

## How's it going? A survey on Wellbeing and Social Inclusion in Ireland

Thank you for your interest in this survey about wellbeing and social inclusion.

### What is wellbeing and social inclusion?

Wellbeing is a term used to describe how people feel and function and how they evaluate their lives.

Social inclusion involves feeling like you belong in your community and feeling valued and respected. It is also about having opportunities to participate and contribute to society and having sufficient resources and supports.

Social inclusion and wellbeing are linked.

### Why have a survey on Wellbeing and Social Inclusion?

The survey will give us a snapshot of the everyday lived experiences of people living in Ireland. It will provide evidence that can be used to guide improvements to public services and policies to make Ireland a more inclusive and better place to live. The results from this survey may be compared to future surveys. By comparing the results of surveys conducted at different times we will be able to see if life is getting better for people in different groups.

### What should I know about taking part?

The survey is open to all persons living in Ireland who are aged 18 or over. It will take about 10 -15 minutes to complete.

Your responses will only be used for the purposes of this survey. This is an anonymous survey. We don't ask you to provide personal information like name, date or birth or contact details. We have all the right measures in place to protect your privacy and ensure data confidentiality. We will collect, store and report data in a way that makes sure your answers are anonymous. If you would like more information about the survey, it is available here ([link to Additional Information about this Survey info below](#)).

To consent to participate and start the survey please click on the link below

[Consent and start the survey](#)

### Additional Information about this survey

This study is funded by the National Disability Authority.

Ipsos is delivering this survey on behalf of the National Disability Authority (NDA). The NDA is an independent public organisation that provides information and advice to Government and officials in the public sector on disability matters.

This survey meets with General Data Protection Regulations (GDPR). In this survey we don't ask you for any personal information that could identify you like your name or date of birth or where you live. When we have reported on the survey the anonymised dataset will be made available for other researchers.

The aim of this survey is to consider the wellbeing and social inclusion of adults living in Ireland. We are particularly interested in looking at how belonging to different groups affects social inclusion and wellbeing. The survey will allow a comparison of the wellbeing and social inclusion between different groups of people for example between disabled and non-disabled people and between people in employment and those not in employment.

The National Disability Authority may use the findings of this survey to inform our advice to government. The survey may allow us to provide better advice about policies to improve wellbeing and social inclusion for all. The findings will be shared widely with relevant organisations and will be available on the NDA's website.

The survey can also be completed by telephone or in Easy Read paper format. If you would like further information about these formats, please contact Ipsos at [mrbi@ipsos.com](mailto:mrbi@ipsos.com) or you can contact Rachel Mulcahy at [Rachel.mulcahy@ipsos.com](mailto:Rachel.mulcahy@ipsos.com)

If you require any further information regarding the survey, please email [research@nda.ie](mailto:research@nda.ie)

**Eligibility and Consent to participate**

I confirm that I am an adult (aged 18+).....	<input type="radio"/>
I confirm that I live in Ireland .....	<input type="radio"/>

I know that I am being asked to answer questions on a survey about social inclusion and wellbeing and that no personal data will be collected.

I am aware that my responses to the survey questions will be used as research data.

I understand that I have no obligation to complete the survey and can choose whether or not to submit my responses.

I understand that once my responses are submitted, they cannot be attributed to me and therefore cannot be withdrawn.

I am aware that I can ask questions and discuss the study by emailing [research@nda.ie](mailto:research@nda.ie)

I know that all data collected will be included in a report for the National Disability Authority and may inform future studies, reports, conference proceedings or academic publications.

Before commencing the survey, I agree that:

I understand the information provided and I consent to participate in the study

Yes .....	<input type="radio"/>
No .....	<input type="radio"/>

This section asks some questions about you and your background-

**Q.1** What age group are you in?  
**Please select one response only.**

18-24 .....	<input type="radio"/>
25-49 .....	<input type="radio"/>
50-64 .....	<input type="radio"/>
65-79 .....	<input type="radio"/>
80 or older .....	<input type="radio"/>
Prefer not to say.....	<input type="radio"/>

**Q.2** What is your gender?  
**Please select one response only.**

Woman.....	<input type="radio"/>
Man .....	<input type="radio"/>
Prefer to self-describe .....	<input type="radio"/>
Prefer not to say.....	<input type="radio"/>

**Q.3** What is the highest level of education or training you have completed to date?  
**Please select one response only.**

No formal education or training .....	<input type="radio"/>
Primary education or equivalent .....	<input type="radio"/>
Lower secondary education (e.g. intermediate or junior certificate).....	<input type="radio"/>
Higher secondary education (e.g. leaving certificate or applied leaving certificate) .....	<input type="radio"/>
Technical or vocational qualification .....	<input type="radio"/>
Undergraduate degree .....	<input type="radio"/>
Post-graduate degree .....	<input type="radio"/>
Prefer not to say.....	<input type="radio"/>

**Q.4** How is your health in general?  
**Please select one response only.**

Very good.....	<input type="radio"/>
Good .....	<input type="radio"/>
Fair .....	<input type="radio"/>
Bad.....	<input type="radio"/>
Very bad.....	<input type="radio"/>
Don't Know .....	<input type="radio"/>
Prefer not to say.....	<input type="radio"/>

**Q.5** Do you have any of the following long-lasting conditions or difficulties?  
*Please select one answer option for each statement.*

	Yes to a great extent	Yes to some extent	No	Prefer not to say
Blindness or a vision impairment .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Deafness or a hearing impairment .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A difficulty with basic physical activities such as walking, climbing stairs, reaching, lifting or carrying .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
An intellectual disability .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A difficulty with learning, remembering or concentrating .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A psychological or emotional condition or a mental health issue .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A difficulty with pain, breathing or any other chronic illness or condition .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q.6** As a result of a long-lasting condition, or age-related issues, do you have difficulty in doing any of the following?  
*Please select one answer option for each statement.*

	Yes, a lot	Yes, a little	No	Prefer not to say
Dressing, bathing or getting around inside the home .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Going outside the home alone to shop or visit a doctor's surgery .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Working at a job or business or attending school or college .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Participating in other activities for example leisure or using transport .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q.7** Thinking about physical access, distance, opening hours and the like, how easy or difficult is your access to the following services?  
*Please select one answer option for each service.*

Services	Very Easy	Somewhat Easy	Somewhat Difficult	Very Difficult	Not Applicable	Don't Know
Banking and Post Office facilities (bank branch, ATM etc) .....	<input type="radio"/>					
Public transport facilities (bus, tram, train etc) .....	<input type="radio"/>					
Cinema, theatre or cultural centre .....	<input type="radio"/>					
Recreational or green areas .....	<input type="radio"/>					
Grocery shop or supermarket.....	<input type="radio"/>					
Recycling services including collection of recyclables.....	<input type="radio"/>					
GP and primary healthcare services.....	<input type="radio"/>					

**Q.8** Where do you live?  
*Please select one response only.*

In a city or large town .....	<input type="radio"/>
In a small town or village.....	<input type="radio"/>
In the rural countryside.....	<input type="radio"/>
Don't Know .....	<input type="radio"/>

**Q.9** To what extent do you agree or disagree with these statements?  
*Please select one answer option for each statement.*

Statements	Agree strongly	Agree somewhat	Neither agree nor disagree	Disagree somewhat	Disagree strongly	Don't Know
I live in a safe area .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are enough places in my area to meet up with other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are enough leisure and sports facilities in the area where I live .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have lots of family/friends that live near me.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q.10** In the last six months, have you done any volunteer activities through or for an organisation?  
**Please select one response only.**

Yes .....	<input type="radio"/>
No .....	<input type="radio"/>
Don't Know .....	<input type="radio"/>

**Q.11** Which of the following statements best describes how you are meeting your personal/ household bills and loan repayments at present?  
**Please select one response only.**

Without any difficulty .....	<input type="radio"/>
It is a struggle from time to time .....	<input type="radio"/>
It is a constant struggle .....	<input type="radio"/>
Don't have any bills or loans .....	<input type="radio"/>
Don't Know .....	<input type="radio"/>

**Q.12** What share of your total after tax household income would you say comes from social welfare payments of any kind, such as disability allowance, state pension or children's allowance, job seeker's benefit or any other state income supports?  
**Please select one response only.**

None .....	<input type="radio"/>
Very little.....	<input type="radio"/>
Less than half .....	<input type="radio"/>
More than half .....	<input type="radio"/>
All or almost all.....	<input type="radio"/>
Don't Know.....	<input type="radio"/>
Prefer not to say .....	<input type="radio"/>

**Q.13** Do you own or use a mobile phone with internet access? **Please select one response only.**

Yes .....	<input type="radio"/>
No .....	<input type="radio"/>
Don't Know .....	<input type="radio"/>

**Q.14** Do you use smart home devices (e.g., Alexa, Google Nest)? **Please select one response only.**

Yes .....	<input type="radio"/>
No .....	<input type="radio"/>
Don't Know .....	<input type="radio"/>

**Q.15** Are you a wheelchair user?  
*Please select one response only.*

Yes .....	<input type="radio"/>
No .....	<input type="radio"/>
Refused .....	<input type="radio"/>

Now moving on to some questions about wellbeing and social inclusion

**Q.16** Below are some statements about feelings and thoughts.  
Please tick the box that best describes your experience of each over the last 2 weeks.  
*Please select one answer option for each statement.*

Statements	None of the time	Rarely	Some of the time	Often	All of the time	Don't Know
I've been feeling optimistic about the future .....	<input type="radio"/>					
I've been feeling useful .....	<input type="radio"/>					
I've been feeling relaxed .....	<input type="radio"/>					
I've been dealing with problems well	<input type="radio"/>					
I've been thinking clearly.....	<input type="radio"/>					
I've been feeling close to other people.....	<input type="radio"/>					
I've been able to make up my own mind about things.....	<input type="radio"/>					

**Q.17** How often do you do each of the following these days?  
*Please select one answer option for each statement.*

Types of activities	Every day or almost every day	At least once a week	One to three times a month	Less than once a month	Never	Don't Know
Attend religious services apart from weddings, funerals .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use the internet other than for work.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take part in sports or physical exercise .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Participate in social activities of a club, society or association .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meet or talk with family.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meet or talk with friends .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meet or talk with neighbours .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q.18** Do you feel there are things that make it difficult for you to take part in social and leisure activities?  
*Please select one response only.*

Yes .....	<input type="radio"/>
No .....	<input type="radio"/>
Don't Know .....	<input type="radio"/>

**IF NO SKIP NEXT QUESTION**

**Q.19** What are the main things which make it difficult for you to take part in social and leisure activities?  
*Please write in your response below.*

**Q.20** How many people would you say you feel close to, that is, you could count on them if you had a problem?  
*Please select one response only.*

None.....	<input type="radio"/>
1 or 2 .....	<input type="radio"/>
3-5 .....	<input type="radio"/>
6 or more.....	<input type="radio"/>
Don't Know .....	<input type="radio"/>

**Q.21** To what extent do you agree or disagree with the following statements?  
*Please select one answer option for each statement.*

Statements	Agree Strongly	Agree Somewhat	Neither agree nor disagree	Disagree Somewhat	Disagree Strongly	Don't Know
I am happy with my inclusion in social groups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel accepted for who I am .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with my life as a whole .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with my standard of living .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I enjoy good health .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with what I am achieving in life.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with my personal relationships ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel safe in my everyday life .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel I am part of my community .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am confident about my future security.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q.22** If you lost your wallet or something holding your identification or address how likely do you think it would be returned to you intact if it was found by...  
**Please select one answer option for each person type.**

Type of person	Very likely	Likely	Not likely	Very unlikely	Don't Know
A neighbour .....	<input type="radio"/>				
A stranger.....	<input type="radio"/>				
A Garda .....	<input type="radio"/>				

**Q.23** Has the Covid-19 pandemic affected your mental health or wellbeing?  
**Please select one response only.**

Positively affected .....	<input type="radio"/>
Negatively affected .....	<input type="radio"/>
Not affected .....	<input type="radio"/>
Don't Know .....	<input type="radio"/>

**Q.24** In the last 12 months, do you feel that you have been treated unfairly by others for any of the reasons listed below.  
**Please select one answer option for each reason.**

Reason	Yes	No	Don't Know	Not Applicable
Age .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gender .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A health-related issue .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A disability related issue.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ethnicity.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Religion .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sexual orientation .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social class .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q.25** In your opinion do any of the following groups in Irish society experience low levels of social inclusion?  
**Please tick all that apply.**

Older people.....	<input type="radio"/>
Travellers .....	<input type="radio"/>
Roma.....	<input type="radio"/>
Ethnic minorities .....	<input type="radio"/>
Disabled people .....	<input type="radio"/>
Lone Parents.....	<input type="radio"/>
Refugees and asylum seekers.....	<input type="radio"/>
LGBTQ+ community .....	<input type="radio"/>
Other (Please specify _____) .....	<input type="radio"/>
None of these .....	<input type="radio"/>
Don't Know .....	<input type="radio"/>

**Q.26** In your opinion, how can social inclusion in Ireland be improved?  
***Please select up to 3 measures which you think are most important.***

Campaigns to promote positive mental health.....	<input type="checkbox"/>
Campaigns to promote inclusion and discourage discrimination .....	<input type="radio"/>
Measures to improve access to employment for disadvantaged groups .....	<input type="radio"/>
Measures to improve access to education and training for disadvantaged groups .....	<input type="radio"/>
Increased funding for community amenities and supports .....	<input type="radio"/>
Increase in social welfare income supports .....	<input type="radio"/>
Improve accessibility to public transport .....	<input type="radio"/>
Improve accessibility to buildings and amenities used by the public	<input type="radio"/>
Provide funding and access to broadband services .....	<input type="radio"/>
Programs to improve digital literacy and skills .....	<input type="radio"/>
Include more people from diverse backgrounds in the media and Advertising .....	<input type="radio"/>
Other (Please specify _____) .....	<input type="radio"/>
Don't know .....	<input type="radio"/>

The final section includes some further questions about you which will be used only for analysis purposes.

**Q.27** To which one of the following groups do you consider you belong? **Select one response only.**

Irish citizen .....	<input type="radio"/>
EU (non-Irish) citizen.....	<input type="radio"/>
British citizen .....	<input type="radio"/>
Refugee or have permission to remain .....	<input type="radio"/>
Work permit holder .....	<input type="radio"/>
Student visa holder .....	<input type="radio"/>
Asylum applicant.....	<input type="radio"/>
Other .....	<input type="radio"/>
Prefer not to say.....	<input type="radio"/>

**Q.28** Which of the following best describes you? **Please select one response only.**

White .....	<input type="radio"/>
Irish Traveller .....	<input type="radio"/>
Roma.....	<input type="radio"/>
Black .....	<input type="radio"/>
Asian .....	<input type="radio"/>
Mixed or multiple ethnicity.....	<input type="radio"/>
Other .....	<input type="radio"/>
Prefer not to say.....	<input type="radio"/>

**Q.29** What is your current relationship status? **Please select one response only.**

Married or in a civil partnership.....	<input type="radio"/>
Widowed/divorced/separated.....	<input type="radio"/>
Cohabiting .....	<input type="radio"/>
In a relationship not cohabiting .....	<input type="radio"/>
Single/not in a relationship.....	<input type="radio"/>
Prefer not to say.....	<input type="radio"/>

**Q.30** How many children (including step-children) under the age of 18 do you have? **Please select one response only.**

No children under 18.....	<input type="radio"/>
1 child.....	<input type="radio"/>
2 children.....	<input type="radio"/>
3 children.....	<input type="radio"/>
More than 3 children .....	<input type="radio"/>
Prefer not to say .....	<input type="radio"/>

**Q.31** Which of the options below best describes the type of accommodation you live in?  
*Please select one response only.*

My own home with a mortgage .....	<input type="radio"/>
My own home with no mortgage .....	<input type="radio"/>
Rented accommodation-provided by local authority or housing body .....	<input type="radio"/>
Accommodation rented from a private landlord .....	<input type="radio"/>
Rent free accommodation/live with parents/relatives .....	<input type="radio"/>
Other .....	<input type="radio"/>
Don't Know .....	<input type="radio"/>
Prefer not to say .....	<input type="radio"/>

**Q.32** Which of the options below best describes your current situation regarding work?  
*Please select one response only.*

Employed .....	<input type="radio"/>
Self-employed .....	<input type="radio"/>
A Student .....	<input type="radio"/>
Retired/widowed in receipt of pension .....	<input type="radio"/>
Looking for work/unemployed .....	<input type="radio"/>
Unable to work due to sickness or disability .....	<input type="radio"/>
Looking after my home/family full time.....	<input type="radio"/>
Other .....	<input type="radio"/>
Prefer not to say .....	<input type="radio"/>

**Q.33** Do you consider yourself to be? *Please select one response only.*

Heterosexual or straight.....	<input type="radio"/>
Gay or lesbian .....	<input type="radio"/>
Bisexual.....	<input type="radio"/>
Queer .....	<input type="radio"/>
Other sexual orientation .....	<input type="radio"/>
Prefer not to say .....	<input type="radio"/>

**Thank you for participating in the survey. It has been submitted successfully. We really appreciate your input.  
If this survey has upset or distressed, you in anyway please consider contacting one of the following supports:**