thinking of quitting smoking?  
   ① Yes (⑥ continue with q7)  
   ② No (⑤ go to q8)

7. When do you want to quit smoking? (choose 1 only)  
   ① I have already stopped  
   ② I will stop smoking today  
   ③ I will stop within the next 7 days  
   ④ I will stop in the next 30 days  
   ⑤ I will stop in the next 6 months  
   ⑥ I will stop after 6 months or later

8. How frequent do you drink alcohol (e.g. 1 can of beer, 1 glass of house wine or 1 peg of liquor)?  
   ① Never  
   ② Drink less than once a month  
   ③ Drink 1 – 3 days a month  
   ④ Drink 1 – 3 days a week  
   ⑤ Drink 4 – 6 days a week  
   ⑥ Drink daily  
   ⑦ Quitted  
   ⑧ Only drink on special occasions

Part 10: Learning with your family members*  
(*i.e. learning activities to be done with family members, such as outdoor activities, competitions, environmental education, family life education, interest groups, foreign language classes, etc.)

1. Have you planned to have any learning activities with your family members in the coming half year?  
   ① Yes  ② Considering  ③ No

2. When do you plan to start the learning activities with your family?  
   ① Coming 1-3 months  
   ② Coming 4-6 months  
   ③ Not yet planned

Part 11: Power, Participation and Resources in Community

1. I can influence the decisions that this community makes.  
   Strongly disagree ① Disagree ② Neutral ③ Agree ④ Strongly agree ⑤
2 By working together, people in my community can influence decisions that affect the community.
3 People in my community work together to influence decisions on the societal level.
4 I am satisfied with the amount of influence I have over decisions that affect my community.

5 How often do you participate in the activities held in your estate?
1 Seldom  2 Occasionally  3 Sometimes  4 Most of the time  5 Always

6 Do you have volunteer work?
1 Yes  2 No

7 Do you think the resources in your community are enough (such as transport facilities, recreation facility, shopping and leisure, etc.)?
1 Enough  2 Not enough

8 Have you used the service provided by the social service organization in your community?
1 Yes  2 No

Part 12: Family Resilience Scale

My family and I think that...

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Slightly agree</th>
<th>Neutral</th>
<th>Slightly disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 We all have input into major family decisions.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>2 We can work through difficulties as a family.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>3 We feel free to express our opinions.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>4 We share responsibility in the family.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>5 We ask neighbours for help and assistance.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>6 We can depend upon people in this community.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>7 We know there is community help if there is trouble.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>8 We know we are important to our friends.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>9 We feel we are strong in facing big problems.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
</tbody>
</table>

Part 13: Family 3Hs – Health, Happiness and Harmony

In the past 7 days, have you actively done the following(s) to increase the 3Hs (Health, Happiness and Harmony) in your family? (You can choose more than one)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Yes</th>
<th>No</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Say thank you to family members</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>b. Enjoy fresh fruits &amp; vegetables with family</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
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<tr>
<td>c. Chat with family</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>d. Take time to walk or do exercise with family</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
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<tr>
<td>e. Criticize family members less often</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>f. Encourage family members to be optimistic when facing unhappy incidents</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
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<tr>
<td>g. Praise family members</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>h. Enjoy food with low fat, low sodium, low sugar and high fiber (&quot;3 low 1 high&quot; rule) with your family</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>i. Share happy experience with your family</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>j. Eat slowly with family</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>k. Help to cook/ prepare/ clear /wash dishes</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>l. Other (Please clarify):</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

Part 14: Personal Background Information

1 Gender:  ① Male  ② Female

2 Age:  ① Below 18  ② 18-24  ③ 25-34  ④ 35-44  ⑤ 45-54  ⑥ 55-59  ⑦ 60-64  ⑧ 65 or above

3 Religious belief:  ① Christianity  ② Catholic  ③ Buddhism  ④ Taoism  ⑤ Others:  ⑥ None
4 Where were you born? ① Hong Kong ② Guangdong Province ③ Other Province in China ④ Others: ____________________

5 How long have you lived in Hong Kong? ① 1 year or less ② 2-3 years ③ 4-6 years ④ 7 years or above

6 How many family members are living with you (excluding yourself & domestic helper)? (fill in a number)

7 Who is living with you?
① Spouse ② Children ③ Father ④ Mother ⑤ Siblings
⑥ Grandfather/mother ⑦ Maternal grandfather/mother ⑧ Grand children ⑨ None ⑩ Other

8 How many children under 18 do you have? ① None ② 1 ③ 2 ④ 3 ⑤ 4 ⑥ 5 or above

9 How many family members are dependent on you for support (excluding yourself)? ① None ② 1 ③ 2 ④ 3 ⑤ 4 ⑥ 5 ⑦ 6 or above

10 Your education level:
① No formal education ② Primary ③ Secondary 1-3 ④ Secondary 4-5
⑤ Matriculated (Secondary 6-7) ⑥ Non-degree tertiary ⑦ Degree tertiary or above

11 Your working status:
① Student ② Self-employed ③ Employed ④ Job-waiting/Unemployed ⑤ Housewife ⑥ Retired

12 Your family income (monthly):
① Less than $4,000 ② $4,000-$7,999 ③ $8,000-$9,999 ④ $10,000-$14,999
⑤ $15,000-$19,999 ⑥ $20,000-$29,999 ⑦ $30,000 or above

13 You think your family financial status is:
① Enough with surplus ② Just enough expenditure ③ Need to reduce expenditure ④ Serious deficit

End of the questionnaire! Thank you for your participation!