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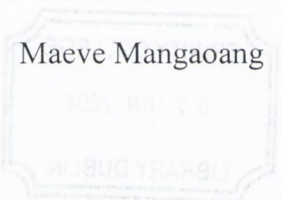
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**The effects of selective amygdalohippocampectomy on episodic memory,
spatial representation and discourse production among human
neurological patients.**

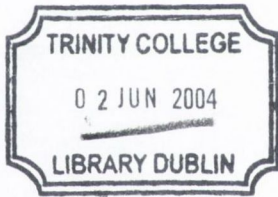
Volume II

by

Maeve Mangaoang

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A dissertation submitted for the degree of Doctor of Philosophy of the
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This research was conducted in the Department of Psychology.
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APPENDICES

CHAPTER 2 - METHODOLOGY

APPENDIX 2.1 – COGNITIVE FAILURES QUESTIONNAIRE

QUESTIONNAIRE

The following questions are about minor mistakes, which everyone makes from time to time, but some of which happen more often than others. We want to know how often these things have happened to you in the last six months. Please circle the appropriate number.

	Very often	Quite often	Occasionally	Very rarely	Never
Do you read something and find you haven't been thinking about it and must read it again?	4	3	2	1	0
Do you find you forget why you went from one part of the house to the other?	4	3	2	1	0
Do you fail to notice signposts on the road?	4	3	2	1	0
Do you find you confuse right and left when giving directions?	4	3	2	1	0
Do you bump into people?	4	3	2	1	0
Do you find you forget whether you've turned off a light or a fire or locked the door?	4	3	2	1	0
Do you fail to listen to people's names when you are meeting them?	4	3	2	1	0
Do you say something and realise afterwards that it might be taken as insulting?	4	3	2	1	0
Do you fail to hear people speaking to you when you are doing something else?	4	3	2	1	0
Do you lose your temper and regret it?	4	3	2	1	0
Do you leave important letters unanswered for days?	4	3	2	1	0
Do you find you forget which way to turn on a road you know well but rarely use?	4	3	2	1	0
Do you fail to see what you want in a supermarket (although it's there)?	4	3	2	1	0
Do you find yourself suddenly wondering whether you've used a word correctly?	4	3	2	1	0
Do you have trouble making up your mind?	4	3	2	1	0
Do you find you forget appointments?	4	3	2	1	0
Do you forget where you put something like a newspaper or a book?	4	3	2	1	0

Do you find you accidentally throw away the thing you want and keep what you meant to throw away as in the example of throwing away the matchbox and putting the used match in your pocket?

Do you daydream when you ought to be listening to something?

Do you find you forget people’s names?

Do you start doing one thing at home and get distracted into doing something else (unintentionally)?

Do you find you can’t quite remember something although it’s on the tip of you tongue?

Do you find you forget what you came to the shops to buy?

Do you drop things?

Do you find you can’t think of anything to say?

Very often	Quite often	Occasionally	Very rarely	Never
4	3	2	1	0
4	3	2	1	0
4	3	2	1	0
4	3	2	1	0
4	3	2	1	0
4	3	2	1	0
4	3	2	1	0
4	3	2	1	0

APPENDIX 2.2 – MUNDANE MEMORY QUESTIONNAIRE

INSTRUCTIONS

8

When answering the following questions, please only write your answer if you are certain that it is correct. Please do not guess or try to make up an answer. We are interested in how well you can remember everyday activities.

ACTIVITIES				
Do you recall getting dressed on this day? If so, what did you wear?	Yes No	Yes No	Yes No	Yes No
Do you recall going to work on this day? If so, how did you get there?	Yes No	Yes No	Yes No	Yes No
Do you recall what the weather was like on this day? If so, describe how it was?	Yes No	Yes No	Yes No	Yes No
Do you recall having a coffee break on this day? If so, at what time?	Yes No	Yes No	Yes No	Yes No
Do you recall receiving any letters on this day? If so, how many did you receive?	Yes No	Yes No	Yes No	Yes No
Do you recall meeting any friends on this day? If so, what were there names?	Yes No	Yes No	Yes No	Yes No

ACTIVITIES				
Do you recall eating lunch on this day? If so, what did you eat and drink?	Yes No	Yes No	Yes No	Yes No
Do you recall doing any shopping on this day? If so, which shops did you visit?	Yes No	Yes No	Yes No	Yes No
Do you recall doing any reading on this day? If so, what did you read?	Yes No	Yes No	Yes No	Yes No
Do you recall doing any work around the house on this day? If so, what work did you do?	Yes No	Yes No	Yes No	Yes No
Do you recall watching TV on the evening of this day? If so, what did you watch?	Yes No	Yes No	Yes No	Yes No
Do you recall making any phone calls on the evening of this day? If so, how many calls did you make?	Yes No	Yes No	Yes No	Yes No

ACTIVITIES	THURSDAY	WEDNESDAY	TUESDAY	MONDAY
Do you recall making any phone calls on the evening of this day? If so, how many phone calls did you make?	Yes No	Yes No	Yes No	Yes No
Do you recall meeting any friends on this day? If so, what were their names?	Yes No	Yes No	Yes No	Yes No
Do you recall eating lunch on this day? If so, what did you eat and drink?	Yes No	Yes No	Yes No	Yes No
Do you recall watching TV on the evening of this day? If so, what did you watch?	Yes No	Yes No	Yes No	Yes No
Do you recall receiving any letters on this day? If so, how many did you receive?	Yes No	Yes No	Yes No	Yes No
Do you recall doing any shopping on this day? If so, which shops did you visit?	Yes No	Yes No	Yes No	Yes No

ACTIVITIES	THURSDAY	WEDNESDAY	TUESDAY	MONDAY
Do you recall having a coffee break on this day? If so, at what time?	Yes No	Yes No	Yes No	Yes No
Do you recall getting dressed on this day? If so, what did you wear?	Yes No	Yes No	Yes No	Yes No
Do you recall doing any reading on this day? If so, what did you read?	Yes No	Yes No	Yes No	Yes No
Do you recall doing any work around the house on this day? If so, what work did you do?	Yes No	Yes No	Yes No	Yes No
Do you recall what the weather was like on this day? If so, describe how it was.	Yes No	Yes No	Yes No	Yes No
Do you recall going to work on this day? If so, how did you get there?	Yes No	Yes No	Yes No	Yes No

APPENDIX 2.3 – ROUTE DESCRIPTION TASK I

Landmark Task Validation Study: Scoring procedures for the Route Description Task

In order to consistently score the data recorded on this task, a set of procedures was developed. These rules were as follows:

- The routes were broken down into a set of skeletal descriptions or stages as delineated in Table 1 below.
- One mark was awarded for each correct step in the series. No marks were awarded for any ambiguous or incorrect directional segments. For example, mistaking left for right, or miscounting the number of turns necessary. However, if the next sequence of directions was correct, then marks were given.
- The reason for this exception is that it is clear to the scorer that the participant was correct in their description overall except for that one error.
- In contrast, if a particular direction segment was wholly unclear or wrong, however (e.g. north instead or third left) not only would the mark for that segment be withheld, but no further marks would be awarded.
- The reason for this is that after the error was made, it was not clear where the participant was going with their descriptions – it was not obvious that they were on the right route.
- Information presented twice or repeated is only scored once i.e. if the participant writes 'go south or down', and it is correct, they only get one point.
- While the questions called for the shortest route between the two points to be chosen, all correct routes were accepted.
- The word counts for each question were also recorded.

Table: 1 Sample breakdown of routes for each question

Question	Steps in the route description
Question 1: B→C Total marks: 5	Straight/south Right/west Left/south Right/west Left/south-east
Question 2: A→B Total marks: 9	Straight Left Round corner/right Left 2 nd right At 2 nd junction, second right At next junction, third right/south-east Left Left
Question3: C→D Total marks: 6	1 st left/north-west 1 st left/south Round corner/square/right/west 2 nd left/south 3 rd right/west 1 st left/south
Question 4: D→A Total marks: 7	Straight/north 1 st right/east 2 nd left/north 9 th left/5 th left after main crossroads/north Round corner/right/north Left/west Right/north

APPENDIX 2.4 – LANDMARK POINTING TASK

Landmark Pointing Task Scoring Sheet

Landmark 1: Standing with back to Trinity College Gates point to:

Place	Degrees L/R
GPO	
St. Stephen's Green Shopping Centre (main entrance)	
Phoenix Park (main entrance)	
Christchurch Cathedral	
Dail Eireann	
Customs House	

Landmark 2: Standing with back to door of St. Stephen's Green Shopping Centre looking down Grafton Street point to:

Place	Degrees L/R
GPO	
Trinity College (main entrance)	
Phoenix Park (main entrance)	
Christchurch Cathedral	
Dail Eireann	
Customs House	

Landmark 3: Standing with back to GPO, looking across O'Connell Street, point to:

Place	Degrees L/R
Trinity College (main entrance)	
St. Stephen's Green Shopping Centre (main entrance)	
Phoenix Park (main entrance)	
Christchurch Cathedral	
Dail Eireann	
Customs House	

Landmark 4: Standing with back to the Customs House facing the Liffey point to:

Place	Degrees L/R
GPO	
Trinity College (main entrance)	
St. Stephen's Green Shopping Centre (main entrance)	
Phoenix Park (main entrance)	
Christchurch Cathedral	
Dail Eireann	

APPENDIX 2.5 – LETTER OF CONSENT

Ms. Maeve Mangaoang
Department of Psychology
Aras an Phiarsaigh
Trinity College
Dublin 2
Tel: 01 – 6083906

Date:

Dear _____,

I hope this finds you well. My name is Maeve Mangaoang and I am a postgraduate student in the Dept. of Psychology at Trinity College. I am conducting a research study with individuals who have undergone surgery in order to better understand their memory functioning. I would be very grateful if you would contribute to this study as one of the group who have undergone surgery.

Becoming a participant will involve the following. I will meet with you to complete an interview and a number of questionnaires. This will take approximately 50 minutes. The interview will include questions about your memory for everyday mundane events, while the questions ask about your general everyday memory ability.

The second part of the study involves a series of tasks that measure how well you can find your way around in the environment and estimate the location of various landmarks. This part of the study takes approximately 50 minutes to complete.

Please be assured that any information you provide in the interview, questionnaires and the spatial memory tasks will remain confidential and will be used for the purpose of the research study only. You are also completely free to withdraw from the study at any time. Furthermore, in accordance with the Freedom of Information Act, you are entitled to receive a copy of your scores if you wish.

If you would like to take part in this study, you can contact me at the above address or ring me at 01 – 6083906. Dr. Deirdre McMackin, formerly of Beaumont Hospital, and currently at St. Patrick's Hospital is my supervisor and she may be contacted at 01 - 6775423 extension 412. Every effort will be made to ensure that appointments are arranged at your convenience.

With all best wishes,
Yours sincerely,

Maeve Mangaoang

APPENDIX 2.6 – BEAUMONT NEUROPSYCHOLOGICAL
ASSESSMENT

Appendix 2.6: Neuropsychological Assessment Protocol

Patient Name _____ Chart No: _____

Date Completed: _____

TEST	COMPLETED	TEST	COMPLETED
Session 1 (2 Hours)		Session 2 (2 Hours)	
Wais-III Cover Page		WMS-III Visual Reproduction (30 Min Delay)	
Rey Figure (45 min Delay)		NART	
Picture Completion		Graded Naming Test (optional)	
Information		Design Fluency	
Coding		Delayed Recall Visual Reproduction	
WMS-III Stories (30 min Delay)		Warrington Recognition Memory	
Picture Arrangement		Wisconsin Card Sorting	
Vocab (optional)		Trail Making	
Block Design		Stroop (optional)	
Arithmetic		Symbol Search	
Delayed Recall Stories		Hebbs Digits (Epilepsy Pre-Op)	
RAVLT (20 min Delay)		Corsi Blocks (Epilepsy Pre-Op)	
Object Assembly		Washington Seizure Inventory (Epilepsy Pre-Op)	
Comprehension		OPTIONAL TESTS	
Similarities		Token Test	
RAVLT Delayed Recall + Recognition		List Learning	
Draw A Bicycle		Benton	
Thurstone Word Fluency		Other	
Digit Span			
Matrix Reasoning			

APPENDIX 2.7 – NATIONAL ADULT READING TEST

National Adult Reading Test (NART)
2nd Edition

Answer/Record Sheet – Control Group

Name: _____ **Date of test:** _____

WORD	ERRORS	WORD	ERRORS
CHORD		SUPERFLOUS	
ACHE		SIMILE	
DEPOT		BANAL	
AISLE		QUADRUPED	
BOUQUET		CELLIST	
PSALM		FAÇADE	
CAPON		ZEALOT	
DENY		DRACHM	
NAUSEA		AEON	
DEBT		PLACEBO	
COURTEOUS		ABSTEMIOUS	
RAREFY		DÉTENTE	
EQUIVOCAL		IDYLL	
NAÏVE		PUERPERAL	
CATACOMB		AVER	
GAOLED		GAUCHE	
THYME		TOPIARY	
HEIR		LEVIATHAN	
RADIX		BEATIFY	
ASSIGNATE		PRELATE	
HIATUS		SIDEREAL	
SUBTLE		DEMESNE	
PROCREATE		SYNCOPE	
GIST		LABILE	
GOUGE		CAMPANILE	

APPENDIX 2.8 – EVERYDAY MEMORY QUESTIONNAIRE

Everyday Memory Questionnaire

Rating scale:

- A – Not at all in the last three months B – About once in the last three months C – More than once in the last three months
D – About once a month E – More than once a month but less than once a week F – About once a week
G – More than once a week but less than once a day H – About once a day I – More than once a day

How often do the following happened to you:

(Please circle the your answers)

1. Forgetting where you have put something. Losing things around the house.

A B C D E F G H I

2. Failing to recognise places that you are told you have often been to before.

A B C D E F G H I

3. Finding a television story difficult to follow.

A B C D E F G H I

4. Not remembering a change in your daily routine, such as a change in the place where something is kept, or a change in the time something happens. Following your old routine by mistake.

A B C D E F G H I

Rating scale:

A – Not at all in the last three months B – About once in the last three months C – More than once in the last three months
 D – About once a month E – More than once a month but less than once a week F – About once a week
 G – More than once a week but less than once a day H – About once a day I – More than once a day

5. Having to go back to check whether you have done something that you meant to do.

A B C D E F G H I

6. Forgetting when it was that something happened; for example, whether it was yesterday or last week.

A B C D E F G H I

7. Completely forgetting to take things with you, or leaving things behind and having to go back and get them.

A B C D E F G H I

8. Forgetting that you were told something yesterday or a few days ago, and maybe having to be reminded about it.

A B C D E F G H I

9. Starting to read something (a book or an article in a newspaper, or a magazine) without realising you have already read it before.

A B C D E F G H I

Rating scale:

A – Not at all in the last three months

B – About once in the last three months

C – More than once in the last three months

D – About once a month

E – More than once a month but less than once a week

F – About once a week

G – More than once a week but less than once a day

H – About once a day

I – More than once a day

10. Letting yourself ramble on to speak about unimportant or irrelevant things.

A

B

C

D

E

F

G

H

I

11. Failing to recognise, by sight, close relatives or friends that you meet frequently.

A

B

C

D

E

F

G

H

I

12. Having difficulty picking up a new skill. For example, finding it hard to learn a new game or to work some new gadget after you have practiced it once or twice.

A

B

C

D

E

F

G

H

I

13. Finding that a word is ‘on the tip of your tongue’. You know what it is but cannot quite find it.

A

B

C

D

E

F

G

H

I

14. Completely forgetting to do things you said you would do, and things you planned to do.

A

B

C

D

E

F

G

H

I

Rating scale:

A – Not at all in the last three months B – About once in the last three months C – More than once in the last three months
D – About once a month E – More than once a month but less than once a week F – About once a week
G – More than once a week but less than once a day H – About once a day I – More than once a day

15. Forgetting important details of what you did or what happened to you the day before.

A B C D E F G H I

16. When talking to someone, forgetting what you have just said. Maybe saying, ‘What was I talking about?’

A B C D E F G H I

17. When reading a newspaper or magazine being unable to follow the thread of a story; losing track of what it is about.

A B C D E F G H I

18. Forgetting to tell somebody something important. Perhaps forgetting to pass on a message or remind someone of something.

A B C D E F G H I

19. Forgetting important details about yourself, e.g. your birthdate or where you live.

A B C D E F G H I

Rating scale:

- A – Not at all in the last three months
- B – About once in the last three months
- C – More than once in the last three months
- D – About once a month
- E – More than once a month but less than once a week
- F – About once a week
- G – More than once a week but less than once a day
- H – About once a day
- I – More than once a day

20. Getting the details of what someone has told you mixed up and confused.

A

B

C

D

E

F

G

H

I

21. Telling someone a story or joke that you have told them once already.

A

B

C

D

E

F

G

H

I

22. Forgetting details or things you do regularly, whether at home or at work. For example, forgetting details of what to do, or forgetting at what time to do it.

A

B

C

D

E

F

G

H

I

23. Finding that the faces of famous people seen on television or in photographs, look unfamiliar.

A

B

C

D

E

F

G

H

I

24. Forgetting where things are normally kept or looking for them in the wrong place.

A

B

C

D

E

F

G

H

I

Rating scale:

A – Not at all in the last three months

B – About once in the last three months

C – More than once in the last three months

D – About once a month

E – More than once a month but less than once a week

F – About once a week

G – More than once a week but less than once a day

H – About once a day

I – More than once a day

25. (a) Getting lost or turning in the wrong direction on a journey, on a walk or in a building where you have OFTEN been before.

A

B

C

D

E

F

G

H

I

(b) Getting lost or turning in the wrong direction on a journey, on a walk or in a building where you have ONLY BEEN ONCE OR TWICE BEFORE.

A

B

C

D

E

F

G

H

I

26.

Doing some routine thing twice by mistake. For example, putting two lots of tea in the teapot, or going to brush/comb your hair when you have just done so.

A

B

C

D

E

F

G

H

I

27. Repeating to someone what you have just told them or asking them the same question twice.

A

B

C

D

E

F

G

H

I

APPENDIX 2.9 – DISCOURSE PRODUCTION ANALYSIS

Discourse Production Errors – descriptions and examples

Discourse production analysis involved the recording of the following discourse production errors for each participant: repetitions and pauses, verbal tics and pragmatics and the inclusion of ambiguous and/or irrelevant information. Descriptions and examples of each category of errors are contained in Table 1 below. For each type of error, the total number of occurrences was recorded for each participant.

Table 1: Definitions and explanations of errors in discourse production (from Haravon et al., 1994; Harley et al., 1998)

Types of errors	Descriptions	Examples
Repetitions	For the purposes of this analysis, repetitions of words/phrases and false starts were counted as one category.	Repetitions: 'the, the...' 'I know, I know...' (both scored as one repetition) False starts: 'it, it, it is' (scored as two repetitions)
Pauses	Pauses were defined as unfilled moments of silence and as thus, were distinguished from filled pauses where gaps in the flow of words were filled with verbal tics or repetitions.	Pauses: 'I watched..... the news on TV and then...'
Verbal tics	Verbal tics consisted of fillers that occurred during the course of the discourse.	Verbal tics: 'so, like, uhm, ah, yeah...'
Pragmatics	Three specific types of phrases were included in this category: unsureness, apology and exclamations.	Unsureness: 'I don't know, I can't remember...' Apology: 'I'm really sorry, I'm sorry I can't...' Exclamations: 'Oh God....'

Types of errors	Descriptions	Examples
Ambiguous statements	Ambiguity occurred when the reader was unable to understand what the participant was saying or referring to in the course of their discourse. It also included aposiopesis, which refers to an abrupt termination of an utterance that leaves a thought incomplete (Hier et al., 1985).	Ambiguity: 'there is a result on this but the value is on the up....' Aposiopesis: 'I paid, I got on to, first of all I rang'
Irrelevant information	Information was classed as irrelevant if it was not directly related to the questions asked in the interview i.e. if it did not concern the activities of the participant over the three specific days.	Irrelevant information: 'today is a wet day so I'm lucky enough you know'

APPENDIX 2.10 – REY FIGURE

Rey Figure and Taylor instructions and scoring criteria

Instructions

Copy: ‘I am going to show you a card on which there is a design that I would like you to copy on this sheet of paper. Please copy the figure as carefully as you can. If you think you have made a mistake, don’t erase it, just correct whatever you think is wrong’.

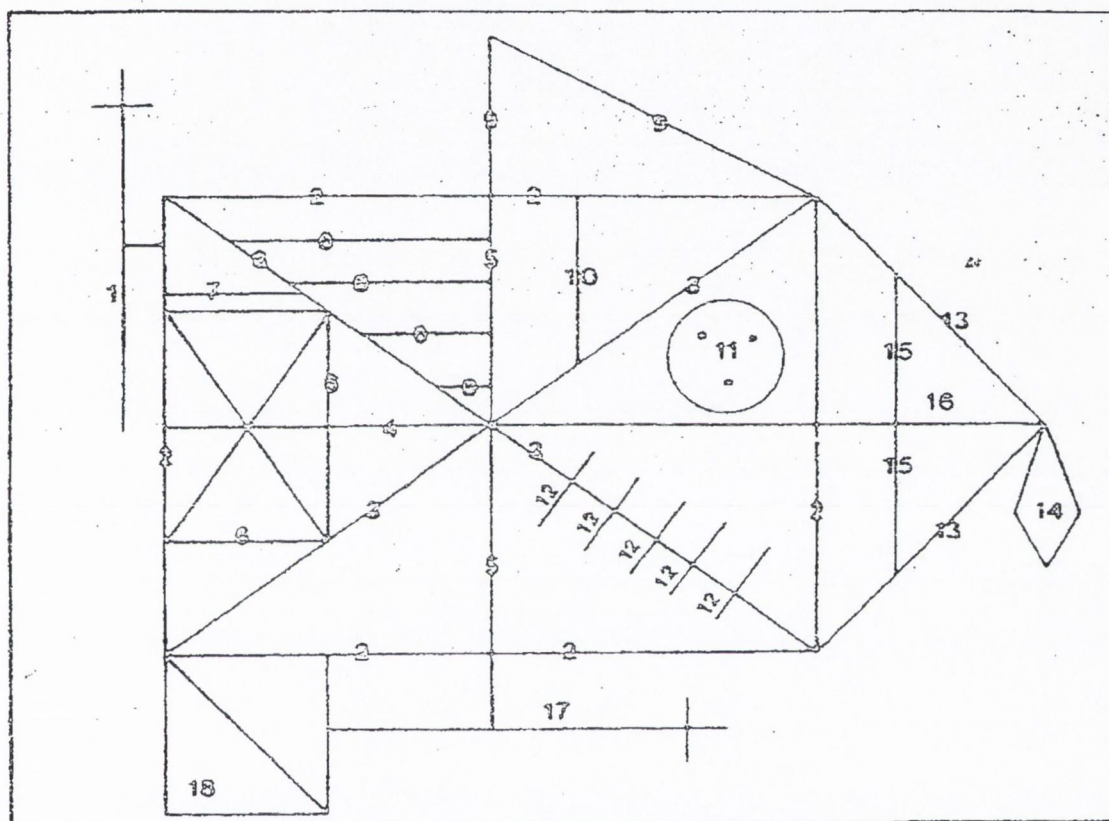
Immediate recall: ‘I am going to ask you to redraw the figure you have just seen on this sheet of paper. Please draw it as carefully and as completely as you can. If you think you have made a mistake, don’t erase it, just correct whatever you think is wrong’.

Delayed recall: ‘Do you remember the design I had you copy and draw a while ago? I would like you to draw it again from memory as carefully and completely as you can on this sheet of paper. Again, if you make a mistake, do not erase, just correct whatever you think is wrong’.

Scoring criteria

Details	Copy	Immediate	Delay
1. Cross upper left corner, outside of rectangle			
2. Large rectangle			
3. Diagonal cross			
4. Horizontal midline of 2			
5.Vertical midline			
6. Small rectangle, within 2 to the left			
7. Small segment above 6			
8. Four parallel lines within 2, upper left			
9. Triangle above 2 upper right			
10. Small vertical line within 2, below 9			
11. Circle with three dots within 2			
12. Five parallel lines with 2 crossing 3, lower right			
13. Sides of triangle attached to 2 on right			
14. Diamond attached to 13			
15. Vertical line within triangle 13 parallel to right vertical of a			
16. Horizontal line within 13, continuing 4 to right			
17. Cross attached to low centre			
18. Square attached to 2, lower left			
TOTAL SCORE			

Rey Complex Figure



APPENDIX 2.11 – VIVIDNESS OF VISUAL IMAGERY
QUESTIONNAIRE

Vividness of Visual Imagery Questionnaire

Name:

Age:

- Visual imagery refers to the ability to visualize, that is, the ability to form mental pictures or to ‘see in the mind’s eye’.
- The aim of this questionnaire is to determine the vividness of your visual imagery. The items of the test will possibly bring certain images to your mind.
- You are asked to rate the vividness of each image by reference to the 5-point scale given below. For example, if your image is ‘vague and dim’ then give it a rating of 4.
- After each item write the appropriate number in the box provided. The first box is for an image obtained with your eyes open and the second box is for an image obtained with your eyes closed.
- Before you turn to the items on the next page, familiarize yourself with the different categories on the rating scale. Throughout the questionnaire, refer to the rating scale when judging the vividness of each image. Try to do each item separately, independent of how you may have done other items.
- Complete all items for images obtained with the eyes open and then return to the beginning of the questionnaire and rate the image obtained for each item with your eyes closed. Try and give your ‘eyes closed’ rating independently of the ‘eyes open’ rating. The two ratings for a given item may not in all cases be the same.

Rating Scale

The image aroused by an item might be:

Perfectly clear and as vivid as normal vision	Rating 1
Clear and reasonably vivid	Rating 2
Moderately clear and vivid	Rating 3
Vague and dim	Rating 4
No image at all, you only ‘know’ that you are thinking of an object	Rating 5

In answering items 1 to 4, think of some relative or friend whom you frequently see (but who is not with you at present) and consider carefully the picture that comes before your mind’s eye.

Rating with eyes

- Item
- 1 The exact contour of face, head, shoulders and body.
 - 2 Characteristic poses of head, attitudes of body etc.
 - 3 The precise carriage, length of step etc. in walking.
 - 4 The different colours worn in some familiar clothes.

Open	Closed

Visualise the rising sun. Consider carefully the picture that comes before your mind's eye.

Rating with eyes

- Item
- 5 The sun is rising above the horizon into a hazy sky.
 - 6 The sky clears and surrounds the sun with blueness.
 - 7 Clouds. A storm blows up, with flashes of lightning.
 - 8 A rainbow appears.

Open	Closed

Think of the front of a shop which you often go to. Consider the picture that comes before your mind's eye.

Rating with eyes

- Item
- 9 The overall appearance of the shop from the opposite side of the road.
 - 10 A window display including colours, shapes and details of individual items for sale.
 - 11 You are near the entrance. The colour, shape and details of the door.
 - 12 You enter the shop and go to the counter. The counter assistant serves you. Money changes hands.

Open	Closed

Finally, think of a country scene which involves trees, mountains and a lake. Consider the picture that comes before your mind's eye.

- Item
- 13

The contours of the landscape.
- 14

The colour and shape of the trees.
- 15

The colour and shape of the lake.
- 16

A strong wind blows on the trees and on the lake causing waves.

Rating with eyes	
Open	Closed

Thank you very much for taking the time to complete this questionnaire – it is greatly appreciated.

APPENDIX 2.12 – ROUTE DESCRIPTION TASK II

Main Study: Modified scoring procedures for the Route Description Task

The scoring procedures used in the main study were the same as those detailed in Appendix 2.3 above. However, they included the addition of an analysis of the various routes chosen by each participant as shown in Figures 1 and 2 and Table 1 below.

Questions 1, 3 and 4 contained two correct alternative routes, whereas for Question 2, three correct alternative routes were identified. The choice of an ambiguous or incorrect route was also recorded. Using SPSS 10, these data were subsequently recoded into a dichotomous variable labelled correct/incorrect choice of route. From this procedure it was possible to measure the frequency with which correct and incorrect routes were chosen for each question by each participant group.

Table 1: Analysis of the routes chosen for each question in the Route Description Task.

Question	Correct Route 1	Correct Route 2	Correct Route 3
Question 1: B→C	Straight/south Right/west Left/south Right/west Left/south-east	Straight on/north 1st right/west 2 nd left/south Straight on/south-east	N/A
Question 2: A→B	Straight/south Left /east Round corner/right Left to junction/east 2 nd right At 2 nd junction, 2 nd right	Straight/south Left/east Round corner/right Left to junction/east Right/south Straight/south 4 th left/main crossroads/east 3 rd left/north	Straight/south Left/east Round corner/right Left to junction/east Right/south Y junction veer left/south-east

(continued)	At next junction, third right/south- east Left Left		Straight/south- east 2 nd left/south- east Pass 3 left turns/go to main road 1 st left/north
Question 3: C→D	1 st left/north- west 1 st left/south Round corner/square/ right/west 2 nd left/south 3 rd right/west 1 st left/south	Straight/north-west 2 nd Left/west 2 nd left/south 4 th right 1 st left	N/A
Question 4: D→A	Straight/north 1 st right/east 2 nd left/north 9 th left/5 th left after main crossroads/north Round corner/right/nort h Left/west Right/north	Straight/north 1 st right/east 2 nd left/north 6 th left/north-west 3 rd exit to left at roundabout/north 2 nd left/west 1 st right/north	N/A

APPENDICES 2.13-2.15 – SPATIAL NAVIGATION TASKS

Score Sheets for the Spatial Navigation Tasks

Name:
Gender:

Group:
Date:

Appendix 2.13 Linear Navigation Task

Control condition

Trial	Distance target	Distance line R/L	Time
1			
2			
3			
4			
5			

Dual task condition

Trial	Distance target	Distance line	Time
1			
2			
3			
4			
5			

Appendix 2.14 Backwards walking task

Condition 1: Walking to seen target

Trial	Time	Distance target	Distance line
1			
2			
3			
4			
5			

Condition 2: Rotated & backwards walking

Trial	Time	Distance target	Distance line
1			
2			
3			
4			
5			

Condition 3: Blindfolded walking to target.

Trial	Time	Distance target	Distance line
1			
2			
3			
4			
5			

Condition 4: Blindfolded, rotated & backwards walking

Trial	Time	Distance target	Distance line
1			
2			
3			
4			
5			

Appendix 2.15 Spatial circular trajectory task

Control task

Trial	Control condition: time	Control condition: angle
1		
2		
3		
4		
5		

Dual task

Trial	Dual condition: time	Dual condition: angle
1		
2		
3		
4		
5		

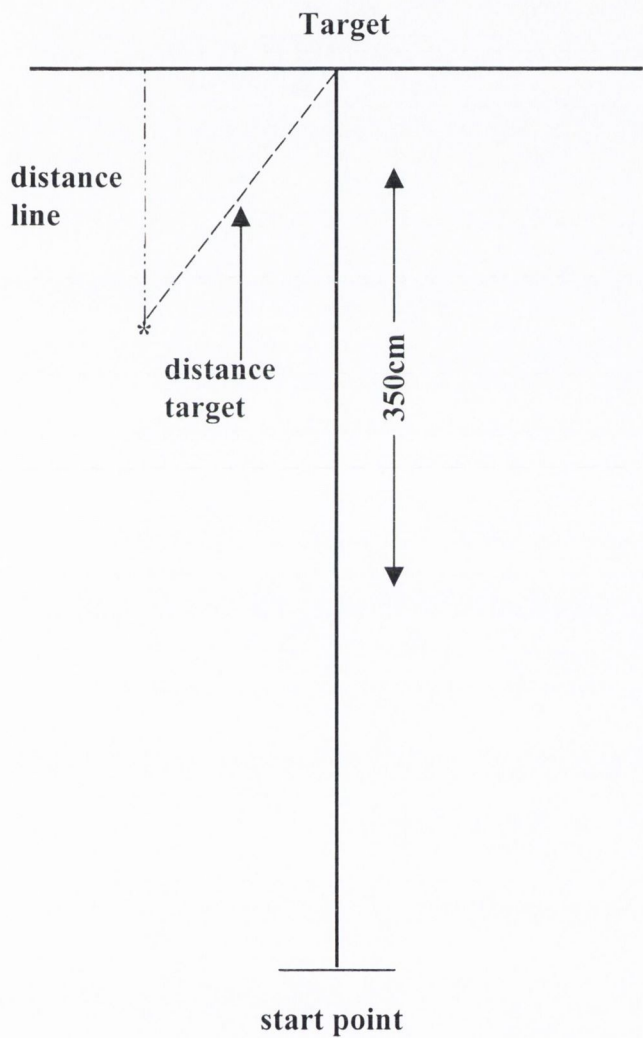
Explanation of measurements for the Navigation Tasks:

‘Distance target’ refers to the distance from the tip of the right foot of the participant to the actual target on the floor (as shown in Figure 1 below).

‘Distance line’ refers to the perpendicular distance from the tip of the right foot of the participant to the end of the line. This measurement was used to calculate the average undershoot or overshoot for each participant on each task.

In the Spatial Circular Trajectory Task, ‘angle’ refers to the degree of undershoot or overshoot of the participant when walking in this task. This measurement was taken from the 5-degree interval markings on the floor.

Figure 1: a schematic diagram of the measurements recorded in the Spatial Navigation tasks.



APPENDIX 2.16 – CONSENT FORM

CONSENT FORM

The purpose of this study has been explained to me and I have agreed to participate in it. I understand that my participation will be on a voluntary basis. I am aware of the extent of commitment required. I have been advised that any information or answers I give will be treated with the utmost confidentiality and will not be revealed by the researcher to any external party.

Signed Date

Witness Date

CHAPTER 3 - RESULTS

APPENDIX 3.1 – NEUROPSYCHOLOGICAL ASSESSMENT

RESULTS

Appendix 3.1 Neuropsychological Assessment Results

Task	N	Males Mean Scores (S.D.)	Females Mean Scores (S.D.)
No. years in education	19	15.30 (4.08)	15.56 (3.17)
Logical Memory I – immediate recall	19	56.60 (3.27)	55.00 (8.49)
NART total errors	19	12.20 (4.37)	12.78 (6.12)
Predicted FSIQ	19	114.20 (7.21)	114.33 (7.68)
Predicted VIQ	19	112.40 (6.65)	112.44 (7.04)
Predicted PIQ	19	113.20 (6.34)	113.33 (6.89)
Verbal Paired Associates I	19	22.00 (6.80)	22.89 (7.03)
Logical Memory II – delayed recall	19	36.30 (3.33)	35.89 (5.84)
Verbal Paired Associates II	19	7.10 (1.10)	6.78 (2.64)
Rey Figure - Copy	19	32.80 (2.61)	32.61 (2.89)
Immediate recall	19	21.30 (6.59)	22.56 (5.47)
Delayed recall	19	19.55 (6.68)	22.11 (5.52)

APPENDIX 3.2 – TRANSCRIPTS OF INTERVIEWS FROM MAIN
STUDY

Interviews with patient participants

Interview 1: J.C. Date: 12/4/01

MM: Can you describe the main activities or the kinds of things you would do in your typical day at work.

JC: Right. At work at nine o'clock I start off by getting the food prepared. I start frying the appropriate food, preparing all the food, boiling the water, waiting for the customers...As the orders come to me, I prepare what they need and I sent it out to the customers and then when all the customers had eaten we have a coffee break. We then prepare for lunch, prepare food for lunch. After lunch we have a coffee break and then we make soup or pies or whatever is needed and at 3 o'clock I finish. I go home, cook dinner for myself and my husband and then go for a walk. We watch television for a while or we may go to the local pub for a drink and that's it.

MM: Great, so that's your typical day then. So you have a busy day then, lots of cooking.

JC: Plenty to do, plenty to do, but that's just for two days a week so that's grand, suits me fine.

MM: Great, so now, during yesterday, what would you have done?

JC: Exactly what I've just told you now because I was working yesterday.

MM: So would it be the very same?

JC: Yes, the very same.

MM: Right. Grand and now if I was to ask you about this day last week now, what would you have done. Thursday of last week.

JC: I wouldn't really know. I wouldn't be able to say whether I was working or not...no I couldn't... I couldn't recall that.

MM: Right. That's grand.

Interview 2: D.D. Date: 13/4/01

MM: So, D. in a typical day what would you do from morning to evening.

DD: Well, I'd get up, have my shower, get dressed and have my breakfast, sit in the house for a while, ring a friend, go up to town. Stay up there for a couple of hours, go around the shops... Then I'd come home and have the dinner, sit and watch TV, watch all the soaps, then I'd go to bed.

MM: And if I was to ask you about this day last week and so, what would have done this day last week.

DD: Well, I got up, got dressed and went up to town with me mam and with me nan. Me mam had to go on to work and then I stayed up in town with me nan helping her with her shopping and then I went home and watched telly.

MM: Grand and now, yesterday, what were the kinds of things you would have done yesterday?

DD: What did I do yesterday? I was in D. yesterday with the school, on a school trip.

MM: Right. And what time did you leave at in the morning?

DD: We left at nine from the school....and got back around 5pm.

MM: So what did you do in D.?

DD: We went to all the art museums...

MM: And did you do anything else...did you go shopping?

DD: Yes we went to the gallery first and then we went to the shopping centres and we went for something to eat and then we all went back around the museums and then in the evening we headed back to D.

MM: So that was yesterday. Great.

Interview 3: J.B. Date: 28/4/01

M.M. So if I was to ask you then about yesterday, the typical things you would have done yesterday if you were at work or at home what would they have been?

J.B. O.K. well I am a creature of habit. I get up in the mornings at a quarter to six like I did yesterday. I have my shower, go downstairs and plug in the kettle if the kettle is not already plugged in because it happens all the time because I like gadgets and I make two cups of tea and I make toast. I go back down, bring up the tea for my wife tea and toast always and then I go in and get dressed, come downstairs and have my own breakfast which is usually fruit and fibre or museli and tea and another cup of tea and my two cigarettes because I need three quarters of an hour to myself – I will not go to work unless I have three quarters of an hour to sit down and relax. And then I leave the house at five to seven or seven o'clockish and catch a bus way down at the East Wall Business Park right at around twenty-five past, half seven depending on the bus and I'm a keyholder so I open the factory, O.K., switch off the alarms, on the lights, plug in the kettles, have a cup of tea and start work at twenty to eight.

M.M. Grand and then during the day do you have breaks at work?

J.B. I do. I work for a German company.....

M.M. Ah right...

J.B. And they like routine very much so.

M.M. So it is strictly timetabled?

J.B. Oh unbelievable right. The first break is at a quarter past ten, the first break is at a quarter past ten until half ten and your next break is from quarter to one till quarter past one and exactly. Your last break then is from a quarter to three until three o'clock and going home time is half four.

M.M. Oh right, grand, great...and then you get the bus back home?

J.B. Then I get the bus back home. I get the bus from then from outside Marino. I walk through Fairview Park right and at that stage in the day like I can usually give my wife a ring or she'll give me a ring and we'll find out where each other are 'cos both of us leave at practically the same time so I'll be able to meet up with her and go for a pint on the way home.

M.M. Oh grand, great, so that would have been yesterday....

J.B. Yeah, well most days, every day of the week.

M.M. So if I picked this day last week, this is Saturday last week what would you have done?

J.B. Oh Saturday last week we had a lie in right, got up, right there was mad house cleaning going on because there was a delivery of a new suite of furniture yeah, O.K. and we had to wait until that came and that didn't come until around twelveish as far as I can remember and after that we went and done the shopping in the supermarket.

M.M. So that was Saturday, grand. And then your typical day then, if I was asking about whatever you think your most typical day is. Is it every day you're working?

J.B. Every day I'm working up as far as Monday to Friday and she works Monday to Friday as well.

M.M. And a typical day for you what would that be like?

J.B. It would be like as I described until I go into work in an electronics factory. And I usually do electronic assembly so I could be at that all day depending on what orders came in. I get on extremely with my supervisor so I basically get my pick – I'm first there so I can pick what job I want to start off with.

M.M. And does it depend on how busy it is as well or is it always busy.

J.B. It's always busy – they can sell as much as they can make but the factory is too small...

M.M. They don't have the storage space?

J.B. They don't have the output and no where to bring anybody else in to work do you know, so it's hell for leather and that's the way they like it.

M.M. And your breaks are as usual.

J.B. The breaks are as usual oh yeah, typical day.

M.M. OK thanks a million for that.

Interview 4: P.M. Date: 5/5/01

MM: And, so last week, if I was to ask you about this day last week, Saturday last week what would your typical activities have been.

PM: Typical day would have been up at 8.30, shower, breakfast, call A., dress her, and drop her to the child-minder. Shopping early in the morning, cook dinner. Saturday afternoon is spent doing housework, visit Mam and Dad in the evening. Home, bed at 9.30.

MM: Grand. So that's your typical day for last week. Great. And if I was to ask about yesterday now, what are the kinds of things you would have done yesterday?

PM: Yesterday, because I didn't work, would have been similar to my Saturday, which I described.

MM: Right, so it is the same then in that case.

PM: Yes

MM: Grand.

PM: Thursday?

MM: A typical day, if you want to pick a typical day.

PM: A working day?

MM: Yes, a typical day; that's fine.

PM: Up 6.15am, breakfast, shower, call A., drop her to the childminder. Work. My working day starts at 7.45. First thing to be done is to print labels for the day. Eight o'clock, organise the staff. Nine o'clock record

absenteeism. Ten o'clock break. Eleven o'clock production meeting. Twelve o'clock, monitor first half of the days work. One o'clock lunch, two o'clock monitor production and quality. Three o'clock prepare for start of evening shift. Four o'clock start evening shift.

MM: Grand. So you finish at four then...

PM: Yeah.

MM: Gosh, that's a lot, it's a long day.

PM: It is a long day...

MM: when you have that kind of intensive supervision...

PM: Yeah....

MM: And are you far from work where you live.

PM: A twenty-five minute drive.

MM: So you drive back home then...

PM: Yeah...

MM: and you have to collect your daughter then...

PM: collect A. and home, dinner, bath for her and bed.

M.M: Grand. So that's a typical day then.

Interview 5: S.W. Date: 25/6/01

MM: So, if I was to ask you about your typical day, how would you describe as many things as possible that you would do in your typical day.

SW: I get up in the morning, call my daughter, she gets ready for school. I get her stuff, get her breakfast, then I put my make-up on, get my clothes, make sure she has everything. Leave, drop her to school, collect my cousin's children, drop them to school.

Go to work, go to work, have lunch, come home. And if I have classes to do, I'll go straight to the school. If not, I'll collect my daughter, do some prep., read a paper, call a few friends and go to bed.

MM: Grand. So that's your typical day.

SW: That's my typical day.

MM: Great. So if I was to ask you about yesterday. What sorts of things would you have done yesterday?

SW: What did I do yesterday? Oh...Woke up, ah, collected my daughter 'cause she had stayed with my friends. Had been out the night before so I was, well, kind of lost a day yesterday (laughs). Came home, collected her, had dinner, slept for a couple of hours, which I don't normally do, that wouldn't be my usual and woke up about 6 or 7, felt a bit agitated...went out for a drive for a couple of hours and came home about half ten.

MM: Great. And if I was to ask you about this day last week, so Monday of last week, what sort of things would you have done.

SW: Well, I'm sure I went to work, the usual, got up, got my daughter ready for school, got her out, went to work. Monday wasn't a bank holiday was it?

MM: No.

SW: Am... the usual, I suppose...went to work. I don't think I had anything on....God I don't remember..am...I'm sure I just did the usual stuff...

MM: So it would be pretty much like your typical day....

SW: Yeah, I'd say so. I really couldn't tell you. It wasn't a bank holiday that Monday, was it?

MM: No.

SW: And the Monday before that was my birthday so, no, I don't know. It would have been the usual. I'd say I didn't do anything different.

Interview 6: P.E. Date 28/6/01

MM: So, in your own words then, how would you describe your typical day, in as much detail as possible, like the different things you do every day.

PE: OK, well on the week I work, like I work seven days a week. So the week I work I'd be up about half seven, go up have my shower, come down, get myself dressed, have my breakfast, then start packing my bag for work. Head off to work then, get the bus into work...Well for the seven days I'd be in work that's basically the routine I'd have.

MM: Grand

PE: And once I'm off, the seven days I'd have off now, is well, sleep till I drop well basically (laughs) like there's no set time to get up, unless some of the friends might ring me to go into town other than that, the average time is around 12 or half 12 and then it's just have a shower and get my clothes on and off out with my friends.

MM: Grand. And in your typical day at work, when do you take breaks?

PE: It's a twelve hour day and you take a break during each sailing and we four sailings, so we take a half hour break during each sailing so we usually get a break maybe about one o'clock, about half four, about quarter past seven and about nine o'clock and that I'd be our breaks.

MM: It's a long day...

PE: Oh yeah, it can be but it's worth it for your week off at the end of it though, well worth it.

MM: Great. So that would be your typical day.

PE: Yeah.

MM: So if I asked you about this day last week, so Thursday of last week, how would you describe what you had done.

PE: I would have been in work, so I would have been up at half seven, would have gone up and had my shower, would have came down, got dressed, would have had my breakfast, would have packed my bags for work, went off, caught the bus into work then. That would have been my basic day then. In work then, I'd go in. You'd settled yourself down, get to meet all the passengers coming on then. You'd start serving the initial rush of the people on the ship, get the rush out of the way then. Go on a break come back, serve then until you get over to H. Dock, in H., get all the passengers off. Go through it all again, meeting them and going on your break and that'd be the day like.

MM: Grand so, and yesterday, then, how would you describe yesterday...

PE: Yesterday, was basically, like, I got up around a quarter past twelve. Went up, had my shower, came down, got dressed and then my friend called me and so I went around to the friend's and we basically just sat there playing

the computer and then we went off and played a game of football with the football team.

MM: Grand, so that would have been yesterday. Great.

Interview 7: N.P. Date: 16/07/01

M.M. What are the kinds of things you would have done yesterday?

N.P. Not in detail, I hope!

M.M. Did you get up early?....

N.P. Yeah, and I did basically housework, cooking and cleaning....

M.M. And your day would have started at...

N.P. I got up at half six and the first thing I do was put on the fire and make myself a cup of tea and then I basically just tidy up before everyone else gets up. And then I get the dinner ready before everyone gets up. The only thing that I would have done yesterday that would have been unusual about yesterday was that my husband took me out for a meal last night

M.M. Oh lovely and if I was to ask you about this day last week, Monday of last week, what are the kind of things you would have done?

N.P. Last week I got up at half six and my husband gets up then just shortly after me and I'd have his breakfast made and then he takes his lunch and goes out to work and then I have to get D. up, my son for work at eight o'clock and then I tidy up then before the rest of them all get up, and in the evening cook the dinner and there was nothing extraordinary about last Monday.

M.M. And they're all at home for the summer....

N.P. Yes, yes, the stress levels are up!

M.M. Grand, so your typical day then, how would you describe it?

N.P. Baking, cooking, washing, ironing.

M.M. So your routine is based around the house?

N.P. Yes, except for Thursdays.

M.M. What's Thursdays?

N.P. I go into town on Thursdays.

M.M. Is that your shopping day?

N.P. No, my husband has his own business so I go and do the books and get the wages ready for Friday.

M.M. So Thursday is a busy day as well...

N.P. Well it's a change.

M.M. So your typical day would be based in the home.

N.P. Yes, mostly.

M.M. Great, great.

Interview 8: O.C. Date 18/7/01

M.M. So the if I was to ask you about this day of last week, Wednesday of last week, what are the kinds of things you have done in as much detail as possible.

O.C. Last week, I got up ah, I had my dinner in the afternoon, I watched television my favourite programs. And then by night I went out and played a soccer match.

M.M. So that was Wednesday, last Wednesday.

O.C. Yeah.

M.M. Grand, and if I was to ask you about yesterday then, what would you have done yesterday?

O.C. Oh yesterday, oh will I ever forget yesterday! Yesterday I got up, I watched 'The Young and the Restless', then I had my dinner, then I went out, I went to Dunnes, and then that evening I came home and started watching television and was talking on the phone for a while.

M.M. Grand, and on a typical day what would you do on a typical day?

O.C. Oh get up in the morning, wash myself, dress the bed get my breakfast then watch television if I'm a day off or else if I'm in college I usually just go straight to college and do my usual thing in college like study or at lunch time take a break. And then by night time it depends what day of the week it is some days I go playing soccer, football or basketball or else at the weekends I'd usually go out to the pub or a disco.

M.M. Great, thank you very much.

Interview 9 G.T. Date: 20/07/01

M.M. So then in your own words if you were to describe your typical day, how would you describe it?

G.T. I get up in the morning, I wash, I go to work, stay at work until dinner time, home have dinner, back to work...

M.M. You live near work?

G.T. I'm no, well I am, I have to drive to work. Finish work spend a lot of days over the last couple of weeks over at work, about twelve hours a day....

M.M. Oh that's long...

G.T. Yeah, so. Ah came home. Do you want yesterday?

M.M. Just your typical day.

G.T. A lot of the time I'd play with the children when I come home or I'd meet up with the lads I go to a lot of hurling matches with and when it's not time to play and go to bed I'd sit down and watch television with my wife.

M.M. Grand, so that would be your typical day. And yesterday now, what are the kinds of things you would have done yesterday?

G.T. Yesterday, was at work all day. Got up at quarter past seven, rushed to work – I was a quarter of an hour late and was at work until two, which is dinner time and I sat down and watched a bit of television and went back at half three and stayed there till half five, went for a pint after work, walked home and I sat down watched television because everyone was out.

M.M. And if I was to ask you about this day last week, so Friday of last week, what are the kinds of things you would have done?

G.T. I relaxed last Friday, it was the last day of my holidays and I didn't do very much. I

Stayed in bed until what, one o'clock (laughs) and ah, got up then but it was a very relaxing day, I didn't do very much....

M.M. Right, so it would have been different from a....

G.T. It would indeed, yes yes.

M.M. So it stands out in that sense. Anything particular about Friday

G.T. On Friday of last week?

M.M. Yeah.

G.T. No, I can remember four of us being in the bed until about quarter past two (laughs) and thinking it was time we got up out of bed or...

M.M. The day would be over! Great thank you very much.

Interview 10: F.T. Date: 25/07/01

M.M. So if I was to ask you about your typical day then what are the typical everyday things you would do in as much detail as possible?

F.T. Well at the moment since my exams are finished I get up around 12 or 1 and get dressed, go down and put on the coffee and have a roll with ham. Then I'd check to see what news is on – I'd have the radio turned on – and I'd check then and see what new is on and read whatever is on Aertel. Then I'd

go on to the computer usually after six, but sometimes before it and ah, then I'd try to get the news or the half six news and then am, I'd just probably be on the internet for a few hours a good few hours and then watch TV in the evening or I might get a video sometimes I might get a video, yeah, like I got a video yesterday and then I'd get off the internet and watch the video. And that's just my typical day.

M.M. Great, and if I was to ask you about this day last week, so Wednesday of last week, what are the kinds of things you would have done?

F.T. Wednesday of last week. Pretty much the exact same, but in detail I can't think of anything. I'd just come back on Tuesday from Newry and camping then and I can't think of anything. I know I made a few phone calls but nothing exceptional ah, the same as usual.

M.M. So it would have fitted the same sort of pattern as your typical day?

F.T. Yeah.

M.M. And if I was to ask you about yesterday what are the kinds of things you would have done yesterday?

F.T. Yesterday I was making bookings for a flight. I was going to America so I rung up the Travel Agents in USIT and am I was trying to get the best deal and then I sort of changed my mind and then I rang back and said ok yeah I'd go with that one and then I found out the flight someone else is going on that will do us both so I have to meet up and I have to because I want to be in the same place as them so we can meet up together.

And that was what I did yesterday.

M.M. So that's what you were doing yesterday.

F.T. Yeah, I was doing the phone calling...

M.M. And anything else you did...

F.T. I went on the internet, I went down to the video shop and got a video and I got stuff in the supermarket, got money out of the bank and came back and that's it.

M.M. Great thanks very much.

Interview 11: A.M. Date: 30/7/01

M.M. So then if I was to ask you about yesterday, what are the sort of things you would have done yesterday in as much detail as possible?

A.M. Right yesterday morning I got up am I got up around 10 o'clock and had my breakfast. I took my medication for the day and then my dad got the papers and so I sat outside in the garden because it was a nice day with the papers and we were having a barbecue so I prepared the food for the barbecue. Then my sister and my brother, no sorry my sister and her husband and their little girl came over and so we had a bit of a barbecue out in the back of the garden. And a friend of my sister's came as well, my mother's friend and her husband so we had a very big party going. And then so we brought all the dishes and what have you back inside into the house and sat down and had a chat and am cleaned up, what have you, and basically that's it really for the day it was just the same, until about 10 o'clock but before I went to bed I made sure that I made out my medication for the rest of the week, took off my make up and brushed my teeth (laughs).

M.M. Great, great. So if I was to ask you about this day of last week, so Monday of last week, what are the kinds of things you would have done last week?

A.M. Am now Monday last week because the traffic has been very light lately last Monday I got up later than normal so I would have gotten up around half past seven to get a later bus and I was in work then at about ten past nine. There was a lot of photocopying to be done last week as I remember so I seem to have spent all day Monday photocopying things and shredding paper am, then there's a tea break at 11 o'clock. One of the girls at work was just back from holidays so she had brought back some cakes and what have you with her. I had resigned from my job on the previous Friday so that was the big news for the day so I had everybody coming up to me and saying "What's this I heard about you leaving". That was the big story of the day that was going around the whole office. Then lunchtime I just made something for lunch in the kitchen in the office, had something there, continued on at the photocopying, the typing, the usual am there was a tea break again at four o'clock and then I went home at five but I was absolutely knackered so I actually went to bed early.

M.M. So that was Monday of last week, great. What would your typical day then at work be?

A.M. My typical day well it's pretty much that now I try to go and have a bit of a walk in the evening times, bring the dog for a bit of a walk. I don't always make it because sometimes I'm just shattered by the time I get home but that would generally be it. I'd get up at approximately a quarter past seven and I'd arrive home at a quarter to seven or half six, maybe a little earlier depending on the traffic and ah, have something to eat, go for a walk, sit down, watch one of the soaps, am get myself organised for the following day if there's anything to be ironed, have a shower and then go to bed. I usually go to bed early and might read for a little while and that's my typical day.

M.M. Great.

Interview 12: K.S. Date: 9/11/01

M.M. Okay, so if I was to ask you about this day last week, so Friday of last week, what were the typical things you would have done?

K.S. Friday last week, ah it was my first day off work so it's usually what I call a lie on and that to me is half eight (laughs) which is a joke and let me see know last Friday if I remember, it was an argument between N. and I so he'd only stay on until half eight. I knew there was work to be done and classes to sort. It was panic button on for something last Friday because I know I had a tonne of work to do. My memory goes because once I've achieved it's like it's.....

M.M. Erased?

K.S. (laughs) yes, so I know I remember the panic I remember the rush I remember the tiredness and I know I did it I know I got it done, but I couldn't tell you what it is. I have my diary in my rucksack.

M.M. No problem. So is there anything else you want to add about this day last week you were working basically, is that it?

K.S. That was a day off but because it's a day off I get sorted in terms of classes any equipment and gear I need for the following week so it depends on if I have to by stuff, supplies, that type of thing. And the other thing was I'd worked so hard on teaching so I consciously decided to shove it to the side and do your own and if that only means that I get my sketchbook having a coffee you know, that's it and I do know that I've got to draw at some point and that's a lifeline.

M.M. Great, great. So that was Friday. If I was to ask about yesterday, what are the kinds of things you would have done yesterday?

K.S. Yesterday morning I was teaching. I changed the class plans at the last minute because the morning gang are mixed ability so a complete change of plans is a bit of a risk so I spent a lot of time reading over it. Went through the class with them superb results thrilled with them and then I had a lot more work to be done I had them night time as well. Came back towards the city went into a pub urgently because it was snowing and I was perished. I spent a bit of time there and then I went and I was also doing my reading, the rules of the road and drawing the rules of the road and then I also went to XX who is my counsellor and pulled me through a lot of trauma in my life and am a lot of family pressure recently and yesterday afternoon I just felt I needed to talk to somebody and here's somebody to sort it for me and to help me thing through things in a very calm way which was a very nice lifeline without pressure.

MM. And you were teaching in the evening?

K.S. I went back to college in the evening and did a lot of work again on curriculum for the next trial before I took them and then took the gang until nine thirty.

M.M. Great. So a typical day then, how would you describe a typical day then?

K.S. My typical day is well, up at seven thirty, shower, dressed get my gear together, breakfast, run for college, get into college, get the gear out set up whatever it's meant to be, life drawing whatever's on that day. Literally I make a point of giving myself time to have coffee because I need space just to feel relax and calm before I take a class. Dash back to the art room take them together dash out 1.05pm get the bus back either go back to the house and go straight and do appointments, shopping whatever I have to do. Back to UCD that evening but very often I try even if it means in that afternoon if it only means I'm sitting in a coffee shop where I can take out my sketchbook and that's privacy to me. That sounds bizarre but it is you know and I know locally I'd be seen almost as an artistic eccentric and I really don't care

because your kind of welcomed nicely for it and people know me now at this point but that's crucial so I can be myself 100% and draw what I like and the way I want which is lovely. So that three-quarters of an hour sitting having coffee is crucial. Back to college night time, teach there and the night time students are always more earnest, they are bigger triers and they work very hard so their heart and soul is with them in the evening. They're tired after a long day and I give them everything but God I give them all my time because they need it to motivate them and to keep them going and then I always have my cab booked to get back as it's too cold at night to wait for buses get back across, literally sort my stuff before going to bed so then Friday, Saturday and Sunday is time for my own drawing if I can get it.

M.M. So that's your typical day. Great.

Interview 13: C.W. Date: 10/11/01

M.M. If I was to ask you about your typical day, what would be the typical things you would do?

C.W. On a working day I would get up at about ten to seven ah, go down have my breakfast go out to my dogs spend a few minutes with them, clear up after them as per usual. I have two dogs a black and a golden labrador. The poor black one's blind she has cataracts in both eyes so the golden one is her guide. Then I go up and get washed then leave the house, go down for the 11 or the 46A, depending on what time it is but I'd usually leave the house around eight o'clock if I leave the house before eight I'll run round for the 46 which takes me about fifteen minutes to get down to but I find these mornings that you can't get on the 46 it's just completely full, jammers. So if I go down to the 11 and then it takes me until nine o'clock to get in and if I go down and actually get on a 46 I'd be in by a quarter to nine. I start my day with whatever X or X or X typing will have left me to do because neither X nor X

nor X can type. It's amazing, notebook generation, but sure I'm able to type. I'm not the fastest typist in the world but I...

M.M. Can make a fair stab at it?

C.W. Yes, I'd say my typing speed is just below thirty, thirty-five. I type up their letters for them I proof read them to make sure there's no mistakes and that's about it. I have to ensure that there are no mistakes so I pass them over to D. and then there'd be the phones

I take the calls from consultants and contractors and then the post will come in so I have to sort out the post and give it to the relevant people and then I could be doing anything from booking a room anywhere in the building and the rest of the day could be spent typing answering phones, most of the phone calls would be for N. and he is the property manager for the Eastern region and he transfers all his calls over to me and if he's not there during the day sitting at his desk then I'll take the calls and if he is I can call over to him and say you'd better take this call or whatever. But he also doing the redesigning of the building because most of the IDA is moving up to the third fourth and fifth floor, no sorry, the fourth, fifth and sixth floor so he'd be on those floors and people would be ringing for him and I'd do a search for him and N. would give out hell to me or was it Thursday because he was out on sit at Clover Hill no he wasn't at Clover Hill, I take it back, he was at a funeral and ah the IDI which is another section altogether rang down to say that they were doing work on the sixth floor and they were on the fifth floor and the hammering and banging was unbelievable and they had a meeting of twenty people in and there was no one around I had to make the decision and N. couldn't be contacted because his mobile was switched off he was at this funeral and somebody had to make the decision this had to stop. So I went up to J.K. and ah the other J. who would usually be responsible for making the decision wasn't around and I just said to J.K. who is not IDA, he is Enterprise Ireland I just said to him that this can't go on the noise was appalling, I heard it over the phone and it had to be stopped. There is a meeting going on there's twenty people next door coming in and it was just approaching twelve noon

and I wanted it stopped. It just had to be stopped. I think he just needed to know that there was someone behind him...

M.M. To cover himself...

C.W. Yeah, to cover himself, to cover his ass basically to excuse my French! Ah so N. came in at about quarter to two (laughs) and was listening to CDs on the CD-rom and looks up at me and says 'what have you done?' And I said yes I made a decision (laughs) that the noise was appalling. He said, 'if you put my work back...' and I said if I put your work back that was it you could not let those people listen to that noise on that floor it was terrible and you couldn't let it go on....

M.M. So your typical day is really dealing with a lot of different things...

C.W. My typical day is booking rooms, that making, that was one of the decisions and I hate them but another decision that I had to come in and make yesterday so we were responsible for ah, during the ah mechanical contractors valuers selling off and ah I went up to R. while we were running around and I said this fellow is C.'s son and I think he should be able to give him a bit of effort. So he said, 'I'll leave that to you C. to do a bit of research on it and see if we've done anything.' So I did a bit of research found no records on it and said, 'no we've done nothing on this,' and he said, 'thank you for ringing me back' and I said the is a result on this but the value is on the up which is the situation on the property market.

M.M. So you're also sorting out these people basically. And what time do you finish?

C.W. Usually five, but I'm rarely finished before half five, quarter to six.

M.M. That's a long day and you go back on the 11?

C.W. Back on the 11 and get back home around quarter to seven or seven o'clock.

M.M. So if I was to ask about yesterday, how was your day structured?

C.W. Yesterday, it was structured.... I was doing letters for N. most of the morning in the afternoon then I was doing up a couple of just files and research for T. who wanted to put in some submissions that he had and T. he's one of the others in there and then I did up a couple letters for T. And that was my exciting day apart from the query from the valuers and that's the exciting day that I had yesterday.

M.M. So if I was to ask about this day last week, so Saturday of last week, what are the kinds of things you would have done?

C.W. This day last week, what did I do? I got up, washed my clothes which I would normally do on a Saturday that took up most of the morning. I listened to a bit of Gospel music while I was waiting to finish off the washing machine and put them out on the line ah went into town for the afternoon had a look around, saw if there was anything exciting that I could buy but couldn't afford because I'm paid peanuts I'm paid at ah, because I'm only in there at entry level so the pay I get is crap and I'm at the third of the level I was at as a research analyst. So all I can do when I go into town is look at what I would like to have but not buy and then I went out to Tesco's and ah, literally came out the door and saw the bus which I could have got up to Belfield up which would have matched up with the 17 which I could have got to the end of Fosters Avenue which would have been lovely suited me grand but I missed them both by a few minutes so I had to walk the whole way home.

M.M. How long was that?

C.W. The walk home would have been about forty, forty-five minutes and carrying shopping is no joke.

M.M. So you were probably wrecked when you got home.

C.W. Yeah absolutely wrecked when I got home.

M.M. Great, so that was basically Saturday of last week. Thank you very much.

Interview 14: J.L. Date: 07/02/02

M.M. Ok so if you would describe your typical day for me now, the kinds of things you would do in a typical day in as much detail as possible.

J.J. My typical day would start off with morning medication and after that I've been getting severe muscular cramps, severe physical muscular spasms in my legs and back and stomach. My wife is a physiotherapist and I'm getting it done on a regular basis, I'm getting the physio onto the knees and ah, the small of the back and my stomach. So once I get that done I can move so what I try to do after that is exercise and do a walk around Longford town and do the lap of it, but wouldn't be doing it every morning the bad thing after that is coming back and doing the exercises it increases the energy but I get palpitations here and I am literally physically exhausted afterwards so I have to up and into the bed and lie down and rest the legs. So that takes roughly speaking between an hour and two hours of involuntary muscular spasms and then they intensify so I have to sit there for about two hours or three hours. So after the morning period of exercise I have to get the lunch ready for M. when she comes in at one o'clock or so. I wouldn't eat a lot at that time, just a small amount and then I do the studying for the I.T.I. and keep it at about three hours and then stop it at that and then go into the evening dinner. So after that is done I am literally physically exhausted and my whole body is stiffened up and involuntary muscular spasms and the grinding of the teeth. When the teeth grinding starts that tells me that I have

to get to bed and going to bed early would mean around half eight, nine o'clock and then I'd be asleep in about half an hour. So that's basically my daily routine.

M.M. If I was to ask you about this day last week, so Thursday of last week, what did you do on Thursday of last week?

J.L. Let's see. Well, I didn't do anything unique basically compared to my routine. Nothing is coming back to me initially about exactly what I did on that day. I have to take my time and then it comes back to me. So basically, last Thursday, right no I have it yeah, M. was working in Athlone, she is a physio in the community so she was going out there and while she was out there I ah basically did the same again, I did the exercise around the house and then I did the ironing now you have that, I got all of that done and then I did my study after that and that was it.

M.M. And then yesterday, what kind of things did you do yesterday?

J.L. Well, yesterday morning I went down the town and I paid, I got on to, first of all I rang I.T.I. to find out exactly how much money they wanted for the course and then I went down to the bank and got a bank draft. I went down into the V.E.C. and paid the internet course that was 45 euros but because I was unemployed I got a 30 pound credit so it was only 12 euros for that. So then I went back to the house and on the back I met my mother-in-law along the street and when I was coming back I posted off that draft to them and then I had to head home and to sort out all the details of what to bring with me for this interview today and I have that here to show you what I was talking about. And after that I did the evening meal and after that I went to bed at eight o'clock.

M.M. So that was that. Great, thanks very much.

M.M. So if I was to ask you about yesterday then, what are the kinds of things you would have done yesterday in as much detail as possible.

R.M. It was a work day and on a work day I get up at around half past seven and clean the fireplace first, then I make breakfast for myself and U. and the dog and am, then head off for work at around a quarter past eight and start work at half eight. So there's a routine in work – it's tractors I work with – and ah yesterday I started with a delivery service on a tractor that was going out. That took me seven hours, all the day and then that's all. And then there's home, let the dog in, light the fire, put the heating on, when you get a little bit older you need the heating on! Ah, have our dinner then and then wash and then sat down and slept in front of the television for quite a bit and then went off to bed around half ten or quarter to eleven.

M.M. So that's basically yesterday. Now if I was to ask you about this day last week, Wednesday of last week, what would you have done?

R.M. Well in the morning it would be the very same every morning the same routine. At work....oh I spent the whole day on the job on this tractor the hydraulics were gone so I had to pull the back out of it and fit it back in and that took me ages, roughly fourteen hours work so that was the whole day.

M.M. So that filled your whole day. And in the evening did you do anything in particular?

R.M. Ah, no not other than the usual routine, wash my hair when I come home as it'd be quite dirty. Other than that we didn't go out, we don't go out much during the middle of the week. Off to bed at probably half eleven at least and that's last week.

M.M. So that was last week. Nothing outstanding or that sticks out.

R.M. No that's it.

M.M. And your typical day then, if you were to describe it, how would you describe that?

R.M. If it's at work it's the same as I do every day and if I'm off Saturday and Sunday out in the garden ah, last Sunday I was planting trees I spend the whole day out there and I spend most of my free time in the garden that's where I like to be.

Interview 16: E.C.

Date: 1/03/02

M.M. So if I was to ask you about Friday of last week what are the typical things that you would have done?

E.C. Am I would have got up for college for about a quarter to nine and was in college for about twenty past am...didn't leave college, finished college at half one and went back to the house 'cos I didn't bring my bag and had to go home on the bus, had my dinner there and was picked up that evening – I can't remember how early it was – and brought home and I don't think I went anywhere after that.

M.M. Grand. And yesterday, what was your day like yesterday, what can you remember about yesterday?

E.C. Well I didn't have to go in to college and so I got up at half seven 'cos my friend was leaving the house at eight and then I went back to sleep and I got in to college at around quarter to eleven and then am I spent some time developing my own pictures, photographs and left the college, finished the college at around four and then left at around half four, got home went straight to be and then I was picked up at about half six and brought home

and I slept last night on the couch until around half eleven and then went to bed.

M.M. And your typical day, how would you describe your typical day?

E.C. Am my typical day I'd be up at about twenty to nine. I'd have a shower, this is during the week now. Be in college for quarter past, twenty past 'cos I'm usually late and then it depends on what classes I have but some days we do photography, communications, desktop publishing, am, and a half hour break usually for lunch except for Thursday – it's an hour and a half break. That's it really. Weekends then I'd be working or out during the day, usually working though.

M.M. So your typical day is structured.

E.C. Yes I follow the same timetable.

M.M. Great, thanks a million.

Interview 17: F.M.

Date 3/3/02

M.M. So if I was to ask you about this day of last week, so Monday of last week, can you tell me in as much detail as possible the different activities you would have done.

F.M. Am, I would have got up about nine o'clock, had a shower, am, had some breakfast, went down to the village got me some milk, bread and I think that was all we needed to buy that day because we had done our shopping. Am... came back did some ironing of clothes that I had washed over the weekend and not much more....watched a bit of telly and got some dinner at

about 5 o'clock. Watched Coronation Street and that was about all really that I watched that evening. Do you need more detail than that?

M.M. Nothing more extraordinary about the day that you can recall?

F.M. No

M.M. That's grand then, Monday of last week. So if I was to ask you about yesterday, what are the kind of things you would have done yesterday?

F.M. OK. Got up at half past nine, had a shower, got dressed had breakfast. I went out for a walk at half past eleven because my husband was studying and came back about one o'clock and cooked some dinner, chicken and veg. Then we had that and I washed up and then went over to a friend of mine who lives about five minutes away. Stayed with her for about an hour and then came back. We were supposed to go to the cinema but we couldn't make it and ah, just came back and watched some telly. Watched Coronation Street and E.R. because I was on my own for a couple of hours and ah, that's it.

M.M. O.K. And your typical day, how would you describe your typical day? If you want to pick a work day perhaps....

F.M. A work day. When I'm working I get up at about a quarter to seven those days, have a quick breakfast. I usually get into work at about half past seven ah...might have time for a cup of tea before going to work am....kind of get together at eight to find out who's doing what, what clinics are on. Do you want a specific day about which clinic is on?

M.M. Oh, you just have a meeting and then you go from there.

F.M. Yes, you go to a general clinic and are assigned to am, your either in with a doctor doing tests, on patients or rooting through charts checking for results and doing blood pressures and weights on patients depending on what clinic we're doing. Do that usually. Clinics finish about half past twelve, have

lunch, usually start by half past one again and it's usually a medical clinic I do – blood pressures, weights on patients, send new patients for ECGs. With a doctor for most afternoons examining patients. Leave work at five, come home, usually cook dinner about six o'clock, watch a bit of telly and go to bed at ten or half past ten.

M.M. Great, thanks very much.

Interview 18: N.C. Date: 9/03/02

M.M. So if I was to ask you about your typical day, what are the kinds of things that you would do?

N.C. Work full stop, because I work from home.

M.M. What time would you get up at?

N.C. Oh I'd be up at around six or six thirty work at approximately half seven and be working all day then and finish any time between six and eight o'clock and then at various times during the day I'd be meeting people.

M.M. And taking breaks?

N.C. The odd break for coffee or something like that but because I'm working from home it's not a question of getting up and going out to the bus stop.

M.M. Grand. So your typical day then is based at home working.

N.C. Monday to Saturday.

M.M. Monday to Saturday, grand. So if I was to ask you about yesterday, Friday, what were the kinds of things you did yesterday?

N.C. Am, started working about half seven, broke it at half ten am, was back from the bank about a half an hour later around 11am... and worked till....about half seven and went to the chipper....came back...sat down and watched television, fell asleep and woke up at half one this morning (laughs)...

M.M. So that was yesterday. Now if I was to ask you about this day last week, so Saturday of last week, what can you recall about Saturday of last week – were you working that day?

N.C. Yeah, worked all day, am, went to the dump around half four and went to see a client around five o'clock and back in the house around eight. Again, watched television for a while and fell asleep in front of the television.

M.M. You had a long day on Saturday. So that's last week. That's great, thank you very much.

Interview 19: C.McG. Date: 13/03/02

M.M. So if I was to ask you about your typical day, what are the basic activities of your typical day in as much detail as possible?

C.McG. Am, like my working day?

M.M. Yeah, that's fine to pick a working day.

C.McG. I'd get up at about quarter past or half past seven and I'd get ready for work and sometimes I'd have time for coffee and sometimes I wouldn't. I work in a hospital and I start at eight thirty. And then it's getting ready for surgery – I work in theatre and am, I'd get a break at around half ten and ah

there's no set routine after that – different days there's different routines and not every day is the same, I'd be in a different theatre so it's quite varied and then we have a half hour for lunch break and then back to work until five and ah then ah, I go back home and have my dinner and am have a, go for walk or do a jigsaw and relax and go to bed around ten o'clock.

M.M. Grand. And if I was to ask you about this day of last week, so Wednesday of last week can you remember what you did on this day.

C.McG. No I couldn't. I could tell you what I did last Friday, but....

M.M. But Wednesday if I was to ask you about Wednesday....

C.McG. I don't know, I have no idea.

M.M. Okay, no problem. If I was to ask you about yesterday, what are the kinds of things you would have done yesterday in as much detail as possible?

C.McG. Am yesterday, I got up at quarter past or eight o'clock and had to go to mass, an anniversary mass and went to that and back to the house for tea and then my mother came and I took her home or, I took her down to my brother and then I came back we went for lunch, my boyfriend and I and then we went back to his house because I wanted to relax and we watched some of the racing at Cheltenham and then I did a jigsaw until nine o'clock so then I went home and went to bed at a quarter past ten.

M.M. Grand so that was yesterday. Thank you very much.

Interview 20: K.L. Date: 15/03/02

M.M. So if I was to ask you about yesterday then, what are the typical things or the basic things you would have done yesterday in as much detail as possible?

K.L. Thursday, I got up, went out, had to feed the animals, then there was manure to be spread and I got dinner prior to it, came home, got washed watched television. Not much else.

M.M. So it was basically a busy working day yesterday.

K.L. Yes.

M.M. Grand, grand. And if I was to ask you about this day last week, so Friday of last week, what are the kinds of things you would have done?

K.L. I wouldn't have been in the yard as much, did general farm work on Thursday and had to head to the Post Office with a letter for the Department.

M.M. But on the Friday...

K.L. That was on the Friday, I remember I was filling out forms.

M.M. Paperwork?

K.L. Yes paperwork, but like the normal routine of farming has to be kept up.

M.M. Right, ok, so you have to keep one day for accounts and...

K.L. Well we don't, it was coming to a deadline and it had to be done.

M.M. So anything else about Friday of last week?

K.L. No, I don't think so.

M.M. Grand. So what would your typical day be like, your typical work day?

K.L. It comes down to the weather, again. Like this week I got lots of manure spread so I see today is a wet day so I'm lucky enough you know. But generally, this time of year, spring can be a very busy time for farmers.

M.M. So you start early?

K.L. Yeah.

M.M. And what time would you typically finish at?

K.L. There's no time limit. It could be seven o'clock, could be eight o'clock in the evenings or could be later even. We could have cows calving in the evening and you could be caught. Generally, two nights a week I try to get out and play cards....

M.M. For a break?

K.L. Yeah. That's the way I do it.

M.M. So your typical day is spent mostly on the farm and then two nights a week you play cards.

K.L. Yeah.

M.M. Great. Thank you very much.

Interview 21: J.R. Date: 20/03/02

M.M. So if I was to ask you about this day last week, Wednesday of last week, in as much detail as possible, what are the kinds of things you would have done?

J.R. I got up, had a shower, am walked to the bus, went to college, am went to lectures until from nine to five, had lunch in between, am got the bus home at about a quarter past five, am had my dinner, went up to my boyfriends house and went home to bed.

M.M. That was a busy day! So yesterday, what did you do?

J.R. Oh yesterday, got up, jumped in the shower, got dressed, drove to work, worked from half seven to half eight am, do you want me to go into details about work?

M.M. Whatever you can remember.

J.R. Ok, well it was fairly busy, only two of us on, am, worked, had lunch, got home at nine o'clock, had something to eat, am, got ready for college today and went to bed.

M.M. And you typical day, what would your typical day be like? You can pick either a work day or a college day?

J.R. Am, a typical day would be get up at six o'clock, have a shower, leave for work at twenty to seven, in work at half seven. In work usually my breakfast is around half nine or ten when I'm in work, am have lunch at about half twelve, I seem to remember the breaks (laughs)...My tea is at five o'clock. I leave work at around half past eight and I'm usually home by about nine o'clock. I have a shower, get something to eat and I will go and see somebody or go to bed.

M.M. Great. Thank you very much.

M.M. So if I was to ask you then about your typical day, what are the kinds of things you would do in as much detail as possible?

M.F. On a Monday?

M.M. Any day, you can pick any day.

M.F. On Monday I'd be up at about say 10am, have breakfast, have a wash, wash the dishes, and an odd Monday I'd go shopping, but Monday afternoon I'd clean up my bedroom, tidy it, do a bit of ironing, I would do that on a Monday, ah, about half three. At about half six or six o'clock, sorry, I'd get a phone call off my friend ah we go to our club at quarter to seven and I help there, it's a club for physically handicapped children, so I spend about two hours work there on a Monday evening. We look after the children, ah, do knitting, play games, play skittles, balls, that's for Monday. For a Tuesday, it's like a rest day for me – I don't work till Wednesday. I'd go up to Northside Shopping Centre or go into town, have a look around, do shopping, just pass the day out on a Tuesday and come home around four o'clock, be ready for tea. After my tea at six o'clock I'd wait for the news, the usual evening programmes, Eastenders, Who Wants to Be a Millionaire, and my favourite TV that I'd like. Wednesday, I'm up at 5 o'clock in the morning. I get a phone call after six, ah, I go to work out by the City West Hotel on the Naas Road so

M.M. That's a good distance away.

M.F. Yeah, I work out on the Naas Road. I'd be in there for seven, have a break at half nine, another break at half twelve, ah, finish at half three and would possibly be home by half four, or a quarter to five.

M.M. It's a long day.

M.F. Yeah, I'm very tired when I come home, I need a rest. Don't go out Wednesday evening. Very dirty – I do flower packing, fresh flowers – so filthy hands, filthy clothes, too tired. The usual thing of watch television and go to bed around nine o'clock. Thursday, ah, get up around ten, breakfast, get washed, and go to Northside Shopping Centre to check my money, pay bills, ah, anything that needs to be bought in the shops, do shopping, come back, sometimes in Northside I'd meet people and sit down and have a cup of tea and a chat and have a break. I'd get talking to more people just to pass the day out on a Thursday. Come home, the usual programmes, Eastenders, am, oh the one about the prison, the programme that only started.... about the women's prison, it's on around nine o'clock – I wouldn't miss that! Am, just can't think of the name, am, it's a women's prison ah, bed around half ten. But after between ten o'clock and half ten I always watch Sky News, Sky Sports, I like to know all the scores, I'm a football fanatic. I love football. Friday, my mother goes shopping early in the morning and sends us the messages back. When they arrive I put them in the freezer, you know stack them in the shelves, in the fridge or in the presses, you know, tidy up the kitchen after the sister. I have a sister with a two year old child and the house is a wreck, a wreck after them. So I go around and clean up after her when she should be doing her own that way. The usual, Home & Away from Monday to Friday, other programmes and that evening again, Eastenders, Coronation Street, Sky News that's it really.

M.M. Grand. So If I was to ask you about yesterday in as much detail as possible, what are the kinds of things you would have done yesterday?

M.F. Yesterday? Up at nine or ten, the same, breakfast, get ready to go out. I take it easy like I have no really, where to go on a Monday unless I have to go to Tallaght. So when my mother is out doing shopping in the Northside I'd be cleaning up the house.

M.M. So yesterday you would have been tidying up in the house.

M.F. Yes, tidying up in the house, doing a bit of hoovering and ironing if I need it. I usually let it pile up, nothing is usually neat in my presses I have it all piled up like that. So always on a Monday I spend at least two hours so every three weeks I do a pile of ironing 'cos I have nothing in the presses to wear (laughs) and then I have to do the ironing for about two hours that day and that passes the afternoon out for me. I know I'd watch Home & Away because I wouldn't get to see it on Monday evening. I'd come down just in time for a snack, go up and finish off what ironing I have, am, that's all really, come down for dinner and then at six o'clock I'd get a call off my friend and then we'd go up to the club at quarter to seven and then come out at nine o'clock and lock up and bring the keys around to the owner.

M.M. Grand, so that was yesterday. And this day last week, Tuesday of last week, what can you remember?

M.F. No, no. I can't remember at all.

M.M. Nothing comes to mind about Tuesday at all?

M.F. No, no. I don't know at all.

M.M. That's fine. Thank you very much.

Interview 23: E.D.

Date: 30/03/02

M.M. So if I was to ask you about your typical day, then, in as much detail as possible, what are the kinds of things you would do?

E.D. Ah, a typical day, the alarm would go off around half six. I'd lie in bed with the radio on until about seven. Get up, have a shower, have breakfast and leave the house around half seven for the train at five past eight. That would get me into the office for about five past nine. I'm an accountant and an

assistant supervisor with a state body so I suppose I have to keep an overview of the work in my section. So it would involve timing schedules for cheques to go out, check that everything is fully authorised, it cannot be released, because we are a state body we cannot go over on our bank account so there are detailed checks to undertake.

M.M. It's a lot of responsibility.

E.D. Exactly, ah, beyond that it's day to day work within the office, if problems arise, dealing with them, if I can't go up the line, pass them on to someone else outside the office depending on what it is. Ah, lunch time, lunch break would happen around half twelve, so I'd usually go to a local pub with my boss for lunch, come back around one o'clock, read the paper, start working again about half one. And then we have standard work till about five or half five depending and then get the train home. The evening time then, would generally involve – I'm very active in, my area of interest is in industrial heritage, which I suppose is an interest in the history and architecture of old industrial buildings, raised canal, rail buildings, so I have a certain amount of committee work to do there because I'm on two committees, the secretary of one and the treasurer of the other so anything that has to be attended to there is dealt with in the evening and then the rest of the evening would be either listening to music or reading. I buy a lot of books in that area, so reading them.

M.M. Great, so that's your typical day. And if I was to ask you about this day last week, so Saturday of last week, is there anything in particular you can remember about that in as much detail as possible?

E.D. Ah, Saturday of last week. Yes I was actually up in B. I had an AGM of one of the groups that I'm secretary of. I couldn't drive because my car was actually off the road, so I got up at about seven, got a train into Connolly Station and I went over to Busaras, and got a bus at nine o'clock to B. Got to B. at about eleven for the meeting that was starting at half eleven. As secretary of the group I liaised with the local group on the ground in B. they

were restoring B. railway station. They were organising a tour of the town for us to show us the industrial heritage. So that took place from about half eleven until one o'clock and we went for lunch in a local pub, which I arranged, and back then to the station complex and had our AGM from half two till half three and then we watched an old video of the Dublin-Blessington steam track and I got a lift back to Dublin. I actually ended up not going back to Dublin because I live in Maynooth ah and the bloke from B. was going back to Dunboyne so at Dunshaughlin I rang my parents and they collected me at Dunboyne and I got a lift back. And that was more or less the full day.

M.M. A busy Saturday.

E.D. Yes it was.

M.M. And then if I was to ask you about yesterday, what are the kinds of things you would have done yesterday?

E.D. Yesterday I got up and I've had a problem with my computer for the last week so that was fixed, so I had a backlog of photographs that I take. What I do is they're scanned for editorial purposes, so scanned and then burned off onto CD so I had about three or four films that had to be done on that. So that was most of yesterday. Am had to go up to Blanchardstown and get a puncture fixed ah, so that was yesterday afternoon. Yesterday evening then.....I can't remember much about yesterday evening.

M.M. Nothing in particular?

E.D. No, no.

M.M. That's fine. Thank you very much.

Interview 24: A.D.

Date: 20/04/02

M.M. So if I was to ask you about your typical day, then in as much detail as possible, what are the kinds of things you would do on a typical day?

A.D. On a typical day I'd am, I'd get up for work in the morning. I'd ah, go for lunch at one o'clock and I'd be home at say half six or seven o'clock and I'd get dinner there so then am I'd just go to bed, maybe look at a bit of television.

M.M. Right and is there anything in particular about work and your typical day?

A.D. No, it's just the same thing, do you know what I mean? I do panel beating so. My father's doing panel beating as well so I kind of have that in my head like, do you know what I mean? I just wouldn't forget that but I'd forget things about that, do you know what I mean? I'd know how to do it except I forget, do you know what I mean?

M.M. So the whole day you would be working at that then?

A.D. Yeah

M.M. You'd be pretty tired.

A.D. I wouldn't remember the half of what I was doing at work, do you know what I mean, but I would when I'd look at it – a kind of flashback to me.

M.M. Right. So that's your typical day then. Do you work like everyday?

A.D. Yes.

M.M. So is there anything else you can add in about your typical day?

A.D. Well, some days I'd be supposed to do something but I'd forget all about it and go and do something else to try and make up for not doing it...do you know what I mean?

M.M. Do you keep notes?

A.D. No, but I should though. I should. As Dr. P. said to me, to get a notebook and right stuff down and I might remember it then. But I never done it but I'd say if I did that it would help me, I'd say. It's practically laziness that I didn't do it, if you want to say it that way.

M.M. Well I wouldn't say that. So is that everything about your typical day?

A.D. Yeah.

M.M. Grand, thank you very much.

Interview 25: A.M. F. Date: 18/05/02

M.M. So if I was to ask you about this day last week, so Saturday of last week, what are the kinds of things you would have done in as much detail as possible.

A.M. F. I would have got up about eleven, would have had my breakfast, then went down the town and took out my money for the week and stuff because my wages would have just come in. I would have come home then and had something to eat for lunch and I might have gone shopping with my mam. I would have come home and started getting ready to go out, doing my hair and my nails and make up...

M.M. All the preparations!

A.M. F. And then decide what I'm going to wear – looking through my tops and stuff – and then get ready and then go out.

M.M. So that was last Saturday.

A.M. F. Yes.

M.M. Great. So for yesterday then, what are the kinds of things you would have done yesterday.

A.M. F. I slept in my friend's house on Thursday night so I would have got up at... later than usual... 'cos we would have only got in at four (laughs) and so we got up at about half eight and we had to be into work for a quarter past nine and it was lashing rain and we got the bus in and we were in work at half nine and lunch time was at half twelve.

M.M. And is there anything else you can remember about yesterday?

A.M. F. I left work probably around half four – it's flexi-time. And I came home, got changed and didn't go out yesterday. I was on the phone to my sister for ages, we both ring each other. And then I went to bed early.

M.M. To catch up on sleep! So that's pretty much yesterday. Grand. And if I was to ask about your typical day, what are the kinds of things you would do on a typical day.

A.M. F. I'd go out and meet friends or my boyfriend. I'd meet my sister for lunch some days. I might go out shopping with my mam or might just potter around at home.

M.M. And what about work? Do you work every day?

A.M. F. Monday to Friday.

M.M. Is there anything else about your typical day you might like to add.

A.M. F. I'm always drinking cups of tea and I like buying magazines and things and sitting down and read through them.

M.M. So that's your typical day. Great, thank you very much.

Interview 26: P.S.

Date: 15/08/02

M.M. In your own words then if you would like to describe your typical day in as much detail as possible please.

P.S. I'll start off with a work day?

M.M. Yes that's fine.

P.S. I get up in the morning around seven o'clock, ah have breakfast, leave for work, reach work around eight o'clock. When I get into work there's usually a small meeting so there's a cup of tea and we have a chat about the days events and then we move on to am, ah, daily tasks and most of them are fairly regular routines so we all really have them set and of course any of the action that is thrown our way. So will that be enough detail...?

M.M. Is there any other structure to your day that you recall....do you have any breaks?

P.S. We have a, we have a tea break in the morning when we come in because we meet anyway. After that anyway we have a lunch break, we have a twelve o'clock break and a one o'clock break and we have a choice of which one you want, whichever you tend to like. And the four o'clock and

five o'clock tea break so if you go to first tea break you're on first tea break, or first dinner break you're on first tea break and we finish at half eight at night.

M.M. It's a long day.

P.S. Ah, we're off the next day sure for four hours extra work it's not too bad.

M.M. So that's it...

P.S. And the work during the day, well I suppose it's care staff, so cleaning the ward and so forth, laundry, making beds, helping feed the residents and helping bathe the residents.

M.M. It's tough work.

P.S. Yes it's heavy work.

M.M. So that's basically your typical day.

P.S. That's my typical day.

M.M. And for yesterday then, what are the sorts of things you did yesterday?

P.S. Yesterday was a gardening job. I was cutting down some trees in the garden and ah...

M.M. And anything else about yesterday?

P.S. I usually walk the dog on my day off first thing after breakfast I go for a walk with the dog. Came back and started on the garden, half the garden and then I kind of freaked out! (Laughs)

M.M. And that took up most of your day then.

P.S. Yeah.

M.M. Great. And if I was to ask you about this day last week, Thursday of last week...

P.S. Thursday of last week, I would have been on night duty so I would have been, starting work at half eight at night until eight in the morning ah...so apart from sleeping most of the day I would have been on night duty like it starts at half eight. It's different to the day duty in that there's only you and one other nurse on the ward and ah you go round and check the residents and make sure they're all ok and so fort and settled and changed and...and then you make sure that no one gets up and starts walking around and they have a supper before they go actually, some of them get a supper. So it's a routine of watching and ah, as long as they sleep, well some of them might get up it's mostly a quiet night, most nights are quiet.

M.M. So it's different then to the day routine.

P.S. It is different yes.

M.M. Great, so that's really everything about last week.

P.S. Yes.

M.M. That's great, thank you very much.

Interview 27: W.C.

Date: 21/11/02

M.M. In your own time and in as much detail as possible, could you describe your typical day?

W.C. OK, well to start...my typical day...I normally work at night so I arrive home in the morning at half past six, have a cup of tea, cereal, go to bed for seven and stay in bed until about two....get up at two, have another cup of tea, maybe something, a bite to eat and usually go into town and buy the paper and maybe look at a bit of TV Coronation Street because I would have missed it from the night before. And then my two daughters in school arrive home about half three and the other girl maybe at four.....have a chat with them, how they got on, what they did and see what's going on. And then I'd be preparing for work again, say from about five o'clock to be ready to go for half past five. That's from Monday, every week from Monday to Friday. If I had to work at the weekends, which every second weekend I do, I don't have to arrive into work until seven thirty, so first of all I get up very late on Saturday and basically get up, have tea and basically myself and the family will have our main meal maybe at two o'clock in the day and buy the paper, do the lotto, bring it back home and prepare my lunch and just get ready for work....

M.M. So that would be your usual routine.

W.C. More or less.

M.M. Grand. And if I were to ask you about this day last week, so Thursday of last week, what would that day have been like?

W.C. Thursday of last week, well first of all I would have been working Wednesday night so I would have went home Thursday morning and had my breakfast and head into bed and be in bed until at least two o'clock. I'd get up, have a bite to eat, and ah, I think I remember saying to my wife, T., that I should ring my sister to inform her that we were heading up because she had asked us and she said, 'Leave it till Friday in case we change our plans'. So I said, 'No problem'. So that was the call that I was going to make on Thursday, which I didn't make till Friday. So I did that on Friday. So Thursday then, ah, I had to go back to work on Thursday evening for am, sorry, now I'm mixed up again....

M.M. You're grand.

W.C. Did you pick up on that or was I talking too fast, wasn't I?

M.M. No, it's fine, it's fine.

W.C. You see that's after throwing me about an awful lot, this working at night. Normally I'd come into work at eight in the morning until four or five and if someone said, 'What are you doing next week?', well I'm working. I can't even tell...if someone asked me in two weeks time that there's something on that night and can I be there, it's so far ahead that I have to say I have to....

M.M. check?

W.C. Yeah, I just can't say immediately yeah, I'll be there because I don't know what wayit's so far away.

M.M. I understand.

W.C. I'm getting my head around it now.

M.M. It takes time.

W.C. I know that every second weekend I work and that last weekend I didn't.

M.M. So were you back into work on Thursday night last week?

W.C. Yes, I was getting ready. Friday morning, I arrived home on Friday morning at half past six, seven thirty, more or less the same routine as the day before.

M.M. That's grand. So for yesterday then, what would your routine have been like for yesterday?

W.C. Yesterday it would have been ah...oh I finished yesterday morning and cup of tea, in bed, yesterday evening I got up, it was three o'clock I think yesterday, I normally don't. I usually get up earlier but I slept and there wasn't a whole lot to be doing and I got up and I went into town and brought one of my daughters in to town after school....she loves going to town absolutely (laughs). I got the paper, got a few things in the local shop, came home and I was actually reading the paper until twelve thirty, one o'clock this morning. And I looked at Fair City and a few other programs last night on TV.

M.M. Grand, so that would have been yesterday.

W.C. Yes.

M.M. Great. Thank you very much.

Interview 28: A.O'N. Date: 11/12/02

M.M. If I was to ask you to describe yesterday, what are the kinds of things you would have done yesterday?

A.O'N. Ah, I would have had my alarm going off at seven o'clock, I would have got up at half seven and have left the house for work at quarter to eight and be in work for eight o'clock. Left work at half four and be home at five and watched television and gone to bed....would have washed myself and gone to bed....would have got my clothes ready for work the next day...would have fed my dog...

M.M. And is that it?

A.O’N. Yes, that’s basically it.

M.M. And if I was to ask you about this day last week, Wednesday of last week, what are the kinds of things you would have done?

A.O’N. Set my alarm, got up for work, gone to work, come home from work about half four, ate my dinner, got ready to go play badminton, got home at about half ten and got ready for bed and got my stuff ready for work the next day.

M.M. So that was Wednesday of last week?

A.O’N. Yes

M.M. And how would you describe your typical day then?

A.O’N. Very busy, very active, very tiring, big time....

M.M. And what are the kinds of things you would do in your typical day?

A.O’N. Working, I do all the cooking.....feeding the dog....feeding the fish....just getting ready for bed.....

M.M. So that would be your routine.....

A.O’N. Yes.

M.M. That’s great, thank you very much.

M.M. Can you describe this day last week, so Friday of last week in as much detail as possible.

D.O'C. Am, well I was on holidays still and my sister was still at home so I spent some time with her and we watched TV a bit and helped to tidy up and then just watched some TV at night time and that's really it.

M.M. And if I was to ask you about yesterday, Thursday, what are the kinds of things you would have done then?

D.O'C. Well I came back up to C. yesterday and stayed in my house last night and, I just cooked, actually it was Wednesday night I stayed but I just spent all day Thursday in C. and I went down to the college for a while and I went onto the internet and I got up at around half ten and I had breakfast, cereal, and then I had, later I had my dinner back at my house and I was going to call up and see someone but she wasn't there so I took the bus at five to come up to Dublin.

M.M. So was that pretty much yesterday?

D.O'C. Oh sorry, I went over to my sister's house in Dublin – she's up here in UCD – so I went over there last night and watched TV and was talking to her friend and things like that....

M.M. So that was yesterday then?

D.O'C. Yes.

M.M. Great. And if I was to ask you to describe your typical day, what are the kinds of things you would do on a typical day?

D.O'C. Ah well on a typical day, say going to college, I get up at eight because my lectures start at nine, so I'd walk over to college then, go to my lectures during the day and have my lunch with my friends and we'd probably

go up onto the computer, checking e-mails or do some work, assignments that we're getting and then I'd be finished at either four or five, whichever and I'd go back and have maybe a snack or something and I'd go back to the college and study and at around maybe six or half six I'd go back and have my dinner and relax in front of the TV for a while and go upstairs and maybe look over a few things and I'd go to bed at around half ten or eleven, I'd read then before I'd go to bed.

M.M. So that would be your typical day....

D.O'C. That would be my typical day.

M.M. Great, thank you very much.

Interview 30: J.H. Date: 21/01/03

M.M. Can you describe your typical day in as much detail as possible.

J.H. Right well, yesterday, Monday, I'd just usually get up at half eight, go into town, do a bit of shopping, have a driving lesson at eleven, come home, have the dinner and then just relax in the afternoon, watch telly, go for a walk and then I'd go to work from half seven until a quarter to twelve and last night as well, GSF, its from five o'clock to six o'clock, it's kind of like helping out.

M.M. So that's your routine...

J.H. Monday routine that is.

M.M. So yesterday then, if I asked you describe yesterday then that would have been it?

J.H. That was yesterday really.

M.M. Grand, and is there anything else in your typical day?

J.H. No, nothing really that springs to mind....

M.M. And if I asked you to describe this day last week, so Tuesday last week, how would you describe that?

J.H. It would be the same really as the....usual...

M.M. Does anything stand out about Tuesday?

J.H. No, nothing stands out....no, no...

M.M. Do you work on Tuesdays?

J.H. Yeah, I work Monday to Friday, you see...I kind of relax during the day because I'm going to work in the evenings so I don't really do too much...

M.M. But can you remember what you did do last Tuesday?

J.H. I'm not too sure....Tuesday I would have gone into town I'd say, had a driving lesson, come home....that's it....I washed the car because I was going to be driving it on the Wednesday that's something else I did last Tuesday.....

M.M. So that was last week.

J.H. Yeah.

M.M. That's great, thank you very much.

M.M. Can you describe your typical day in as much detail as possible.

K.O'B. Any day?

M.M. Yeah, any day, a typical, whatever day you want.

K.O'B. OK, yesterday morning, I got up and turned on the heating at eight o'clock and then went in and had a shower and after the shower I blow-dried my hair, got dressed, went back downstairs and had a good chat with P. and we ended up going out to Ashbourne to look at pictures, when we got up there unfortunately it was closed – a half-day so we came back to the Blanchardstown Centre and had a cup of coffee in the Blanchardstown centre and then went and did our shopping, came home and sat and watched a video last night, after Cornation Street, of course, and that was it, we went to bed then around half eleven.

M.M. So that was yesterday, then.

K.O'B. Yeah, that was yesterday.

M.M. So if you were to pick a typical day like a work day or something how would you describe that?

K.O'B. Very quiet day at work, I'm on reception – it's very, very quiet. Unfortunately I've no e-mail – we're not that up-to-date yet – they're just taking on another company, merging so there's an awful lot of meetings going on in there at the moment but businesswise it's very very quiet.

M.M. And is there anything else that would be part of your typical day?

K.O'B. I would do goods and orders, so accounts and invoicing and statements and all that.

M.M. And if I was to ask you to describe this day last week, so Saturday of last week, how would you describe that?

K.O'B. Saturday of last week, what did I do – oh I got up, say we got up around eleven, had a shower, then went and did our shopping and we went looking at tiles for the porch, came home and we just cleaned the house down from top to bottom and sat down for a while and then we went to S. in Dunboyne on Saturday night to meet P.'s mother and then at around eleven o'clock then we came home and watched a video and went to bed.

M.M. Great, thank you very much.

Interview 32: E.Q.

Date:26/03/03

M.M. Can you describe yesterday in as much detail as possible.

E.Q. Am....well I'm not back at work at the moment so, am basically I was very tired because I had the flu so I just got up, made the bed, am, just made myself a cup of coffee, and we have two cats at home so I went out to feed them and I came back in and I went on the internet first just to check my email and replied to some of the email and I made out a shopping list for my husband and then just went back onto the computer and turned off the email and am I'm very big into music so at the moment we're just turning all our am CDs into MP3 files so I spent a lot of the day doing that because it takes up a lot of time and am I just kind of came up and read for a good while, am trying to rest and am, then my husband rang me and I was kind of busy doing a few things for him and then just basically trying to waste the day and am then did a few bits around the house like laundry, and washing up and that kind of thing and then I started to put on the dinner and then he came home and in the evening then we just watched the television and then I went back on the internet because I talk to my uncle over in London every night on the

internet so, and my aunt as well so that was it then and we watched telly for the rest the night and read some more and then went to bed in the evening.

M.M. Grand. And if I was to ask you about this day last week, so Wednesday of last week, what are the kinds of things you would have done?

E.Q.Wednesday of last week, oh God, probably just did the very same thing because as I said at the moment, you know, I'm just trying to rest up, yeah, and I'm actually not going out of the house at all so you know it's basically just trying to fill in the day, reading and going on the computer and that, you know, but that wouldn't be my typical day usually.

M.M. And if I was to ask you to describe your typical day, how would that normally be?

E.Q. Usually I'd get up about half six – my husband usually sets the alarm at night because the alarm is on his side – and it usually goes off at half six, hit the snooze, and try to get up out of the bed at twenty to seven. I go up, wash my face, do all the rest, put on my makeup, get dressed, and I normally don't have a breakfast because I'm not the best in the mornings, and then he gets up am, we have to, have to travel to work – it takes about three-quarters of an hour down to Waterford and we work in the Land Registry down there and, am start work for about eight o'clock because we're on flexi-time now down there and am, we do the registering of the lands, usually when I'd go in, we'd do the folios, and the public take out the folios to look at them the day before so we have to put away the folios in the morning and then my job is the completion of dealings, the main part of the dealings, that's what I do all day long so in the morning I just start my job and then am up until half eleven I take my break, so take half an hour for my break and then at twelve o'clock then I just come in and continue on my job, completing the dealings, take a lot of phone calls from the solicitors and then at usually around half one I go for lunch with my husband we go out for lunch usually am or else we might stay in the canteen – it all depends and am the we usually take about a half an hour for lunch because we are on flexi – trying to mind the time and then at

two o'clock we go back in. We had overtime but we don't at the moment so at about four o'clock we usually head for home and then we come home and I or my husband feed the cats one or the other and then we come in, we start to put on the dinner and if we've eaten out we just make up tea or coffee and then I usually go onto the internet for a while or go down onto the computer or might go for a walk and then come back in, watch telly for a while and then the internet or the computer is a big part and then watch telly for the evening or whatever and then go to bed.

M.M. So that would be your typical day.

E.Q. Yeah.

M.M. That's great, thank you very much.

Interview 33: B.M.

Date: 4/04/03

M.M. Can you describe what you would have done yesterday in as much detail as possible.

B.M. Yesterday, am....I knew that I was going to help a friend so am the night, I set the alarm am for around seven o'clock and I got up at near enough that time, had a shower am, had breakfast.....am, loaded up my car with a few tools which I think I might have needed and went off to help the friend. Am I drove to his house....am, we worked basically in his garage there, am.....then we just went out for a bit of lunch.....went back, finished up the work there and basically then drove home. And am...I stayed at home for a while and then I went to my sister's then for am, dinner and drove back to the house and then I just am, watched the television basically for a while and....that was more or less the day, you know, yes, yes, right, right.

M.M. Okay, and what about this day last week, what could you tell me about Friday of last week?

B.W. Am....no idea, let, let me see now what I did, I'm trying to think now.....no, no, nothing...

M.M. Nothing strikes you.

B.W. No, nothing.

M.M. And what would your typical day be like? You can either describe a work day or a day when you're off work.

B. M. Am, typical days are am, I'm not, I'm in demand a lot because I'm am off work my friends, you know, and am....I'm quite am, handy with doing all the jobs, like I mean the electrical jobs....

M.M. They'd have jobs lined up for you....

B.M. Exactly, particularly when I get home, my family, you know, my brothers and sisters and everyone else, yeah, and generally am they phone me up and say like, 'listen is there any chance of doing this' and am I go out to them and do the work for them then. And even if I'm visiting them they always say 'oh listen we have a problem with this thing here' yeah, oh yeah, so ah, but I mean I don't mind, I mean I think it's grand so yeah just say one of them got a secondhand car and I checked it over for him and everything else so that's sort of socialising and a little bit of work for them on that basis. Because I'm out of work at the moment, am I don't have a set routine. I had one chap who I worked with, I, I gave a helping hand to am, workwise am he had problems with machinery and he asked me I don't know the exact day now but it was last week some time I went out to him and worked on the machine sort of helped him fix the fix the machinery and that was it, you know. And I do miss the work on the machines, you now so....

M.M. You enjoy that....

B.M. I do, yeah, I do, I do enjoy it.

M.M. So would there be anything else that you would do on a typical day?

B.M. Well I have a, a sort of, I always try to stick to a routine and first thing I do in the morning is I take my medication and even before I have a shower or anything else and purely because if I don't just say for instance if I had a phone call or something like that which upsets the routine, then there's a good possibility I'd forget to take medication so I always have a sort of thing, like the one thing is when I waken up in the morning and get out of the bed I'd take the medication

M.M. Before anything can interrupt that...

B.M. Yeah, that's it, yeah, exactly, yeah, and it's amazing that if I do get a phone call or something or I get up for some other reason, and am I'd nearly forget to take it so, just, just, and I'd always have it where going to bed then as well, I take it as well. That's the sort of routine I have am.....the other thing is when I am going out I always check the car for what I have to bring with me and depending where I am going I'll either load stuff in or take stuff out you know just.....and I always try to make sure to have if I am expecting to do any work as such for the people I'm going to I always throw in a pair of overalls or jeans or something like that to do the work, that's the sort of routine you know.

M.M. So that would be your typical routine when you're back at home.

B.M. Yes, yeah, when I'm working away, there's a very different routine, I mean, basically, am, five thirty in the morning I get up and am down and have the breakfast and then go into a meeting at am six fifteen and then we discuss what's to be done for the day and try to arrange those jobs and provided everything's going to routine, there's a nine o'clock, there's a

coffee/tea break for the guys and I have it as well and then eleven to twelve there's a lunch break and three o'clock so it's a very routine, three o'clock's the coffee break and then finish at six o'clock so it's a very routine day unless of course there's something wrong with the machinery and then naturally you keep going and that's it....

M.M. It's a long day.

B.M. It is but you see there's nothing else out there as such, there's nothing to do. It's not as if you can go to friends or anything else so I mean you might as well just keep working so basically that's it....

M.M. So that would be a very structured routine.

B.M. Yes, exactly, which I... find that am I miss that when I'm at home, you know. I try to get a structured routine as much as possible, you know, but it's very difficult because you're not in, you're not in any basic kind of routine I try to stick to some sort of routine. I suppose I find it psychologically reassuring in a way, you know, there's something there and that's basically it.

M.M. That's great, thank you very much.

INTERVIEWS FROM CONTROL PARTICIPANTS

Interviews with control participants

Interview 1: A.M. Date: 02/04/02

M.M. So in your own words, then how would you describe your typical day in as much detail as possible.

A.M. Ok, am get up at around eight o'clock after being called, am, go down, have breakfast, am leave the house at about twenty to nine, arrive in school around five to nine, go to the lockers, get my books for school, am go to class, then am, at snack time I have my snack and at lunchtime I usually have choir or something to do with music. After school then, go to Waterford, am, go down with H. on Wednesday and have violin straight after school from half four till half five and then am, I go straight to orchestra then and orchestra's finished at half seven. Usually I stack up all the chairs after that and am be home by about half eight. I used to have rehearsals after school and then I'd be home by about ten and try to do homework or sort out whatever I have for the next day and I'm usually in bed by about twelve.

M.M. Grand, so that's your typical day. So yesterday, what are the things you would have done yesterday?

A.M. Am, slept in until about eleven, half eleven and then I had a shower and dried my hair and had breakfast/dinner at about twelve and packed my bag, sorted out my bag and am went on the bus up to Dublin. After lunch I went down town and got the ticket and then I was on the bus until half four and then arrived in Dublin and got another bus and arrived in the apartment and then watched videos, had pizza and watched more videos went to bed at about half twelve or one.

M.M. And this day last week, what can you remember about Tuesday of last week?

A.M. Am, I have no idea what time I got up, it was pretty early, about nine o'clock. I had a violin lesson in Waterford at around eleven o'clock or half eleven, in Waterford and then I had a rehearsal with the pianist for my exam at around twelve and then I went into town after that, which was about one o'clock and I went into town and met up with mam and we had lunch and then we came back to where she worked and we am dropped our bags off and then we went over to more shops and came back again and then went home. And then I had dinner and then mam brought me for a drive on the beach and we just drove up and down the beach a few times until it got dark, until around eight o'clock and then we came home just after eight because mam wanted to watch Fair City. Yeah, that's pretty much it.

M.M. Great. Thank you very much.

Interview 2: D.Q. Date: 04/04/02

M.M. Ok, so if I was to ask you about your typical day, in as much detail as possible, how would you describe your typical day?

D.Q. I get up at around eight o'clock, have a bit of breakfast, then go back up and have a shower, that's grand anyway, then get ready for school, make lunch and bring lunch with me and head out for school at around half eight, and arrive in school around twenty to nine, go into the principal's office and get the keys go down and go into the room, open up the staffroom usually as I'm first in. Sit down and have a chat for twenty minutes and then head on to class wherever the class is. Usually, say, Monday mornings, I have double business studies with the second years first of all and I am in room 18 beside Mr. B.'s room so I usually head on over with him. He's finished after a single class and I have his class then. I'm actually in room 17, he's in room 18. Then after that, I go back and do the rolls for the class before the break. And then there's break and they all come in and we have a bit of a craic in the

staffroom and then we head back out again and I head down to the files and check up on attendance and things like that. Then at lunch we have a bit of a craic at lunch again and then we head back out again. I have double class in the afternoon, I have double sixth years for LCVP and that can be a bit of a nightmare at times because they don't want to do anything but then that's their decision. And I'm finished then at around ten to four and before the strike action came in I'd stay until five, but not any more, 'cos why should I stay behind. So I head back home and I'd be home at around ten past four. I'd just mess around, look at telly for about half an hour or sometimes I'd stop off at the shop and get some food. It depends on what I'd buy I might cook for the others or just for myself. And then by six I'd have washed up and tidied up and then we'd sit down and look at telly until about half seven and then get ready for soccer about half seven and head up to the Harriers for a game of soccer and be there for about an hour and then come back down, get showered, then look at a few things on telly and be in bed by half ten or eleven o'clock.

M.M. And then if I was to ask you about this day last week, so Thursday of last week, what can you remember about Thursday of last week in as much detail as possible?

D.Q. Thursday of last week....Right. I was dying of a hangover Thursday of last week. I woke up in a house in K., G.C.'s, who is a friend, another teacher. I had a splitting headache and he came into me in the morning and was talking away to me. I was downstairs in his spare room and I got up anyhow and his two children K. and A. were running around like mad wrecking my head and I had to go around and see both their bedrooms. One of them had the groovy chick bedroom and the other lad had the Bob the Builder bedroom so I got the full tour of both of those. Then we had a huge big breakfast. Then M. rang when we were having breakfast and she was in bad form so I said I may go to Dublin. So I went to Dublin anyhow that evening and am met M. anyhow and what did we do? We went out to the flat and I'm trying to think what we did that night. We stayed in anyhow and looked at a video, yeah, *Girl Interrupted*, which I didn't think was much good but M. liked it. I came

to life a bit after the video and I looked at more telly and M. went to sleep. So that was yesterday.

M.M. And yesterday, what are the kinds of things you would have done yesterday?

D.Q. Yesterday, alright. Yesterday morning I got up, had a bit of breakfast, got up around half nine or a quarter to ten and I had to bring M. and two other women and teach them to make them fit – a big task I might add! But am, I showed them around the gym and showed them how to use the different things and programs and so on and headed back anyhow and D. and D. were at home and I had a bit of dinner then, am, chips, chicken and beans for dinner and after that I hopped into the car and dropped up to K.'s with a present and headed off up to Dublin then straight after that and am, arrived in D. at around a quarter to five at M.'s place, half four or a quarter to five, and just lazed around and looked at a film in the afternoon – am, Miss Congeniality – it was alright, it wasn't great and after that then I went training for the hurling. We had corn on the cob for dinner in M.'s house, very nutritious! Then we went to training and we done a couple of laps and then I just pucked the ball with R.F. then I came back and we were looking at the Liverpool game and I rang J.J. and he was working and then I rang M. and he was down in Quinn's so I went down for a drink with him and that was basically it.

M.M. Grand, thank you.

Interview 3: Ma.M.

Date: 05/04/02

M.M. So if I was to ask you about yesterday, in as much detail as possible, what can you remember about yesterday.

MaM. What I did yesterday?

M.M. Yes.

Ma.M. I got up at am, just after eight o'clock and I went to half eight mass and I came back from mass at about – on my way back from mass I was talking to M.W. and walked back with her most of the way – then I went home and then I had my breakfast and then I went out to the garden and I spent hours in the garden and I was weeding in the garden for hours and hours and came back in and had some lunch and then I had a snooze for a few hours and then I got up (laughs) what did I do after that? I did more gardening again and put out clothes on the line and brought in clothes off the line and got loads of washing done because it was a fine, sunny day. And then at about, wait till we see know, four o'clock, at about half three or so, I only went to bed for an hour now that I think about it. Can I change my mind on this bit? Well I went to bed for an hour, got up and went down to Waterford and I had to go to the tax office and S.B. was with us and S. had to go and get her eyes tested and then I met the other two in Tesco, M. and A., and I bought something to bring to Auntie M.'s and S.B. didn't come home with us – she went home herself – and we went from Waterford to Nine Mile House and we visited Auntie M. and we stayed there until about twenty past eight because just before I went home, she asked me would I hop up on the chair and change the time on her clock because the hour hadn't been changed. So it was twenty past eight when I set the time on the clock and we went off shortly after that and we got back home before ten o'clock and I went to bed shortly after that so I did.

M.M. Grand, so that was yesterday, great. So if I was to ask you about this day last week, so Friday of last week, what can you remember about Friday of last week?

Ma.M. It was Good Friday. There was no work, I wasn't working this day last week and wait till we see now what did I do at all.... In the morning I was out in the garden for hours again and then at, in the afternoon we went up to the church service up in the Mount Carmel and I did one of the readings, the

narration, the big, long, long reading and am, afterwards we came back then and we didn't eat the normal meals, we had less than normal and am, I was out in the garden for another while when I came back and then just watched television in the evening.

M.M. Great, and if I was to ask you about your typical day, how would you describe it?

Ma.M. A work day?

M.M. Yes, you can pick a work day.

Ma.M. A work day, am, get up at after seven o'clock and leave the house at a quarter to eight and go to Waterford and I go down to Waterford and on the way into Waterford I collect newspapers and the DX and bring them into the office and I have to be in the office for half past eight. And then I go up to my boss and I collect all her filing basket and bring down that and file all the papers she has and am, switch on the computer, check what's on the computer and any photocopying I have to do I do that before everybody else starts at nine o'clock and I try to get her filing done for nine o'clock and then she'll drop me down tapes and I'll just type those tapes and, or whatever jobs she has for me to do and then it's just the normal day of typing, filing, photocopy, and get post ready for her and if she wants me to make phone calls and make appointments for her, whatever she wants me to do, I do those things and then just, come home then at ah, finish up at around half past four and I get whatever post she has ready then and put it through the franking machine and send it out and the registered stuff would have to have special labels on it and everything and I finish then at five o'clock. I come home, have an evening meal and sometimes the children have to go places in the evening and sometimes we just watch television and that's it.

M.M. Grand, thank you very much.

Interview 4: T.M.

Date: 06/04/02

M.M. So if I was to ask you then about this day last week, so Saturday of last week, what did you do?

T.M. Saturday of last week I am off and then helped in the garden and I rested myself during the day because I do the night duty. As soon as Friday comes I'm off then on Friday night so I'm off normally for Friday and Saturdays and most of the activities are sleeping by day and working by night.

M.M. And can you remember anything else about Saturday?

T.M. Saturday is just nice, a lazy day. I do light work in the house and then help in the garden as much as I can.

M.M. So that's pretty much everything about Saturday.

T.M. Yes.

M.M. Grand. So yesterday, what did you do yesterday in as much detail as possible?

T.M. Ah yesterday I drove to Dublin and stayed in my daughter's flat for a while and had something to eat and then went to the B&B and watched news on the telly and slept good during the night.

M.M. And anything else about yesterday, any more details?

T.M. No, I just drove and the weather was half raining, it was just drizzling on the way and then it turned out to be good after. I put out the bin early in

the morning, that 's the first thing I did before I drove. I was sleepy because I just finished work at seven that morning.

M.M. Grand, ok. and then if I was to ask you about a typical day, how would you describe your typical day?

T.M. A typical day for me is, I come home from work just after seven in the morning, sometimes I have a bite to eat or else go straight to bed. Or else if there are things to be done early on, I do it and then go to bed and I get up around half past twelve and I make up lunch and because the children are on holidays at the moment from school I make lunch for everybody then and my wife is also on holidays so I have to cook enough for everybody for that day. Then I do some light work in the garden and then go back to bed and get ready then for the following day, or for the night. In the night we start work in the hotel at eleven so I leave the house drive from the house at around a quarter to eleven and be in the hotel for about three or four minutes before eleven at night and that's the routine for every working day.

M.M. Great, thanks very much.

Interview 5: D.M.

Date: 29/05/02

M.M. Okay, so in your own words then, how would you describe your typical day in as much detail as possible.

D.M. Okay, well, I tend to get up at around eight thirty, I wake up around eight thirty, nine and then I'm always one of the first people up in the house, upstairs anyway, am, and I probably don't bother getting dressed first of all, I just throw on my dressing gown and go downstairs, sit in the kitchen, have a look around, open the fridge, sit at the fridge for a while and see if there's any food I can eat in there (laughs). There's normally not, am, then I might make coffee and then I go down and wake M. up and when M. asks me 'Where's the coffee?' I say it's on the way...am...then eventually I might check e-mail

then, maybe I won't. Then we have coffee, I get M. to come up to the kitchen with me and have coffee and then different people wake up around that time as well, T. will probably come downstairs, C. and Mo. if they're not gone already, they'll come downstairs. Am, more coffee, might find toast somewhere – make toast, then it'll be around 9.30 or 10ish and I go upstairs and get dressed and if I'm not.....if I'm going into college I'll put on proper clothes and brush my hair and get like washed and everything. If not, I'll just throw on a tracksuit and study at my desk. I'll study for up to like two or three hours at the time. And then I take a break, I'll either cook for lunch and there'll be lunch normally in the kitchen at home and am, whoever's there, same situation, whatever food is there, might have to go to the shop and if I have to go to the shop it means taking a list for everybody in the house what they want. And then come back, in the afternoon, study normally again for a while. I might go in to college at this stage and I go and leave a message for my supervisor, leave him in some work to look at, or else go into the library for a bit, am.... then I would come home in the evening around five or six, stop study, review the situation, watch TV, catch up with everybody I haven't seen at the same time... am.....watch, we always watch 'The Simpsons' around seven, am, comedy night, Monday we watch funny things on TV. I might go back and do some study in the evening... probably not that likely though. And then a typical day is watching TV and e-mailing in the evening, watching movies on computer or just sitting in the kitchen talking and drinking tea and coffee indefinitely. And then I'll probably go to bed around 1ish in the morning.

M.M. And that's your typical day.

D.M. Yeah.

M.M. Grand. So if I was to ask you about yesterday, what are the basic activities you would have done yesterday in as much detail as possible.

D.M. Am, yesterday I was at home. I woke up around ten o'clock in the morning, I got out of bed, had a shower first of all, then I got dressed, then I went downstairs and all the fuses were gone or something like that so I

couldn't make coffee or toast - I was very annoyed about that. I didn't want to wake Dad up about that 'cos he was asleep so then my friend M. rang so I asked him did he know how to fix the fuse and he didn't either. I was talking to him on the phone for about mmm... twenty minutes or something and then Dad woke up so he like fixed whatever it was - I think it was only to flick a switch was all he needed to do. And then I had coffee and a sandwich and cereal and then around twelve o'clock Dad said we'd go down town so I like really quickly brushed my teeth and put in my contacts and went down town with him. And when I went down town, first of all I went to the Bus Agent place and I got a ticket to go to Dublin and I found out what time the bus was at. Then I called over to Ma. in the office and I said hi to her and then I went in to look and see what was going on in the pub. Then I went up to the card shop and bought a card for my friend and then I came back down to see Dad who was working in the office for a while and then I went home and then I was fixing up my CV on the computer and applying for a job. Then I wrote the card to my friend, I checked e-mail very quickly, then I started packing up my clothes and getting sorted out. Then by four thirty I was down town again and I got the bus at like a quarter to five, sitting on a horrible bus for am about three hours. I got to Dublin at eight, my sister met me there, am, we went up to her flat, we watched a video, ate pizza, we were talking for a while and went to bed after eleven some time.

M.M. So that was yesterday. So if I was to ask you about this day last week, Wednesday of last week, what can you remember in as much detail as possible.

D.M. Not an awful lot (laughs)...seriously....mmm....what did I do yesterday.....I'm sure I studied at some stage on Wednesday. I wasn't working so.....no.....I'm trying to think did I have any assignments due...no. I think I went into the library and was actually typing up for a while on the computers there and am... yeah, I was writing up all last week so I would have been writing up on Wednesday. I stayed at home a lot last week. Am... I was studying during the day and in the evenings went into college to type.

M.M. Anything specific about Wednesday?

D.M. Wednesday...no.

M.M. Okay, thank you very much.

Interview 6: M.K.

Date: 4/12/02

M.M. In your own words, please describe your typical day in as much detail as possible.

M.K. Am, I rise at ten o'clock, go downstairs, have breakfast, which is a bowl of cornflakes and a cup of tea, go back upstairs, have a shower, come out of the shower, get dressed...tidy my room, make my bed, am...go downstairs then, make a few phone calls, if needed, have a cup of coffee and maybe a biscuit or some snack.....go out shopping be it groceries or walking to P. or going to L.V. or town...am....would look around the shops, get the groceries for my mother, which is very regularly, am...go for a cup of coffee and for something to eat...am come down, go down, am, go down around the shops making sure that I've got everything I needed...come home, have a cup of tea, sit down, talk to my mother for a while...am...discuss current things that have been going on and then at about seven o'clock, I enter my room and watch telly and see what films are on...do a little bit of reading am....and a little bit of reading of a certain programme that I'm doing at the moment and talk on the phone to my boyfriend and then retire to bed.

M.M. Great, so that's your typical day.

M.K. Yeah.

M.M. And if I were to ask you about this day of last week, so Wednesday of last week, what are the kinds of things you would have done?

M.K. Wednesday last week I went up to P., I got videos out, three videos....I came home from P. with shopping also and a bottle of wine and I had my lunch after I came home as I don't eat until late in the evening and am...then I went to my G. programme which is at...I'd leave the house at half seven and it'd be a quarter to eight am...just before that I'd learn pieces from the G. programme to recite to them....am... I'd come home, I'd watch telly, and go to bed.

M.M. Grand, so that was this day last week.

M.K. Yes.

M.M. So if I were to ask about yesterday, then, what are the kinds of things you did yesterday?

M.K. Yesterday, am will I say when I got up in the morning? O.K. I got up quite late because my sleeping is not so good and I had a very late night the night before and so I got up at midday due to lack of sleep, had a shower, am...then... am...did the hoovering for my mother....I had a cup of coffee before that....then did the hoovering, then cleaned my room and I.'s room out, polishing and cleaning....am which took about two hours to do all the housework...lay down and had a rest then....am....had my dinner about five thirty, cleaned up, spoke to my mother for about three quarters of an hour...went upstairs....am...got ready for going out...went up to the bank...got money out and met my friend in the W.C. hotel for a few drinks and we stayed there until half twelve. So that was yesterday.

M.M. That's great. Thanks a million.

M.M. How would you describe yesterday in as much detail as possible?

S.S. Right, am, yesterday, I was woken early by my dad but stayed in bed. Eventually got up around maybe 12 o'clock because I didn't sleep well the night before and went up to the shops and bought cigarettes and milk, came back, am, had breakfast, when I should have been having my lunch, at one o'clock, am, had the usual, Special K, toast, and tea, watched a bit of TV, went in, brushed my teeth, washed my face, of course I was dressed before I did all of this or I would have been going to the shops naked!!! Am the usual, what I wear in the morning, jeans, t-shirt, runners, am I suppose after lunch/breakfast, I'd wash the dishes in the house, clean the kitchen table, call into a friend, which I did yesterday, am, just hang out, you know, talk, listen to music, chat, watch TV. Around five I'd get some food in for dinner, am as I did yesterday, I got in some veg., cooked some food yesterday, had dinner at six, my father comes in from work around half past six, have a chat to him. I decided to go to the gym last night, watched the start of the football on SKY, and then went to the gym at about nine o'clock, did a workout, my father collected me at about quarter to eleven, came home, had a cup of tea, listened to some music, watched some more TV, and then I went to bed and that was it.

M.M. Right and if I were to ask you about this day last week, so Thursday of last week, what are the kinds of things that you did?

S.S. Well, Thursday of last week. Well because my days aren't so well structured with work and college I couldn't say because I have no structure at the moment it's hard to think back exactly, you know, what I was doing.

M.M. Does anything stand out about Thursday?

S.S. I really can't remember.

M.M. And how would you describe your typical day?

S.S. Am, well my typical day is much the same at the moment, you know, getting up late some days, doing a bit of housework, watching a bit of TV, reading, playing some drums, seeing some friends, am, maybe hit the gym in the night or maybe go for a walk... that's it.

M.M. Anything else about your typical day?

S.S. Well I usually get the same things from the shops everyday, it's a sort of a routine, you know, get my cigarettes, get the milk, go to Superquinn maybe every second day and buy like you know, fresh food like for dinner but I'd go to the newsagents for bits and pieces....am... I can't think of anything else....

M.M. That's great, thank you very much.

Interview 8: B.W. Date: 9/01/03

M.M. Can you describe this day last week for me, so Thursday of last week in as much detail as possible.

B.W. Thursday of last week I would have got up at about seven thirty, had a shower as per normal, am got my clothes out, dried my hair went to work, am...stayed there from nine until about one pm, and last Thursday I know we went to Blanchardstown Shopping Centre from about three o'clock to about six o'clock, came home, had dinner....and I didn't go out so I would have just watched TV, talked to the family and went to bed.

M.M. So that's last Thursday....

B.W. Yeah.

M.M. And if I was to ask you about yesterday, so Wednesday...

B.W. Yesterday, same sort of routine, up at half seven, had a shower, clothes out, got into work for nine o'clock, come home at one o'clock and I brought my niece over to am a sort of kiddie club in Swords from about three o'clock until about five and then I had my dinner in my mum's house and then I went up to another house that I'm buying and my dad came up with me and we came home and I was in bed at about nine o'clock with my niece, putting her to sleep and then I got up and I watched TV and then I went back to bed around eleven.

M.M. And how would you describe your typical day?

B.W. A typical day is get up, have the shower, get ready, get into work, do the job, come home about half one and I usually do something with my mum, either go shopping or visit a house I'm buying, a new house – I'm quite busy at the moment doing that – come home, we have our dinner at six o'clock most days because my dad is working and he comes in about six and then we just chill out.

M.M. So that's your routine.

B.W. Yes.

M.M. That's great, thank you.

Interview 9: A.K. Date: 29/01/03

M.M. Can you describe your typical day in as much detail as possible.

A.K. Ah, typical day....get up, put on some clothes, put my phone on charge, open the window, go downstairs, make myself a bowl of cereal, eat that, put on teapot, while the tea is boiling I will maybe clean a few delph, clean the sinks, ah....make a slice of bread with jam on it, have my tea and a slice of

bread, eat that ah...clean around the house for a while, have a shower, get my stuff ready for my course....go, I usually go back into my mind and check if there's anything I have to do that's a priority am....most times, if it's really, really important I'll have written down, if it's not I'll just put it into my mind so that if I forget it, it won't matter....am....go out to my car, start up my car.....am.....go off to my course, do my course until half three, come home....have dinner, clean the delph, make sure everything is ok around the house, am...might clean my car, might go for a run, might go for a swim.....ah....coming up to six o'clock then, have tea, ring a few friends, my girlfriend will ring me about twenty to seven, then I'll, after that, potter around the house, decide what I'm going to do for the night.....

M.M. So that would be your typical day.....

A.K. Yeah.

M.M. Great, and if I was to ask you about yesterday, what are the kinds of things you would have done?

A.K. Ah, today is Wednesday, yesterday then, I basically did, not did the same thing because I did the course up until a half day and then I went home and I'd recently got a new phone so I got free call credit with it so I went up to the Omni and they had a Vodafone place in there and I got them to put onto my phone over the internet. I walked up to that place, walked back again to my house in Whitehall.....am...had a shower, cleaned around the house, started watching Star Trek at five o'clock, tidied my room, rang a few friends, my girlfriend rang me and went out to the pictures last night, saw ah, "Gangs of New York" that was on from nine o'clock until maybe half eleven and then dropped a friend home and then went home myself, looked at the newspaper to see what was on the television on Wednesday and then went to bed.

M.M. Great, and if I was to ask you about this day last week, so Wednesday of last week, what are the kinds of things you would have done?

A.K. Wednesday of last week, ah...would have been basically the same....got up, would have put my phone on charge, got dressed, go down and have breakfast, go to my course, am.....did the course until half three and so forth, and am...came back home. I wouldn't know what I did when I came back home – I tend to clean my car an awful lot.....am.... I don't know.....

M.M. Nothing strikes you about Wednesday last week?

A.K. When something's repetitious, you forget about it you know what I mean. I've done jobs that are so repetitious that I wouldn't remember doing part of the job, you know....

M.M. Well they're the main things you did last Wednesday....

A.K. Yes, unless I did something out of the ordinary like yesterday when I got credit put on my phone by a company, I'd remember that but things that become....I wouldn't remember maybe putting on my shoes! It was a fairly typical Wednesday.

M.M. That's great, thank you.

Interview 10: Ci.W. Date: 17/01/03

M.M. Can you please describe your typical day in as much detail as possible.

C.W. Am a typical day...I would normally have the alarm set for half seven and another one set for a quarter to eight and get up around eight o'clock. Depending on the time of my first lecture I would typically be in for between half nine and ten. I would aim to get an hour, or an hour and a half done either in the library or in lectures and then I'd have a break and then go back in and work until lunch and normally I'd have lunch twelve or twelve thirty and lunch would be three-quarters of an hour. And then depending on...well

on a typical day slotted in around this would be lectures and tutorials am and then am between, say if there is a gap of an hour between lectures and tutorials I might do sort of coffee and some reading and then would aim to finish, if I had no classes, would aim to finish at five, five thirty, sometimes I've classes that bring me up until six. So if I finish at five or five thirty I'd cycle straight home. If I finish at six, I would normally go out if my last class if finished at six, I would go home immediately. Then in the evening, I'd probably get home, go to the supermarket, get something for dinner, would eat pretty much straight away and a typical evening would be..if there's something to be done in the house like laundry or the dishes, I'd do that then and then sit and watch television till around eleven, no probably nearer to twelve and then go to bed and then read for about a half an hour and then go to sleep.

M.M. Great, so that would be your typical day.

C.W. Yes.

M.M. And if I was to ask you about this day last week, so Friday of last week, what are the kinds of things you would have done?

C.W. Am....I had a lecture at ten so it would have been leaving for about a quarter to ten, cycling in and am... Friday, I....after that, we have only one lecture so I went into a break from ten until half ten. Stayed in the library until lunch timeish but I hadn't any lunch in the college so I went home for lunch. I was home for one or half one and I think I got home for one because I missed the news and then I had lunch at home and didn't know.....I meant to do something in the afternoon....reading in the afternoon and something dragged me out of the house and I can't remember what it was....am.....oh yeah, yeah ok....I had to go to Blanchardstown to meet my sister to collect back some stuff that I'd loaned her and I went into Blanchardstown Shopping Centre and got grocery shopping and I remember I was actually feeling quite sick that afternoon, for some reason I had some kind of bug or something...and was shopping thinking 'I no more feel like eating and of

this' and then went home and didn't feel like reading 'cos my eyes were swimming, that's right, so I sort of just sat and vegged out and I was drinking fizzy drinks and could hardly watch television neither and then by about tea-time that had passed and I cooked dinner, a friend came over and I cooked dinner for the two of us and watched television, wondered about going out but we ended up staying in and watched television and I think I went to bed fairly early that night because I wasn't feeling great and I can't remember what I watched am but I know that it wasn't a late night because I know I didn't manage to sleep on into Saturday so I think I probably went to bed sometime before eleven.

M.M. That's great. So that was Friday. And yesterday, what can you recall about yesterday?

C.W. Thursday...am....I had an early lecture at nine so I cycled in for nine and then I had a bite of breakfast and then headed into the library and then I had more lectures up to lunch time and then I had ah....someone coming to visit in the afternoon so I had to get home to let him in so I had lunch at home, did a bit of reading at home and then we'd a lecture out in UCD that we both were going to so we headed over late afternoon, sorry I should say we had a long lunch and a short amount of reading so we headed over late afternoon, half four or a quarter to five through very busy traffic over to UCD and there was a lecture there on, well a series of lectures on XX, the writer and then we stayed there until from say half six until about half nine and I dropped him off in town and I went home and....no no no...I had planned to drop him off in town and I didn't, I stopped in town and we had coffee and a chat about people we'd met at the lecture – just thought we'd catch up in town – and then he stayed in town to go out and I headed home for about a quarter to eleven and went straight to bed and read and I'd say I went to bed at around a quarter past twelve.

M.M. So that was yesterday.

C.W. Yes.

M.M. That's great, thank you very much.

Interview 11: T.G. Date: 19/01/03

M.M. Can you describe yesterday in as much detail as possible.

T.G. Okay, well yesterday I had a nice lie in and I would have woken up at around....am let me think....yeah 'cos I crashed out in Tom's place so I woke up at about eight o'clock, drove back out to Celbridge, went back to bed...slept a little bit more and then I woke up about 11 or twelve and after I got up I just pottered around the house, cleaned the place up a little bit, did the usual shopping, am....subsequently I was on the phone for quite some time talking to my friend and after that I....let me think... I'm trying to remember the times... am it would have been about three or half three...I drove to Liffey Valley where I met my girlfriend, we went shopping, walked around the various shops and I bought a shirt and I ah... had a look around some of the other shops and then subsequently to that we had a meal, a pizza and went to see Gangs of New York in the cinema and subsequently went home.

M.M. Great, so that was yesterday. So if I was to ask you about this day last week, what can you recall about this day?

T.G. Alright am, this day last week again would have been Sunday, am similar scenario, typical Sunday, stay in bed. I got up fairly late am, then my parents were staying up so I had a long chat with the folks subsequently I was talking to my girlfriend so am yeah had a long chat with my folks, subsequently was talking to my girlfriend then we drove over to the Citywest hotel and I met her parents and her sisters and she had a chance to meet my parents and then subsequently to that we had a meal that was in Citywest and

after that we went to a restaurant in Celbridge and am...subsequent to that we just chilled out...

M.M. Great. And if I was to ask you about your typical day, how would you describe your typical day?

T.G. My typical day would involve am the alarm generally goes off at about ten to seven, I get up, have a shower, get some food, eat the food in the car as I'm driving to work. Driving to work probably takes over an hour as I drive from Celbridge to Stillorgan. Work starts at about nine thirty so I would start seeing patients from about nine thirty onwards am lunch time would generally run from about one o'clock to two o'clock and usually I end up going to the M.H. in Stillorgan. After that I come back, see some more patients, go through my post, make phone calls, and then generally wouldn't finish work until about six thirty, seven o'clock and then drive home. And then by the time I drive home I'm just totally wrecked and am usually just have something small to eat, maybe make a few more phone calls, watch TV and usually would be in bed by eleven or twelve.

MM. Great, thank you.

Interview 12: K.H. Date: 20/01/03

M.M. So can you describe this day last week, Monday of last week in as much detail as possible.

K.H. Monday of last week, well only because it's mundane, I'm just saying I would have got up possibly around I suppose about twenty past seven because I don't necessarily have to be in work any time until ten o'clock really and on that Monday morning I would have left the house at about eight o'clock and would have been in work, well perhaps later I would have left

home at eight thirty and would have been in work by nine. Am I parked my car at the front of the building, which is not entirely legal but I did it anyway because the car park is just too far away. I signed in on the flexi-system as I always do, I know that. Specifics about the day....not really, it's difficult because it's kind of a routine and I'm not really sure if there, I can't remember if there were any slight variations I mean I know I always go in and sign on.... Let me see...I usually go out and get a cup of coffee and bring it in to my desk which I know I've done because I do that every day and then I would have read my e-mails and when the rest of the staff come in we have a quick chat, you know, 'How's the weekend...?' they say to me and we just chat about the weekend and then about the more relevant tasks of the day. So that would be the basic structure to the day. At half eleven I would have gone for coffee and the people I sat with on Monday, no I can't remember because usually there's the same faces but not necessarily all of them were there on that day you know so if I was to be listing names it would just be guessing I can't really remember who was there. Lunch time, I can't really remember what time I went to lunch at....am....again it's kind of flexible but I could go any time from half twelve up to half two but I can't remember what time I went at specifically I just know it would have been within that time frame. What I done for that I think I went home on Monday – it's only a fifteen minutes drive. I can't remember, now again, I can't remember specific tasks of the day.

M.M. You came back in the afternoon?

K.H. I came back in the afternoon but I can't remember what I actually done in the afternoon....whether I had a specific job on. Then in the evening I just came home am, I didn't go out that evening so I just watched television, should I go on to Tuesday?

M.M. No, could you describe what you did yesterday?

K.H. Right, okay, yesterday, yesterday morning I got up about half ten, no ten and I went to eleven o'clock mass, came home had my coffee, I said

earlier that I didn't read the newspaper but now I remember that I did, well I only just glanced at it I just sort of didn't read the detail. I had two cups of coffee, and we were going to my brother-in-law's house which is in Kildare we were going to go down there for dinner. And I remember saying I wasn't going to eat because he always has massive amounts of food that he puts in front of you but I remember my wife saying, well you'd better at least have something because it's bedlam when you go down there, you know, dinner is supposed to be at three but it doesn't usually arrive until seven. So we had some lunch, I think I had some sausages and a kit-kat I seem to remember as well and then I hung around the house doing no specific thing really and then went and collected my niece, N. and gave her a lift down and then we drove down to Naas, we would have got down....when we left I had been watching rugby on TV left about half two got down to Naas about three o'clock and he lives beyond Naas ah...went in....the usual, said hello to everybody...instantly got the remote control, switched it on and watched the end of the rugby match. Am, had dinner, I remember what we had for dinner...ah, went out had a stroll around the back garden.....it started to rain so came back in, watched am....kind of a bit of TV because, to be honest, I was the only male of my age there, you know, at that particular time so it was me in one room and the others sat in the dining room and I just watched rubbish and things on television just to pass the time....We left there at about....about ten to six, six o'clock I would say because I had to bring N. back because she was meeting her friends that evening which was also a kind of excuse to leave at a reasonable time but I also had to meet up with N.'s parents who were the one's who were going to Cyprus because I had to bring them down to my wife's mother's house where a group of her sisters were going to bring them out to the airport. So we came back, brought them down to her mother's house, we went in for a cup of tea, am....I think I picked at some Battenburg cake I remember then I went, we went home, we would have been home for about eight o'clockish, watched that stupid programme that my wife wanted to watch, The Royale, and I decided that there wasn't anything really that I wanted to watch on television so I went to bed and at about ten o'clockish I would have woken up and couldn't sleep and I went

down and sort of stuffed my face and then went back to bed and that was pretty much it....

M.M. And if I was to ask you about a typical day, how would you describe it?

K.H. Am... a typical day at work is, I suppose I, it's, it can be pretty mundane in the sense that like, you know, you go and sit at the same desk look at the same faces, go for coffee at the same time, go for breaks and things like that and then you can have these sort of fits of panic where, I work for the E.R.H.A. in the acute hospitals section soand it's dealing with the planning permission of well for buildings, construction and services, you know, like those at Beaumont, you know, all the different agencies, health agencies, maternity hospitals, acute hospitals so on and so forth and it can be fairly mundane sometimes and then the pressure will come in from the Dept. of Health because there's been, you know, an article in the newspaper and...over say whether it's A&E, or perhaps services for disabilities, whatever's hot...and then we have to out and get the information we may have to ring around specific agencies and that might mean like Tallaght Hospital or Beaumont Hospital or one of the main hospitals based on the issue and try to get information in and it's a lot harder than you would imagine because it's am, you know, getting timely, up-to-date information is not that easy because there are layers of people you have to go through like first the different agencies for example the Rotunda Hospital, if we take it just for an example, any information, you might need information say in relation to the neonatal unit but any information that comes back into us because we're the ERHA our job is to kind of monitor as to how finances and resources are used in the different agencies there's a kind of a skeptical relationship between the agencies and us that's kind of interfering so everything tends to go...it's also reporting really so everything tends to come back to the CEO's office you know and there's a corporate slant put on whatever the hospital's telling us you know, which is what we would do as well I suppose to a degree when going back to the Dept. of Health so ultimately, we have these sort of periods of panic and trying to get

information in and then that would have to be run through our sort of corporate bodies, and our CEO and then other departments if there's a finance issue and then, clarifying, you know...so you can have hugely mundane and quite periods like watching paint dry and then all of a sudden, you know, usually on a Friday evening or something you get one of these problems so that's the typical day....you know, and I'm an administrator so I would have, I suppose a dual role in that I have admin staff that I'm supposed to be directly responsible for, you know in terms of what they do and....just making sure....you know the whole admin stuff – I have a supervisor below me who looks after the holiday leave and stuff like that but of course I have to check over it and all that kind of stuff as well and then I would have like I said interaction with the Dept. of Health and if any specific agency based on the information gathering and with regards to research we also have monitoring and evaluation directorate, we have a planning permission directorate that we would work closely with, and it's all more or less tied in, it's all you know, money and what's happening for it and what hasn't or isn't you know, so it's usually information gathering and statistics and lots of figures.

M.M. Great, that's great, thank you very much.

Interview 13: P.F. Date: 24/01/03

M.M. Can you describe for me, in as much detail as possible, your typical day.

P.F. A typical day....I get up at eight o'clock, I get dressed, get the kids up, I have my breakfast, they have their breakfast, ah, I usually leave at a quarter to nine, make sure that J. and M. have their lunch, so I walk down most mornings – it's only about a mile – collect me van, drive into Millstreet, that's where we have our depot, have a cup of tea there, a bit of grub, and then go where you have to go, home about four o'clock, have my dinner,

watch telly, unless I have training on, maybe a bit of guitar even, you know.....

M.M. Grand, so that's your typical day.

P.F. Read the paper, I often read the paper as well you know....

M.M. Grand, and anything particular about work?

P.F. Well I do the same thing but it's just in different places every day.

M.M. If I ask you to describe yesterday, then, how would you describe yesterday?

P.F. Well yesterday, in a word or several words?

M.M. Well, in as much detail as possible....

P.F. Ah, I didn't walk to work yesterday because I had the van, I had to do a message Wednesday, so I had the van....am... where were we working.....look would you believe that....ah, yeah, yeah, yeah, I know where we were working, we were working in Crown Alley on a fault there but first thing I had to go into Clonskeagh Road and do a fault out there and then I had to come back in to Crown Alley and we were working on two faults for Ericssons there on Beech Hill and so at about half two we left that and home again about half three or four o'clock, had a bit of grub, brought my daughter up to the majorettes, went out training the soccer team in the sports rink, came back, washed me hair, washed underneath me arms and then went out to a meeting in the GAA club and then stayed there for the rest of the night.

M.M. Grand, a busy day. And then this day last week, so Friday last week....

P.F. Friday last week.....well I never went to work, I was on a dive. I had no excuse so I rang up one of my friends to cover for me so I didn't go in.

M.M. So you stayed put...and anything else about last week.

P.F. Didn't do anything strange and I went to the GAA club as I do every other Friday night at a quarter past nine and got mad drunk.

Interview 14: G.M.

Date: 30/01/03

M.M. Can you describe your typical day in as much detail as possible.

G.M. Okay, I work in a hotel, I'm a floor supervisor and am...I'm responsible for the girls who work on the floor, and responsible for making sure they do the rooms properly. So a typical day, I would go in in the morning, go into the office, and get my instructions for the day from the head housekeeper, I would take my list for the floor of what rooms were occupied and what rooms were vacant and I would go around the floor and pass on any instructions that the head housekeeper would want the girls to know and I would tell them what I wanted them to concentrate on room-wise, whether I wanted them to concentrate on departures, which is normally the first thing, and what specific things I wanted them to clean in a room so am....I would begin and if there's any clean rooms vacant from the night before, I'd start on those and I'd make sure that stuff was...everything was in the rooms, and that the rooms were clean for the guests to come in. Ok, so about eight thirty I would go for a break, have my breakfast, I'd come back up after the break after maybe about twenty minutes or sometimes half an hour and I'd go to the girls and find out what rooms they had cleaned and I would begin checking them and when I would have maybe ten, twelve rooms I would go up to the office and onto the computer and go to the computer and start clearing rooms so eleven o'clock, I go down for a cigarette and a cup of coffee and just continue on like that, go back down on the floor and get more rooms and I'd

normally go for a walk around lunch time, come back around maybe one thirty and would start up again and then it would be finishing off the rooms. I would also have been checking the rooms for maintenance so at three o'clock I go for another cup of coffee and up to the office at around three thirty and I would begin to enter in my maintenance list into the computer, so if I'm there till four thirty, at around a quarter past four I would check the girls out and make sure that all keys are accounted for and then just go home.

M.M. Grand, so that would be your typical day.

G.M. That's my typical day, yeah.

M.M. And if I was to ask you about this day last week, so Thursday of last week, what are the kinds of things you would have done?

G.M. The exact same thing because I was at work...

M.M. So it's basically the same. But does anything else strike you about last Thursday?

G.M. Well, yeah, I left work and we have a club in work, like we pay this girl, she collects the money off us every week, it's just sort of a savings thing and I went to give her the money for the club and I went to the bank and my wages weren't in the bank. They should've in the bank but they didn't actually go in until twelve o'clock that night when they should've been in this day every week.

M.M. Right, and is there anything else that stands out about last week?

G.M. No that's really it – I thought that was shocking enough!

M.M. And yesterday, then, how would you describe yesterday?

G.M. Yeah, the same routine everyday. I came home and I was after finding that my daughter had started tidying out her bedroom and if you saw her bedroom you would say that I should have turned around when I went home and left and come back to work! She had taken bags and bags of clothes out that she was throwing out and she had just left them in the sitting room. And we had a big argument about it! So that was yesterday.

M.M. Great, thank you very much.

Interview 15: D.G.

Date: 4/02/03

M.M. Can you describe yesterday for me in as much detail as possible.

D.G. Yesterday morning I woke up just before seven and stayed in bed until quarter past seven, got up, went downstairs, I fed the cat, I, oh I had a natural yoghurt and a banana, I had two cups of tea, I went back upstairs...I'm just trying to remember....I packed my bag and I left just before nine to get...to get the bus in and worked until ten to ten until a quarter to twelve in the students' shop in the Hamilton left that and went to a lecture at twelve to one, at one o'clock I...oh I went over to Aras an Phiarsaigh to print off stuff off a disk, went over to the bank to give it to my mum....went up Grafton Street and into Miss Selfridges and the Card Gallery and went up to Dunnes Stores, got my sister a birthday present, came back down and went into Athena, came back down to college and went in to Aras an Phiarsaigh and went into the psychololgy lab am...stayed there until just after half three, went over to the Arts Block, bought a roll in the café, went to my lecture at four o'clock, at five I went to the Buttery with a few other people, ate chips, came back over to the Arts Block with a friend and bumped into another friend who we sat with for a while, had a cup of hot water, went to the library, stayed there until just coming up until eight o'clock, went to the computer room from eight until half eight and met or rang my boyfriend before that, before I went into the computer room, met my friend, M. at half eight and went up towards her

apartment, called into Dunnes on the way, got a DVD, went to her apartment and watched that last night.

M.M. Grand, and if I was to ask you about this day last week, so Tuesday of last week, what can you recall?

D.G. Tuesday....I had a lecture at ten o'clock, at eleven I met my boyfriend from eleven until one. I had a lecture from one until two, worked from two until four in the Hamilton students' shop. I don't remember what I did from four until five, had another lecture from five until six, left that a quarter to six, met my friend, C. in the gym, did aerobics from six until seven came straight home and got soaked in the rain – I remember that because I was wearing linen trousers and they stuck to me....[laughs]

M.M. And how would you describe your typical day?

D.G. A typical is am.....generally get up....well the lectures obviously, and between that I'd be meeting people for a cup of coffee and trying to get work done in between and trying to get your nose into the library at some stage and....it's very much that schedule – trying to meet people, go for lunch, and going to the library sometime and fitting in work in the Hamilton and....

M.M. And is there anything else, like when you start....

D.G. Well I generally get up between seven and eight...

M.M. So you have an early start.

D.G. Yes.

M.M. That's great, thank you very much.

M.M. Can I ask you to describe this day last week, so Tuesday of last week in as much detail as possible.

M.G. Ok, I got up at six forty-five, had a shower, dressed, had my breakfast of porridge and yoghurt and a glass of water with lemon juice in it and finished getting ready, put on my jacket, got my handbag, switched off the lights, locked the front door, got into my car at approx. seven forty-five, headed off to work, took my usual route to work, am along the same route as per normal, arrived in work at approx. eight forty-five, parked my care in the car park at work, came out of the car park, walked across the road, used my security card to get in, am...signed in, sat down at my desk, switched on my computer, checked what work I had to do, got a bottle of water to have on my desk as per normal and proceeded to am.....do my normal days work. Then at ten o'clock have my tea break, until ten fifteen then continue on until twelve thirty when I went to lunch with my friends J. and C. We had fish, vegetables and a potato for lunch, three quarters of an hour, back to work at one fifteen, worked the rest of the day until five thirty and so forth....do you want me to continue?

M.M. Well is there anything else about Tuesday of last week?

M.G. Tuesday of last week, that was really the normal pattern of the day.

M.M. Great, and if I was to ask you about yesterday then, what are the kinds of things you would have done yesterday?

M.G. They would have been very similar to last week, the same sort of day, the same times, the same things would have happened – nothing special. Being a work day, Monday to Friday tends to be very ordered, very structured in that way.

M.M. Grand, well a typical day, how would you describe a typical day?

M.G. Like I have?

M.M. Well you can pick a typical day at the weekend if you like.

M.G. On a typical weekend day I always on a Saturday and a Sunday have a lie on –

unless there's something specifically on – I do not get up before twelve o'clock, have a very late breakfast, have probably a full breakfast, am....in the afternoon, either go shopping or do a bit of housework or visit some friends and in the evening time after a bit of tea, we'd certainly go out either for a meal or to the pub, am, visit friends, but the weekend would always be something like that.

M.M. So that would be your typical weekend.

M.G. That would be my typical weekend.

M.M. Great, thank you very much.

Interview 17: C.W.

Date: 5/02/03

M.M. Can you describe your typical day in as much detail as possible.

C.W. I usually get up at around eight o'clock and I have a shower, I wash my hair every second day, am... I get dressed, I go downstairs and have my breakfast, which is usually either porridge and yoghurt or a banana and yoghurt and a glass of orange juice and a cod liver oil capsule and I make my lunch for the day which is usually fruit and yoghurt and some kind of crackers and then I bring two litres of water into college...am I pack my bag for college and I go in – I either get the bus or I walk, it depends on the weather – am I give myself an hour to get in and then I'll go to the lectures,

then, that varies day by day, am if we have a break for an hour we usually just go to the Buttery but if we have a longer break I sometimes go to the library if I have some work to do or to the computers to check my e-mails and to type up some work and on Tuesdays and Thursdays I have training in the evening but on the other days I go home after the last lecture, I usually just watch TV all evening and have maybe small things to eat like yoghurt and crackers and I usually go to bed around, usually in by ten.....

M.M. So that's your typical day. And if I was to ask you about yesterday, what are the things you would have done yesterday?

C.W. Am, I got up, I didn't have a shower yesterday morning because I had one before I went to bed, so I got dressed, and I had my breakfast which was a banana and yoghurt, and I walked to college. I had a lecture at eleven o'clock until twelve, and then I had break and in the break we had to go up to ask a few shops about sponsorship and I did a bit of shopping for Valentines and then we had lectures from one until about half three and then I went to the computers to check my e-mails and I ah, went up to Easons to get a magazine and a card and I got the bus home and I had an omelette and beans for dinner and then I watched telly until about seven and then I went, I got a lift over to my brother's house to collect a computer and I brought it back to my house and connected it up and then I watched telly until about half ten and then I went to bed.

M.M. Grand and if I was to ask you about this day last week, so Tuesday of last week, what would you have done?

C.W. Am.....I got up, showered, had breakfast, went to college. I had a lecture at ten that morning and I don't know what I did in the breaks but I know I went soccer training in the evening. I skipped my last lecture and went home and watched TV in the evening.

M.M. Can you describe your typical day in as much detail as possible.

C.C. Typical day I would get up at around eleven o'clock, I would go in and have a shower, get dressed, go down and have my breakfast, which would usually be a banana and am, bacon and eggs and then I would, on a week day, go into college, go to whatever lectures and use the time in between my classes and lectures to go to the library apart from lunchtime when I would grab some lunch at say whatever break I had which would be, let's say, either one or two...am....after college I would usually go home and reach home, I go home at five and get the bus at like half five, which is a good bit away from the college, and then, am...I'd end up at home for about like half six....am....I'd usually have a read over what I did that day in college – the notes – and then watch some telly or talk to friends in between say seven and half nine and then around half nine I'd go to bed and watch some telly until about maybe half ten or eleven and then go to sleep.

M.M. Grand and if I was to ask you about this day last week, so Thursday of last week, what kinds of things would you have done then?

C.C. Am....Thursdays are different because every Thursday I work, so well what would happen would be that I would get up at half ten, am....go in and have a shower, get dressed and go down and have my breakfast like I already said, am...get the bus into work, work from twelve to four, get off at four, come into college and go onto the computers to check my e-mails, head to the lecture which is at either five or half five – it depends on the week – and am....then after that I would go home and do the same thing, have a read over what I had just took down, have a chat with friends and watch some telly.

M.M. And yesterday, what are the things you would have done yesterday?

C.C. Am...yesterday I got up at half eleven, I left my house at twelve – I obviously got dressed and had my breakfast and all that [laughs] am...left to

get into college for a quarter to one. At a quarter to one I got the bus, sorry I met up with my football team, got the bus out to play a match, we basically got warmed up and stretched and kitted out and the throw in was at half two so the match went on from say half two until about a quarter to four. At a quarter to four we went in and had a shower and got changed back into our clothes, went upstairs into the bar am... there was some, there was a free bar so we could basically drink what we wanted and we had something to eat as well – there was free food – so we did that until about eight o'clock, went into town, met some friends, am...that was about half eight. Left there at eleven and then went to UCD to a party and went back to a friend's house.

M.M. Great, so that was yesterday.

C.C. That's it.

Interview 19:

Interview 20: S.McG. Date: 18/02/03

M.M. Can I ask you to describe in as much detail as possible, this day last week, so Tuesday of last week.

S.McG. Tuesday of last week, I got up around ten o'clock, washed and dressed as usual, had my breakfast, got the bus and got into college about half eleven or twelve. Probably would have gone for lunch almost immediately, am....then worked then until, till about five o'clock, I think I walked home that evening am...when I'd have got home then I'd have got something to eat, probably turned on the computer to do some work, put on the headphones and

watched some of the stuff that I'd taped off the TV from earlier, the previous week.....am...I can't remember what time I'd have gone to bed at though...

M.M. So that was last week. Grand and yesterday, what did you do yesterday?

S.McG. Yesterday [laughs] I couldn't wake up! Sent M. a text message sometime during the morning – it could have been after eleven....managed to get up around one, got washed and dressed and would have got something to eat then about two o'clock, tried to get some work done on the computer while watching videos, stuff I'd taped off the TV. Turned off the video just coming up to five to watch Star Trek, and the sci-fi programs that came on after it – SG1, and then the Simpsons for an hour, Enterprise, and then I read over some stuff I was working on, called down to a neighbour on the ground floor around half nine and was there till one....and we drank lots of coffee and talked nonsense! And then went to bed then shortly afterwards.

M.M. Great, and how would you describe your typical day?

S.McG. Typically I'd get up around between ten and eleven during the week, am, get into college about half eleven to twelve usually take lunch some time around then and get started into work then afterwards and stay in till about five or six and Mondays and Wednesdays I'd be going to a lecture at six, but the other days of the week, Tuesdays and Thursdays I'd often work till around six. Friday's I work till about five because I meet up with my sister at half five....and weekends then, typically I get up later and spend most of the day watching videos while working on the computer and then be reading in the evening.

M.M. And is there anything else about your typical day?

S.McG. I drink a lot of coffee and buy the Racing Post!

M.M. That's great, thank you very much.