

## How to extract and download an NSHD dataset

- 1) You will receive an email from UCL dropbox with details of the file and dropbox passcode. Click on the retrieval link, enter the passcode and click pickup, then click download on the next screen.
- 2) The download box will pop up, but you need to rename the file extension from an .xeq file to a .exe file – so click ‘save as’ and save the file wherever you need it. N.B. NSHD data must only be stored on a secure Institutional network PC, with firewall and anti-virus protection.
- 3) Right click on the file, select ‘rename’ then rename the file extension to .exe (the icon should change to a 7-zip icon).
- 4) Double click the file, select ‘run’ and then extract the zip file – it will ask for a password. You must supply us with an alternative email address, or your mobile number, to which the password will be sent separately for security purposes.
- 5) Then the data (and syntax) files will come up for you to use