SHOWCARDS

Confidential
Showcard 1

1. New Zealand European
2. Māori
3. Samoan
4. Cook Island Māori
5. Tongan
6. Niuean
7. Chinese
8. Indian
9. Other (such as Dutch, Japanese, Tokelauan etc.)
Showcard 2

Was there ever a time in your life when you had a strong fear of...

GROUP 1: Animals
- Insects
- Snakes or dogs
- Any other animals

GROUP 2: Natural Environment
- Still water, like a swimming pool or a lake
- Storms
- Thunder or lightning

GROUP 3: Medical Settings
- Going to the dentist
- Going to the doctor
- Having an injection
- Seeing blood
- Seeing injury
- Being in a hospital or doctor’s office

GROUP 4: Closed Spaces
- Caves
- Tunnels
- Wardrobes
- Lifts

GROUP 5: High Places
- Roofs
- Balconies
- Bridges
- High staircases

GROUP 6: Flying
- Flying
- Aeroplanes
Showcard 3

Was there ever a time in your life when you felt very afraid or really really shy with people like …

- Meeting new people
- Going to parties
- Going on a date
- Using a public toilet

Was there ever a time in your life when you felt very afraid or uncomfortable when you had to do something in front of a group of people like…

- Giving a speech
- Speaking in class

Was there ever a time in your life when you felt very afraid of…

- Being in crowds
- Going to public places
- Travelling by yourself
- Travelling away from home
Showcard 4

Did you have 2 or more of the following problems?

- Heart pounding or racing
- Sweating
- Trembling
- Feeling sick to your stomach
- Having a dry mouth
- Having chills or hot flushes
- Feeling numbness or tingling sensations
- Having trouble breathing
- Feeling as if you were choking
- Having pain or discomfort in your chest
- Feeling dizzy or faint
- Afraid you might die
- Fear of losing control, going crazy, or passing out
- Feeling that you were “not really there,” as if you were watching a movie of yourself
- Feeling that things around you were unreal or like in a dream
Showcard 5

Did you ever strongly fear...

- Meeting new people
- Talking to people in authority
- Speaking up in a meeting or class
- Going to parties or other social gatherings
- Acting, performing, or giving a talk in front of an audience
- Taking an important exam or interviewing for a job
- Working while someone watches
- Entering a room when others are already present
- Talking with people you don’t know very well
- Expressing disagreement to people you don’t know very well
- Writing or eating or drinking while someone watches
- Urinating in a public toilet or using a toilet away from home
- Going out with someone in a dating situation
- Any other social or performance situation where you could be the centre of attention or where something embarrassing might happen
Showcard 6

Did you ever have 2 or more of the following reactions?

- Heart pounding or racing
- Sweating
- Trembling
- Feeling sick to your stomach
- Having a dry mouth
- Having chills or hot flushes
- Feeling numbness or tingling sensations
- Having trouble breathing
- Feeling as if you were choking
- Having pain or discomfort in your chest
- Feeling dizzy or faint
- Afraid you might die
- Fear of losing control, going crazy, or passing out
- Feeling that you were “not really there,” as if you were watching a movie of yourself
- Feeling that things around you were unreal or like in a dream
Showcard 7
Did you ever strongly fear…

• Being home alone

• Being in crowds

• Travelling away from home

• Travelling alone or being alone away from home

• Using public transport

• Driving a car

• Standing in a queue in a public place

• Being in a department store, shopping mall, or supermarket

• Being in a movie theatre, large hall, lecture hall, or church

• Being in a restaurant or any other public place

• Being in a wide, open field or street
Showcard 8

Did you have 1 or more of the following reactions?

- Having trouble breathing normally
- Feeling as if you were choking
- Having pain or discomfort in your chest
- Feeling sick to your stomach
- Feeling dizzy or faint
- Fear of losing control, going crazy, or passing out
- Afraid that you might die
- Having chills or hot flashes
- Feeling numbness or tingling sensations
- Feeling that you were “not really there,” as if you were watching a movie of yourself
- Feeling that things around you were not real or like a dream
Showcard 9

Examples of commonly mentioned reasons for being anxious:

Diffuse worries, such as:
1. Everything
2. Nothing in particular

Personal problems, such as:
3. Finances
4. Success at school or work
5. Social life
6. Love life
7. Relationships at school or work
8. Relationships with family
9. Physical appearance
10. Physical health
11. Mental health
12. Alcohol and drug use
13. Other personal problems
Showcard 10

Fears, obsessions and compulsions
14. Social fears (e.g., meeting people after moving to a new town)
15. Fear of crowds, public places or travelling away from home
16. Specific fears (e.g., fears of insects, heights, or closed spaces)
17. Obsessions (e.g., worry about germs)
18. Compulsions (e.g., repetitive hand washing)

Network problems, such as:
19. Being away from home or apart from loved ones
20. The health or welfare of loved ones – problem 1
21. The health or welfare of loved ones – problem 2
22. The health or welfare of loved ones – problem 3
23. Other network problems

Social problems, such as:
24. Crime/violence
25. The economy
26. The environment (e.g. global warming, pollution)
27. Moral decline of society (e.g. commercialism, decline of the family)
28. War/revolution
29. Other social problems

Other problems
30. Other problem 1
31. Other problem 2
32. Other problem 3
Showcard 11

Did any of these 3 experiences ever happen to you?

A. You seriously thought about committing suicide

B. You made a plan for committing suicide

C. You attempted suicide
Showcard 12

Which of these 3 statements best describes your situation?

1. I made a serious attempt to kill myself and it was only chance that I did not succeed.

2. I tried to kill myself, but knew that the method was not certain to work.

3. I did not intend to die; my attempt was a cry for help.
Showcard 13

What method did you use?

A. Gun
B. Razor, knife or other sharp instrument
C. Overdose of prescription medications
D. Overdose of over-the-counter medications
E. Overdose of other drug (e.g. heroin, crack,)
F. Overdose of alcohol
G. Poisoning, such as car or vehicle exhaust
H. Other poisoning, such as rat poison, agricultural poison, arsenic
I. Hanging, strangulation, suffocation
J. Drowning
K. Jumping from a high place
L. Motor vehicle crash
M. Other
## Alcohol equivalents:

### Spirits

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Shot glass 30ml</td>
<td>= 1 drink</td>
<td></td>
</tr>
<tr>
<td>Mixed drink</td>
<td>= 1 drink</td>
<td></td>
</tr>
<tr>
<td>Ready to drink bottle</td>
<td>= 1 drink</td>
<td></td>
</tr>
<tr>
<td>375ml bottle</td>
<td>= 11 drinks</td>
<td></td>
</tr>
<tr>
<td>750ml bottle</td>
<td>= 22 drinks</td>
<td></td>
</tr>
<tr>
<td>1125ml bottle</td>
<td>= 33 drinks</td>
<td></td>
</tr>
</tbody>
</table>

### Wine

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>200ml glass</td>
<td>= 1.5 drinks</td>
<td></td>
</tr>
<tr>
<td>750ml bottle</td>
<td>= 6.5 drinks</td>
<td></td>
</tr>
<tr>
<td>3 litre cask</td>
<td>= 26 drinks</td>
<td></td>
</tr>
</tbody>
</table>

### Beer or Ale

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 12 oz/340ml bottle</td>
<td>= 1 drink</td>
<td></td>
</tr>
<tr>
<td>600ml handle</td>
<td>= 2 drinks</td>
<td></td>
</tr>
<tr>
<td>1 litre jug</td>
<td>= 3 drinks</td>
<td></td>
</tr>
<tr>
<td>340ml bottle/can</td>
<td>= 1 drink</td>
<td></td>
</tr>
<tr>
<td>2 litre flagon/rigger</td>
<td>= 6 drinks</td>
<td></td>
</tr>
<tr>
<td>Six pack</td>
<td>= 6 drinks</td>
<td></td>
</tr>
<tr>
<td>Case/slab</td>
<td>= 24 drinks</td>
<td></td>
</tr>
</tbody>
</table>
Showcard 15

How Often Do You Have a Drink Containing Alcohol?

1. Monthly or less
2. Up to 4 times a month
3. Up to 3 times a week
4. 4 or more times a week

Showcard 16

How Many Drinks Containing Alcohol Do You Have on a Typical Day When You Are Drinking?

1. One or two
2. Three or four
3. Five or six
4. Seven to nine
5. Ten or more
**Showcard 17**

**Frequency:**

1. Never
2. Less than monthly
3. Monthly
4. Weekly
5. Daily or almost daily

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**Showcard 18**

1. No
2. Yes, but not in the last year
3. Yes, during the last year
Showcard 19

Cocaine:

<table>
<thead>
<tr>
<th>Powder</th>
<th>Free base</th>
<th>Paste</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crack</td>
<td>Coca leaves</td>
<td></td>
</tr>
</tbody>
</table>

Sedatives and tranquillisers (sleeping pills, “downers,” “nerve pills”), such as:

<table>
<thead>
<tr>
<th>Amobarbital</th>
<th>Dalmane</th>
<th>Limbitrol</th>
<th>Paxipam</th>
<th>Sk-Lygen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amytal</td>
<td>Deprol</td>
<td>Mebaral</td>
<td>Pentobarbital</td>
<td>Sopor</td>
</tr>
<tr>
<td>Ativan</td>
<td>Diazepam</td>
<td>Meprobamate</td>
<td>Phenobarbital</td>
<td>Tranxene</td>
</tr>
<tr>
<td>Barbiturate</td>
<td>Doriden</td>
<td>Methaqualone</td>
<td>Placidyl</td>
<td>Tuinal</td>
</tr>
<tr>
<td>Buticap</td>
<td>Durax</td>
<td>Menrium</td>
<td>Restoril</td>
<td>Valium</td>
</tr>
<tr>
<td>Butisol</td>
<td>Equanil</td>
<td>Miltown</td>
<td>Secobarbital</td>
<td>Xanax</td>
</tr>
<tr>
<td>Centrax</td>
<td>Halcion</td>
<td>Nembutal</td>
<td>Seconal</td>
<td></td>
</tr>
<tr>
<td>Chloral Hydrate</td>
<td>Librium</td>
<td>Noludar</td>
<td>Serax</td>
<td></td>
</tr>
</tbody>
</table>

Stimulants (amphetamines, “uppers,” “speed,” “ice,” “crack,” “P”), such as:

<table>
<thead>
<tr>
<th>Benzedrine (“bennies”)</th>
<th>Ecstasy</th>
<th>Plegine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biphetamine</td>
<td>Eskatrol</td>
<td>Pondomin</td>
</tr>
<tr>
<td>Cylert</td>
<td>Fastin</td>
<td>Preludin</td>
</tr>
<tr>
<td>Desoxyn</td>
<td>Ionamin</td>
<td>Ritalin</td>
</tr>
<tr>
<td>Dexamyl</td>
<td>Mazanor</td>
<td>Sanorex</td>
</tr>
<tr>
<td>Dexamyl (“dexies”)</td>
<td>Methamphetamine</td>
<td>Tenuate</td>
</tr>
<tr>
<td>Dextroamphetamine</td>
<td>Methedrine</td>
<td>Tepanil</td>
</tr>
<tr>
<td>Didrex</td>
<td>Obredrin-L.A</td>
<td>Voranil</td>
</tr>
</tbody>
</table>
**Showcard 20**

**Analgesics (painkillers), such as:**

<table>
<thead>
<tr>
<th>Analgesic</th>
<th>Brand Name</th>
<th>Brand Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anileridine</td>
<td>Levo-Dromoran</td>
<td>Stadol</td>
</tr>
<tr>
<td>Buprenex</td>
<td>Methadone</td>
<td>Talacen</td>
</tr>
<tr>
<td>Codeine</td>
<td>Morphine</td>
<td>Talwin</td>
</tr>
<tr>
<td>Darvon</td>
<td>Percodan</td>
<td>Talwin NX</td>
</tr>
<tr>
<td>Demerol</td>
<td>Phenylen with codeine</td>
<td>Tylenol with codeine</td>
</tr>
<tr>
<td>Dilaudid</td>
<td>Propoxyphene</td>
<td>Wygesic</td>
</tr>
<tr>
<td>Dolene</td>
<td>SK-65</td>
<td></td>
</tr>
</tbody>
</table>

**Opiates, such as:**

<table>
<thead>
<tr>
<th>Opiate</th>
<th>Opiate</th>
<th>Opiate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heroin</td>
<td>Opium</td>
<td>Methadone</td>
</tr>
<tr>
<td>Homebake</td>
<td>Poppies</td>
<td>Morphine</td>
</tr>
</tbody>
</table>

**Other drugs, such as:**

<table>
<thead>
<tr>
<th>Other drug</th>
<th>Other drug</th>
<th>Other drug</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glue</td>
<td>Datura</td>
<td>Magic Mushrooms</td>
</tr>
<tr>
<td>Petrol</td>
<td>GHB (fantasy)</td>
<td>Mescaline</td>
</tr>
<tr>
<td>Other solvents</td>
<td>LSD (acid, white lightning)</td>
<td>Peyote</td>
</tr>
</tbody>
</table>
Showcard 21

Did you ever in your lifetime go to see any of these professionals for problems with your emotions or nerves or your use of alcohol or drugs?

A. A psychiatrist

B. General practitioner or family doctor

C. Any other medical doctor, like a cardiologist, gynaecologist or urologist

D. Psychologist

E. Social worker, youth aid worker, child welfare officer, school counsellor, teacher

F. Counsellor (other than school counsellor)

G. Any other mental health professional, such as a psychotherapist or a psychiatric nurse

H. A general nurse, occupational therapist, or other health professional

I. A religious or spiritual advisor like a minister, priest, tohunga

J. Any other healer, like an herbalist, homeopath, naturopath, chiropractor, spiritualist, traditional healer, or energy healer.
Showcard 22

In which of these locations did you see the professional?

A. Hospital emergency department

B. Psychiatric outpatient clinic, sector base or community mental health service

C. Drug or alcohol outpatient clinic

D. Private rooms

E. Social service agency or department

F. Programme in jail or prison

G. Drop-in centre or programme for people with emotional problems with alcohol or drugs

H. Church or other religious building

I. Other
Showcard 23

Which of these four statements best describes why you didn’t want to see a professional?

1. I didn’t have a problem
2. I didn’t think I had a problem
3. I had a problem, but thought I could handle it on my own
4. I thought that I needed help but didn’t believe professional treatment would be helpful
5. Other
Showcard 24

Which of these were the main things you were hoping to get from treatment?

A. To help with your emotions (e.g., sadness, anger)

B. To control problem behaviours (e.g., drinking problems, gambling)

C. To deal with general body complaints (e.g., tiredness, headaches)

D. To help make a life decision (e.g., to get married or change jobs)

E. To cope with ongoing stress (e.g., job stress, marital problems)

F. To cope with recent stressful events (e.g., divorce, death of a loved one)

G. To come to terms with your past (e.g., feelings about your childhood)

H. Other reasons
Showcard 25

Did you use any of these therapies in the past 12 months?

1. Acupuncture
2. Biofeedback
3. Chiropractic care
4. Energy healing
5. Exercise or movement therapy
6. Herbal therapy (eg St. John’s wort, chamomile), and/or Māori Rongoa.
7. High dose mega-vitamins
8. Homeopathy
9. Hypnosis
10. Imagery techniques
11. Massage therapy
12. Prayer or other spiritual practices
13. Relaxation or meditation techniques
14. Special diets
15. Spiritual healing by others
16. Any other alternative therapies or remedies
What types of herbal medicines did you use?

1. Chamomile
2. Kava
3. Lavender
4. St. John’s wort
5. Valerian
6. Chasteberry
7. Black cohosh
8. Other (including Rongoaa)
Showcard 27

What kind of self-help group did you go to in the past 12 months?

A. Groups for people with substance problems (such as Alcoholics Anonymous or Rational Recovery or Narcotics Anonymous)

B. Groups for people with emotional problems (such as Grow, The Manic Depressive Society or an anxiety disorder support group)

C. Groups for people with eating problems

D. Groups for dealing with the death of a loved one (such as The Compassionate Friends, Bereaved Parents or Bereaved by Suicide)

E. Groups for people making other life transitions (such as Parenting Alone, new mothers support groups, separated and divorced support groups)

F. Groups for survivors (such as Adult Children of Alcoholics or Survivors of Childhood Sexual Abuse)

G. Groups for people with physical disabilities or illnesses (such as cancer support groups, or groups for chronic conditions like arthritis or Aids)

H. Parent support groups (such as Toughlove or Parent to Parent)

I. Groups for the families of people with a physical illness (such as Child Cancer Foundation)

J. Groups for the families of people with emotional or substance problems (such as a Schizophrenia Fellowship support group or Al Anon)

K. Any other self-help group, mutual help group, or support group
Showcard 28

Which of the following statements best describes the relationship between your participation in the self-help group and your seeing a professional?

1. A professional ran the group

2. A professional asked me to attend the group as part of my treatment, but the group was not run by a professional

3. You attended the self-help group at the same time you saw a professional, but the two were not related

4. You attended the self-help group at a different time than when you saw a professional

5. Other
1. A Māori mental health service providing specifically to Māori

2. A Māori health service providing specifically to Māori

3. A Māori social service agency providing specifically to Māori

4. A priest or minister of the church

5. A tohunga or Māori healer

6. None of these
Showcard 30

1. Hospital-based
2. Iwi or community based
3. Other

Showcard 31

1. Iwi/marae-based
2. Community based
3. Other
1. Anglican
2. Presbyterian
3. Catholic
4. Methodist
5. Ringatū
6. Ratana
7. Latter day saints
8. Baptist
9. Pentecostal
10. Other
1. A tohunga wairua/spiritual Tohunga

2. An expert in mirimiri/traditional Māori massage

3. Other
Which conditions resulted from that injury?

1. Broken or dislocated bones

2. Sprain, strain, or pulled muscle

3. Cuts, scrapes, or puncture wounds

4. Head injury, concussion

5. Bruise, contusion, or internal bleeding

6. Burn, scald

7. Poisoning from chemicals, medicines, or drugs

8. Respiratory problem such as breathing, cough, pneumonia

9. Other
Where did the injury occur?

1. Your home or section
2. Someone else’s home or section
3. School (including playground) or other educational institution
4. Workplace
5. Travelling to or from work or as part of work
6. Street or road (not travelling for work)
7. Public space (e.g., footpath or building)
8. Farm or agricultural area
9. Place of recreation or sports (except at school)
10. Other
1. None

2. Mild difficulty

3. Moderate difficulty

4. Severe difficulty

5. Cannot do
Showcard 37

How often did you have the following feelings in the past 30 days?

1. All the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time

Showcard 38

How often did you have the following feelings in the worst month in the last 12 months

1. All the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time
Did you ever take any of these medications?

<table>
<thead>
<tr>
<th>Drug Name</th>
<th>Brand Name</th>
</tr>
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<tbody>
<tr>
<td>Acetophenazine</td>
<td>Perphenazine</td>
</tr>
<tr>
<td>Centrax</td>
<td>Pimozide</td>
</tr>
<tr>
<td>Chlorpromazine</td>
<td>Prazepam</td>
</tr>
<tr>
<td>Clorprothixene</td>
<td>Prolixin</td>
</tr>
<tr>
<td>Clozapine</td>
<td>Quetiapine</td>
</tr>
<tr>
<td>Clozaril</td>
<td>Risperdal</td>
</tr>
<tr>
<td>Droperidol</td>
<td>Risperidone</td>
</tr>
<tr>
<td>Fluphenazine</td>
<td>Serentil</td>
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<tr>
<td>Haloperidol</td>
<td>Stelazine</td>
</tr>
<tr>
<td>Inapsine</td>
<td>Taractan</td>
</tr>
<tr>
<td>Loxapine</td>
<td>Thioridazine</td>
</tr>
<tr>
<td>Loxitane</td>
<td>Thiothixene</td>
</tr>
<tr>
<td>Mellaril</td>
<td>Thorazine</td>
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<tr>
<td>Mesoridazine</td>
<td>Tindal</td>
</tr>
<tr>
<td>Moban</td>
<td>Trifluoperazine</td>
</tr>
<tr>
<td>Molindone</td>
<td>Triflupromazine</td>
</tr>
<tr>
<td>Navane</td>
<td>Trilafon</td>
</tr>
<tr>
<td>Olanzapine</td>
<td>Vesprin</td>
</tr>
<tr>
<td>Orap</td>
<td>Zyprexa</td>
</tr>
<tr>
<td>Permitil</td>
<td></td>
</tr>
</tbody>
</table>
Showcard 40

None         Mild             Moderate          Severe     Very Severe

0 1 2 3 4 5 6 7 8    9   10
Showcard 41

1. Looked at advertisements in newspapers

2. Wrote, phoned, or applied in person to an employer

3. Placed advertisements about a job

4. Contacted Work & Income's NZ employment service to look for a job

5. Contacted friends or relatives for help in finding a job

6. Contacted careers advisers or vocational guidance officers

7. Took steps to set up your own business

8. Other methods
<table>
<thead>
<tr>
<th>Letter</th>
<th>Description</th>
<th>Range</th>
<th>Letter</th>
<th>Description</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Less than $0 (Loss)</td>
<td>M: $10,000 - $10,999</td>
<td>Y</td>
<td>$30,000 - $34,999</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>$0 (None)</td>
<td>N: $11,000 - $11,999</td>
<td>Z</td>
<td>$35,000 - $39,999</td>
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</tr>
<tr>
<td>C</td>
<td>$1 - $999</td>
<td>O: $12,000 - $12,999</td>
<td>AA</td>
<td>$40,000 - $44,999</td>
<td></td>
</tr>
<tr>
<td>D</td>
<td>$1,000 - $1,999</td>
<td>P: $13,000 - $13,999</td>
<td>BB</td>
<td>$45,000 - $49,999</td>
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</tr>
<tr>
<td>E</td>
<td>$2,000 - $2,999</td>
<td>Q: $14,000 - $14,999</td>
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<td>R: $15,000 - $15,999</td>
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<td>G</td>
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<td>S: $16,000 - $16,999</td>
<td>EE</td>
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<td>I</td>
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<td>II</td>
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<td>X: $25,000 - $29,999</td>
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</table>
Showcard 43

Which of the following best describes your sexual orientation?

A  Heterosexual  Primarily attracted to members of the opposite sex - straight

B  Homosexual     Primarily attracted to members of your own sex - gay

C  Bisexual       Attracted to both men and women

D  Something else

E  Not sure
1. None

2. NZ school certificate in one or more subjects or national certificate level 1

3. NZ sixth form certificate in one or more subjects, or national certificate level 2

4. NZ university entrance before 1986 in one or more subjects

5. NZ higher school certificate, or higher leaving certificate

6. University entrance qualification from NZ university bursary

7. NZ A or B bursary, scholarship, or national certificate level 3

8. Other NZ secondary school qualification

9. Overseas secondary school qualification
1. Bachelors degree, e.g. BA, BSc, LLB

2. Bachelors degree, with honours

3. Masters degree, e.g. MA, MSc

4. PhD

5. Diploma (not post graduate)

6. Diploma - post graduate

7. Trade or technical certificate which took more than 3 months full time study

8. Professional qualifications like ACA, teachers, nurses

9. Other
1. English
2. Māori
3. Samoan
4. New Zealand sign language
5. French
6. Cantonese
7. German
8. Dutch
9. Tongan
10. Japanese
11. Mandarin
12. Hindi
13. Korean
14. Spanish
15. Cook Island Maori
16. Tuvalu
17. Tokelauan
18. Niuean
19. Fijian
20. Kirribati
21. Other
1. Te Taitokerau/Tāmaki Makau Rau (Northland/Auckland) Regions

1.1 Te Aupōuri
1.2 Ngāti Kahu
1.3 Te Kawerau
1.4 Ngāti Kuri
1.5 Ngā Puhi
1.6 Ngā Puhi ki Whāingaroa-Ngāti Kahu ki Whāingaroa
1.7 Te Rarawa
1.8 Te Roroa
1.9 Ngāi Takoto
1.10 Te Uri-o Hau
1.11 Ngāti Wai
1.12 Ngāti Whātua
2. Hauraki (Coromandel) Region

2.1 Ngāti Hako
2.2 Ngāti Hei
2.3 Ngāti Maru (Marutuahu)
2.4 Ngāti Paoa
2.5 Patukirikiri
2.6 Ngāti Porou ki Harataunga ki Mataora
2.7 Ngāti Pūkenga ki Waiau
2.8 Ngāti Rahiri Tumutumu
2.9 Ngāti Tai
2.10 Ngāti Tamaterā
2.11 Ngāti Tara Tokanui
2.12 Ngāti Whanaunga

3. Waikato/Te Rohe Potae (Waikato/King Country) Region

3.1 Ngāti Haua (Waikato)
3.2 Ngāti Maniapoto
3.3 Ngāti Raukawa (Waikato)
3.4 Waikato
Showcard 49

4. Te Arawa/Taupo (Rotorua/Taupo) Region

4.1 Ngāti Pikiao (Te Arawa)
4.2 Ngāti Rangiteaorere (Te Arawa)
4.3 Ngāti Rangitih (Te Arawa)
4.4 Ngāti Rangiwewehi (Te Arawa)
4.5 Ngāti Tahu (Te Arawa)
4.6 Tapuika (Te Arawa)
4.7 Tarāwhai (Te Arawa)
4.8 Tūhourangi (Te Arawa)
4.9 Tūwharetoa
4.10 Uenuku-Kōpakō (Te Arawa)
4.11 Waitaha (Te Arawa)
4.12 Ngāti Whakaue (Te Arawa)

5. Tauranga Moana/Mataatua (Bay of Plenty) Region

5.1 Ngāti Awa
5.2 Ngāti Manawa
5.3 Ngāti Pukenga
5.4 Ngai-te-Rangi
5.5 Ngāti Ranginui
5.6 Ngāti Tai
5.7 Tūhoe
5.8 Whakatōhea
5.9 Whānau-a-Apanui
5.10 Ngāti Whare
6. Taranaki Region

6.1 Te Atiawa (Taranaki)
6.2 Ngāti Maru (Taranaki)
6.3 Ngāti Mutunga (Taranaki)
6.4 Ngā Rauru
6.5 Ngā Ruahine
6.6 Pakakohi
6.7 Ngāti Ruanui
6.8 Ngāti Tama (Taranaki)
6.9 Tangāhoe
6.10 Taranaki

7. Te Tairawhiti (East Coast) Region

7.1 Te Aitanga-a-Māhaki
7.2 Ngāti Porou
7.3 Rongowhakaata
7.4 Ngāi Tāmanuhiri
8. Te Matau a Māui/Wairarapa (Hawke's Bay/Wairarapa) Region

8.1 Ngāti Kahungunu ki Heretaunga
8.2 Ngāti Kahungunu ki Tāmakinui-a-Rua
8.3 Ngāti Kahungunu ki Tamatea
8.4 Ngāti Kahungunu ki Te Wairoa
8.5 Ngāti Kahungunu ki Wairarapa
8.6 Ngāti Kahungunu ki Whanganui-a-Orotū
8.7 Rangitāne (Hawke's Bay/Wairarapa)
8.8 Rongomaiwahine (Mahia)

9. Whanganui/ Rangītikei Regions

9.1 Ngāti Apa (Rangitīkei)
9.2 Te Ati Hau Nui-a-Pāpārangi
9.3 Ngāti Haua (Taumaranui)
9.4 Ngāti Hauiti
10. Manawatū/Horowhenua/Te Whanganui-a-Tara (Manawatū/Horowhenua/Wellington) Region

10.1 Te Atiawa (Wellington)
10.2 Te Atiawa ki Whakarongotai
10.3 Muaūpoko
10.4 Rangitāne (Manawatū)
10.5 Ngāti Raukawa (Horowhenua/Manawatū)
10.6 Ngāti Toarangatira (Wellington)

11. Te Waipounamu/Wharekauri (South Island/Chatham Islands) Region

11.1 Ngāti Apa ki Te Wai Pounamu
11.2 Te Atiawa (South Island)
11.3 Ngāti Koata
11.4 Ngāti Kuia
11.5 Kati Mamoe
11.6 Moriori
11.7 Ngāti Mutunga (Chatham Islands)
11.8 Rangitāne (South Island)
11.9 Ngāti Rārua
11.10 Ngāi Tahu/Kai Tahu
11.11 Ngāti Tama (South Island)
11.12 Ngāti Toarangatira (South Island)
11.13 Waitahā
1. Aotea
2. Kurahaupo
3. Mataatua
4. Tainui
5. Takitimu
6. Te Arawa
7. Horouta
8. Tokomaru
9. Other
1. One generation (parents)

2. Two generations (grandparents)

3. Three generations (great grandparents)

4. More than three generations
### Showcard 55

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1. Very strong links with each other

2. Strong links with each other

3. Weak links with each other

4. Very weak links with each other
Showcard 57

1. **Very well** (I can talk about almost anything in Māori)

2. **Well** (I can talk about many things in Māori)

3. **Fairly Well** (I can talk about some things in Māori)

4. **Not Very Well** (I can only talk about simple/basic things in Māori)

5. **No more than a few words or phrases**

---

Showcard 58

1. **Very well** (I can read about almost anything in Māori)

2. **Well** (I can read many things in Māori)

3. **Fairly Well** (I can read some things in Māori)

4. **Not Very Well** (I can read only simple/basic things in Māori)

5. **No more than a few words or phrases**
Showcard 59

1. **Very well** (I can write almost anything in Māori)

2. **Well** (I can write many things in Māori)

3. **Fairly Well** (I can write some things in Māori)

4. **Not Very Well** (I can only write simple/basic things in Māori)

5. **No more than a few words or phrases**

Showcard 60

1. **Very well** (I can understand almost anything said in Māori)

2. **Well** (I can understand many things said in Māori)

3. **Fairly well** (I can understand some things said in Māori)

4. **Not very well** (I can understand only simple/basic things said in Māori)

5. **No more than a few words or phrases**
Which of these people live in the same household as you?

1. My legal husband or wife
2. My partner or de facto, boyfriend or girlfriend
3. My son(s) and/or daughter(s), or partner's son(s)/daughter(s)
4. My mother and/or father, or parent's spouse or partner
5. My sister(s) and/or brother(s)
6. My flatmates
7. Cousins by marriage or blood
8. Boarders
9. Others (specify)
10. None of the above, live alone