

ncds

National Child
Development Study

Life in your early 60s

SURVEY GUIDE



Life in your early 60s

This booklet provides you with information on the latest web version of this NCDS survey, which will take approximately 20 minutes to complete. We are offering this version of the survey to those of you who we have been unable to interview as part of the main survey, or you may have taken part in the survey between 2019-2020, and we would really like to hear how things have changed for you since the COVID-19 pandemic. Your invite letter will provide further details on how you can access and complete this survey.

WHY IS NCDS SO IMPORTANT?

For over 60 years, as you've journeyed through life, from childhood to middle age, we've never been too far away. Thanks to you, this amazing study that you are part of has become one of the longest running of its kind anywhere in the world. The wealth of rich information we've collected about your individual lives over the years is a priceless resource for research, and it will become even more valuable over time. For 60 years, researchers have used data from the NCDS to make discoveries that are relevant to us all, and from

which society will continue to benefit for generations to come. Here are just a few examples of findings from recent research published using NCDS data.

Social mobility

In 2018 an important new book on social mobility was published, which used data from NCDS. The book, *Social Mobility and its Enemies*, explains how social mobility, or the extent to which our place on the social or economic ladder of life is based on our family origins, is falling in Britain. Apart from the USA, Britain has the lowest level of social mobility in the Western world. The authors compared the information that NCDS collected about your parents' jobs and earnings when you were young and information about you as adults with similar information collected from people born in 1970. They found that people born in 1970 are less likely than those from your generation to climb the social or economic ladder. The book explores the reasons for this, including the role of education, and it proposes some possible solutions.

Childhood obesity, then and now

Recent research, using data from NCDS and three other British cohort studies has shown how the relationship between social class and childhood and teenage weight has changed significantly in recent times. When you were young, there was very little association between social class and being overweight. This was also the case for people born in 1946 and in 1970. But amongst people born in 2001, those from less advantaged families were more likely to be overweight as children and teenagers than those from wealthier families. This growing difference in health between rich and poor could well have a lasting impact on today's less advantaged children.

Childhood adversity and mid-life wear-and-tear

At age 44 you were visited by a nurse who carried out a range of health measurements which can be combined to create a measure of overall wear-and-tear on the body. This is known as 'allostatic load'. A recent research project looked at the link between stressful or traumatic childhood events and wear-and-tear at age 44. For some, there appeared to be no link, but on average, people who had experienced these stressful or traumatic events as children showed greater wear-and-tear in adulthood.

Cognitive ability is linked to adult wages

Research using NCDS data found that those of you who performed best in the cognitive assessments we set you at age 11 had higher earnings at age 55. The researchers also examined the link between personality and adult earnings and found that those who were more open and those who were more conscientious had better paid jobs on average.

Working in your 50s and retirement planning

Longer life expectancies mean that many people will have to work for longer than in previous generations, and the majority of you are expecting to keep on working in your 60s. A report for Joseph Rowntree Foundation using NCDS showed that just over a third of men and a quarter of women think that they will still be working after your State Pension age of 66. Those of you in low earning jobs at 55 were most likely to expect to be working in your 60s and beyond the state pension age. On the other hand, quite a few of you stopped working in your early 50s, often because of poor health.

Find out more about NCDS research at [**ncds.info**](https://www.ncds.info)



WHAT DOES THE SURVEY INVOLVE?

The web survey has been designed to collect information on your current situation including your work and home life as well as your health, and experience of COVID-19.

As always, you can skip any question you do not wish to answer.

WHO IS CARRYING OUT THE STUDY?

The study is run by the Centre for Longitudinal Studies (CLS), a research centre in the UCL Social Research Institute, which is part of University College London. This latest survey is funded by the Economic and Social Research Council, the Medical Research Council, the Department for Work and Pensions and the U.S. National Institutes of Health. The Life in Your Early 60s Survey is being conducted by the National Centre for Social Research (NatCen) and Kantar, two of Britain's largest social research agencies.

ETHICAL APPROVAL

The NCDS Life in Your Early 60s Survey has been approved by an independent group of people called a Research Ethics Committee, to protect your safety, rights, wellbeing and dignity.



CONFIDENTIALITY AND DATA SECURITY

The information you provide will be treated in strict confidence in accordance with the General Data Protection Regulations and used for research purposes only. This means that the data we collect from you is always kept separately from information which could identify you (such as your name and address). When reports based on the data are published, care is taken to ensure that no information which could identify an individual is included.

The data controller for this project is University College London (UCL). The UCL Data Protection Office provides oversight of UCL activities involving the processing of personal data and can be contacted at: data-protection@ucl.ac.uk.

The legal basis used to process your personal data is the performance of a task in the public interest.

If you are concerned about how your personal data is being processed, please contact the UCL Data Protection Office in the first instance using the email address above. If you remain unsatisfied, you may wish to contact the Information Commissioner's Office (ICO). Contact details, and details of data subject rights, are available on the ICO website at: <https://ico.org.uk/>

Your data will be stored securely and retained until no longer required by the Centre for Longitudinal Studies.

Participation in this research is not compulsory and you have the right to withdraw at any stage.

More information about privacy and confidentiality is available on the NCDS website: <https://ncds.info/faqs/#privacy-and-data-protection>

WHO TO CONTACT IF YOU NEED MORE INFORMATION

We hope this booklet answers any questions you may have. If you need more information or need to make a complaint please contact NatCen:

✉ ncds@natcen.ac.uk

☎ 0800 652 4574

For information about the National Child Development Study, you can visit:

🌐 ncds.info

or contact the NCDS team:

✉ ncds@ucl.ac.uk

☎ 0800 035 5761

✎ National Child Development Study,
Centre for Longitudinal Studies, UCL Social Research Institute,
20 Bedford Way,
London, WC1H 0AL.

WHO TO CONTACT FOR EMOTIONAL SUPPORT AND PRACTICAL ADVICE

If you would like any emotional support or advice on any of the topics included in the survey then the following organisations may be able to help:

For emotional support:
Supportline: 01708 765 200

For practical advice: Citizen's Advice Bureau: 03444 111 444



Thank you again

FOR CONTINUING TO CONTRIBUTE
TO THIS IMPORTANT STUDY. WE
HOPE YOU FIND THE EXPERIENCE
ENJOYABLE AND INTERESTING.



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