



**SECTION 1 – INTRO AND SCREENING**

Good morning/afternoon/evening, my name is \_\_\_\_\_ and I am calling on behalf of Ipsos MRBI, Ireland's leading opinion polling and survey research company. We are conducting a survey on important social issues. Would you spare some time to answer some questions, it will take approximately 12 minutes.

Before we go to the first question I just need to reassure you that all of your answers are completely confidential and your rights under the Data Protection Act will be fully observed, including not answering and choosing to end the interview. For quality control and training purposes this interview may be monitored or recorded.

**GENDER**

RECORD SEX OF RESPONDENT

Male.....  
Female .....

**AGE**

To ensure we interview a wide cross section of the public, could I first ask what age group you fall into?

Under 16 .....  
16-19 .....  
20-24 .....  
25-34 .....  
35-44 .....  
45-54 .....  
55-64 .....  
65+ .....

**AGE 2**

And, may I ask what is your actual age?  
15 to 99



**WORK**

Which of these best describes your current employment situation? **READ OUT. SINGLE CODE**

- Working as an employee.....
- Self-employed .....
- Unemployed/seeking work.....
- Retired.....
- Full-time home maker / looking after family .....
- Student.....
- Not working due long term sickness or disability .....

**WORK 2**

Do you have a full-time occupation or paid job of 30 or more hours per week?

- Yes .....
- No.....
- Don't know.....
- Refused.....

**SECTION 2 – SPORTS PARTICIPATION**

Now I would like to ask you a few questions on recreation, exercise and sport. These questions are being asked on behalf of the Irish Sports Council, but they relate to a broad range of physical activities as well as traditional sports, including walking, cycling, other outdoor pursuits, water sports, and non-competitive or recreational exercise.

**A1.** First, I would like to ask you about any recreational walking you did in the last 7 days. DO NOT include walks for transport, such as walking to work or to the shops, but DO include walks undertaken for exercise, recreation or leisure. In the last 7 days, did you take such a walk?

In the last 7 days, did you take such a walk?

- Yes .....  No.....  → **GO TO A5**

**A2.** How many walks for exercise, recreation or leisure did you take?

**A3.** Approximately how many minutes did each walk last?

a.	b.	c.	d.	e.	f.	g.
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**INT: IF INTERVIEWEE TOOK MORE THAN 7 WALKS, PLEASE RECORD THE 7 LONGEST**

**A4.** How would you describe your usual walking pace during this(these) walk(s)? **TICK ONE ONLY**

- Slow.....
- Steady, average.....
- Fairly Brisk.....
- Fast.....
- Don't know.....

**A5.** I would now like to ask you about any OTHER physical activities you undertook in the past 7 days for exercise, recreation or sport. Please DO NOT include physical activity for work, transport, or domestic work like gardening or DIY. Please DO include personal exercise, such as swimming, dancing or jogging, as well as all forms of sporting activity, indoor or outdoor, whether undertaken in an organised setting or casually with family or friends. So, in the past 7 days, did you participate in any such activities?

Yes .....  No.....  → **GO TO A22**

**A6.** Please list up to 3 sports or activities, in the order in which you participated the most:

A6a.
A6b.
A6c.

I'd like to ask you a short series of questions about each activity, starting with the first...  
**INT: PROMPT ACTIVITY A6A**

**A7.** On how many of the last 7 days did you take part? \_\_\_\_\_

**A8.** For how long did you take part?  
 Consider a usual session if you took part more than once. \_\_\_\_\_ minutes

**A9.** Was the effort enough to raise your breathing rate?  
 Yes .....   
 No.....

**A10.** Was the effort enough for you to be out of breath or sweat?  
 Yes .....   
 No.....

**A11.** In what context did the activity take place?  
 Organised training/coaching/lesson .....   
 Organised competition .....   
 Casually with family or friends .....   
 On own .....   
 Other .....



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I'd like to ask you the same series of questions about the second activity... **[PROMPT ACTIVITY A6B]**

**A12.** On how many of the last 7 days did you take part? \_\_\_\_\_

**A13.** For how long did you take part?  
Consider a usual session if you took part more than once. \_\_\_\_\_ minutes

**A14.** Was the effort enough to raise your breathing rate?  
Yes .....  
No.....

**A15.** Was the effort enough for you to be out of breath or sweat?  
Yes .....  
No.....

**A16.** In what context did the activity take place?  
Organised training/coaching/lesson .....  
Organised competition .....  
Casually with family or friends .....  
On own .....  
Other .....

I'd like to ask you the same series of questions about the third activity... **[PROMPT ACTIVITY A6C]**

**A17.** On how many of the last 7 days did you take part? \_\_\_\_\_

**A18.** For how long did you take part?  
Consider a usual session if you took part more than once. \_\_\_\_\_ minutes

**A19.** Was the effort enough to raise your breathing rate?  
Yes .....  
No.....

**A20.** Was the effort enough for you to be out of breath or sweat?  
Yes .....  
No.....

**A21.** In what context did the activity take place?  
Organised training/coaching/lesson .....  
Organised competition .....  
Casually with family or friends .....  
On own .....  
Other .....

A22. I would now like to ask you about any voluntary activity associated with sport and exercise activities that you undertook in the past 7 days. Voluntary activity means any role you may have fulfilled in support of sport or recreational physical activity, for adults or children. It includes helping to run events, providing or maintaining transport, food, equipment or kit, or acting in any kind of official capacity in relation to an event, team or organisation that provides opportunities to engage in physical activities for recreation, exercise or sport.

So, in the past 7 days, were you involved in any volunteering of this type?

Yes .....

No.....

→ GO TO A28

A23. What were the sports or physical activities concerned (up to a maximum of 2 you were most involved in)?

A23a. \_\_\_\_\_

A23b. \_\_\_\_\_

A24. For sport ... [prompt activity A23a], what voluntary involvement did you have?  
**TICK ALL THAT APPLY**

- Providing Transport.....
- Coach .....
- Club Official .....
- Activity Organiser .....
- Kit Maintenance .....
- Selector .....
- Mentor .....
- Referee.....
- Other (please specify) .....

A25. How much time during the past 7 days did you devote to volunteering for this activity?

\_\_\_\_\_ hours

A26. For sport ... [prompt activity A23b], what voluntary involvement did you have?

**TICK ALL THAT APPLY**

- Providing Transport.....
- Coach .....
- Club Official .....
- Activity Organiser .....
- Kit Maintenance .....
- Selector .....
- Mentor .....
- Referee.....
- Other (please specify) .....

A27. How much time during the past 7 days did you devote to volunteering for this activity?

\_\_\_\_\_ hours

A28. Are you a member of any kind of sports club? Include clubs for traditional sports, but also walking, cycling or swimming clubs, fitness centres, gyms or other organisations that provide opportunities to engage in physical activity for recreation, exercise or sport?

Yes .....

No.....

→ GO TO A31

A29. How many are you a member of? \_\_\_\_\_

A30. What are the sports or physical activities concerned (up to a maximum of 3 you are most involved in)?

A30a. \_\_\_\_\_

A30b. \_\_\_\_\_

A30c. \_\_\_\_\_

A31. Given the broad definition of sporting activities we have been using, have you attended any fixtures or events in the past 7 days, either children's or adult events, as a spectator or supporter, rather than as an active participant?

Yes .....

No.....

→ GO TO A34

A32. How many events did you attend? \_\_\_\_\_

A33. What were the sports or physical activities concerned (up to a maximum of 3 most recent events)?

A33a. \_\_\_\_\_

A33b. \_\_\_\_\_

A33c. \_\_\_\_\_

A34. Apart from during PE lessons, did you play regular sport at school?

Yes .....

No.....

A35. When you were at school, did your parents play any kind of sport regularly? **TICK ONE ONLY**



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- Yes, both .....
- Yes, father only .....
- Yes, mother only .....
- No.....
- Don't Know .....

**A36.** Do you undertake any regular walks of over 15 minutes for transport, such as walking to work, walking children to school etc.? By regular I mean at least once-a-week.

- Yes .....
- No.....

**A37.** Do you cycle regularly as a form of transport? By regular I again mean once-a-week.

- Yes .....
- No.....

## SECTION 3 – FLEXIBLE MODULE

**WAVE 1-3 CLUB MEMBERSHIP****IF PLAY SOCCER, GAA, RUNNING, GOLF, CYCLING, GYM (BASED ON ALL SUB-CODES)****ALL INDICATING THEY ARE NOT MEMBERS OF A CLUB RELEVANT TO THEIR SPORT****For soccer, GAA, running, golf and cycling**

- B1.** Earlier in the survey you mentioned that you participate in <INSERT SPORT>, but that you were not a member of a club for that sport. For what reasons are you not a member of a club?  
DO NOT READ OUT. MULTICODE

Am not interested enough in the sport to join a club.....	1
Don't want to participate competitively in the sport.....	2
Am not good enough at the sport to join a club .....	3
Too expensive to join a club .....	4
Club location is not convenient .....	5
Club training times are not convenient.....	6
Don't know any suitable club .....	7
Other (specify: _____) .....	8
Don't know .....	9
Refused.....	10

**For gym**

- B1.** Earlier in the survey you mentioned that you participate in <INSERT SPORT>, but that you were not a member of a gym for that sport. For what reasons are you not a member of a gym?  
DO NOT READ OUT. MULTICODE

Am not interested enough in the sport to join a club.....	1
Don't want to participate competitively in the sport.....	2
Am not good enough at the sport to join a club .....	3
Too expensive to join a club .....	4
Club location is not convenient .....	5
Club training times are not convenient.....	6
Don't know any suitable club .....	7
Other (specify: _____) .....	8
Don't know .....	9
Refused.....	10

- B2.** In the past have you ever been a member of a <INSERT SPORT> club\*?

Yes .....	1
No.....	2

- B3.** When were you most recently a member of a <INSERT SPORT> club\*?

Within past year .....	1
1-2 years ago .....	2
3-5 years ago .....	3
More than 5 years ago .....	4
Don't know .....	5

- B4.** And for what reasons did you cease being a member of a <INSERT SPORT> club\*?  
DO NOT READ OUT. MULTICODE

Stopped playing the sport .....	1
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- Didn't have enough time to dedicate to the sport ..... 2
- Moved house..... 3
- Membership fees were too expensive ..... 4
- Club training times are not convenient..... 5
- Club closed down..... 6
- Other (specify: \_\_\_\_\_) ..... 7
- Don't know ..... 8
- Refused..... 9

**B5.** And on a scale of 1 to 5, where 1 is not at all interested and 5 is very interested, how interested would you be now in joining a <INSERT SPORT> club\*?

<b>Not at all interested</b>				<b>Very interested</b>
1	2	3	4	5

**B6.** What factors would encourage you to [join (if "No" at B2) rejoin (if "Yes" at B2)] a <INSERT SPORT> club\*?

RECORD VERBATIM: \_\_\_\_\_

\* Don't use word "club" when asking about gym

**WAVE 4-5 GENDER*****Ask to all participating in sports/recreational walking***

**Q.1** I'd now like you to think about the reasons why you choose to participate in sport or other physical activity. On a scale of 1 to 5 where 1 is not at all important and 5 is very important, how important are the following factors to you in being physically active?

**RANDOMISE LIST. SINGLE CODE**

To improve my health and fitness	1	2	3	4	5	Don't know
To relax	1	2	3	4	5	Don't know
To improve my athletic skills	1	2	3	4	5	Don't know
To compete with others	1	2	3	4	5	Don't know
To spend time with friends and family	1	2	3	4	5	Don't know
To control my weight	1	2	3	4	5	Don't know

**ASK ALL**

**I'd now like to ask you a few questions about male and female sports**

**Q.2** I'm now going to read you a list of statements. On a scale of 1 to 5 where 1 is disagree strongly and 5 is agree strongly, could you please tell me how much you agree or disagree with each one.

**SINGLE CODE**

Young girls aged 12 and under have the same opportunities to participate in sport as boys of the same age	1	2	3	4	5	Don't know
Teenage girls have the same opportunities to participate in sport as boys of the same age	1	2	3	4	5	Don't know
Adult women have the same opportunities to participate in sport as men	1	2	3	4	5	Don't know
The Irish media generally does not include enough coverage of female sport	1	2	3	4	5	Don't know
Overall, female sport is less competitive than male sport	1	2	3	4	5	Don't know

**ASK ALL**

**Q.3** I'd now like you to think about the administration and management of sport in Ireland. By that I mean acting in an official capacity in relation to an event, team or organisation. This includes roles such as coaching, leadership and committee membership both at national and local levels. Would you say that this aspect of sport is....

READ OUT. ROTATE OPTIONS 1 AND 2

- ...too male dominated .....1
- ...too female dominated .....2
- ...or that the balance between males and females is about right .....3
- Don't know .....4

**ASK TO ALL CLUB MEMBERS**

**Q.4** You mentioned earlier that you are a member of a \_\_\_\_\_ club. Thinking of the administration and management of a \_\_\_\_\_ club, would you say that it is....

READ OUT. ROTATE OPTIONS 1 AND 2

- ...too male dominated .....1
- ...too female dominated .....2
- ...or that the balance between males and females is about right .....3
- Don't know .....4

**ASK ALL**

**Q.5** Thinking now of playing sport. Are there any sports that you feel should not be played by females and should only be played by males?

- Yes.....1
- No .....2
- Don't know .....3



**IF YES AT Q.6, ASK Q.6 AND Q.7**

**Q.6** Which one sport do you think is least suited to being played by females?

List of sports .....

**Q.7** For what reasons do you think \_\_\_\_\_ is least suited to being played by females than males?

- Too dangerous .....1
- Females don't have sufficient strength.....2
- Sport not very feminine/bad image for females.....3
- The social circles around the sport are not suitable for females.....4
- Other (specify: \_\_\_\_\_).....5
- Don't know .....6



### WAVE 6 SPORTS AND HEALTH

ASK ALL

I'd now like you a few questions about your general lifestyle.

ASK ALL

B1. Firstly I'd like you to think about how you have felt over the past month. For each of the following would you say that you have felt this way all of the time, most of the time, some of the time or never. So in the past month, how often have you...  
RANDOMISE STATEMENTS. REPEAT SCALE AS NECESSARY.

	All of the time	Most of the time	Some of the time	Never	Don't know
Felt unwell .....	1	2	3	4	9
Felt in a good mood .....	1	2	3	4	9
Felt stressed.....	1	2	3	4	9
Felt energetic .....	1	2	3	4	9
Slept well.....	1	2	3	4	9

ASK ALL

B2. Over the past year, approximately how many times have you personally visited your GP?

0 .....	1
1 .....	2
2-5 .....	3
6-10 .....	4
More than 10 times .....	5
Don't know .....	98
Refused.....	99

ASK ALL

B3. And over the past three months, on roughly how many days would you say you were unable to carry out your normal day-to-day activities as you felt unwell? For example, unable to attend work or social events

RECORD NUMBER (MAX 89)

0 .....	1
1 .....	2
2-10 .....	3
11-20 .....	5
More than 20 .....	6
Everyday .....	7
Don't know .....	98
Refused.....	99

ASK ALL

B4. Thinking now of the following aspects of your life, would you describe them as being healthy or unhealthy?

RANDOMISE STATEMENTS. REPEAT SCALE AS NECESSARY.

	Healthy	Unhealthy	Not applicable	Don't know
Your weight .....	1	2		9
The amount of alcohol you drink.....	1	2	3	9
Your eating habits .....	1	2		9



**ASK ALL**

**B5.** Thinking of yesterday, how many hours did you spend watching television?

- Didn't watch television yesterday ..... 1
- Less than 2 hours..... 2
- 2 to 5 hours ..... 3
- More than 5 hours ..... 4
- Don't know ..... 98
- Refused..... 99

**ASK ALL**

**B6.** Do you smoke one or more cigarettes each week, whether packaged or roll your own?

- Yes ..... 1
- No..... 2
- Couldn't say ..... 99

**ASK ALL PARTICIPATING IN SPORT**

**B7.** Thinking now of your participation in sport, to what extent, if at all, are you concerned that the following issues have a negative impact on other aspects of your life?  
RANDOMISE STATEMENTS. PROBE TO PRECODE.

	<b>Very concerned</b>	<b>Fairly concerned</b>	<b>Not very concerned</b>	<b>Not at all concerned</b>	<b>Don't know</b>	<b>Not applicable</b>
The time spent on your involvement in sport.....	1	2	3	4		9
The money spent on your involvement in sport .....	1	2	3	4		9

**ASK ALL PARTICIPATING IN SPORT**

**B8.** And over the past three months, on how many days have you had an injury that has prevented you from taking part in sport?

- 0 days..... 1
- 1 day..... 2
- 2-5 days ..... 3
- 6-10 days ..... 4
- 11-30 days ..... 5
- 31-60 days ..... 6
- 61-89 days ..... 7
- Everyday ..... 8
- Don't know ..... 98
- Refused..... 99



**SECTION 5 – DEMOGRAPHICS**

Finally, I would like to ask you a few more background questions.

**C1.** Do you have any long-term illness, health problem or disability that limits your daily activities or work?

Yes .....  
No..... GO TO C3.

**C2.** Does this prevent you from taking part in sport and exercise?

Yes .....  
No.....

**C3.** Do you have any children?

Yes .....  
No.....

**C4.** How many children do you have? \_\_\_\_\_

**C5.** What age is your youngest child? \_\_\_\_\_

**C5a.** How many adults live in your household? \_\_\_\_\_

**C5b.** How many children aged under 18 live in your household? \_\_\_\_\_

**C5c.** Are you ....?  
Married .....  
Living as married .....  
Single .....  
Widowed/Divorced/Separated .....

**C6.** Does your household have a car?

Yes .....  
No.....

**C7.** Which of the following best describes where you live? **TICK ONE ONLY**

In a city .....  
In a town .....  
In a village .....  
Isolated location .....  
Don't know .....

**C8.** Which county do you live in? **PRECODE LIST OF COUNTIES**

[IF DUBLIN]

C9. Which of the following is your local authority?

- Dublin City .....
- Dun Laoghaire-Rathdown .....
- Fingal .....
- South Dublin.....

C10. What nationality are you? If joint nationality, please state both nationalities

**PRECODE LIST OF NATIONALITIES**

**SOCIO-ECONOMIC QUESTIONS**

C11. What is the highest level of education that you have completed?

- Primary level or lower .....
- Group, Inter, Junior Certificate .....
- Leaving Certificate .....
- Other Second Level .....
- Third Level .....
- Don't know .....
- Refused.....

C12. Could I ask about the approximate level of net household income? This means the total income, after tax, PRSI and other statutory deductions, of all members of the household.

<i>Amount per week</i>	<i>Amount per month</i>	<i>Amount per year</i>
under €300	under €1200	under €15500
€300 - €399	€1200 - €1599	€15500 - €19999
€400 - €499	€1600 - €1999	€20000 - €25999
€500 - €749	€2000 - €2999	€26000 - €38999
€750 - €899	€3000 - €3599	€39000 - €46999
€900 - €1249	€3600 - €4999	€47000 - €64999
over €1249	over €4999	over €64999