

## four-level self-completion questionnaire (SCT4)

### 1. Which of the following statements best describes how much control you have over your daily life?

*By 'control over daily life' we mean having the choice to do things or have things done for you as you like and when you want.*

*Please tick (✓) one box*

- |  |                          |
|--|--------------------------|
| I have as much control over my daily life as I want    | <input type="checkbox"/> |
| I have adequate control over my daily life             | <input type="checkbox"/> |
| I have some control over my daily life, but not enough | <input type="checkbox"/> |
| I have no control over my daily life                   | <input type="checkbox"/> |

### 2. Thinking about keeping clean and presentable in appearance, which of the following statements best describes your situation?

*Please tick (✓) one box*

- |   |                          |
|---|--------------------------|
| I feel clean and am able to present myself the way I like | <input type="checkbox"/> |
| I feel adequately clean and presentable                   | <input type="checkbox"/> |
| I feel less than adequately clean or presentable          | <input type="checkbox"/> |
| I don't feel at all clean or presentable                  | <input type="checkbox"/> |

### 3. Thinking about the food and drink you get, which of the following statements best describes your situation?

*Please tick (✓) one box*

- |   |                          |
|---|--------------------------|
| I get all the food and drink I like when I want   | <input type="checkbox"/> |
| I get adequate food and drink at OK times   | <input type="checkbox"/> |
| I don't always get adequate or timely food and drink  | <input type="checkbox"/> |
| I don't always get adequate or timely food and drink,<br>and I think there is a risk to my health | <input type="checkbox"/> |

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### 4. Which of the following statements best describes how safe you feel?

*By 'feeling safe' we mean how safe you feel both inside and outside the home. This includes fear of abuse, falling or other physical harm.*

**Please tick (✓) one box**

I feel as safe as I want	<input type="checkbox"/>
Generally I feel adequately safe, but not as safe as I would like	<input type="checkbox"/>
I feel less than adequately safe	<input type="checkbox"/>
I don't feel at all safe	<input type="checkbox"/>

### 5. Thinking about how much contact you have with people you like, which of the following statements best describes your social situation?

**Please tick (✓) one box**

I have as much social contact as I want with people I like	<input type="checkbox"/>
I have adequate social contact with people	<input type="checkbox"/>
I have some social contact with people, but not enough	<input type="checkbox"/>
I have little social contact with people and feel socially isolated	<input type="checkbox"/>

### 6. Which of the following statements best describes how you spend your time?

*When you are thinking about how you spend your time, please include anything you value or enjoy, including leisure activities, formal employment, voluntary or unpaid work, and caring for others.*

**Please tick (✓) one box**

I'm able to spend my time as I want, doing things I value or enjoy	<input type="checkbox"/>
I'm able to do enough of the things I value or enjoy with my time	<input type="checkbox"/>
I do some of the things I value or enjoy with my time, but not enough	<input type="checkbox"/>
I don't do anything I value or enjoy with my time	<input type="checkbox"/>

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### 7. Which of the following statements best describes how clean and comfortable your home is?

Please tick (✓) one box

- |  |                          |
|--|--------------------------|
| My home is as clean and comfortable as I want    | <input type="checkbox"/> |
| My home is adequately clean and comfortable      | <input type="checkbox"/> |
| My home is not quite clean or comfortable enough | <input type="checkbox"/> |
| My home is not at all clean or comfortable       | <input type="checkbox"/> |

### 8. Which of these statements best describes how having help to do things makes you think and feel about yourself?

Please tick (✓) one box

- |   |                          |
|---|--------------------------|
| Having help makes me think and feel better about myself                 | <input type="checkbox"/> |
| Having help does not affect the way I think or feel about myself        | <input type="checkbox"/> |
| Having help sometimes undermines the way I think and feel about myself  | <input type="checkbox"/> |
| Having help completely undermines the way I think and feel about myself | <input type="checkbox"/> |

### 9. Which of these statements best describes how the way you are helped and treated makes you think and feel about yourself?

Please tick (✓) one box

- |  |                          |
|--|--------------------------|
| The way I'm helped and treated makes me think and feel better about myself                 | <input type="checkbox"/> |
| The way I'm helped and treated does not affect the way I think or feel about myself        | <input type="checkbox"/> |
| The way I'm helped and treated sometimes undermines the way I think and feel about myself  | <input type="checkbox"/> |
| The way I'm helped and treated completely undermines the way I think and feel about myself | <input type="checkbox"/> |

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