

NCSS-NAK 360 Panel Research

Data Request Formⁱ

Background

360 Panel Study is a 3-year longitudinal study funded by the National Council of Social Science and Ngee Ann Kongsi, executed by the Singapore University of Social Sciences that tracks the experiences of Singaporeans. It aims to understand how Singaporeans, spend their time, the activities they do, and their lifestyles and routines using a Time-Use Diary (TUD).

The study also assesses various indicators on quality of life and wellbeing, including heart rate variability (HRV), to measure levels of stress. The study also aims to find out the socio-economic statuses of Singaporeans.

Data Usage

(1) Time-Use Benchmarking

To establish a time use profile of individuals and households for future comparison. This includes the average amount of time a Singaporean household is engaged in different activities (e.g., leisure, work, travel), and with whom they engage these activities.

(2) Stress and Well-being

In addition to time-use, we aim to collect physiological markers of stress together with indicators of well-being of Singapore households.

(3) Care-Giving Arrangements

In the context of intergenerational caregiving arrangements, we aim to find out what are the conditions that make caregiving and grandparenting stressful and explore the ways that can help relieve the burden, e.g., whether chores are distributed equally and the support from foreign domestic helpers.

Form Details

Requestor		
Department		
Purpose	<input type="checkbox"/> Conference <input type="checkbox"/> Journal Article <input type="checkbox"/> Others, please state:	
Specific Details of Variables Required	A. Demographic Details <input type="checkbox"/> Gender <input type="checkbox"/> Age <input type="checkbox"/> Race <input type="checkbox"/> Marital Status <input type="checkbox"/> Highest Education <input type="checkbox"/> Occupation <input type="checkbox"/> Relationship to Household Head <input type="checkbox"/> Residency <input type="checkbox"/> Citizenship <input type="checkbox"/> Housing Type	<input type="checkbox"/> Financial Situation <input type="checkbox"/> Monthly Household Income <input type="checkbox"/> Monthly Income Sufficiency ¹ <input type="checkbox"/> Emergency Funds ² <input type="checkbox"/> Have \$500 ³ <small>¹ Is household income enough to cover monthly expenses? ² In case of emergency, does household have funds to last 3 months? ³ In the case of an emergency, does household have \$500 cash?</small>
	B. Instrumental (IADLs) / Activities of Daily Living (ADLs) & Chronic Illness <input type="checkbox"/> ADLs <input type="checkbox"/> IADLs <input type="checkbox"/> Chronic Illnesses	Heart Rate & Heart Rate Variability (HRV) <input type="checkbox"/> HRV Readings <input type="checkbox"/> Average Heart Rate <input type="checkbox"/> RMSSD <input type="checkbox"/> SDNN <input type="checkbox"/> LF/HF Ratio
	C. Time Use Diary (TUD) By measurement: Please tick specific measurement needed: <input type="checkbox"/> Day <input type="checkbox"/> Time <input type="checkbox"/> Activity <input type="checkbox"/> Location <input type="checkbox"/> Accompanying Person <input type="checkbox"/> Mode of Transport <input type="checkbox"/> Enjoyment Rating <input type="checkbox"/> Time Spent on Phone, Tablet, & Computer Others: By activity: Please tick specific activity type needed: <input checked="" type="checkbox"/> 01 Personal Care (0100) <input type="checkbox"/> Sleeping (0101) <input type="checkbox"/> Grooming (0102) <input type="checkbox"/> Resting from illness/injury (0103) <input type="checkbox"/> Health-related self-care (e.g., rehabilitation exercises, meditation) (0104)* <input type="checkbox"/> 02 Household Activity (0200) <input type="checkbox"/> Cleaning/packing household/clean car/groom pet (0201) <input type="checkbox"/> Preparing food for household (e.g., cooking, buying groceries) (0202) <input type="checkbox"/> House admin (e.g., pay bills, maintenance) (0203)* <input type="checkbox"/> 03 Caring for & helping Household Members (0300) <input type="checkbox"/> Caring & helping of household child (0301) <input type="checkbox"/> Caring and helping of household adult (0302)* <input type="checkbox"/> Caring & helping of household older adult (0303)*	

	<input type="checkbox"/> 04 Caring for & helping Non-Household Members (0400)* <ul style="list-style-type: none"> <input type="checkbox"/> Caring & helping of child (0401)* <input type="checkbox"/> Caring and helping of adult (0402)* <input type="checkbox"/> Caring & helping of older adult (0403)* <input type="checkbox"/> 05 Work & Work-related Activities (0500) <ul style="list-style-type: none"> <input type="checkbox"/> Work outside (0501) <input type="checkbox"/> Work from home (0502) <input type="checkbox"/> Work assigned course (paid by company) (0503)* <input type="checkbox"/> 06 Education (0600) <ul style="list-style-type: none"> <input type="checkbox"/> Full-Time (0601) <input type="checkbox"/> Part-Time (includes upskilling) (0602) <input type="checkbox"/> Caregiving courses (0603)* <input type="checkbox"/> 07 Consumer Purchases (0700) <input type="checkbox"/> 08 Professional and Personal Care Services (0800)* <input type="checkbox"/> 09 Household Services (0900)* <input type="checkbox"/> 10 Government Services & Civic Obligations (1000)* <input type="checkbox"/> 11 Eating & Drinking (1100) <input type="checkbox"/> 12 Socialising, relaxing & leisure (1200) <input type="checkbox"/> 13 Sports, exercise & recreation (1300) <ul style="list-style-type: none"> <input type="checkbox"/> General fitness (1301) <input type="checkbox"/> Taking Exercise/training/sports/martial arts classes (1302)* <input type="checkbox"/> 14 Religious & Spiritual Activities (1400) <input type="checkbox"/> 15 Volunteer Activities (1500)* <input type="checkbox"/> 16 Telephone Calls (1600) <input type="checkbox"/> 18 Travelling (1800) <ul style="list-style-type: none"> <input type="checkbox"/> Public Transport (Bus/Train) (1801) <input type="checkbox"/> Public Transport (Taxi/Private Hire) (1802) <input type="checkbox"/> Private Transport (1803) <input type="checkbox"/> Walking (1804) <input type="checkbox"/> Cycling (1805) <input type="checkbox"/> Personal Mobility Device (PMD)/Other powered devices (1806) <p>Others*: <i>*If you have a specific activity of interest that is not listed in the above, do indicate it here for us to verify if we are able to provide the TUD data.</i></p>
	D. World Health Organisation (WHO) <ul style="list-style-type: none"> <input type="checkbox"/> Quality of Life (QOL) - BREF <input type="checkbox"/> Quality of Life (QOL) – KIDSCREEN
	E. Walsh <ul style="list-style-type: none"> <input type="checkbox"/> Walsh Family Resilience

*limited sample size

ⁱ Should you use the data for any publications, you agree to credit the following project team members as co-authors: Dr. Emily Ortega, Bryan Chan, Azriel Tay and Sabrina Tang.