



**UK-Japan SWAN (Understanding the pictures of Social relationships and Well-being across Ageing Nations) project: Harmonising social relationship and well-being variables**

Noriko Cable  
Tarani Chandola  
Urszula Tymoszuk  
Hideki Hashimoto  
Kaori Honjo



**What is UK-Japan SWAN project all about?**

- An ESRC funded partnership project, started January 2019 (18 months)
- To strengthen UK-Japan partnerships by enhancing existing, and identifying new partnerships, between these countries
- To facilitate a series of knowledge exchange opportunities.

## What is UK-Japan SWAN project all about?

- Social relationships- a fundamental desire to form a relationship
- Integration vs Isolation – a case of loneliness Well linked to health and well-being
- Cultural contextual meanings of social relationships i.e. kinship vs friendship – need to explore in detail using existing data from each country
- Today's social demography- ageing, never married, solo living need to explore
- Japanese paradox- well connected, yet poor subjective well being, why? Or myth?

## Who are the project member?

- |       |   |
|-------|---|
| UK    | <ul style="list-style-type: none"> <li>• Noriko Cable (University College London)</li> <li>• Tarani Chandola (University of Manchester)</li> <li>• Urszula Tymoszuk (Centre for Performance Science, Royal College of Music and Imperial College London)</li> <li>• Brian Beach the ILC UK</li> </ul> |
| Japan | <ul style="list-style-type: none"> <li>• Kaori Honjo (Osaka Medical University)</li> <li>• Hideki Hashimoto (University of Tokyo)</li> </ul>  |

## Main project themes:

- Sharing findings from previous research in this area
- Facilitating identification and access to existing rich secondary data sources in the UK and Japan, namely ELSA & JSTAR/UKHLS & JSHINE
- Identifying and critiquing social relationships and participation measures available in secondary data sources
- Identifying knowledge gaps to address in secondary data sources or future studies and thus to lay the foundation for larger research bids

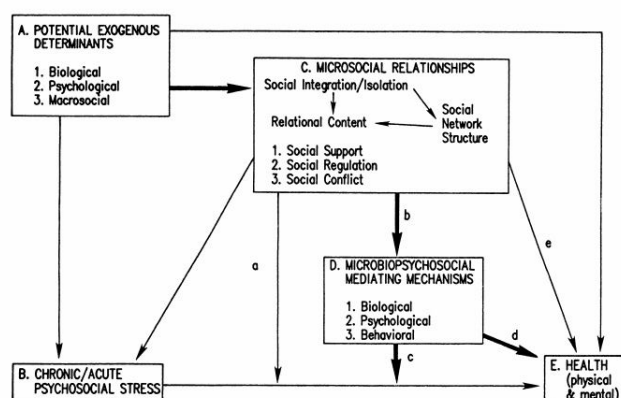
## What UK-Japan SWAN project will deliver?:

- Website established
  - [www.soccah-net.org](http://www.soccah-net.org)
    - Linking up with MailChimp and Q&A forum to collate a list of interested members.
    - Twitter account @SOCCAH\_network
  - Documentation
- Collate variables
- Planning for Japan methods symposium mid-November 2019 & UK symposium in May 2020
  - Will involve ECRs
- Offer data resources: ELSA vs JSTAR/UKHLS vs JSHINE



## Talk1: Social relationships and culture

### Conceptual framework of social relationships and health by House et al. (Ann. Rev Soc, 1988)



*Figure 1* A framework for research on structures and processes of social relationships in relation to health. (NB: Darker arrows indicate causal relationships of primary focus in this chapter. We have omitted possible reciprocal effects for clarity of presentation.) The *b/d* pathway illustrates main effects as mediated by biopsychosocial mechanisms; in the absence of such mediation, the *e* pathway represents main effects. Similarly, the *b/c* pathway illustrates buffering effects as mediated by biopsychosocial mechanisms; in the absence of such mediation, the *a* pathway represents buffering effects.

- An umbrella term includes 'social networks' and 'social support'
  - Structural – social networks
  - Functional – social support (including quality)

## Structural and Functional aspects of social relationships

- Structural
  - Social networks
    - The web of social ties surrounding a person i.e. 'ego-centric networks' (Berkman et al. 2000).
    - Structural property of social relationships (House et al., 1988)
- Functional
  - Social support
    - Indication of quality of social relationships (House et al. 1988). Demonstrated by supportive actions of others or the belief of its availability (Lakey & Cohen, 2000)
    - Has an element of transaction, i.e. providing and receiving

## Critiques so far:

- Cohen and Wills (1985) and Holt-Lunstad et al. (2010)
  - Discourage using a single item to capture social relationships
  - Main vs. Buffering effects (Cohen and Willis, 1985)
    - Model support depending on capturing structure or functional

### Measures: Valtorta et al. (BMJ Open, 2016)

- Social relationships: Structural and functional aspect
- Each contributes differently to health outcomes
- Measurements have to be chosen carefully with the hypotheses in our mind.
- Systematic reviews on existing work testing the associations between social relationships and health care use or health.

Source: <http://dx.doi.org/10.1136/bmjopen-2015-010799>

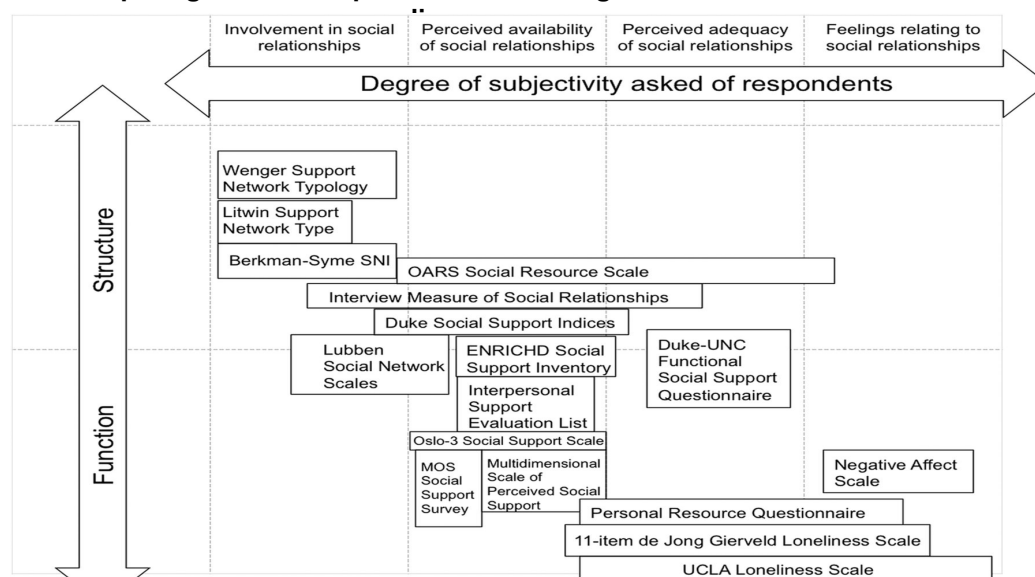
### Measures: Valtorta et al. (BMJ Open, 2016)

- Extracted 2 dimensions: Structural vs Functional and Subjectivity
  - Structural: Identify people sharing interpersonal relationships and linkage with them. Characteristics: number and type of people, diversity, density, reciprocity of the person's network, frequency, duration of contact.
  - Functional: Qualitative and behavioural characteristics of interactions/exchanges. Beneficial aspect in transaction (receiving and providing): emotional, practical and informational

## Measures: Valtorta et al. (BMJ Open, 2016)

- Subjectivity: low -> high
  - Involvement/access to social relationships
  - Availability of social relationships
  - Adequacy of social relationships
  - Feeling related to social relationships

### Comparing multi-item questionnaires using a two-dimensional



©2016 by British Medical Journal Publishing Group

Nicole K Valtorta et al. BMJ Open 2016;6:e010799

BMJ Open

## But are we all same?

### **Possible gender differences in social relationships: A research example by Furher & Stansfeld (SSM 2002)**

- Using UK civil servants (Whitehall II Study)
- 'Close person Questionnaire' was used to measure participants' social support
  - Ask who are emotionally close (i.e. confidant)
    - –nominate 4 people
- Women – can draw support from each source
  - Men tend to rely on the most closest
- Men – likely to nominate their spouse as the closest confidant



## Gender differences in social relationships (cont'd)

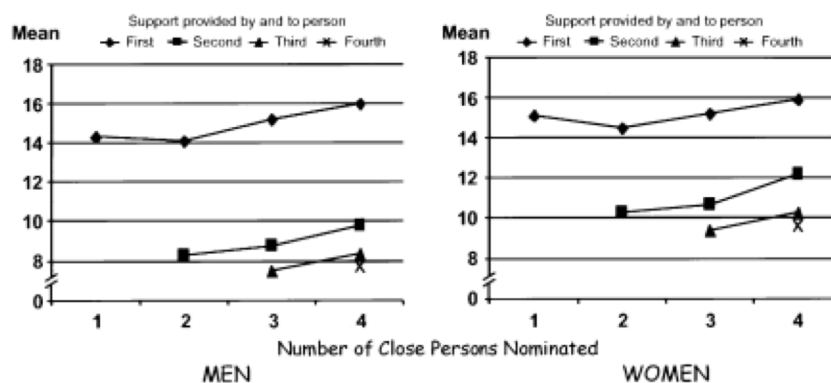


Fig. 1. Confiding/emotional support from each close person according to number of close persons nominated (*age adjusted*).

Source: [http://dx.doi.org/10.1016/S0277-9536\(01\)00111-3](http://dx.doi.org/10.1016/S0277-9536(01)00111-3)

## Social relationships and health: Roles of culture in construction of self

- Campos (2015): Culture = determinants of health via behaviours, attitudes, influenced by people who share the same values, i.e. social influence/control.
- European/Western vs. East Asians
  - Self enhancement and self criticism (Kitamura et al. 1997)
  - Independence and interdependence (Kitamura & Markus 1991) (Kitamura & Salvador, 2017)

### **Culture and relationships: Western vs. East Asian**

- Independence -> Self as autonomous, independent from social contact. Be able to meet own preference
- Interdependence -> Social relations are an important aspect of self. How preference and needs of significant others play in individual life/life events.

### **Three ways of expressing emotions: US, Latino and East Asians (Campos, 2015)**

- US – Independent thinking, valuing interpersonal reflection of self
- Latino – interdependent with significant others, valuing positive expression
- East Asian – interdependent with significant others, valuing low arousal of emotion

#### **4 possible roles of culture for health (Campos 2015)**

- Difference between groups exist, but the associations between factors and health are the same.
- Moderation – associations between factors and health are different in some culture
- Mediation - Associations between factors and health are mediated
- Uniqueness – generating new knowledge that is unknown.

#### **Talk 2: Resource available to study social and cultural participation and wellbeing in ageing cohorts in the UK and Japan**

- Gateway to Global ageing data
- UK-SWAN project data – close look




**Gateway to Global Aging Data**

SURVEYS CONCORDANCE DOCUMENTATION GRAPHS PUBLICATIONS DOWNLOADS HELP  
 AT A GLANCE ACROSS SURVEYS AND PRESENTATIONS AND TABLES BASED ON SURVEYS DATA AND LINKS FAQ

**GATEWAY TO GLOBAL AGING DATA**

A platform for population survey data on aging around the world

Source: g2aging.org



**Gateway to Global Aging Data: What is it?**

- A platform for population based ageing data across the world (NIA)
- Studies harmonised
  - HRS
  - MHAS
  - ELSA
  - SHARE
  - CRELES
  - KLoSA
  - JSTAR
  - TILDA
  - CHARLS
  - LASI

**UCL**

## How to navigate?


Home » Surveys at a Glance

### Surveys at a Glance

Search all surveys by keyword ▾      Search harmonized data by su

[Home](#)

STUDY OVERVIEW	CORE INTERVIEW	END OF LIFE INTERVIEW	LIFE HISTORY	HEALTH ASSESSMENT			
HRS	MHAS	ELSA	SHARE	CRELES	KLoSA	JSTAR	TILDA
United States	Mexico	England	20+ European Countries and Israel	Costa Rica	Korea	Japan	Ireland
HRS W1							




**UCL**

## Comparability: Survey year

2006-07	HRS W8		ELSA W3	SHARE W2	CRELES W2	KLoSA W1	JSTAR W1		
2008-09	HRS W9		ELSA W4		CRELES W3	KLoSA W2	JSTAR W2		
2010-11	HRS W10		ELSA W5	SHARE W4	CRELES W4	KLoSA W3	JSTAR W3	TILDA W1	CHARLS W1
2012-13	HRS W11	MHAS W3	ELSA W6	SHARE W5	CRELES W5	KLoSA W4	JSTAR W4	TILDA W2	CHARLS W2
2014-15	HRS W12 UAS HRS W1	MHAS W4	ELSA W7	SHARE W6		KLoSA W5		TILDA W3	CHARLS W4

## Comparability: Data are already harmonised



All Surveys	Harmonized HRS	Harmonized MHAS	<u>Harmonized</u> <u>ELSA</u>	Harmonized SHARE	Harmonized CRELES	Harmonized KLoSA	Harmonized JSTAR	Harmonized TILDA	Harmonized CHARLS	Harmonized LASI
	RAND HRS									
	Family									

Survey modules (9)	Flowchart
name	
Section A: Demographics, Identifiers, and Weights	
Section B: Health	
Section C: Health Care Utilization and Insurance	
Section D: Cognition	
Section E: Financial and Housing Wealth	
Section F: Income	
Section G: Family Structure	
Section H: Employment History	
Section I: Retirement Plans, Expectations	

- Can look variable names
- Harmonisation is documented
  - Codebook downloadable upon registration to the site.

## What can we use?

- Health
  - ADL
  - IADL
  - CES-D, i.e. depression
  - Health conditions, hypertension, diabetes, cancer, lung disease, heart problems, stroke, mental illness, arthritis, dementia ulcers,
  - BMI.
  - Exercise
  - Drinking alcohol
  - Smoking
- Cognition
- Family
  - Parents alive
  - Current or Age of death – parents
  - Numbers of living children
  - Numbers of people in the household

## Access to the harmonised data

Core Interview Data	End of Life Data	Life History Data								
HRS		MHAS	ELSA	SHARE	CRELES	KLoSA	JSTAR	TILDA	CHARLS	LASI
United States		Mexico	England	20+ European Countries & Israel	Costa Rica	Korea	Japan	Ireland	China	India
<a href="#">Links to Download Survey Data</a>	ISR, The University of Michigan	University of Texas, Medical Branch	UK Data Service	Munich Center for the Economics of Aging	Costa Rican Longevity and Healthy Aging Study	Korea Employment Information Service	Research Institute of Economy, Trade, & Industry	Irish Social Science Data Archive	National School of Development, Peking University	Program on Global Aging, Health, and Policy
<a href="#">Download Harmonized Dataset</a>	RAND HRS Harmonized HRS	Harmonized MHAS	Harmonized ELSA	[See Stata code below]	Harmonized CRELES	[See Stata code below]	Harmonized JSTAR	Harmonized TILDA	Harmonized CHARLS	Harmonized LASI
<a href="#">Download Harmonized Codebook</a>	RAND HRS Codebook Harmonized HRS Codebook	Harmonized MHAS Codebook	Harmonized ELSA Codebook	Harmonized SHARE Codebook	Harmonized CRELES Codebook	Harmonized KLoSA Codebook	Harmonized JSTAR Codebook	Harmonized TILDA Codebook	Harmonized CHARLS Codebook	Harmonized LASI Codebook
<a href="#">Create Harmonized Data*</a>	RAND HRS SAS Code Harmonized HRS Stata Code	Harmonized MHAS Stata Code	Harmonized ELSA Stata Code	Harmonized SHARE Stata Code	Harmonized CRELES Stata Code	Harmonized KLoSA Stata Code	Harmonized JSTAR Stata Code	Harmonized TILDA Stata Code	Harmonized CHARLS Stata Code	Harmonized LASI Stata Code

## References for comparability:

[Home](#) » [Documentation](#)

### Documentation

Please cite all information retrieved from the Gateway as follows: Gateway to Global Aging Data, Produced by the Program on Global Aging, Health & Policy, University of Southern California with funding from National Institute on Aging (R01 AG030153)

#### WORKING PAPER SERIES ON CROSS-COUNTRY COMPARABILITY

Chronic Conditions	Financial Transfers	Expectations	Employment Retirement
Income	Wealth	Cognition	Health Behavior
Informal Care	Household Expenditure	Health Care Utilization & Expenditure	Stress
Physical & Anthropometric Measurement	Study Descriptions		

## SWAN project datasets: Ageing

- English Longitudinal Study of Ageing (ELSA)
  - Launched 2002, targeting aged 50+ independently living individuals in England. Data collected every 2 year, odd waves contain nurse visit (i.e. biomarker) data.
  - Rich information on social networks, social support as well as household composition
  - 8 waves of data available
- Japanese Study of Aging and Retirement (JSTAR)
  - Designed to be comparable with ELSA and SHARE.
  - Launched on 2007, targeting aged 50+ independently living individuals in Japan, data collected every 2 year, up to 4 waves available



## SWAN project datasets: Family

- UK Household Longitudinal Study (UKHLS)
  - Launched on 2009, targeting aged 16+ adults in 40,000 households in the UK (100,000 individuals), children's (aged 10-15) data collected separately
  - Data collected annually. Wave 10 data should be released soon.
- Japanese Study on Stratification, Health, Income, and Neighborhood (JSHINE)
  - Adults, aged 25–50 years, probabilistically selected from Tokyo metropolitan areas (2) and neighboring prefectures (2)
  - Spouse and children were separately invited to participate the study
  - Launched 2010, W2 collected 2012

## Data accessibility

- ELSA and UKHLS
  - Accessible via UK data services upon registration, even from non-UK countries
- JSTAR
  - Accessible upon application to RIETI
- JSHINE
  - Accessible upon application to PI (Hashimoto, University of Tokyo)

## Variables: ELSA vs JSTAR

- Social network related

ELSA w3 (2006)	JSTAR w1 (2007)
<ul style="list-style-type: none"> <li>-Household members: Relationships to the core member -&gt; Able to identify cohabiting family members</li> <li>-Presence of parents, siblings, grandchildren</li> <li>-Frequency of contacts by type (phone, mail, face to face) with non-cohabiting children, relatives, friends</li> </ul>	<ul style="list-style-type: none"> <li>Family: Spouse, children up to 8. Parents (own and spouse's) - living together or not</li> <li>Frequencies of communicating with each family member</li> </ul>

- Social support related

ELSA (w3)	JSTAR(w1)
<ul style="list-style-type: none"> <li>Positive vs negative aspects of social support from partner, children, or family members and friends.</li> <li>-Understanding you</li> <li>-Able to rely on with a serious problem</li> <li>-Criticising you</li> <li>-Letting down</li> <li>-Getting on nerves</li> <li>-Closeness to partner</li> <li>-Size of close children, family members, friends.</li> <li>-Provision of informal care to family members (able to specify the member)</li> </ul>	<ul style="list-style-type: none"> <li>-Likelihood of receiving emotional support from: spouse, cohabiting family members, non-cohabiting children or other relatives, neighbours/friends/acquaintance</li> <li>-Likelihood of receiving practical support from those listed above</li> <li>-Likelihood of providing emotional support to those listed above</li> <li>-Likelihood of providing practical support to those listed above</li> <li>-Partner satisfaction</li> <li>-Provision of informal care to parents and parents in laws (= who is providing care to those)</li> </ul>

## Variables: UKHLS vs. JSHINE

UKHLS (W2)	JSHINE(w1)
Household – members. Relationships of members, marital status, family size Frequency of contacts – family and friends, neighbours Closeness to friends, duration of knowing the person(s), likeness, activities together Social participation	Household – members & relationships, family size, marital status Network (exc. Family) – size by gender, likeness Neighbourhood exchange- levels and size of people. Social participation + likeness of members

UKHLS (W2 2010)	JSHINE(w1 2010)
Received social support – emotional and practical Negative aspects of social support – gets nerve, criticise Positive aspects – understand, relying on	Providing and received social support Negative aspect – gets on nerve, demanding Neighbourhood safety, trust, cohesion

## Summary talk 1 and 2:

- Cultural perception/definition of family and relationships
  - Focus on questions differ: Closeness (UK) vs. Role (Japan)
- Same questions
  - Why is this so important? How could we be certain?
    - Tarani will talk about this.

**Any questions?**

**Ask away @SOCCAH\_network @nkcable  
or at [www.soccah-net.org](http://www.soccah-net.org)**

**You can email: [n.cable@ucl.ac.uk](mailto:n.cable@ucl.ac.uk)**