2013

MEN'S SHEDS IN AUSTRALIA

EFFECTS ON PHYSICAL HEALTH AND MENTAL WELL-BEING

CONTENTS

APPENDIX A - METHODOLOGY

OVERVIEW

In order to evaluate the impact of belonging to a Men's Shed on the lives of members, in particular the impact upon their health, a 'control' group of non-shed members was used to provide comparison. The overall methodology suggested by UltraFeedback was that of an adapted Quasi-Experimental Design Study.

A Quasi-Experimental Design Study is a type of study in which two distinct groups of people are compared on certain outcomes in order to ascertain whether there are associative factors related to differences between the groups.

In this project, Men's Shed Members were considered the main group for whom membership of a Men's Shed can be seen as an intervention affecting their health outcomes and attitudes. A similarly profiled sample of the Australian population who do not belong to a Men's Shed or similar organisation were considered the 'control' group, i.e. a group of people who have not had the intervention of belonging to a Men's Shed.

This study design tests the hypothesis that those belonging to a Men's Shed will have better health outcomes and behaviours than the control group.

Project aims;

Determining to what degree Men's Sheds:

(i)	Help men regain a sense of purpose in life;
(ii)	Enhance self-esteem;
(iii)	Decrease social isolation;
(iv)	Facilitate friendship and companionship;
(v)	Provide an environment conducive to learning;
(vi)	Improve physical health;
(vii)	Increase awareness of depression and anxiety;
(viii)	Reduce stigma of depression and anxiety;
(ix)	Increase help-seeking for depression and anxiety; and
(x)	Increase help-seeking for other health issues.

MACRO LEVEL TASKS

The individual tasks involved at a macro level are as follows:

- Understanding the current landscape and issues
    1) A Desktop Review of relevant materials;
    2) Qualitative Interviews of Men's Shed members, coordinators and relevant experts;
    3) Focus groups of Men's Shed members.

- Finalise the research design
    4) Survey Instrument Design;
    5) Cognitive testing of survey instrument;
    6) Pilot Survey.

- Research implementation (data collection)
    7) Quantitative survey of Men's Shed members and a control group of non- Shed members (both online and paper-based.

Figure 1: Macro Level Tasks
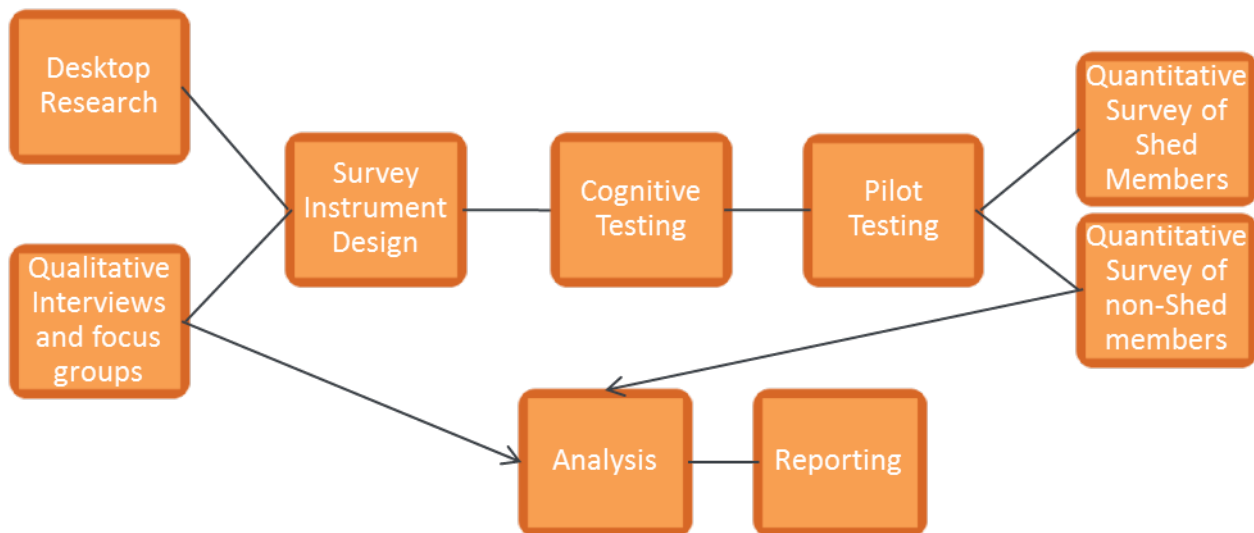
TASK 1: DESKTOP REVIEW
A review of Relevant Scales and Literature

The objective of the desktop review was to solidify understanding of the pertinent issues and ensure that best practice was utilised at all stages of the study. Valid and reliable instruments that could be adopted or adapted into the final survey were also be identified at this stage. This review informed all stages of the research project.

TASK 2: QUALITATIVE INTERVIEWS AND FOCUS GROUPS
17 In-depth Interviews and 10 Focus groups

The objective of the qualitative interview phase was to begin data collection both as a final output of the research project and to inform the design of the quantitative survey. By talking to the end-users themselves, i.e. Men's Shed members, an understanding was gained of those issues of importance to participants as well as an understanding of how best to approach the quantitative survey.

The qualitative phase of data collection occurred independently of the desktop review so as to provide a separate and independent data set to inform the survey development. This included the following steps:

> **i. Design of Discussion Guides.** The discussion guide provides a framework for the interviewer to successfully conduct qualitative research. It facilitates communication between the moderator and the client by clarifying the flow and the amount of emphasis placed on each topic and serve as a quick reference tool for the moderator while conducting the research.
>
> **ii. Recruitment.** The recruiting for interviews and focus groups was done through a promotional campaign with shed presidents/ coordinators. Following an introductory letter from the Australian Men's Shed Association (AMSA), calls were made to a random selection of sheds from each state, with an effort made to ensure that metro, regional and remote areas were represented in order to obtain a good cross-section of Men's Shed sites in Australia.
>
> **iii. Conduct of Interviews.** The interviews were conducted over May and June 2013. The interviews were all conducted face to face. A total of seventeen Men's Shed members and presidents/ coordinators were interviewed. Where possible these were conducted in the Sheds with the interviewee able to show and discuss aspects of the environment.
>
> Creative qualitative research methods were employed to enable researchers to understand what is important to participants. Please see the full discussion guides used in Appendix B.
>
> **iv. Conduct of Focus Groups.** A total of ten focus groups were conducted across Australia. The focus groups occurred over the same period as the interviews. A major advantage of focus groups is that participants are stimulated to discuss an issue and the group dynamic can generate new thinking about a topic which will result in a much more in-depth discussion.

v. **Transcription of Interviews and Focus Groups.** Transcriptions of interviews and focus groups were completed based on the recordings of same where available. Summary notes were also made by the interviewer/facilitator. Where permission for recording was not obtained, detailed notes were compiled by the interviewer/facilitator during and immediately following the interviews.

TASK 3: QUANTITATIVE SURVEY INSTRUMENT DESIGN

The objective of this task was produce a complete survey instrument which tested all research questions in a robust manner. The survey instrument was also designed to be repeatable, so that the possibility of the study becoming a cohort study is left as a possibility in the future with the current data collection forming the baseline measurement.

This component of the research included a compilation of findings from the previous stages of the project. On a broad level:

i. The outcomes of the desktop research including the selected scale instruments (SF-12 and WEMWBS),
ii. The outcomes from the thematic analysis of qualitative interviews,
iii. UltraFeedback's HealthViews scale, a 15-item validated instrument designed to profile respondents in terms of their health seeking behaviour and attitudes to health.
iv. Demographic variables, both to profile respondents, ensure sample accuracy and control for potential bias among the 'control' group of respondents.

TASK 4: COGNITIVE TESTING OF SURVEY INSTRUMENT

Cognitive tests are used to evaluate how potential respondents interpret the survey questions and instructions. Cognitive testing can also evaluate different survey techniques used in the field (such as paper-based vs. online questionnaires) to increase response.

A total of five cognitive tests were completed, with the process as follows:

i. The draft survey was administered to five men, with a moderator present.
ii. Respondents were encouraged to 'think aloud' while completing the survey and the moderator probed throughout in order to evaluate each question on the survey. Examples of probing questions used are:
    a. 'What made you say that?'
    b. 'Why did you respond that way?'
    c. 'What does that mean to you?'
    d. 'Please tell me what the question is asking in your own words'.
iii. The survey instrument and each item was then re-evaluated on the following terms:
    a. Did respondents comprehend the survey questions?
    b. Did all respondents interpret the survey questions in the same way?
    c. Did the question require the respondent to retrieve information from memory and if so, was this possible?
    d. Did the survey question require the respondent to summarise information and if so, was this possible?
    e. Did the survey instrument allow the respondents to report each answer to their satisfaction, i.e. were all possible responses available, were answer formats clear?
iv. The survey instrument was then re-drafted based on the outcomes of the cognitive testing.

Figure 3: Applying Cognitive Testing
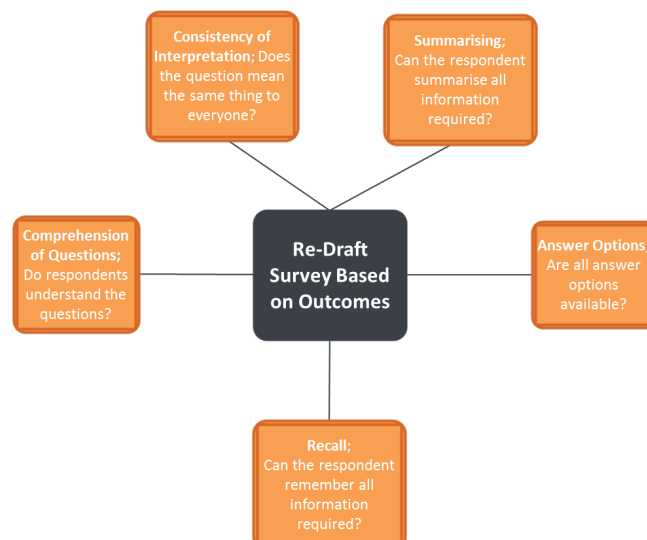
TASK 5: PILOT SURVEY
119 completed surveys

As a final test of the survey instrument, a short pilot was conducted using an online sample. Piloting the survey can reveal unforeseen errors such as questions not following a logical sequence, redundant questions and overlapping questions and discovering 'other' responses to questions which were not anticipated in the design stage. Other issues tested during the pilot phase are:

> a. Assessing whether the research protocol is realistic and workable,
> b. Establishing whether the sampling frame and technique are effective,
> c. Assessing the likely success of proposed recruitment approaches,
> d. Estimating variability in outcomes, and
> e. Assessing the proposed data analysis techniques to uncover potential problems.

TASK 6: QUANTITATIVE SURVEY ADMINISTRATION
2,636 completed surveys

Task 6a: Defining the Population/ Sampling Frame. Shed Group: The population for the purpose of the study is current Men's Shed members which the sample is to represent. Where possible, all sheds were contacted in order to define this population. Every effort was made to ensure that all Shed members had the opportunity to participate.

Non-Shed Group: In order to serve as a useful comparison, the non-shed control group needed to share a similar profile with the Shed Group. Two separate panels were used to achieve this, with hardcopy and online survey invitations sent to a random selection of men throughout Australia.

Task 6b: Survey Mode. A multi-modal approach was used for both groups. An open survey link was made available to sheds so that members had the opportunity to complete the survey online. A paper-based survey was also be made available, and shed members encouraged to complete the survey either at the shed or at home and then returned to a drop-box in the shed for bulk mailing back to UltraFeedback's offices in Melbourne. Reply paid envelopes were also provided with each survey pack.

Full participant consent forms were used and appropriate compliance protocols ensured privacy and confidentiality as appropriate together with safeguards of the data collected. Incentives for completion was the chance to win a substantial prize for ten respondents. Black and Decker cordless drills were donated as prizes for the project.

Informed consent is essential in research projects, and communication of the research objectives was included as a cover letter accompanying the hard copy surveys and email invitations. Other methods to communicate the objectives and raise awareness were posters, pre-notification letters and an open telephone line to UltraFeedback staff to address any questions or concerns.

Task 6c: Special Needs and Languages other than English. Provisions were put in place to support access to the survey. A free-phone number was provided along with the survey packs so that potential participants could be assisted in the completion of the survey by UltraFeedback's on-site CATI team.

Should a respondent be visually impaired, physically impaired or otherwise unable or uncomfortable with self-completing the survey, staff were available to take the respondent through the survey question by question and complete the survey on behalf of the caller.

Participants who prefer a non-English language were provided with the opportunity to complete the survey through a telephone interpreter service or the online option within 6 community languages. The telephone service can also be used where a participant can speak but cannot read a non-English language. A large print version of the survey was also made available.

Task 6d: Data Entry and Checking: Returned surveys were data entered on site at UltraFeedback's Melbourne office in order to ensure data quality. Data validation was ensured via both IT checks and quality assurance processes.

TASK 7: WEIGHTING

In order to more accurately compare the Shed and non-Shed groups, the non-Shed group's data was weighted to more accurately match the demographic make-up of the Shed group. The weighting approach used was that of cell weighting. Age, socio-economic area and remoteness area were selected as weighting variables. For each of these the sample was divided into a number of mutually exclusive and exhaustive categories (that is, each respondent falls into one and only one category) which were non-overlapping with respect to that variable (e.g. age groups and location). Where, as is usual, there is more than one weighting variable, the respondents are implicitly divided into mutually exclusive and exhaustive categories ('cells') in respect of the combinations of categories they fall into on each weighting variable. For each cell a target value is specified. The targets are proportional to the sizes of the respective cells in an ideal sample, that is, one which has the same characteristics as the Shed group. The target is the desired proportion of weights for the cell. The cells and weighting factors used can be found in the tables below.

Table 1: Shed Group

SEIFA QUINTILES	REMOTENESS AREA	20-39		40-59		60-79		80+	
		Count	Table N %	Count	Table N %	Count	Table N %	Count	Table N %
1+2	Major Cities of Australia	2	0.1%	14	1.0%	85	6.2%	9	0.7%
	Regional	11	0.8%	47	3.5%	360	26.5%	52	3.8%
	Remote	0	0.0%	0	0.0%	27	2.0%	6	0.4%
3	Major Cities of Australia	1	0.1%	7	0.5%	103	7.6%	13	1.0%
	Regional	2	0.1%	19	1.4%	146	10.7%	22	1.6%
	Remote	0	0.0%	0	0.0%	4	0.3%	1	0.1%
4+5	Major Cities of Australia	3	0.2%	18	1.3%	273	20.1%	40	2.9%
	Regional	0	0.0%	9	0.7%	74	5.4%	8	0.6%
	Remote	0	0.0%	1	0.1%	3	0.2%	1	0.1%

Table 2: Non-Shed Group

SEIFA QUINTILES	REMOTENESS AREA	20-39		40-59		60-79		80+	
		Count	Table N %	Count	Table N %	Count	Table N %	Count	Table N %
1+2	Major Cities of Australia	3	0.3%	10	0.9%	129	11.6%	16	1.4%
	Regional	0	0.0%	17	1.5%	191	17.1%	30	2.7%
	Remote	0	0.0%	0	0.0%	8	0.7%	0	0.0%
3	Major Cities of Australia	2	0.2%	11	1.0%	96	8.6%	14	1.3%
	Regional	2	0.2%	3	0.3%	75	6.7%	5	0.4%
	Remote	0	0.0%	1	0.1%	0	0.0%	1	0.1%
4+5	Major Cities of Australia	11	1.0%	15	1.3%	367	32.9%	46	4.1%
	Regional	1	0.1%	3	0.3%	52	4.7%	3	0.3%
	Remote	0	0.0%	1	0.1%	1	0.1%	0	0.0%

Table 3: Weighting factors

SEIFA QUINTILES	REMOTENESS AREA	20-39	40-59	60-79	80+
1+2	Major Cities of Australia	3.55	1.15	0.54	0.46
	Regional		2.26	1.54	1.58
	Remote		n/a	2.76	
3	Major Cities of Australia	0.41	0.52	0.88	0.76
	Regional	0.82	3.89	1.64	3.60
	Remote	n/a			0.82
4+5	Major Cities of Australia	0.20	0.98	0.61	0.71
	Regional		2.46	1.16	2.46
	Remote	n/a	0.82	2.46	

Men's Shed Research – Information Sheet

Thank you for taking part in this important research. This sheet provides information about the research and answers any questions you may have.

If you have any questions or concerns that are not covered in this sheet, please contact the research project manager, Paul Flood, from UltraFeedback on (03) 9819 2086. (UltraFeedback is an independent research organisation based in Melbourne and has been contracted to manage this project.)

1. 'What is the purpose of the research?

- The purpose of the research is to investigate what it means to belong to a Men's Shed.
- Information from the study will be used to help better understand and improve Men's Shed services across Australia.

2. 'Why was I invited to participate in this study?'

A total of 14 Men's Sheds across Australia were selected to take part in the first stage of this research, which involves discussion groups and interviews. You were invited to take part because you are a current member of one of these 14 Men's Sheds. Your input is invaluable to this research.

3. 'What does this study involve?'

The study involves two main parts. The first part, which you have been selected to take part in, involves group discussions and face to face interviews with Men's Shed members. Discussions are run by experienced researchers from UltraFeedback. All research will be in line with the Australian Market and Social Research Society's code of ethics.

All information provided by individuals will remain completely confidential and anonymous – no comments or feedback will identify the individuals who made them.

As part of the discussion participants may be asked questions about their general wellbeing, their relationships and activities, and what it means to belong to a Men's Shed.

The second part of the research is a survey which will be made available to all Men's Sheds in Australia. All members will be invited to take part by completing a survey online or on paper.

4. 'Are there risks to me in taking part in this study?'

There are no risks anticipated for anyone who chooses to take part in this study. **However, if you do happen to experience distress as a result of the discussions or interview, please call** *beyondblue's* **helpline on 1300 224 636, 24 hours a day, 7 days a week.**

5. 'How will my confidentiality be protected?'

At the beginning of the interview session the moderator will have asked participants to respect the confidentially of the group. We ask that you and all participants continue to respect the privacy of fellow participants.

Any information or comments provided by you at the focus group will be collected by UltraFeedback **but will not identify any individual or shed**.

The audio-recordings and electronic data will be stored in password protected files at the UltraFeedback offices in Melbourne. Paper based data is stored in a locked filing cabinet at UltraFeedback's offices in Melbourne.

After completion of the study, audio-files and the paper data will be stored for 2 years and then deleted or shredded.

6. 'What happens with the results?'

The results will form part of written reports and presentations, however information will not be linked to individual people or the shed they belong to.

A summary of the research will be provided to your shed at the end of the study.

7. 'What should I do if I want to discuss this study further?'

If you would like to know more about the study at any stage, please do not hesitate to contact Paul Flood on (03) 9819 2086. Alternatively you can contact Gerard Fox of *beyondblue* on (03) 9810 6144.

8. 'Who should I contact if I have concerns about the conduct of this study?

UltraFeedback is committed to researcher integrity and the ethical conduct of research projects and evaluations. However, if you do have any concerns or complaints about the ethical conduct of the research, or any aspect of UltraFeedback's conduct, please contact *beyondblue* on (03) 9810 6144.

Key Phone Numbers

For further information on the research or general inquiries please call:	Paul Flood of UltraFeedback on	**(03) 9819 2086**
If you have any concerns or complaints about the conduct of the research please call:	Gerard Fox of *beyondblue*	**(03) 9810 6144**
If you experience any distress as a result of your participation in this research please call	*beyondblue's* support line	**1300 224 636**

This information sheet is for you to keep.

Key is to deeply understand the role Men's Sheds play in Shedders lives and how this impacts on health outcomes amongst these communities of men

Recruitment – and if necessary completed before group

Key contact name	
Role	
Mobile	
Other contact telephone	
Men's Shed Name	
Region and Address	
Email address	
Recording permission confirmed	
Honoraria?	
Comments	

Researcher/ Moderator:

Group date ....Group time ....

Discussion Guide

Introduction to group (2 min)

Thank you so much for coming today and participating in this discussion. We are conducting some research on Men's Sheds across Australia and we are interested in everything you have to say about your shed and your experiences here. There are no right or wrong answers, and everything you say will be confidential.

We'll spend about 2 hours together and the only thing I ask is for us to be honest and talk freely and openly, but not interrupting or talking over anyone else.

To help me remember everything we talked about today, I want to check if I may have permission to record our discussion?

Do you have any questions before we start?

A – Introduction of Shedders (10-15 minutes)
OBJECTIVE: To understand the life-stage of participants and establish rapport in the group [worth the time!]

1. What I'd like us to do first is break into pairs and we'll take just 3 minutes to find out about each other (if you don't already know one another) and then we'll each introduce our partner to the group. Please can you find out a bit about your partner's life such as their name, age, where they are from, family, hobbies and something the group might not know about them. Please also ask your partner how long he has been coming here and how often he comes to this shed
After 3 minutes go around the group and introduce each other

B – Current Shed Environment – Where we are now (10 minutes)
OBJECTIVE: To gain a context of the group by unpacking the current shed environment

1. Now you've told us a little bit about yourselves, I'd like to find out a little bit more about your shed. Please can you tell me more about this place?

2. What is the main thing you do here?

3. How many people come here?

4. When is the shed open?

5. How does it work?/ How is it organized? *(Can probe leadership, sponsors etc.)*

6. Where do you fit into your shed?

7. <u>Exercise (personification):</u> We're going to have a little bit of fun now. I'd like us to use our imaginations now and imagine this shed as a person/animal. Let's describe that person (gender, age, personality, appearance, occupation, family set-up, friendship network, skills, clothes, car, house etc.)/ animal (what type of animal, why, abilities and strengths, location etc.)
Moderator may need to give example e.g. BMW as man in a suit …

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C – Shed Membership Journey (15 minutes)
OBJECTIVE: To unpack the journey to shed membership and explore user profiles and needs

1. <u>Exercise (time travel):</u> I'd like you to close your eyes now and think of yourself as a time traveler travelling back in time in your own life. I'd like you to think about, remember when you first joined the shed. Take yourself back to the time in your life when you first heard about the men's shed. Please can you tell me about how you first came across Men's Sheds and how you felt about this. *Probe how heard, who heard from, joining process, general experience when joining*
2. Why did you first join the Men's Shed?
3. Were there any surprises when you joined the Shed (anything different to what you expected it might be)? *Probe expectations vs. reality*
4. Thinking about the members of your shed, if you were to describe the average Shedder/ typical bloke in this shed, who would he be?
5. What do you think the Shedders here have in common with each other?
6. And what about non-members? How, if at all are they different from members? What, if anything might they do instead of joining a shed?

D – Shed Benefits and Experience (50 minutes)
OBJECTIVE: To probe deeply into the impact that the Shed has on the lives (and wellbeing/ health related outcomes) of members

1. Do you have any friends that you think should join a shed? What are they like? What type of person are they and what's going on in their lives? Why should they join? [Who do you think should join a shed?]
2. <u>Exercise (invite a friend):</u> I'd like us now to break up into pairs/threes and imagine you were going to invite a friend to join your Shed. Think about what reasons you would give him for joining, what information you might need to give him and how you would go about inviting him. Once you've discussed this, you can tell the group about your invitation. *After a few minutes give each group a chance to share with the group and probe for clarification and examples of the benefits that they raise. Drill down into underlying motivations – why? What is important about [x benefit]?*
3. What changes do you think joining the shed might make in your friends life?
4. Let's think about anyone who might know that you're a member of a shed? What do they think about it?
5. <u>Exercise (life without…):</u> Ok, we are going to turn on our imaginations again and imagine life without the Shed. What would this look like/ be like in your life? What would change?
6. *<u>Exercise (revisit time travel) drawing exercise:</u>* Let's talk more about this idea of what changes the shed has made in your life, and go back into time travel mode now. We'll go back a little bit more than we did before when we remembered joining the Shed. I'd like you to think now about your life *just before* the Shed – when you were about to join or thinking of joining. I have some paper here and I'd like you to *draw me a picture* of what your life was like before and after (and during too if you like) joining the shed. *Give respondents a few minutes and then allow whoever would like to, to share their drawings with the group. Consider probes that follow:*

7. Can you tell me more about how life has changed for you since joining the shed? *[If participants struggle with this, ask them to reflect on other shed members and what change they've seen in their lives/ how they see new members changing]*
Probe:
   a. Changes in routine
   b. New information (probe health related especially)
   c. New skills
   d. New relationships (probe with who and strength, benefits – *consider loneliness and connections*)
   e. Changes in how you feel about yourself (probe confidence levels – *consider anxiety and depression*)
   f. Changes in lifestyle (habits, hobbies, diet etc.)
   g. Changes in mood (how feel before and after). Why?
   h. Changes that partner/spouse/friends may have noticed
   i. Any new healthy behaviours (e.g. diet, exercise, check ups etc.)
8. Which of these changes do you see as being most important?
9. Talking of healthy changes and activities, where do you currently get information or advice about health issues or talk about being healthy/ healthy living?
10. And what kind of health concerns do you think are important at this point in your life?
11. How, if at all, could or does the Shed help with these issues?

12. Exercise (gifting): I'd like us to think about the Shed as a present or special gift for you alone. Imagine a opened a door and behind it was this gift wrapped up with a big bow. This gift gives you something similar to what the shed gives you. What type of gift would it be? Why?
13. I'd like to talk a little bit about how you feel about your place in the community as a Shedder.
   a. Firstly, when I say community, what does that mean to you?
   b. How important is community to you?
   c. How, if at all, has being a Shedder changed how you feel about your community? *Probe role and fit in community, sense of value in community, acceptance of and by community, sense of knowledge/power/status and belonging in community*
14. Exercise (sentence completion): To wrap up this part of our conversation, I'd like us to go around the group and for each person to finish this sentence: "The biggest benefit for me joining a Shed has been …" [Note: should we make this more health specific e.g. "The biggest change in my health and wellbeing since joining the shed is …"?]

E – Your Shed Into the Future (20 minutes)
OBJECTIVE: To build on benefits raised and consider how participants see the role of sheds in the future

1. Why do you think that you keep coming to the shed?
2. What might stop more people from joining sheds?
3. What do you think the role of partners or carers is in the sheds? *Probe need for information (and what), skills, who is most relevant*
4. Exercise (advertising campaign): We're going to end off today with one last fun exercise. We can do it as a group all together or break up into two smaller groups. Let's imagine we are able to advertise our shed (or sheds in general) to men in our community. Let's think about how we would do this:
   a. Types of advertising (posters, radio, tv, magazines, local paper, pamphlets, word of mouth, Internet)
   b. Where we would advertise (where posters should be stuck, who could spread the word, what radio stations or magazines or sites etc.)
   c. What message we should spread
   d. What slogan we would use
   e. What types of pictures/ images/ signs and symbols
   f. Who we would try and talk to/ target
   g. How would this change if we were trying to advertise to get funding or sponsorship? What message would we want to send about our shed?

THANK AND CLOSE

F - Notes

Number of participants	
Age spread	
Recording permission OK?	Y/N
Confirm notes uploaded	Y/N
Confirm audio uploaded	Y/N
Confirm transcript uploaded	Y/N
Comments	

Key is to deeply understand the role Men's Sheds play in Shedders lives and how this impacts on health outcomes amongst these communities of men

Recruitment – and if necessary completed before interview

Respondent name	
Men's Shed Name	
Region and Address	
Contact details for co-ordinator	
Recording permission confirmed	
Honoraria?	
Comments	

Researcher/ Moderator:

Interview date .... Interview time ....

Discussion Guide

Introduction to interview (5 min)

Thank you so much for spending time with me today and for participating in this research by doing this interview. We are conducting some research on Men's Sheds across Australia and we are interested in everything you have to say about your shed and your experiences here. There are no right or wrong answers, and everything you say will be confidential.

Our chat will take about half an hour and please feel free to be as honest and open as possible.

To help me remember everything we talked about today, I want to check if I may have permission to record our discussion?

Do you have any questions before we start?

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A – Introduction of Shedder and the current shed environment (10 minutes)
OBJECTIVE: To understand the life-stage and personal context of participant, the shed and to establish rapport.

1. To begin with, I wonder if you can tell me a little bit about you and your life for example how old you are, where you are from, and a little bit about your family and how you spend your time
2. Let's talk about the shed now. How long have you been coming here to this shed?
3. How often do you come to the shed?
4. And how much time do you usually spend when you visit?

5. Please can you tell me more about this place? If you were to use one word to describe this place, what would it be?
6. What is the main thing you do here?
7. And what is the purpose of this shed?
8. How many people come here?
9. When is the shed open?
10. How does it work?/ How is it organized? *(Can probe leadership, sponsors etc.)*
11. Where do you fit into your shed?

B – Shed Membership Journey (10 minutes)
OBJECTIVE: To unpack the journey to shed membership and explore user profiles

1. Can you think back to when you first heard about the men's shed. How and what did you hear? How did it make you feel? Why?
2. How did you come to be a member? Why did you first join the Men's Shed?
3. Were there any surprises when you joined the Shed (anything different to what you expected it might be)?
4. Thinking about the members of your shed, if you were to describe the average Shedder/ typical bloke in this shed, who would he be?
5. What do you think the Shedders here have in common with each other?
6. And what about non-members? How, if at all are they different from members? What, if anything might they do instead of joining a shed?
7. What other activities or places offer similar things to a shed?

C – Shed Benefits and Experience (20 minutes)
OBJECTIVE: To probe deeply into the impact that the Shed has on the lives (and wellbeing/ health related outcomes) of members

1. Thinking very broadly now, what challenges do you think men similar to you are experiencing in their lives? [Explore how connected, how healthy, how happy and fulfilled]
2. Who do you think should join a shed? What type of person? Why?
3. Why should anyone join a shed? What is in it for them?
4. What does your partner/ spouse think of you being a Shedder? How does it make them feel?
5. And what do your friends think of you being a Shedder? Why?

14

6. I'd like us to think now about your life in the sense of <u>before and after</u> joining the shed. What changes has the shed brought about in your life and the lives of others here?
Probe [remember to keep getting before and after comparisons with examples]:
   a. *Changes in routine*
   b. *New information (probe health related especially)*
   c. *New skills*
   d. *New relationships (probe with who and strength, benefits – consider loneliness and connections)*
   e. *Changes in how you feel about yourself*
   f. *Changes in lifestyle (habits, hobbies, diet etc.)*
   g. *Changes in mood (how feel before and after). Why? (consider depression and anxiety)*
   h. *Changes that others/partner/spouse/friends may have noticed*
   i. *Any new healthy behaviours (e.g. diet, exercise, check ups etc.)*

7. Which of these changes do you see as being most important?
8. Talking of healthy changes and activities, where do you currently get information or advice about health issues or talk about being healthy and healthy living?
9. And what kind of health concerns do you think are important at this point in your life?
10. How, if at all, could or does the Shed help with these issues?

11. I'd like to talk a little bit about how you feel about your place in the community as a Shedder.
   a. Firstly, when I say community, what does that mean to you?
   b. How important is community to you?
   c. How, if at all, has being a Shedder changed how you feel about your community?
      Probe role and fit in community, sense of value in community, acceptance of and by community, sense of knowledge/power/status and belonging in community
12. What do you think the most important benefit [most important health benefit] of being a member of a shed is?

D – Your Shed Into the Future (10 minutes)
OBJECTIVE: To explore how participant sees the role of sheds in the future

1. Why do you think that you keep coming to the shed?
2. What might stop more people from joining sheds?
3. How would you go about getting more men to join sheds?
   a. *Probe advertising in depth*
4. What possible activities might draw men to the Shed and be useful to members?
5. What do you think of the Shed online? *Probe thoughts, usage, barriers*

THANK AND CLOSE

F - Notes

Confirm notes uploaded	Y/N
Confirm audio uploaded	Y/N
Confirm transcript uploaded	Y/N
Comments	

RE: MEN'S HEALTH AND WELL-BEING SURVEY

Dear Shedder,

In an effort to better understand men's health and well-being in Australia, *beyondblue* have contracted independent research company UltraFeedback to conduct a research study with men like you. Taking part in this survey is completely voluntary, however, **your opinion is very important to this project** and your input can help improve policies and services that will benefit many men in Australia.

Please note that this survey contains questions about your health, both physical and mental. While there are no risks anticipated for anyone who chooses to take part, if you do happen to experience distress as a result of the questions contained here, please call *beyondblue's* Support service on 1300 224 636, open 24 hours a day, 7 days a week.

We estimate that it will take you about **15-20 minutes** to complete this survey.

We would appreciate your response before the 7th September 2013. Simply place your completed survey in the reply-paid envelope included and drop it in the post.

Your privacy is very important to us and all results gathered are treated in the strictest confidence. The only point at which you will be asked for your name during the survey is if you would like to be included in the prize draw to **WIN one of 10 Black and Decker 18v Matrix drills worth $179.** Your name will never be linked to any results or reports.

If you would prefer to complete this survey online just go to http://survey.ultrafeedback.com/menshealth If you require any assistance in completing this survey or would prefer to take the survey over the phone with one of UltraFeedback's team, just free-call 1800 143 733 and ask for assistance with the Men's Health and Well-being survey.

There is an information sheet attached with this survey kit which includes answers to many questions you may have, however, if you have any further questions or concerns please feel free to call us on 1800 143 733.

We hope to hear from you soon,

Warm regards,

Paul Flood | Senior Research Consultant | UltraFeedback

e paul.flood@ultrafeedback.com | w www.ultrafeedback.com
a 2 Domville Avenue, Hawthorn Victoria 3122 Australia

beyondblue Depression. Anxiety.

If you need assistance completing this survey or would like to request a large print version, please free call UltraFeedback on 1800 143 733 and one of our team will help you.

If you would prefer to complete this survey online please go to **http://survey.ultrafeedback.com/menshealth**

UltraFeedback ILLUMINATING THE FUTURE

UltraFeedback Pty Ltd
T 1800 143 733
E info@ultrafeedback.com

MEN'S HEALTH AND WELLBEING SURVEY

Complete and return this questionnaire for your chance to WIN one of 10 Black and Decker Matrix 18v drills worth $179

IN-CONFIDENCE

Thank you for taking the time to complete this important survey.

Your opinion is very important to us and your input can help improve policies and services that will benefit many men in Australia.

We estimate that it will take you about **15-20 minutes to complete this survey.**

Please note that this survey contains questions about your health, both physical and mental. While there are no risks anticipated for anyone who chooses to take part, **if you do happen to experience distress as a result of the questions, please call *beyondblue*'s Support service on 1300 224 636, 24 hours a day, 7 days a week.**

Your privacy is very important to us and all results gathered are treated in the strictest confidence. The only point at which you will be asked for your name is if you would like to be included in the prize draw to WIN one of 10 Black & Decker new quick connect Matrix drills worth $179. Your name will never be linked to any results or reports.

HOW TO FILL OUT THIS FORM

Please read the instructions carefully and place a clear tick or cross in the box that best matches your response for each question.

If you make a mistake:
Simply colour in the whole box and mark the correct one as shown. For example:

If there is a question you are unsure of, or are uncomfortable answering, simply leave it blank.

Please do not separate or tear off the pages in this booklet. Just place the booklet in the reply-paid envelope provided and return it in the mail.

When completed, please seal this form in the reply-paid envelope provided and put it in the mail.
Please return your form by the 7th September 2013.

This set of questions asks about your health, how you feel and how well you are able to do your usual activities.

1   **In general, would you say your health is:**

☐ Excellent	☐ Very good	☐ Good	☐ Fair	☐ Poor

2   **The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?**

		Yes, limited a lot	Yes, limited a little	No, not limited at all
a	Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf	☐	☐	☐
b	Climbing several flights of stairs	☐	☐	☐

3   **During the past 4 weeks, how much of the time have you had any of the following problems with your work or other regular daily activities as a result of your physical health?**

		All of the time	Most of the time	Some of the time	A little of the time	None of the time
a	Accomplished less than you would like	☐	☐	☐	☐	☐
b	Were limited in the kind of work or other activities	☐	☐	☐	☐	☐

4   **During the past 4 weeks, how much of the time have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?**

		All of the time	Most of the time	Some of the time	A little of the time	None of the time
a	Accomplished less than you would like	☐	☐	☐	☐	☐
b	Did work or activities less carefully than usual	☐	☐	☐	☐	☐

5   **During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)?**

☐ Not at all	☐ A little bit	☐ Moderately	☐ Quite a bit	☐ Extremely

6 These questions are about how you feel and how things have been with you <u>during the past 4 weeks.</u> For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the <u>past 4 weeks</u>...

		All of the time	Most of the time	Some of the time	A little of the time	None of the time
a	Have you felt calm and peaceful?	☐	☐	☐	☐	☐
b	Did you have a lot of energy?	☐	☐	☐	☐	☐
c	Have you felt downhearted and depressed?	☐	☐	☐	☐	☐

7 During the <u>past 4 weeks</u>, how much of the time has your <u>physical health or emotional problems</u> interfered with your social activities (like visiting friends, relatives, etc.)?

☐ All of the time	☐ Most of the time	☐ Some of the time	☐ A little of the time	☐ None of the time

8 Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the last 2 weeks.

		None of the time	Rarely	Some of the time	Often	All of the time
a	I've been feeling optimistic about the future	☐	☐	☐	☐	☐
b	I've been feeling useful	☐	☐	☐	☐	☐
c	I've been feeling relaxed	☐	☐	☐	☐	☐
d	I've been feeling interested in other people	☐	☐	☐	☐	☐
e	I've had energy to spare	☐	☐	☐	☐	☐
f	I've been dealing with problems well	☐	☐	☐	☐	☐
g	I've been thinking clearly	☐	☐	☐	☐	☐
h	I've been feeling good about myself	☐	☐	☐	☐	☐
i	I've been feeling close to other people	☐	☐	☐	☐	☐
j	I've been feeling confident	☐	☐	☐	☐	☐
k	I've been able to make up my own mind about things	☐	☐	☐	☐	☐
l	I've been feeling loved	☐	☐	☐	☐	☐
m	I've been interested in new things	☐	☐	☐	☐	☐
n	I've been feeling cheerful	☐	☐	☐	☐	☐

John:

John is a 42 year old who has been feeling unusually sad and miserable for the last few weeks. He is tired all the time and has trouble sleeping at night. John doesn't feel like eating and has lost weight. He can't keep his mind on his work and his productivity has dropped. He puts off making any decisions and even day-to-day tasks seem too much for him. His family and friends are very concerned about him.

9   What would you say, if anything, is wrong with John?

10   Would the following actions be helpful or harmful for John?

		Very harmful	Harmful	Neither helpful nor harmful	Helpful	Very Helpful
a	Discussing the issue with a counsellor	☐	☐	☐	☐	☐
b	Discussing the issue with a GP or family doctor	☐	☐	☐	☐	☐
c	Discussing the issue with a pharmacist	☐	☐	☐	☐	☐
d	Discussing the issue with a telephone counselling service	☐	☐	☐	☐	☐
e	Discussing the issue with a psychologist	☐	☐	☐	☐	☐
f	Discussing the issue with a psychiatrist	☐	☐	☐	☐	☐
g	Discussing the issue with a close family member	☐	☐	☐	☐	☐
h	Discussing the issue with a close friend	☐	☐	☐	☐	☐
i	Discussing the issue with a member of the clergy, priest or other religious person	☐	☐	☐	☐	☐
j	Discussing the issue with a social worker	☐	☐	☐	☐	☐
k	Dealing with the issue on his own	☐	☐	☐	☐	☐
l	Having 3 or more drinks a night to take his mind off things	☐	☐	☐	☐	☐
m	Other, please specify: _____	☐	☐	☐	☐	☐

11 Please rate your level of agreement or disagreement with each of the following statements.

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
a	People with a problem like John's could snap out of it if they wanted	☐	☐	☐	☐	☐
b	A problem like John's is a sign of personal weakness	☐	☐	☐	☐	☐
c	John's problem is not a real medical illness	☐	☐	☐	☐	☐
d	People with a problem like John's are dangerous to others	☐	☐	☐	☐	☐
e	People with a problem like John's are unpredictable	☐	☐	☐	☐	☐
f	If I had a problem like John's I would not tell anyone	☐	☐	☐	☐	☐
g	I would not employ someone if I knew they had a problem like John's	☐	☐	☐	☐	☐
h	I would not vote for a politician if I knew they had a problem like John's	☐	☐	☐	☐	☐
i	People with a problem like John's are hard to talk to	☐	☐	☐	☐	☐
j	People with a problem like John's have themselves to blame	☐	☐	☐	☐	☐
k	People with a problem like John's should pull themselves together	☐	☐	☐	☐	☐

12 If John was someone you knew, how likely or unlikely is it that you would...

		Very unlikely	Unlikely	Neither likely or unlikely	Likely	Very likely
a	Lend him money	☐	☐	☐	☐	☐
b	Allow him to babysit/ care for your children or grandchildren	☐	☐	☐	☐	☐
c	Employ him	☐	☐	☐	☐	☐
d	Socialise with him	☐	☐	☐	☐	☐
e	Accept him into your family (say by marriage)	☐	☐	☐	☐	☐
f	Move next door to him	☐	☐	☐	☐	☐
g	Make friends with him	☐	☐	☐	☐	☐
h	Work closely with him on a job	☐	☐	☐	☐	☐
i	Welcome him into your shed	☐	☐	☐	☐	☐

13 If the following people or institutions were aware of John's issue, how likely or unlikely do you think they would be to discriminate against him?

		Very unlikely	Unlikely	Neither likely or unlikely	Likely	Very likely
a	A bank, insurance company or other financial institution	☐	☐	☐	☐	☐
b	A government or other public welfare agency	☐	☐	☐	☐	☐
c	A public or private hospital	☐	☐	☐	☐	☐
d	Other people who don't know him well	☐	☐	☐	☐	☐
e	His doctor or other health professional	☐	☐	☐	☐	☐
f	His employer	☐	☐	☐	☐	☐
g	His family	☐	☐	☐	☐	☐
h	His friends	☐	☐	☐	☐	☐

14 If you thought you might be experiencing a similar issue to John, how likely or unlikely would you be to seek help from each of the following?

		Very unlikely	Unlikely	Neither likely or unlikely	Likely	Very likely
a	A counsellor	☐	☐	☐	☐	☐
b	A GP or family doctor	☐	☐	☐	☐	☐
c	A pharmacist	☐	☐	☐	☐	☐
d	A telephone counselling service	☐	☐	☐	☐	☐
e	An online health site	☐	☐	☐	☐	☐
f	A psychologist	☐	☐	☐	☐	☐
g	A psychiatrist	☐	☐	☐	☐	☐
h	A close family member	☐	☐	☐	☐	☐
i	A close friend	☐	☐	☐	☐	☐
j	A member of the clergy, priest or other religious person	☐	☐	☐	☐	☐
k	A social worker	☐	☐	☐	☐	☐
l	A fellow shedder	☐	☐	☐	☐	☐
m	Other, please specify: _____	☐	☐	☐	☐	☐
n	I would not seek help for this issue/ none of the above	☐				

David:

David is a 57 year old who for the past 4 months has been feeling increasingly stressed and worried. Although his worries were initially not associated with any particular situation, they are now associated with his work. When he goes to work he often has attacks of nausea, sweating, chest pains and trembling. He stays up late and worries about his health, money and family problems but feels unable to stop, even though he is aware that his feelings are more intense than any of these situations warrant.

15   What would you say, if anything, is wrong with David?

16   Would the following actions be helpful or harmful for David?

		Very harmful	Harmful	Neither helpful nor harmful	Helpful	Very Helpful
a	Discussing the issue with a counsellor	☐	☐	☐	☐	☐
b	Discussing the issue with a GP or family doctor	☐	☐	☐	☐	☐
c	Discussing the issue with a pharmacist	☐	☐	☐	☐	☐
d	Discussing the issue with a telephone counselling service	☐	☐	☐	☐	☐
e	Discussing the issue with a psychologist	☐	☐	☐	☐	☐
f	Discussing the issue with a psychiatrist	☐	☐	☐	☐	☐
g	Discussing the issue with a close family member	☐	☐	☐	☐	☐
h	Discussing the issue with a close friend	☐	☐	☐	☐	☐
i	Discussing the issue with a member of the clergy, priest or other religious person	☐	☐	☐	☐	☐
j	Discussing the issue with a social worker	☐	☐	☐	☐	☐
k	Dealing with the issue on his own	☐	☐	☐	☐	☐
l	Having 3 or more drinks a night to take his mind off things	☐	☐	☐	☐	☐
m	Other, please specify: _____	☐	☐	☐	☐	☐

17   Please rate your level of agreement or disagreement with each of the following statements.

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
a	People with a problem like David's could snap out of it if they wanted	☐	☐	☐	☐	☐
b	A problem like David's is a sign of personal weakness	☐	☐	☐	☐	☐
c	David's problem is not a real medical illness	☐	☐	☐	☐	☐
d	People with a problem like David's are dangerous to others	☐	☐	☐	☐	☐
e	People with a problem like David's are unpredictable	☐	☐	☐	☐	☐
f	If I had a problem like David's I would not tell anyone	☐	☐	☐	☐	☐
g	I would not employ someone if I knew they had a problem like David's	☐	☐	☐	☐	☐
h	I would not vote for a politician if I knew they had a problem like David's	☐	☐	☐	☐	☐
i	People with a problem like David's are hard to talk to	☐	☐	☐	☐	☐
j	People with a problem like David's have themselves to blame	☐	☐	☐	☐	☐
k	People with a problem like David's should pull themselves together	☐	☐	☐	☐	☐

18   If David was someone you knew, how likely or unlikely is it that you would...

		Very unlikely	Unlikely	Neither likely or unlikely	Likely	Very likely
a	Lend him money	☐	☐	☐	☐	☐
b	Allow him to babysit/ care for your children or grandchildren	☐	☐	☐	☐	☐
c	Employ him	☐	☐	☐	☐	☐
d	Socialise with him	☐	☐	☐	☐	☐
e	Accept him into your family (say by marriage)	☐	☐	☐	☐	☐
f	Move next door to him	☐	☐	☐	☐	☐
g	Make friends with him	☐	☐	☐	☐	☐
h	Work closely with him on a job	☐	☐	☐	☐	☐
i	Welcome him into your shed	☐	☐	☐	☐	☐

19 If the following people or institutions were aware of David's issue, how likely or unlikely do you think they would be to discriminate against him?

		Very unlikely	Unlikely	Neither likely or unlikely	Likely	Very likely
a	A bank, insurance company or other financial institution	☐	☐	☐	☐	☐
b	A government or other public welfare agency	☐	☐	☐	☐	☐
c	A public or private hospital	☐	☐	☐	☐	☐
d	Other people who don't know him well	☐	☐	☐	☐	☐
e	His doctor or other health professional	☐	☐	☐	☐	☐
f	His employer	☐	☐	☐	☐	☐
g	His family	☐	☐	☐	☐	☐
h	His friends	☐	☐	☐	☐	☐

20 If you thought you might be experiencing a similar issue to David, how likely or unlikely would you be to seek help from each of the following?

		Very unlikely	Unlikely	Neither likely or unlikely	Likely	Very likely
a	A counsellor	☐	☐	☐	☐	☐
b	A GP or family doctor	☐	☐	☐	☐	☐
c	A pharmacist	☐	☐	☐	☐	☐
d	A telephone counselling service	☐	☐	☐	☐	☐
e	An online health site	☐	☐	☐	☐	☐
f	A psychologist	☐	☐	☐	☐	☐
g	A psychiatrist	☐	☐	☐	☐	☐
h	A close family member	☐	☐	☐	☐	☐
i	A close friend	☐	☐	☐	☐	☐
j	A member of the clergy, priest or other religious person	☐	☐	☐	☐	☐
k	A social worker	☐	☐	☐	☐	☐
l	A fellow shedder	☐	☐	☐	☐	☐
m	Other, please specify: _____	☐	☐	☐	☐	☐
n	I would not seek help for this issue/ none of the above	☐				

The next set of questions asks about your social circle and activities.

21 **About how many close friends do you have – people you feel at ease with and can talk with about what is on your mind? (You may include relatives).**

☐ people

22 **On average over the past 12 months, approximately how often did you socialise with friends or relatives (e.g. going out for a meal or visiting each other's homes)?**

☐ Every day   ☐ About once a month   Other (please specify):

☐ Several days a week   ☐ 5 to 10 times a year

☐ About once a week   ☐ Less than 5 times a year   _____

☐ 2 or 3 times a month   ☐ Never

23 **On average over the past 12 months, approximately how often did you get in touch with friends or family (or have them get in touch with you) – e.g. over the phone, writing letters or emails?**

☐ Every day   ☐ About once a month   Other (please specify):

☐ Several days a week   ☐ 5 to 10 times a year

☐ About once a week   ☐ Less than 5 times a year   _____

☐ 2 or 3 times a month   ☐ Never

24 **Do you belong to any groups or organisations such as clubs, community groups, religious groups, etc.? How often do you attend these groups or organisations?**

☐ Sports Club/s (please specify): _____	☐ Religious or church group/s (please specify): _____
☐ 2 or more times a week	☐ 2 or more times a week
☐ About once a week	☐ About once a week
☐ Once or twice a month	☐ Once or twice a month
☐ Once or twice every few months	☐ Once or twice every few months
☐ A few times a year	☐ A few times a year
☐ Once a year or less	☐ Once a year or less
☐ Never	☐ Never

	Community Group/s (please specify):	Other group or organisation/s (please specify):
☐	_____	☐ _____

	Community Group/s		Other group or organisation/s
☐	2 or more times a week	☐	2 or more times a week
☐	About once a week	☐	About once a week
☐	Once or twice a month	☐	Once or twice a month
☐	Once or twice every few months	☐	Once or twice every few months
☐	A few times a year	☐	A few times a year
☐	Once a year or less	☐	Once a year or less
☐	Never	☐	Never

25 **The following statements have been used by many people to describe how much support they get from other people. How much do you agree or disagree with each statement?**

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
a	People don't come to visit me as often as I would like	☐	☐	☐	☐	☐
b	I often need help from other people but can't get it	☐	☐	☐	☐	☐
c	I seem to have enough friends	☐	☐	☐	☐	☐
d	I don't have anyone I can confide in	☐	☐	☐	☐	☐
e	I have no one to lean on in times of trouble	☐	☐	☐	☐	☐
f	There is someone who can always cheer me up when I'm down	☐	☐	☐	☐	☐
g	I often feel lonely	☐	☐	☐	☐	☐
h	I enjoy the time I spend with people who are important to me	☐	☐	☐	☐	☐
i	When something's on my mind, just talking with the people I know can make me feel better	☐	☐	☐	☐	☐
j	When I need someone to help me out, I can usually find someone	☐	☐	☐	☐	☐

26 **How often do you feel the need for <u>more</u> social interaction?**

☐ None of the time	☐ Rarely	☐ Some of the time	☐ Often	☐ All of the time

27 **Which Men's Shed do you belong to?** *(This response will not be used to identify you or affect your shed in any way. Feedback will only be provided to individual sheds if sufficient numbers are gathered to ensure confidentiality).*

_____

28 **How long have you been involved in Men's Sheds?**

☐ Less than 1 month   ☐ Between 6 and 12 months

☐ Between 1 and 3 months   ☐ Between 1 and 2 years

☐ Between 3 and 6 months   ☐ More than 2 years

29 **What proportion of your friends/ colleagues/ acquaintances are from your Shed?**

☐ 0-20%	☐ 21-40%	☐ 41-60%	☐ 61-80%	☐ 81-100%

30 **Which of the following, if any, have you learned more about through your Shed? (please mark as many as appropriate)**

☐ Trade skills (such as woodwork, metalwork, etc.)   ☐ Health issues

☐ Computer skills   ☐ How to engage with people/ how to make new friends

☐ Other (please specify): _____

31 **What was your main reason for joining Men's Sheds?**

☐ To meet new friends   ☐ To learn new skills   ☐ To keep busy

☐ For my health   ☐ To give back to the community   ☐ To share my knowledge and expertise

☐ Other (please specify): _____

32 **What do you see as the biggest benefit of belonging to a Men's Shed?**

┌───┐
│   │
│   │
│   │
│   │
└───┘

33 Please rate your level of agreement or disagreement with the following statements around your involvement with Men's Sheds.

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
a	I am more physically active now than before coming to Men's Sheds.	☐	☐	☐	☐	☐
b	My Shed makes an important contribution to our community.	☐	☐	☐	☐	☐
c	I have more to talk about with my partner/ family since coming to Men's Sheds.	☐	☐	☐	☐	☐
d	My relationship with my partner/ family has improved since coming to Men's Sheds.	☐	☐	☐	☐	☐
e	My partner/ family are supportive of my involvement with Men's Sheds.	☐	☐	☐	☐	☐
f	I enjoy sharing my knowledge and expertise with other Shedders.	☐	☐	☐	☐	☐
g	I have learned new practical skills since coming to Men's Sheds.	☐	☐	☐	☐	☐
h	I am more knowledgeable about health issues in general since coming to Men's Sheds.	☐	☐	☐	☐	☐
i	I am more knowledgeable about mental health issues since coming to Men's Sheds.	☐	☐	☐	☐	☐
j	I can talk about issues in the Shed that I cannot discuss anywhere else.	☐	☐	☐	☐	☐

PART E   Finally, we'd like to ask some questions about you.

34   **In what year were you born?**   ☐☐☐☐

35   **Were you born in Australia or overseas?**   ☐ Australia   ☐ Overseas

36   **In which postcode do you live?**   ☐☐☐☐

37   **Are you...**   ☐ Male   ☐ Other (please specify): _____
            ☐ Female   ☐ Prefer not to say

38   **Which of the following best describes your sexual orientation?**

☐ Straight/ heterosexual   ☐ Bisexual   ☐ Prefer not to say

☐ Gay/ homosexual   ☐ Undecided; not sure; questioning   ☐ Other (please specify): _____

39   **Which best describes the highest level of formal education you have completed?**

☐ Didn't go to school   ☐ Certificate or diploma (e.g. TAFE)

☐ Secondary school Year 8 or below   ☐ Bachelor Degree

☐ Secondary school Year 9 or 10 equivalent   ☐ Post graduate qualification or higher degree

☐ Secondary school Year 11 or 12 equivalent   ☐ Other (please specify): _____

40 **What best describes your employment status?**

- ☐ Full time employment
- ☐ Part time employment
- ☐ Retired from work
- ☐ Currently unemployed
- ☐ Volunteer

41 **What best describes your marital status?**

- ☐ Never married
- ☐ Widowed
- ☐ Divorced
- ☐ Separated
- ☐ Married
- ☐ De facto/ living with partner
- ☐ Other (please specify): _____

42 **Who do you currently live with?**

☐ I live alone	☐ With my children	☐ With my partner in a retirement community	☐ In a boarding home
☐ With my partner	☐ With other family members	☐ In a nursing home community	☐ Other (please specify): _____
☐ With my partner and children	☐ In a retirement community		

43 **Do you currently experience any of the following health conditions? (Please mark as many that apply)**

☐ Arthritis	☐ Heart problems	☐ Kidney disease	☐ Other mental health condition
☐ Osteoporosis	☐ Deafness	☐ Cancer	☐ On-going physical disability
☐ Asthma	☐ Diabetes	☐ Anxiety	☐ Other (please specify): _____
☐ Back pain/problem, disc disorder	☐ Hay fever and allergic rhinitis	☐ Depression	

44 **Over the past 12 months, about how often have you attended each of the following healthcare service providers?**

	0 times	1 time	2-3 times	4-6 times	6-10 times	More than 10 times
A hospital or emergency department	☐	☐	☐	☐	☐	☐
A GP	☐	☐	☐	☐	☐	☐
A Healthcare Specialist	☐	☐	☐	☐	☐	☐
A Pharmacist	☐	☐	☐	☐	☐	☐
Other, Please specify _____	☐	☐	☐	☐	☐	☐

45 **When was the last time…**

	Less than 1 month ago	1-6 months ago	6-12 months ago	1-2 years ago	2-5 years ago	More than 5 years ago	Never
You visited a GP	☐	☐	☐	☐	☐	☐	☐
You visited a healthcare specialist	☐	☐	☐	☐	☐	☐	☐
You visited another healthcare service provider	☐	☐	☐	☐	☐	☐	☐
You had a physical check-up (e.g. blood pressure taken, heart listened to, etc.)	☐	☐	☐	☐	☐	☐	☐

46   To what extent do you agree or disagree with the following statements?

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
a	I feel healthy	☐	☐	☐	☐	☐
b	I have enough energy	☐	☐	☐	☐	☐
c	I feel calm and peaceful	☐	☐	☐	☐	☐
d	My health is consistent with my life goals	☐	☐	☐	☐	☐
e	I feel confident in my ability to be healthy	☐	☐	☐	☐	☐
f	It is very important for me to be as healthy as possible	☐	☐	☐	☐	☐
g	I have decided that I want to be healthy	☐	☐	☐	☐	☐
h	I have thought carefully about my health and believe it is important for many aspects of my life	☐	☐	☐	☐	☐
i	I try to do things that I believe are best for my health	☐	☐	☐	☐	☐
j	I actively try to prevent disease and illness	☐	☐	☐	☐	☐
k	I know how to use the health information I find to help me	☐	☐	☐	☐	☐
l	I seek out health information that answers my health questions	☐	☐	☐	☐	☐
m	I feel confident in using information to make decisions about my health	☐	☐	☐	☐	☐
n	Before making a decision about my health, I find out everything I can about the issue	☐	☐	☐	☐	☐
o	I really enjoy learning about health issues	☐	☐	☐	☐	☐

47   Are you of Aboriginal or Torres Strait Islander origin?

☐ No   ☐ Yes, Aboriginal   ☐ Yes, Torres Strait Islander   ☐ Yes, Aboriginal and Torres Strait Islander

48   Is there a language other than English spoken in your household?

☐ Yes   ☐ No

49   IF 'Yes' – Which Language/s

☐ Mandarin   ☐ Cantonese   ☐ Spanish   ☐ Tagalog

☐ Italian   ☐ Greek   ☐ Hindi   ☐ Other (please specify):

☐ Arabic   ☐ Vietnamese   ☐ German

Please enter your personal details below to be in with a chance to win one of 10 Black & Decker Matrix 18v drills worth $179.

Please do not tear off this page.

THANK YOU

Thank you for taking the time to complete this survey.

Your participation is greatly appreciated. If you would like to be entered into the draw to WIN one of 10 Black and Decker Matrix 18v drills worth $179 please enter your details below.
This information **will not** be linked to your responses in any way.

Name:

Phone:

Address:

Email (optional):

APPENDIX C - FREQUENCY TABLES

Item	Option	Shed Count	Shed Column N %	Non shed Count	Non shed Column N %	Non Shed more isolated Count	Non Shed more isolated Column N %	Non shed less isolated Count	Non shed less isolated Column N %
In general, would you say your health is:	Excellent	79	5.6%	73	6.1%	38	5.8%	34	7.4%
	Very Good	425	30.1%	353	29.8%	176	26.9%	159	35.1%
	Good	581	41.2%	479	40.4%	261	39.8%	181	40.0%
	Fair	291	20.6%	235	19.8%	150	22.9%	68	15.1%
	Poor	34	2.4%	46	3.9%	30	4.6%	11	2.3%
	Total	1410	100.0%	1185	100.0%	656	100.0%	452	100.0%
Does your health now limit you in these activities? If so, how much? Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf	Yes, limited a lot	153	10.8%	142	12.0%	90	13.7%	41	9.0%
	Yes, limited a little	485	34.3%	401	33.9%	224	34.3%	146	32.1%
	No, not limited at all	774	54.8%	641	54.1%	341	52.0%	267	58.8%
	Total	1412	100.0%	1185	100.0%	655	100.0%	453	100.0%
Does your health now limit you in these activities? If so, how much? Climbing several flights of stairs	Yes, limited a lot	197	14.6%	210	18.2%	137	21.5%	53	12.1%
	Yes, limited a little	557	41.2%	413	35.9%	230	36.0%	161	36.8%
	No, not limited at all	598	44.2%	528	45.9%	272	42.5%	224	51.0%
	Total	1352	100.0%	1150	100.0%	639	100.0%	438	100.0%
During the past 4 weeks, how much of the time have you had any of the following problems with your work or other regular daily activities as a result of your physical health? Accomplished less than you would like	All of the time	45	3.2%	55	4.6%	41	6.2%	11	2.4%
	Most of the time	182	12.9%	159	13.4%	100	15.3%	43	9.5%
	Some of the time	351	24.9%	277	23.4%	167	25.5%	93	20.5%
	A little of the time	422	29.9%	309	26.1%	157	23.9%	137	30.2%
	None of the time	411	29.1%	384	32.4%	190	29.0%	169	37.4%
	Total	1411	100.0%	1184	100.0%	654	100.0%	452	100.0%
During the past 4 weeks, how much of the time have you had any of the following problems with your work or other regular daily activities as a result of your physical health? Were limited in the kind of work or other activities	All of the time	48	3.5%	59	5.1%	40	6.2%	13	2.9%
	Most of the time	160	11.7%	161	13.7%	111	17.2%	41	9.0%
	Some of the time	333	24.4%	261	22.3%	138	21.3%	99	22.0%
	A little of the time	398	29.1%	286	24.4%	145	22.5%	130	28.9%
	None of the time	428	31.3%	404	34.5%	212	32.9%	167	37.1%
	Total	1367	100.0%	1171	100.0%	646	100.0%	450	100.0%
During the past 4 weeks, how much of the time have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)? Accomplished less than you would like	All of the time	25	1.8%	28	2.3%	20	3.0%	6	1.3%
	Most of the time	69	4.9%	56	4.7%	37	5.7%	15	3.3%
	Some of the time	237	16.8%	172	14.5%	111	16.9%	50	11.1%
	A little of the time	321	22.7%	258	21.8%	136	20.8%	101	22.2%
	None of the time	759	53.8%	669	56.6%	350	53.5%	281	62.1%
	Total	1411	100.0%	1183	100.0%	655	100.0%	453	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
During the past 4 weeks, how much of the time have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?	All of the time	15	1.1%	15	1.3%	8	1.3%	4	0.9%
	Most of the time	42	3.1%	37	3.2%	29	4.5%	5	1.2%
	Some of the time	189	13.8%	157	13.4%	102	15.8%	43	9.7%
	A little of the time	327	23.9%	248	21.2%	135	20.9%	98	21.8%
	None of the time	796	58.1%	712	60.9%	371	57.5%	299	66.5%
Did work or activities less carefully than usual	Total	1369	100.0%	1169	100.0%	645	100.0%	450	100.0%
During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)?	Not at all	453	32.1%	381	32.2%	195	29.7%	167	36.8%
	A little bit	487	34.5%	389	32.9%	215	32.7%	153	33.7%
	Moderately	252	17.8%	205	17.3%	111	16.9%	76	16.8%
	Quite a bit	183	13.0%	174	14.8%	112	17.0%	51	11.2%
	Extremely	38	2.7%	32	2.7%	24	3.6%	7	1.6%
	Total	1413	100.0%	1181	100.0%	657	100.0%	453	100.0%
How much of the time during the past 4 weeks... Have you felt calm and peaceful?	All of the time	235	16.6%	191	16.2%	97	14.8%	83	18.3%
	Most of the time	810	57.3%	698	59.2%	363	55.3%	303	66.9%
	Some of the time	244	17.3%	199	16.8%	130	19.8%	49	10.8%
	A little of the time	100	7.1%	77	6.5%	54	8.2%	17	3.8%
	None of the time	24	1.7%	15	1.3%	12	1.9%	1	0.1%
	Total	1413	100.0%	1179	100.0%	657	100.0%	452	100.0%
How much of the time during the past 4 weeks... Did you have a lot of energy?	All of the time	89	6.3%	60	5.1%	34	5.2%	24	5.4%
	Most of the time	615	43.7%	476	40.6%	240	36.8%	216	47.7%
	Some of the time	422	30.0%	381	32.5%	212	32.6%	144	31.7%
	A little of the time	219	15.6%	182	15.5%	113	17.3%	53	11.8%
	None of the time	63	4.5%	73	6.3%	53	8.2%	16	3.4%
	Total	1408	100.0%	1173	100.0%	652	100.0%	452	100.0%
How much of the time during the past 4 weeks... Have you felt downhearted and depressed?	All of the time	21	1.5%	13	1.1%	6	1.0%	6	1.3%
	Most of the time	54	3.8%	49	4.2%	28	4.4%	16	3.5%
	Some of the time	255	18.1%	212	18.1%	146	22.3%	55	12.2%
	A little of the time	442	31.4%	365	31.1%	219	33.5%	121	26.7%
	None of the time	634	45.1%	536	45.6%	253	38.8%	255	56.4%
	Total	1406	100.0%	1174	100.0%	653	100.0%	452	100.0%
During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting friends, relatives, etc.)?	All of the time	26	1.8%	23	1.9%	19	2.9%	3	0.7%
	Most of the time	71	5.0%	82	7.0%	61	9.3%	13	2.9%
	Some of the time	209	14.7%	175	14.8%	111	16.9%	56	12.3%
	A little of the time	303	21.4%	222	18.8%	124	18.8%	80	17.8%
	None of the time	809	57.1%	678	57.5%	343	52.1%	299	66.3%
	Total	1418	100.0%	1180	100.0%	659	100.0%	451	100.0%

Item	Domain	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Valid n	Mean	Valid n	Mean	Valid n	Mean	Valid n	Mean
SF-12 domain scores	Physical functioning	1347	68.7	1145	67.5	634	64.6	438	72.6
	Role physical	1362	67.8	1167	67.2	643	64.2	450	72.4
	Bodily pain	1413	70.1	543	70.7	275	67.5	261	74.8
	General health perceptions	1410	61.1	1185	60.6	656	58.2	452	65.1
	Vitality	1408	58.0	1173	55.7	652	53.4	452	59.9
	Social functioning	1418	81.7	542	83.4	277	79.6	258	88.2
	Role emotional	1363	82.1	1165	82.9	643	80.6	449	86.5
	Mental health	1400	74.4	1172	74.8	651	72.2	452	79.1

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
I've been feeling optimistic about the future	None of the time	46	3.3%	31	2.6%	15	2.4%	14	3.2%
	Rarely	144	10.2%	136	11.7%	92	14.0%	36	7.9%
	Some of the time	410	29.1%	340	29.1%	217	33.1%	98	21.8%
	Often	543	38.5%	469	40.2%	246	37.6%	203	45.1%
	All of the time	267	18.9%	191	16.3%	85	12.9%	99	22.0%
	Total	1410	100.0%	1167	100.0%	655	100.0%	450	100.0%
I've been feeling useful	None of the time	18	1.3%	13	1.1%	6	1.0%	5	1.1%
	Rarely	62	4.4%	89	7.6%	65	10.0%	12	2.7%
	Some of the time	320	22.8%	316	27.1%	215	32.8%	84	18.6%
	Often	596	42.5%	493	42.2%	241	36.8%	230	51.0%
	All of the time	407	29.0%	255	21.9%	127	19.4%	120	26.5%
	Total	1403	100.0%	1167	100.0%	653	100.0%	452	100.0%
I've been feeling relaxed	None of the time	13	0.9%	13	1.1%	9	1.4%	1	0.3%
	Rarely	102	7.3%	87	7.5%	64	9.8%	21	4.6%
	Some of the time	347	24.8%	304	26.1%	190	29.0%	95	21.1%
	Often	620	44.2%	518	44.6%	276	42.2%	216	48.4%
	All of the time	320	22.8%	240	20.7%	115	17.6%	115	25.6%
	Total	1402	100.0%	1162	100.0%	654	100.0%	448	100.0%
I've been feeling interested in other people	None of the time	20	1.4%	22	1.9%	17	2.6%	3	0.8%
	Rarely	86	6.1%	92	7.9%	81	12.4%	6	1.3%
	Some of the time	321	22.8%	378	32.5%	236	36.1%	113	25.4%
	Often	577	41.1%	433	37.3%	224	34.2%	192	42.9%
	All of the time	401	28.5%	236	20.3%	96	14.7%	133	29.7%
	Total	1405	100.0%	1161	100.0%	655	100.0%	446	100.0%
I've had energy to spare	None of the time	91	6.5%	85	7.3%	63	9.6%	19	4.2%
	Rarely	314	22.4%	283	24.3%	168	25.8%	93	20.6%
	Some of the time	561	40.0%	478	41.1%	263	40.4%	191	42.2%
	Often	350	25.0%	258	22.2%	129	19.8%	118	26.2%
	All of the time	85	6.1%	60	5.2%	28	4.3%	31	6.8%
	Total	1401	100.0%	1165	100.0%	652	100.0%	452	100.0%
I've been dealing with problems well	None of the time	19	1.3%	11	0.9%	7	1.1%	1	0.1%
	Rarely	57	4.0%	43	3.7%	36	5.5%	6	1.3%
	Some of the time	332	23.6%	279	23.9%	176	26.9%	84	18.6%
	Often	603	42.8%	532	45.6%	295	45.1%	209	46.2%
	All of the time	397	28.2%	302	25.9%	140	21.4%	153	33.8%
	Total	1408	100.0%	1167	100.0%	653	100.0%	452	100.0%
I've been thinking clearly	None of the time	7	0.5%	8	0.7%	6	1.0%	1	0.1%
	Rarely	33	2.3%	33	2.8%	26	3.9%	5	1.1%
	Some of the time	237	16.8%	219	18.7%	139	21.2%	64	14.0%
	Often	616	43.8%	489	41.7%	273	41.5%	191	42.3%
	All of the time	515	36.6%	422	36.0%	212	32.4%	192	42.5%
	Total	1408	100.0%	1170	100.0%	656	100.0%	452	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
I've been feeling good about myself	None of the time	13	0.9%	12	1.1%	11	1.7%	1	0.3%
	Rarely	99	7.1%	98	8.4%	66	10.2%	22	4.8%
	Some of the time	289	20.7%	271	23.3%	182	27.9%	76	16.7%
	Often	557	39.8%	481	41.3%	251	38.5%	205	45.4%
	All of the time	441	31.5%	303	26.0%	141	21.7%	148	32.8%
	Total	1399	100.0%	1165	100.0%	652	100.0%	452	100.0%
I've been feeling close to other people	None of the time	14	1.0%	21	1.8%	17	2.7%	3	0.7%
	Rarely	119	8.5%	117	10.1%	93	14.2%	16	3.4%
	Some of the time	382	27.2%	343	29.4%	223	34.1%	98	21.7%
	Often	549	39.1%	443	38.0%	211	32.1%	207	46.0%
	All of the time	341	24.3%	243	20.8%	111	16.9%	127	28.1%
	Total	1405	100.0%	1167	100.0%	655	100.0%	451	100.0%
I've been feeling confident	None of the time	15	1.1%	15	1.3%	14	2.2%	1	0.1%
	Rarely	90	6.4%	89	7.7%	64	9.9%	18	3.9%
	Some of the time	308	22.0%	264	22.8%	159	24.6%	90	20.0%
	Often	584	41.7%	491	42.4%	267	41.3%	197	43.6%
	All of the time	404	28.8%	300	25.9%	142	22.0%	146	32.4%
	Total	1401	100.0%	1158	100.0%	646	100.0%	452	100.0%
I've been able to make up my own mind about things	None of the time	7	0.5%	5	0.4%	4	0.6%	1	0.1%
	Rarely	26	1.8%	23	2.0%	19	2.9%	2	0.5%
	Some of the time	169	12.0%	157	13.5%	112	17.0%	37	8.1%
	Often	526	37.3%	420	36.0%	228	34.8%	167	36.9%
	All of the time	682	48.4%	563	48.2%	292	44.6%	246	54.4%
	Total	1410	100.0%	1168	100.0%	655	100.0%	452	100.0%
I've been feeling loved	None of the time	21	1.5%	29	2.5%	23	3.6%	1	0.3%
	Rarely	93	6.6%	69	6.0%	55	8.5%	7	1.7%
	Some of the time	261	18.6%	247	21.2%	160	24.5%	71	15.8%
	Often	432	30.8%	348	29.8%	180	27.6%	152	33.6%
	All of the time	596	42.5%	473	40.5%	233	35.8%	221	48.7%
	Total	1403	100.0%	1166	100.0%	652	100.0%	453	100.0%
I've been interested in new things	None of the time	13	0.9%	21	1.8%	18	2.8%	1	0.2%
	Rarely	87	6.2%	109	9.4%	69	10.6%	30	6.6%
	Some of the time	243	17.3%	322	27.6%	199	30.6%	103	22.9%
	Often	542	38.5%	410	35.2%	218	33.4%	175	38.8%
	All of the time	522	37.1%	303	26.0%	147	22.6%	143	31.5%
	Total	1407	100.0%	1165	100.0%	652	100.0%	452	100.0%
I've been feeling cheerful	None of the time	16	1.1%	10	0.9%	7	1.1%	1	0.1%
	Rarely	84	5.9%	72	6.2%	59	8.9%	7	1.5%
	Some of the time	323	22.9%	304	26.0%	207	31.6%	79	17.5%
	Often	615	43.5%	509	43.6%	260	39.8%	227	50.1%
	All of the time	375	26.5%	273	23.3%	122	18.7%	140	30.8%
	Total	1413	100.0%	1169	100.0%	655	100.0%	453	100.0%

		Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Valid n	Mean	Valid n	Mean	Valid n	Mean	Valid n	Mean
WEMWBS Overall Score		1330	54.32	1099	52.99	610	51.02	434	56.11

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
Would the following actions be helpful or harmful for John? Discussing the issue with a counsellor	Very harmful	7	0.5%	2	0.2%	1	0.2%	1	0.1%
	harmful	10	0.7%	16	1.4%	10	1.6%	6	1.3%
	Neither	121	8.8%	130	11.3%	83	12.7%	43	9.4%
	Helpful	698	50.7%	577	50.4%	323	49.5%	227	50.1%
	Very helpful	540	39.2%	419	36.6%	235	36.0%	177	39.1%
	Total	1376	100.0%	1144	100.0%	653	100.0%	454	100.0%
Would the following actions be helpful or harmful for John? Discussing the issue with a GP or family doctor	Very harmful	9	0.6%	2	0.1%	1	0.1%	0	0.0%
	harmful	7	0.5%	9	0.8%	6	1.0%	3	0.6%
	Neither	62	4.5%	74	6.4%	50	7.6%	19	4.1%
	Helpful	632	45.4%	493	42.9%	278	42.4%	197	43.3%
	Very helpful	683	49.0%	572	49.8%	321	48.9%	237	52.0%
	Total	1393	100.0%	1149	100.0%	657	100.0%	455	100.0%
Would the following actions be helpful or harmful for John? Discussing the issue with a pharmacist	Very harmful	24	1.8%	14	1.2%	8	1.2%	5	1.0%
	harmful	52	3.8%	49	4.3%	26	3.9%	20	4.5%
	Neither	708	51.7%	648	56.8%	370	56.7%	253	56.0%
	Helpful	521	38.1%	378	33.2%	217	33.3%	155	34.5%
	Very helpful	64	4.7%	51	4.4%	32	4.9%	18	4.0%
	Total	1369	100.0%	1141	100.0%	652	100.0%	451	100.0%
Would the following actions be helpful or harmful for John? Discussing the issue with a telephone counselling service	Very harmful	23	1.7%	16	1.4%	12	1.8%	4	1.0%
	harmful	75	5.5%	68	5.9%	36	5.5%	27	6.0%
	Neither	372	27.4%	364	31.9%	223	34.1%	128	28.5%
	Helpful	723	53.2%	588	51.6%	321	49.0%	250	55.6%
	Very helpful	165	12.2%	103	9.1%	63	9.6%	40	8.9%
	Total	1358	100.0%	1140	100.0%	654	100.0%	449	100.0%
Would the following actions be helpful or harmful for John? Discussing the issue with a psychologist	Very harmful	19	1.4%	18	1.6%	7	1.1%	8	1.9%
	harmful	45	3.3%	44	3.9%	28	4.3%	14	3.2%
	Neither	212	15.6%	211	18.6%	136	21.0%	67	15.0%
	Helpful	628	46.3%	551	48.6%	299	46.0%	236	53.1%
	Very helpful	451	33.3%	309	27.3%	179	27.6%	120	27.0%
	Total	1355	100.0%	1133	100.0%	650	100.0%	445	100.0%
Would the following actions be helpful or harmful for John? Discussing the issue with a psychiatrist	Very harmful	16	1.2%	25	2.3%	11	1.7%	12	2.7%
	harmful	51	3.8%	42	3.7%	25	3.9%	16	3.6%
	Neither	261	19.5%	246	21.9%	160	24.9%	76	17.2%
	Helpful	629	46.9%	520	46.3%	284	44.0%	222	50.4%
	Very helpful	383	28.6%	289	25.8%	165	25.5%	115	26.1%
	Total	1340	100.0%	1123	100.0%	644	100.0%	440	100.0%
Would the following actions be helpful or harmful for John? Discussing the issue with a close family member	Very harmful	10	0.7%	5	0.5%	3	0.5%	1	0.3%
	harmful	34	2.5%	27	2.3%	15	2.3%	10	2.1%
	Neither	194	14.0%	213	18.4%	125	19.1%	80	17.5%
	Helpful	742	53.7%	622	54.0%	350	53.4%	253	55.0%
	Very helpful	402	29.1%	286	24.8%	162	24.7%	115	25.1%
	Total	1382	100.0%	1153	100.0%	656	100.0%	460	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
Would the following actions be helpful or harmful for John? Discussing the issue with a close friend	Very harmful	5	0.4%	4	0.4%	2	0.3%	1	0.3%
	harmful	24	1.7%	43	3.7%	29	4.4%	13	2.8%
	Neither	200	14.6%	212	18.5%	123	19.0%	77	17.0%
	Helpful	756	55.0%	634	55.6%	363	56.0%	251	55.2%
	Very helpful	389	28.3%	248	21.7%	131	20.2%	113	24.7%
	Total	1374	100.0%	1141	100.0%	647	100.0%	456	100.0%
Would the following actions be helpful or harmful for John? Discussing the issue with a member of the clergy, priest or other religious person	Very harmful	52	3.8%	66	5.8%	41	6.3%	23	5.1%
	harmful	95	7.0%	96	8.5%	68	10.4%	24	5.3%
	Neither	530	39.0%	513	45.1%	290	44.5%	206	45.7%
	Helpful	548	40.3%	388	34.1%	215	33.0%	163	36.2%
	Very helpful	135	9.9%	75	6.6%	38	5.8%	34	7.6%
	Total	1360	100.0%	1139	100.0%	651	100.0%	450	100.0%
Would the following actions be helpful or harmful for John? Discussing the issue with a social worker	Very harmful	26	1.9%	29	2.6%	15	2.3%	12	2.6%
	harmful	77	5.7%	78	6.8%	50	7.7%	27	5.9%
	Neither	462	34.0%	529	46.5%	322	49.6%	187	41.5%
	Helpful	658	48.5%	443	38.9%	230	35.5%	199	44.1%
	Very helpful	135	9.9%	60	5.2%	33	5.0%	27	5.9%
	Total	1358	100.0%	1138	100.0%	649	100.0%	452	100.0%
Would the following actions be helpful or harmful for John? Dealing with the issue on his own	Very harmful	344	25.2%	278	24.4%	166	25.6%	109	23.8%
	harmful	645	47.2%	533	46.7%	289	44.5%	223	48.8%
	Neither	258	18.9%	215	18.8%	122	18.8%	83	18.2%
	Helpful	88	6.4%	89	7.8%	58	8.9%	29	6.3%
	Very helpful	32	2.3%	27	2.4%	14	2.2%	13	2.8%
	Total	1367	100.0%	1142	100.0%	649	100.0%	456	100.0%
Would the following actions be helpful or harmful for John? Having 3 or more drinks a night to take his mind off things	Very harmful	697	50.4%	568	49.6%	327	50.2%	225	49.3%
	harmful	467	33.7%	403	35.1%	214	32.9%	174	38.1%
	Neither	151	10.9%	134	11.7%	83	12.7%	46	10.0%
	Helpful	47	3.4%	35	3.1%	24	3.7%	9	2.0%
	Very helpful	22	1.6%	6	0.5%	3	0.5%	2	0.5%
	Total	1384	100.0%	1146	100.0%	652	100.0%	457	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
People with an issue like John's could snap out of it if they wanted	Strongly disagree	327	23.5%	243	21.2%	144	22.0%	95	20.8%
	Disagree	627	45.0%	502	43.7%	285	43.4%	201	44.1%
	Neutral	270	19.4%	253	22.1%	144	22.0%	96	21.0%
	Agree	150	10.8%	123	10.7%	68	10.3%	52	11.5%
	Strongly agree	20	1.4%	26	2.3%	15	2.3%	11	2.5%
	Total	1394	100.0%	1147	100.0%	656	100.0%	455	100.0%
An issue like John's is a sign of personal weakness	Strongly disagree	504	36.5%	391	34.1%	229	35.0%	157	34.7%
	Disagree	591	42.8%	494	43.1%	279	42.6%	193	42.7%
	Neutral	161	11.7%	176	15.3%	97	14.8%	71	15.7%
	Agree	99	7.2%	72	6.3%	43	6.6%	26	5.7%
	Strongly agree	25	1.8%	12	1.1%	6	1.0%	5	1.2%
	Total	1380	100.0%	1144	100.0%	655	100.0%	453	100.0%
John's issue is not a real medical illness	Strongly disagree	429	31.0%	355	31.0%	214	32.9%	134	29.3%
	Disagree	584	42.2%	484	42.3%	278	42.7%	193	42.2%
	Neutral	195	14.1%	165	14.4%	88	13.6%	68	14.9%
	Agree	135	9.8%	113	9.9%	61	9.4%	46	10.1%
	Strongly agree	41	3.0%	27	2.4%	10	1.5%	16	3.5%
	Total	1384	100.0%	1144	100.0%	651	100.0%	456	100.0%
People with an issue like John's are dangerous to others	Strongly disagree	227	16.6%	164	14.4%	95	14.7%	67	14.9%
	Disagree	558	40.8%	402	35.5%	227	35.0%	158	34.9%
	Neutral	382	27.9%	399	35.2%	228	35.3%	158	35.0%
	Agree	179	13.1%	152	13.4%	85	13.1%	64	14.2%
	Strongly agree	23	1.7%	18	1.6%	13	2.0%	5	1.1%
	Total	1369	100.0%	1134	100.0%	648	100.0%	452	100.0%
People with an issue like John's are unpredictable	Strongly disagree	75	5.4%	57	5.0%	35	5.4%	21	4.6%
	Disagree	290	21.0%	227	19.8%	135	20.7%	83	18.2%
	Neutral	427	30.9%	419	36.6%	244	37.4%	158	34.5%
	Agree	549	39.7%	412	35.9%	221	33.9%	182	39.8%
	Strongly agree	43	3.1%	31	2.7%	17	2.6%	13	2.9%
	Total	1384	100.0%	1147	100.0%	653	100.0%	458	100.0%
If I had an issue like John's I would not tell anyone	Strongly disagree	373	27.0%	302	26.4%	157	24.0%	142	31.2%
	Disagree	677	48.9%	540	47.2%	305	46.8%	215	47.5%
	Neutral	178	12.9%	170	14.9%	103	15.8%	60	13.1%
	Agree	117	8.5%	108	9.4%	76	11.6%	26	5.7%
	Strongly agree	39	2.8%	24	2.1%	12	1.8%	11	2.4%
	Total	1384	100.0%	1144	100.0%	653	100.0%	453	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
I would not employ someone if I knew they had an issue like John's	Strongly disagree	106	7.7%	74	6.5%	38	5.8%	35	7.8%
	Disagree	361	26.1%	289	25.3%	148	22.7%	129	28.7%
	Neutral	539	39.0%	430	37.6%	256	39.1%	157	34.8%
	Agree	326	23.6%	299	26.2%	178	27.2%	114	25.4%
	Strongly agree	51	3.7%	50	4.3%	35	5.3%	15	3.3%
	Total	1383	100.0%	1142	100.0%	655	100.0%	451	100.0%
I would not vote for a politician if I knew they had an issue like John's	Strongly disagree	82	5.9%	60	5.3%	31	4.8%	26	5.8%
	Disagree	203	14.6%	151	13.2%	84	12.8%	63	13.7%
	Neutral	286	20.6%	274	23.9%	158	24.2%	106	23.2%
	Agree	548	39.5%	408	35.6%	238	36.6%	159	35.0%
	Strongly agree	267	19.3%	252	22.0%	140	21.5%	102	22.3%
	Total	1386	100.0%	1144	100.0%	651	100.0%	455	100.0%
People with an issue like John's are hard to talk to	Strongly disagree	59	4.2%	30	2.6%	16	2.4%	14	3.1%
	Disagree	290	20.9%	248	21.7%	133	20.5%	107	23.4%
	Neutral	402	28.9%	407	35.6%	228	35.1%	162	35.6%
	Agree	586	42.2%	424	37.1%	245	37.7%	167	36.7%
	Strongly agree	52	3.7%	34	3.0%	28	4.3%	6	1.2%
	Total	1389	100.0%	1144	100.0%	650	100.0%	456	100.0%
People with an issue like John's have themselves to blame	Strongly disagree	525	37.8%	409	35.6%	243	37.2%	159	34.8%
	Disagree	608	43.7%	514	44.8%	282	43.2%	209	45.8%
	Neutral	174	12.5%	181	15.8%	102	15.7%	71	15.6%
	Agree	51	3.7%	27	2.4%	18	2.8%	9	2.0%
	Strongly agree	32	2.3%	16	1.4%	8	1.2%	8	1.8%
	Total	1390	100.0%	1147	100.0%	653	100.0%	457	100.0%
People with an issue like John's should pull themselves together	Strongly disagree	377	27.2%	282	24.6%	161	24.7%	117	25.6%
	Disagree	442	31.8%	352	30.7%	206	31.6%	130	28.4%
	Neutral	330	23.8%	325	28.3%	184	28.2%	127	27.8%
	Agree	197	14.2%	157	13.7%	87	13.4%	65	14.2%
	Strongly agree	42	3.0%	32	2.8%	13	2.0%	19	4.1%
	Total	1388	100.0%	1147	100.0%	652	100.0%	457	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
If John was someone you knew, how likely or unlikely is it that you would... Lend him money	Very unlikely	223	16.0%	170	14.8%	111	16.9%	53	11.6%
	Unlikely	543	38.9%	362	31.5%	224	34.1%	125	27.6%
	Neither	459	32.9%	458	39.9%	234	35.5%	209	45.9%
	Likely	158	11.3%	150	13.0%	84	12.7%	63	13.8%
	Very likely	14	1.0%	9	0.8%	5	0.7%	4	0.9%
	Total	1397	100.0%	1150	100.0%	658	100.0%	454	100.0%
If John was someone you knew, how likely or unlikely is it that you would... Allow him to babysit/ care for your children or grandchildren	Very unlikely	336	24.2%	259	22.5%	151	23.0%	103	22.7%
	Unlikely	643	46.2%	547	47.6%	302	45.9%	222	48.9%
	Neither	293	21.1%	236	20.5%	137	20.9%	89	19.5%
	Likely	105	7.5%	102	8.9%	61	9.3%	40	8.9%
	Very likely	14	1.0%	6	0.5%	6	0.9%	0	0.0%
	Total	1391	100.0%	1151	100.0%	658	100.0%	455	100.0%
If John was someone you knew, how likely or unlikely is it that you would... Employ him	Very unlikely	123	8.9%	96	8.3%	58	8.8%	35	7.7%
	Unlikely	444	32.1%	378	32.9%	226	34.3%	141	31.2%
	Neither	542	39.1%	470	40.9%	257	39.1%	192	42.5%
	Likely	259	18.7%	193	16.8%	108	16.4%	82	18.1%
	Very likely	17	1.2%	12	1.1%	10	1.5%	2	0.5%
	Total	1385	100.0%	1149	100.0%	658	100.0%	452	100.0%
If John was someone you knew, how likely or unlikely is it that you would... Socialise with him	Very unlikely	31	2.2%	18	1.6%	12	1.9%	6	1.2%
	Unlikely	105	7.5%	102	8.8%	66	10.0%	33	7.2%
	Neither	337	24.2%	339	29.4%	201	30.5%	123	27.2%
	Likely	772	55.5%	610	53.0%	324	49.0%	266	58.5%
	Very likely	147	10.6%	83	7.2%	57	8.6%	27	5.8%
	Total	1392	100.0%	1152	100.0%	660	100.0%	454	100.0%
If John was someone you knew, how likely or unlikely is it that you would... Accept him into your family (say by marriage)	Very unlikely	82	5.9%	65	5.7%	41	6.2%	23	5.1%
	Unlikely	272	19.7%	214	18.6%	126	19.2%	80	17.7%
	Neither	576	41.7%	511	44.5%	292	44.5%	197	43.4%
	Likely	398	28.8%	321	27.9%	168	25.6%	145	31.9%
	Very likely	53	3.8%	38	3.3%	29	4.5%	9	2.0%
	Total	1381	100.0%	1150	100.0%	657	100.0%	455	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
If John was someone you knew, how likely or unlikely is it that you would… Move next door to him	Very unlikely	59	4.3%	60	5.2%	36	5.5%	24	5.2%
	Unlikely	240	17.3%	160	13.9%	89	13.5%	66	14.4%
	Neither	566	40.8%	529	45.9%	302	45.9%	206	45.1%
	Likely	446	32.1%	360	31.2%	199	30.3%	148	32.4%
	Very likely	77	5.5%	45	3.9%	32	4.8%	13	2.8%
	Total	1388	100.0%	1153	100.0%	658	100.0%	457	100.0%
If John was someone you knew, how likely or unlikely is it that you would… Make friends with him	Very unlikely	29	2.1%	30	2.6%	20	3.1%	10	2.1%
	Unlikely	105	7.5%	91	7.9%	53	8.0%	34	7.4%
	Neither	348	25.0%	375	32.6%	230	35.0%	133	29.1%
	Likely	766	54.9%	577	50.1%	302	46.0%	255	55.6%
	Very likely	146	10.5%	79	6.8%	52	7.9%	26	5.8%
	Total	1394	100.0%	1152	100.0%	656	100.0%	458	100.0%
If John was someone you knew, how likely or unlikely is it that you would… Work closely with him on a job	Very unlikely	36	2.6%	34	2.9%	25	3.9%	8	1.9%
	Unlikely	165	11.8%	151	13.2%	87	13.2%	60	13.1%
	Neither	341	24.5%	379	32.9%	229	34.9%	137	30.1%
	Likely	702	50.4%	515	44.8%	269	41.0%	228	49.9%
	Very likely	149	10.7%	70	6.1%	46	7.0%	23	5.1%
	Total	1393	100.0%	1150	100.0%	657	100.0%	456	100.0%
If John was someone you knew, how likely or unlikely is it that you would… Welcome him into your shed	Very unlikely	20	1.4%	-	-	-	-	-	-
	Unlikely	37	2.7%	-	-	-	-	-	-
	Neither	109	7.8%	-	-	-	-	-	-
	Likely	696	49.9%	-	-	-	-	-	-
	Very likely	533	38.2%	-	-	-	-	-	-
	Total	1395	100.0%	-	-	-	-	-	-

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
If the following people or institutions were aware of John's issue, how likely or unlikely do you think they would be to discriminate against him? A bank, insurance c ompany or other financial ins titution	Very unlikely	57	4.1%	37	3.2%	16	2.4%	20	4.3%
	Unlikely	197	14.2%	173	15.0%	96	14.6%	72	15.6%
	Neither	304	21.9%	248	21.4%	145	22.1%	93	20.3%
	Likely	638	46.1%	561	48.6%	316	48.0%	227	49.6%
	Very likely	189	13.6%	136	11.8%	85	12.9%	47	10.2%
	Total	1385	100.0%	1155	100.0%	659	100.0%	459	100.0%
If the following people or institutions were aware of John's issue, how likely or unlikely do you think they would be to discriminate against him? A government or other public welfare agency	Very unlikely	110	8.0%	92	8.0%	47	7.3%	41	9.1%
	Unlikely	515	37.5%	382	33.3%	216	33.0%	157	34.5%
	Neither	395	28.7%	345	30.0%	197	30.0%	135	29.7%
	Likely	289	21.0%	274	23.8%	155	23.7%	106	23.2%
	Very likely	66	4.8%	55	4.8%	39	5.9%	15	3.4%
	Total	1375	100.0%	1148	100.0%	655	100.0%	456	100.0%
If the following people or institutions were aware of John's issue, how likely or unlikely do you think they would be to discriminate against him? A public or private hospital	Very unlikely	279	20.2%	199	17.3%	98	15.0%	98	21.3%
	Unlikely	649	47.0%	534	46.4%	306	46.7%	212	46.3%
	Neither	265	19.2%	251	21.8%	149	22.7%	91	19.8%
	Likely	146	10.6%	129	11.2%	80	12.2%	47	10.2%
	Very likely	41	3.0%	37	3.2%	22	3.4%	11	2.5%
	Total	1380	100.0%	1151	100.0%	656	100.0%	459	100.0%
If the following people or institutions were aware of John's issue, how likely or unlikely do you think they would be to discriminate against him? Other people who don't know him well	Very unlikely	28	2.0%	27	2.4%	18	2.7%	9	2.0%
	Unlikely	228	16.5%	148	12.9%	77	11.7%	65	14.1%
	Neither	373	27.0%	331	28.7%	182	27.8%	133	29.0%
	Likely	640	46.3%	564	49.0%	331	50.5%	218	47.8%
	Very likely	112	8.1%	81	7.0%	48	7.3%	32	7.0%
	Total	1381	100.0%	1151	100.0%	656	100.0%	457	100.0%
If the following people or institutions were aware of John's issue, how likely or unlikely do you think they would be to discriminate against him? His doctor or other health professional	Very unlikely	576	41.5%	423	36.6%	225	34.1%	191	41.5%
	Unlikely	608	43.8%	507	43.8%	290	44.0%	199	43.2%
	Neither	128	9.2%	168	14.6%	109	16.6%	51	11.1%
	Likely	51	3.7%	43	3.7%	26	4.0%	13	2.8%
	Very likely	24	1.7%	15	1.3%	9	1.3%	6	1.4%
	Total	1387	100.0%	1157	100.0%	659	100.0%	460	100.0%
If the following people or institutions were aware of John's issue, how likely or unlikely do you think they would be to discriminate against him? His employer	Very unlikely	41	3.0%	27	2.4%	15	2.3%	10	2.2%
	Unlikely	352	25.6%	253	21.9%	124	18.8%	124	27.1%
	Neither	558	40.6%	506	43.9%	308	46.8%	182	39.9%
	Likely	386	28.1%	342	29.7%	196	29.8%	130	28.5%
	Very likely	39	2.8%	25	2.2%	15	2.3%	10	2.3%
	Total	1376	100.0%	1153	100.0%	658	100.0%	457	100.0%
If the following people or institutions were aware of John's issue, how likely or unlikely do you think they would be to discriminate against him? His family	Very unlikely	388	28.2%	293	25.3%	141	21.4%	142	31.0%
	Unlikely	618	44.8%	507	43.8%	294	44.5%	198	43.3%
	Neither	233	16.9%	235	20.3%	145	22.0%	80	17.5%
	Likely	112	8.1%	97	8.4%	69	10.4%	26	5.7%
	Very likely	27	2.0%	25	2.1%	12	1.7%	12	2.6%
	Total	1378	100.0%	1156	100.0%	660	100.0%	458	100.0%
If the following people or institutions were aware of John's issue, how likely or unlikely do you think they would be to discriminate against him? His friends	Very unlikely	268	19.4%	186	16.2%	90	13.8%	92	20.2%
	Unlikely	692	50.0%	545	47.5%	304	46.5%	224	49.0%
	Neither	269	19.4%	271	23.6%	165	25.3%	93	20.3%
	Likely	137	9.9%	131	11.4%	87	13.3%	40	8.7%
	Very likely	19	1.4%	16	1.4%	8	1.2%	8	1.7%
	Total	1385	100.0%	1149	100.0%	654	100.0%	457	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
If you thought you might be experiencing a similar issue to John, how likely or unlikely would you be to seek help from each of the following? A counsellor	Very unlikely	101	7.4%	131	11.5%	84	12.9%	44	9.8%
	Unlikely	294	21.4%	280	24.5%	168	25.7%	102	22.5%
	Neither	211	15.4%	219	19.2%	138	21.0%	77	17.0%
	Likely	568	41.4%	386	33.8%	193	29.5%	175	38.7%
	Very likely	197	14.4%	126	11.0%	71	10.9%	54	12.0%
	Total	1371	100.0%	1143	100.0%	654	100.0%	451	100.0%
If you thought you might be experiencing a similar issue to John, how likely or unlikely would you be to seek help from each of the following? A GP or family doctor	Very unlikely	33	2.4%	23	2.0%	13	2.0%	7	1.4%
	Unlikely	69	4.9%	67	5.8%	50	7.7%	17	3.6%
	Neither	89	6.4%	69	6.0%	43	6.5%	21	4.5%
	Likely	650	46.6%	552	47.9%	320	48.7%	216	47.0%
	Very likely	554	39.7%	443	38.3%	230	35.1%	200	43.4%
	Total	1395	100.0%	1154	100.0%	657	100.0%	460	100.0%
If you thought you might be experiencing a similar issue to John, how likely or unlikely would you be to seek help from each of the following? A pharmacist	Very unlikely	227	16.5%	223	19.5%	142	21.7%	77	16.9%
	Unlikely	497	36.0%	376	32.8%	214	32.8%	146	31.8%
	Neither	369	26.8%	344	30.0%	190	29.1%	143	31.2%
	Likely	225	16.3%	178	15.5%	94	14.4%	80	17.5%
	Very likely	61	4.4%	26	2.3%	14	2.1%	12	2.6%
	Total	1379	100.0%	1148	100.0%	654	100.0%	457	100.0%
If you thought you might be experiencing a similar issue to John, how likely or unlikely would you be to seek help from each of the following? A telephone counselling service	Very unlikely	223	16.2%	214	18.7%	124	18.9%	84	18.6%
	Unlikely	458	33.3%	369	32.2%	222	33.9%	136	30.0%
	Neither	294	21.4%	275	24.0%	145	22.2%	118	26.0%
	Likely	328	23.8%	243	21.2%	138	21.1%	97	21.3%
	Very likely	73	5.3%	43	3.8%	25	3.9%	18	4.0%
	Total	1376	100.0%	1144	100.0%	653	100.0%	453	100.0%
If you thought you might be experiencing a similar issue to John, how likely or unlikely would you be to seek help from each of the following? An online health site	Very unlikely	256	18.7%	205	17.9%	116	17.9%	82	18.2%
	Unlikely	452	33.0%	364	31.8%	218	33.5%	132	29.0%
	Neither	306	22.3%	301	26.3%	157	24.2%	131	28.8%
	Likely	292	21.3%	226	19.8%	129	19.9%	93	20.4%
	Very likely	65	4.7%	48	4.2%	29	4.5%	16	3.6%
	Total	1371	100.0%	1143	100.0%	651	100.0%	454	100.0%
If you thought you might be experiencing a similar issue to John, how likely or unlikely would you be to seek help from each of the following? A psychologist	Very unlikely	132	9.6%	117	10.3%	69	10.5%	45	10.1%
	Unlikely	305	22.3%	283	24.9%	177	27.3%	97	21.6%
	Neither	267	19.5%	253	22.3%	148	22.7%	93	20.8%
	Likely	463	33.8%	358	31.5%	184	28.3%	161	35.9%
	Very likely	201	14.7%	126	11.1%	72	11.1%	52	11.7%
	Total	1368	100.0%	1136	100.0%	651	100.0%	448	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
If you thought you might be experiencing a similar issue to John, how likely or unlikely would you be to seek help from each of the following? A psychiatrist	Very unlikely	150	11.1%	135	11.9%	79	12.2%	55	12.3%
	Unlikely	311	22.9%	285	25.2%	185	28.5%	90	20.1%
	Neither	282	20.8%	265	23.3%	148	22.8%	105	23.5%
	Likely	405	29.8%	315	27.8%	155	24.0%	148	33.0%
	Very likely	209	15.4%	134	11.8%	81	12.6%	50	11.1%
	Total	1357	100.0%	1134	100.0%	648	100.0%	448	100.0%
If you thought you might be experiencing a similar issue to John, how likely or unlikely would you be to seek help from each of the following? A close family member	Very unlikely	41	3.0%	37	3.2%	25	3.8%	9	2.1%
	Unlikely	113	8.2%	123	10.7%	80	12.3%	36	7.8%
	Neither	185	13.4%	224	19.5%	127	19.5%	90	19.7%
	Likely	765	55.3%	571	49.7%	320	48.9%	230	50.4%
	Very likely	279	20.2%	194	16.9%	102	15.6%	91	20.0%
	Total	1383	100.0%	1149	100.0%	654	100.0%	457	100.0%
If you thought you might be experiencing a similar issue to John, how likely or unlikely would you be to seek help from each of the following? A close friend	Very unlikely	31	2.3%	40	3.5%	30	4.6%	9	1.9%
	Unlikely	128	9.3%	126	11.0%	85	12.9%	33	7.4%
	Neither	189	13.8%	266	23.3%	154	23.6%	102	22.7%
	Likely	770	56.2%	538	47.1%	300	45.7%	220	49.0%
	Very likely	252	18.4%	173	15.1%	87	13.2%	85	19.0%
	Total	1370	100.0%	1142	100.0%	656	100.0%	450	100.0%
If you thought you might be experiencing a similar issue to John, how likely or unlikely would you be to seek help from each of the following? A member of the clergy, priest or other religious person	Very unlikely	321	23.3%	344	30.2%	209	32.3%	125	27.5%
	Unlikely	342	24.8%	290	25.4%	175	27.1%	104	22.8%
	Neither	299	21.7%	229	20.1%	129	20.0%	93	20.5%
	Likely	308	22.3%	207	18.2%	101	15.6%	99	21.8%
	Very likely	109	7.9%	69	6.1%	33	5.1%	34	7.4%
	Total	1379	100.0%	1139	100.0%	646	100.0%	454	100.0%
If you thought you might be experiencing a similar issue to John, how likely or unlikely would you be to seek help from each of the following? A social worker	Very unlikely	180	13.1%	206	18.0%	128	19.6%	74	16.3%
	Unlikely	375	27.4%	346	30.2%	210	32.2%	122	26.8%
	Neither	338	24.7%	364	31.7%	194	29.7%	153	33.6%
	Likely	403	29.4%	197	17.2%	103	15.8%	90	19.7%
	Very likely	73	5.3%	34	3.0%	18	2.7%	16	3.5%
	Total	1369	100.0%	1146	100.0%	653	100.0%	456	100.0%
If you thought you might be experiencing a similar issue to John, how likely or unlikely would you be to seek help from each of the following? A fellow shedder	Very unlikely	49	3.6%	-	-	-	-	-	-
	Unlikely	157	11.4%	-	-	-	-	-	-
	Neither	321	23.3%	-	-	-	-	-	-
	Likely	685	49.8%	-	-	-	-	-	-
	Very likely	164	11.9%	-	-	-	-	-	-
	Total	1376	100.0%	-	-	-	-	-	-

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
Would the following actions be helpful or harmful for David? Discussing the issue with a counsellor	Very harmful	14	1.0%	9	0.8%	8	1.2%	1	0.1%
	harmful	24	1.8%	31	2.8%	22	3.4%	9	2.0%
	Neither	219	16.2%	244	22.0%	159	24.5%	83	18.4%
	Helpful	766	56.8%	642	57.9%	361	55.6%	277	61.1%
	Very helpful	326	24.2%	183	16.5%	99	15.3%	83	18.4%
	Total	1349	100.0%	1109	100.0%	649	100.0%	453	100.0%
Would the following actions be helpful or harmful for David? Discussing the issue with a GP or family doctor	Very harmful	4	0.3%	2	0.2%	1	0.1%	1	0.1%
	harmful	9	0.7%	6	0.5%	2	0.3%	4	0.9%
	Neither	75	5.5%	81	7.2%	60	9.1%	21	4.7%
	Helpful	627	45.8%	513	45.7%	310	47.1%	198	43.4%
	Very helpful	654	47.8%	519	46.3%	286	43.4%	232	50.9%
	Total	1369	100.0%	1121	100.0%	659	100.0%	456	100.0%
Would the following actions be helpful or harmful for David? Discussing the issue with a pharmacist	Very harmful	50	3.7%	37	3.3%	14	2.2%	21	4.7%
	harmful	81	6.0%	89	8.0%	55	8.5%	32	7.0%
	Neither	825	60.9%	712	64.1%	427	65.8%	283	62.1%
	Helpful	337	24.9%	230	20.6%	127	19.5%	103	22.5%
	Very helpful	62	4.6%	44	4.0%	26	4.0%	17	3.6%
	Total	1355	100.0%	1112	100.0%	650	100.0%	455	100.0%
Would the following actions be helpful or harmful for David? Discussing the issue with a telephone counselling service	Very harmful	42	3.1%	44	4.0%	22	3.3%	22	4.9%
	harmful	89	6.6%	75	6.8%	49	7.6%	26	5.7%
	Neither	501	36.9%	489	44.3%	291	44.9%	195	43.5%
	Helpful	615	45.4%	433	39.2%	246	37.9%	184	41.0%
	Very helpful	109	8.0%	63	5.7%	40	6.2%	22	4.9%
	Total	1356	100.0%	1104	100.0%	648	100.0%	449	100.0%
Would the following actions be helpful or harmful for David? Discussing the issue with a psychologist	Very harmful	24	1.8%	31	2.9%	18	2.8%	12	2.8%
	harmful	46	3.4%	47	4.3%	35	5.4%	11	2.5%
	Neither	329	24.5%	307	28.0%	200	30.9%	107	23.9%
	Helpful	626	46.7%	505	46.0%	275	42.4%	227	51.1%
	Very helpful	316	23.6%	208	18.9%	119	18.4%	88	19.7%
	Total	1341	100.0%	1099	100.0%	647	100.0%	445	100.0%
Would the following actions be helpful or harmful for David? Discussing the issue with a psychiatrist	Very harmful	26	1.9%	33	3.0%	18	2.7%	15	3.4%
	harmful	52	3.9%	54	4.9%	31	4.8%	22	5.0%
	Neither	353	26.5%	322	29.4%	211	32.7%	111	25.0%
	Helpful	585	43.9%	463	42.2%	255	39.5%	204	45.9%
	Very helpful	318	23.8%	224	20.4%	130	20.2%	92	20.6%
	Total	1334	100.0%	1097	100.0%	645	100.0%	445	100.0%
Would the following actions be helpful or harmful for David? Discussing the issue with a close family member	Very harmful	3	0.2%	3	0.3%	3	0.4%	1	0.1%
	harmful	21	1.5%	31	2.8%	21	3.2%	9	2.0%
	Neither	209	15.3%	227	20.3%	144	22.2%	81	17.7%
	Helpful	799	58.4%	614	54.9%	353	54.3%	257	55.9%
	Very helpful	335	24.5%	241	21.6%	130	19.9%	111	24.3%
	Total	1367	100.0%	1117	100.0%	651	100.0%	459	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
Would the following actions be helpful or harmful for David? Discussing the issue with a close friend	Very harmful	2	0.1%	6	0.6%	5	0.8%	1	0.3%
	harmful	24	1.8%	48	4.4%	31	4.8%	16	3.6%
	Neither	206	15.1%	228	20.6%	143	22.2%	81	17.9%
	Helpful	821	60.3%	623	56.3%	355	55.1%	265	58.3%
	Very helpful	308	22.6%	202	18.2%	111	17.2%	91	20.0%
	Total	1361	100.0%	1107	100.0%	645	100.0%	455	100.0%
Would the following actions be helpful or harmful for David? Discussing the issue with a member of the clergy, priest or other religious person	Very harmful	101	7.5%	120	10.8%	81	12.6%	38	8.4%
	harmful	101	7.5%	120	10.8%	76	11.8%	42	9.3%
	Neither	603	44.7%	501	45.4%	288	44.6%	211	46.6%
	Helpful	432	32.0%	290	26.3%	158	24.5%	130	28.8%
	Very helpful	112	8.3%	74	6.7%	42	6.6%	31	6.8%
	Total	1349	100.0%	1106	100.0%	646	100.0%	453	100.0%
Would the following actions be helpful or harmful for David? Discussing the issue with a social worker	Very harmful	43	3.2%	49	4.4%	31	4.9%	17	3.8%
	harmful	86	6.4%	97	8.8%	58	9.1%	38	8.5%
	Neither	508	37.7%	545	49.8%	332	51.8%	210	46.8%
	Helpful	598	44.4%	342	31.2%	181	28.3%	158	35.3%
	Very helpful	112	8.3%	63	5.7%	38	6.0%	25	5.5%
	Total	1347	100.0%	1095	100.0%	641	100.0%	448	100.0%
Would the following actions be helpful or harmful for David? Dealing with the issue on his own	Very harmful	433	31.9%	371	33.3%	209	32.1%	159	34.8%
	harmful	626	46.1%	467	41.9%	268	41.2%	196	42.7%
	Neither	212	15.6%	176	15.8%	112	17.3%	64	14.0%
	Helpful	67	4.9%	77	6.9%	51	7.8%	26	5.7%
	Very helpful	21	1.5%	23	2.1%	10	1.6%	13	2.8%
	Total	1359	100.0%	1114	100.0%	650	100.0%	458	100.0%
Would the following actions be helpful or harmful for David? Having 3 or more drinks a night to take his mind off things	Very harmful	763	56.2%	641	57.2%	367	56.0%	270	58.9%
	harmful	419	30.9%	308	27.5%	175	26.8%	131	28.7%
	Neither	125	9.2%	130	11.6%	90	13.8%	39	8.5%
	Helpful	31	2.3%	32	2.8%	19	3.0%	12	2.7%
	Very helpful	19	1.4%	9	0.8%	3	0.5%	5	1.2%
	Total	1357	100.0%	1120	100.0%	655	100.0%	458	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
People with an issue like David's could snap out of it if they wanted	Strongly disagree	419	30.6%	304	27.2%	179	27.4%	123	26.9%
	Disagree	636	46.5%	483	43.2%	281	43.0%	198	43.4%
	Neutral	202	14.8%	219	19.6%	131	20.0%	87	19.1%
	Agree	99	7.2%	99	8.8%	56	8.6%	43	9.4%
	Strongly agree	13	0.9%	13	1.2%	6	1.0%	6	1.3%
	Total	1369	100.0%	1117	100.0%	654	100.0%	456	100.0%
An issue like David's is a sign of personal weakness	Strongly disagree	476	34.8%	344	30.9%	199	30.4%	144	31.6%
	Disagree	637	46.6%	542	48.7%	327	50.1%	212	46.8%
	Neutral	161	11.8%	164	14.7%	86	13.3%	77	16.9%
	Agree	79	5.8%	50	4.5%	32	5.0%	17	3.8%
	Strongly agree	14	1.0%	12	1.1%	8	1.2%	4	0.9%
	Total	1367	100.0%	1113	100.0%	652	100.0%	454	100.0%
David's issue is not a real medical illness	Strongly disagree	426	31.3%	319	28.7%	179	27.6%	138	30.3%
	Disagree	591	43.4%	497	44.7%	300	46.1%	194	42.7%
	Neutral	190	13.9%	165	14.8%	92	14.2%	72	15.9%
	Agree	120	8.8%	115	10.3%	69	10.5%	45	10.0%
	Strongly agree	36	2.6%	16	1.4%	10	1.6%	5	1.1%
	Total	1363	100.0%	1112	100.0%	650	100.0%	454	100.0%
People with an issue like David's are dangerous to others	Strongly disagree	163	12.0%	158	14.1%	95	14.5%	63	13.8%
	Disagree	575	42.4%	420	37.7%	234	35.8%	181	39.7%
	Neutral	451	33.3%	402	36.0%	250	38.3%	151	33.1%
	Agree	144	10.6%	125	11.2%	67	10.2%	58	12.8%
	Strongly agree	22	1.6%	10	0.9%	8	1.2%	2	0.5%
	Total	1355	100.0%	1115	100.0%	654	100.0%	455	100.0%
People with an issue like David's are unpredictable	Strongly disagree	72	5.3%	64	5.7%	40	6.1%	24	5.2%
	Disagree	338	24.7%	249	22.3%	152	23.3%	95	20.8%
	Neutral	498	36.5%	455	40.8%	264	40.4%	189	41.5%
	Agree	428	31.3%	331	29.7%	186	28.5%	142	31.3%
	Strongly agree	30	2.2%	17	1.5%	11	1.7%	6	1.2%
	Total	1366	100.0%	1115	100.0%	654	100.0%	455	100.0%
If I had an issue like David's I would not tell anyone	Strongly disagree	310	22.8%	237	21.3%	121	18.6%	115	25.3%
	Disagree	686	50.5%	555	50.0%	307	47.2%	243	53.4%
	Neutral	209	15.4%	175	15.7%	117	18.0%	58	12.7%
	Agree	127	9.3%	124	11.2%	91	14.0%	34	7.4%
	Strongly agree	27	2.0%	20	1.8%	14	2.2%	5	1.2%
	Total	1359	100.0%	1111	100.0%	650	100.0%	455	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
I would not employ someone if I knew they had an issue like David's	Strongly disagree	62	4.6%	52	4.7%	31	4.8%	21	4.6%
	Disagree	333	24.5%	235	21.1%	137	21.1%	94	20.7%
	Neutral	570	42.0%	487	43.8%	274	42.2%	211	46.6%
	Agree	359	26.4%	307	27.7%	190	29.2%	116	25.5%
	Strongly agree	34	2.5%	30	2.7%	18	2.8%	12	2.6%
	Total	1358	100.0%	1110	100.0%	651	100.0%	453	100.0%
I would not vote for a politician if I knew they had an issue like David's	Strongly disagree	48	3.5%	51	4.6%	28	4.3%	22	4.9%
	Disagree	184	13.5%	142	12.8%	80	12.3%	60	13.3%
	Neutral	341	25.0%	297	26.7%	175	26.7%	120	26.5%
	Agree	547	40.2%	444	39.9%	264	40.4%	178	39.2%
	Strongly agree	242	17.8%	179	16.1%	106	16.2%	73	16.1%
	Total	1362	100.0%	1113	100.0%	653	100.0%	454	100.0%
People with an issue like David's are hard to talk to	Strongly disagree	47	3.5%	45	4.0%	25	3.9%	20	4.3%
	Disagree	327	24.0%	227	20.4%	127	19.5%	100	22.0%
	Neutral	406	29.8%	397	35.6%	237	36.4%	157	34.6%
	Agree	538	39.5%	420	37.8%	243	37.4%	172	37.9%
	Strongly agree	43	3.2%	24	2.1%	18	2.8%	6	1.2%
	Total	1361	100.0%	1113	100.0%	651	100.0%	454	100.0%
People with an issue like David's have themselves to blame	Strongly disagree	468	34.3%	355	31.9%	198	30.3%	155	34.1%
	Disagree	656	48.1%	505	45.4%	301	46.2%	201	44.3%
	Neutral	174	12.8%	201	18.0%	123	18.9%	77	17.0%
	Agree	57	4.2%	39	3.5%	21	3.3%	16	3.6%
	Strongly agree	9	0.7%	13	1.2%	8	1.3%	4	0.9%
	Total	1364	100.0%	1112	100.0%	652	100.0%	454	100.0%
People with an issue like David's should pull themselves together	Strongly disagree	410	30.2%	298	26.8%	171	26.3%	124	27.4%
	Disagree	462	34.0%	323	29.1%	183	28.1%	137	30.2%
	Neutral	301	22.1%	338	30.5%	211	32.5%	127	28.0%
	Agree	161	11.8%	127	11.4%	68	10.5%	57	12.5%
	Strongly agree	25	1.8%	25	2.3%	16	2.5%	9	1.9%
	Total	1359	100.0%	1111	100.0%	649	100.0%	455	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
If David was someone you knew, how likely or unlikely is it that you would... Lend him money	Very unlikely	210	15.3%	160	14.3%	105	15.9%	54	11.9%
	Unlikely	566	41.3%	380	34.0%	237	36.1%	139	30.5%
	Neither	428	31.2%	424	37.9%	225	34.3%	196	43.1%
	Likely	154	11.2%	145	12.9%	83	12.6%	62	13.6%
	Very likely	13	0.9%	11	0.9%	6	1.0%	4	0.9%
	Total	1371	100.0%	1119	100.0%	657	100.0%	455	100.0%
If David was someone you knew, how likely or unlikely is it that you would... Allow him to babysit/ care for your children or grandchildren	Very unlikely	249	18.2%	191	17.1%	122	18.5%	68	14.9%
	Unlikely	661	48.2%	517	46.2%	284	43.3%	229	50.3%
	Neither	338	24.7%	283	25.3%	174	26.5%	107	23.6%
	Likely	112	8.2%	126	11.2%	74	11.3%	51	11.3%
	Very likely	10	0.7%	2	0.2%	2	0.4%	0	0.0%
	Total	1370	100.0%	1119	100.0%	657	100.0%	455	100.0%
If David was someone you knew, how likely or unlikely is it that you would... Employ him	Very unlikely	91	6.7%	80	7.2%	55	8.5%	23	5.2%
	Unlikely	452	33.2%	366	32.9%	206	31.5%	157	34.8%
	Neither	555	40.8%	477	42.8%	281	42.9%	196	43.4%
	Likely	245	18.0%	186	16.7%	110	16.8%	74	16.4%
	Very likely	17	1.3%	3	0.3%	2	0.4%	1	0.3%
	Total	1360	100.0%	1113	100.0%	654	100.0%	452	100.0%
If David was someone you knew, how likely or unlikely is it that you would... Socialise with him	Very unlikely	24	1.8%	27	2.4%	21	3.2%	6	1.3%
	Unlikely	118	8.6%	116	10.3%	71	10.8%	43	9.5%
	Neither	390	28.6%	360	32.2%	207	31.6%	149	32.8%
	Likely	748	54.8%	568	50.7%	328	50.0%	237	52.1%
	Very likely	85	6.2%	49	4.4%	29	4.4%	20	4.3%
	Total	1365	100.0%	1119	100.0%	657	100.0%	455	100.0%
If David was someone you knew, how likely or unlikely is it that you would... Accept him into your family (say by marriage)	Very unlikely	68	5.0%	56	5.0%	36	5.5%	18	4.0%
	Unlikely	287	21.1%	211	18.9%	128	19.6%	83	18.2%
	Neither	566	41.6%	505	45.3%	292	44.5%	212	46.8%
	Likely	391	28.7%	309	27.7%	175	26.8%	130	28.6%
	Very likely	50	3.7%	35	3.2%	24	3.7%	11	2.4%
	Total	1362	100.0%	1116	100.0%	656	100.0%	453	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
If David was someone you knew, how likely or unlikely is it that you would... Move next door to him	Very unlikely	65	4.8%	52	4.7%	34	5.1%	17	3.8%
	Unlikely	214	15.7%	168	15.0%	95	14.6%	72	15.9%
	Neither	558	40.9%	483	43.3%	277	42.3%	203	44.6%
	Likely	461	33.8%	372	33.4%	221	33.8%	149	32.8%
	Very likely	67	4.9%	40	3.6%	27	4.1%	13	2.9%
	Total	1365	100.0%	1115	100.0%	654	100.0%	455	100.0%
If David was someone you knew, how likely or unlikely is it that you would... Make friends with him	Very unlikely	22	1.6%	28	2.5%	18	2.7%	10	2.3%
	Unlikely	112	8.2%	128	11.5%	80	12.2%	48	10.4%
	Neither	353	25.8%	360	32.2%	209	31.8%	148	32.4%
	Likely	761	55.6%	537	48.0%	310	47.2%	224	49.3%
	Very likely	121	8.8%	66	5.9%	40	6.1%	26	5.6%
	Total	1369	100.0%	1119	100.0%	656	100.0%	455	100.0%
If David was someone you knew, how likely or unlikely is it that you would... Work closely with him on a job	Very unlikely	43	3.1%	37	3.3%	27	4.1%	11	2.3%
	Unlikely	148	10.8%	181	16.3%	113	17.3%	67	14.9%
	Neither	369	27.0%	395	35.4%	223	34.2%	168	37.0%
	Likely	690	50.4%	457	41.0%	261	39.9%	194	42.9%
	Very likely	119	8.7%	44	3.9%	30	4.6%	13	2.9%
	Total	1369	100.0%	1114	100.0%	654	100.0%	453	100.0%
If David was someone you knew, how likely or unlikely is it that you would... Welcome him into your shed	Very unlikely	17	1.2%	-	-	-	-	-	-
	Unlikely	42	3.1%	-	-	-	-	-	-
	Neither	122	8.9%	-	-	-	-	-	-
	Likely	717	52.4%	-	-	-	-	-	-
	Very likely	470	34.4%	-	-	-	-	-	-
	Total	1368	100.0%	-	-	-	-	-	-

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
If the following people or institutions were aware of David's issue, how likely or unlikely do you think they would be to discriminate against him? A bank, insurance c company or other financial ins titution	Very unlikely	60	4.4%	42	3.8%	24	3.7%	18	3.9%
	Unlikely	261	19.2%	169	15.1%	101	15.3%	69	15.0%
	Neither	265	19.5%	256	22.8%	154	23.4%	101	22.1%
	Likely	582	42.9%	521	46.5%	299	45.4%	217	47.5%
	Very likely	190	14.0%	133	11.9%	81	12.2%	52	11.4%
	Total	1358	100.0%	1122	100.0%	659	100.0%	457	100.0%
If the following people or institutions were aware of David's issue, how likely or unlikely do you think they would be to discriminate against him? A government or other public welfare agency	Very unlikely	114	8.4%	100	8.9%	59	9.0%	41	8.9%
	Unlikely	545	40.3%	385	34.4%	218	33.1%	166	36.4%
	Neither	354	26.2%	342	30.5%	195	29.7%	145	31.7%
	Likely	279	20.6%	253	22.6%	160	24.3%	92	20.1%
	Very likely	60	4.4%	39	3.5%	26	4.0%	13	2.8%
	Total	1352	100.0%	1119	100.0%	658	100.0%	456	100.0%
If the following people or institutions were aware of David's issue, how likely or unlikely do you think they would be to discriminate against him? A public or private hospital	Very unlikely	293	21.6%	219	19.7%	111	17.1%	108	23.7%
	Unlikely	650	48.0%	518	46.6%	299	46.0%	215	47.1%
	Neither	246	18.2%	251	22.6%	166	25.4%	85	18.7%
	Likely	127	9.4%	97	8.7%	53	8.2%	43	9.3%
	Very likely	38	2.8%	27	2.5%	22	3.3%	6	1.2%
	Total	1354	100.0%	1113	100.0%	651	100.0%	457	100.0%
If the following people or institutions were aware of David's issue, how likely or unlikely do you think they would be to discriminate against him? Other people who don't know him well	Very unlikely	38	2.8%	24	2.2%	16	2.5%	8	1.7%
	Unlikely	260	19.2%	148	13.3%	87	13.3%	61	13.4%
	Neither	380	28.1%	358	32.1%	222	33.9%	136	29.7%
	Likely	597	44.2%	517	46.3%	287	43.9%	227	49.8%
	Very likely	76	5.6%	68	6.1%	42	6.5%	25	5.4%
	Total	1351	100.0%	1116	100.0%	654	100.0%	457	100.0%
If the following people or institutions were aware of David's issue, how likely or unlikely do you think they would be to discriminate against him? His doctor or other health professional	Very unlikely	528	39.0%	415	37.1%	232	35.5%	181	39.6%
	Unlikely	631	46.6%	499	44.7%	284	43.5%	210	45.9%
	Neither	118	8.7%	146	13.1%	99	15.1%	47	10.4%
	Likely	56	4.1%	39	3.5%	29	4.4%	11	2.3%
	Very likely	22	1.6 %	18	1.6%	10	1.5%	8	1.8%
	Total	1355	100.0%	1117	100.0%	654	100.0%	458	100.0%
If the following people or institutions were aware of David's issue, how likely or unlikely do you think they would be to discriminate against him? His employer	Very unlikely	32	2.4%	27	2.4%	14	2.2%	13	2.9%
	Unlikely	365	27.1%	244	21.8%	134	20.3%	108	24.0%
	Neither	539	40.0%	486	43.6%	294	44.6%	191	42.2%
	Likely	375	27.8%	328	29.4%	199	30.3%	127	28.0%
	Very likely	38	2.8%	30	2.7%	17	2.6%	13	3.0%
	Total	1349	100.0%	1116	100.0%	658	100.0%	452	100.0%
If the following people or institutions were aware of David's issue, how likely or unlikely do you think they would be to discriminate against him? His family	Very unlikely	332	24.6%	262	23.5%	129	19.7%	133	29.0%
	Unlikely	678	50.2%	509	45.6%	292	44.7%	212	46.4%
	Neither	222	16.4%	250	22.4%	169	25.9%	81	17.8%
	Likely	93	6.9%	78	7.0%	54	8.2%	25	5.4%
	Very likely	25	1.9%	16	1.5%	10	1.5%	6	1.3%
	Total	1350	100.0%	1116	100.0%	653	100.0%	457	100.0%
If the following people or institutions were aware of David's issue, how likely or unlikely do you think they would be to discriminate against him? His friends	Very unlikely	242	17.9%	166	14.8%	85	13.0%	81	17.6%
	Unlikely	728	53.8%	552	49.3%	295	44.9%	253	55.4%
	Neither	236	17.4%	296	26.5%	203	30.9%	91	20.0%
	Likely	126	9.3%	92	8.3%	66	10.0%	27	5.9%
	Very likely	21	1.6%	13	1.2%	8	1.2%	5	1.2%
	Total	1353	100.0%	1119	100.0%	656	100.0%	457	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
If you thought you might be experiencing a similar issue to David, how likely or unlikely would you be to seek help from each of the following? A counsellor	Very unlikely	114	8.5%	122	11.0%	79	12.2%	42	9.4%
	Unlikely	278	20.7%	255	23.1%	155	24.0%	97	21.4%
	Neither	184	13.7%	208	18.7%	120	18.5%	86	18.9%
	Likely	570	42.3%	399	36.1%	224	34.5%	176	38.8%
	Very likely	200	14.9%	123	11.1%	70	10.8%	53	11.6%
	Total	1346	100.0%	1107	100.0%	649	100.0%	453	100.0%
If you thought you might be experiencing a similar issue to David, how likely or unlikely would you be to seek help from each of the following? A GP or family doctor	Very unlikely	30	2.2%	24	2.2%	13	2.0%	11	2.4%
	Unlikely	53	3.9%	43	3.9%	36	5.4%	8	1.7%
	Neither	75	5.5%	81	7.2%	65	10.0%	15	3.3%
	Likely	628	46.0%	487	43.7%	273	41.7%	209	45.9%
	Very likely	578	42.4%	480	43.0%	267	40.8%	212	46.7%
	Total	1364	100.0%	1116	100.0%	655	100.0%	455	100.0%
If you thought you might be experiencing a similar issue to David, how likely or unlikely would you be to seek help from each of the following? A pharmacist	Very unlikely	174	12.9%	171	15.5%	101	15.6%	70	15.6%
	Unlikely	429	31.8%	320	29.0%	209	32.3%	108	24.0%
	Neither	421	31.3%	407	36.8%	219	33.8%	187	41.4%
	Likely	263	19.5%	174	15.7%	98	15.2%	74	16.5%
	Very likely	60	4.5%	33	2.9%	21	3.2%	12	2.6%
	Total	1347	100.0%	1105	100.0%	648	100.0%	451	100.0%
If you thought you might be experiencing a similar issue to David, how likely or unlikely would you be to seek help from each of the following? A telephone counselling service	Very unlikely	172	12.8%	169	15.3%	94	14.5%	74	16.5%
	Unlikely	439	32.6%	320	29.0%	200	30.9%	116	25.9%
	Neither	318	23.6%	318	28.9%	176	27.1%	143	31.8%
	Likely	343	25.5%	240	21.8%	138	21.2%	101	22.5%
	Very likely	74	5.5%	55	5.0%	40	6.2%	15	3.3%
	Total	1346	100.0%	1103	100.0%	648	100.0%	449	100.0%
If you thought you might be experiencing a similar issue to David, how likely or unlikely would you be to seek help from each of the following? An online health site	Very unlikely	192	14.3%	183	16.6%	104	16.0%	79	17.5%
	Unlikely	451	33.6%	311	28.1%	198	30.5%	109	24.2%
	Neither	327	24.4%	334	30.2%	191	29.4%	141	31.3%
	Likely	294	21.9%	217	19.7%	115	17.7%	102	22.7%
	Very likely	78	5.8%	61	5.5%	42	6.4%	19	4.3%
	Total	1342	100.0%	1106	100.0%	650	100.0%	450	100.0%
If you thought you might be experiencing a similar issue to David, how likely or unlikely would you be to seek help from each of the following? A psychologist	Very unlikely	117	8.8%	107	9.8%	65	10.0%	43	9.6%
	Unlikely	278	20.8%	225	20.5%	151	23.3%	72	16.1%
	Neither	248	18.6%	257	23.4%	149	23.0%	108	24.3%
	Likely	480	35.9%	359	32.7%	201	31.1%	156	35.0%
	Very likely	213	15.9%	150	13.7%	82	12.6%	67	15.0%
	Total	1336	100.0%	1098	100.0%	647	100.0%	445	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
If you thought you might be experiencing a similar issue to David, how likely or unlikely would you be to seek help from each of the following? A psychiatrist	Very unlikely	131	9.8%	121	11.1%	67	10.5%	54	12.0%
	Unlikely	273	20.4%	226	20.7%	151	23.6%	74	16.6%
	Neither	262	19.6%	254	23.2%	150	23.5%	103	23.2%
	Likely	451	33.8%	320	29.3%	171	26.7%	148	33.2%
	Very likely	219	16.4%	171	15.6%	102	15.9%	67	15.0%
	Total	1336	100.0%	1092	100.0%	641	100.0%	445	100.0%
If you thought you might be experiencing a similar issue to David, how likely or unlikely would you be to seek help from each of the following? A close family member	Very unlikely	22	1.6%	23	2.1%	16	2.4%	7	1.6%
	Unlikely	88	6.5%	64	5.8%	50	7.6%	15	3.3%
	Neither	196	14.4%	203	18.3%	129	19.8%	74	16.2%
	Likely	786	57.8%	630	56.7%	351	54.0%	274	60.2%
	Very likely	267	19.6%	190	17.1%	105	16.1%	85	18.7%
	Total	1359	100.0%	1111	100.0%	650	100.0%	455	100.0%
If you thought you might be experiencing a similar issue to David, how likely or unlikely would you be to seek help from each of the following? A close friend	Very unlikely	19	1.4%	28	2.5%	22	3.4%	6	1.4%
	Unlikely	84	6.3%	85	7.7%	58	9.0%	25	5.4%
	Neither	194	14.5%	240	21.7%	146	22.6%	92	20.3%
	Likely	786	58.6%	579	52.3%	326	50.6%	251	55.1%
	Very likely	258	19.2%	174	15.7%	93	14.4%	81	17.8%
	Total	1341	100.0%	1105	100.0%	645	100.0%	455	100.0%
If you thought you might be experiencing a similar issue to David, how likely or unlikely would you be to seek help from each of the following? A member of the clergy, priest or other religious person	Very unlikely	315	23.4%	316	28.6%	196	30.5%	120	26.3%
	Unlikely	321	23.8%	262	23.8%	157	24.3%	103	22.6%
	Neither	315	23.4%	258	23.4%	153	23.8%	103	22.8%
	Likely	296	22.0%	200	18.1%	103	16.0%	96	21.2%
	Very likely	99	7.4%	68	6.1%	35	5.4%	32	7.1%
	Total	1346	100.0%	1104	100.0%	644	100.0%	454	100.0%
If you thought you might be experiencing a similar issue to David, how likely or unlikely would you be to seek help from each of the following? A social worker	Very unlikely	158	11.7%	157	14.3%	92	14.3%	65	14.4%
	Unlikely	361	26.8%	340	31.0%	221	34.5%	116	25.8%
	Neither	355	26.3%	328	29.8%	181	28.2%	144	31.8%
	Likely	388	28.8%	235	21.4%	124	19.4%	111	24.5%
	Very likely	87	6.4%	39	3.5%	23	3.6%	16	3.4%
	Total	1349	100.0%	1099	100.0%	641	100.0%	452	100.0%
If you thought you might be experiencing a similar issue to David, how likely or unlikely would you be to seek help from each of the following? A fellow shedder	Very unlikely	36	2.7%	-	-	-	-	-	-
	Unlikely	139	10.3%	-	-	-	-	-	-
	Neither	284	21.1%	-	-	-	-	-	-
	Likely	670	49.9%	-	-	-	-	-	-
	Very likely	215	16.0%	-	-	-	-	-	-
	Total	1344	100.0%	-	-	-	-	-	-

Item	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
	Valid n	Mean	Valid n	Mean	Valid n	Mean	Valid n	Mean
About how many close friends do you have – people you feel at ease with and can talk with about what is on your mind? (You may include relatives).	1169	8.2	971	7.5	562	4.9	409	11.1

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
On average over the past 12 months, approximately how often did you socialise with friends or relatives (e.g. going out for a meal or visiting each other's homes)?	Every day	60	4.4%	35	3.1%	1	0.2%	33	7.3%
	Several days a week	323	23.7%	226	20.4%	43	6.6%	183	40.0%
	About once a week	390	28.6%	296	26.6%	127	19.4%	169	36.9%
	2 or 3 times a month	231	16.9%	237	21.3%	177	27.1%	60	13.1%
	About once a month	162	11.9%	127	11.4%	116	17.7%	11	2.5%
	5 to 10 times a year	107	7.8%	83	7.5%	82	12.6%	1	0.1%
	Less than 5 times a year	69	5.1%	76	6.9%	76	11.7%	0	0.0%
	Never	8	0.6%	18	1.6%	18	2.8%	0	0.0%
	Other (please specify):	14	1.0%	12	1.1%	12	1.9%	0	0.0%
	Total	1364	100.0%	1110	100.0%	653	100.0%	457	100.0%
On average over the past 12 months, approximately how often did you get in touch with friends or family (or have them get in touch with you) – e.g. over the phone, writing letters or emails?	Every day	166	12.1%	158	14.1%	25	3.8%	133	28.8%
	Several days a week	470	34.3%	378	33.9%	155	23.7%	222	48.4%
	About once a week	349	25.5%	283	25.4%	198	30.2%	85	18.6%
	2 or 3 times a month	175	12.8%	139	12.5%	120	18.3%	19	4.2%
	About once a month	107	7.8%	74	6.6%	74	11.3%	0	0.0%
	5 to 10 times a year	47	3.4%	47	4.2%	47	7.2%	0	0.0%
	Less than 5 times a year	42	3.1%	27	2.5%	27	4.2%	0	0.0%
	Never	7	0.5%	7	0.6%	7	1.1%	0	0.0%
	Other (please specify):	6	0.4%	1	0.1%	1	0.2%	0	0.0%
	Total	1369	100.0%	1115	100.0%	655	100.0%	460	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
Do you belong to any groups or organisations such as clubs, community groups, religious groups, etc.? How often do you attend these groups or organisations? Sports Club/s	2 or more times a week	311	37.2%	214	25.4%	66	13.6%	149	41.0%
	About once a week	213	25.5%	176	20.8%	86	17.9%	90	24.7%
	Once or twice a month	123	14.7%	104	12.3%	56	11.6%	48	13.3%
	Once or twice every few months	34	4.1%	28	3.3%	15	3.1%	13	3.6%
	A few times a year	54	6.5%	49	5.8%	36	7.5%	13	3.6%
	Once a year or less	17	2.0%	29	3.4%	20	4.1%	9	2.5%
	Never	84	10.0%	246	29.0%	204	42.3%	42	11.5%
	Total	836	100.0%	846	100.0%	482	100.0%	364	100.0%
Do you belong to any groups or organisations such as clubs, community groups, religious groups, etc.? How often do you attend these groups or organisations? Religious or church group/s	2 or more times a week	124	22.8%	70	10.0%	20	4.7%	50	18.3%
	About once a week	134	24.7%	95	13.5%	43	10.2%	51	18.9%
	Once or twice a month	37	6.8%	23	3.3%	12	2.9%	11	4.1%
	Once or twice every few months	18	3.3%	14	2.0%	10	2.3%	4	1.5%
	A few times a year	31	5.7%	48	6.8%	25	5.9%	23	8.3%
	Once a year or less	32	5.9%	44	6.3%	23	5.5%	21	7.6%
	Never	167	30.8%	406	58.1%	294	68.7%	112	41.3%
	Total	543	100.0%	699	100.0%	428	100.0%	271	100.0%
Do you belong to any groups or organisations such as clubs, community groups, religious groups, etc.? How often do you attend these groups or organisations? Community Group/s	2 or more times a week	458	46.4%	56	7.8%	14	3.2%	43	14.6%
	About once a week	330	33.4%	99	13.8%	36	8.4%	63	21.6%
	Once or twice a month	132	13.4%	125	17.3%	57	13.3%	68	23.3%
	Once or twice every few months	21	2.1%	31	4.3%	16	3.7%	15	5.2%
	A few times a year	19	1.9%	51	7.1%	32	7.5%	19	6.5%
	Once a year or less	3	0.3%	35	4.8%	23	5.4%	12	4.0%
	Never	24	2.4%	324	44.9%	252	58.5%	72	24.8%
	Total	987	100.0%	722	100.0%	430	100.0%	292	100.0%
Do you belong to any groups or organisations such as clubs, community groups, religious groups, etc.? How often do you attend these groups or organisations? Other group or organisation/s	2 or more times a week	194	28.5%	45	6.4%	11	2.6%	33	12.5%
	About once a week	218	32.0%	91	13.0%	39	9.2%	52	19.3%
	Once or twice a month	162	23.8%	127	18.3%	66	15.4%	61	23.0%
	Once or twice every few months	29	4.3%	44	6.3%	27	6.2%	17	6.5%
	A few times a year	34	5.0%	44	6.4%	25	5.8%	19	7.2%
	Once a year or less	5	0.7%	39	5.6%	25	5.7%	14	5.4%
	Never	39	5.7%	307	44.0%	237	55.1%	70	26.2%
	Total	681	100.0%	698	100.0%	430	100.0%	267	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
People don't come to visit me as often as I would like	Strongly disagree	75	5.4%	87	7.8%	40	6.2%	47	10.3%
	Disagree	410	29.6%	369	33.2%	184	28.0%	184	40.8%
	Neutral	474	34.2%	363	32.7%	228	34.7%	136	30.0%
	Agree	376	27.1%	261	23.6%	183	27.9%	78	17.3%
	Strongly agree	50	3.6%	29	2.6%	21	3.3%	7	1.6%
	Total	1385	100.0%	1109	100.0%	656	100.0%	452	100.0%
I often need help from other people but can't get it	Strongly disagree	206	15.0%	223	20.2%	101	15.5%	122	27.1%
	Disagree	706	51.3%	576	52.1%	329	50.4%	246	54.7%
	Neutral	315	22.9%	200	18.1%	145	22.2%	55	12.3%
	Agree	116	8.4%	95	8.6%	69	10.6%	25	5.5%
	Strongly agree	33	2.4%	11	1.0%	9	1.4%	2	0.4%
	Total	1376	100.0%	1105	100.0%	654	100.0%	450	100.0%
I seem to have enough friends	Strongly disagree	34	2.5%	19	1.7%	15	2.3%	4	0.9%
	Disagree	148	10.7%	117	10.5%	82	12.4%	35	7.7%
	Neutral	296	21.4%	264	23.7%	183	27.8%	81	17.8%
	Agree	796	57.6%	597	53.5%	322	48.9%	275	60.1%
	Strongly agree	109	7.9%	118	10.6%	56	8.5%	62	13.5%
	Total	1383	100.0%	1116	100.0%	657	100.0%	458	100.0%
I don't have anyone I can confide in	Strongly disagree	326	23.6%	316	28.4%	138	21.0%	178	38.8%
	Disagree	768	55.5%	562	50.4%	338	51.6%	223	48.8%
	Neutral	170	12.3%	143	12.8%	101	15.5%	41	9.0%
	Agree	78	5.6%	65	5.8%	53	8.1%	11	2.5%
	Strongly agree	41	3.0%	28	2.6%	24	3.7%	4	0.9%
	Total	1383	100.0%	1114	100.0%	655	100.0%	458	100.0%
I have no one to lean on in times of trouble	Strongly disagree	355	25.7%	342	30.8%	154	23.5%	188	41.3%
	Disagree	748	54.1%	555	50.0%	332	50.8%	223	48.9%
	Neutral	160	11.6%	127	11.4%	99	15.2%	27	6.0%
	Agree	81	5.9%	62	5.6%	48	7.3%	14	3.1%
	Strongly agree	38	2.7%	24	2.2%	21	3.2%	3	0.7%
	Total	1382	100.0%	1110	100.0%	654	100.0%	455	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
There is someone who can always cheer me up when I'm down	Strongly disagree	47	3.4%	50	4.5%	27	4.1%	23	5.0%
	Disagree	135	9.8%	116	10.4%	89	13.5%	27	5.9%
	Neutral	249	18.0%	192	17.2%	135	20.6%	57	12.4%
	Agree	753	54.4%	541	48.6%	301	46.0%	239	52.3%
	Strongly agree	199	14.4%	215	19.3%	103	15.7%	111	24.4%
	Total	1383	100.0%	1112	100.0%	655	100.0%	457	100.0%
I often feel lonely	Strongly disagree	287	20.8%	259	23.3%	137	21.0%	122	26.6%
	Disagree	580	42.1%	454	40.9%	242	37.0%	212	46.4%
	Neutral	253	18.4%	207	18.6%	132	20.2%	75	16.4%
	Agree	197	14.3%	157	14.1%	115	17.6%	42	9.1%
	Strongly agree	61	4.4%	35	3.1%	28	4.2%	7	1.5%
	Total	1378	100.0%	1111	100.0%	653	100.0%	458	100.0%
I enjoy the time I spend with people who are important to me	Strongly disagree	47	3.4%	24	2.2%	10	1.6%	14	3.0%
	Disagree	28	2.0%	19	1.7%	11	1.7%	8	1.7%
	Neutral	58	4.2%	70	6.3%	59	8.9%	12	2.5%
	Agree	731	52.7%	550	49.4%	341	52.1%	209	45.7%
	Strongly agree	523	37.7%	450	40.4%	234	35.7%	215	47.1%
	Total	1387	100.0%	1113	100.0%	655	100.0%	457	100.0%
When something's on my mind, just talking with the people I know can make me feel better	Strongly disagree	28	2.0%	13	1.2%	3	0.4%	11	2.3%
	Disagree	36	2.6%	48	4.3%	44	6.7%	4	0.8%
	Neutral	164	11.9%	208	18.6%	143	21.7%	65	14.3%
	Agree	915	66.2%	656	58.8%	375	56.9%	281	61.6%
	Strongly agree	240	17.4%	190	17.1%	94	14.3%	96	21.0%
	Total	1383	100.0%	1115	100.0%	658	100.0%	456	100.0%
When I need someone to help me out, I can usually find someone	Strongly disagree	33	2.4%	21	1.9%	10	1.5%	11	2.5%
	Disagree	71	5.1%	61	5.5%	52	8.0%	9	1.9%
	Neutral	163	11.8%	152	13.7%	118	18.1%	33	7.4%
	Agree	889	64.4%	664	59.9%	378	57.6%	285	63.2%
	Strongly agree	224	16.2%	211	19.0%	98	14.9%	113	25.0%
	Total	1380	100.0%	1109	100.0%	656	100.0%	452	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
How often do you feel the need for more social interaction?	None of the time	136	9.8%	134	12.0%	79	12.0%	55	12.0%
	Rarely	528	38.1%	452	40.6%	246	37.6%	206	45.0%
	Some of the time	546	39.4%	438	39.4%	268	40.9%	170	37.2%
	Often	159	11.5%	87	7.8%	60	9.2%	26	5.7%
	All of the time	17	1.2%	2	0.2%	2	0.3%	0	0.0%
	Total	1386	100.0%	1114	100.0%	656	100.0%	458	100.0%

Item	Option	Shed Count	Shed Column N %
How long have you been involved in Men's Sheds?	Less than 1 month	31	2.3%
	Between 1 and 3 months	69	5.1%
	Between 3 and 6 months	78	5.7%
	Between 6 and 12 months	180	13.2%
	Between 1 and 2 years	339	24.9%
	More than 2 years	663	48.8%
	Total	1360	100.0%
What proportion of your friends/ colleagues/ acquaintances are from your Shed?	0-20%	606	45.1%
	21-40%	355	26.4%
	41-60%	218	16.2%
	61-80%	109	8.1%
	81-100%	56	4.2%
	Total	1344	100.0%
Which of the following, if any, have you learned more about through your Shed?	Trade skills (such as woodwork, metalwork, etc.)	814	56.7%
	Computer skills	147	10.2%
	Health issues	557	38.8%
	How to engage with people/ how to make new friends	730	50.8%
What was your main reason for joining Men's Sheds?	To meet new friends	165	26.5%
	For my health	30	4.8%
	Other (please specify):	49	7.9%
	To learn new skills	65	10.5%
	To give back to the community	136	21.9%
	To keep busy	105	16.9%
	To share my knowledge and expertise	72	11.6%
	Total	622	100.0%

Item	Option	Shed	
		Count	Column N %
I am more physically active now than before coming to Men's Sheds.	Strongly disagree	60	4.5%
	Disagree	208	15.5%
	Neutral	514	38.4%
	Agree	458	34.2%
	Strongly agree	100	7.5%
	Total	1340	100.0%
My Shed makes an important contribution to our community.	Strongly disagree	8	0.6%
	Disagree	7	0.5%
	Neutral	66	4.9%
	Agree	738	54.8%
	Strongly agree	527	39.2%
	Total	1346	100.0%
I have more to talk about with my partner/ family since coming to Men's Sheds.	Strongly disagree	9	0.7%
	Disagree	46	3.4%
	Neutral	258	19.3%
	Agree	840	62.9%
	Strongly agree	182	13.6%
	Total	1335	100.0%
My relationship with my partner/ family has improved since coming to Men's Sheds.	Strongly disagree	25	1.9%
	Disagree	93	7.0%
	Neutral	691	52.2%
	Agree	432	32.7%
	Strongly agree	82	6.2%
	Total	1323	100.0%
My partner/ family are supportive of my involvement with Men's Sheds.	Strongly disagree	7	0.5%
	Disagree	9	0.7%
	Neutral	116	8.7%
	Agree	803	60.2%
	Strongly agree	398	29.9%
	Total	1333	100.0%

Item	Option	Shed	
		Count	Column N %
I enjoy sharing my knowledge and expertise with other Shedders.	Strongly disagree	5	0.4%
	Disagree	3	0.2%
	Neutral	78	5.8%
	Agree	818	61.1%
	Strongly agree	435	32.5%
	Total	1339	100.0%
I have learned new practical skills since coming to Men's Sheds.	Strongly disagree	10	0.7%
	Disagree	59	4.4%
	Neutral	314	23.5%
	Agree	727	54.3%
	Strongly agree	228	17.0%
	Total	1338	100.0%
I am more knowledgeable about health issues in general since coming to Men's Sheds.	Strongly disagree	12	0.9%
	Disagree	84	6.3%
	Neutral	437	32.7%
	Agree	646	48.3%
	Strongly agree	158	11.8%
	Total	1337	100.0%
I am more knowledgeable about mental health issues since coming to Men's Sheds.	Strongly disagree	18	1.4%
	Disagree	110	8.3%
	Neutral	458	34.4%
	Agree	605	45.4%
	Strongly agree	141	10.6%
	Total	1332	100.0%
I can talk about issues in the Shed that I cannot discuss anywhere else.	Strongly disagree	43	3.2%
	Disagree	247	18.4%
	Neutral	495	37.0%
	Agree	445	33.2%
	Strongly agree	109	8.1%
	Total	1339	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
Were you born in Australia or overseas?	Australia	1095	78.2%	745	66.2%	417	63.1%	325	71.0%
	Overseas	305	21.8%	380	33.8%	244	36.9%	133	29.0%
	Total	1400	100.0%	1126	100.0%	661	100.0%	458	100.0%
Which of the following best describes your sexual orientation?	Straight/ hetero-sexual	1321	95.7%	1045	93.8%	607	93.2%	434	94.9%
	Gay/ homosexual	3	0.2%	22	2.0%	17	2.6%	5	1.1%
	Bisexual	14	1.0%	17	1.6%	10	1.5%	7	1.6%
	Undecided; not sure; questioning	3	0.2%	2	0.2%	1	0.1%	2	0.4%
	Prefer not to say	30	2.2%	17	1.6%	11	1.6%	6	1.3%
	Other (please specify):	10	0.7%	9	0.8%	6	1.0%	3	0.7%
	Total	1381	100.0%	1113	100.0%	651	100.0%	457	100.0%
Which best describes the highest level of formal education you have completed?	Didn't go to school	6	0.5%	4	0.3%	4	0.6%	0	0.0%
	Secondary school Year 8 or below	172	13.7%	104	9.5%	55	8.5%	46	10.4%
	Secondary school year 9 or 10 equivalent	290	23.1%	233	21.2%	146	22.7%	87	19.5%
	Secondary school year 11 or 12 equivalent	183	14.5%	175	16.0%	114	17.7%	59	13.3%
	Certificate or di-ploma (e.g. TAFE)	336	26.7%	338	30.9%	192	29.8%	146	32.9%
	Bachelor Degree	125	9.9%	116	10.6%	64	9.9%	53	11.8%
	Post graduate qualification or higher degree	117	9.3%	103	9.4%	58	8.9%	43	9.7%
	Other (please specify):	29	2.3%	23	2.1%	12	1.9%	10	2.3%
	Total	1258	100.0%	1096	100.0%	645	100.0%	444	100.0%
What best describes your employment status?	Full time employ-ment	56	4.6%	138	12.7%	89	13.8%	49	11.2%
	Part time employ-ment	70	5.7%	94	8.6%	52	8.0%	42	9.6%
	Retired from work	975	79.9%	805	73.8%	465	72.1%	333	76.0%
	Currently unem-ployed	40	3.3%	28	2.5%	23	3.5%	5	1.2%
	Volunteer	79	6.5%	25	2.3%	17	2.6%	9	2.0%
	Total	1220	100.0%	1090	100.0%	645	100.0%	438	100.0%
What best describes your marital status?	Never married	60	4.4%	43	3.8%	26	4.0%	15	3.2%
	Widowed	86	6.4%	58	5.1%	23	3.4%	34	7.4%
	Divorced	76	5.6%	92	8.1%	51	7.8%	40	8.8%
	Seperated	27	2.0%	19	1.7%	7	1.1%	11	2.5%
	Married	1038	76.7%	849	75.5%	505	76.5%	339	74.2%
	De facto/ living with partner	57	4.2%	61	5.4%	43	6.5%	18	3.8%
	Other (please specify):	9	0.7%	4	0.4%	4	0.7%	0	0.0%
	Total	1353	100.0%	1124	100.0%	660	100.0%	457	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
Who do you currently live with?	I live alone	212	15.9%	163	14.6%	77	11.7%	84	18.5%
	With my partner	934	69.9%	788	70.6%	468	71.5%	316	69.5%
	With my partner and children	78	5.8%	70	6.3%	55	8.4%	15	3.4%
	With my children	14	1.0%	11	1.0%	5	0.7%	6	1.4%
	With other family members	30	2.2%	26	2.3%	16	2.4%	10	2.3%
	In a retirement community	2	0.1%	6	0.5%	4	0.6%	2	0.5%
	With my partner in a retirement community	27	2.0%	11	0.9%	6	0.9%	5	1.0%
	In a nursing home community	1	0.1%	2	0.1%	2	0.3%	0	0.0%
	In a boarding home	4	0.3%	1	0.1%	0	0.0%	1	0.1%
	Other (please specify):	34	2.5%	39	3.5%	23	3.5%	16	3.4%
	Total	1336	100.0%	1116	100.0%	654	100.0%	455	100.0%
State	NSW	478	34.9%	316	28.4%	173	26.5%	141	31.0%
	VIC	407	29.7%	326	29.3%	182	27.8%	141	31.0%
	QLD	248	18.1%	226	20.2%	147	22.5%	78	17.1%
	SA	97	7.1%	101	9.1%	61	9.3%	40	8.8%
	TAS	37	2.7%	36	3.2%	19	3.0%	16	3.6%
	NT	1	0.1%	6	0.5%	6	0.9%	0	0.0%
	WA	87	6.4%	91	8.2%	57	8.8%	34	7.5%
	ACT	14	1.0%	13	1.1%	8	1.2%	5	1.1%
	Total	1369	100.0%	1115	100.0%	654	100.0%	456	100.0%
Australian Standard Geographic Classification	Major Cities of Australia	569	41.6%	474	42.5%	279	42.7%	194	42.6%
	Inner Regional Australia	537	39.3%	449	40.3%	249	38.0%	198	43.4%
	Outer Regional Australia	218	15.9%	161	14.5%	102	15.6%	57	12.6%
	Remote Australia	6	0.4%	3	0.2%	0	0.0%	3	0.6%
	Very Remote Australia	38	2.8%	27	2.4%	24	3.6%	4	0.8%
	Total	1368	100.0%	1115	100.0%	654	100.0%	456	100.0%
Socio-Economic Indexes for Areas	1	303	22.1%	236	21.2%	147	22.4%	90	19.8%
	2	314	23.0%	265	23.8%	134	20.5%	127	27.9%
	3	320	23.4%	261	23.4%	161	24.6%	98	21.6%
	4	213	15.6%	179	16.1%	109	16.7%	70	15.3%
	5	218	15.9%	173	15.5%	103	15.8%	70	15.4%
	Total	1368	100.0%	1114	100.0%	654	100.0%	455	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
Do you currently experience any of the following health conditions?	Arthritis	575	40.0%	488	40.7%	298	44.8%	187	40.7%
	Osteoporosis	80	5.6%	81	6.7%	47	7.0%	34	7.4%
	Asthma	130	9.1%	104	8.7%	79	11.8%	26	5.6%
	Back pain/problem, disc disorder	480	33.4%	469	39.1%	287	43.2%	179	39.0%
	Heart problems	320	22.3%	299	24.9%	162	24.4%	131	28.5%
	Deafness	428	29.8%	314	26.2%	185	27.9%	127	27.6%
	Diabetes	224	15.6%	227	18.9%	132	19.9%	91	19.7%
	Hay fever and allergic rhinitis	145	10.1%	139	11.5%	89	13.5%	49	10.7%
	Kidney disease	38	2.6%	45	3.7%	27	4.0%	18	4.0%
	Cancer	108	7.5%	72	6.0%	42	6.3%	30	6.5%
	Anxiety	177	12.3%	133	11.1%	93	14.0%	39	8.4%
	Depression	210	14.6%	169	14.1%	121	18.2%	47	10.2%
	Other mental health condition	51	3.6%	37	3.1%	30	4.5%	7	1.6%
	On-going physical disability	155	10.8%	158	13.1%	101	15.1%	55	11.9%
Over the past 12 months, about how often have you attended each of the following health-care service providers? A hospital or emergency department	0 times	617	51.6%	569	53.9%	333	54.2%	233	53.7%
	1 time	313	26.2%	259	24.6%	149	24.3%	108	24.9%
	2-3 times	197	16.5%	156	14.7%	86	14.0%	70	16.0%
	4-6 times	39	3.3%	42	4.0%	24	4.0%	16	3.6%
	6-10 times	13	1.1%	10	1.0%	8	1.2%	3	0.6%
	more than 10 times	16	1.3%	19	1.8%	15	2.4%	5	1.1%
	Total	1195	100.0%	1055	100.0%	616	100.0%	434	100.0%
Over the past 12 months, about how often have you attended each of the following health-care service providers? A GP	0 times	28	2.1%	30	2.8%	19	2.9%	11	2.5%
	1 time	80	6.0%	64	5.8%	43	6.7%	21	4.6%
	2-3 times	437	32.6%	337	30.8%	195	30.4%	141	31.4%
	4-6 times	414	30.8%	332	30.3%	184	28.7%	146	32.6%
	6-10 times	218	16.2%	181	16.5%	101	15.8%	80	17.8%
	more than 10 times	165	12.3%	151	13.8%	99	15.5%	50	11.1%
	Total	1342	100.0%	1096	100.0%	641	100.0%	449	100.0%
Over the past 12 months, about how often have you attended each of the following health-care service providers? A Healthcare Specialist	0 times	413	36.7%	447	43.4%	275	45.4%	172	41.0%
	1 time	185	16.4%	168	16.3%	80	13.3%	85	20.4%
	2-3 times	321	28.5%	269	26.1%	151	25.0%	115	27.5%
	4-6 times	124	11.0%	84	8.2%	56	9.2%	28	6.8%
	6-10 times	43	3.8%	30	2.9%	25	4.1%	5	1.2%
	more than 10 times	40	3.6%	32	3.2%	19	3.2%	13	3.2%
	Total	1126	100.0%	1030	100.0%	606	100.0%	419	100.0%
Over the past 12 months, about how often have you attended each of the following health-care service providers? A Pharmacist	0 times	139	11.3%	119	11.2%	76	12.0%	44	10.1%
	1 time	47	3.8%	48	4.4%	28	4.5%	19	4.5%
	2-3 times	193	15.7%	170	15.9%	103	16.3%	64	14.9%
	4-6 times	250	20.4%	207	19.3%	118	18.8%	87	20.0%
	6-10 times	234	19.1%	213	20.0%	120	19.0%	93	21.6%
	more than 10 times	364	29.7%	312	29.2%	185	29.4%	125	28.9%
	Total	1227	100.0%	1069	100.0%	631	100.0%	432	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
When was the last time… You visited a GP	Less than 1 month ago	756	55.5%	624	55.5%	358	54.3%	263	57.6%
	1-6 months ago	521	38.2%	431	38.4%	260	39.5%	167	36.7%
	6-12 months ago	56	4.1%	40	3.6%	23	3.5%	17	3.6%
	1-2 years ago	16	1.2%	16	1.5%	9	1.4%	7	1.6%
	2-5 years ago	9	0.7%	4	0.4%	4	0.6%	0	0.0%
	More than 5 years ago	3	0.2%	6	0.6%	5	0.7%	2	0.4%
	Never	2	0.1%	1	0.1%	0	0.0%	1	0.2%
	Total	1363	100.0%	1123	100.0%	660	100.0%	456	100.0%
When was the last time… You visited a healthcare specialist	Less than 1 month ago	266	22.2%	227	21.5%	142	22.8%	84	19.5%
	1-6 months ago	365	30.4%	249	23.5%	138	22.2%	110	25.7%
	6-12 months ago	132	11.0%	122	11.5%	57	9.2%	62	14.3%
	1-2 years ago	78	6.5%	65	6.1%	38	6.1%	27	6.2%
	2-5 years ago	56	4.7%	58	5.5%	33	5.4%	25	5.7%
	More than 5 years ago	47	3.9%	78	7.4%	43	6.9%	35	8.2%
	Never	255	21.3%	258	24.5%	171	27.4%	88	20.4%
	Total	1199	100.0%	1057	100.0%	623	100.0%	430	100.0%
When was the last time… You visited another healthcare service provider	Less than 1 month ago	182	17.2%	152	15.3%	90	15.2%	60	15.2%
	1-6 months ago	255	24.1%	207	20.8%	126	21.2%	81	20.4%
	6-12 months ago	97	9.2%	106	10.6%	53	9.0%	52	13.0%
	1-2 years ago	69	6.5%	56	5.7%	32	5.4%	25	6.2%
	2-5 years ago	45	4.3%	45	4.5%	24	4.1%	20	5.1%
	More than 5 years ago	55	5.2%	92	9.3%	58	9.8%	35	8.7%
	Never	355	33.6%	337	33.9%	210	35.4%	124	31.3%
	Total	1058	100.0%	995	100.0%	593	100.0%	397	100.0%
When was the last time… You had a physical check-up (e.g. blood pressure taken, heart listened to, etc.)	Less than 1 month ago	477	35.5%	424	37.9%	251	38.4%	168	36.8%
	1-6 months ago	603	44.9%	486	43.5%	275	42.1%	209	45.6%
	6-12 months ago	186	13.9%	109	9.8%	66	10.1%	43	9.5%
	1-2 years ago	45	3.4%	51	4.6%	27	4.1%	24	5.2%
	2-5 years ago	19	1.4%	23	2.0%	17	2.5%	6	1.3%
	More than 5 years ago	6	0.4%	9	0.8%	6	1.0%	3	0.6%
	Never	6	0.4%	16	1.5%	12	1.8%	5	1.0%
	Total	1342	100.0%	1117	100.0%	654	100.0%	457	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
I feel healthy	Strongly disagree	27	2.0%	28	2.5%	21	3.3%	6	1.4%
	Disagree	142	10.4%	157	14.0%	112	17.1%	42	9.1%
	Neutral	191	14.0%	168	15.0%	107	16.4%	59	12.9%
	Agree	815	59.8%	621	55.7%	342	52.3%	279	61.3%
	Strongly agree	189	13.9%	141	12.6%	71	10.9%	69	15.2%
	Total	1364	100.0%	1115	100.0%	654	100.0%	455	100.0%
I have enough energy	Strongly disagree	40	2.9%	46	4.2%	37	5.7%	9	2.1%
	Disagree	254	18.7%	240	21.5%	158	24.3%	78	17.1%
	Neutral	265	19.5%	205	18.4%	116	17.8%	87	19.2%
	Agree	675	49.7%	531	47.7%	294	45.1%	237	51.9%
	Strongly agree	124	9.1%	91	8.1%	46	7.0%	45	9.8%
	Total	1358	100.0%	1113	100.0%	651	100.0%	456	100.0%
I feel calm and peaceful	Strongly disagree	10	0.7%	17	1.5%	17	2.6%	0	0.0%
	Disagree	127	9.4%	91	8.2%	70	10.7%	18	4.0%
	Neutral	293	21.6%	222	20.1%	140	21.6%	81	17.9%
	Agree	760	56.0%	639	57.7%	356	54.9%	283	62.2%
	Strongly agree	166	12.2%	139	12.6%	66	10.2%	73	16.0%
	Total	1356	100.0%	1108	100.0%	648	100.0%	455	100.0%
My health is consistent with my life goals	Strongly disagree	29	2.2%	44	3.9%	39	6.0%	4	0.9%
	Disagree	181	13.4%	153	13.8%	96	14.9%	53	11.7%
	Neutral	248	18.4%	250	22.6%	178	27.5%	70	15.4%
	Agree	754	56.0%	542	48.9%	283	43.6%	260	56.9%
	Strongly agree	134	10.0%	121	10.9%	51	7.9%	69	15.1%
	Total	1346	100.0%	1110	100.0%	648	100.0%	456	100.0%
I feel confident in my ability to be healthy	Strongly disagree	16	1.2%	24	2.2%	20	3.0%	4	0.9%
	Disagree	118	8.7%	148	13.3%	108	16.6%	35	7.7%
	Neutral	236	17.5%	202	18.2%	124	19.1%	78	17.1%
	Agree	843	62.4%	610	54.9%	336	51.8%	273	60.1%
	Strongly agree	139	10.3%	126	11.4%	61	9.4%	65	14.2%
	Total	1352	100.0%	1110	100.0%	649	100.0%	455	100.0%
It is very important for me to be as healthy as possible	Strongly disagree	8	0.6%	5	0.5%	5	0.8%	0	0.0%
	Disagree	8	0.6%	14	1.2%	11	1.7%	2	0.5%
	Neutral	86	6.3%	82	7.4%	57	8.7%	23	5.1%
	Agree	801	59.0%	657	59.0%	390	59.8%	264	57.9%
	Strongly agree	454	33.5%	356	32.0%	189	29.0%	166	36.5%
	Total	1357	100.0%	1113	100.0%	652	100.0%	455	100.0%
I have decided that I want to be healthy	Strongly disagree	7	0.5%	0	0.0%	0	0.0%	0	0.0%
	Disagree	5	0.4%	17	1.5%	13	2.0%	4	0.8%
	Neutral	122	9.0%	122	11.0%	88	13.5%	31	6.8%
	Agree	836	61.7%	668	60.1%	389	59.6%	278	61.2%
	Strongly agree	384	28.4%	306	27.5%	163	25.0%	142	31.2%
	Total	1354	100.0%	1113	100.0%	652	100.0%	455	100.0%
I have thought carefully about my health and believe it is important for many aspects of my life	Strongly disagree	7	0.5%	1	0.0%	0	0.0%	1	0.1%
	Disagree	13	1.0%	17	1.6%	14	2.1%	4	0.8%
	Neutral	107	7.9%	122	10.9%	83	12.7%	35	7.8%
	Agree	820	60.2%	641	57.6%	381	58.4%	259	56.9%
	Strongly agree	415	30.5%	332	29.8%	174	26.7%	156	34.4%
	Total	1362	100.0%	1113	100.0%	652	100.0%	455	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
I try to do things that I believe are best for my health	Strongly disagree	8	0.6%	4	0.3%	4	0.6%	0	0.0%
	Disagree	22	1.6%	25	2.3%	17	2.6%	9	1.9%
	Neutral	125	9.2%	142	12.8%	96	14.8%	44	9.7%
	Agree	864	63.4%	667	60.0%	389	59.8%	275	60.5%
	Strongly agree	344	25.2%	273	24.5%	145	22.3%	127	27.9%
	Total	1363	100.0%	1111	100.0%	651	100.0%	455	100.0%
I actively try to prevent disease and illness	Strongly disagree	9	0.7%	3	0.3%	3	0.4%	1	0.1%
	Disagree	11	0.8%	20	1.8%	14	2.2%	5	1.2%
	Neutral	144	10.6%	158	14.2%	122	18.7%	36	8.0%
	Agree	822	60.7%	640	57.7%	360	55.2%	275	60.7%
	Strongly agree	369	27.2%	289	26.0%	153	23.4%	136	29.9%
	Total	1355	100.0%	1111	100.0%	652	100.0%	453	100.0%
I know how to use the health information I find to help me	Strongly disagree	5	0.4%	2	0.2%	1	0.1%	1	0.3%
	Disagree	32	2.4%	28	2.5%	23	3.6%	4	1.0%
	Neutral	230	17.0%	205	18.5%	145	22.4%	59	12.9%
	Agree	851	62.9%	685	61.8%	377	58.3%	304	66.9%
	Strongly agree	236	17.4%	188	17.0%	101	15.7%	86	18.9%
	Total	1354	100.0%	1107	100.0%	647	100.0%	455	100.0%
I seek out health information that answers my health questions	Strongly disagree	6	0.4%	6	0.5%	4	0.7%	2	0.3%
	Disagree	53	3.9%	69	6.2%	53	8.2%	15	3.4%
	Neutral	288	21.2%	242	21.9%	156	24.2%	84	18.6%
	Agree	803	59.1%	630	56.9%	345	53.4%	282	61.9%
	Strongly agree	208	15.3%	160	14.4%	88	13.5%	72	15.8%
	Total	1358	100.0%	1107	100.0%	646	100.0%	455	100.0%
I feel confident in using information to make decisions about my health	Strongly disagree	9	0.7%	3	0.3%	1	0.2%	1	0.3%
	Disagree	34	2.5%	42	3.8%	32	4.9%	10	2.2%
	Neutral	249	18.4%	230	20.7%	158	24.3%	69	15.2%
	Agree	864	63.8%	670	60.4%	370	57.0%	298	65.7%
	Strongly agree	199	14.7%	164	14.8%	88	13.6%	76	16.6%
	Total	1355	100.0%	1109	100.0%	649	100.0%	454	100.0%
Before making a decision about my health, I find out everything I can about the issue	Strongly disagree	11	0.8%	6	0.5%	4	0.6%	1	0.3%
	Disagree	67	5.0%	75	6.7%	54	8.4%	20	4.4%
	Neutral	351	26.0%	282	25.4%	177	27.3%	102	22.4%
	Agree	719	53.3%	575	51.8%	324	49.9%	249	54.7%
	Strongly agree	200	14.8%	173	15.6%	90	13.8%	83	18.2%
	Total	1348	100.0%	1110	100.0%	650	100.0%	454	100.0%
I really enjoy learning about health issues	Strongly disagree	18	1.3%	18	1.6%	12	1.9%	6	1.2%
	Disagree	89	6.6%	100	9.0%	76	11.7%	22	4.9%
	Neutral	527	39.2%	465	41.8%	277	42.6%	184	40.6%
	Agree	564	42.0%	404	36.3%	218	33.5%	185	40.7%
	Strongly agree	146	10.9%	124	11.2%	67	10.3%	57	12.6%
	Total	1344	100.0%	1110	100.0%	651	100.0%	454	100.0%

Item	Option	Shed		Non shed		Non Shed more isolated		Non shed less isolated	
		Count	Column N %	Count	Column N %	Count	Column N %	Count	Column N %
Are you of Aboriginal or Torres Strait Islander origin?	No	1339	98.8%	1105	100.0%	650	100.0%	450	100.0%
	Yes, Aboriginal	13	1.0%	0	0.0%	0	0.0%	0	0.0%
	Yes, Torres Strait Islander	1	0.1%	0	0.0%	0	0.0%	0	0.0%
	Yes, Aboriginal and Torres Strait Islander	2	0.1%	0	0.0%	0	0.0%	0	0.0%
	Total	1355	100.0%	1105	100.0%	650	100.0%	450	100.0%
Is there a language other than English spoken in your household?	Yes	86	6.3%	103	9.2%	74	11.3%	29	6.3%
	No	1270	93.7%	1013	90.8%	582	88.7%	426	93.7%
	Total	1356	100.0%	1116	100.0%	656	100.0%	454	100.0%
IF 'Yes' – Which Language/s	Mandarin	2	2.3%	5	5.0%	4	5.1%	1	4.6%
	Italian	7	8.1%	16	15.8%	10	12.9%	7	23.3%
	Arabic	1	1.2%	4	3.8%	3	3.6%	1	4.2%
	Cantonese	0	0.0%	6	5.4%	4	5.7%	1	4.6%
	Greek	0	0.0%	3	3.3%	2	2.9%	1	4.2%
	Vietnamese	0	0.0%	1	1.0%	1	1.4%	0	0.0%
	Spanish	4	4.7%	6	5.9%	4	5.9%	1	4.0%
	Hindi	0	0.0%	1	0.8%	1	1.1%	0	0.0%
	German	8	9.3%	19	18.9%	18	24.1%	2	5.7%
	Tagalog	4	4.7%	7	6.9%	4	5.2%	3	11.2%
	Other	41	47.7%	48	46.9%	37	49.4%	12	40.6%