



Hi, my name is Jennifer and I want to find out more about the lives of adults who have Fragile X syndrome.

No one will know what answers you put; you do not have to write your name and you can stop at any time.



Please complete this survey by answering the questions as best you can.



I will write a report of the results that I gather to share the information.



My number is 07522831360 if you want to contact me or my email is [jlh53@kent.ac.uk](mailto:jlh53@kent.ac.uk)

Are you okay with this? (Please circle one)



Section 1 – About you



**Are you a man or a woman?**

Man

Woman

**How old are you?**

**Where do you live?**



With your family

On your own

With others

In a hospital

**Are you happy living there?**

Yes



No



**Where would you like to live?**

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## Section 2 – About things you like to do

### **How do you spend your time?**

I spend my time as I want doing the things I like

I can do quite a lot of the things I like, it is OK

I can do some of the things I like but not enough

I do not do any things I like

### **Would you enjoy going on a holiday?**



Yes

No

### **What else would you enjoy doing?**

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## Section 3 – About your friends and family



**Do you have a girlfriend or boyfriend?**

Yes

No

**Would you like a girlfriend or boyfriend?**

Yes

No

**How do you feel about your social life?**

(By social life we mean time you spend with family and friends)



I see my friends and family as much as I want

I see my friends and family sometimes, it's OK

I do see my friends and family, but not enough

I feel lonely, I do not see friends and family

very much at all

Section 4 – About your feelings

**Do you feel tense?**



Usually

Sometimes

No

**Do you feel happy?**



Usually

Sometimes

No

**Do you feel scared?**



Usually

Sometimes

No

**Do you feel relaxed?**



Usually

Sometimes

No

**Do you feel anxious?**



Usually

Sometimes

No

## How is your health today?



I am very healthy

I am quite healthy

My health is OK

My health is not very good

My health is really very bad

## Thinking about your life in general, all of the good and the bad, how would you say you feel about life?

My life is really great

My life is mostly good

My life is ok, some things  
good, some things bad

My life is mostly bad

My life is really terrible



Thank you very much for your help,  
the questionnaire is finished!

Please return this questionnaire to:

Jennifer Howard, Tizard Centre, Woodlands,  
University of Kent, Canterbury, Kent, CT27LR