Code Number_____

Overview of Life Events Since 1989

Please tell us a bit about what you have experienced since 1989 (e.g., becoming a grandparent, beginning or ending of a serious relationship, developments or changes in work, serious illness or accident, deaths of loved ones). Please provide the appropriate dates.

Living Situation

Do you now live in a ___rural area, ___small town, ___small city, ___suburb, ___large city?

How long have you lived in this place? _____

Please list any moves you made since 1989 and their reasons.

How many people live in your household most of the time? _____
Who are they in relation to you? (Partner, child, parent, housemate, etc.)

Are there others who live in your household part of the time? If so, who are they in relation to you?

Are you presently ___single, ___in a stable couple relationship, ___ married?

If you are married or in a couple relationship, how satisfied are you in it?
very dissatisfied 1 2 3 4 5 very satisfied

Parents and Caregiving

Is your mother currently living? ___yes ___no. If not, at what age did she die _____?
In what year? _____ What was the cause of death?_____

Is your father currently living? ___yes ___no. If not, at what age did he die _____?
In what year? _____ What was the cause of death?_____

How heavily have you been involved in caregiving (for parents or others)?
___minimally, ___some, ___heavily at times, ___heavily quite a lot

To whom have you provided care (who are they in relation to you)? _____

(see other side of page)

Health

How would you rate your energy level? low 1 2 3 4 5 high

How would you rate your general state of health?

___Poor, ___Below average, ___Average, ___Above average, ___Excellent

How important were the following factors in rating your general state of health?

Use **1** to mean not at all important and **5** to mean very important.

- extent of current health problems 1 2 3 4 5
- my life style, personal habits 1 2 3 4 5
- health and longevity of older family members 1 2 3 4 5
- other (what?) _____ 1 2 3 4 5
- my health history 1 2 3 4 5
- my energy level 1 2 3 4 5
- comparisons with partner or friends 1 2 3 4 5

How would you rate your health compared to ten years ago?

much worse 1 2 about the same 3 4 much better 5

Do you believe you are taking any risks now in relation to your health, either in things that you are doing (e.g., smoking) or those you are not doing (e.g., exercising)? Please tell us about them.

If you are being treated now for any chronic diseases, what are they? _____

What age do you expect to reach? _____years

Your Children

If you have children, please provide the following information:

	1st Child	2nd Child	3rd Child	4th Child
• Is this your biological child?	_____	_____	_____	_____
• Is this a step-child?	_____	_____	_____	_____
• Is this an adopted child?	_____	_____	_____	_____
• Age?	_____	_____	_____	_____
• Sex?	_____	_____	_____	_____
• Education completed?	_____	_____	_____	_____
• Marital status?	_____	_____	_____	_____
• Number of children?	_____	_____	_____	_____
• Occupational title?	_____	_____	_____	_____
• Ratings of satisfaction	_____	_____	_____	_____

↓ → Please rate how satisfied you are with how each child is getting along in the world.
Use **5** to mean very satisfied and **1** to mean very dissatisfied.

If a child has died, please tell us which child, the date, cause of death, and age of child:

Education

Please describe any postgraduate degrees you have received; specify the field, institution, and date:

How satisfied are you with the level of education you have received?

dissatisfied 1 2 3 4 5 entirely satisfied

Code Number_____

Work, Leisure, and Retirement

How many hours a week (approximately) do you spend now in ...

____sleep ____salaried work, ____self-employment (consultant, free-lance, etc.),
____care of home and family, ____participation in community or service activities,
____informal time with family and friends, ____own pursuits and hobbies (what are they)?

How many hours a week would you ideally like to spend in ...

____sleep ____salaried work, ____self-employment (consultant, free-lance, etc.),
____care of home and family, ____participation in community or service activities,
____informal time with family and friends, ____own pursuits and hobbies (what are they)?

At present, are you

___beginning a new career, ___continuing to build a career, ___ maintaining a career,
___reducing your career involvement, ___semi-retired (in what year?_____),
___retired (in what year?_____), or ___other _____?

If you have a partner, is your partner at present

___beginning a new career, ___continuing to build a career, ___maintaining a career,
___reducing career involvement, ___semi-retired, ___retired, or ___other_____?

What is your annual overall household income? $_____

How satisfied are you with your overall financial situation? not at all 1 2 3 4 5 very much

If you are working, please give your field, job title, and responsibilities:

How many hours a week do you work? _____
How satisfied are you with your present work? not at all 1 2 3 4 5 very much
How satisfied are your with your achievements in work? not at all 1 2 3 4 5 very much
How important is work in your sense of identity? not at all 1 2 3 4 5 very important

What is your annual income from work? $_____
When do you plan to retire? ___next year or so, ___ by age 65, ___ by age 70,
___never, or not until I have to, ___don't know yet.

When you are considering retirement or if you have already retired,

Do/did you anticipate retiring with pleasure? not at all 1 2 3 4 5 very much
Do/did you anticipate retiring with worry? not at all 1 2 3 4 5 very much

When you are considering retirement or if you have already retired, how much are/were you influenced by the following factors? Use a 5-point scale where **5** means very important and **1** means not at all important.

___your health, ___ your energy level, ___retirement status of partner, ___health of partner,
___health of other family member, ___inducement of your employer or pension plan,
___financial independence of children, ___lack of challenge in work,
___little prospect of promotion, ___stress or difficulty in work,
___being fired or let go, ___desire to spend time in other ways,
___other (please describe)_____.

(see other side of page)

If you and/or your partner have retired, how do you feel about...

Your own retirement?	very dissatisfied	1	2	3	4	5	very satisfied
Your partner's retirement?	very dissatisfied	1	2	3	4	5	very satisfied

Please describe the most satisfying or engaging activities of your life since retirement.

Feelings About Life

Is this time of your life ___first-rate, ___good, ___fair, ___ not so good?

How much do you feel loved and appreciated? very little 1 2 3 4 5 very much

Do you feel the pressures in your life are...	too little		about right		too great?
	1	2	3	4	5
How satisfied are you with your physical appearance?	very dissatisfied				very satisfied
	1	2	3	4	5
Over the next 10 years, do you expect your health to ...	get much worse		stay about the same		get much better?
	1	2	3	4	5
Do you think the next 10 years are going to be...	much worse		about the same		much better?
	1	2	3	4	5

How much do you feel you have changed as a person (i.e., who you are, your personality) since you graduated from Mills College?

not at all	very little	somewhat	quite a bit	a great deal
1	2	3	4	5

How do you feel about turning 60, and what suggestions do you have for our next follow-up?

Relationship History

We are trying to update our records and have found some gaps. To help us obtain an accurate picture of your history of long-term couple relationships, we would appreciate your providing the information asked for below.

Start of Relationship? (year)	End? (year)	If it ended, how did it end? (divorce; separation; break-up; death of partner)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

... or have you never been in a significant long-term relationship? _____

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Feelings About Relationships

1. Reflecting across your close emotional relationships, which of the following paragraphs BEST describes your feelings and attitudes? Choose only ONE paragraph and circle the letter (A, B, C, or D on the left-hand side) that corresponds to that paragraph.

A. I am comfortable without close emotional relationships. It is very important to me to feel independent and self-sufficient, and I prefer not to depend on others or have others depend on me. _____

B. I am uncomfortable getting close to others. I want emotionally close relationships, but I find it difficult to trust others completely, or to depend on them. I worry that I will be hurt if I allow myself to become too close to others. _____

C. I want to be completely emotionally intimate with others, but I often find that others are reluctant to get as close as I would like. I am uncomfortable being without close relationships, but I sometimes worry that others don't value me as much as I value them. _____

D. It is easy for me to become emotionally close to others. I am comfortable depending on others and having others depend on me. I don't worry about being alone or having others not accept me. _____

2. Using the rating scale to the right, rate the degree to which each of the paragraphs typically describes you. Place your rating on the RIGHT-hand side of each paragraph in the space provided. **1-------2-------3-------4------5------6-------7-------8** → ↑
Not at all **Extremely**

3. Do you think there was a point in your adult life when a different paragraph more appropriately described your attitudes and feelings in your close, emotional relationships? No_____ Yes_____. If yes, which paragraph **A B C D**

Political Activities

For each type of activity listed below, please circle the number in the column on the left which best describes how often you participated in that type of activity during the past two years. In the right hand column, please circle the number which describes how often in general you have participated in that type of activity.

Never	Seldom	Occasionally	Regularly
1	2	3	4

Past two years					In general			
1	2	3	4	a. Attended a community or neighborhood meeting.	1	2	3	4
1	2	3	4	b. Contributed time or money to a political or social cause.	1	2	3	4
1	2	3	4	c. Wrote a letter to a congressperson, newspaper, magazine, etc., about a social issue.	1	2	3	4
1	2	3	4	d. Voted for a political candidate or some other elected position.	1	2	3	4
1	2	3	4	e. Participated in or attended a benefit or fund-raiser.	1	2	3	4
1	2	3	4	f. Attended a protest or rally.	1	2	3	4
1	2	3	4	g. Kept informed about politics.	1	2	3	4
1	2	3	4	h. Engaged in political discussions.	1	2	3	4
1	2	3	4	i. Other _____	1	2	3	4

Have there been times since your Mills graduation when you have been particularly politically active? If so, please tell us about the political cause(s) and your level of involvement.

(see other side of page)

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Thoughts about Retirement

Using a 5-point scale, where **5** means very much agree and **1** means very much disagree, please indicate to what extent you regard the early retirement years as a time...

___full of new possibilities,
___of uncertainty and reevaluation,
___of reduced contacts and loneliness,
___to do things you haven't done before,
___of boredom and stagnation,
___to do things you've wanted to do more of,
___of feeling "out of things",
___fraught with economic worries,
___to help others,
___to develop one's inner life,
___for family and friends,
___of stress in relationships,
___a time to pull together the meaning of your life,
___something else? (please describe) _____.
___to enjoy life,
___to slow down,
___to do what you want,
___of feeling less needed,
___to go downhill,

To what extent do you (or did you) expect retirement to change your overall sense of who you are?
not at all 1 2 3 4 5 very much

If you have retired already, to what extent did it change your overall sense of who you are?
not at all 1 2 3 4 5 very much

Please comment:

Relationships with Parents

Did you have a living parent (or surrogate parent) in your post-college years? If so, how well does each of the following descriptions characterize your relationship with that parent over your adult years? Each of the choices below captures an overall relationship pattern.

Rate each statement using a 7 point scale: 1---------2---------3---------4---------5---------6---------7
Disagree Strongly **Neutral** **Agree Strongly**

	Mother	Father	
A.	____	____	I had very mixed feelings about this parent. There were times when we were close, but I often kept away to avoid criticism or to maintain my independence.
B.	____	____	I was emotionally close with this parent. We had a warm and mutual relationship, and I felt sufficiently independent. We were friends.
C.	____	____	We got along well enough, but we weren't emotionally close.
D.	____	____	This parent made me feel that I was more competent than he or she was. The parent would lean on me for advice or understanding.
E.	____	____	Our relationship became less conflictual over time. We repaired our relationship. I became more tolerant and forgiving of this parent.
F.	____	____	Our relationship became more difficult over time. I came to appreciate this parent less as I understood her or him better.
G.	____	____	This parent's approval was extremely important to me. I tried very hard to be a good daughter and to negotiate a good relationship with him or her.
H.	____	____	Although this parent was alive, we had little to do with each other.
I.	____	____	Other: _____?

Which LETTER above best describes your relationship with your mother_____? Your father ____?

(see other side of page)

Code Number_____

Children

Thinking of each of your children, from oldest to youngest, how satisfied are you with how they have done so far in the respects listed below? Please use a five-point scale, where **5** means very satisfied and **1** means very dissatisfied.

	1st child	2nd child	3rd child	4th child
Age:	____	____	____	____
Social and emotional maturity	____	____	____	____
Achievement	____	____	____	____
Relationship with you	____	____	____	____
Relationship with your partner	____	____	____	____

We like the idea of obtaining a small amount of information from your children in the future. We would send you the questions we are considering and at the same time request your children's addresses from you. Now we are just asking whether you would be open to this idea.

____yes, certainly ____yes, probably ____I guess so, but can make no guarantees ____no, I wouldn't like the idea

I have the following concern _____

Relationships with Partners in Adulthood

The following statements concern how people act and feel in their close, emotional relationships. Please think about yourself in your relationships over the past 10 to 15 years. Use the following rating scale to indicate how much you agree or disagree with each statement.

Disagree Strongly **Neutral/Mixed** **Agree Strongly**

1----------2----------3----------4----------5----------6----------7

_____ I don't mind my partner depending on me.

_____ I have often worried that my partner won't care about me as much as I care about him/her.

_____ I have not felt comfortable opening up to my partner.

_____ I have often wanted to merge completely with my partner, and this sometimes scared him/her away.

_____ I have found it relatively easy to get close to my partner.

_____ It makes me feel somewhat anxious and insecure when I am not involved in a relationship.

_____ I need a lot of reassurance that I am loved by my partner.

_____ I want to get close to my partner, but I find myself pulling back.

_____ I tend to tell my partner just about everyting

_____ I feel comfortable relying on my partner.

_____ I get nervous when a partner gets too close to me.

_____ I have resented it when my partner spent time away from me.

_____ I usually discuss my problems and concerns with my partner.

_____ I have found it difficult to allow myself to depend on my partner.

_____ I have found that my partner doesn't want to get as close as I would like.

_____ I don't mind asking my partner for comfort, advice, or help.

_____ I get frustrated if my partner is not available when I need him/her.

(see other side of page)

Code Number_____

Attitudes and Values

Please use the following rating scale to indicate how well each statement describes you.

very uncharacteristic 1 2 3 4 very characteristic 5

_____ In general I feel in charge of the situation in which I live.
_____ Some people wander aimlessly through life, but I am not one of them.
_____ I tend to be influenced by people with strong opinions.
_____ Though I am aware of aging, my important work skills are better than ever.
_____ I think it is important to have new experiences that challenge how you think about yourself and the world.
_____ The demands of everyday life often get me down.
_____ I live life one day at a time and don't really think about the future.
_____ Maintaining close relationships has been difficult and frustrating for me.
_____ For me, life has been a continuous process of learning, changing, and growth.
_____ I am quite good at managing the responsibilities of my daily life.
_____ I sometimes feel as if I've done all there is to do in life.
_____ When I look at the story of my life I am pleased with how things have turned out.
_____ I gave up trying to make big improvements or changes in my life a long time ago.
_____ I have confidence in my own opinions, even if they are contrary to the general consensus.
_____ I am not interested in activities that will expand my horizons.
_____ I do not fit very well with the people and community around me.
_____ I enjoy making plans for the future and working to make them a reality.
_____ People would describe me as a giving person, willing to share my time with others.
_____ I am good at juggling my time so that I can fit everything in that needs to get done.
_____ I judge myself by what I think is important, not by the values of what others think is important.
_____ I used to set goals for myself, but that now seems like a waste of time.
_____ I like most aspects of my personality.
_____ I have the sense that I have developed a lot as a person over time.
_____ I have not experienced many warm and trusting relationships with others.
_____ There is truth to the saying that you can't teach an old dog new tricks.
_____ In many ways I feel disappointed about my achievements in life.
_____ I am an active person in carrying out the plans I set for myself.
_____ I generally do a good job of taking care of my personal finances and affairs.
_____ I am doing things differently to overcome changes in memory or energy.

(see other side of page)