Relationship between Social Connectedness and Social Adjustment among the LGBTQIA+ Community.

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Abstract: India is a country which embraces diversity in many forms. The LGBTQ+ Community has now started receiving the love & respect that they deserve, through innumerable protests & challenges. This research aimed at examining the level of social connectedness & adjustment in the LGBTQ+ youth. The study used an online survey method for data collection. Social Connectedness Scale developed by Lee & Robbins (1995) and Modified Social Adjustment Scale (Weissman, 1999) helped gain further insights into similar perceptions of the sample. Purposive and Snowballing sampling techniques were used with the sample size of 100. They were all college-going young adults and middle-aged adults. The study helped in understanding how socially connected & well-adjusted is the queer community, with the help of relevant statistical techniques, i.e., Product Moment Correlation & Linear Regression Analysis.

Keywords: Community, Social Connectedness, Social Adjustment, Queer, Social Attitudes, Social Support.

Introduction

Overview

The LGBTQIA+ community refers to an eclectic and inclusive group of individuals who identify as lesbian, gay, bisexual, transgender, queer, intersex, asexual & other non-heterosexual, or non-cisgender identity. These terms represent a wide range of sexual orientations, gender identities and expressions that these individuals relate and connect with. The community has long faced a list of challenges and experiences related to societal norms, discrimination, and legal frameworks, which they have fought against tirelessly with their vibrant pride parades and marches. These demonstrations mark their success in raising awareness about the community and further leading to a full representation of these individuals and providing them with equal rights and opportunities. However, it is important to recognize and acknowledge the challenges that they have faced in order to achieve what they have, today. Social Connectedness refers to the degree to which

individuals feel a sense of belonging, support and connection within their social interpersonal relations and networks, encompassing the meaningful relationships and a sense of acceptance and inclusion. Social Adjustment, on the other hand concerns an individual's ability to adapt and function with their society, navigating social norms, roles, and expectations. These terms are especially crucial for the LGBTQIA+ community, as these individuals naturally would feel more lonely, isolated, and rejected, because of their sexual orientations and gender identities. The relationship between social connectedness and social adjustment is also essential as it signifies an interaction between the two, leading to an overall positive mental health and wellbeing. It is the degree to which we feel connected and possess a sense of belonging towards our relationships, the more likely we are to feel well-adjusted and adapted in our society characterizing a safe, non-judgmental, and supportive environment.

LGBTQIA+ Community in India

Lesbian, gay, bisexual, transgender, queer, intersex, asexual, and other non-heterosexual and non-cisgender identities are all included in the LGBTQIA+ community.

In recent years, there has been a growing need for equality and inclusivity as well as an increase in awareness of and acceptance for the LGBTQIA+ population. The legalisation of same-sex marriage in many nations and the addition of protections for LGBTQIA+ people in anti-discrimination laws are examples of how laws and policies have changed to reflect this. Hindu literature acknowledges the complexity of human life, including homosexual components, India has a long history of discussing alternative sexual orientations.

The Supreme Court of India decriminalised homosexuality in 2018, opening the door for a better future for the LGBTQ+ community. This landmark decision was a significant advance in the recognition of the rights and dignity of the LGBTQIA+ community. It offered hope for a society free from the burden of criminalization that is more inclusive and accepting. However, the battle against the prevailing culture continues despite legislative advancements. The LGBTQIA+ community still has a long way to go before it can enjoy equal rights and societal acceptance. Prejudice, including homophobia, transphobia, and prejudice, is still pervasive and deeply established in cultural structures and attitudes.

Numerous LGBTQIA+ people encounter prejudice in a number of spheres of their existence, including familial connections, housing, job, and healthcare. They frequently experience rejection from their families and communities, which causes them to feel alone and distressed. The difficulties the community faces are made worse by the lack of legal protection and acknowledgment for same-sex relationships and gender identities. Activists, groups, and supporters have been steadfastly promoting equality and justice while opposing the mainstream culture. They have played a significant role in educating the public, planning pride marches, offering social services, and fighting for the community's rights in court. In recent years, the LGBTQIA+ movement in India has grown significantly in popularity and strength. The colourful Pride parades that take place in the nation's largest cities are potent expressions of unity and joy. They give LGBTQIA+ people a platform to freely express their identities, question cultural expectations, and call for equality.

Social Connectedness

A general phrase that primarily relates to a person's sense of community and social support from their family, friends, or friend circle. Social connectedness may be difficult to define but is a crucial element that fosters psychological & physiological conditions and lowers rates of fatality. This term has come to light particularly in the current situation as it has been recognised as a key driver of well-being and resilience in individuals. For instance, social injustice and discrimination, especially for members of marginalised groups, can cause social isolation and detachment. This is especially important for the LGBTQIA+ community because stigma and prejudice can make it difficult for people to connect with others and experience a sense of belonging which would enhance the overall quality of life and well-being of LGBTQIA+ people in India.

In his book, Loneliness: Human Nature and the Need for Social Connection, neuroscientist John T. Cacioppo (2015) mentions a number of research that show how isolation can easily result in observable physiological repercussions. Social Isolation takes emotional toll which is linked to a host of illnesses, including sleep disorders, declining brain health, and a general lack of subjective wellbeing.

The Ministry of Social Development postulates that there are three components, socializing, social support and sense of belonging, to Social Connectedness. These components are interrelated, socializing contributes to an individual's motivation to yield better social support and their sense of belonging towards others. In addition, people are more inclined to accept assistance from those they interact with frequently and feel a sense of connection towards.

Social Adjustment

The ability of a person to adhere to the norms, values, and demands of a specific community or culture in order to be accepted and function successfully within it is referred to as Social Adjustment. This entails a psychological process of acclimating to new and strange social norms while attempting to build constructive relationships and bonds with other society members. Successful social adjustment enables people to build meaningful relationships, garner social support, and accomplish their goals within their social context, which is crucial for wellbeing and life satisfaction.

According to a vast body of research, social adjustment of an individual can be influenced by a number of factors. For instance, extraversion and emotional stability have been proven to be personality qualities that are favourably related to social adjustment (Vollrath & Torgersen, 2002). Additionally, social acceptance and support can aid in social adjustment, but social rejection and isolation might hinder it (Baumeister & Leary, 1995).

Due to the stigma, prejudice, and social isolation that members of the LGBTQIA+ community frequently experience, the process can be particularly difficult for them. People who identify as LGBTQIA+ may have a harder time fitting into traditional societal norms and expectations, according to studies (Meyer, 2003). This is partly because people who identify as LGBTQIA+ are frequently marginalised and stigmatised by the dominant culture, which results in their social exclusion and isolation. Internalised feelings of shame and fear of rejection, in addition to external variables like discrimination and stigma, can impede social adjustment in LGBTQIA+ people (Meyer, 2003). But studies have also demonstrated that social support and wholesome connections can aid in social adjustment and enhance wellbeing in the LGBTQIA+ community

(Rosario et al., 2008). For members of the LGBTQIA+ community, social adjustment is a significant process that is essential for enhancing wellbeing and quality of life.

Social Connectedness and Social Adjustment among the LGBTQIA+ Community

Social connectivity and social adjustment are critical for individuals' mental health and well-being, particularly those in the LGBTQIA+ community. The sense of belonging and feeling linked to people in one's social surroundings is characterised as social connection. According to research, higher levels of social connectivity are related with improved mental health outcomes, such as reduced levels of sadness and anxiety in LGBTQIA+ people (Pachankis, 2015). Those who lack social support and have lower levels of social connectivity, on the other hand, are at a higher risk of mental health disorders and poor social adjustment (Testa et al., 2017).

The ability to adapt and function within society's rules and ideals is referred to as social adjustment. Higher levels of internalised homophobia have been linked to lower levels of social connectedness and poorer social adjustment among LGBTQIA+ people (Beals et al., 2009; Meyer et al., 2018).

Rejection Sensitivity, Internalised Homophobia, and Loneliness are three key psychological categories that can have a negative impact on LGBTQIA+ individuals' social connectivity and social adjustment. (Frost & Meyer, 2009)

Sensitivity to Rejection

This refers to the tendency to anxiously anticipate, rapidly perceive, and emotionally react to rejection, and research has indicated that higher levels of rejection sensitivity are associated with lower levels of social connectivity and poorer social adjustment among LGBTQIA+ people.

Pervasive Homophobia

These are the negative attitudes and beliefs that LGBTQIA+ people may internalise as a result of societal stigma and discrimination, and higher degrees of internalised homophobia have also been linked to lower levels of social connectedness and poorer social adjustment.

Loneliness

Loneliness is a subjective feeling of isolation or a lack of companionship, and studies have found that LGBTQIA+ people report higher levels of loneliness than heterosexual people, which may be due to the stigma and discrimination they face, which leads to social isolation and a lack of social support.

Review of Literature

A study by (Carter S. A., 2019) examined "the role of social connectedness and support between discrimination and suicidal ideations in transgender veterans." A positive association was found between discrimination and suicidal ideation (SI) among LGBTQIA+ individuals. While transgender friends and a social connection with the LGBT and veteran communities supported the relationship, social support from transgender friends also played a role. Discrimination was associated with decreased levels of SI at both moderate and high levels of social connection and support. In contrast, suicidal ideation remained persistently high and unrelated to discrimination at low levels of social support and connection.

The objective of a study conducted by (Mathur, 2016) was "to examine and compare personality traits (neuroticism-emotional stability, extraversion-introversion) and social adjustment among transgender individuals". Using a stratified sampling technique, 30 transgender people were chosen as a representative sample using the criteria of age (25 to 35 and 35 to 47 years) and environment (urban and rural). A student's t-test was performed to analyze the data. The findings illustrated that transgender people's personality traits such as neuroticism, emotional stability, extraversion, and introversion varied significantly depending on their age group and their area of habitat. The results of the Social Adjustment Inventory also showed that emotional adjustment varied significantly by habitat area. It can be assumed that transgender people's confidence to seek further education and land white-collar jobs has been damaged by the discrimination they have experienced from their school years.

A study conducted by (Munoth, 2022) analyzed "the self-esteem, social connectedness & quality of life among the LGBTQI+ community in South India". Equal numbers of members of the LGBTQI+ community and heterosexual people made up the sample size of 160. In comparison to the heterosexual community, the results showed that the gay population had high levels of self-esteem but poor levels of social connectivity and quality of life. Additionally, it was discovered that there is no difference in the amounts of the outlined factors among the identities of the LGBTQI+ population.

A study conducted by (Morais, 2020) explored the "psychosocial adjustment of gay men & lesbian partners". 176 self-identified homosexual and lesbian volunteers from Fortaleza, Aracaju, and Uberaba who were all in meaningful marriages made up the sample. Four adaptive patterns were found using the cluster analysis method: resilient (n = 58), vulnerable (n = 41), competent (n = 43), and poorly adapted (n = 34). The identification of distinctive profiles highlighted different growth routes and provided guidance on how to support resilience processes in sexual minorities who had to deal with internalized stigma.

An anonymous survey conducted by (Toh, 2023) aimed at studying the status of mental health and its contributing factors in a population sample of 2,350 LGBTQ individuals. Findings revealed that 40.9% of 2,350 individuals indicated poor wellbeing. Adverse parental acceptance, domestic disputes, and encounters with bullying or discrimination at work or school have all been found to be significantly associated with lower levels of mental well-being. On the other hand, it was observed that active participation in LGBTQ organizations or activities, appeared to have a protective effect on mental health those who did so were less likely to suffer from poor mental health.

(Eres, 2021) studied "the severity of loneliness among the LGBTQIA+ community as compared to non LGBTQIA+ community". Through the research, it was discovered that loneliness, mental health, social support, and quality of life were related in both groups. According to the study's findings, compared to the non-LGBTQIA+ group, LGBTQIA+ people reported less perceived social support, a higher likelihood of social isolation, and higher symptoms of loneliness, despair, and social anxiety. The authors concluded that LGBTQIA+ adults may be more likely to experience social isolation and loneliness.

Rationale of the Study

Homosexuality and Transsexuality is a biological and natural phenomena. As a result of this, many people across the world have to face a number of barriers due to their sexual orientations. Nonetheless, over the past several decades, attitudes towards homosexuality and alternate sexual orientations have begun to change with an increasing liberal trend. Therefore, in today's modern era, it becomes increasingly important to know how socially connected and well-adjusted do the LGBTQIA+ people feel in their environment, with one another.

According to research, social connectedness can act as a safeguard against the damaging consequences of prejudice and social isolation. Among LGBTQIA+ people, higher levels of social connectedness have been linked to improved mental health outcomes, higher levels of self-esteem, and more life satisfaction. To understand the societal attitudes of the Indian LGBTQIA+ population, limited research has been done.

The results of this study may provide important implications for strategizing and executing of relevant mental health approaches for LGBTQIA+ people that aim to improve their social connectedness and encourage a positive social adjustment. Professionals and legislators can develop initiatives to build inclusive and supportive environments that enhance the well-being and adjustment of LGBTQIA+ individuals by identifying the characteristics that promote Social Connectedness and improve Social Adjustment.

After reviewing relevant literature, the current study's objective is to study and assess the relationship between Social Connectedness and Social Adjustment for the mental and physical wellbeing of people who identify as LGBTQIA+. Educated young and middle-aged adults from the LGBTQIA+ community was taken as the sample.

Methodology
Aim

To study the relationship between Social Connectedness and Social Adjustment among the LGBTQIA+ community.

Objectives & Hypothesis

To study the relationship between Social Connectedness and Social Adjustment among the LGBTQIA+ community.

Keeping the objective in mind, the following hypothesis was formulated:

There will be a significant relationship between Social Connectedness and Social Adjustment among the LGBTQIA+ Community.

Population & Sample

The sample consisted of 100 individuals who identified on the LGBTQIA+ spectrum and fell between the age range of 18-29 years residing in India. The population was distributed across India pursuing different courses, vocational aspirations & belonging to different cities. The participants were selected through purposive and snowball sampling.

Tools Used

The participants filled out a 2 self-administered data collection tools through google forms, both contained fixed choice questions.

Revised Social Connectedness Scale. The scale was used to assess the degree to which LGBTQIA+ people felt connect to other in social environment and surrounding (Lee & Robbins, 1998). The respondents were scored on a 6-point Likert-type scale ranging from strong disagreement (1) to strong agreement (6) with neither agreement or disagreement neutral at (3). The scale consists of 20 items in total (10 positive & 10 negative), the negative worded items are reversely scored. The scale demonstrates a good internal reliability, with an internal consistency of $\alpha > .92$. The test-retest correlation indicated strong stability of the test over a 2-week period, with a correlation of rs = 0.96. A high score indicates more connectedness to others.

Modified Social Adjustment Scale (SAS-M). The social adjustment scale has gained significant popularity and is recognized as a valuable tool in assessing social adjustment. To measure the Social Adjustment of the LGBTQIA+ community, the Modified Social Adjustment Scale was employed, a 45 items self-report measure of an individual's performance at work, in social activities and with families (Weissman, 1999). SAS-M is extensively employed in measuring social adjustment and has demonstrated strong interrater reliability. It effectively distinguishes between various patient groups and is highly responsive to changes in social functioning. A high score reflects a socially well-adjusted individual.

Design

A cross-sectional research design was used in order to study the relationship between Social Connectedness and Social Adjustment among the LGBTQIA+ community.

Procedure

A survey was conducted to understand the social attitude of the LGBTQIA+ people. The first step was to construct an online data collection tool containing both the scales. The second step was to revise and send the data collection tool to the participants along with the introduction and purpose of the study. In addition, basic demographic details such as their age, name, profession & qualifications was also collected. The next step was to identify participants who belong to the LGBTQIA+ community and fall between the ages of 18-29 years. Participants were selected through purposive and snowball sampling and rapport formation was done via social media platforms to make them feel comfortable and at ease before beginning with the study. They were asked to respond to the statements that were presented to them in the data collection tool. The participants' consent was taken prior to data collection. It was made sure that the respondents were well-informed about the confidentiality of their responses. For results analysis, Pearson's Correlation and Linear Regression was undertaken to establish a relationship between Social Connectedness & Social Adjustment among the LGBTQIA+ community.

Results

The results of the present study are displayed in the tables below.

Table 1

Depicting Mean and Standard Deviation comparing Social Connectedness and Social Adjustment.

S.no.	Variables	N	Mean	Std. Deviation
1.	Social Connectedness	100	101.84	14.5
2.	Social Adjustment	100	87.14	28.7

Table 1 illustrates the mean and standard deviation scores of Social connectedness and Social Adjustment. The mean score of 101.84 indicate a high level of Social Connectedness among the participants and mean score of 87.14 indicate a lower level of Social Adjustment as compared to Social Connectedness among the participants. Standard deviation scores indicate a level of difference & variability of participants in terms of their levels of Social Connectedness and Social Adjustment.

Figure 1

Depicting mean and standard deviation scores of social connectedness and social adjustment.

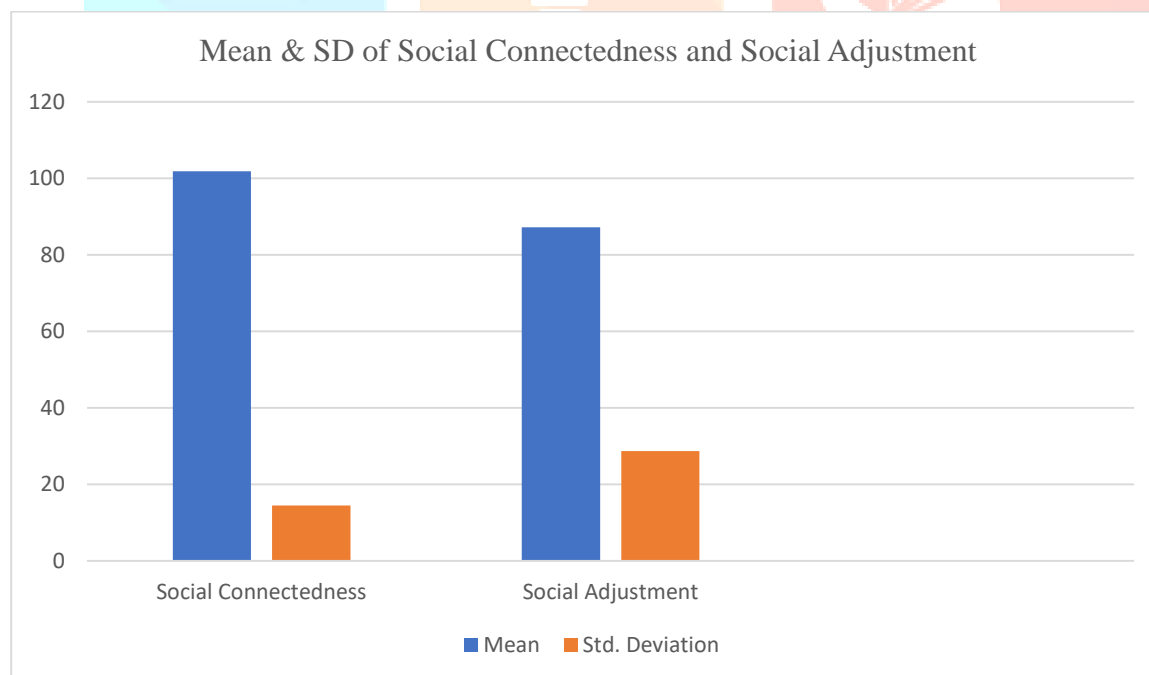Mean & SD of Social Connectedness and Social Adjustment

Figure 1 depicts the mean and standard deviation scores in a graphical presentation. Where the mean scores for Social Connectedness is considerably higher than that of Social Adjustment. The standard deviation scores explain the variability & differences among participants and their sense of Social Connectedness & Social Adjustment.

Table 2

Depicting Pearson Correlation between Social Connectedness and Social Adjustment.

		Social Adjustment
Social Connectedness	Pearson Correlation	.256*
	Significance (2-tailed)	0.10
	N	100

*Correlation is significant at the 0.05 level.

Table 2 presents the correlation analysis between Social Connectedness and Social Adjustment. R= .256 which shows a significant and moderately positive relationship between Social Connectedness and Social Adjustment, implying that a high level of Social Connectedness can lead to a higher level of Social Adjustment among the LGBTQIA+ community.

Table 3

Depicting Linear Regression Analysis Predicting Social Adjustment from Social Connectedness.(N=100)

S.no.	Predictor Variable	R	R-square	Beta-Value	t	Significance
1.	Social Connectedness	.256	0.66	0.256	2.624	.010

Dependent Variable: Social Adjustment

Table 3 represents the regression analysis that predicts Social Adjustment from Social Connectedness. R-square= 0.66 which indicates that 66% of the variability in the levels of Social Adjustment can be explained by Social Connectedness and the Beta value signifies an increase in Social Adjustment when Social Connectedness increases.

Discussion & Conclusion

The aim of the current study was to study and assess a relationship between Social Connectedness and Social Adjustment among the queer community.

The study hypothesized that greater social connectedness would lead to socially well-adjusted individuals in the LGBTQIA+ community.

The overall results of the present study indicate that there is a significant relationship between Social Connectedness and Social Adjustment among the LGBTQIA+ community, i.e., if an individual feels a sense belonging, acceptance within their social networks and communities, they will be able to adapt to their social environments, have an awareness of their identities, relationships and interactions within their various social contexts such as family, school, friends and workplace.

Table 1 displays the mean and standard deviation of Social Connectedness and Social Adjustment in a sample of 100 queer-identified individuals. The mean score for Social Connectedness is 101.87 which is only a little higher than the mean score for Social Adjustment, i.e., 87.14. The difference demonstrates that people feel more socially connected in their communities while they also possess a sense of their social relationships and interactions. The mean scores and standard deviation scores are also presented diagrammatically in Figure 1. Queer identified individuals who are in romantic relationships feel a sense of belongingness with their partners, exhibiting an overall better sense of social connectedness. Feelings of loneliness and exclusion also significantly reduces when these individuals seek and settle in their romantic relationships. The standard deviation scores are 14.5 and 28.7 for Social Connectedness and Social Adjustment, respectively. The social connectedness score represents that there were variations in responses, suggesting that a number of individuals may have expressed higher or lower levels of social connectedness as compared to the average score. On the other hand, the higher standard deviation of 28.7 for social adjustment indicates a greater variability in responses, suggesting that some participants reported significantly lower or higher social adjustment scores compared to others, it is critical to recognize the potential challenges people may face while negotiating social norms, roles, and expectations, which might affect their level of social adjustment to their surroundings.

Table 2 shows the correlation analysis between Social Connectedness and Social Adjustment, which illustrates a significant and moderately positive relationship between the two variables. The scores, r = 0.256, p > 0.05, indicate that Social Connectedness is correlated with Social Adjustment at 0.05 level. This suggests that, on average, individuals who report higher levels of social connectedness also tend to have better social adjustment scores, but the strength of this relationship may vary among the participants. Even though there is a moderately positive association between the two, it enhances the likelihood of a better socially adjusted, adapted, and refined individuals when they have a supportive, encouraging, and empathetic social network and inter-personal relationships and friendships.

Table 3 presents the linear regression analysis, predicting Social Adjustment from Social Connectedness. Here, we attempted to predict Social Adjustment from Social Connectedness, which also suggests that there is a moderate positive relationship between Social Connectedness and Social Adjustment among the sample of 100 participants. R-square = 0.66, this indicates that approximately 66% of variability that is observed in Social Adjustment can be explained by Social Connectedness. The beta-value 0.256

signifies that for every unit that increases in the predictor variable (Social Connectedness), the dependent variable (Social Adjustment) is expected to increase by approximately 0.256 units. This suggests a positive and moderate association between Social Connectedness and Social Adjustment. The t value of 2.624 corresponds to the magnitude of difference because of variation in the sample. This score shows that there is a statistically significant relationship between Social Connectedness and Social Adjustment, which is unlikely to have occurred by chance, at $p > 0.01$ level. These results provide strong evidence to support the notion that Social Connectedness has a meaningful impact on Social Adjustment.

Therefore, the hypothesis, that there will be a significant relationship between Social Connectedness and Social Adjustment proves to be true.

After computing and interpreting the results, it can be concluded that there is a statistically significant, positive, and moderate association between Social Connectedness and Social Adjustment among the LGBTQIA+ community, further implying that a high sense of Social Connectedness would lead to a higher level of Social Adjustment among these individuals.

Implications of the Study

The following implications can help develop a greater sense of social connectedness and social adjustment among the LGBTQIA+ community.

Supportive Groups. Through these findings, it is important to foster social connectedness within the queer community in order to positively impact social adjustment. This implies creating supportive networks and spaces to facilitate an open, safe, and supportive dialogues among the queer individuals.

Queer Affirmative Therapy. This implies a growing a need for Queer Affirmative Therapies in India, to promote social connectedness, reducing social isolation and loneliness thereby enhancing social skills that would positively impact the social adjustment outcomes in the community.

Combatting Minority Stress Issues. The study reviewed a number of discriminatory challenges that is faced by the community, in India. This implies a desire for combating these barriers to promote equality and full participation of the queer community to thrive in the Indian Society, by developing appropriate policies and programs.

Comprehensive Support. The study also implies the need for a holistic approach in order to improve social connectedness and social adjustment among the queer-identified individuals, which include social, self, family acceptance along a range of mental health concepts such as self-esteem, self-concept, and self-awareness, to provide an enriched support to the community. Initiatives that target these ideas can help queer individuals to feel a more enhanced sense of self and their social connections.

Limitations of the Study

The following are the limitations of the study that can help future research to aim and address these limitations.

Sample Size. The current study included 100 queer-identified individuals that were only residing in India. A larger sample size can help generalizing these finding to an extensive queer community.

Response Bias. The study employed the use of self-reported measures that can introduce a possibility of response bias, participants may provide answers that are more socially desirable or those answers that may not reflect their true experiences.

Research Design. Cross-sectional designs record data at a single point of time, this limits an ability to form a cause-and-effect relationship between Social Connectedness and Social Adjustment. A longitudinal research design can help capture experiences of individuals over a long period of time.

Restricted Scope. The present study exclusively focuses only on Social Connectedness and Social Adjustment, thereby overlooking other important elements that assist in an individual's wellbeing, such as support received by the family, legal provisions, and accessibility to healthcare programs. This limits the scope and a comprehensive understanding of these matters.

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Appendix A

Revised Social Connectedness Scale (Lee & Robbins, 1998)

I feel comfortable in the presence of strangers.

I am in tune with the world.

Even among my friends, there is no sense of brother/sisterhood.

I fit in well in new situations.

I feel close to people.

I feel disconnected from the world around me.

Even around people I know, I don't feel that I really belong.

I see people as friendly and approachable.

I feel like an outsider.

I feel understood by the people I know.

I feel distant from people.

I am able to relate to my peers.

I have little sense of togetherness with my peers.

I find myself actively involved in people's lives.

I catch myself losing a sense of connectedness with society.

I am able to connect with other people.

I see myself as a loner.

I don't feel related to most people.

My friends feel like family.

I don't feel I participate with anyone or any group.

Appendix B

Modified Social Adjustment Scale (Weissman, 1999)

work outside the home: the following questions are about how things have been in your job (full or half-time – if you do **not** have a job go straight on to the next section) – over the last 2 weeks have you:	
1.	missed any time from work?
2.	been doing your job well?
3.	felt ashamed of how you have been doing your work?
4.	got angry with or argued with people at work?
5.	felt upset, worried or uncomfortable at work?
6.	been finding your work interesting?
housework: the following questions are about how the housework has been – over the last 2 weeks have you:	
7.	done the necessary housework each day?
8.	been doing the housework each day?
9.	felt ashamed of how you have been doing the housework?
10.	got angry with or argued with salespeople/tradesmen/neighbours?
11.	felt upset, worried or uncomfortable while doing the housework?
12.	found the housework boring, unpleasant or a drudge?
social and leisure activities: the following questions are about your friends and what you have been doing in your spare time – over the last 2 weeks have you:	
13.	been in touch with any of your friends?
14.	been able to talk about your feelings openly with your friends?
15.	done things socially with your friends (e.g. visiting, entertaining, going out together)?
16.	spent your available time on hobbies or spare time interests?
17.	got angry with or argued with your friends?
18.	been offended or had your feelings hurt by your friends?
19.	felt ill at ease, tense or shy when with people?
20.	felt lonely and wished for companionship?
21.	felt bored in your free time?

extended family: the following questions are about your extended family, i.e. parents, or brothers, sisters, in-laws, and children not living at home (please do **not** include your partner or children living at home) – over the last 2 weeks have you:

22.	got angry with or argued with any of your relatives?
23.	made an effort to keep in touch with your relatives?
25.	been able to talk about your feelings openly with you relatives?
26.	depended on your relatives for help, advice or friendship?
27.	been feeling that you have let your relatives down at any time?
28.	been feeling that your relatives have let you down at any time?

marital: the following questions are about how things have been between you and your partner. If you are **not** living with your partner or living with a person in a steady relationship, go straight on to the next section. Over the past 2 weeks have you:

29.	got angry with each other or argued with one another?
30.	been able to talk about your feelings/problems with your partner?
31.	been making most of the decisions at home yourself?
32.	tended to give in and let your partner have their own way when there was a disagreement?
33.	and your partner shared the responsibility for practical matters that have arisen?
34.	had to depend on your partner to help you?
35.	been feeling affectionate towards your partner?
36.	and your partner had sexual relations/? About how many times?
37.	had any problems during sexual intercourse (e.g. pain or difficulty with climax)?
38.	enjoyed your sexual relations with your partner?

parental: the following questions are about how things have been with your children (if you do **not** have children living at home go straight to the next section) – over the last 2 weeks?

39.	been interested in your children's activities, e.g. school/friends/etc?
40.	been able to talk to and listen to your children?
41.	been shouting at or arguing with your children?
42.	been feeling affectionate towards your children?

family unit: the following questions are about how things have been with your immediate family, that is your partner and children at home. If you do **not** have an immediate family, please ignore this section. Over the past 2 weeks have you:

43.	been worrying more than necessary about things happening to your family?
44.	been feeling that you have let your immediate family down at all?

45.	been feeling that your immediate family has let you down at all?