



The Australian Unity Wellbeing Index

**Survey 2
Report 1
December 2001**

Australian Unity Well-Being Index

Survey 2: Report 1

December 2001

Robert A. Cummins

School of Psychology, Deakin University

Richard Eckersley

National Centre for Epidemiology and Population Health, Australian National University

Julie Pallant

School of Mathematical Sciences, Swinburne University

RoseAnne Misajon

Doctoral Student, Deakin University

Melanie Davern

Doctoral Student, Deakin University

**Australian Centre on Quality of Life
Deakin University, 221 Burwood Highway,
Melbourne, Victoria 3125, Australia.**

Contents

Executive summary	1
Introduction	3
Other indices	3
Theoretical considerations	4
Method	4
1 Results of the Second Survey	5
Table 1.1: Means and standard deviations of the second survey	5
2 Demographic differences	7
2.1 Gender Effects	7
Figure 1: Personal Well-Being Index	7
Figure 2: Satisfaction with Personal Relationships:	7
Figure 3: Satisfaction with Community Connectedness.....	8
Figure 4: Satisfaction with Economic Stability	8
2.2 Age Differences	9
Figure 6: Satisfaction with Community Connectedness.....	9
Figure 7: Satisfaction with Business in Australia.....	10
Figure 8: Satisfaction with Australia’s National Security	10
Figure 9: Own life is changing for the better.....	11
Figure 10: Australia changing for the better	11
2.3 Age / Gender Differences	12
Figure 11: Satisfaction with Community Connectedness.....	12
Figure 12: Own life changing for the better	13
2.4 Accessibility / Remoteness Effect	13
Figure 21: Satisfaction with Community Connectedness.....	14
3 Comparison with Survey 1	15
3.1 Comparing personal well-being, national well-being, specific issues, and trends .	15
Table 3: Comparison between Survey 1 and Survey 2.....	15
Survey 1	15
Survey 2	15
3.2 Comparing recent life events	17
Table 4: Recent life events.....	17
Table 5: Recent life events (gender differences)	18
4 Influence of Terrorist Attacks on America	19

4.1	Percent of people who felt sadder due to USA attack	19
	Table 6: Percent who felt sadder due to USA attack	19
	Table 7: Percent males/females who felt sadder due to USA attack	19
	Table 8: Percent within age groups who felt sadder due to USA attack	19
	Table 9: Percent within age/gender groups who felt sadder due to USA attack	19
4.2	The strength of the impact the attack on USA had on participants.	20
	Table 10: The strength of the impact the attack on USA had on participants	20
4.3	Relationship between USA attack and recent life events	21
	Table 11: Comparison between recent life events and the attack on USA.....	21
	Table 12: Comparison between those who were, and who were not, influenced by the USA attack	22
	Table 13: Percent of people who said a recent life event that made [them] sadder, within groups split according to the strength of impact of the attack on USA	23
	Table 14: Correlation between ‘Influence of a sadder event’ and ‘Influence of a happier event’ with ‘Influence of attack on USA’	23
4.4	Relationship between USA attack and other variables	24
	Table 15: Significant bivariate correlations between all questions and ‘Influence of attack on USA’	24
	Table 16: Significant bivariate correlations between all questions and ‘Influence of attack on USA’	24
4.5	Group differences related to the influence of the attack on USA	25
	Table 17: Number of people in each category.....	25
	Figure 22: Satisfaction with How Safe You Feel	25
4.6	Prediction of ‘Influence of attack on USA’	26
4.7	Gender Differences	27
	Table 4.7.1 Personal Domains	27
5	Psychometric analysis.....	29
5.1	Factor analysis	29
5.2	Testing the predictive value of the Personal Index Domains	29
	Table 5.2 The Personal Well-being Index domains predicting ‘Life as a whole’	29
5.3	Testing the predictive value of the National Index Domains	30
	Table 5.3 The National Index domains predicting ‘Life in Australia’	30
	Summary	30
	Appendix A: Gender Differences: Means (SDs)	31
	Appendix B: Age Differences.....	33
	Appendix C: Income Differences	34
	Appendix D: Differences (Influence of the attack on USA)	35

Appendix E: Factor Analysis of the Personal Well-Being Index & National Well-Being Index.....	36
Appendix F: The Questionnaire.....	36

Acknowledgement

We thank Bettina Gardner for her assistance in the production of this report.

Executive summary

Nine out of 10 Australians were saddened by the US terrorist attacks on the United States on September 11, with the great majority rating their distress at a very high level. At the same time, Australians recorded a significant rise in both personal and national life satisfaction.

These are among the key findings of the second Australian Unity Wellbeing Index survey, conducted in late September 2001. The Index is based on surveys of a random sample about 2,000 adult Australians, covering all States and Territories, and both metropolitan and rural residents.

The Australian Unity Wellbeing Index comprises two main values: a Personal Wellbeing Index, which is the average level of satisfaction across seven aspects of personal life; and a National Wellbeing Index, the average level of satisfaction across six aspects of national life (increased from three in the first survey). The wellbeing surveys also include two general questions about satisfaction with personal life and life in Australia overall, and two trend questions on whether personal life and national life are getting better or worse.

The surveys contain questions about more specific issues, which can vary from survey to survey. The second survey included additional questions about the impact of the US terrorist attacks on Australians.

These questions showed 90% of the Australians surveyed had felt sadder as a result of the attacks, with almost 70% of these ranking the effect at 7-10 on a 0-10 scale (about 20% scored the effect a 10). Young men were less likely to say they were affected (80%) than elderly men (90%) and women of all ages (92-94%).

The National Wellbeing Index has risen 3.3 percentage points to 60.4% since the first survey, conducted in late April and early May, while the Personal Wellbeing Index rose 1.2 percentage points to 74.7%. Increases were also recorded in two specific aspects of personal life and in all three original aspects of national life. Despite the recent corporate collapses, notably of HIH and Ansett, and the talk of a global recession, people's satisfaction with their standard of living and the national economic situation increased.

Age and gender differences were generally consistent with those reported in the first survey (see Report#1).

The survey findings do not establish a causal link between the terrorist attacks and the lift in life satisfaction. While any association may seem strange, the findings are consistent with both overseas surveys and expert opinion. Since the attacks, one US poll found high levels of depression and related feelings, but another recorded a sharp increase in Americans' satisfaction with the way things are going in the US.

Psychiatrists and psychologists have also noted that disasters, and the saturation media coverage given to them, can lead to increased psychological disturbance, but also to a national rallying and a greater sense of community and comradeship, which are good for wellbeing. It seems, then, that the attacks may have boosted both personal and national wellbeing by triggering a surge of patriotism and community spirit, and jolting people out of the rut of

everyday life - making them more aware of what they have and the preciousness of life – while, at the same time, making people sadder.

Finally, this Report (Section 5) provides an analysis of the psychometric properties of each Index. This demonstrates that both indices are distinct from one another, and that all items contribute appropriately to their respective Index scales.

Introduction

The Australian Unity Well-being Index is a new barometer of Australians' satisfaction with their lives and life in Australia. Unlike most official indicators of quality of life and well-being, it is subjective – it measures how Australians feel about life, and whether it is getting better or worse. But unlike most measures of life satisfaction, it incorporates both personal and national perspectives, and shows how satisfaction with various aspects of life – both personal and national – affects overall life satisfaction.

The Well-Being Index is an alternative measure of population well-being to such economic indicators as Gross Domestic Product and other objective indicators such as population health, literacy and crime statistics. The Well-Being Index measures quality of life as experienced by the average Australian.

The Index consists of two numbers. The Personal Well-Being Index is the average level of satisfaction across seven aspects of personal life – health, personal relationships, safety, standard of living, achievements, community connectedness, and future security. The National Well-Being Index is the average satisfaction score across six aspects of national life – the economy, the environment, social conditions, governance, business, and national security. A considerable body of research has demonstrated that being satisfied with your own life is the norm. In Western nations, the average value for population samples is about 75%, with a normal range from 70% to 80%.

The results of the first index survey (Report #1, 2001), covering 2,000 adults from all parts of Australia, produced a Personal Well-Being Index of 73%. This second survey, conducted shortly after the 11th September terrorist attacks in the USA, found a significant increase in the Personal Well-Being Index to 74.2%. The details of this survey are contained in this Report.

Other indices

The Australian Bureau of Statistics is working on an experimental publication, *Measuring Australia's Progress*, which will report on national performance according to about 15 headline indicators and a range of background indicators. This research, however, is confined to objective indicators.

The Australia Institute constructs the *Genuine Progress Indicator* (GPI) for Australia. This composite index adjusts GDP for a range of economic, social and environmental factors which GDP either ignores or treats inappropriately.

The Centre for Independent Studies publishes a biennial *State of the Nation* report, covering a wide range of statistical indicators of Australia's well-being. Again, however, this effort is focused on objective indicators – things that can be measured in material terms.

The Evatt Foundation and the Public Sector Research Centre at the University of NSW produce an annual *The State of the States 2001* report, which assesses the States on 15 indicators of social, environmental and economic policy. Various market research companies include life satisfaction questions in regular surveys, but do not compile a comprehensive and systematic index of well-being.

Theoretical considerations

The Australian Unity Index is based on a model, or theory, derived from past research. This Theory of Subjective Well-Being Homeostasis proposes that internal psychological mechanisms act automatically to maintain a sense of personal well-being. An analogy can be drawn with the homeostatic maintenance of blood pressure and body temperature. Here, however, homeostasis refers to the automatic maintenance of a psychological state of well-being. The model predicts that:

- overall personal life satisfaction will be high and remain relatively stable.
- satisfaction with broad aspects of life (life domains) will be more responsive to changing circumstances, and so be more variable than overall life satisfaction, both over time and between groups.
- the more specific the question about aspects of life, the more variable the response.
- personal life satisfaction will be linked with satisfaction with national or societal life.
- national satisfaction will be lower than personal satisfaction and also more variable.

In order to detect changes in life satisfaction at both levels over time, the index comprises two measures:

- a personal well-being index: the average satisfaction score for seven aspects of personal life.
- a national well-being index: the average satisfaction score for six aspects of national life.

The Index was conceived by Professor Robert A. Cummins, from the School of Psychology at Deakin University, and Richard Eckersley, a social analyst at the Australian National University. The Index was developed and implemented with the help of an expert team, including Dr Julie Pallant, from Swinburne University, Jackie Van Vugt, from Australian Unity, Dr Julia Shelley, at the Victorian Health Promotion Foundation, Professor Michael Pusey, at the University of NSW, and two doctoral students at Deakin University, RoseAnne Misajon and Melanie Davern.

The Index is based on twice yearly surveys. The same core index questions are asked in each survey so that the Index can be reported regularly. However, each survey will also include additional questions to allow specific aspects of life – either personal or national – to be explored in finer detail, or to examine other issues. These questions will change from survey to survey.

Method

A geographically representative national sample of 2,004 people, aged 18 years or over, were surveyed by telephone over the period 19th to 30th September. A total of 19,560 calls were made. Of these, 6,012 connected with a respondent and, of these, 2,004 agree to be interviewed, yielding a response rate of 33%. No call-back procedure was implemented.

All responses are made on a 0 to 10 scale. The satisfaction responses are anchored by 0 (very dissatisfied) and 10 (very satisfied). The trend questions are anchored by 0 (much worse) and 10 (much better). The questionnaire is attached as Appendix F.

1 Results of the Second Survey

Table 1.1: Means and standard deviations of the second survey

Question	Mean (%)	SD (%)	Categorical Percentages		
			Dissatisfied (0 - 3.9)	Neutral (4 - 6.9)	Satisfied (7 - 10)
Personal Well-Being					
Life as a whole	77.24	19.42	3.5	15.9	80.6
Aspects of life					
- standard of living	77.52	18.58	2.9	17.0	80.1
- health	75.40	20.57	4.1	21.0	79.0
- achievements in life	74.50	18.74	3.4	20.8	75.8
- personal relationships	79.33	21.98	5.1	13.9	81.0
- how safe you feel	76.02	20.12	4.1	19.8	76.1
- community connectedness	70.90	21.22	6.2	27.9	65.9
- future security	68.92	20.87	6.5	31.1	62.4
Personal well-being index	74.65	13.30	1.8	28.9	69.3
Happiness	79.95	18.83	3.1	13.3	83.6
National Well-Being					
Life in Australia	74.16	20.09	4.2	22.7	73.1
Aspects of life					
- economic situation	58.15	18.91	10.5	50.1	39.6
- state of the environment	60.17	19.34	10.0	45.0	45.0
- social conditions	62.88	18.19	6.9	43.9	49.2
National well-being index (original)	60.40	15.09	7.6	59.7	32.7
- how Australia is governed	58.97	23.79	15.9	37.9	46.2
- business	55.69	19.03	13.4	53.0	33.6
- national security	57.55	20.43	12.8	49.4	37.8
National well-being index (new total 6 items)	58.90	14.63	9.0	66.8	24.2
Specific Issues					
- wealth / income distribution	49.68	22.55	25.7	47.8	26.5
- health services	57.61	23.27	17.8	39.7	42.5
- family support	60.77	19.56	9.6	46.0	44.4
- economic stability	58.33	17.47	8.2	55.5	36.3
- trust in people	56.74	21.15	15.7	43.2	41.1
Trends					
- own life changing for the better	63.79	19.82	5.9	44.0	50.1
- Australia changing for the better	53.86	19.41	13.8	55.8	30.1

The Personal Well-Being Index performed much as in Survey #1, as did also the Specific Issues. The discussion of these values in relation to Survey #1 will be taken up again in Section 3.

The National Well-Being Index was reinforced with an additional three items as: How Australia is governed, business, and national security. As can be seen from Table 1, these items tended to yield values that lay somewhat below the original three. However, a factor analysis (Table 5.1) revealed that these six items formed a solid factor, and that, as for Survey #1, this remained distinct from the Personal Well-Being factor.

2 Demographic differences

In the results to follow, only the differences significant at $p < .01$ will be depicted by graphs.

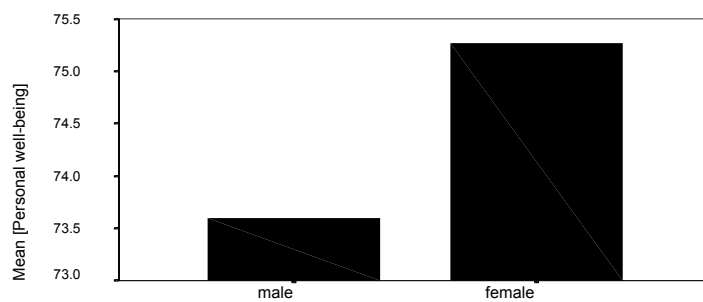
2.1 Gender Effects

Means and Standard Deviations for significant differences are listed in Appendix A

PERSONAL WELL-BEING INDEX

Figure 1: Personal Well-Being Index

$p = .007$



PERSONAL WELL-BEING INDEX DOMAINS

Figure 2: Satisfaction with Personal Relationships:

$p = .000$

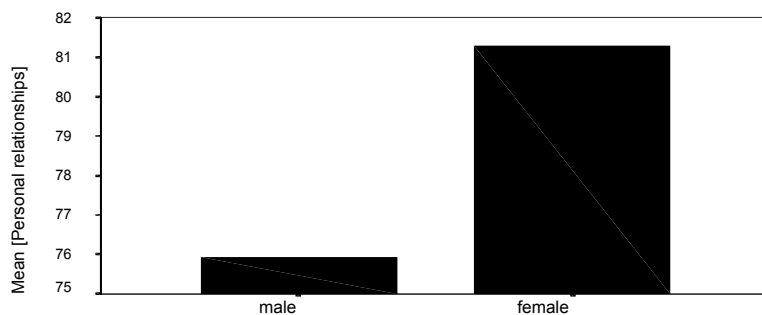
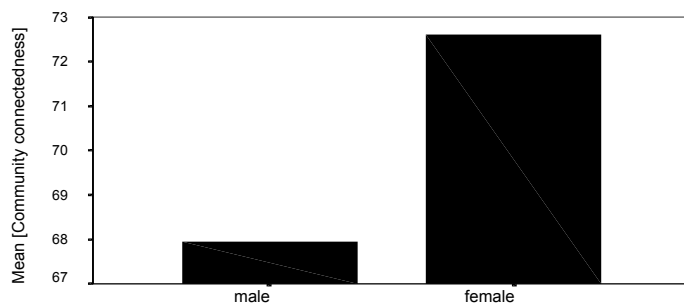


Figure 3: Satisfaction with Community Connectedness

p = .000



As was found in the First Survey, Personal Well-Being was higher among females. They showed a 1.7% advantage in the Personal Well-Being Index.

Unlike the first survey, however, other gender differences emerged. Among the personal life aspects, females showed a 5.3% higher satisfaction with personal relationships and 4.6% higher satisfaction with community connectedness.

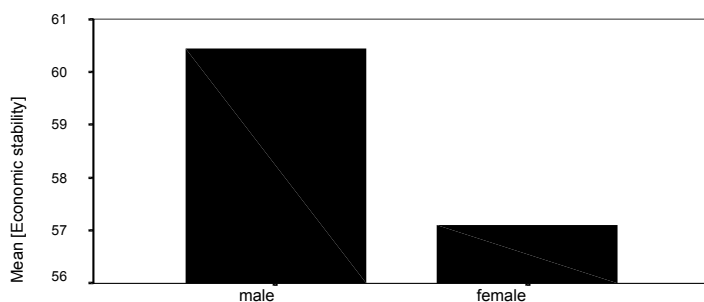
NATIONAL WELL-BEING INDEX

Neither the Index nor any domains showed significant gender differences.

SPECIFIC ISSUES

Figure 4: Satisfaction with Economic Stability

p = .000



In Survey 1, the domain of Economic situation showed a female advantage. This result was not, however, repeated for Survey 2. Moreover, none of the new National domains showed any gender differences either.

In Survey 2 a new Specific Issue of Economic Stability was introduced. As can be seen, this item performed against the general gender trend and showed a 3.3% male advantage.

2.2 Age Differences

Means and Standard Deviations for significant differences are shown in Appendix B.

PERSONAL WELL-BEING INDEX

No age differences were found in the index as a whole.

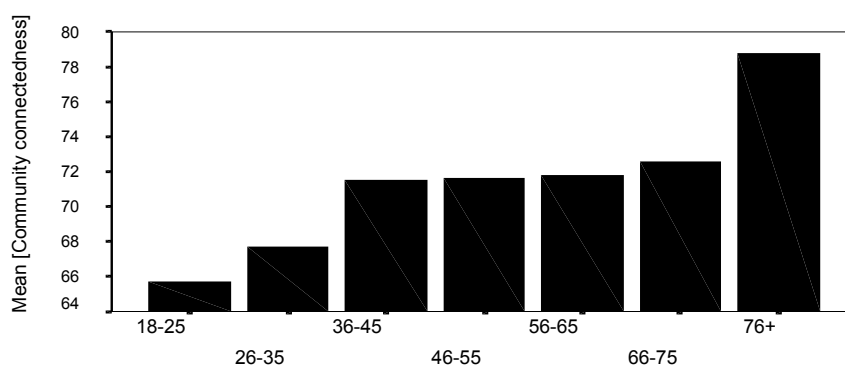
PERSONAL WELL-BEING DOMAINS

Figure 6: Satisfaction with Community Connectedness

p = .000

76+ > 18-25, p = .000

76+ > 26-35, p = .000



In the first survey four of the Personal Index domains showed age effects. Three of these favoured the older groups (Relationships 56-75 > 18-25; Community connectedness 66-75 > 18-45; Future security 66-75 > 36-45) while satisfaction with health was less in the oldest (76+) than all other groups.

Only one of these trends has been repeated in the second survey. In terms of community connectedness the oldest group (76+) evidenced higher satisfaction than groups 18-35. It seems particularly notable that the oldest group (75+) is no longer less satisfied with their health than the other groups.

NATIONAL WELL-BEING INDEX

No age differences were found in the Index as a whole.

NATIONAL WELL-BEING DOMAINS

The First Survey discovered no age-related differences in any of the three National domains. This was also found in the Second Survey. However, age-related differences were found for two of the new domains. Both Businesses (18-25 > 46-55 and 76+) and National Security (18-25 > 46-55) showed higher levels of satisfaction in the youngest group.

Figure 7: Satisfaction with Business in Australia

p = .000

18-25 > 46-55, p = .005

18-25 > 76+, p = .003

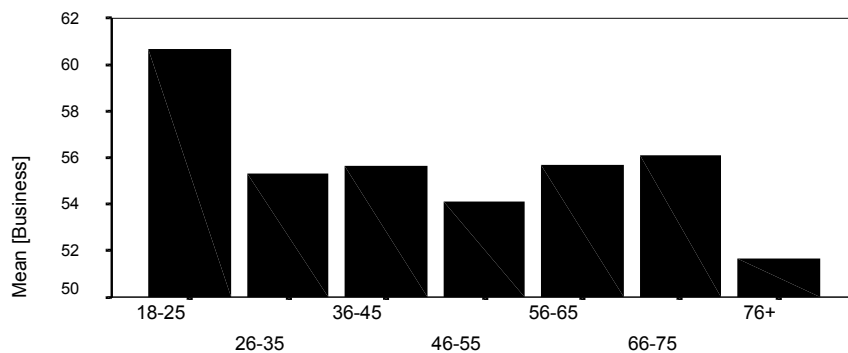
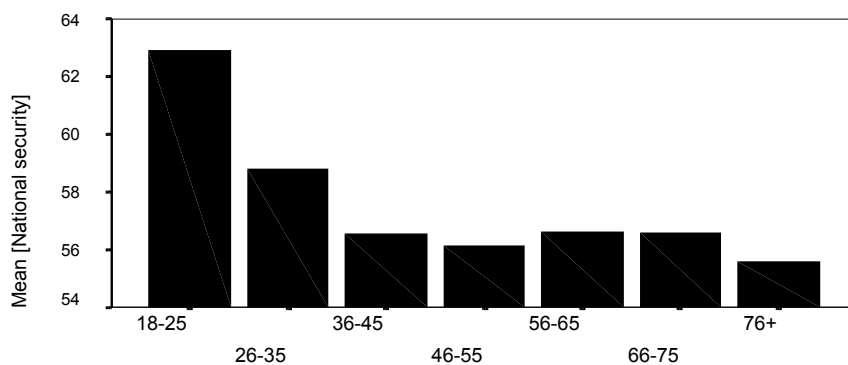


Figure 8: Satisfaction with Australia’s National Security

p = .001

18-25 > 46-55, p = .009



TRENDS

Figure 9: Own life is changing for the better

p = .000

18-25 > 46-55, p = .000
 18-25 > 56-65, p = .000
 18-25 > 66-75, p = .000
 18-25 > 76+, p = .000
 26-35 > 46-55, p = .000
 26-35 > 56-65, p = .004
 26-35 > 66-75, p = .000
 26-35 > 76+, p = .004
 36-45 > 46-55, p = .005
 36-45 > 66-75, p = .001

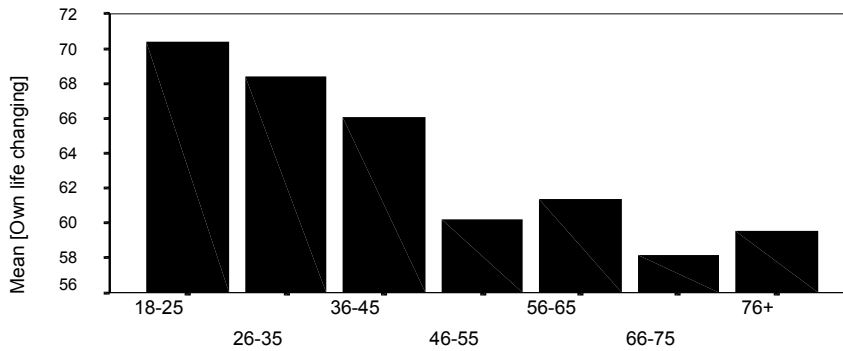
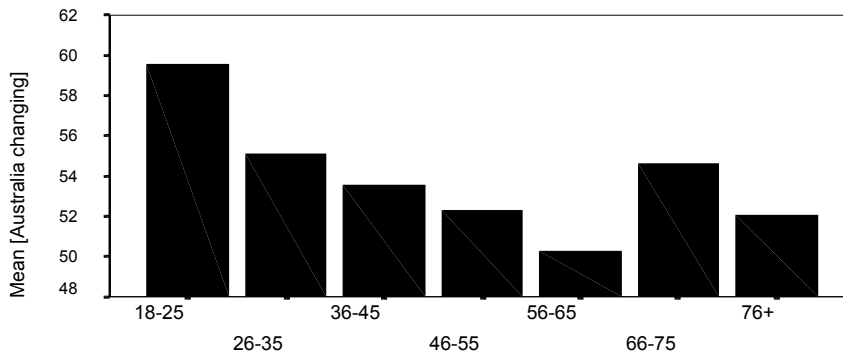


Figure 10: Australia changing for the better

p = .000

18-25 > 46-55, p = .001
 18-25 > 56-65, p = .000



In terms of trends, Survey 1 showed a consistent age-related decrease with Own Life changing for the better. This has been repeated for Survey 2. In addition, an age trend has emerged for Australia changing for the better. Again, the youngest group (18-25) is more satisfied than older groups (46-65).

2.3 Age / Gender Differences

PERSONAL WELL-BEING INDEX

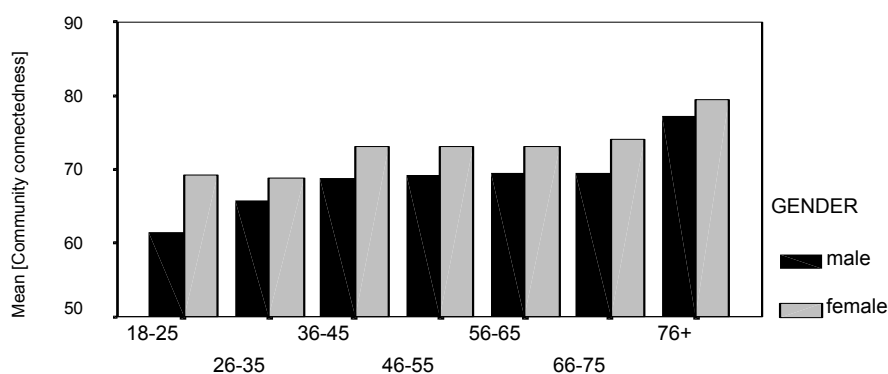
No significant interactions were found.

PERSONAL WELL-BEING DOMAINS

Figure 11: Satisfaction with Community Connectedness

p = .000

Female 76+ [79.47 (21.02)] > Male 18-25 [61.50 (23.31)] p = .000



The first survey found significant gender x age interactions for three Personal domains. Essentially the oldest females (76+) showed a distinct satisfaction advantage over the oldest males in health, productivity, and community connectedness. All of these differences have become much attenuated in the second survey. The only remaining interaction is the oldest females (76+) being more satisfied with community connectedness than the youngest males (18-25).

NATIONAL WELL-BEING INDEX

No significant interactions were found.

NATIONAL WELL-BEING DOMAINS

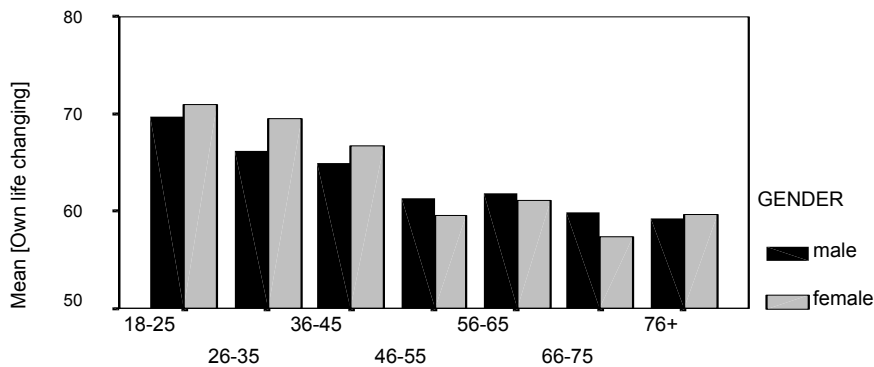
No significant interactions were found.

TRENDS

Figure 12: Own life changing for the better

p = .000

Female 18-25 [70.98 (19.46)] > Female 46-55 [59.54 (20.07)]	p = .004
Female 18-25 [70.98 (19.46)] > Female 66-75 [57.33 (19.44)]	p = .001
Female 26-35 [69.55 (18.72)] > Female 46-55 [59.54 (20.07)]	p = .005
Female 26-35 [69.55 (18.72)] > Female 66-75 [57.33 (19.44)]	p = .001



Survey 1 found no gender x age differences in the trend data. Here a trend has emerged for age-related changes in ‘Own life changing for the better’ to be restricted to females. While no age-related changes were found among males, younger females (18-35) were more satisfied than older females (46-75).

2.4 Accessibility / Remoteness Effect

Due to large differences in sample size, 250 cases were randomly selected from ‘highly accessible’ (N=1612), while ‘moderately accessible’ (87), ‘remote’ (22), and ‘very remote’ (26) were combined.

PERSONAL WELL-BEING INDEX

No significant differences were found.

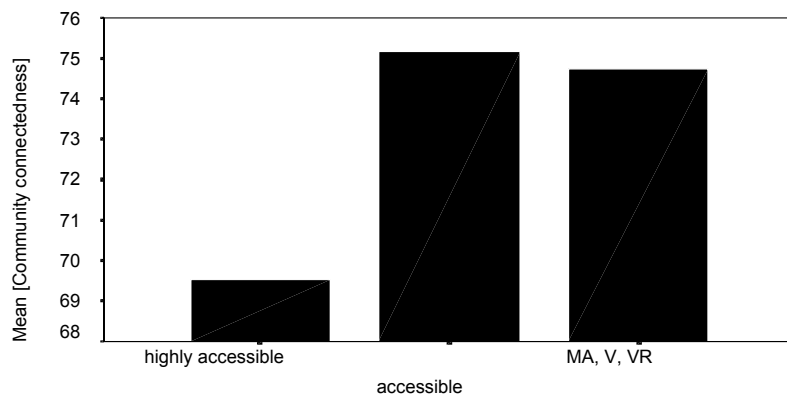
PERSONAL WELL-BEING DOMAINS

No significant differences were found.

Figure 21: Satisfaction with Community Connectedness

p = .004

Accessible > Highly Accessible p = .008



Means & Standard Deviations for Community Connectedness

- Highly accessible: 69.52 (22.60)
- Accessible: 75.18 (18.12)
- Moderately accessible, remote, & very remote: 74.74(20.22)

In Survey 1 it was found that two domains of personal well-being (personal relationships and community connectedness) were higher among people living in less accessible areas, while the reverse was true for the national domain of Economic situation.

In Survey 2 only the result on community connectedness has been repeated.

NATIONAL WELL-BEING INDEX

No significant differences were found.

NATIONAL WELL-BEING DOMAINS

No significant differences were found.

3 Comparison with Survey 1

3.1 Comparing personal well-being, national well-being, specific issues, and trends

Table 3: Comparison between Survey 1 and Survey 2

Question	Survey 1 (N=1999)		Survey 2 (N=2004)		t-test
	Mean (%)	SD (%)	Mean (%)	SD (%)	
<u>Personal Well-Being</u>					
Life as a whole	75.48	19.67	77.24	19.42	.01
Aspects of life					
- standard of living	74.78	19.50	77.52	18.58	.001
- health	73.97	21.38	75.40	20.57	N.S.
- achievements in life	73.48	18.51	74.50	18.74	N.S.
- personal relationships	78.44	21.22	79.33	21.98	N.S.
- how safe you feel	75.40	20.25	76.02	20.12	N.S.
- community connectedness	68.98	20.84	70.90	21.22	.01
- future security	69.29	21.24	68.92	20.87	N.S.
Personal well-being index	73.48	13.57	74.65	13.30	.01
Happiness	78.86	18.78	79.95	18.83	N.S.
<u>National Well-Being</u>					
Life in Australia	69.79	21.02	74.16	20.09	.001
Aspects of life					
- economic situation	53.80	20.36	58.15	18.91	.001
- state of the environment	58.17	19.56	60.17	19.34	.01
- social conditions	59.44	20.03	62.88	18.19	.001
National well-being index	57.14	16.52	60.40	15.09	.001
- how Australia is governed	-	-	58.97	23.79	-
- business	-	-	55.69	19.03	-
- national security	-	-	57.55	20.43	-
National well-being index (new)	-	-	58.90	14.63	-
<u>Specific Issues</u>					
- wealth / income distribution	48.07	23.00	49.68	22.55	N.S.
- health services	58.10	23.23	57.61	23.27	N.S.
- family support	59.32	20.38	60.77	19.56	N.S.
- economic stability	-	-	58.33	17.47	-
- trust in people	56.84	20.50	56.74	21.15	N.S.
<u>Trends</u>					
- own life changing for the better	64.00	19.34	63.79	19.82	N.S.
- Australia changing for the better	53.02	19.95	53.86	19.41	N.S.

Table 3.1 shows comparisons between the two surveys on all measured variables that were common to both. As can be seen, there are several differences and all of them favour the second survey. Most importantly, both indices went up, personal well-being by 1.2% points and National well-being by 3.3% points. Both global measures also rose higher, Life as a Whole by 1.7% points and Life in Australia by 4.4% points. While only two of the Personal Well-Being Index domains showed the upward shift (Standard of living 2.7% points; community connectedness 1.9% points), all of the three original National Well-Being Index domains were significant (economic situation 4.4% points; environment 2.0% points; social conditions 3.5% points). Interestingly, however, none of the specific issues followed this increase, and neither did the trends.

3.2 Comparing recent life events

Table 4: Recent life events

Recent life event	Survey 1 (N=1999)	Survey 2 (N=2004)
% Yes, happier	25.4	19.8
% Yes, sadder	23.7	35.3
% No	50.9	45.0
Influence of the SAD event (%)	(N=473)	(N=707)
0	2.1	1.7
1	1.1	0.8
2	4.4	3.1
3	6.6	6.2
4	8.0	5.7
5	15.6	12.7
6	7.4	8.3
7	13.5	13.4
8	14.4	16.3
9	12.1	12.6
10	14.8	19.1

Rather fewer people in the Second survey reported a happy event (a 5.6% point decrease) but many more reported a sad event (a 11.5% point increase). Moreover, the impact of the sad events was stronger, with an additional 4.3% of people recording a maximum rating of 10.

The break-down of these findings into gender categories (Table 5) indicates a stronger influence on females. They reported a slightly higher fall in the number of happy events (4.7% males to 7.1 females), and a higher rise in sad events (10.3% males to 12.1% females). Interestingly, however, males showed a greater rise in the percentage of recording a maximum rating of sadness for the event (6.0% males vs. 3.0% females). The extent to which these sad events included the terrorist attacks is not known.

Table 5: Recent life events (gender differences)

Recent life event	Survey 1		Survey 2	
	Males	Females	Males	Females
% Yes, happier	26.3	24.8	21.6	18.7
% Yes, sadder	20.9	25.6	31.2	37.7
% No	52.8	49.6	47.2	43.7
Influence of the SAD event (%)	(N=176)	(N=297)	(N=229)	(N=478)
0	2.3	2.0	2.6	1.3
1	0.6	1.3	0.4	1.0
2	5.1	4.0	4.8	2.3
3	8.5	5.4	9.6	4.6
4	9.7	7.1	7.0	5.0
5	18.2	14.1	10.9	13.6
6	5.7	8.4	7.4	8.8
7	16.5	11.8	12.7	13.8
8	14.2	14.5	16.2	16.3
9	9.1	13.8	12.2	12.8
10	10.2	17.5	16.2	20.5

4 Influence of Terrorist Attacks on America

4.1 Percent of people who felt sadder due to USA attack

Table 6: Percent who felt sadder due to USA attack

	%
Yes	90.4
No	9.6

Table 7: Percent males/females who felt sadder due to USA attack

Gender	Yes (%)	No (%)
Male	85.2	14.8
Female	93.5	6.5

Table 8: Percent within age groups who felt sadder due to USA attack

Age	Yes (%)	No (%)
18-25	87.4	12.6
26-35	89.0	11.0
36-45	90.7	9.3
46-55	90.2	9.8
56-65	91.6	8.4
66-75	92.9	7.1
76+	92.5	7.5

Table 9: Percent within age/gender groups who felt sadder due to USA attack

Age	Males		Females	
	Yes (%)	No (%)	Yes (%)	No (%)
18-25	79.6	20.4	94.0	6.0
26-35	81.5	18.5	93.0	7.0
36-45	84.6	15.4	94.2	5.8
46-55	86.8	13.2	92.3	7.7
56-65	88.0	12.0	93.6	6.4
66-75	90.5	9.5	94.0	6.0
76+	90.0	10.0	93.6	6.4

While over 90% of people responded that the attacks had made them feel sadder, this was more pronounced in females (93.5% vs. 85.2%) and in older than younger groups (92.5% vs. 87.4%). The age by gender interaction (Table 9) showed that while females of all ages recorded a consistent and high response of sadness (from 92.3% to 94.2%), males showed much more variation, with young males (18-25y) recording the lowest response (79.6%).

4.2 The strength of the impact the attack on USA had on participants.

Table 10: The strength of the impact the attack on USA had on participants

(total sample, gender differences, age differences, age/gender differences)

	0	1	2	3	4	5	6	7	8	9	10
Total sample (n=1812)	2.9	1.4	2.8	4.5	5.1	8.5	6.7	13.6	16.1	13.5	25.1
<u>Gender Differences</u>											
Male (n=626)	3.2	1.3	3.2	6.1	5.8	10.2	7.0	15.5	15.8	10.5	21.4
Female (n=1186)	2.8	1.4	2.5	3.6	4.7	7.6	6.5	12.6	16.2	15.1	27.0
<u>Age Differences</u>											
18-25 (n=215)	1.4	1.4	2.8	8.8	5.6	7.4	8.8	16.3	14.9	14.4	18.1
26-35 (n=275)	2.2	0.0	2.9	4.7	6.9	9.8	8.0	14.9	16.4	12.7	21.5
36-45 (n=370)	4.1	1.4	1.6	2.7	5.4	8.9	5.7	14.6	45.9	14.9	24.9
46-55 (n=370)	2.2	1.4	2.7	6.5	5.1	7.8	7.0	10.8	16.5	12.4	27.6
56-65 (n=250)	4.0	2.4	3.2	2.4	4.4	7.2	6.8	14.4	17.2	12.0	26.0
66-75 (n=208)	2.4	2.4	3.4	2.4	4.8	10.1	3.4	14.4	13.9	15.9	26.9
76+ (n=124)	4.8	0.8	4.0	3.2	0.8	8.1	7.3	8.1	17.7	12.1	33.1
<u>Age/Gender Differences</u>											
Male 18-25 (n=90)	2.2	0.0	3.3	12.2	5.6	8.9	7.8	16.7	14.4	13.3	15.6
Female 18-25 (n=125)	0.8	2.4	2.4	6.4	5.6	6.4	9.6	16.0	15.2	15.2	20.0
Male 26-35 (n=88)	1.1	0.0	4.5	6.8	9.1	11.4	8.0	11.4	17.0	12.5	18.2
Female 26-35 (n=187)	2.7	0.0	2.1	3.7	5.9	9.1	8.0	16.6	16.0	12.8	23.0
Male 36-45 (n=126)	4.8	1.6	1.6	2.4	5.6	14.3	9.5	16.7	13.5	8.7	21.4
Female 36-45 (n=244)	3.7	1.2	1.6	2.9	5.3	6.1	3.7	13.5	17.2	18.0	26.6
Male 46-55 (n=131)	3.1	0.8	2.3	8.4	7.6	8.4	9.2	14.5	14.5	12.2	19.1
Female 46-55 (n=239)	1.7	1.7	2.9	5.4	3.8	7.5	5.9	8.8	17.6	12.6	32.2
Male 56-65 (n=88)	4.5	1.1	4.5	3.4	3.4	6.8	2.3	21.6	19.3	3.1	23.9
Female 56-65 (n=44)	3.7	3.1	2.5	1.9	4.9	7.4	9.3	10.5	16.0	13.6	27.2
Male 66-75 (n=19)	1.5	4.5	4.5	3.0	3.0	11.9	1.5	16.4	17.9	7.5	28.4
Female 66-75 (n=37)	2.8	1.4	2.8	2.1	5.7	9.2	4.3	13.5	12.1	19.9	26.2
Male 76+ (n=36)	5.6	2.8	2.8	5.6	2.8	8.3	8.3	5.6	16.7	83.3	33.3
Female 76+ (n=29)	4.5	0.0	4.5	2.3	0.0	8.0	6.8	9.1	18.2	13.6	33.0

Over the entire sample, 25.1% of people responded that the attacks had made a maximum impact upon them (a score of 10). This was, however, higher in females than males (27.0% points vs. 21.0% points) and higher in older than younger people (33.1% points vs. 18.1% points). Unlike the previous data, on the number of people affected, which showed a differential gender x age effect, here both genders showed the influence to increase with age.

4.3 Relationship between USA attack and recent life events

Table 11: Comparison between recent life events and the attack on USA

(N=2004)	Life event	USA attack
% Yes, happier	19.8	N/A
% Yes, sadder	35.3	90.4
% No	45.0	90.6
Influence of the:	sad event (N=707)	USA attack (N=707)
0 (very weak)	1.7	2.9
1	0.8	1.4
2	3.1	2.8
3	6.2	4.5
4	5.7	5.1
5	12.7	8.5
6	8.3	6.7
7	13.4	13.6
8	16.3	16.1
9	12.6	13.5
10 (very strong)	19.1	25.1

Table 11 indicates that people are making a distinction between life events and the terrorist attacks. Moreover, they generally rate the strength of influence of each to be fairly comparable. In the highest category of influence the terrorist attacks have a higher recorded percentage by 6% points.

Table 12: Comparison between those who were, and who were not, influenced by the USA attack

Recent life event	No, USA attack did not make me feel sadder than normal	Yes, USA attack made me feel sadder than normal
% Yes, happier	16.7	20.1
% Yes, sadder	14.6	37.5
% No	68.8	42.4
Influence of the sad event		
	<i>N</i> =	
	<i>192</i>	<i>1812</i>
0 (very weak)	1.6	1.4
1	1.6	0.5
2	3.3	2.1
3	8.2	4.2
4	4.9	4.1
5	13.1	11.0
6	11.5	7.4
7	9.8	15.7
8	8.2	18.8
9	13.1	14.2
10 (very strong)	24.6	20.6

Table 12 indicates the differential influence of happy/sad events on the people who responded either that the attacks had not, or had made them feel sadder. The influence of the attacks can be seen in the latter group. The people saddened by the attacks recorded more ‘events’ in their lives (a decrease in % ‘No’ from 68.8% points to 42.4% points indicates an increased percentage of people experiencing an event of 26.4%). Of these, a minority 3.4% experienced a positive event, while most (22.9%) experienced a negative event. In other words, around one third of people who felt that the attack made them sadder than normal actually experienced an event in their lives that made them sadder than normal. This is an increase of 22.9% over people who responded that the attacks did not make them feel sadder.

The extent of influence of the sad events did not markedly differ between the two groups.

Table 13: Percent of people who said ‘yes, there was a recent life event that made me sadder’ within groups split according to the strength of impact of the attack on USA

Influence of the attack on USA	N	Recent life event		
		Yes, happier	Yes, sadder	No
0 (very weak)	53	22.6	37.7	39.6
1	25	16.0	32.0	52.0
2	50	30.0	34.0	36.0
3	81	33.3	33.3	33.3
4	92	26.1	32.6	41.3
5	154	19.5	29.2	51.3
6	121	12.4	34.7	52.9
7	246	19.9	38.2	41.9
8	291	19.6	38.5	41.9
9	245	20.4	35.5	44.1
10 (very strong)	454	17.8	43.4	38.8

Table 13 comprises only those people who responded that the attack had made them sadder. It then splits these people into the three life event groups (happier, sadder, none) and plots the proportion of each group that corresponds to each level of impact.

The most obvious finding is that the proportion of people comprising each group does not markedly change with the impact score. This indicates independence between impact score and life events. In other words, the fact that people reported a high or low impact of the attacks did not markedly influence whether they had (previously asked in the questionnaire) reported a happy or sad event. However, as shown in Table 14 below, the two types of life events exerted a differential influence on people’s reported attack impact. While the experience of a positive event had no significant impact on attack impact, people who reported a personal life event that made them feel much sadder also reported a high impact of the attacks on their level of sadness.

Table 14: Correlation between ‘Influence of a sadder event’ and ‘Influence of a happier event’ with ‘Influence of attack on USA’

(Including only participants who answered ‘Yes, I do feel sadder than normal’: Ranging from 0=very weak to 10=very strong).

Question	Influence of attack on America	
	Pearson correlation	P =
Influence of recent sad event (N=707)	.517	.000
Influence of recent happy event (N=396)	.054	N.S.

4.4 Relationship between USA attack and other variables

Table 15: Significant bivariate correlations between all questions and ‘Influence of attack on USA’

(Including only participants who answered ‘Yes, I do feel sadder than normal’: Ranging from 0=very weak to 10=very strong).

Question	Influence of attack on America	
	Pearson correlation	P =
Social conditions	.087	.000
How Australia is governed	.066	.005
National well-being index	.051	N.S.
Life in Australia	.047	N.S.

Table 15 indicates two positive correlations between the degree of sadness induced by the attacks and the two National Index domains of domains of ‘Social Conditions) and ‘How Australia is governed’. In other words, people who were more impacted by the attacks were more likely to be satisfied with how Australia is governed. It is interesting to note that a national election held some two months after the attacks returned a government that had previously been looking as though they would lose office.

Table 16: Significant bivariate correlations between all questions and ‘Influence of attack on USA’

A new variables has been formed so as to include those who said 'no, the attack on USA did not make me feel sadder than normal', therefore the endpoint for the range of influence has changed (i.e. The new range is from 0=No, do not feel sadder than normal, to 11=Yes, very strong influence).

Question	Influence of attack on America	
	Pearson correlation	P =
Personal relationships	.059	.009
Personal safety	-.104	.000
Social conditions	.053	N.S.
How Australia is governed	.065	.003

From Table 16 it can be seen again that greater impact from the attacks was associated with greater satisfaction with personal relationships and how Australian is governed. It can also be seen that greater impact was associated with less personal safety as might be expected. So, why did the level of personal safety not change from survey #1 to Survey #2 (Table 3.1)? Because (see Figure 22) the correlation was only significant for the ‘very strong’ group, who comprised just 454/2004 (22.7%) of the whole sample.

4.5 Group differences related to the influence of the attack on USA

A MANOVA was conducted to determine whether there were differences in any of the personal well-being domains between those who reported, weak, moderate, strong, very strong, and no influence of the attack on USA. A second MANOVA was conducted on the national well-being domains, followed by ANOVAs for the total scores on each of these measures, and for the trend items.

The sample was split into 5 categories (approx. even sample sizes).

n.b. Influence level 8 was chosen as an example of strong influence, while level 10 an example of very strong influence. Levels 7 and 9 were excluded from the analyses.

Table 17: Number of people in each category.

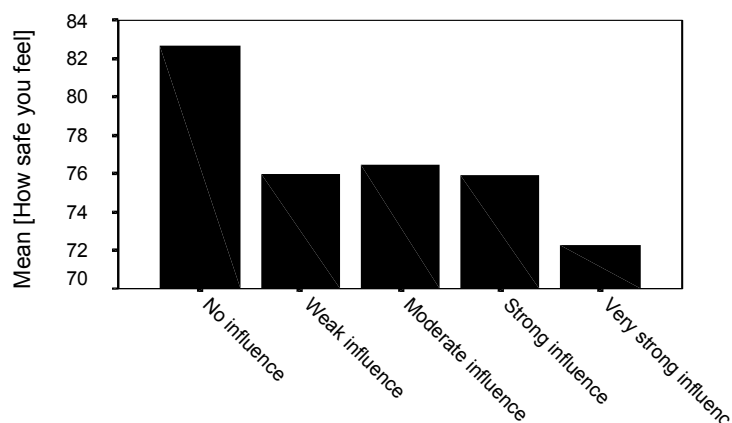
Influence of attack on USA	N	Category
No, do not feel sadder than normal	192	No influence (N=192)
0 (very weak)	53	Weak influence (N=301)
1	25	
2	50	
3	81	
4	92	
5	154	Moderate influence (N=275)
6	121	
7	246	
8	291	Strong influence (N=291)
9	245	
10 (very strong)	454	Very strong influence (N=454)

Means and Standard Deviations are shown in Appendix D

Figure 22: Satisfaction with How Safe You Feel

p = .000

No influence > V. strong influence p = .000



From Figure 22 it can be seen that greater impact from the attacks was associated with lowered satisfaction with safety, but that this difference was confined to the Very Strong Influence group.

4.6 Prediction of ‘Influence of attack on USA’

A regression analysis was conducted to determine which questions predicted people’s answer as to what degree the attacks on USA influenced their level of sadness. Age and gender were entered in step 1, followed by the personal well-being domains in step 2, then the national well-being domains in step 3, and finally the specific issues in step 4.

A second regression analysis was conducted on ‘influence of attack on USA’, with age and gender entered in step 1, followed by satisfaction with life as a whole, personal well-being index, satisfaction with life in Australia, national well-being index, happiness, own life is changing for the better, and Australia is changing for the better, in step 2.

Predictors of ‘Influence of attack on USA’:

- gender, $p = .000$, contributing 1% unique variance
- satisfaction with social conditions, $p = .001$, contributing 1% unique variance.
- Personal well-being index, $p = .003$, contributing 1% unique variance.

Similar regression analyses were conducted a new variable ‘Response to the attack on USA’ which combines the results of both questions regarding the attack on USA, where:

- 0 = No, the attacks in America have not made me feel unhappier or sadder than normal
- 1-11 = Yes, the attacks in America have made me feel unhappier or sadder than normal (from 1 = very weak to 11 = very strong)

Predictors of ‘Response to the attack on USA’

- gender, $p = .000$, contributing 2% unique variance
- satisfaction with how safe you feel, $p = .000$, contributing 1% unique variance
- Personal well-being index, $p = .010$, contributing 0.3% unique variance

4.7 Gender Differences

Table 4.7.1 Personal Domains

		<u>Combined</u>	<u>Male</u>	<u>Female</u>	<u>F > M Difference</u>
<u>Standard of Living</u>	(a)	75.8	73.0	76.1	3.1
	(b)	77.5			-
	diff	+1.7			
<u>Health</u>	(a)	74.0			-
	(b)	75.4			-
	diff	-			
<u>Achievements in Life</u>	(a)	73.5	71.6	74.9	3.3
	(b)	74.5			-
	diff	-			
<u>Personal Relationship</u>	(a)	78.4	77.3	79.3	2.0
	(b)	79.3	76.0	81.3	5.3
	diff	-	-1.3	+2.0	
<u>Personal Safety</u>	(a)	75.4			-
	(b)	76.0			
	diff	-			
<u>Community connectedness</u>	(a)	69.0	66.5	70.8	4.3
	(b)	70.9	68.0		4.6
	diff	+1.9	+1.5	+1.8	
<u>Future Security</u>	(a)	69.3	68.0	70.3	2.3
	(b)	68.9			-
	diff	-			
<u>Personal Well-Being Index</u>	(a)	73.5	72.2	74.4	2.2
	(b)	74.9	73.6	75.3	1.7
	diff	+1.4	+1.4	+0.09	

(a) Survey #1

(b) Survey #2

Table 4.7.1 indicates that the domains most influenced by the terrorist attack were community connectedness and standard of living. The former showed a significant increase in both genders and can perhaps be explained by the increased group (societal) cohesion caused by the distal and specific threat. People had a shared experience and therefore a common talking-point. Moreover, the threat itself provide motivation to engage in social exchanges. The increased satisfaction with standard of living can, perhaps, be linked to the incessant media coverage of poverty and repressive living conditions in Afghanistan. There is another explanation for the rise in satisfaction with standard of living: set against the horror of the attacks and the danger they represented, people's circumstances, especially their material circumstances, could seem either better or less important (and so more easily satisfied). It is possible that the attacks have had a pervasive effect on well-being because, given the nature of the event, the effect was not limited or confined to one or two domains: all but one of the personal domain scores increased (although only two significantly). The contrast with their own lives may have given rise to a heightened level of appreciation.

It is notable that the increase in satisfaction with standard of living was much larger for males than for females obliterating the female satisfaction advantage that was present in Survey #1.

The reverse pattern, however, was found within Personal Relationships. Here the female level of satisfaction rose, consistent with most other domains, but the level of satisfaction by males actually significantly fell. While the explanation for the rise is probably similar to Community Connectedness, the reason for decreased male satisfaction is not known at this stage. The effect of this differential response, however, has been to create a substantial 5.3% point difference in favour of females. This is the largest margin for any domain.

The only domain to move in a direction opposite to the trend was Future Security, which fell by 0.4% points. This was not a significant change but is worth noting because it has moved in the expected direction. It is also interesting that the 2.3% point female advantage in Survey #1 has disappeared, indicating a larger fall for females than for males.

5 Psychometric analysis

5.1 Factor analysis

In order to verify the factorial consistency of the two indices, a Principle Component Factor Analysis was conducted on the 13 items forming these two indices. The seven items comprising the Personal Well-Being Index were unchanged from the first Report (Cummins et al., 2001). Three of the six items comprising the National Well-Being Index were those forming this Index for Report #1. The other three items were new to this second survey (Governed, Business, and National Security). Prior to running the analysis it was established that all assumptions had been met.

Two factors were extracted which between them explained 47.99% of the variance. The National Well-Being factor had an eigen value of 3.21 and explained 24.69% of the variance. All seven items loaded onto the factor .63 to .73. The Personal Well-Being factor had an eigen value of 3.03 and explained 23.30% of the variance. All six items loaded onto the factor .52 to .74. No items cross-loaded at a criterion of $>.4$. Refer to Appendix E for additional information.

5.2 Testing the predictive value of the Personal Index Domains

In order to determine the extent to which each domain both related to the other domains in this Index and was able to predict ‘Satisfaction with Life as a Whole’ the following Table has been produced. It indicates bi-variate correlations and multiple coefficients.

Table 5.2 The Personal Well-being Index domains predicting ‘Life as a whole’

Domain	1	2	3	4	5	6	7	B	β	sr^2
1. Life as a whole										
2. Standard of living	.62							.36***	.34	.072
3. Health	.38	.38						.08***	.09	.006
4. Achievements in life	.51	.48	.31					.19***	.18	.022
5. Personal relationships	.51	.41	.26	.39				.21***	.23	.039
6. How safe you feel	.28	.30	.24	.21	.20			.02	.02	.000
7. Community connectedness	.38	.35	.24	.33	.33	.33		.06***	.07	.004
8. Future security	.44	.45	.29	.40	.33	.41	.40	.07***	.08	.004

*** $p < .001$

$R = .720$ $R^2 = .519$

Unique explained variance = 14.7 percent

Shared explained variance = 37.2 percent

5.3 Testing the predictive value of the National Index Domains

In order to determine the extent to which each domain both related to the other domains in this Index and was able to predict ‘Satisfaction with Life in Australia’ the following Table has been produced. It indicates bi-variate correlations and multiple coefficients.

Table 5.3 The National Index domains predicting ‘Life in Australia’

Domain	1	2	3	4	5	6	B	β	sr ²
1. Life in Australia									
2. Economic	.46						.29***	.27	.044
3. Environment	.34	.41					.08***	.08	.004
4. Social	.41	.43	.51				.21***	.19	.023
5. Governed	.35	.51	.43	.45			.04*	.04	.001
6. Business	.37	.55	.41	.42	.51		.07**	.07	.002
7. National Security	.29	.40	.32	.34	.36	.44	.05**	.05	.002

***p<.001, **p<.01, *p<.05

R = .532 R² = .283

Unique explained variance = 7.6 percent

Shared explained variance = 20.7 percent

Summary

The factor analysis indicates that both indices form discrete factors, each with acceptable item loadings, and with a moderate inter-factor correlation. The internal reliability of each factor is also acceptable (see Appendix E).

The items within each factor were used to predict the relevant level of global, abstract satisfaction (Life as a whole or Life in Australia). This analysis was undertaken in order to assess the ability of each Index to predict such single item measures of life quality. In relation to these two analyses the following observations can be made:

1. The items forming the Personal Index explained more than double the variance of ‘Life as a whole’ (52%) than the items forming the National Index were able to explain ‘Life in Australia’ (28%). This is consistent with Homeostatic Theory. Homeostasis is proposed to act most strongly to maintain well-being at an abstract and personal level. Thus, since the domains of the Personal Index are highly personal and semi-abstract, they are predicted to share considerable variance with the single global and abstract question ‘Life as a whole’. ‘Life in Australia’, on the other hand, is abstract, but it is less personal than one’s own ‘Life as a whole’. So, it is predicted, the response to this item will be under less homeostatic influence, as will also the constituent domains of the National Index.
2. For both types of prediction, in terms of both shared and unique variance, the two items concerning economic well-being made the strongest contribution. Standard of Living contributed about half of the total unique variance explained by the items within the

Personal Index, while Economic Situation explained a similar proportion for the National Index.

3. At the other extreme, the item 'How safe you feel' failed to contribute unique variance to the prediction of 'Life as a whole'. Further research is required to establish whether this domain has independent utility in the prediction of other variables.

Appendix A: Gender Differences: Means (SDs)



	Male (N=735)	Female (N=1269)	P =
<u>Personal Well-Being</u>			
Personal well-being index	73.60 (13.45)	75.27 (13.18)	.007
- personal relationships	75.95 (23.19)	81.29 (21.01)	.000
- community connectedness	67.95 (21.69)	72.61 (20.76)	.000
Happiness	78.38 (19.63)	80.86 (18.30)	.004
<u>Specific Issues</u>			
- economic stability	60.44 (18.55)	57.11 (16.70)	.000

Appendix B: Age Differences

	18-25	26-35	36-45	46-55	56-65	66-75	76+	P =
N =	246	309	408	410	273	224	134	
<u>Personal Well-Being</u>								
Life as a whole	75.73 (17.14)	75.86 (19.55)	76.54 (18.65)	75.02 (19.72)	80.70 (18.96)	79.64 (21.51)	80.97 (20.22)	.000
Aspects of life								
- standard of living	80.65 (16.72)	76.60 (18.17)	75.17 (19.88)	75.37 (18.78)	78.64 (18.49)	79.64 (18.70)	81.79 (16.17)	.000
- achievements in life	72.68 (18.52)	74.79 (18.51)	72.25 (18.73)	72.95 (18.31)	76.78 (18.80)	78.26 (19.04)	77.76 (18.82)	.000
- personal relationships	75.49 (20.97)	79.06 (24.01)	79.75 (21.94)	77.32 (22.86)	81.10 (21.73)	83.13 (19.48)	81.94 (19.25)	.001
- community connectedness	65.69 (22.68)	67.73 (19.32)	71.52 (21.38)	71.66 (19.91)	71.83 (20.96)	72.59 (23.21)	78.81 (20.45)	.000
- future security	69.43 (18.94)	69.32 (19.35)	67.97 (22.26)	66.20 (21.35)	68.94 (21.04)	73.08 (19.73)	71.27 (22.26)	.005
<u>National Well-Being</u>								
Aspects of life								
- business	60.69 (17.86)	55.31 (19.41)	55.64 (18.03)	54.12 (19.30)	55.68 (19.37)	56.12 (19.03)	51.64 (20.19)	.000
- national security	62.93 (19.37)	58.80 (19.91)	56.57 (20.12)	56.15 (20.79)	56.63 (20.60)	56.61 (20.71)	55.60 (20.97)	.001
<u>Specific Issues</u>								
- health services	61.71 (20.87)	58.32 (24.33)	54.26 (22.82)	55.83 (22.01)	55.68 (23.86)	61.07 (23.19)	62.24 (26.55)	.000
- trust in people	54.84 (20.72)	52.95 (21.20)	56.99 (21.02)	58.34 (20.82)	58.83 (21.30)	58.04 (21.21)	56.94 (21.81)	.006
<u>Trends</u>								
- own life changing for the better	70.41 (18.31)	68.38 (18.23)	66.05 (19.13)	60.20 (19.96)	61.36 (20.40)	58.17 (20.59)	59.55 (18.75)	.000
- Australia changing for the better	59.59 (18.77)	55.11 (18.81)	53.55 (19.10)	52.29 (18.01)	50.29 (19.76)	54.64 (21.43)	52.09 (20.52)	.000

Appendix C: Income Differences

	<\$15000	\$15000- \$30000	\$30000- \$60000	\$60000- \$90000	\$90000+	P=
N =	413	472	603	310	206	
<u>Personal well-being</u>						
Life as a whole	75.50 (22.60)	75.72 (20.92)	77.21 (18.67)	78.74 (16.07)	81.99 (14.23)	.000
Aspects of life						
- standard of living	73.63 (22.13)	74.87 (20.36)	78.34 (16.72)	81.10 (14.44)	83.59 (14.03)	.000
- health	70.17 (23.50)	73.69 (21.62)	76.72 (19.45)	79.35 (16.61)	80.00 (17.67)	.000
- personal relationships	76.88 (25.25)	78.16 (23.19)	79.77 (21.37)	81.06 (19.10)	83.06 (16.67)	.006
- how safe you feel	71.94 (23.42)	76.04 (19.97)	77.06 (19.22)	78.84 (17.61)	76.84 (18.27)	.000
- future security	65.45 (23.04)	68.11 (20.80)	69.35 (20.23)	70.48 (20.16)	74.08 (17.99)	.000
Personal well-being index	71.73 (15.33)	73.76 (13.68)	75.11 (12.52)	77.02 (11.68)	77.70 (11.12)	.000
<u>National well-being</u>						
Aspects of life						
- economic situation	56.79 (20.37)	56.50 (20.03)	59.47 (17.76)	58.55 (18.01)	60.83 (17.24)	.007
- business	53.03 (19.13)	55.17 (19.71)	56.27 (18.66)	58.13 (18.34)	56.84 (18.85)	.005
- national security	54.89 (21.29)	56.99 (20.86)	58.18 (20.36)	58.84 (19.09)	60.44 (19.31)	.010
<u>Specific issues</u>						
- economic stability	55.74 (17.62)	57.80 (18.26)	59.25 (16.85)	59.26 (16.91)	60.63 (17.39)	.003
- trust in people	53.80 (23.06)	55.76 (20.98)	56.63 (20.92)	59.68 (19.46)	60.78 (19.59)	.000
<u>Trends</u>						
Own life changing for the better	57.85 (22.11)	62.10 (20.29)	66.05 (18.35)	66.68 (17.94)	68.64 (17.51)	.000

Appendix D: Differences (Influence of the attack on USA)

	No influence	Weak influence	Moderate influence	Strong influence	V.strong influence	P =
N =	192	301	275	291	454	
<u>Personal well-being</u>						
Aspects of life						
- how safe you feel	82.71 (18.19)	75.98 (20.00)	76.47 (19.05)	75.95 (18.10)	72.25 (24.12)	.000
<u>National well-being</u>						
Aspects of life						
- national security	58.96 (23.13)	55.68 (21.09)	59.24 (17.54)	57.90 (18.81)	54.27 (22.15)	.006

Appendix E: Factor Analysis of the Personal Well-Being Index & National Well-Being Index

Factor loadings for items after principal components analysis with varimax rotation

Questions	Factor 1	Factor 2
	National well-being	Personal well-being
<u>Personal well-being</u>		
Aspects of life		
- standard of living		.735
- health		.570
- achievements in life		.694
- personal relationships		.673
- how safe you feel		.516
- community connectedness		.601
- future security		.676
<u>National well-being</u>		
- economic situation	.731	
- state of the environment	.690	
- social conditions	.703	
- how Australia is governed	.749	
- business in Australia	.748	
- national security	.628	
Percent of Variance explained	24.69	23.30
Eigen value	3.21	3.03
N of cases	3004	3004
Reliability	.82	.78

Appendix F: The Questionnaire

The Australian Unity Index of Wellbeing – September 2001

Hello, my name is I'm from Deakin University's Centre on Quality of Life and your telephone number has been obtained from the White Pages. We are doing a survey on how people feel about life in Australia.

The survey will only take about 10 minutes. Do you have the time to help us?

First, are you aged 18 or over? (If under 18, ask to speak to someone else in the household, aged 18 or over.)



Thank you.

I am going to ask how satisfied you feel, on a scale of Zero – 10.

Zero means you feel very dissatisfied. 10 means you feel very satisfied. And the middle of the scale is 5, which means you feel neutral.

Would you like me to go over this again for you?

In that case I will start by asking how satisfied you feel with various aspects of your life.

(Personal well-being)

(Personal - Abstract)

1. Thinking about your own life and personal circumstances, how satisfied are you with your life as a whole?
- | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

(Personal Domains)

How satisfied are you with...?

2. your standard of living?
- | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|
3. your health?
- | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|
4. what you achieve in life?
- | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|
5. your personal relationships?
- | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

6. how safe you feel?
0 1 2 3 4 5 6 7 8 9 10
7. feeling part of your community?
0 1 2 3 4 5 6 7 8 9 10
8. your future security?
0 1 2 3 4 5 6 7 8 9 10
9. your own happiness?
0 1 2 3 4 5 6 7 8 9 10

(Societal well-being)

(Societal – Abstract)

10. Thinking now NOT about your own life, but about the situation in Australia generally, how satisfied are you with life in Australia?
0 1 2 3 4 5 6 7 8 9 10

(Societal Domains)

How satisfied are you with .?

11. the economic situation in Australia?
0 1 2 3 4 5 6 7 8 9 10
12. the state of the Australian environment?
0 1 2 3 4 5 6 7 8 9 10
13. the social conditions in Australia?
0 1 2 3 4 5 6 7 8 9 10
14. with how Australia is governed?
0 1 2 3 4 5 6 7 8 9 10
15. with business in Australia?
0 1 2 3 4 5 6 7 8 9 10
16. with Australia's national security?
0 1 2 3 4 5 6 7 8 9 10

(Societal Sub-Domains)

How satisfied are you.....?

17. that the distribution of wealth and income in Australia is fair?
0 1 2 3 4 5 6 7 8 9 10
18. with the health services in Australia?
0 1 2 3 4 5 6 7 8 9 10
19. with support for families in Australia?

0 1 2 3 4 5 6 7 8 9 10

20. with Australia's economic stability?

0 1 2 3 4 5 6 7 8 9 10

(Social Capital)

How satisfied are you....?

21. that most people can be trusted?

0 1 2 3 4 5 6 7 8 9 10

(Trends)

Now I am going to ask you whether life is getting worse or getting better.
Again there is a scale from Zero - 10.

Zero means it is getting much worse, 5 means it is not changing, and 10 means
it is getting much better.

Would you like me to go over this scale again for you?

22. So, on a scale from 0 - 10, how is **your own life** changing?

0 1 2 3 4 5 6 7 8 9 10
Worse same Better

Now I am going to ask you to think NOT about your own life, but about Australia in
general.

23. On the scale from 0 - 10, how do you feel **life in Australia** is changing?

0 1 2 3 4 5 6 7 8 9 10
Worse same Better

(Recent Life Events)

24. Has anything happened to you recently causing you to feel happier or sadder than
normal?

- Yes, happier
- Yes, sadder
- No

If 'yes', how strong would you rate this influence?

0 1 2 3 4 5 6 7 8 9 10
Very Weak Very Strong

