

TAO Project Deliverable D 5.2

Survey among Elderly Beginners (Second Wave)

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Commented summary of the Review (incl. corrective action / date of the review)	
<p>Jonathan Bennett:</p> <p>Comments referring to formal matters:</p> <p>Section 2.2 does not really point out the connections to other deliverables, especially the one to D5.1 Several comments referring to specific details and specific suggestions for rephrasing certain sentences have been made directly in the document.</p> <p>Comments referring to content:</p> <p>Consider shortening chapter 4 drastically and moving its contents to an annex. It is not a crucial chapter for answering the research question and it takes up too much space.</p> <p>Be sure to indicate sources when referring to the different measurement instruments (see specific comments) and when referring to “commentators” (p. 39).</p> <p>Avoid stereotypes such as on p. 38 (seniors have more conservative lifestyles) or at least indicate your sources.</p> <p>Decide how you want to refer to your target group and stick to the same term (I recommend using “older adults” because it is a widely accepted term).</p> <p>When comparing mean values across time, no levels of significance are reported. Shouldn’t that be the case?</p> <p>It would be helpful to define what is meant by the often used term “the past” (in the method chapter). P. 39 refers to working hypotheses but no working hypotheses have been made explicit.</p> <p>Kirsten Haaland (2013-06-28):</p> <p>Mostly some language errors and a couple of comments in the text.</p>	

Corrective actions by Stijn Bannier (2013-06-28):

All comments, remarks and feedback have been properly addressed.

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Executive Summary

One aim of the TAO project is to find out how the Internet can help to improve the well-being and social inclusion of older adults. As a precondition for this, it must be known how older adults use the Internet and what effects, in their perception, it has on their social situation and well-being. To this end, the TAO project partners UNU-MERIT, BFH and ZAWiW have carried out a panel survey among persons aged 50 and above in order to identify Internet usage patterns and the impact the Internet has on the social situation and the well-being of this group. The time period between the two waves of the surveys had to be relatively short – in fact it was 12-14 months – given the overall project period of 36 months. This deliverable provides the results of the second wave of the survey. The results of the first wave have been published in D5.1.

Key aspects that were scrutinized in both waves are sociodemographics of the respondents, Internet usage patterns, the self-perceived well-being of the respondents, and the impact of the Internet use on well-being and social inclusion. The second wave also included specific questions that investigated some aspects and technologies (e.g. Skype) that were not included in the first wave. In these cases, the respondents were asked to estimate whether these aspects or the use of these technologies had changed compared to the past. In order to measure the well-being of the respondents, the survey applied the Mental Health Index-5 (Berwick et al., 1991; Friedman et al., 2005). For measuring the impact of the Internet on the social inclusion of the respondents, a subset of the Internet Consequences Scale (ICONS) was used, which is related to the Psychosocial Consequences Scale that is widely used in psychological studies (Clark & Frith, 2005).

The results reveal that between the two points in time there were only slight changes in the Internet usage patterns of the target group of the TAO project. Given the relatively short period of time between the two survey waves this is not surprising. Overall, we found indications that the Internet has neither positive nor negative consequences on the psychosocial situation of older adults. This is due to the fact that the Internet affects only a part of this situation and other factors of the social environment and the life style of individuals, particularly in this age group that did not grow up with the Internet, play a more prominent role in this regard. However, it is apparent that the Internet plays a vital role for broadening the social sphere of older adults. Overall, the results of our surveys suggest that this broadening process seems to be directed towards contacts with other people and more active usage of Web 2.0, while information capacities and the leisure opportunities (games etc.) the Internet provides seem to become less important over time.

1 Introduction

1.1 Overview of the Deliverable

After the introduction, we explain the purpose and background of this survey, followed by the methods and limitations of our research. Here we also elaborate the data and administration of the survey.

The analysis of the survey data starts off with a chapter discussing the internet access and devices that older adults use to access the internet. Furthermore we discuss our participants' well-being and social inclusion, internet use, their IT support, the IT courses they followed and their notion of the importance of the Internet for several online activities. We conclude with some multivariate analyses, a summary and conclusions. Our annexes include the socio-demographic analysis of the respondents and the questionnaire.

1.2 Connections to other Deliverables

All outcomes, data, administration, methods and limitations of the first wave of this survey can be found in TAO project deliverable 5.1. The second wave extends on the first wave that was conducted one year ago. Both deliverables study the impact of the Internet on the quality of life and social inclusion of seniors.

1.3 Value Added by the Project TAO

This is the second wave of a longitudinal study among elderly beginning users. This study consists of two waves in a one year interval, intended to measure the impact of selected methods for "mobilisation" and "inclusion & motivation" in TAO. Thus, the impact of the Internet on the quality of life and social inclusion of seniors, which is captured by this survey, is researched. The insights and know-how that have been generated will be used to get an overview of the use and practices of seniors online and their well-being and inclusion in the light of Internet use.

2 Purpose and Background of the Survey

The TAO onliner survey targeted Internet users at an age of 50 and above. The geographical scope covered the countries of the TAO consortium members, i.e. the Netherlands, Germany and Switzerland. The purpose of the survey was to get insight into Internet usage patterns and motivations and to assess how Internet usage in this age group of the so-called 'silver market' (Hedrick-Wong, 2006; Kohlbacher & Werkstatt, 2008) affects social inclusion and well-being. The second wave of this survey was conducted as an online survey between January 2013 and March 2013 in close collaboration between BFH, UNU-MERIT and ZAWiW. The target group was approached personally through e-mail, addressing respondents who indicated in the first wave that they were willing to be contacted again for a follow-up questionnaire. The purpose of the second wave was to get insight into possibly changing patterns of Internet usage and its causes and effects.

3 Methods & limitations

The second questionnaire also included new questions that emerged from the comments from the first wave, such as the question of how the participants access the Internet and whether or not they use the Internet for e-mail and Skype. Other new questions focused on support for problems of computer or Internet use and on training in this area (see Annex A).

3.1 Data

By May 2013, 803 respondents filled out the online questionnaire. We could match the data of 670 respondents. The unmatched data cover respondents that unfortunately did not enter their e-mail address or an e-mail address different from the one used in the first wave. The matched data are used for the analysis in this deliverable.

3.2 Administration

The second wave of the online survey was set up via the Web-Application ‘Survey Monkey’¹. Survey languages were Dutch and German. Due to subtle differences in the wording and differences in the educational systems two German versions were developed, with one for Germany and one for the German-speaking part of Switzerland.

All respondents were approached personally through e-mail in their own language, if they had indicated in the first wave that they were willing to be contacted again for a second wave, follow-up questionnaire.

3.3 Methods

As with the first wave, the questionnaire was developed by the use of different sources. It was intended to rely on well-known and tested questionnaires and instruments as far as possible. The sociodemographic questions were mainly taken from the European Social Survey (ESS) data set². The ESS is a regularly repeated survey which is being carried out in 30 European countries, including the Netherlands, Germany and Switzerland. Using ESS questions has several advantages:

- It allows for checking the representativeness of our survey.
- It facilitates the questions’ wording because one can use previously translated and tested questions in the different languages.
- It produces comparable results between the participating countries.

¹ www.surveymonkey.com

² www.europeansocialsurvey.org

The ESS questions allow for analysing data relating to the first of our main research goals, namely social inclusion.

To analyse the second research goal, namely well-being, we used a well-known and internationally widely administered instrument, 'Mental Health Index 5' (MHI-5) (Berwick et al., 1991). The MHI-5 is part of the SF-36 (Short Form 36), one of the most used Quality of Life-instruments in health sciences world-wide (Friedman et al., 2005). This instrument has been tested with elderly respondents and has revealed sufficient psychometric quality (Friedman et al., 2005). The MHI-5 has been validated as a screening instrument for depression of older adults, thus the results may hint at whether the respondents in our sample have a more positive or negative emotional state. Because the MHI-5 has previously been translated and tested in Dutch and German as part of the SF-36, there was no need for translation. In our sample, the scale's internal consistency (Cronbach's alpha) was good (0.8121).

Another instrument used is the Psychosocial Consequences Scale (PCS), an 18-item subscale of the Internet Consequences Scale (ICONS) (Clark & Frith, 2005). This scale covers possible psychosocial effects of Internet use, e.g., isolation, self-esteem and frequency of communication. The PCS has been translated and cognitively tested with elderly respondents. The internal consistency (Cronbach's alpha) was excellent in our sample (0.9018).

The questions on the Internet use were based on several questions and aspects of the Graphic, Visualization, & Usability Center's (GVU) WWW User Survey³, developed by Schlosser and Pirolli (n.y.).

The complete survey was cognitively pre-tested with two elderly respondents in Switzerland, while using a computer and Internet access with Survey Monkey. After testing, some minor amendments were implemented.

3.4 Limitations

A major limitation of the survey in general and of the second wave in particular is the selection of participants. Due to our self-selection recruitment, our participants turned out to be highly skilled and experienced in using the Internet and devices for accessing the web. In terms of sociodemographic variables, our sample is representative for the older generation in the three participating countries as our analyses of the first wave sample has shown. However, regarding the reported skills, our data revealed that most of the participants are much more independent and need only very few support

³ See, for instance, http://www.cc.gatech.edu/gvu/user_surveys/survey-1998-10/

which is usually provided by the seniors' communities. While this fact may account as a limitation for the current cohort of senior citizens, we assume that for those cohorts that enter this age group in future, this skills profile will become rather typical, seeing that for these cohorts the Internet is not as unfamiliar as for today's older generation. Nevertheless, this does not imply that there will be no issues of technology affinity and familiarity in the future, as the Internet itself is a dynamic technology, as demonstrated by the evolution from Web 1.0 to Web 2.0, Web 3.0 and Web 4.0. However, these future issues are impossible to foresee and capture in a current survey.

An important outcome of this limitation is the shortage of new Internet users in our samples. It would have been interesting to see whether new users could experience any major change in terms of quality of life and social inclusion. However, we cannot draw any conclusions on this issue.

4 Internet Access and Devices

One of the new questions for the participants in the second wave survey included a clarification of the devices used to access the internet. We asked our respondents to compare their use to the past, as before 2012.

The respondents pointed out that increasingly they are going online via mobile devices, such as a smartphone or laptop computer. One third of the respondents report daily online access through their smartphones (see Figure 1).

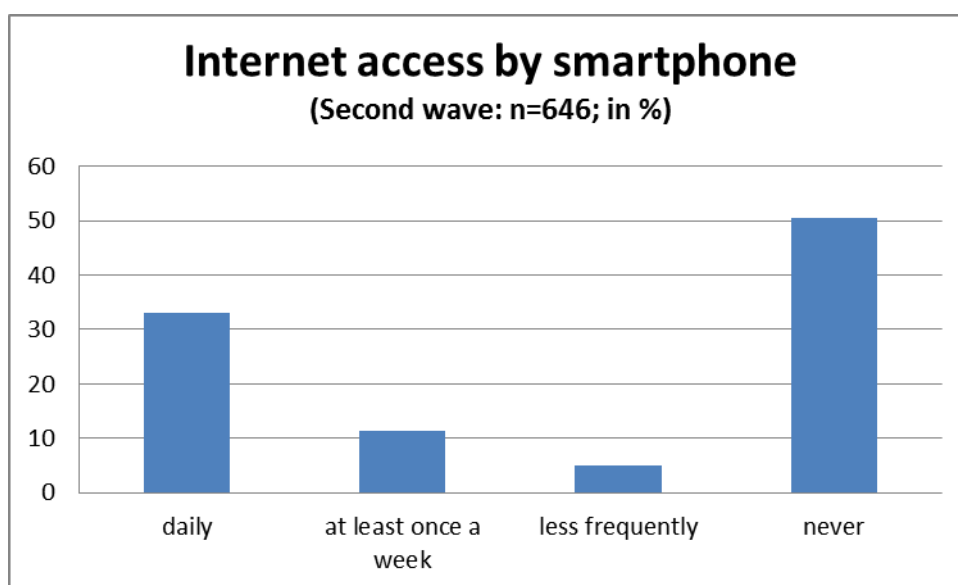


Figure 1: Internet access by smartphone

Within our survey group we see that almost one out of five is using the smartphone more often than before to get online (see Figure 2).

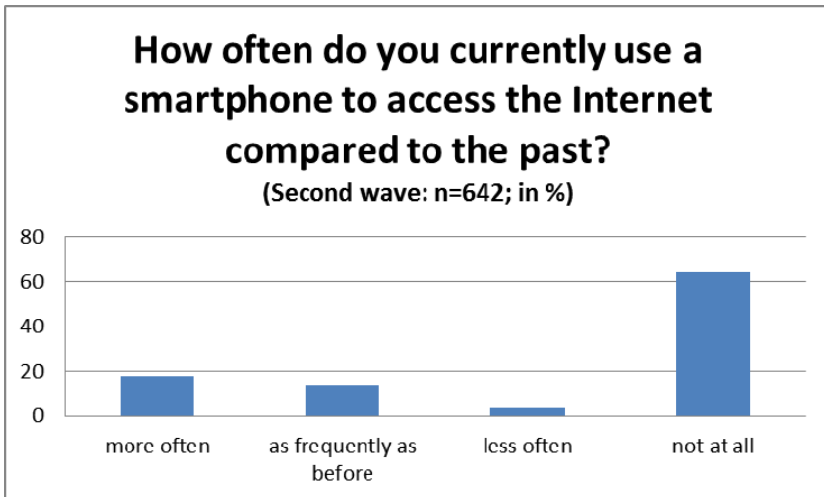


Figure 2: How often do you currently use a smartphone to access the Internet?

Almost 55% of the participants are using a laptop computer to go online on a daily basis (see Figure 3). 25% of respondents also indicated to be using a laptop computer more often and 45% to be using a laptop computer as frequently as before to go online, compared to before 2012 (see Figure 4).

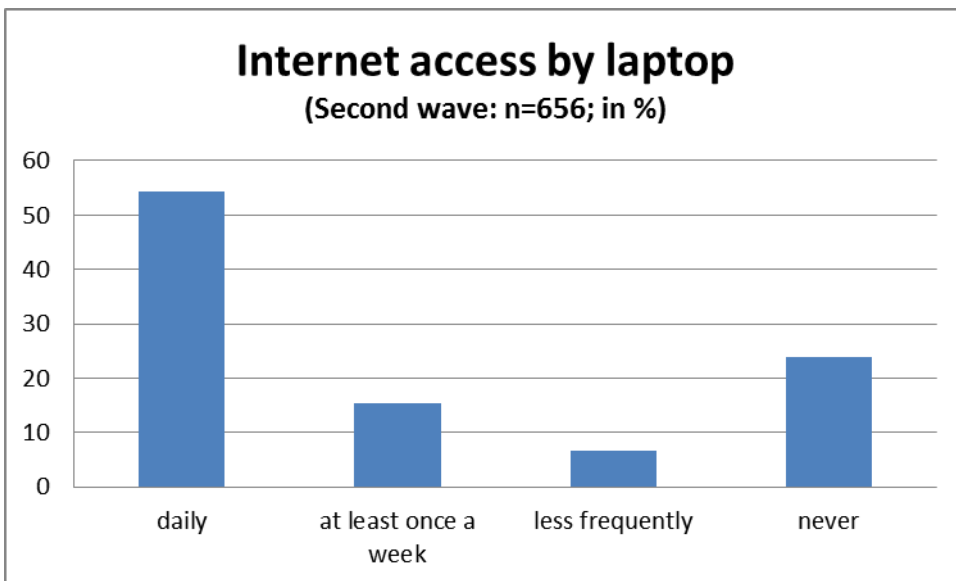


Figure 3: Internet access by laptop

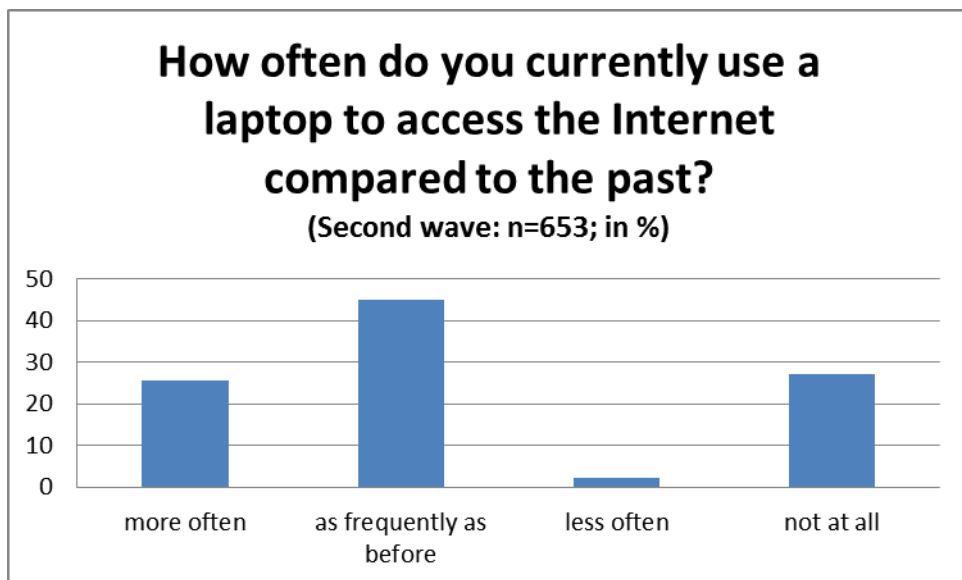


Figure 4: How often do you currently use a laptop to access the Internet?

5 Well-being and Social Inclusion

During the past year all respondents remained at the same high level of social inclusion. 66% are still meeting friends at least once a week (see Figure 5).

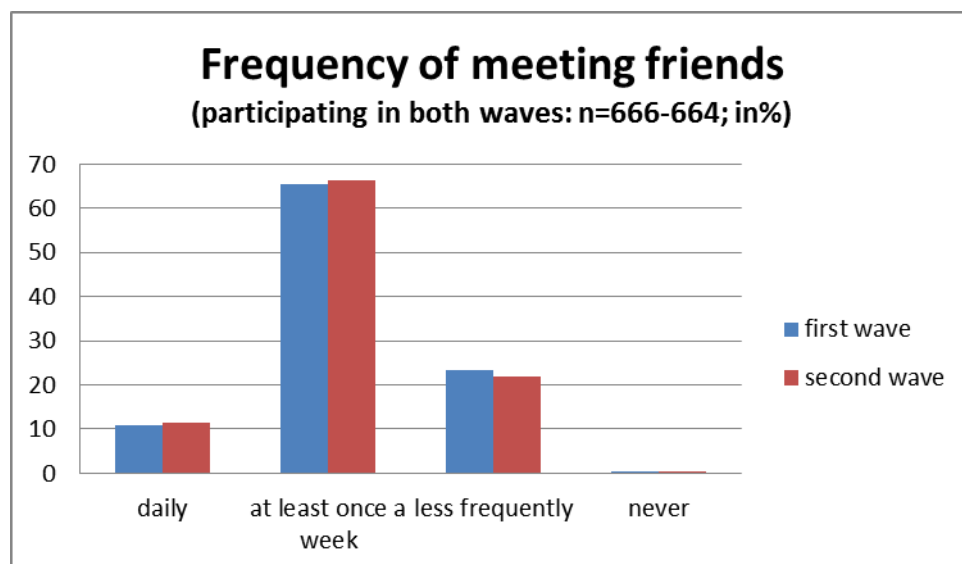


Figure 5: Meeting friends

Almost all respondents still have a person to share intimate or personal matters (see Figure 6).

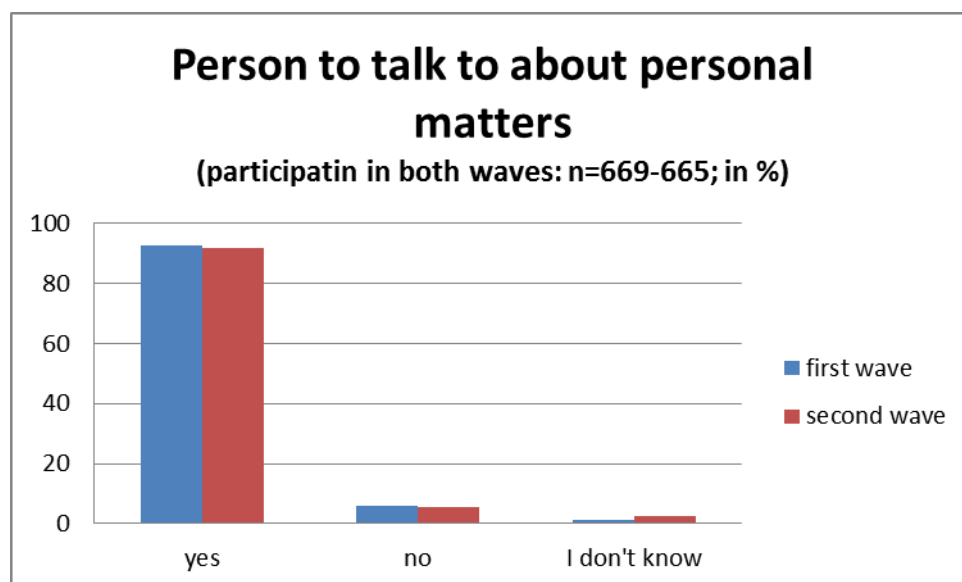


Figure 6: Person to talk to about personal matters

A bit over 40% of the participants believe they participate in social events and meetings as often as other people of the same age, 31.5% assume that they do so less often and another 25% believe that

they do so more often. Here we can see that a slightly higher percentage (4.2%) of the participants indicate that they meet friends about equally often as do other people, compared to the first wave. Though these changes are insignificant, we can also carefully argue that the perceived differences to other people seem to have diminished somewhat (see Figure 7).

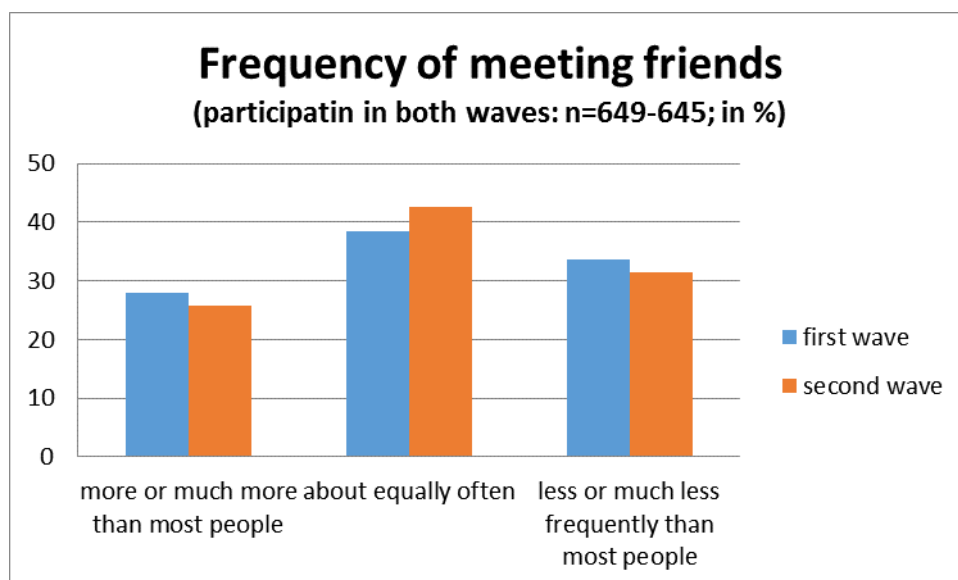


Figure 7: Frequency of meeting friends compared to most other people of the same age group

Engaging in clubs, associations and charities is also still a widespread activity among the respondents of all three countries, as 39% report that they do so at least once a week (- 2%) and another 22% at least once a month (+ 2%). As was already pointed out in the first wave analysis, this result may be an artifact caused by the selection of respondents, which was organized by associations and organizations of older adults (see Figure 8).

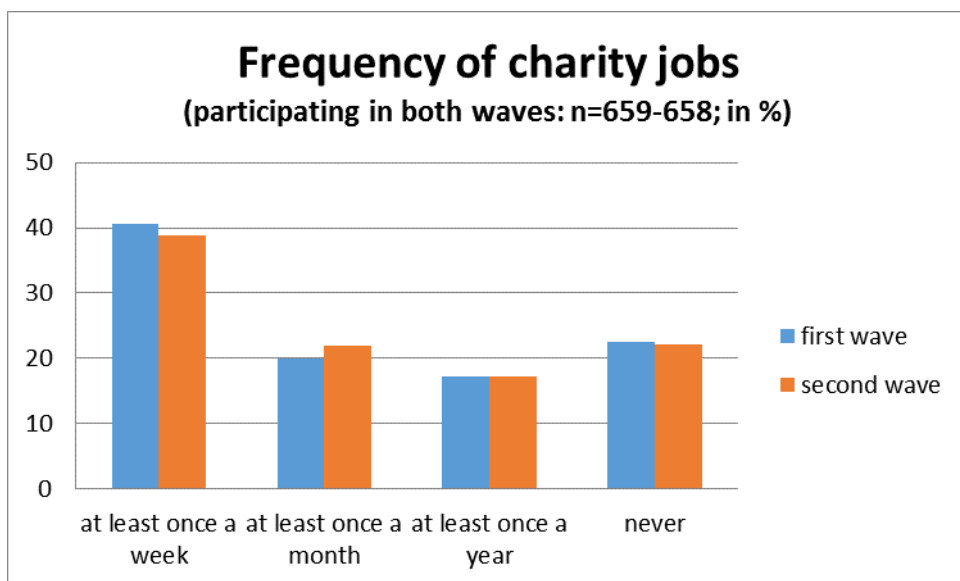


Figure 8: Frequency of charity jobs

The mental health index consists of five items which mainly cover emotional states (e.g., feeling happy or down or feeling nervous). In general, the sum score is again positively skewed. There is only very little variation between the two waves (see Table 1 and Table 2). Our second wave analysis reveals that the survey’s respondents are, on average, in good mental health (i.e. with a mean score around 20).

Respondents’ scores in the Mental Health Index			
(n=2406, CH=494, G=1589, NL=323)			
	Switzerland	Germany	The Netherlands
Mean	20.28	19.89	20.51
Median	21.00	20.00	21.00
Minimum	11	8	9
Maximum	25	25	25
Range	14	19	18

Table 1: Respondents’ scores in the Mental Health Index First Wave

MHI First - Second Wave			
		MHI 1st Wave	MHI 2nd Wave
N	Valid	599	632
	Missing	71	38
Mean		20,28	20,08
Median		21,00	21,00
Std. Deviation		2,768	2,880
Range		15	15
Minimum		10	10
Maximum		25	25

Table 2: Mental Health Index First and Second Wave

6 Internet use

In the following we consider a number of purposes that can be pursued by using the Internet and we demonstrate to what extent our participants have changed in their use of the Internet.

Retrieving information and reading news on the Internet is the most widespread activity among the respondents. There is a small tendency to do this less often on a daily basis, but more often at least once a week or less frequently (see Figure 9).

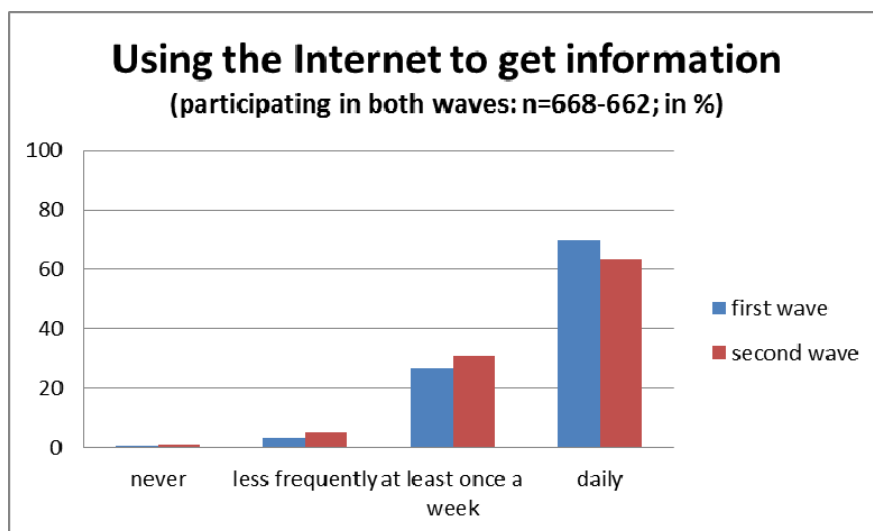


Figure 9: Using the Internet to get information

The use of the Internet for fun, e.g. through online games, is still performed daily or more than once a week by almost a third of the respondents. It appears that most of the participants are not using the Internet for pleasure at all or less often than once a week (see Figure 10). The number of these rare users even grew over the past year.

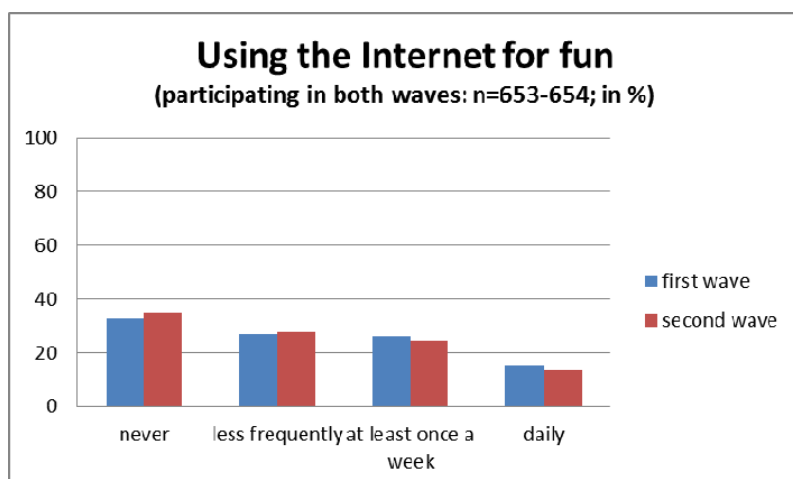


Figure 10: Using the Internet for fun

Shopping is pursued at least once a week or daily by only 17% of the respondents, without significant differences being observed between the two waves (see Figure 11).

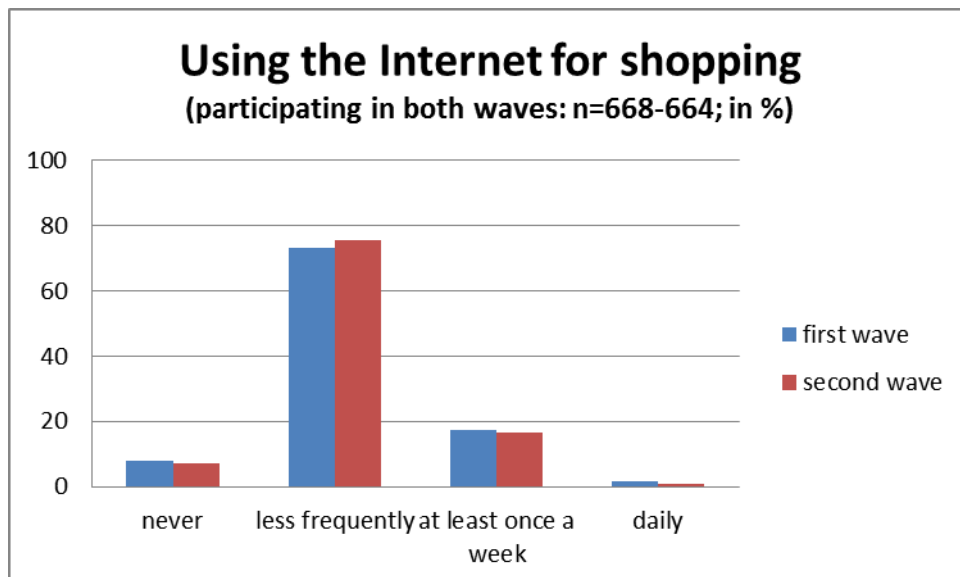


Figure 11: Using the Internet for shopping

Online banking is performed regularly (daily or once a week) by half of the respondents, whereas we can observe that the amount of online banking users decreased somewhat between the two waves (see Figure 12).

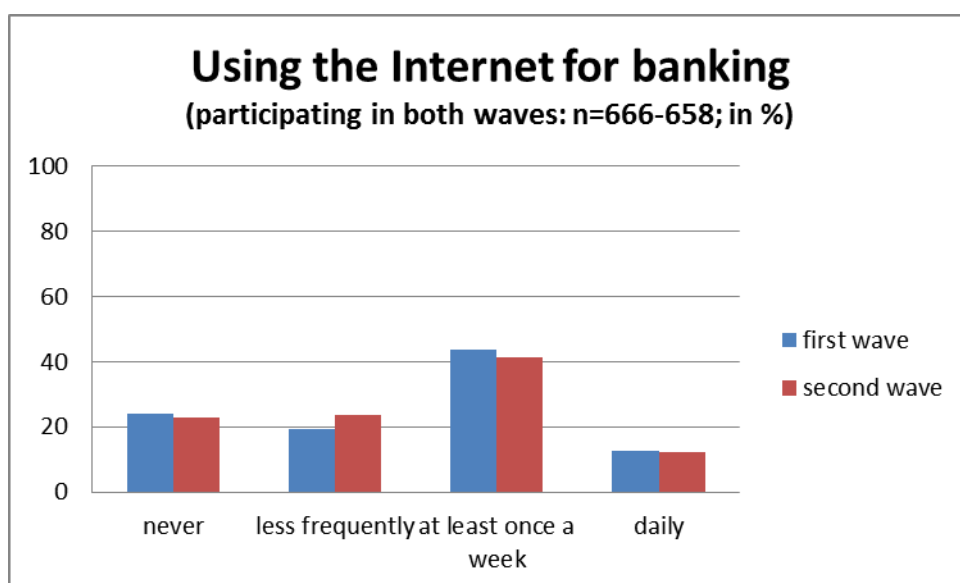


Figure 12: Using the Internet for banking

Wikipedia is used regularly by almost half of the respondents. The use has not changed much, but we can see a small trend towards increased usage (see Figure 13).

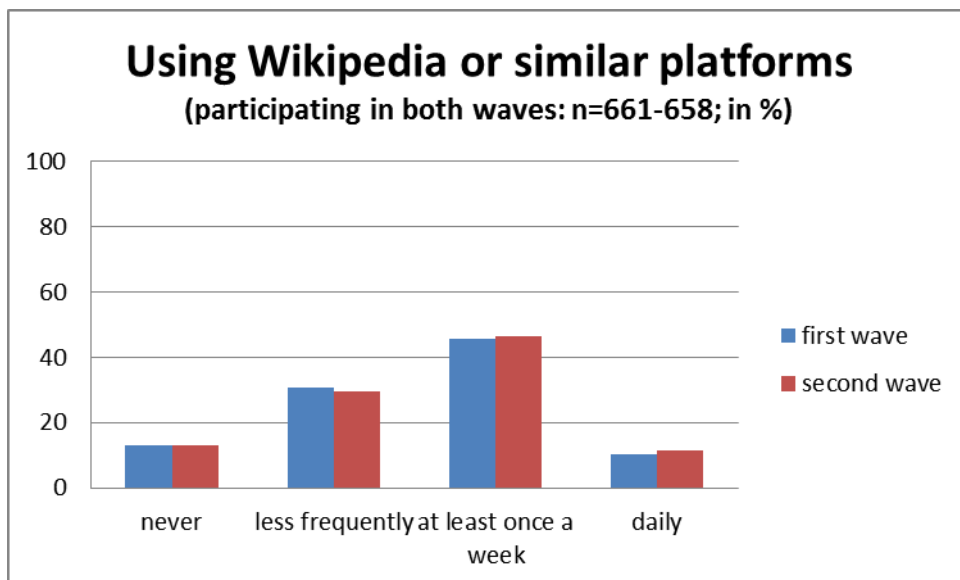


Figure 13: Wikipedia or similar platforms

As in the first wave, using Youtube regularly is reported as an activity by almost a third of the respondents (see Figure 14).

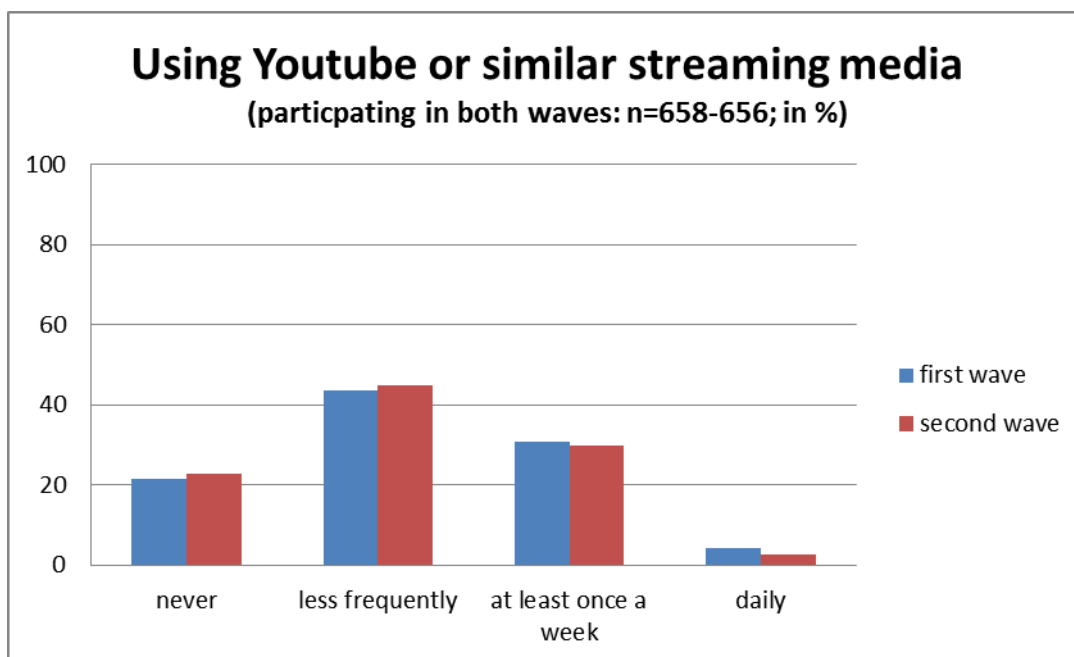


Figure 14: Using Youtube or similar streaming media

The use of Facebook or similar social networks stayed exactly the same as in the first wave, with still over 50% of the respondents reporting not to be engaging in any social network (see Figure 15).

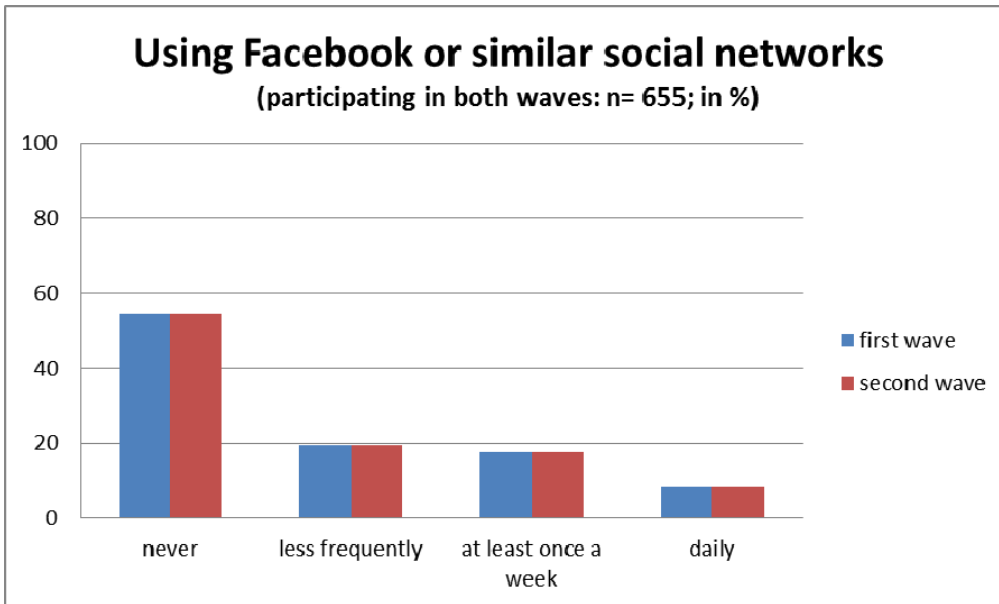


Figure 15: Using Facebook or similar social networks

When looking into more detail regarding the use of Wikipedia, Youtube and Facebook, almost all respondents still indicate that they are not engaging in the Web 2.0 possibilities of online creation, collaboration and participation. A small growth can be seen in commenting contents on Wikipedia (+ 1.1%), uploading to Youtube (+ 1.1%) and active use of Facebook (+ 6.8%) (see Figure 16).

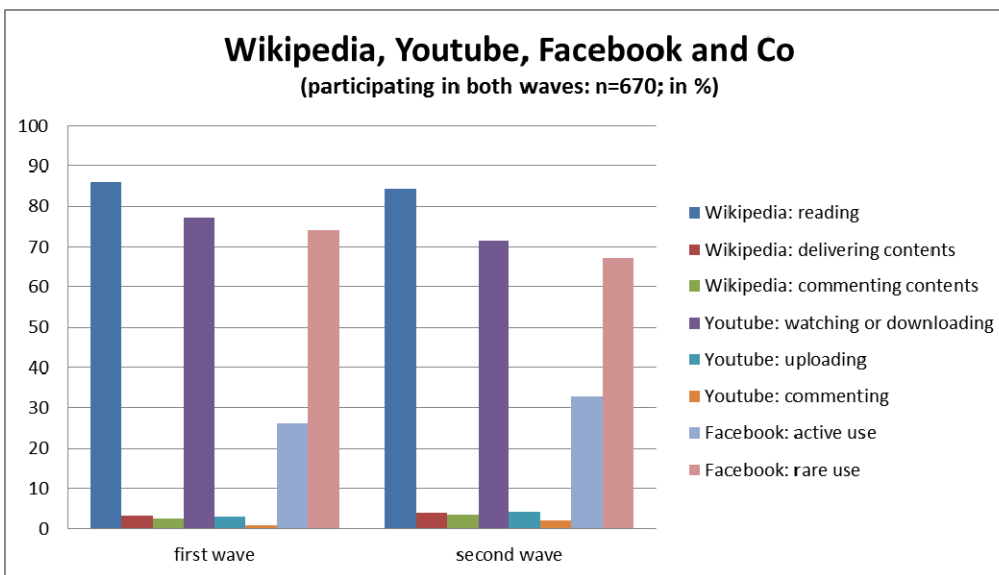


Figure 16: Use of Wikipedia, Youtube and Facebook

Like in wave 1, approximately 15% of the respondents have their own website on the Internet (see Figure 17).

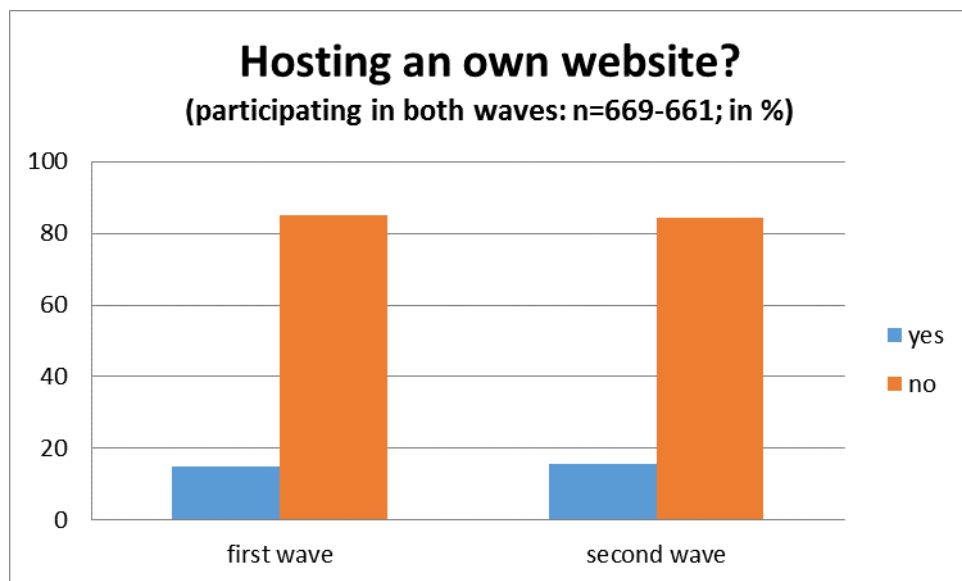


Figure 17: Hosting an own website

Some of the new second-wave-only questions addressed the use of the Internet for activities such as e-mail and Skype.

75% of our survey respondents use the Internet on a daily basis to check their e-mail (see Figure 18) and 76% indicated that this amount of Internet use for e-mailing is the same as in the past (see Figure 19).

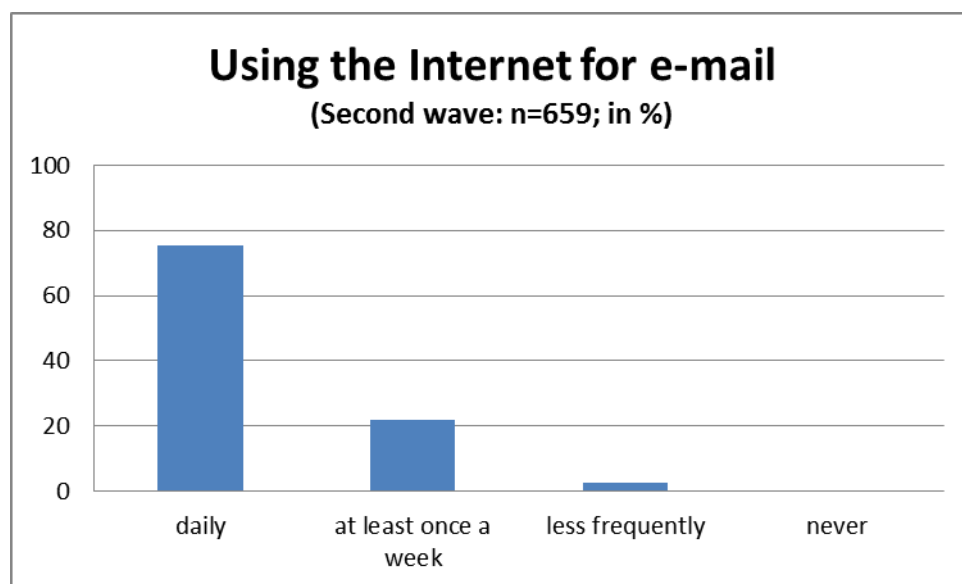


Figure 18: Using the Internet for e-mail

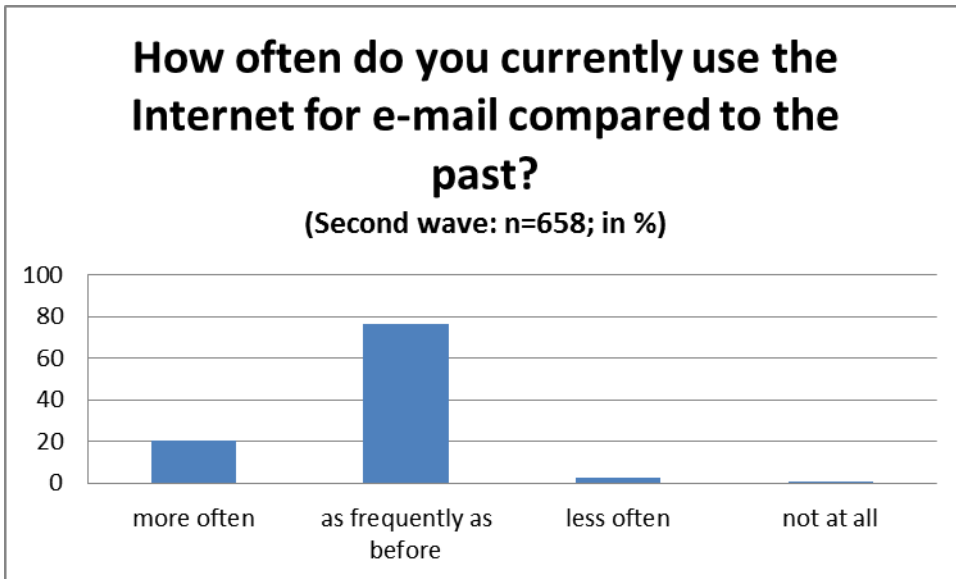


Figure 19: How often do you currently use the Internet for e-mail?

Almost half of the respondents never use Skype. Only 2.6% of the senior citizens that responded to our second wave survey use Skype on a daily basis. 12.9% and 35.7% use Skype at least once a week or less frequently, respectively (see Figure 20).

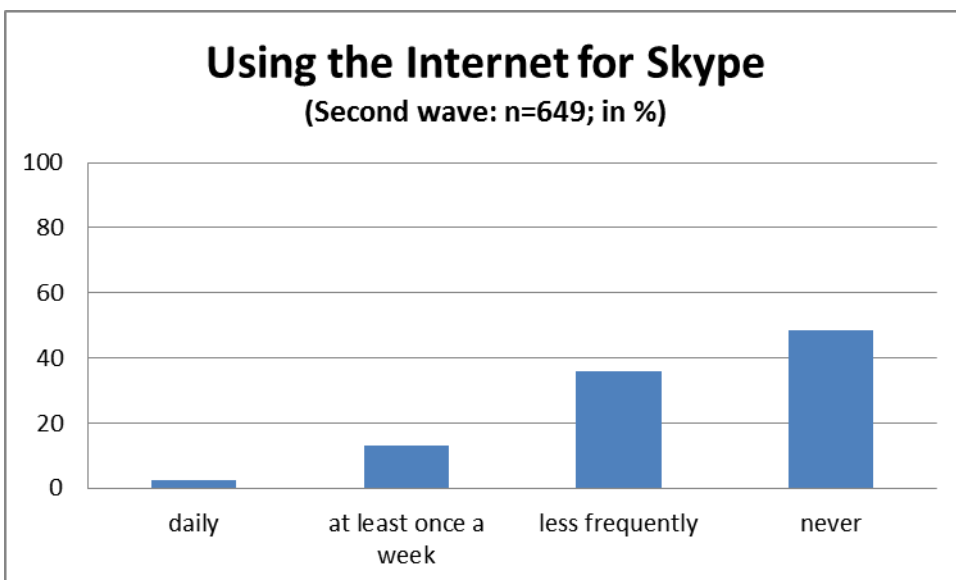


Figure 20: Using the Internet for Skype

One third of the survey participants declared to use Skype just as frequently (see Figure 21).

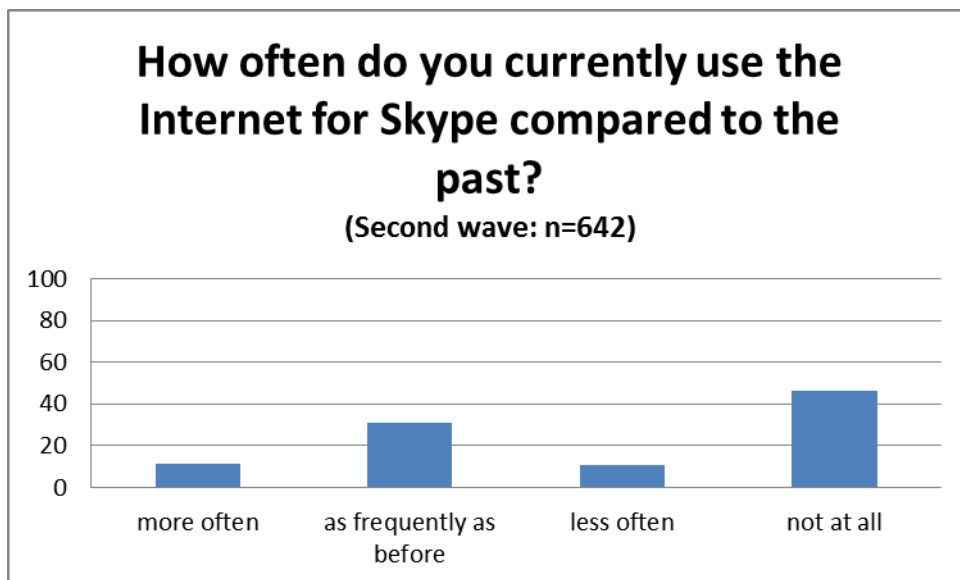


Figure 21: How often do you currently use the Internet for Skype?

7 IT Support & Courses

In the second wave we also asked about the way people sought support when dealing with IT (computer and internet related) problems.

More than a quarter of the participants (28.9%) indicated that they find solutions for their IT problems themselves. 25.4% and 19.6% go to their family members and their friends or acquaintances respectively to get support. The minority asks their partners, commercial suppliers or social networks for help (see Figure 29). Overall, this indicates a comparably high level of expertise and independence from commercial service providers within the age group of 50+.

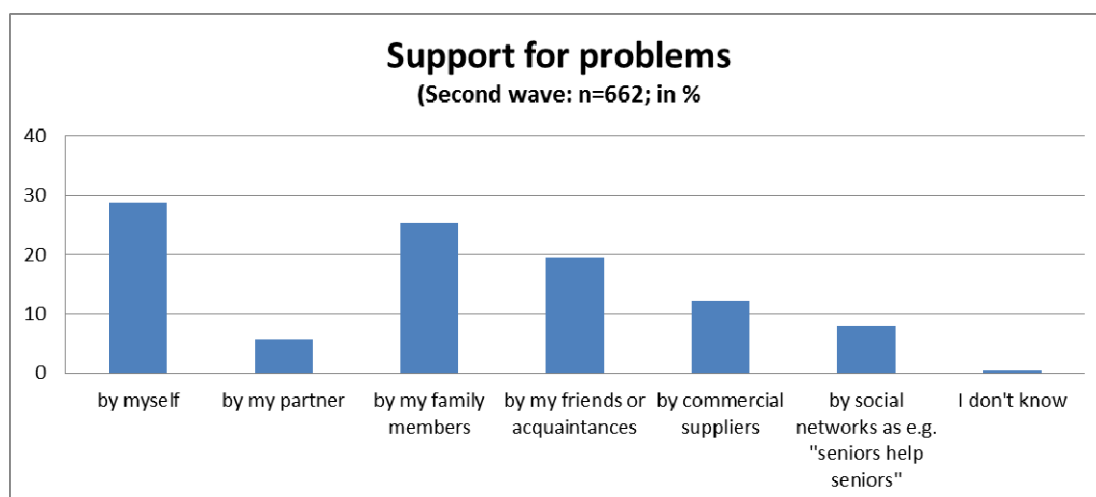


Figure 22: Support for problems

Despite the fact that most of the first wave – and thus second wave – participants were found through our community partners and other online senior networks and communities, which offer IT support through online and offline courses, only 15.8% of the respondents stated that they ever followed a PC or Internet course (see Figure 30).

Since many participants also indicated to solve IT related problems themselves, one can state that these respondents are expert senior ICT users.

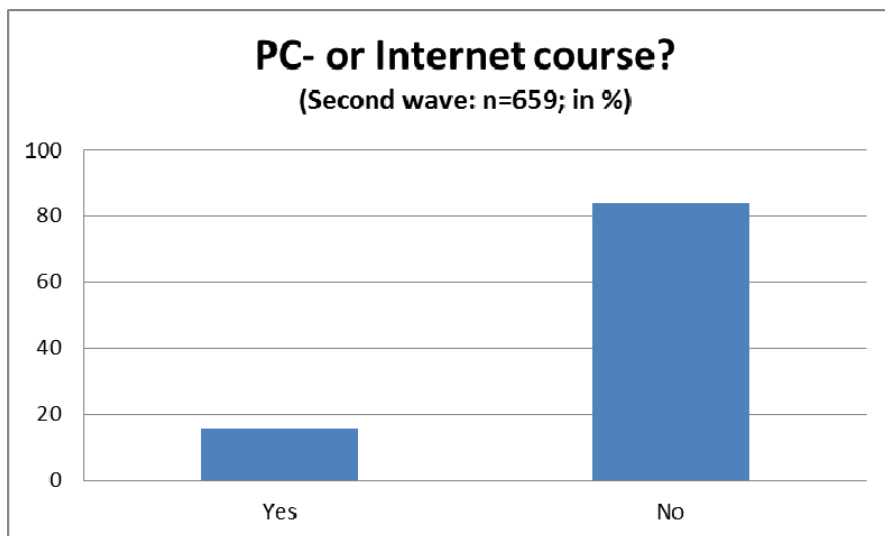


Figure 23: PC- or Internet course?

8 Importance of the Internet

In order to further investigate what purposes are behind the respondents' Internet usage they were asked to assess the importance of the Internet relating to a number of aspects that are relevant for well-being and social inclusion.

The first of these items is the importance of the Internet for staying in touch with friends, relatives and acquaintances. This is considered to be important or very important by more than 80% of the respondents. This importance even increased a little bit the past year (see Figure 24).

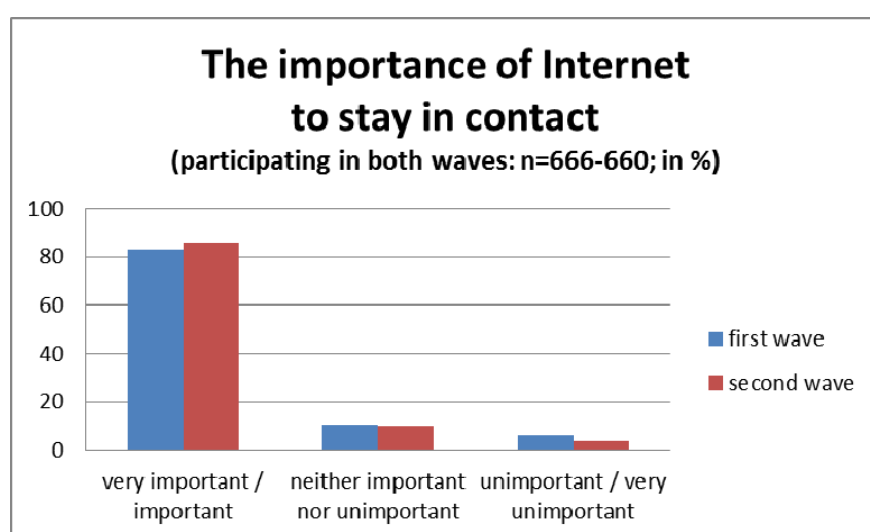


Figure 24: The importance of Internet to stay in contact

For over 60% the Internet is important to stay informed about ongoings in their region (see Figure 25).

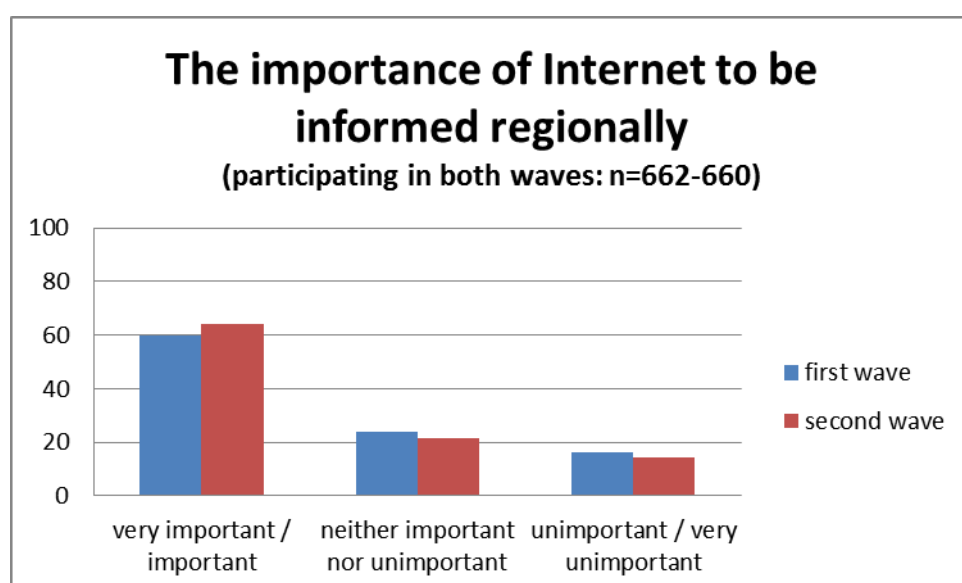


Figure 25: The importance of Internet to be informed regionally

The Internet provides an important means to stay informed about the ongoings in the world for almost 74% in total. Compared with the first wave the importance decreased a little bit (see Figure 26).

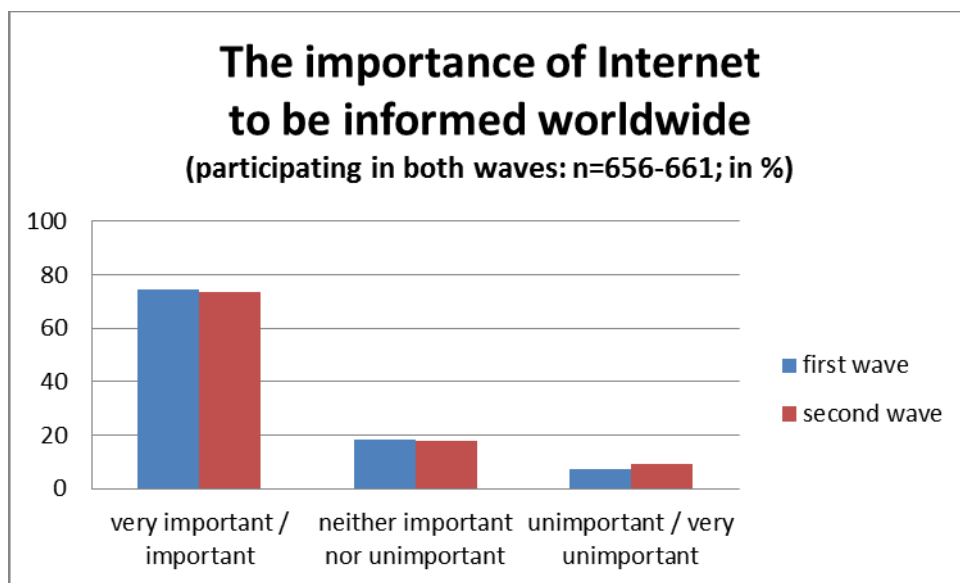


Figure 26: The importance of Internet to be informed worldwide

For approximately 56% of the respondents the Internet is important to take part in social life, which is also a percentage that increased a little bit (+ 3.5%) (see Figure 27).

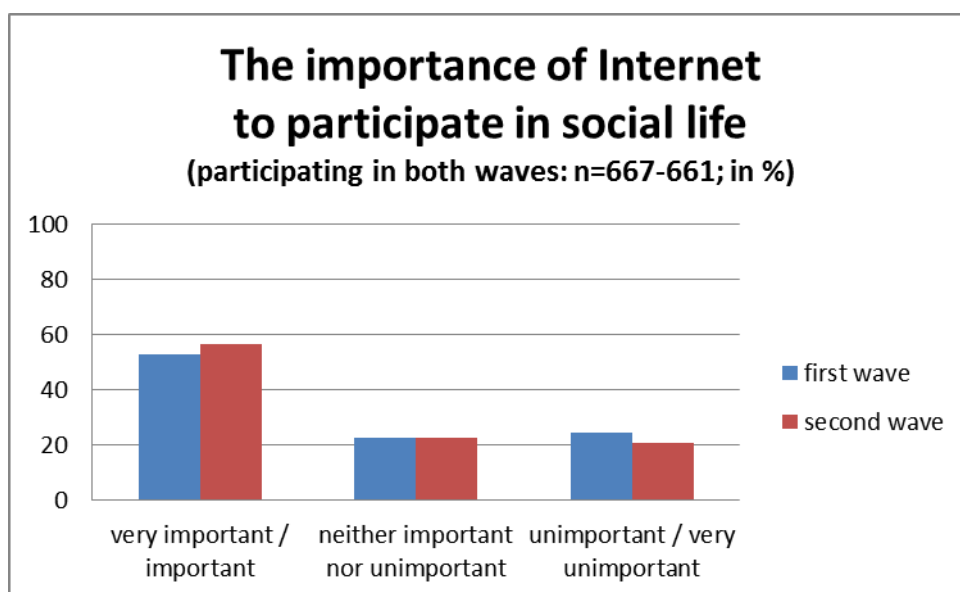


Figure 27: The importance of Internet to participate in social life

Almost 30% of the respondents indicated that the Internet is important for them in order to be informed about politics (see Figure 28).

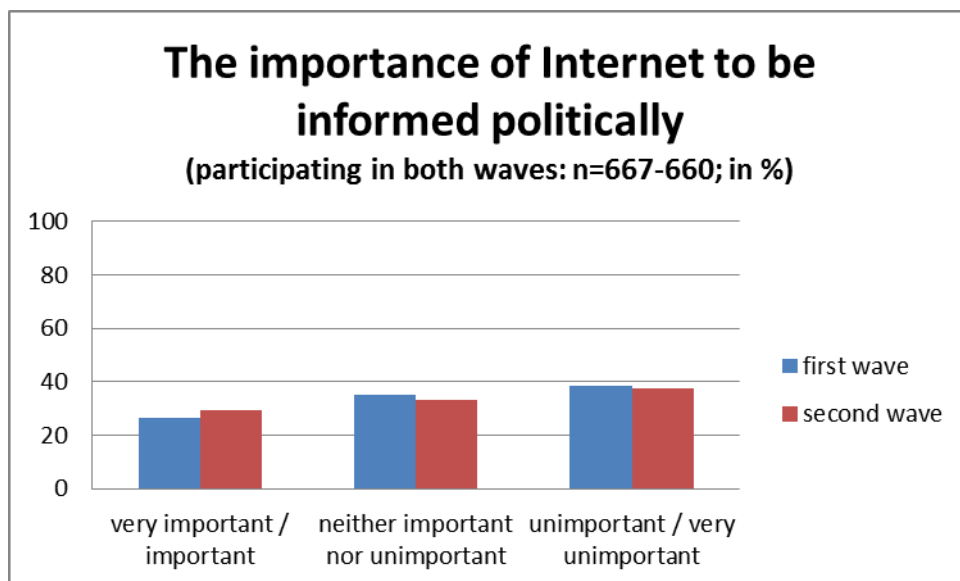


Figure 28: The importance of Internet to be informed politically

Comparing the first and the second wave surveys, it is interesting to see that over the past year more respondents considered the Internet as a very important or important means of information, with the exception of using the Internet to be informed about worldwide events.

Finally, we used the Psychosocial Consequences Scale (PCS) again (Clark & Frith, 2005). This subscale of the Internet Consequences Scale (ICONS; see methods section, page 11, for details) is able to measure the impact and the experiences of the Internet on the respondent (Clark & Frith, 2005). The PCS is a self-report scale. Each respondent was asked to assess how the following aspects of his life have changed (in terms of a decrease or increase, measured on a 5-point Likert scale) since he started using the Internet:

- Self-confidence
- Own value for friends
- Own value for family
- Number of friends
- Feeling isolated from friends
- Feeling isolated from family
- Overall frequency of communications with friends
- Overall frequency of communications with family
- Degree of respect received from friends
- Degree of respect received from family
- Ability to learn new skills
- Ability to find information in order to improve one's own physical and mental well-being
- Self-esteem

- Feeling of leading a happy life
- Quality of life
- Feeling connected to the world
- Number of instances feeling sad or depressed
- Number of instances feeling lonely

Given the 5-point Likert scale, the sum of the scores across the 18 items ranges between 18 and 90. Higher scores indicate that more positive psychosocial consequences are experienced. Overall, the ICONS score for all respondents is generally high, despite being lower than in the first wave. The average score for the first wave was 63.9 (standard deviation: 7,7), while the average score for the second wave is 59.4 (standard deviation: 5). On the other hand, the excesses are less pronounced. The range in the second wave decreased to 30 (coming from 50), with second wave minimum and maximum scores of respectively 48 and 78, compared to a minimum score of 40 and a maximum score of 90 in the first wave (see Table 3 and 4).

first wave		
ICON		
sum of all questions		
N	Valid	563
	Missing	107
Mean		63,88
Std. Error of Mean		,323
Median		62,00
Std. Deviation		7,658
Range		50
Minimum		40
Maximum		90

Table 3: First Wave Sum score ICONS

second wave		
ICON		
sum of all questions		
N	Valid	576
	Missing	94
Mean		59,40
Std. Error of Mean		,210
Median		58,00
Std. Deviation		5,040
Range		30
Minimum		48
Maximum		78

Table 4: Second Wave Sum score ICONS

9 Multivariate analyses

A main goal of the two wave study design was to analyse how changes in the Internet usage would affect seniors' quality of life and social inclusion. As the descriptive data have shown, we could not find any major changing patterns of Internet usage across the 12 to 14 months that were used as a timeframe to gather data. Neither did the Internet usage change significantly nor had the real life social inclusion changed within this year. The same is true for the quality of life as measured by the Mental Health Index-5.

Given this state of data, it could be predicted by experience that multivariate analyses would not succeed in identifying relevant patterns. However, we applied different regression models (regular, multilevel) with different dependent and independent variables and data formats (dichotomized, continuous). However, none of our analyses revealed any relevant results.

We also tried to predict quality of life (QOL) in wave two by Internet usage, controlled for several social items and quality of life at wave one. This, however, did not reveal any relation apart from QOL at wave one to remain a stable predictor of QOL at wave two, which is a well-known phenomenon in psychological research.

10 Summary and conclusions

The results of our second wave survey can be summarized as follows:

- The Internet usage of the participating seniors in our survey remained stable during the 12 months between measurement point 1 and measurement point 2.
- Real-life social inclusion patterns did not change significantly between the two survey waves, but the slight changes that could be observed suggest that for older adults the importance of information about ongoing things in the world and the Internet as a tool for pleasure (games etc.) decreases over time, while its importance for staying in touch with other people and social activities in Web 2.0 areas grows.
- Quality of life as measured by the Mental Health Index-5 remained stable on a very high level.
- The psychosocial consequences of Internet usage as measured by the Psychosocial Consequences Scale of the Internet Consequences Scale (ICONS) deteriorated significantly, though still remains on a comparable high level.

These results should be discussed methodologically and in terms of seniors' living situations. Methodologically, the 12 months time frame was possibly not sufficiently long to find any major changes either in the Internet usage or in terms of social inclusion. Another drawback was mentioned already in the limitations section (section 3.4), namely that we were unfortunately unsuccessful in recruiting enough beginning Internet users for the first wave to allow us to find any effects of Internet usage on other variables.

A more general issue relates to the differences of cross-sectional and longitudinal surveys, which are well-known in social and medical research. When conducting the cross-sectional analyses we found many associations between Internet usage and our main outcome variables, quality of life and social inclusion. Against our working hypotheses from D5.1, these associations did not turn out to be causal. In our sample, Internet usage and Web 2.0 usage as such do not lead to better outcomes in terms of quality of life and social inclusion. We can preliminarily conclude that the reason for this lies in processes of self-selection. In other words, the reason for the positive cross-sectional correlation between Internet usage and favorable outcomes could also be that persons with a higher quality of life and higher levels of social inclusion are more likely to be using the Internet. Certain seniors employ a given usage pattern due to their lifestyle and due to sociodemographic characteristics.

Besides methodological issues, one can conclude that the Internet has become an integral part of seniors' lives. Being on the Internet does not change anything in terms of real life, neither for the good nor for the bad. From this point of view, one can see Internet usage as a broadening of the social sphere. Being on the Internet, however, does not lead to negative consequences either, as some

commentators have assumed (Dickinson, 2006; Gilhooly et al., 2009; Hoogeboom et al., 2010; Xie, 2007).

We cannot explain with our data the slight, but significant, deterioration of scores in the Psychosocial Consequences Scale. One could hypothesize, however, that the public discussion about dangers on the Internet (privacy breaches, fraud etc.) had an impact on our participants. Overall, this two wave survey was an interesting study and proved to be useful getting insight into Internet usage patterns and motivations and to assess how Internet usage in this age group of the so-called 'silver market' affects social inclusion and well-being.

11 References

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Annex A: Socio-demographics

670 participants could be matched between the first and the second wave datasets. The socio-demographics are compared to the complete dataset of the first wave (see Figure 2, 3, 4 and 7) and to the answers the second wave respondents gave in the first wave (see Figure 1, 5 and 6). Overall, we can conclude that the matched sample of the second wave is mostly still in the same socio-demographic situation as during the first wave.

The share of Swiss respondents is 34% (228 respondents), the share of Dutch respondents is 13% (87 respondents), and the share of German respondents makes up 53% with 355 respondents (see Figure 1).

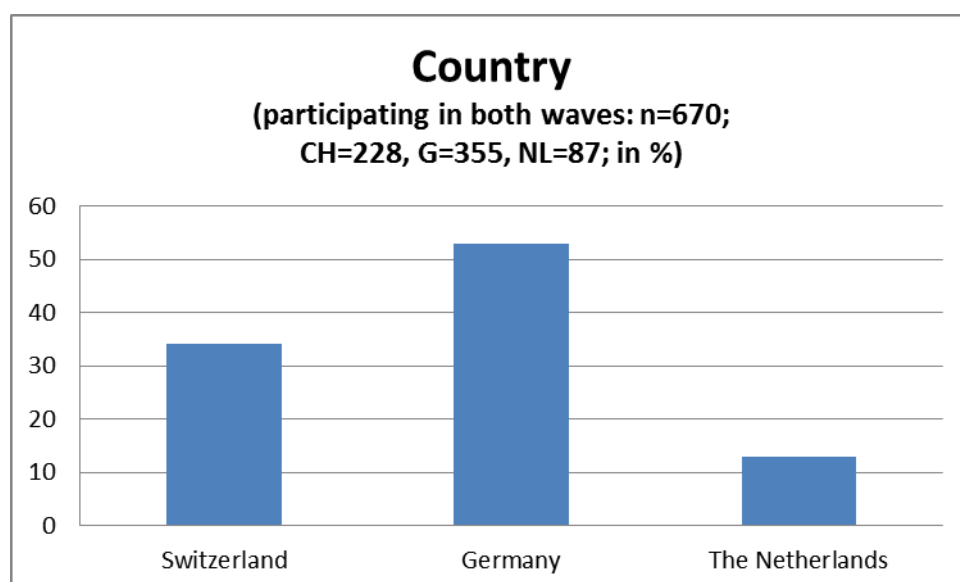


Figure 29: Participants by country

Since this survey was conducted 14 months after the first wave, the respondents are on average 70.2 years old, which is a bit older compared to the first wave. In the limited amount of respondents of the second wave, we can see that there is a less broad range between the minimum and maximum age of participants in the second wave (see Figure 2).

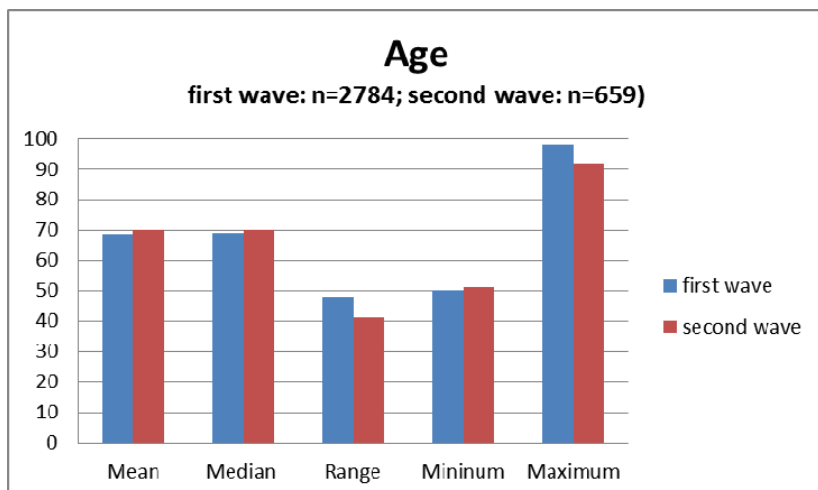


Figure 30: Age

In the second wave, a higher amount of male respondents, namely 65%, and less female respondents, 35%, replied. For the first wave, this was 60% male and 40% female, as was in the first wave (see Figure 3).

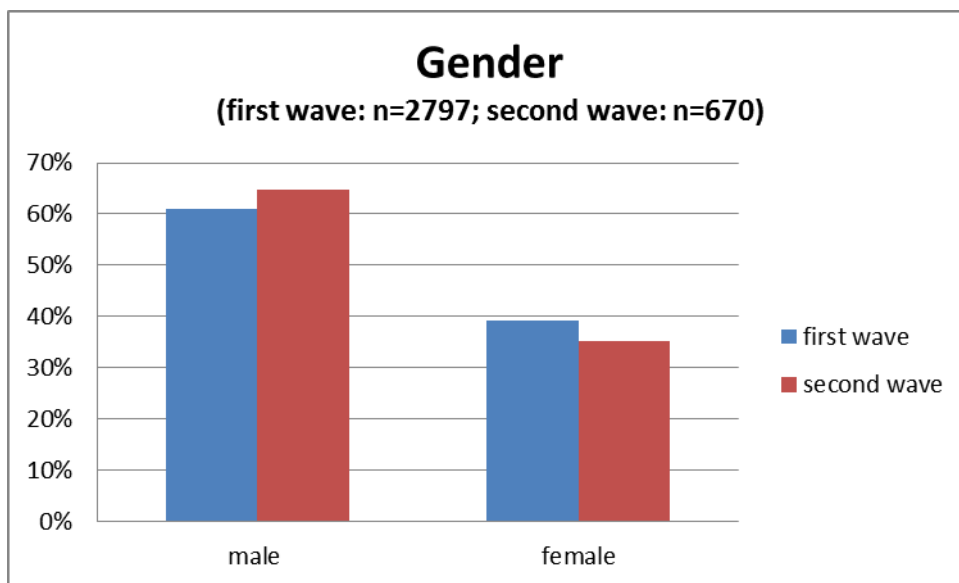


Figure 31: Gender

With regard to civil status, hardly any differences can be observed between the first and the second wave (see Figure 4).

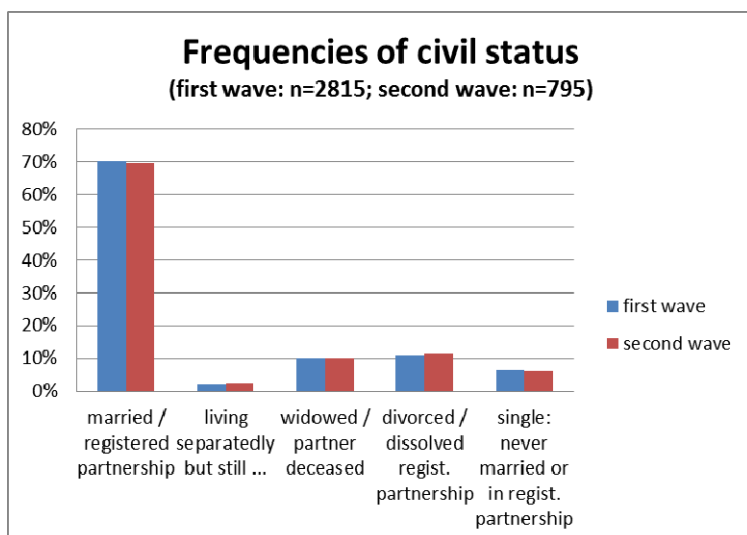


Figure 32: Frequencies of civil status

Over two thirds of the respondents still live in a two-person household (see Figure 5), roughly one quarter in a single household, and 6% live in a household with more than two persons.

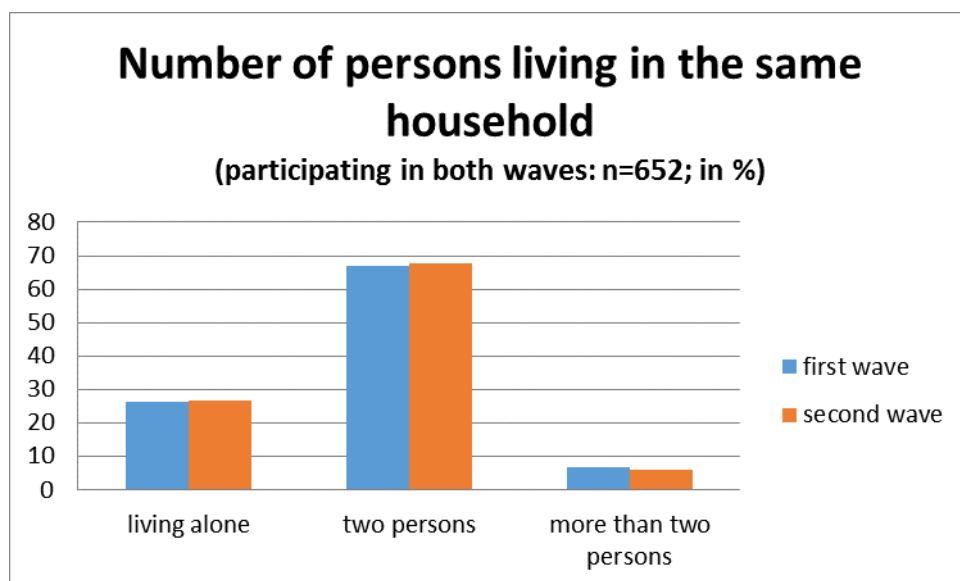


Figure 33: Number of persons living in the same household

As with the area where the respondents live, there is a small trend of moving out of either the city or a house in the countryside and start living in the suburbs or a town (see Figure 6).

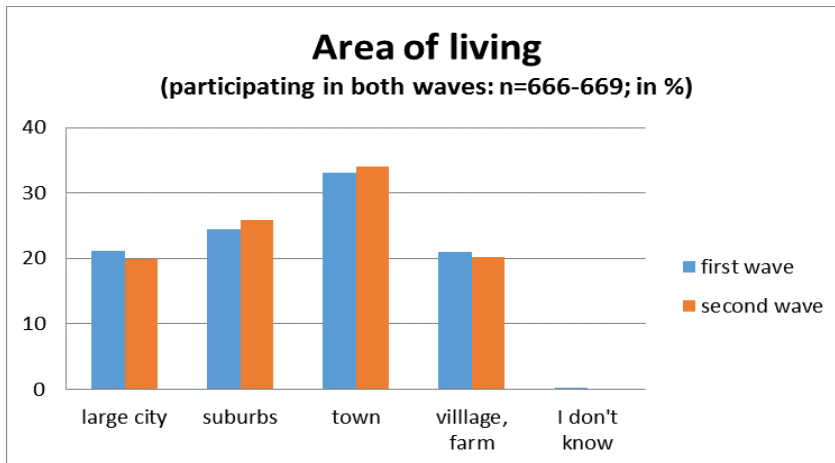


Figure 34: Area of living

If we compare the first wave respondents to the second wave respondents with regard to education level, we can also see that there are no significant differences, indicating that this sample of second wave participants is identical to the first wave sample of participants concerning education. This entails a high amount of respondents who finished secondary (50%) or tertiary level education (44%) (see Figure 7).

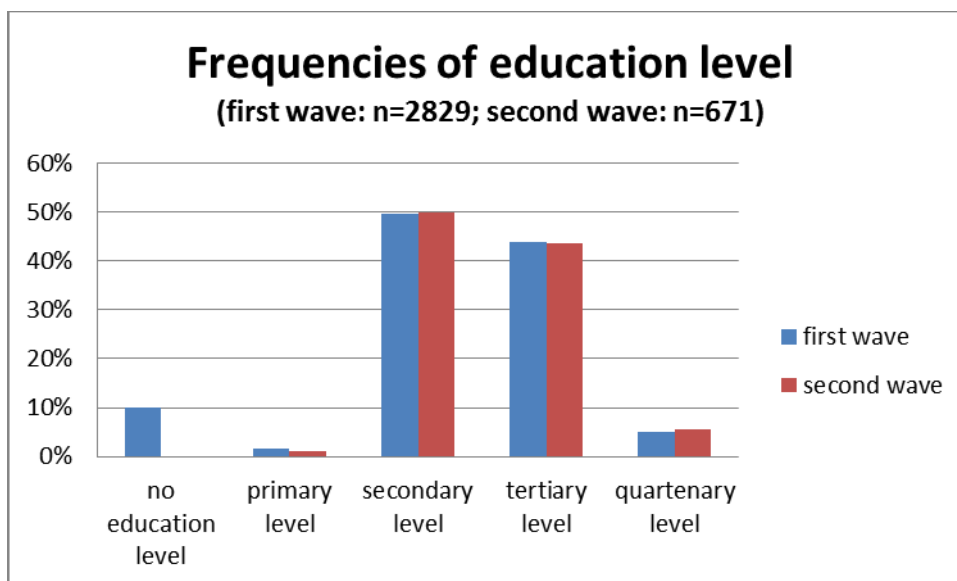


Figure 35: Frequencies of education level

Annex B: Questionnaire

Overview questions of the Onliner version Germany, Switzerland and Netherlands						
		Germany	Switzerland	Netherlands	English	Origin of the questions
Socio-demographic	Question	Haben Sie im letzten Winter an der ersten Befragung teilgenommen?	Haben Sie im letzten Winter an der ersten Befragung teilgenommen?	Heeft u de vorige winter aan de eerste enquête deelgenomen?	Did you participate at the first survey last winter?	Self-development
Socio-demographic	Question	Was beschreibt ihren gegenwärtigen Familienstand, bzw. ihre Partnerschaft am besten?	Welche der nachstehenden Kategorien beschreibt ihren gegenwärtigen Zivilstand, bzw. Ihre Partnerschaft am besten?	Wat is uw burgerlijke staat?	What is your current legal marital status?	adapted from EES round 4
Socio-demographic	Answer c.	Verheiratet	Verheiratet	Getrouwd	Married	ESS round 4
Socio-demographic		Eingetragene Lebenspartnerschaft	Registrierte Lebenspartnerschaft	Geregistreerd partnerschap	In a legal civil partnership	ESS round 4
Socio-demographic		Getrennt lebend (aber noch verheiratet)	Getrennt lebend (aber offiziell noch verheiratet)	Gescheiden van tafel en bed (volgens de wet nog steeds getrouwd)	Separated (still legally married)	ESS round 4
Socio-demographic		Getrennt lebend (aber noch bestehende eingetragene Lebenspartnerschaft)	Getrennt lebend (aber offiziell in registrierter Partnerschaft)	Gescheiden van tafel en bed (nog steeds een geregistreerd partnerschap)	Separated (still in a civil partnership)	ESS round 4
Socio-demographic						

Socio-demographic		Geschieden	Geschieden	Gescheiden na huwelijk	Divorced	ESS round 4
Socio-demographic		Verwitwet	Verwitwet	Weduwe of weduwnaar	Widowed	ESS round 4
Socio-demographic		Früher in eingetragener Lebenspartnerschaft, diese wurde aber aufgelöst	Aufgelöste registrierte Partnerschaft	Voorheen een geregistreerd partnerschap, nu ontbonden	Formerly in a civil partnership, now dissolved	ESS round 4
Socio-demographic		Früher in eingetragener Lebenspartnerschaft; Partnerin/Partner verstorben	Registrierte Partnerschaft, Partner/Partnerin verstorben	Voorheen een geregistreerd partnerschap, partner gestorven	Formerly in a civil partnership, partner died	ESS round 4
Socio-demographic		Ledig; nie verheiratet gewesen/nie in eingetragener Lebenspartnerschaft	Ledig; nie verheiratet gewesen/nie in registrierter Partnerschaft gelebt	Nooit getrouwd EN nooit een geregistreerd partnerschap gehad	Never married AND never in a civil partnership	ESS round 4
Socio-demographic		Weiß nicht	Weiss nicht	Ik weet het niet	I don't know	ESS round 4
Socio-demographic	Question	Wie viele Personen leben ständig in Ihrem Haushalt, Sie selbst eingeschlossen? Denken Sie dabei bitte auch an alle im Haushalt lebenden Kinder.	Wie viele Personen leben ständig in Ihrem Haushalt, Sie selbst eingeschlossen? Denken Sie dabei bitte auch an alle im Haushalt lebenden Kinder.	Hoeveel personen, inclusief kinderen en u zelf, maken deel uit van uw huishouden?	Including yourself, how many people - including children - live here regularly as members of this household?	ESS round 4
Socio-demographic	Answer c.	Range 1 to 15	Range 1 to 15	Range 1 to 15	Range 1 to 15	

Socio-demographic	Question	Was auf der folgenden Liste trifft für Sie persönlich am ehesten auf das Wohngebiet zu, in dem Sie leben?	Was auf der folgenden Liste trifft für Sie persönlich am ehesten auf das Wohngebiet zu, in dem Sie leben?	Welke omschrijving past volgens u het best bij de omgeving waar u woont?	Which phrase best describes the area where you live?	adapted from EES round 4
Socio-demographic	Answer c.	Großstadt	Großstadt	Een grote stad	A big city	ESS round 4
Socio-demographic		Vorort oder Randgebiet einer Großstadt	Aussenquartier oder Vorort einer Grossstadt	De voorsteden of buitenwijken van een grote stad	The suburbs or outskirts of a big city	ESS round 4
Socio-demographic		Stadt oder Kleinstadt	Mittel- oder Kleinstadt	Een kleine stad	A town or a small city	ESS round 4
Socio-demographic		Dorf oder Bauernhof oder Haus auf dem Land	Dorf oder Bauernhof oder Weiler	Een dorp of Een boerderij of woning op het platteland	A country village	combined in one question ESS round 4
Socio-demographic		Weiß nicht	Weiss nicht	Ik weet het niet	A farm or home in the countryside	ESS round 4
Social activities	Question	Wie oft treffen Sie sich mit Freunden, Bekannten, Verwandten oder privat mit Arbeitskollegen?	Wie oft treffen Sie sich mit Freunden, Bekannten, Verwandten oder privat mit Arbeitskollegen?	Hoe vaak ontmoet u vrienden, bekenden, familieleden of collega's (niet beroepsmatig)?	How often do you meet with friends, relatives, acquaintances or with colleagues from work in private?	?
Social activities	Answer c.	Täglich	Täglich	Elke dag	Every day	
Social activities		Mehrmals in der Woche	Mehrmals in der Woche	Meerdere keren per week	More than once a week	
Social activities		Einmal in der Woche	Einmal in der Woche	Eenmaal per week	Once a week	
Social activities		Mehrmals im Monat	Mehrmals im Monat	Meerdere keren per maand	More than once a month	

Social activities		Einmal im Monat	Einmal im Monat	Eenmaal per maand	Once a month	
Social activities		Weniger als einmal im Monat	Weniger als einmal im Monat	Minder dan een keer per maand	Less than once a month	
Social activities		Nie	Nie	Nooit	Never	
Social activities		Weiß nicht	Weiss nicht	Ik weet het niet	I don't know	
Social activities		Haben Sie jemanden, mit dem Sie über vertrauliche und persönliche Angelegenheiten reden können?	Haben Sie jemanden, mit dem Sie über vertrauliche und persönliche Angelegenheiten reden können?	Heeft u iemand met wie u intieme en persoonlijke kwesties kunt bespreken?	Do you have someone with whom you can talk about private affairs?	?
Social activities		Ja	Ja	Ja	Yes	
Social activities		Nein	Nein	Nee	No	
Social activities		Weiß nicht	Weiss nicht	I weet het niet	I don't know	
Social activities	Question	Wenn Sie sich mit Gleichaltrigen vergleichen, wie oft nehmen Sie an geselligen Ereignissen oder Treffen teil?	Wenn Sie sich mit Gleichaltrigen vergleichen, wie oft nehmen Sie an geselligen Ereignissen oder Treffen teil?	Hoe vaak neemt u, in vergelijking met andere mensen van uw leeftijd, deel aan sociale activiteiten?	Compared to other people of the same age as you: How often do you take part in convivial events or meetings?	?
Social activities	Answer c.	Viel häufiger als die meisten	Viel häufiger als die meisten	Veel meer dan de meesten	Much more frequent	
Social activities		Häufiger als die meisten	Häufiger als die meisten	Meer dan de meesten	More frequent	
Social activities		Ungefähr gleich oft	Ungefähr gleich oft	Ongeveer evenveel	Equally frequent	

Social activities		Seltener als die meisten	Seltener als die meisten	Minder dan de meesten	Less frequent	
Social activities		Viel seltener als die meisten	Viel seltener als die meisten	Veel minder dan de meesten	Much less frequent	
Social activities		Weiß nicht	Weiss nicht	Ik weet het niet	I don't know	
Social activities	Question	Wie oft waren Sie in den letzten 12 Monaten für Vereine, Verbände oder gemeinnützige Organisationen tätig?	Wie oft waren Sie in den letzten 12 Monaten für Vereine, Verbände oder gemeinnützige Organisationen tätig?	Hoe vaak bent u de afgelopen 12 maanden actief geweest voor clubs, verenigingen of goede doelenorganisaties?	During the past 12 months, how often have you been active for clubs, associations or non-profit organizations?	?
Social activities	Answer c.	Mindestens einmal die Woche	Mindestens einmal die Woche	Minstens eenmaal per week	At least once a week	
Social activities		Mindestens einmal pro Monat	Mindestens einmal pro Monat	Minstens eenmaal per maand	At least once a month	
Social activities		Mindestens einmal alle drei Monate	Mindestens einmal alle drei Monate	Minstens eenmaal per kwartaal (drie maanden)	At least once every 3 months	
Social activities		Mindestens einmal alle sechs Monate	Mindestens einmal alle sechs Monate	Minstens eenmaal per half jaar (zes maanden)	At least once every 6 months	
Social activities		Seltener als einmal in 6 Monaten	Seltener als einmal in 6 Monaten	Minder dan eenmaal per half jaar	Less than once every 6 months	
Social activities		Nie	Nie	Niet	Never	
Social activities		Weiß nicht	Weiss nicht	Ik weet het niet	I don't know	
		Wellbeing				
Social activities	Question	Wie oft haben Sie sich in den letzten vier Wochen ...	Wie oft haben Sie sich in den letzten vier Wochen ...	Hoe vaak ...	How much of the time, during the past month,	MHI5 from SF36

Social activities		... sehr nervös gefühlt?	... sehr nervös gefühlt?	...heeft u zich de afgelopen vier weken erg zenuwachtig gevoeld?	have you been a very nervous person?	MH15 from SF36
Social activities		... so niedergeschlagen oder verstimmt gefühlt, dass Sie nichts hat aufmuntern können?	... so niedergeschlagen oder verstimmt gefühlt, dass Sie nichts hat aufmuntern können?	...heeft u de afgelopen vier weken zo erg in de put gezeten, dat niets u kon opvrolijken?	did you feel so down in the dumps that nothing could cheer you up?	MH15 from SF36
Social activities		... ruhig, ausgeglichen und gelassen gefühlt?<	... ruhig, ausgeglichen und gelassen gefühlt?<	...heeft u zich de afgelopen vier weken kalm en rustig gevoeld?	have you felt calm and peaceful?	MH15 from SF36
Social activities		... entmutigt und deprimiert gefühlt?<	... entmutigt und deprimiert gefühlt?<	...heeft u zich de afgelopen vier weken neerslachtig en somber gevoeld?	have you felt downhearted and blue?	MH15 from SF36
Social activities		Und wie oft sind Sie in den letzten vier Wochen glücklich gewesen?	Und wie oft sind Sie in den letzten vier Wochen glücklich gewesen?	... heeft u zich de afgelopen vier weken gelukkig gevoeld?	were you a happy person?	MH15 from SF36
Social activities	Answer c.	immer	immer	altijd	all of the time	MH15 from SF36
Social activities		meistens	meistens	meestal	most of the time	MH15 from SF36
Social activities		manchmal	manchmal	soms	some of the time	MH15 from SF36
Social activities		selten	selten	zelden	less than half of the time	MH15 from SF36
Social activities		nie	nie	nooit	at no time	MH15 from SF36
Internet access						

Internet access		Betrachten Sie bitte einen typischen Monat des letzten Jahres. Bitte geben Sie an wie Sie ins Internet gelangen.	Betrachten Sie bitte einen typischen Monat des letzten Jahres. Bitte geben Sie an wie Sie ins Internet gelangen.	Als u een typische maand voorneemt van het afgelopen jaar, kunt u dan aangeven hoe u met het internet verbonden raakte?	If you take a typical month in the past year, please indicate how you got connected to the Internet?	Self-development
Internet access	Question	Internetzugang mittels Mobiltelefon (Smartphones wie z.B. iPhone)	Internetzugang mittels Mobiltelefon (Smartphones wie z.B. iPhone)	Internet via mobiele telefoons (smartphones zoals de iPhone)	Internet via mobile phones (smart phones like the iPhone)	Self-development
Internet access	Answer c.	Täglich	Täglich	Dagelijks	Daily	
Internet access		Öfters als einmal pro Woche	Öfters als einmal pro Woche	Vaker dan een keer per week	More than once a week	
Internet access		Zwei- bis dreimal pro Monat	Zwei- bis dreimal pro Monat	Twee tot drie keer per maand	Once a week	
Internet access		Ungefähr einmal pro Monat	Ungefähr einmal pro Monat	Ongeveer een keer per maand	2-3 times a month	
Internet access		Seltener als einmal pro Monat	Seltener als einmal pro Monat	Minder dan een keer per maand	Once a month	
Internet access		Nie	Nie	Nooit	Less than once a month	
Internet access		Ich bin nicht sicher, was damit gemeint is	Ich bin nicht sicher, was damit gemeint is	Ik weet niet zeker wat dit betekent	Never	
Internet access		Kenne ich nicht	Kenne ich nicht	Ken ik niet	I am not sure what is meant by this item	
Internet access		Weiß nicht	Weiss nicht	Weet ik niet	I don't know it	
Internet access		Subquestion	Wie häufig benutzen Sie	Wie häufig benutzen Sie	Hoe vaak gebruikt u nu	How often do you

		gegenwärtig im Vergleich zu früher (vor 2012) das Mobiltelefon um ins Internet zu gelangen?	gegenwärtig im Vergleich zu früher (vor 2012) das Mobiltelefon um ins Internet zu gelangen?	de mobiele telefoon voor toegang tot het internet in vergelijking met het verleden (vóór 2012)?	currently use the mobile phone to access the Internet compared with the past (before 2012)?	
Internet access	Answer c.	Häufiger	Häufiger	Vaker	More often	
Internet access		Gleich häufig	Gleich häufig	Even vaak	Equally often	
Internet access		Weniger häufig	Weniger häufig	Minder vaak	Less frequently	
Internet access		Gar nicht	Gar nicht	Helemaal niet	Not all all	
Internet access		Weiß nicht	Weiss nicht	Weet ik niet	I don't know it	
Internet access	Question	Internetzugang mittels mobilen Computern wie z.B. Tablets, Notebooks, Netbooks, Laptops, etc.)	Internetzugang mittels mobilen Computern wie z.B. Tablets, Notebooks, Netbooks, Laptops, etc.)	Internet met behulp van mobiele computers (zoals tablets, notebooks, netbooks, laptops, enz.)	Internet using mobile computers (such as tablets, notebooks, netbooks, laptops, etc.)	Self-development
Internet access	Answer c.	Täglich	Täglich	Dagelijks	Daily	
Internet access		Öfters als einmal pro Woche	Öfters als einmal pro Woche	Vaker dan een keer per week	More than once a week	
Internet access		Zwei- bis dreimal pro Monat	Zwei- bis dreimal pro Monat	Twee tot drie keer per maand	Once a week	
Internet access		Ungefähr einmal pro Monat	Ungefähr einmal pro Monat	Ongeveer een keer per maand	2-3 times a month	
Internet access		Seltener als einmal pro Monat	Seltener als einmal pro Monat	Minder dan een keer per maand	Once a month	
Internet access		Nie	Nie	Nooit	Less than once a month	

Internet access		Ich bin nicht sicher, was damit gemeint is	Ich bin nicht sicher, was damit gemeint is	Ik weet niet zeker wat dit betekent	Never	
Internet access		Kenne ich nicht	Kenne ich nicht	Ken ik niet	I am not sure what is meant by this item	
Internet access		Weiß nicht	Weiss nicht	Weet ik niet	I don't know it	
Internet access	Subquestion	Wie häufig benutzen Sie gegenwärtig im Vergleich zu früher (vor 2012) mobile Computer um ins Internet zu gelangen?	Wie häufig benutzen Sie gegenwärtig im Vergleich zu früher (vor 2012) mobile Computer um ins Internet zu gelangen?	Hoe vaak gebruikt u nu de mobiele computer voor toegang tot het internet in vergelijking met het verleden (vóór 2012)?	How often do you currently use the mobile computer to access the Internet compared with the past (before 2012)?	Self-development
Internet access	Answer c.	Häufiger	Häufiger	Vaker	More often	
Internet access		Gleich häufig	Gleich häufig	Even vaak	Equally often	
Internet access		Weniger häufig	Weniger häufig	Minder vaak	Less frequently	
Internet access		Gar nicht	Gar nicht	Helemaal niet	Not all all	
Internet access		Weiß nicht	Weiss nicht	Weet ik niet	I don't know it	
Internet		Bitte geben Sie an, wie oft Sie das Internet für jeden der folgenden Zwecke nutzen. Nennen Sie alles, was auf Sie zutrifft. Wenn Sie bei einer Aussage nicht sicher sind, was genau damit gemeint ist, kreuzen Sie bitte das entsprechende Kästchen an.	Bitte geben Sie an, wie oft Sie das Internet für jeden der folgenden Zwecke nutzen. Nennen Sie alles, was auf Sie zutrifft. Wenn Sie bei einer Aussage nicht sicher sind, was genau damit gemeint ist, kreuzen Sie bitte das entsprechende Kästchen an.	Hoe vaak gebruikt u het Internet gebruikt in een normale maand voor elk van de volgende activiteiten? Vink alles aan wat van toepassing is. Mocht u niet zeker weten wat bedoeld is met een categorie, dan kan dat ook aangegeven worden.	Please indicate how often you use the Internet for each of the following categories in a typical month. Check all that applies. If you are not sure what is meant by an item, please check the respective box.	

Internet	Question	Informations- /Nachrichtenbeschaffung (z.B. Websites von Zeitungen, Behörden, Interessengruppen, Ihren Hobbies, etc. lesen).	Informations- /Nachrichtenbeschaffung (z.B. Websites von Zeitungen, Behörden, Interessengruppen, Ihren Hobbies, etc. lesen).	Informatie verzamelen (bijv. websites lezen van kranten, gemeentes of over interesses, hobby's, enz.)	Gather information (e.g. reading websites of newspapers, public authorities, interest groups, your hobbies etc.)	
Internet	Answer c.	Täglich	Täglich	Elke dag	Every day	
Internet		Öfter als einmal pro Woche	Öfter als einmal pro Woche	Meerdere keren per week	More than once a week	
Internet		Einmal pro Woche	Einmal pro Woche	Eenmaal per week	Once a week	
Internet		Zwei- bis dreimal pro Monat	Zwei- bis dreimal pro Monat	Twee-drie keer per maand	2-3 times a month	
Internet		Ungefähr einmal pro Monat	Ungefähr einmal pro Monat	Eenmaal per maand	Once a month	
Internet		Seltener als einmal pro Monat	Seltener als einmal pro Monat	Minder dan één keer per maand	Less than once a month	
Internet		Nie	Nie	Nooit	Never	
Internet		Ich bin nicht sicher, was damit gemeint ist	Ich bin nicht sicher, was damit gemeint ist	Ik begrijp niet wat hiermee bedoeld wordt	I am not sure what is meant by this item	
Internet		Kenne ich nicht	Kenne ich nicht	Ken ik niet	I don't know it	
Internet		Weiß nicht	Weiss nicht	Ik weet het niet	I don't know	
Internet	Question	Unterhaltung und Entspannung (z.B. Online-Spiele, etc.)	Unterhaltung und Entspannung (z.B. Online-Spiele, etc.)	Vermaak en ontspanning (bijv. online spelletjes, etc.)	Games and entertainment	Self-development
Internet	Answer c.	Täglich	Täglich	Elke dag	Every day	
Internet		Öfter als einmal pro Woche	Öfter als einmal pro Woche	Meerdere keren per week	More than once a week	

Internet		Einmal pro Woche	Einmal pro Woche	Eenmaal per week	Once a week	
Internet		Zwei- bis dreimal pro Monat	Zwei- bis dreimal pro Monat	Twee-drie keer per maand	2-3 times a month	
Internet		Ungefähr einmal pro Monat	Ungefähr einmal pro Monat	Eenmaal per maand	Once a month	
Internet		Seltener als einmal pro Monat	Seltener als einmal pro Monat	Minder dan één keer per maand	Less than once a month	
Internet		Nie	Nie	Nooit	Never	
Internet		Ich bin nicht sicher, was damit gemeint ist	Ich bin nicht sicher, was damit gemeint ist	Ik begrijp niet wat hiermee bedoeld wordt	I am not sure what is meant by this item	
Internet		Kenne ich nicht	Kenne ich nicht	Ken ik niet	I don't know it	
Internet		Weiß nicht	Weiss nicht	Ik weet het niet	I don't know	
Internet	Question	Einkauf (z.B. Bestellen von Büchern, Musik, Videos, Kleidung, Möbeln etc. oder Buchen von Reisen, Konzertkarten, Kinokarten etc. über die Website eines Online Shops oder eines Veranstalters)	Einkauf (z.B. Bestellen von Büchern, Musik, Videos, Kleidung, Möbeln etc. oder Buchen von Reisen, Konzertkarten, Kinokarten etc. über die Website eines Online Shops oder eines Veranstalters)	Winkelen (bijv. boeken, muziek, films, kleding of meubels bestellen, reizen, filmkaartjes of concerttickets bestellen via een website)	Shopping (e.g. ordering books, music, videos, clothes, furniture etc. or book travels, concert tickets, cinema tickets etc. via the website of an online vendor or of the promoter of an event)	Self-development
Internet	Answer c.	Täglich	Täglich	Elke dag	Every day	
Internet		Öfter als einmal pro Woche	Öfter als einmal pro Woche	Meerdere keren per week	More than once a week	
Internet		Einmal pro Woche	Einmal pro Woche	Eenmaal per week	Once a week	
Internet		Zwei- bis dreimal pro Monat	Zwei- bis dreimal pro Monat	Twee-drie keer per maand	2-3 times a month	

Internet		Ungefähr einmal pro Monat	Ungefähr einmal pro Monat	Eenmaal per maand	Once a month	
Internet		Seltener als einmal pro Monat	Seltener als einmal pro Monat	Minder dan één keer per maand	Less than once a month	
Internet		Nie	Nie	Nooit	Never	
Internet		Ich bin nicht sicher, was damit gemeint ist	Ich bin nicht sicher, was damit gemeint ist	Ik begrijp niet wat hiermee bedoeld wordt	I am not sure what is meant by this item	
Internet		Kenne ich nicht	Kenne ich nicht	Ken ik niet	I don't know it	
Internet		Weiß nicht	Weiss nicht	Ik weet het niet	I don't know	
Internet	Question	Online Banking (z.B. Überprüfen Ihres Bank-Kontos, Geldüberweisungen etc. über das Online-Portal Ihrer Bank)	Online Banking (z.B. Überprüfen Ihres Bank-Kontos, Geldüberweisungen etc. über das Online-Portal Ihrer Bank)	Internetbankieren (bijv. uw saldo bekijken, rekeningen betalen of geld overmaken naar een rekening)	Online banking (e.g. check your bank account, transfer money from your to another bank account etc. via the online portal of your bank)	Self-development
Internet	Answer c.	Täglich	Täglich	Elke dag	Every day	
Internet		Öfter als einmal pro Woche	Öfter als einmal pro Woche	Meerdere keren per week	More than once a week	
Internet		Einmal pro Woche	Einmal pro Woche	Eenmaal per week	Once a week	
Internet		Zwei- bis dreimal pro Monat	Zwei- bis dreimal pro Monat	Twee-drie keer per maand	2-3 times a month	
Internet		Ungefähr einmal pro Monat	Ungefähr einmal pro Monat	Eenmaal per maand	Once a month	
Internet		Seltener als einmal pro Monat	Seltener als einmal pro Monat	Minder dan één keer per maand	Less than once a month	
Internet		Nie	Nie	Nooit	Never	

Internet		Ich bin nicht sicher, was damit gemeint ist	Ich bin nicht sicher, was damit gemeint ist	Ik begrijp niet wat hiermee bedoeld wordt	I am not sure what is meant by this item	
Internet		Kenne ich nicht	Kenne ich nicht	Ken ik niet	I don't know it	
Internet		Weiß nicht	Weiss nicht	Ik weet het niet	I don't know	
Internet	Question	Nutzung von Online-Zugängen zur Öffentlichen Verwaltung (z.B. Termine bei Behörden ausmachen, Ausfüllen von Online-Formularen einer Behörde (beispielsweise Steuererklärung), Einreichen von Beschwerden oder Vorschlägen bei einer Behörde)	Nutzung von Online-Zugängen zur Öffentlichen Verwaltung (z.B. Termine bei Behörden ausmachen, Ausfüllen von Online-Formularen einer Behörde (beispielsweise Steuererklärung), Einreichen von Beschwerden oder Vorschlägen bei einer Behörde)	Overheidsdiensten gebruiken (bijv. afspraken maken bij het gemeenteloket, online belastingzaken afhandelen of klachten bij en suggesties voor een overheidsdienst doorsturen)	Using public services (e.g. ask for appointments at a public authority, fill in online forms of a public authority (like a tax declaration), sending complaints or suggestions to a public authority)	Self-development
Internet	Answer c.	Täglich	Täglich	Elke dag	Every day	
Internet		Öfter als einmal pro Woche	Öfter als einmal pro Woche	Meerdere keren per week	More than once a week	
Internet		Einmal pro Woche	Einmal pro Woche	Eenmaal per week	Once a week	
Internet		Zwei- bis dreimal pro Monat	Zwei- bis dreimal pro Monat	Twee-drie keer per maand	2-3 times a month	
Internet		Ungefähr einmal pro Monat	Ungefähr einmal pro Monat	Eenmaal per maand	Once a month	
Internet		Seltener als einmal pro Monat	Seltener als einmal pro Monat	Minder dan één keer per maand	Less than once a month	
Internet		Nie	Nie	Nooit	Never	

Internet		Ich bin nicht sicher, was damit gemeint ist	Ich bin nicht sicher, was damit gemeint ist	Ik begrijp niet wat hiermee bedoeld wordt	I am not sure what is meant by this item	
Internet		Kenne ich nicht	Kenne ich nicht	Ken ik niet	I don't know it	
Internet		Weiß nicht	Weiss nicht	Ik weet het niet	I don't know	
Internet	Question	Nutzung von Wikipedia oder anderer Plattformen, auf denen Nutzer freiwillig zusammenarbeiten um gemeinschaftlich Inhalte zu schaffen und Wissen zu teilen	Nutzung von Wikipedia oder anderer Plattformen, auf denen Nutzer freiwillig zusammenarbeiten um gemeinschaftlich Inhalte zu schaffen und Wissen zu teilen	Wikipedia gebruiken of andere platforms waar gebruikers vrijwilliger samenwerken om zo gegevens online te zetten en kennis te delen.	Using Wikipedia or other platforms where users voluntarily collaborate in order to create content and share knowledge	Self-development
Internet	Answer c.	Täglich	Täglich	Elke dag	Every day	
Internet		Öfter als einmal pro Woche	Öfter als einmal pro Woche	Meerdere keren per week	More than once a week	
Internet		Einmal pro Woche	Einmal pro Woche	Eenmaal per week	Once a week	
Internet		Zwei- bis dreimal pro Monat	Zwei- bis dreimal pro Monat	Twee-drie keer per maand	2-3 times a month	
Internet		Ungefähr einmal pro Monat	Ungefähr einmal pro Monat	Eenmaal per maand	Once a month	
Internet		Seltener als einmal pro Monat	Seltener als einmal pro Monat	Minder dan één keer per maand	Less than once a month	
Internet		Nie	Nie	Nooit	Never	
Internet		Ich bin nicht sicher, was damit gemeint ist	Ich bin nicht sicher, was damit gemeint ist	Ik begrijp niet wat hiermee bedoeld wordt	I am not sure what is meant by this item	
Internet		Kenne ich nicht	Kenne ich nicht	Ken ik niet	I don't know it	
Internet		Weiß nicht	Weiss nicht	Ik weet het niet	I don't know	

Internet	Subquestion	Wie nutzen Sie Wikipedia oder andere interaktive Online-Plattformen zur freiwilligen Zusammenarbeit? Bitte geben Sie alles an, das auf Sie zutrifft.	Wie nutzen Sie Wikipedia oder andere interaktive Online-Plattformen zur freiwilligen Zusammenarbeit? Bitte geben Sie alles an, das auf Sie zutrifft.	Hoe gebruikt u Wikipedia of andere online samenwerkingsplatforms voor kennisdeling? Vink alles aan wat van toepassing is.	How do you use Wikipedia or other interactive online collaboration platforms? Please check all that applies.	Self-development
Internet	Answer c.	Ich lese Inhalte	Ich lese Inhalte	Ik lees de artikelen	I am reading	
Internet		Ich trage zu den Inhalten bei (schreiben)	Ich trage zu den Inhalten bei (schreiben)	Ik draag bij aan de inhoud (schrijven)	I am contributing to the content (writing)	
Internet		Ich kommentiere existierende Inhalte	Ich kommentiere existierende Inhalte	Ik geef opmerkingen op de inhoud	I am commenting on contents	
Internet	Question	Nutzung von YouTube oder anderen Streaming-Medien (z.B. Videos ansehen, etc.)	Nutzung von YouTube oder anderen Streaming-Medien (z.B. Videos ansehen, etc.)	YouTube of andere online streamingkanalen gebruiken (bijv. video's bekijken).	Using YouTube or other streaming media	?
Internet	Answer c.	Täglich	Täglich	Elke dag	Every day	
Internet		Öfter als einmal pro Woche	Öfter als einmal pro Woche	Meerdere keren per week	More than once a week	
Internet		Einmal pro Woche	Einmal pro Woche	Eenmaal per week	Once a week	
Internet		Zwei- bis dreimal pro Monat	Zwei- bis dreimal pro Monat	Twee-drie keer per maand	2-3 times a month	
Internet		Ungefähr einmal pro Monat	Ungefähr einmal pro Monat	Eenmaal per maand	Once a month	
Internet		Seltener als einmal pro Monat	Seltener als einmal pro Monat	Minder dan één keer per maand	Less than once a month	

Internet		Nie	Nie	Nooit	Never	
Internet		Ich bin nicht sicher, was damit gemeint ist	Ich bin nicht sicher, was damit gemeint ist	Ik begrijp niet wat hiermee bedoeld wordt	I am not sure what is meant by this item	
Internet		Kenne ich nicht	Kenne ich nicht	Ken ik niet	I don't know it	
Internet		Weiß nicht	Weiss nicht	Ik weet het niet	I don't know	
Internet	Subquestion	Wie nutzen Sie YouTube oder andere Streaming Plattformen? Bitte geben Sie alles an, das auf Sie zutrifft.	Wie nutzen Sie YouTube oder andere Streaming Plattformen? Bitte geben Sie alles an, das auf Sie zutrifft.	Hoe gebruikt u YouTube of andere online streamingkanalen? Vink alles aan wat van toepassing is.	How do you use YouTube or other streaming platforms? Please check all that applies.	Self-development
Internet	Answer c.	Ich schaue mir Videos an oder lade Videos herunter	Ich schaue mir Videos an oder lade Videos herunter	Ik kijk / download video's	I am watching / downloading videos	
Internet		Ich lade Videos hoch	Ich lade Videos hoch	Ik zet video's online (uploaden)	I am uploading videos	
Internet		Ich kommentiere existierende Inhalte	Ich kommentiere existierende Inhalte	Ik schrijf opmerkingen bij video's	I am commenting on contents	
Internet	Question	Nutzung sozialer Netzwerke (z.B. Facebook)	Nutzung sozialer Netzwerke (z.B. Facebook)	Sociale netwerken gebruiken (zoals Facebook of Hyves).	Using social networks (like Facebook)	Self-development
Internet	Answer c.	Täglich	Täglich	Elke dag	Every day	
Internet		Öfter als einmal pro Woche	Öfter als einmal pro Woche	Meerdere keren per week	More than once a week	
Internet		Einmal pro Woche	Einmal pro Woche	Eenmaal per week	Once a week	
Internet		Zwei- bis dreimal pro Monat	Zwei- bis dreimal pro Monat	Twee-drie keer per maand	2-3 times a month	

Internet		Ungefähr einmal pro Monat	Ungefähr einmal pro Monat	Eenmaal per maand	Once a month	
Internet		Seltener als einmal pro Monat	Seltener als einmal pro Monat	Minder dan één keer per maand	Less than once a month	
Internet		Nie	Nie	Nooit	Never	
Internet		Ich bin nicht sicher, was damit gemeint ist	Ich bin nicht sicher, was damit gemeint ist	Ik begrijp niet wat hiermee bedoeld wordt	I am not sure what is meant by this item	
Internet		Kenne ich nicht	Kenne ich nicht	Ken ik niet	I don't know it	
Internet		Weiß nicht	Weiss nicht	Ik weet het niet	I don't know	
Internet	Subquestion	Wie nutzen Sie Facebook oder andere soziale Netzwerke?	Wie nutzen Sie Facebook oder andere soziale Netzwerke?	Hoe gebruikt u Facebook, Hyves of andere sociale netwerken?	How do you use Facebook or other social networks? Please check all that applies.	Self-development
Internet	Answer c.	Ich nutze sie <u>aktiv</u> , um mit Freunden und Verwandten in Verbindung zu bleiben.	Ich nutze sie <u>aktiv</u> , um mit Freunden und Verwandten in Verbindung zu bleiben.	Ik gebruik het actief om in contact te blijven met mijn familie en/of vrienden	I actively using it to stay in touch with friends and relatives	
Internet		Ich nutze sie <u>kaum</u> , um mit Freunden und Verwandten in Verbindung zu bleiben.	Ich nutze sie <u>kaum</u> , um mit Freunden und Verwandten in Verbindung zu bleiben.	Ik gebruik het slechts zelden om in contact te blijven met mijn familie en/of vrienden	I hardly use it for staying in contact with my friends and relatives	
Internet	Question	E-Mail	E-Mail	E-Mail	E-Mail	Self-development
Internet	Answer c.	Täglich	Täglich	Elke dag	Every day	
Internet		Öfter als einmal pro Woche	Öfter als einmal pro Woche	Meerdere keren per week	More than once a week	
Internet		Einmal pro Woche	Einmal pro Woche	Eenmaal per week	Once a week	

Internet		Zwei- bis dreimal pro Monat	Zwei- bis dreimal pro Monat	Twee-drie keer per maand	2-3 times a month	
Internet		Ungefähr einmal pro Monat	Ungefähr einmal pro Monat	Eenmaal per maand	Once a month	
Internet		Seltener als einmal pro Monat	Seltener als einmal pro Monat	Minder dan één keer per maand	Less than once a month	
Internet		Nie	Nie	Nooit	Never	
Internet		Ich bin nicht sicher, was damit gemeint ist	Ich bin nicht sicher, was damit gemeint ist	Ik begrijp niet wat hiermee bedoeld wordt	I am not sure what is meant by this item	
Internet		Kenne ich nicht	Kenne ich nicht	Ken ik niet	I don't know it	
Internet		Weiß nicht	Weiss nicht	Ik weet het niet	I don't know	
Internet	Suquestion	Wie häufig benutzen Sie gegenwärtig im Vergleich zu früher (vor 2012) E-Mail?	Wie häufig benutzen Sie gegenwärtig im Vergleich zu früher (vor 2012) E-Mail?	Hoe vaak e-mail u nu in vergelijking met het verleden (vóór 2012)?	How many e-mails do you currently send, compared to the past (before 2012)?	Self-development
Internet	Answer c.	Häufiger	Häufiger	Vaker	More often	
Internet		Gleich häufig	Gleich häufig	Even vaak	Equally often	
Internet		Weniger häufig	Weniger häufig	Minder vaak	Less frequently	
Internet		Gar nicht	Gar nicht	Helemaal niet	Not all all	
Internet		Weiß nicht	Weiss nicht	Weet ik niet	I don't know it	
Internet	Question	Skype oder andere Formen der Audio-; Videokommunikation	Skype oder andere Formen der Audio-; Videokommunikation	Skype of andere vormen van audio-/videocommunicatie	Skype or other forms of audio/video communication	Self-development
Internet	Answer c.	Täglich	Täglich	Elke dag	Every day	
Internet		Öfter als einmal pro Woche	Öfter als einmal pro Woche	Meerdere keren per week	More than once a week	
Internet		Einmal pro Woche	Einmal pro Woche	Eenmaal per week	Once a week	
Internet		Zwei- bis dreimal pro Monat	Zwei- bis dreimal pro Monat	Twee-drie keer per maand	2-3 times a month	

Internet		Ungefähr einmal pro Monat	Ungefähr einmal pro Monat	Eenmaal per maand	Once a month	
Internet		Seltener als einmal pro Monat	Seltener als einmal pro Monat	Minder dan één keer per maand	Less than once a month	
Internet		Nie	Nie	Nooit	Never	
Internet		Ich bin nicht sicher, was damit gemeint ist	Ich bin nicht sicher, was damit gemeint ist	Ik begrijp niet wat hiermee bedoeld wordt	I am not sure what is meant by this item	
Internet		Kenne ich nicht	Kenne ich nicht	Ken ik niet	I don't know it	
Internet		Weiß nicht	Weiss nicht	Ik weet het niet	I don't know	
	Subquestion	Wie häufig benutzen Sie gegenwärtig im Vergleich zu früher (vor 2012) Skype oder andere Formen der Audio-/Video-Kommunikation?	Wie häufig benutzen Sie gegenwärtig im Vergleich zu früher (vor 2012) Skype oder andere Formen der Audio-/Video-Kommunikation?	Hoe vaak gebruikt u nu Skype of andere vormen van audio-/videocommunicatie in vergelijking met het verleden (vóór 2012)?	How often do you currently use Skype or other forms of audio/video communication compared to the past (before 2012)?	Self-development
Internet	Answer c.	Häufiger	Häufiger	Vaker	More often	
Internet		Gleich häufig	Gleich häufig	Even vaak	Equally often	
Internet		Weniger häufig	Weniger häufig	Minder vaak	Less frequently	
Internet		Gar nicht	Gar nicht	Helemaal niet	Not all all	
Internet		Weiß nicht	Weiss nicht	Weet ik niet	I don't know it	
Internet	Question	Nutzen Sie das Internet noch zu anderen Zwecken als bisher gefragt wurde? Wenn ja, möchten wir Sie bitten diese zu beschreiben?	Nutzen Sie das Internet noch zu anderen Zwecken als bisher gefragt wurde? Wenn ja, möchten wir Sie bitten diese zu beschreiben?	Gebriikt u het internet nog voor andere doelen dan tot nu toe bevroegd werd? Zoja, wilt u die hier omschrijven?	Do you use the internet for other gails than questioned before? If yes, please elaborate?	Self-development

Internet	Question	Haben Sie eine eigene Website (für Sie selbst, für Ihre Familie, für Ihr Unternehmen)?	Haben Sie eine eigene Website (für Sie selbst, für Ihre Familie, für Ihr Unternehmen)?	Heeft u uw eigen website (voor uzelf, voor uw gezin)?	Do you have an own website (for yourself, for your family)?	
Internet	Answer c.	Ja	Ja	Ja	Yes	
Internet		Nein	Nein	Nee	No	
Internet	Question	Wie wichtig ist für Sie das Internet, um mit anderen in Verbindung zu bleiben (Freunde, Verwandte, Bekannte, Menschen, die Ihre Interessen teilen)?	Wie wichtig ist für Sie das Internet, um mit anderen in Verbindung zu bleiben (Freunde, Verwandte, Bekannte, Menschen, die Ihre Interessen teilen)?	Hoe belangrijk is het Internet voor u om in contact te blijven met anderen (vrienden, familieleden, kennissen, mensen die uw interesses delen)?	How important is the Internet for you to stay in touch with others (friends, relatives, acquaintances, people that share your interests)?	
Internet	Answer c.	Sehr wichtig	Sehr wichtig	Zeer belangrijk	Very important	
Internet		Wichtig	Wichtig	Belangrijk	Important	
Internet		Weder / noch	Weder / noch	Neutraal	It plays some role but is not that important	
Internet		Unwichtig	Unwichtig	Onbelangrijk	Hardly important	
Internet		Sehr unwichtig	Sehr unwichtig	Zeer onbelangrijk	Not at all important	
Internet		Weiß nicht	Weiss nicht	Ik weet het niet	I don't know	
Internet	Question	Wie wichtig ist für Sie das Internet, um über Entwicklungen in Ihrer Region informiert zu bleiben?	Wie wichtig ist für Sie das Internet, um über Entwicklungen in Ihrer Region informiert zu bleiben?	Hoe belangrijk is het Internet voor u om op de hoogte blijven over de ontwikkelingen in uw regio?	How important is the Internet for you to stay informed about what is going on in your region?	
Internet	Answer c.	Sehr wichtig	Sehr wichtig	Zeer belangrijk	Very important	
Internet		Wichtig	Wichtig	Belangrijk	Important	

Internet		Weder / noch	Weder / noch	Neutraal	It plays some role but is not that important	
Internet		Unwichtig	Unwichtig	Onbelangrijk	Hardly important	
Internet		Sehr unwichtig	Sehr unwichtig	Zeer onbelangrijk	Not at all important	
Internet		Weiß nicht	Weiss nicht	Ik weet het niet	I don't know	
Internet						
Internet		Wie wichtig ist für Sie das Internet, um über Entwicklungen in der Welt informiert zu bleiben?	Wie wichtig ist für Sie das Internet, um über Entwicklungen in der Welt informiert zu bleiben?	Hoe belangrijk is het Internet voor u om op de hoogte blijven over ontwikkelingen in de wereld?	How important is the Internet for you to stay informed about what is going on in the world?	
Internet	Answer c.	Sehr wichtig	Sehr wichtig	Zeer belangrijk	Very important	
Internet		Wichtig	Wichtig	Belangrijk	Important	
Internet		Weder / noch	Weder / noch	Neutraal	It plays some role but is not that important	
Internet		Unwichtig	Unwichtig	Onbelangrijk	Hardly important	
Internet		Sehr unwichtig	Sehr unwichtig	Zeer onbelangrijk	Not at all important	
Internet		Weiß nicht	Weiss nicht	Ik weet het niet	I don't know	
Internet						

Internet	Question	Wie wichtig ist für Sie das Internet, um am sozialen Leben teilzunehmen (z. B. Freizeitaktivitäten mit anderen zu koordinieren, Treffen und Versammlungen zu organisieren oder Ihre Teilnahme daran zu planen u.ä.)?	Wie wichtig ist für Sie das Internet, um am sozialen Leben teilzunehmen (z. B. Freizeitaktivitäten mit anderen zu koordinieren, Treffen und Versammlungen zu organisieren oder Ihre Teilnahme daran zu planen u.ä.)?	Hoe belangrijk is het Internet voor u om deel te nemen aan het sociale leven (bijvoorbeeld vrijetijdsactiviteiten met anderen afspreken, bijeenkomsten organiseren, uw deelname daaraan plannen, enz.)?	How important is the Internet for you to take part in the social life (e.g. meet others, organise meetings, etc.)?	
Internet	Answer c.	Sehr wichtig	Sehr wichtig	Zeer belangrijk	Very important	
Internet		Wichtig	Wichtig	Belangrijk	Important	
Internet		Weder / noch	Weder / noch	Neutraal	It plays some role but is not that important	
Internet		Unwichtig	Unwichtig	Onbelangrijk	Hardly important	
Internet		Sehr unwichtig	Sehr unwichtig	Zeer onbelangrijk	Not at all important	
Internet		Weiß nicht	Weiss nicht	Ik weet het niet	I don't know	
Internet	Question	Wie wichtig ist für Sie das Internet, um am politischen Leben teilzunehmen (z. B. Ihre Meinung auszudrücken, sich in Interessengruppen zu engagieren u.ä.)?	Wie wichtig ist für Sie das Internet, um am politischen Leben teilzunehmen (z. B. Ihre Meinung auszudrücken, sich in Interessengruppen zu engagieren u.ä.)?	Hoe belangrijk is het Internet voor u om deel te nemen aan het politieke leven (bijvoorbeeld het uiten van een mening, deelnemen aan interessegroepen, enz.)?	How important is the Internet for you to take part in the political life (e.g. express your opinions, participate in interest groups and the like)?	
Internet	Answer c.	Sehr wichtig	Sehr wichtig	Zeer belangrijk	Very important	

Internet		Wichtig	Wichtig	Belangrijk	Important	
Internet		Weder / noch	Weder / noch	Neutraal	It plays some role but is not that important	
Internet		Unwichtig	Unwichtig	Onbelangrijk	Hardly important	
Internet		Sehr unwichtig	Sehr unwichtig	Zeer onbelangrijk	Not at all important	
Internet		Weiß nicht	Weiss nicht	Ik weet het niet	I don't know	
Internet	Question	Gibt es noch andere Bereiche des Internets, die für Sie wichtig und von Bedeutung sind? Bitte beschreiben Sie diese?	Gibt es noch andere Bereiche des Internets, die für Sie wichtig und von Bedeutung sind? Bitte beschreiben Sie diese?	Zijn er nog andere gebieden van het internet die voor u belangrijk zijn? Gelieve deze te omschrijven.	Are there any other areas of the internet that are important to you? Please describe them.	Self-development
ICONS	Question	Seit ich das Internet nutze, ...	Seit ich das Internet nutze, ...	Sinds ik het Internet gebruik, ...	Since I began using the Internet,	translated and re-translated ICONS
ICONS		...ist mein Selbstvertrauen	...ist mein Selbstvertrauen	... is mijn zelfvertrouwen	my level of self-confidence has	translated and re-translated ICONS
ICONS		...ist mein Nutzen, resp. mein Wert für meine Freunde	...ist mein Nutzen, resp. mein Wert für meine Freunde	... is mijn nut, of mijn waarde, voor mijn vrienden	I feel my level of usefulness to friends has	translated and re-translated ICONS
ICONS		...ist mein Nutzen, resp. mein Wert für die Mitglieder meiner Familie	...ist mein Nutzen, resp. mein Wert für die Mitglieder meiner Familie	... is mijn nut, of mijn waarde, voor de leden van mijn familie	I feel my level of usefulness to family members has	translated and re-translated ICONS
ICONS		...ist die Zahl der Freunde, mit denen ich in Kontakt bin	...ist die Zahl der Freunde, mit denen ich in Kontakt bin	... is het aantal vrienden met wie ik contact heb	the number of friends I am in contact with has	translated and re-translated ICONS

ICONS	...ist mein Gefühl, von Freunden isoliert zu sein	...ist mein Gefühl, von Freunden isoliert zu sein	... is mijn gevoel van vrienden geïsoleerd te zijn	my sense of being isolated from friends has	translated and re-translated ICONS
ICONS	...ist mein Gefühl, von Familienmitgliedern isoliert zu sein	...ist mein Gefühl, von Familienmitgliedern isoliert zu sein	... is mijn gevoel van familieleden geïsoleerd te zijn	my sense of being isolated from family members has	translated and re-translated ICONS
ICONS	...ist die gesamte Häufigkeit der Kommunikation mit meinen Freunden	...ist die gesamte Häufigkeit der Kommunikation mit meinen Freunden	... is het aantal gesprekken met mijn vrienden	the overall frequency of communication I have with my friends has	translated and re-translated ICONS
ICONS	...ist die gesamte Häufigkeit der Kommunikation mit meinen Familienmitgliedern	...ist die gesamte Häufigkeit der Kommunikation mit meinen Familienmitgliedern	... is het aantal gesprekken met mijn familieleden	the overall frequency of communication I have with my family members has	translated and re-translated ICONS
ICONS	...ist das Ausmass an Respekt, das ich von meinen Freunden erhalte	...ist das Ausmass an Respekt, das ich von meinen Freunden erhalte	... is het respect dat ik ontvang van mijn vrienden	the amount of respect I receive from my friends has	translated and re-translated ICONS
ICONS	...ist das Ausmass an Respekt, das ich von meinen Familienmitgliedern erhalte	...ist das Ausmass an Respekt, das ich von meinen Familienmitgliedern erhalte	... is het respect dat ik ontvang van mijn familieleden	the amount of respect I receive from my family members has	translated and re-translated ICONS
ICONS	...ist meine Fähigkeit, neue Fertigkeiten zu erlernen	...ist meine Fähigkeit, neue Fertigkeiten zu erlernen	... is mijn vermogen om nieuwe vaardigheden te leren	my ability to learn new skills has	translated and re-translated ICONS

ICONS		...ist meine Fähigkeit, Informationen zur Verbesserung meiner körperlichen und seelischen Gesundheit zu finden	...ist meine Fähigkeit, Informationen zur Verbesserung meiner körperlichen und seelischen Gesundheit zu finden	... is mijn vermogen om informatie te vinden om mijn fysieke en mentale gezondheid te verbeteren	I find information to help improve my physical and mental health	translated and re-translated ICONS
ICONS		...ist mein Selbstwertgefühl	...ist mein Selbstwertgefühl	... is mijn gevoel van eigenwaarde	I feel my self-esteem has	translated and re-translated ICONS
ICONS		...ist mein Gefühl, ein erfülltes Leben zu führen	...ist mein Gefühl, ein erfülltes Leben zu führen	... is mijn inschatting een gelukkig leven te hebben	I feel my sense of accomplishment in my life has	translated and re-translated ICONS
ICONS		...ist meine Lebensqualität	...ist meine Lebensqualität	... is de kwaliteit van mijn leven	my quality of life has	translated and re-translated ICONS
ICONS		...ist mein Gefühl, mit der Welt in Verbindung zu stehen	...ist mein Gefühl, mit der Welt in Verbindung zu stehen	... is mijn gevoel van contact met de wereld	my feelings of being connected to the outside world have	translated and re-translated ICONS
ICONS		...ist die Anzahl der Momente, in denen ich mich traurig oder deprimiert fühle	...ist die Anzahl der Momente, in denen ich mich traurig oder deprimiert fühle	... is het aantal momenten dat ik me depressief of verdrietig voel	the times I feel sad or blue have	translated and re-translated ICONS
ICONS		...ist die Anzahl der Momente, in denen ich mich einsam fühle	...ist die Anzahl der Momente, in denen ich mich einsam fühle	... is het aantal momenten dat ik me eenzaam voel	the times I feel lonely have	translated and re-translated ICONS
ICONS	Answer c.	gesunken	gesunken	gedaald	decreased	translated and re-translated ICONS
ICONS		leicht gesunken	leicht gesunken	licht gedaald	slightly decreased	translated and re-translated ICONS
ICONS		gleich geblieben	gleich geblieben	gelijk gebleven	remained the same	translated and re-translated ICONS

ICONS		leicht gestiegen	leicht gestiegen	licht gestegen	slightly increased	translated and re-translated ICONS
ICONS		gestiegen	gestiegen	gestegen	increased	translated and re-translated ICONS
Support	Question	Wer unterstützt Sie am häufigsten, wenn Sie Computer- und/oder Internetprobleme haben? Ich werde unterstützt von ...	Wer unterstützt Sie am häufigsten, wenn Sie Computer- und/oder Internetprobleme haben? Ich werde unterstützt von ...	Wie helpt u het meest als u computer- en/of internetproblemen heeft? Ik word geholpen door ...	Who supports you the most if you are experiencing computer and/or internet problems? I get support from...	Self-development
	Answer c.	mir selbst	mir selbst	mezelf	By myself	
Support		meiner Partnerin / meinem Partner	meiner Partnerin / meinem Partner	mijn partner	partner	
Support		Familienmitgliedern	Familienmitgliedern	familieleden	Family members	
Support		Freunden oder Bekannten	Freunden oder Bekannten	vrienden of kennissen	Friends or colle	
Support		Kommerziellen Diensten	Kommerziellen Diensten	commerciële diensten	Colleagues	
Support		Sozialen Netze wie z. B. Senioren helfen Senioren oder ähnlichen Communities oder Vereinen	Sozialen Netze wie z. B. Senioren helfen Senioren oder ähnlichen Communities oder Vereinen	sociale netwerken zoals bijvoorbeeld: SeniorWeb of soortgelijke gemeenschappen of verenigingen	Social networks as e.G.: Seniors, helping seniors or other communities or clubs	
Support		Weiß nicht	Weiss nicht	weet ik niet	I don't know	
Training		Question	Haben Sie in den letzten 12 Monaten einen Computer- oder Internetkurs besucht um neue Inhalte zu erlernen	Haben Sie in den letzten 12 Monaten einen Computer- oder Internetkurs besucht um neue Inhalte zu erlernen	Heeft u in de afgelopen 12 maanden een computer- of internetcursus bezocht om iets nieuws te leren,	Did you visit a computer or internet course the past 12 months to learn new skills, or to gain more knowledge of

		oder um mehr Sicherheit in der Computer- und/oder Internetnutzung zu gewinnen?	oder um mehr Sicherheit in der Computer- und/oder Internetnutzung zu gewinnen?	of om meer kennis van het computer- en/of het internetgebruik te krijgen?	computer internet use? and/or	
Training	Answer c.	Ja	Ja	Ja	Yes	
Training		Nein	Nein	Nee	No	
Training		Weiß nicht	Weiss nicht	Ik weet het niet	I don't know	

Contributing Partners:



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