

## PROJECT METADATA

Project name:

{[project\_name] text}

Study site(s):

{[study\_site] textarea}

Project study design:

{[design] radio}

- ☐ {1} Case-Control  
☐ {2} Clinical Trial  
☐ {3} Cohort (Longitudinal)  
☐ {4} Cross-sectional  
☐ {777} Other

(If Other) Specify study design:

{[design\_other] text}

{Branching logic (show if): [design] = '777'}

Host of interest:

{[host] radio}

- ☐ {1} Homo sapien (Human)  
☐ {2} Mus musculus (Mouse)  
☐ {3} Rattus (Rat)  
☐ {4} Oryctolagus cuniculus (Rabbit)  
☐ {777} Other

(If Other) Specify host of interest:

{[host\_other] text}

{Branching logic (show if): [host] = '777'}

Sample type:

{[sample\_type] checkbox}

- ☐ {1} Air  
☐ {2} Agriculture  
☐ {3} Host body product  
☐ {4} Food  
☐ {5} Water  
☐ {6} Wastewater/Sludge  
☐ {7} Soil  
☐ {777} Other

(If Other) Specify sample type:

{[env\_sample\_other] text}

{Branching logic (show if): [sample\_type(777)] = '1'}

Host body product:

{[body\_product] checkbox}

{Branching logic (show if): [sample\_type(3)] = '1'}

- ☐ {1} Blood  
☐ {2} Milk  
☐ {3} Saliva  
☐ {4} Stool  
☐ {5} Urine  
☐ {6} Tissue  
☐ {777} Other

(If Other) Specify host body product:

{[body\_product\_other] text}

{Branching logic (show if): [body\_product(777)] = '1'}

Host body site:  
 {[body\_site] checkbox}  
 {Branching logic (show if): [sample\_type(3)] = '1'}

- ☐ {1} Gut  
☐ {8} Oral  
☐ {3} Nasopharyngeal  
☐ {4} Vaginal  
☐ {9} Skin  
☐ {6} Urogenital  
☐ {777} Other

(If Other) Specify host body site:  
 {[body\_site\_other] text}  
 {Branching logic (show if): [body\_site(777)] = '1'}

Sample collection method:  
 {[samp\_collec\_method] radio}

- ☐ {1} OMNIgene (DNA Genotek) Kit  
☐ {2} Isohelix Kit  
☐ {3} Norgen Kit  
☐ {4} BioVision Kit  
☐ {5} BIOME-preserve (Anaerobe Systems) Kit  
☐ {777} Other

(If Other) Specify sample collection method:  
 {[col\_method\_other] text}  
 {Branching logic (show if): [samp\_collec\_method] = '777'}

Sample storage method:  
 {[store\_method] text}

Sample storage buffer:  
 {[store\_buffer] radio}

- ☐ {1} OMNIgene  
☐ {2} Norgen  
☐ {3} Canvas  
☐ {4} Investigator-developed  
☐ {777} Other

(If Other) Specify sample storage buffer:  
 {[store\_buffer\_other] text}  
 {Branching logic (show if): [store\_buffer] = '777'}

Sample processing method:  
 {[samp\_mat\_process] text}

Nucleic acid extraction method:  
 {[dna\_ext\_method] radio}

- ☐ {1} QIAamp (QIAGEN) Kit  
☐ {2} Macherey Nagel Kit  
☐ {3} Omega Bio-tek Kit  
☐ {4} Norgen Kit  
☐ {5} PureLink (Thermo Fisher) Kit  
☐ {6} BioVision Kit  
☐ {7} Isohelix Kit  
☐ {8} Zymo Kit  
☐ {777} Other

(If Other) Specify DNA extraction method:  
 {[dna\_ext\_method\_other] text}  
 {Branching logic (show if): [dna\_ext\_method] = '777'}

Nucleic acid amplification method:  
 {[nucl\_acid\_amp] text}

Sequencing platform:  
 {[seq\_meth] radio}
 ☐ {1} Illumina (e.g. MiSeq, HiSeq, NovaSeq, etc.)  
☐ {2} PacBio (e.g. RS, RS II, Sequel, Sequel II)  
☐ {3} Oxford Nanopore Technologies (e.g. MinION)  
☐ {4} Roche 454 Pyrosequencing  
☐ {777} Other

(If Other) Specify sequencing platform:

{[seq\_meth\_other] text}

{Branching logic (show if): [seq\_meth] = '777'}

Assay type:

{[assay\_type] radio}

- ☐ {1} Amplicon  
☐ {2} Shotgun  
☐ {777} Other

(If Other) Specify assay type:

{[assay\_type\_other] text}

{Branching logic (show if): [assay\_type] = '777'}

Amplicon region:

{[amplicon] checkbox}

- ☐ {1} V1  
☐ {2} V2  
☐ {3} V3  
☐ {4} V4  
☐ {5} V5  
☐ {6} V6  
☐ {7} V7  
☐ {8} V8  
☐ {9} V9  
☐ {10} ITS region  
☐ {11} 16S Full-length  
☐ {14} 18S Full-length  
☐ {15} 18S Partial  
☐ {12} Whole Genome  
☐ {777} Other

(If Other) Specify amplicon region:

{[amplicon\_other] text}

{Branching logic (show if): [amplicon(777)] = '1'}

Outcome of interest:

{[outcome\_of\_interest] text}

Sample size:

{[sample\_size] text float}

Project Metadata Instrument - Version 1.0 Released November 2022  
 H3ABioNet & H3Africa Phenotype Standards

# Study Participant Metadata

30)

Date of screening visit (if applicable):  
{{screen\_date}} text date\_dmy

(DD-MM-YYYY)

31)

Paediatric or adult participant?  
{{adult\_paed}} radio

☐ {1} Adult

☐ {2} Paediatric

32)

Case or control participant?  
{{case\_control}} radio

☐ {1} Case

☐ {2} Control

☐ {3} Not Applicable

33)

Treated or untreated participant?  
{{treated\_untreated}} radio

☐ {1} Treated

☐ {2} Untreated

☐ {3} Not Applicable

34)

Participant information collected prospectively or  
retrospectively?  
{{collection\_status}} radio

☐ {1} Prospective

☐ {2} Retrospective

35)

Study site participant recruited from:  
{{site}} text

Essential Study Participant Details - Core Instrument Version 2.0 Released September 2022  
H3ABioNet & H3Africa Phenotype Standards

# Study Consent

Study description

Instructions for administration of consent

**PAGE ONE**

Who are we?

Name, job title, and institutional affiliation of the main researcher.

Include information about the principal investigator (If they are not the main researcher) and the rest of the research team (if they are directly in contact with the participants e.g. study clinicians). Include information about collaborators (If there are any).

Why are we doing this study?

We want to study something called "genes". These "genes" are present in all of us and are the same in all parts of our bodies. "Genes" are sometimes also called DNA, which is the name of the material they are made from. Genes are responsible for why people in families are often more like each other, and different from other families. For example, some families are generally taller or shorter than others. This kind of information is passed from both the father and the mother to their children and on to their grandchildren, from one generation to the next. Some of these genes may prevent some people from getting certain illnesses. Other genes may be one of the reasons why some people get sick or have side effects from some medicines when others do not. We are still learning how genes might contribute to different diseases, and how they work together with our lifestyle and other factors - such as our environment or what we eat - to affect our health. We want to explore whether genes may affect (specific health phenotype under study) in (specific target population if relevant).

What do we do to decide if you are eligible to be take part?

In our study, we want to learn more about [specific disease phenotype] in [target study population] so we are approaching any person who fits this description because they are the type of people who we want in our study.

How many people will take part in the study?

There will [insert number] of participants including yourself if you agree to participate in the study.

How long will the study last?

We expect the study to last for [insert time frame], but we will notify you immediately if there are any changes that impact you directly.

What will happen if you decide to take part in the study?

We will go through the participant information with you to ensure that you understand what the study is about, what is expected of you as the participant, and also, what is expected of us as the researchers. While going through this information we will be asking you some questions and at the end, you will be asked to give signed permission to participate in our study.

Participation in our study is voluntary and you have the option not to participate. Even after you have agreed to join our study, you can still change your mind and we will destroy your sample and remove you from the study. If you choose not to participate in our study or drop out later, it will NOT affect the care you are receiving at [insert health care facility].

What are the risks?

We will make sure that your health information and sample are protected and safely stored, because there is always some small risk that the special pattern of genes from your sample could be used to work out who you are and see your health information if other people were to get hold of this information. We will be very careful in making sure all this personal information is very secure so that this could not happen.

**PAGE TWO**

What happens if I get hurt taking part in this study?

This study poses minimal risk of physical harm to you as a participant. However, if you get hurt as a direct result of participating in the study, you should inform the principal investigator [full names and contact number] immediately and they will assist with the next steps.

Are there any benefits to you for being in the study?

You may not get any benefit directly from this study, but we hope that the information we get about your genes and your health may benefit others who have [specific health phenotype] and many different kinds of illnesses, in the future. You do not have to take part in this study, it is your choice if you want to take part, or not. If you do not want to take part, it will NOT affect the health care you receive at [specific health facility].

Will you receive any reward (money or food vouchers) for taking part in this study?

Participation in research is voluntary and research participants do not get paid for it. However, if you use your own money to travel from home for the specific purpose of taking part in our research we can reimburse you for that. We can also provide food or food vouchers if participating in our research requires a special diet or if you miss meals while participating in our research.

What will we ask for?

We will ask you a few simple questions about your life and where you grew up. In order to better understand your health, we will ask you for permission to look at your health records that [name of organisation/department] collects when you visit government health facilities like clinics or hospitals - such as any medical tests that have been done and any medication that you have been given at any government facility. We will also ask you to provide a swab or rinse of the inside of your mouth and we will use this to prepare a sample of your genes.

Do you agree for us to collect these body fluid samples and your health information for this study we have described about how genes might affect [specific health phenotype]?

{[consent\_data\_collection] yesno}

☐ Yes ☐ No

We would like to know more about your general health.

Do you agree for us to use your health information that is collected by health care workers (nurses, doctors, pharmacists) during your visits to health care facilities?

{[consent\_health\_information] yesno}

☐ Yes ☐ No

Medical record number:

{[consent\_med\_record] text}

{Branching logic (show if): [consent\_health\_information] = '1'}

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**PAGE THREE**

What will happen when the study is over?

Your sample will be destroyed unless you have agreed for us to use it in future studies.

Who will see the information which is collected about you during the study?

To make sure that your privacy is protected in this study, we will make sure that your information is used for this research without your name, or your date of birth, or any other identifying information attached to it. This way, no one working on this study will know who the information or the genetic sample comes from.

How will we protect your information?

All your genes together make a special pattern in all of your body that only you have, and this is why no two people are exactly alike. Because each person has their own special pattern of genes, researchers are very careful to protect the genetic samples that are collected and the information from these samples, and these samples and information will only be used in the way you have agreed to.

To make sure that your privacy is protected in this study, we will make sure that your information is used for this research without your name, or your date of birth, or any other identifying information attached to it. We will be very careful in making sure all this personal information is very secure and we will lock away any document with your name on it so that no-one can identify you from it. We will make sure all computers used for the study are kept securely and are protected by passwords.

Will your test results be shared with you?

We will not give you any individual results from the study of the samples you give us. This is because it will probably take a long time for this project to result in specific health information that is useful to patients.

If you agree for your information to be used in other studies in the future, it is possible that some new health information might be discovered in those studies. We will ask you if you would like to know any new information that might become available about your health.

Sometimes, what we find from our research might include new information about your health.

Would you like us to contact you again if we believe we have new information that may directly affect your health?

{[consent\_new\_info\_contact] yesno}

☐ Yes ☐ No

Would you like us to contact you again if there is some kind of action or treatment that might be able to help you with the health issue?

{[consent\_new\_tx\_contact] yesno}

☐ Yes ☐ No

Would you like us to contact you again if there is NO kind of action or treatment that might be able to help you with the health issue?

{[consent\_no\_tx\_contact] yesno}

☐ Yes ☐ No



**PAGE FOUR**

Will the results of the research be shared with you?

At the end of the study, we will put our general findings from the study in some pamphlets and posters at the clinics where people have joined this study. There, you will be able to read how this study is contributing to our understanding of health and disease. When we describe the results of this study in this way, we will only show summary results or overall study results from the whole study, and there will be no information about the individual people who took part in the study.

Sometimes researchers combine the genetic information from everyone in the study and provide a summary of genetic data for the whole group.

Do you agree for us to use your information when providing combined information about the whole research group (x total individuals in this study)?

{[consent\_grouped\_data] yesno}

☐ Yes ☐ No

What will we do with your data and samples?

Your sample will be stored at [name of storage facility] until the study is over. The information from your sample will be very securely stored at [name of storage facility]. The [name of storage facility] will lock away any document with your name on it so that no-one can identify you from it. We will make sure all computers used for the study are kept securely and are protected by passwords.

Your samples will never be sold, and we will not make any money from this research. The scientific results that we find from this study will be free and openly available to all scientists to help understand how we can better treat [specific disease]. In the future, commercial products might be developed by companies using the information that comes out of this study. If this happens, you will not be able to share in any profits.

Will any of your blood, tissue or other samples be stored and used for research in the future?

Your samples will only be stored and used for future studies if you give us permission to use them this way. If you do not give permission for your samples to be used for future studies, they will be destroyed at the end of this study. It is your choice to give permission for future use and that choice will not affect your participation in the current study and will not affect the health care you are receiving at [insert name of health care facility].

Do you agree for us to use your genetic samples together with your health information for other studies in the future that want to study the effect of genes on [specific health phenotype]?

{[consent\_genetic\_use] yesno}

☐ Yes ☐ No

Do you agree for us to use your genetic samples together with your health information for other studies in the future to study the effect of genes on other health conditions or related biological processes?

{[consent\_genetic\_futureuse] yesno}

☐ Yes ☐ No

**PAGE FIVE**

Sometimes what we find from a study like this might lead to new studies being done in the future. Can other researchers contact you in the future to invite you to take part in other research studies?

{[consent\_future\_contact] yesno}

☐ Yes ☐ No

If yes, how would you like to be contacted?

- ☐ {1} Telephone  
☐ {2} Letter  
☐ {3} Visit  
☐ {4} Email

{[consent\_future\_contacttype] radio}

{Branching logic (show if): [consent\_future\_contact] = '1'}

Can my samples and information be used in research outside the country?

There is an international study that is combining the results from [specify disease] studies like ours that are taking place around the world. The information from samples donated from everyone around the world will be made available to researchers in a large data storage resource in Europe called the European Genome Archive (EGA) and will be provided to other researchers who want to do more studies using the combined genetic and health information.

We will ask you if you would like your sample and health details to be included in this international study - you do not have to agree to join the international study, it is your choice.

Do you agree for us to share your DNA sample for genetic analysis together with your health information for International studies being done to better understand [specific disease]? Your genetic data and health data may be shared with other international researchers for other studies in the future

{[consent\_international] yesno}

☐ Yes ☐ No

Can my samples be used in studies about population origins and ancestry?

There are researchers who are interested in studying genes to find out more about the origins and ancestry of different populations. Our genes contain information that can be used to work out where our family and our ancestors come from - our origins.

Sometimes the information from genetic studies about our ancestry may be different to what we already believe about where our family came from, or who our ancestors were, but this information can also help us understand more about human history and how people migrated around the world in the past.

We will ask you if you would like your DNA sample to be included in studies about population origins and ancestry - you do not have to agree for your sample to be used in this kind of study, it is your choice.

Do you agree for us to share your DNA sample for genetic analysis in other research studies about population origins and ancestry?

{[consent\_popn\_ancestry] yesno}

☐ Yes ☐ No

---

What to do if you have questions or change your mind about being in the study?

If you have any questions, you can contact [name of institutional review board (IRB)] and speak to [full names and contact number of the relevant person at the IRB]. If you change your mind and you no longer want your information or sample to be included in this study, or you have other questions you can also contact [full names and contact number of study principal investigator] with your questions, or to have your information removed from this study and to have your sample destroyed.

**PARTICIPANT AGREEMENT**

Date of consent:

---

(DD-MM-YYYY)

{[consent\_date] text date\_dmy}

Study ID Number:

{[consent\_study\_id] text}

Participant full name:

---

(Full name as on Identification Document)

{[consent\_fullname] text}

Participant confirmation:

{[consent\_confirmation] checkbox}

☐ {1} I understand that signing this form electronically is the equivalent of signing a physical document

Participant signature:

{[consent\_signature] file signature}

---

**STAFF MEMBER ADMINISTERING CONSENT**

Staff member name:

{[consent\_staff\_name] text}

(Fullname)

Staff member signature:

{[consent\_staff\_signature] file signature}

**CONSENT AUDIO CONFIRMATION**

Checklist for consent audio validation  
{[consent\_audio\_validation] checkbox}

- ☐ {1} Date of consent administration
- ☐ {2} Researcher verbally confirms identity
- ☐ {3} Research study named
- ☐ {4} Participant verbally confirms identity and participation in study
- ☐ {5} Quality of audio file checked before upload

---

Audio verification  
{[consent\_audio] file}

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Study Consent - Core Instrument Version 2.0 Released September 2022  
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# Withdrawal of study consent

## WITHDRAWAL OF CONSENT

Date of withdrawal:

(DD-MM-YYYY)

{[consent\_withdrawal\_date] text date\_dmy}

Do you wish to withdraw your consent to participate in the entire study or parts of the study?

- ☐ {1} Complete withdrawal  
☐ {2} Partial withdrawal

{[consent\_withdrawal\_type] radio}

Please state from which part(s) of the study you would like to withdraw your consent:

{[consent\_partialwithdrawal] textarea}

{Branching logic (show if): [consent\_withdrawal\_type] = '2'}

Reason(s) for withdrawing consent:

The participant is not obliged to give a reason, therefore if no reason is given type "none given"

{[consent\_withdraw\_rsn] textarea}

Participant signature:

{[consent\_withdraw\_sign] file signature}

## STAFF MEMBER CONDUCTING STUDY WITHDRAWAL PROCESS

Staff Member Name:

(Full name)

{[consent\_withdraw\_staff] text}

Staff member designation

{[consent\_withdraw\_staffrole] text}

Staff Member Signature:

{[consent\_withdraw\_staffsign] file signature}

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Withdrawal - Core Instrument Version 2.0 Released September 2022  
H3ABioNet & H3Africa Phenotype Standards



# Sample Metadata

Sample ID:

{[samp\_name] text}

Sample collection date:

{[collection\_date] text date\_dmy}

DNA extraction date:

{[dna\_extract\_date] text date\_dmy}

## SAMPLE DETAILS

Sample quantity:

{[sample\_quantity] text float}

Quantity unit:

{[quantity\_unit] radio}

☐ {1} Volume (mL)

☐ {2} Mass (g)

☐ {3} Area (m2)

☐ {777} Other

(If Other) Specify quantity unit:

{[quantity\_other] text}

Library layout:

{[lib\_layout] radio}

☐ {1} Single

☐ {2} Paired

☐ {777} Other

(If Other) Specify library layout:

{[lib\_layout\_other] text}

(If Stool) Bristol Stool Type:

{[bristol\_stool\_type] radio}

{Branching logic (show if): [body\_product(4)] = '1'}

☐ {1} Type 1

☐ {2} Type 2

☐ {3} Type 3

☐ {4} Type 4

☐ {5} Type 5

☐ {6} Type 6

☐ {7} Type 7

Sample Details Instrument - Version 1.0 Released November 2022

H3ABioNet & H3Africa Phenotype Standards

# Demographics

The participant's date of enrollment:  
{[enrol\_date] text date\_dmy}

\_\_\_\_\_  
(DD-MM-YYYY)

## DEMOGRAPHICS

What is the participant's date of birth?  
{[dob] text date\_dmy}

\_\_\_\_\_  
(DD-MM-YYYY)

About how old is the participant? ONLY If date of birth unknown)  
{[age\_approx] text integer}  
{Branching logic (show if): [dob]=" or [dob]=-992}

\_\_\_\_\_  
(Enter an integer number and select units of measure)

Approximated age measured in:  
{[age\_approxunits] radio}  
{Branching logic (show if): ([dob]=") or ([dob]=-992)}

- ☐ {1} Years  
☐ {2} Months  
☐ {3} Weeks  
☐ {4} Days

Calculated age in years:  
{[agecalc] calc}

\_\_\_\_\_

What was the participant's biological sex at birth?  
{[sex] radio}

- ☐ {1} Male  
☐ {2} Female  
☐ {3} Other

In which country was the participant born?  
 {[cob] dropdown autocomplete}

- ☐ {4} Afghanistan
- ☐ {248} Åland Islands
- ☐ {8} Albania
- ☐ {12} Algeria
- ☐ {16} American Samoa
- ☐ {20} Andorra
- ☐ {24} Angola
- ☐ {660} Anguilla
- ☐ {10} Antarctica
- ☐ {28} Antigua and Barbuda
- ☐ {32} Argentina
- ☐ {51} Armenia
- ☐ {533} Aruba
- ☐ {36} Australia
- ☐ {40} Austria
- ☐ {31} Azerbaijan
- ☐ {44} Bahamas (the)
- ☐ {48} Bahrain
- ☐ {50} Bangladesh
- ☐ {52} Barbados
- ☐ {112} Belarus
- ☐ {56} Belgium
- ☐ {84} Belize
- ☐ {204} Benin
- ☐ {60} Bermuda
- ☐ {64} Bhutan
- ☐ {68} Bolivia (Plurinational State of)
- ☐ {535} Bonaire, Sint Eustatius and Saba
- ☐ {70} Bosnia and Herzegovina
- ☐ {72} Botswana
- ☐ {74} Bouvet Island
- ☐ {76} Brazil
- ☐ {86} British Indian Ocean Territory (the)
- ☐ {96} Brunei Darussalam
- ☐ {100} Bulgaria
- ☐ {854} Burkina Faso
- ☐ {108} Burundi
- ☐ {132} Cabo Verde
- ☐ {116} Cambodia
- ☐ {120} Cameroon
- ☐ {124} Canada
- ☐ {136} Cayman Islands (the)
- ☐ {140} Central African Republic (the)
- ☐ {148} Chad
- ☐ {152} Chile
- ☐ {156} China
- ☐ {162} Christmas Island
- ☐ {166} Cocos (Keeling) Islands (the)
- ☐ {170} Colombia
- ☐ {174} Comoros (the)
- ☐ {180} Congo (the Democratic Republic of the)
- ☐ {178} Congo (the)
- ☐ {184} Cook Islands (the)
- ☐ {188} Costa Rica
- ☐ {384} Côte d'Ivoire
- ☐ {191} Croatia
- ☐ {192} Cuba
- ☐ {531} Curaçao
- ☐ {196} Cyprus
- ☐ {203} Czechia
- ☐ {208} Denmark
- ☐ {262} Djibouti
- ☐ {212} Dominica
- ☐ {214} Dominican Republic (the)
- ☐ {218} Ecuador
- ☐ {818} Egypt
- ☐ {222} El Salvador
- ☐ {226} Equatorial Guinea
- ☐ {232} Eritrea

- ☐ {233} Estonia
- ☐ {748} Eswatini
- ☐ {231} Ethiopia
- ☐ {238} Falkland Islands (the) [Malvinas]
- ☐ {234} Faroe Islands (the)
- ☐ {242} Fiji
- ☐ {246} Finland
- ☐ {250} France
- ☐ {254} French Guiana
- ☐ {258} French Polynesia
- ☐ {260} French Southern Territories (the)
- ☐ {266} Gabon
- ☐ {270} Gambia (the)
- ☐ {268} Georgia
- ☐ {276} Germany
- ☐ {288} Ghana
- ☐ {292} Gibraltar
- ☐ {300} Greece
- ☐ {304} Greenland
- ☐ {308} Grenada
- ☐ {312} Guadeloupe
- ☐ {316} Guam
- ☐ {320} Guatemala
- ☐ {831} Guernsey
- ☐ {324} Guinea
- ☐ {624} Guinea-Bissau
- ☐ {328} Guyana
- ☐ {332} Haiti
- ☐ {334} Heard Island and McDonald Islands
- ☐ {336} Holy See (the)
- ☐ {340} Honduras
- ☐ {344} Hong Kong
- ☐ {348} Hungary
- ☐ {352} Iceland
- ☐ {356} India
- ☐ {360} Indonesia
- ☐ {364} Iran (Islamic Republic of)
- ☐ {368} Iraq
- ☐ {372} Ireland
- ☐ {833} Isle of Man
- ☐ {376} Israel
- ☐ {380} Italy
- ☐ {388} Jamaica
- ☐ {392} Japan
- ☐ {832} Jersey
- ☐ {400} Jordan
- ☐ {398} Kazakhstan
- ☐ {404} Kenya
- ☐ {296} Kiribati
- ☐ {408} Korea (the Democratic People's Republic of)
- ☐ {410} Korea (the Republic of)
- ☐ {414} Kuwait
- ☐ {417} Kyrgyzstan
- ☐ {418} Lao People's Democratic Republic (the)
- ☐ {428} Latvia
- ☐ {422} Lebanon
- ☐ {426} Lesotho
- ☐ {430} Liberia
- ☐ {434} Libya
- ☐ {438} Liechtenstein
- ☐ {440} Lithuania
- ☐ {442} Luxembourg
- ☐ {446} Macao
- ☐ {450} Madagascar
- ☐ {454} Malawi
- ☐ {458} Malaysia
- ☐ {462} Maldives
- ☐ {466} Mali
- ☐ {470} Malta
- ☐ {584} Marshall Islands (the)
- ☐ {474} Martinique

- ☐ {478} Mauritania
- ☐ {480} Mauritius
- ☐ {175} Mayotte
- ☐ {484} Mexico
- ☐ {583} Micronesia (Federated States of)
- ☐ {498} Moldova (the Republic of)
- ☐ {492} Monaco
- ☐ {496} Mongolia
- ☐ {499} Montenegro
- ☐ {500} Montserrat
- ☐ {504} Morocco
- ☐ {508} Mozambique
- ☐ {104} Myanmar
- ☐ {516} Namibia
- ☐ {520} Nauru
- ☐ {524} Nepal
- ☐ {528} Netherlands (the)
- ☐ {540} New Caledonia
- ☐ {554} New Zealand
- ☐ {558} Nicaragua
- ☐ {562} Niger (the)
- ☐ {566} Nigeria
- ☐ {570} Niue
- ☐ {574} Norfolk Island
- ☐ {807} North Macedonia
- ☐ {580} Northern Mariana Islands (the)
- ☐ {578} Norway
- ☐ {512} Oman
- ☐ {586} Pakistan
- ☐ {585} Palau
- ☐ {275} Palestine, State of
- ☐ {591} Panama
- ☐ {598} Papua New Guinea
- ☐ {600} Paraguay
- ☐ {604} Peru
- ☐ {608} Philippines (the)
- ☐ {612} Pitcairn
- ☐ {616} Poland
- ☐ {620} Portugal
- ☐ {630} Puerto Rico
- ☐ {634} Qatar
- ☐ {638} Réunion
- ☐ {642} Romania
- ☐ {643} Russian Federation (the)
- ☐ {646} Rwanda
- ☐ {652} Saint Barthélemy
- ☐ {654} Saint Helena, Ascension and Tristan da Cunha
- ☐ {659} Saint Kitts and Nevis
- ☐ {662} Saint Lucia
- ☐ {663} Saint Martin (French part)
- ☐ {666} Saint Pierre and Miquelon
- ☐ {670} Saint Vincent and the Grenadines
- ☐ {882} Samoa
- ☐ {674} San Marino
- ☐ {678} Sao Tome and Principe
- ☐ {682} Saudi Arabia
- ☐ {686} Senegal
- ☐ {688} Serbia
- ☐ {690} Seychelles
- ☐ {694} Sierra Leone
- ☐ {702} Singapore
- ☐ {534} Sint Maarten (Dutch part)
- ☐ {703} Slovakia
- ☐ {705} Slovenia
- ☐ {90} Solomon Islands
- ☐ {706} Somalia
- ☐ {710} South Africa
- ☐ {239} South Georgia and the South Sandwich Islands
- ☐ {728} South Sudan
- ☐ {724} Spain
- ☐ {144} Sri Lanka

- ☐ {729} Sudan (the)
- ☐ {740} Suriname
- ☐ {744} Svalbard and Jan Mayen
- ☐ {752} Sweden
- ☐ {756} Switzerland
- ☐ {760} Syrian Arab Republic (the)
- ☐ {158} Taiwan (Province of China)
- ☐ {762} Tajikistan
- ☐ {834} Tanzania, the United Republic of
- ☐ {764} Thailand
- ☐ {626} Timor-Leste
- ☐ {768} Togo
- ☐ {772} Tokelau
- ☐ {776} Tonga
- ☐ {780} Trinidad and Tobago
- ☐ {788} Tunisia
- ☐ {792} Turkey
- ☐ {795} Turkmenistan
- ☐ {796} Turks and Caicos Islands (the)
- ☐ {798} Tuvalu
- ☐ {800} Uganda
- ☐ {804} Ukraine
- ☐ {784} United Arab Emirates (the)
- ☐ {826} United Kingdom of Great Britain and Northern Ireland (the)
- ☐ {581} United States Minor Outlying Islands (the)
- ☐ {840} United States of America (the)
- ☐ {858} Uruguay
- ☐ {860} Uzbekistan
- ☐ {548} Vanuatu
- ☐ {862} Venezuela (Bolivarian Republic of)
- ☐ {704} Viet Nam
- ☐ {92} Virgin Islands (British)
- ☐ {850} Virgin Islands (U.S.)
- ☐ {876} Wallis and Futuna
- ☐ {732} Western Sahara\*
- ☐ {887} Yemen
- ☐ {894} Zambia
- ☐ {716} Zimbabwe

In which country does the participant reside (country of residence)?  
 {[country\_reside] dropdown autocomplete}

- ☐ {4} Afghanistan
- ☐ {248} Åland Islands
- ☐ {8} Albania
- ☐ {12} Algeria
- ☐ {16} American Samoa
- ☐ {20} Andorra
- ☐ {24} Angola
- ☐ {660} Anguilla
- ☐ {10} Antarctica
- ☐ {28} Antigua and Barbuda
- ☐ {32} Argentina
- ☐ {51} Armenia
- ☐ {533} Aruba
- ☐ {36} Australia
- ☐ {40} Austria
- ☐ {31} Azerbaijan
- ☐ {44} Bahamas (the)
- ☐ {48} Bahrain
- ☐ {50} Bangladesh
- ☐ {52} Barbados
- ☐ {112} Belarus
- ☐ {56} Belgium
- ☐ {84} Belize
- ☐ {204} Benin
- ☐ {60} Bermuda
- ☐ {64} Bhutan
- ☐ {68} Bolivia (Plurinational State of)
- ☐ {535} Bonaire, Sint Eustatius and Saba
- ☐ {70} Bosnia and Herzegovina
- ☐ {72} Botswana
- ☐ {74} Bouvet Island
- ☐ {76} Brazil
- ☐ {86} British Indian Ocean Territory (the)
- ☐ {96} Brunei Darussalam
- ☐ {100} Bulgaria
- ☐ {854} Burkina Faso
- ☐ {108} Burundi
- ☐ {132} Cabo Verde
- ☐ {116} Cambodia
- ☐ {120} Cameroon
- ☐ {124} Canada
- ☐ {136} Cayman Islands (the)
- ☐ {140} Central African Republic (the)
- ☐ {148} Chad
- ☐ {152} Chile
- ☐ {156} China
- ☐ {162} Christmas Island
- ☐ {166} Cocos (Keeling) Islands (the)
- ☐ {170} Colombia
- ☐ {174} Comoros (the)
- ☐ {180} Congo (the Democratic Republic of the)
- ☐ {178} Congo (the)
- ☐ {184} Cook Islands (the)
- ☐ {188} Costa Rica
- ☐ {384} Côte d'Ivoire
- ☐ {191} Croatia
- ☐ {192} Cuba
- ☐ {531} Curaçao
- ☐ {196} Cyprus
- ☐ {203} Czechia
- ☐ {208} Denmark
- ☐ {262} Djibouti
- ☐ {212} Dominica
- ☐ {214} Dominican Republic (the)
- ☐ {218} Ecuador
- ☐ {818} Egypt
- ☐ {222} El Salvador
- ☐ {226} Equatorial Guinea
- ☐ {232} Eritrea

- ☐ {233} Estonia
- ☐ {748} Eswatini
- ☐ {231} Ethiopia
- ☐ {238} Falkland Islands (the) [Malvinas]
- ☐ {234} Faroe Islands (the)
- ☐ {242} Fiji
- ☐ {246} Finland
- ☐ {250} France
- ☐ {254} French Guiana
- ☐ {258} French Polynesia
- ☐ {260} French Southern Territories (the)
- ☐ {266} Gabon
- ☐ {270} Gambia (the)
- ☐ {268} Georgia
- ☐ {276} Germany
- ☐ {288} Ghana
- ☐ {292} Gibraltar
- ☐ {300} Greece
- ☐ {304} Greenland
- ☐ {308} Grenada
- ☐ {312} Guadeloupe
- ☐ {316} Guam
- ☐ {320} Guatemala
- ☐ {831} Guernsey
- ☐ {324} Guinea
- ☐ {624} Guinea-Bissau
- ☐ {328} Guyana
- ☐ {332} Haiti
- ☐ {334} Heard Island and McDonald Islands
- ☐ {336} Holy See (the)
- ☐ {340} Honduras
- ☐ {344} Hong Kong
- ☐ {348} Hungary
- ☐ {352} Iceland
- ☐ {356} India
- ☐ {360} Indonesia
- ☐ {364} Iran (Islamic Republic of)
- ☐ {368} Iraq
- ☐ {372} Ireland
- ☐ {833} Isle of Man
- ☐ {376} Israel
- ☐ {380} Italy
- ☐ {388} Jamaica
- ☐ {392} Japan
- ☐ {832} Jersey
- ☐ {400} Jordan
- ☐ {398} Kazakhstan
- ☐ {404} Kenya
- ☐ {296} Kiribati
- ☐ {408} Korea (the Democratic People's Republic of)
- ☐ {410} Korea (the Republic of)
- ☐ {414} Kuwait
- ☐ {417} Kyrgyzstan
- ☐ {418} Lao People's Democratic Republic (the)
- ☐ {428} Latvia
- ☐ {422} Lebanon
- ☐ {426} Lesotho
- ☐ {430} Liberia
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- ☐ {500} Montserrat
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- ☐ {642} Romania
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- ☐ {882} Samoa
- ☐ {674} San Marino
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- ☐ {682} Saudi Arabia
- ☐ {686} Senegal
- ☐ {688} Serbia
- ☐ {690} Seychelles
- ☐ {694} Sierra Leone
- ☐ {702} Singapore
- ☐ {534} Sint Maarten (Dutch part)
- ☐ {703} Slovakia
- ☐ {705} Slovenia
- ☐ {90} Solomon Islands
- ☐ {706} Somalia
- ☐ {710} South Africa
- ☐ {239} South Georgia and the South Sandwich Islands
- ☐ {728} South Sudan
- ☐ {724} Spain
- ☐ {144} Sri Lanka

- ☐ {729} Sudan (the)
- ☐ {740} Suriname
- ☐ {744} Svalbard and Jan Mayen
- ☐ {752} Sweden
- ☐ {756} Switzerland
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- ☐ {762} Tajikistan
- ☐ {834} Tanzania, the United Republic of
- ☐ {764} Thailand
- ☐ {626} Timor-Leste
- ☐ {768} Togo
- ☐ {772} Tokelau
- ☐ {776} Tonga
- ☐ {780} Trinidad and Tobago
- ☐ {788} Tunisia
- ☐ {792} Turkey
- ☐ {795} Turkmenistan
- ☐ {796} Turks and Caicos Islands (the)
- ☐ {798} Tuvalu
- ☐ {800} Uganda
- ☐ {804} Ukraine
- ☐ {784} United Arab Emirates (the)
- ☐ {826} United Kingdom of Great Britain and Northern Ireland (the)
- ☐ {581} United States Minor Outlying Islands (the)
- ☐ {840} United States of America (the)
- ☐ {858} Uruguay
- ☐ {860} Uzbekistan
- ☐ {548} Vanuatu
- ☐ {862} Venezuela (Bolivarian Republic of)
- ☐ {704} Viet Nam
- ☐ {92} Virgin Islands (British)
- ☐ {850} Virgin Islands (U.S.)
- ☐ {876} Wallis and Futuna
- ☐ {732} Western Sahara\*
- ☐ {887} Yemen
- ☐ {894} Zambia
- ☐ {716} Zimbabwe

---

In which city/town does the participant reside (city of residence)?  
 {[city\_reside] text}

---



---

What is the participant's residence's urbanisation level?  
 {[urbanisation] radio}

- ☐ {1} Rural
- ☐ {2} Suburban
- ☐ {3} Urban
- ☐ {4} Informal

---

Latitude:  
 {[lat] text float}

---



---

Longitude:  
 {[lon] text float}

---

What is the participant's native language?  
 {[native\_lang] dropdown autocomplete}

- ☐ {1} Abron
- ☐ {2} Afar
- ☐ {3} Afrikaans
- ☐ {4} Akan
- ☐ {5} Amharic,
- ☐ {6} Arabic
- ☐ {7} Bangi Me
- ☐ {8} Bayot
- ☐ {9} Berber
- ☐ {10} Bhojpuri
- ☐ {11} Cape Verdean Creole
- ☐ {12} Chewa
- ☐ {13} Comorian
- ☐ {14} Creole
- ☐ {15} Dangme
- ☐ {16} Dinka
- ☐ {17} Dompo
- ☐ {18} English
- ☐ {19} Ega
- ☐ {20} Ewe
- ☐ {21} Fon
- ☐ {22} French
- ☐ {23} Fulani
- ☐ {24} Fur
- ☐ {25} Ga
- ☐ {26} German
- ☐ {27} Gikuyu
- ☐ {28} Gomba
- ☐ {29} Gumuz
- ☐ {30} Hadza
- ☐ {31} Hausa
- ☐ {32} Hindi
- ☐ {33} Igbo
- ☐ {34} Irimba
- ☐ {35} Italian
- ☐ {36} Jalaa
- ☐ {37} Kanuri
- ☐ {38} Khoekhoe
- ☐ {39} Kimbundu
- ☐ {40} Kinyarwanda
- ☐ {41} Kirundi
- ☐ {42} Kituba
- ☐ {43} Kongo
- ☐ {44} Kujarge
- ☐ {45} Laal
- ☐ {46} Lingala
- ☐ {47} Lufu
- ☐ {48} Luganda
- ☐ {49} Luo
- ☐ {50} Maasai
- ☐ {51} Malagasy
- ☐ {52} Mauritian Creole
- ☐ {53} Mawa
- ☐ {54} Meyobe
- ☐ {55} Mimi
- ☐ {56} Mossi
- ☐ {57} Mpra
- ☐ {58} Nambya
- ☐ {59} Ndau
- ☐ {60} Ndebele
- ☐ {61} Nobiin
- ☐ {62} Noon
- ☐ {63} Oblo
- ☐ {64} Ongota
- ☐ {65} Oromo
- ☐ {66} Oropom
- ☐ {67} Portuguese
- ☐ {68} Rer Bare
- ☐ {69} Sena

- ☐ {70} Sepedi
- ☐ {71} Sesotho
- ☐ {72} Seychellois Creole
- ☐ {73} Shabo
- ☐ {74} Shona
- ☐ {75} Songhay
- ☐ {76} Somali
- ☐ {77} Sotho/Sesotho
- ☐ {78} Spanish
- ☐ {79} Swahili
- ☐ {80} Swati (Eswatini)
- ☐ {81} Swazi
- ☐ {82} Tamil
- ☐ {83} Telugu
- ☐ {84} Tigrinya
- ☐ {85} Tonga
- ☐ {86} Kalenjin
- ☐ {87} Tsonga
- ☐ {88} Twi
- ☐ {89} Tshiluba
- ☐ {90} Tshivenda
- ☐ {91} Tswana/Setswana
- ☐ {92} Umbundu
- ☐ {93} Venda
- ☐ {94} Weyto
- ☐ {95} Wutana
- ☐ {96} Wolof
- ☐ {97} Xhosa
- ☐ {98} Yeni
- ☐ {99} Yoruba
- ☐ {100} Zulu
- ☐ {777} Other

---

(If Other) Specify other native language:

{[native\_lang\_other] text}

{Branching logic (show if): [native\_lang]=777}

---

What is the participant's ethnic or tribal affiliation?  
 {[ethnicity] dropdown autocomplete}

- ☐ {1} Acholi
- ☐ {2} Afar
- ☐ {3} Afrikaner
- ☐ {4} Agaw
- ☐ {5} Aka
- ☐ {6} Akan
- ☐ {7} Aku
- ☐ {8} Alur
- ☐ {9} Ameru
- ☐ {10} Amhara
- ☐ {11} Anuak
- ☐ {12} Baka
- ☐ {13} Bambara
- ☐ {14} Banda
- ☐ {15} Banyoro
- ☐ {16} Basaa
- ☐ {17} Beja
- ☐ {18} Bemba
- ☐ {19} Berber
- ☐ {20} BetiPahuin
- ☐ {21} Biafada
- ☐ {22} Bilen
- ☐ {23} Cape Coloured
- ☐ {24} Chagga
- ☐ {25} Chewa
- ☐ {26} Chinese
- ☐ {27} Chokwe
- ☐ {28} Copt
- ☐ {29} Dendi
- ☐ {30} Dinka
- ☐ {31} Edo
- ☐ {32} English
- ☐ {33} Efik
- ☐ {34} Egyptian
- ☐ {35} Eket
- ☐ {36} Esan
- ☐ {37} Ewe
- ☐ {38} Fon
- ☐ {39} Fulani
- ☐ {40} Fur
- ☐ {41} Ga
- ☐ {42} Ganda
- ☐ {43} Gbaya
- ☐ {44} Goffal
- ☐ {45} Gurage
- ☐ {46} Gwari
- ☐ {47} Hausa
- ☐ {48} Herero
- ☐ {49} Himba
- ☐ {50} Hutu
- ☐ {51} Igbo
- ☐ {52} Ijaw
- ☐ {53} Indian
- ☐ {54} Italian
- ☐ {55} Jola
- ☐ {56} Kalanga
- ☐ {57} Kalenjin
- ☐ {58} Kamba
- ☐ {59} Kanuri
- ☐ {60} Khoikhoi
- ☐ {61} Kikuyu
- ☐ {62} Kongo
- ☐ {63} Kotoko
- ☐ {64} Kwama
- ☐ {65} Langi
- ☐ {66} Lemba
- ☐ {67} Lingala
- ☐ {68} Luba
- ☐ {69} Lugbara

- ☐ {70} Luhya
- ☐ {71} Luo
- ☐ {72} Maasai
- ☐ {73} Maghrebi
- ☐ {74} Makonde
- ☐ {75} Makua
- ☐ {76} Mande South
- ☐ {77} Mandingo
- ☐ {78} Marka
- ☐ {79} Mbunda
- ☐ {80} Mbundu
- ☐ {81} Mende
- ☐ {82} Moghamo
- ☐ {83} Mole-Dagbani
- ☐ {84} Mongo
- ☐ {85} Nambya
- ☐ {86} Ngamambo
- ☐ {87} North Ndebele
- ☐ {88} Nubian
- ☐ {89} Nuer
- ☐ {90} Oromo
- ☐ {91} Ovambo
- ☐ {92} Ovimbundu
- ☐ {93} Papel
- ☐ {94} Portuguese
- ☐ {95} Saho
- ☐ {96} Samburu
- ☐ {97} San
- ☐ {98} Sara
- ☐ {99} Serer
- ☐ {100} Shilluk
- ☐ {101} Shona
- ☐ {102} Sidama
- ☐ {103} Somali
- ☐ {104} Songhai
- ☐ {105} Sotho
- ☐ {106} South Ndebele
- ☐ {107} Spanish
- ☐ {108} Sua
- ☐ {109} Swahili
- ☐ {110} Swazi
- ☐ {111} Tigray-Tigrinya
- ☐ {112} Tigre
- ☐ {113} Tiv
- ☐ {114} Tonga
- ☐ {115} Toubou
- ☐ {116} Tsonga
- ☐ {117} Tswana
- ☐ {118} Tuareg
- ☐ {119} Tutsi
- ☐ {120} Twa
- ☐ {121} Urhobo
- ☐ {122} Venda
- ☐ {123} Wolof
- ☐ {124} Xhosa
- ☐ {125} Yeyi
- ☐ {126} Yoruba
- ☐ {127} Zaghawa
- ☐ {128} Zande
- ☐ {129} Zarma
- ☐ {130} Zulu
- ☐ {777} Other

---

(If Other) Specify other ethnic or tribal affiliation:

{[ethnicity\_other] text}

{Branching logic (show if): [ethnicity]=777}

---

Demographics - Core Instrument Version 2.0 Released September 2022  
H3ABioNet & H3Africa Phenotype Standards

# Anthropometrics

Collection date of anthropometrics measures:

{[anthro\_col\_date] text date\_dmy}

(DD-MM-YYYY)

## ANTHROPOMETRICS

Height:

{[height] text integer}

(in cm)

Weight:

{[weight] text float}

(in kg)

Body-Mass Index (BMI)

{[bmi] calc}

Middle Upper Arm Circumference (MUAC):

{[muac] text integer}

(in cm)

Waist Circumference:

{[waist\_circ] text integer}

(in cm)

Hip Circumference:

{[hip\_circ] text integer}

(in cm)

Waist-Hip Ratio:

{[waist\_hip\_ratio] calc}

## Dual Energy X-ray Absorptiometry (DEXA)

Total Body Fat Percentage:

{[fat\_percentage] text float}

(%)

Total Body Fat Mass:

{[fat\_mass] text float}

(in kg)

Total Fat-Free Mass:

{[fat\_free\_mass] text float}

(in kg)

Anthropometrics - Core Instrument Version 2.0 Released September 2022

H3ABioNet & H3Africa Phenotype Standards



# Smoking Status

Collection date of smoking status information:

{[smoke\_col\_date] text date\_dmy}

{Branching logic (show if): [collection\_status] = '1'  
and [agecalc]>=12}

\_\_\_\_\_  
(DD-MM-YYYY)

## SMOKING STATUS

Has the participant smoked at least 100 tobacco cigarettes in his/her entire life?

{[smoked100] yesno}

{Branching logic (show if): [collection\_status] = '1'  
and [agecalc]>18}

☐ Yes

☐ No

Has the participant used at least 1 tobacco cigarette in his/her entire life (including cigarette, e-cigarette, vape, cigar etc.)?

{[smoked1] yesno}

{Branching logic (show if): [collection\_status] = '1'  
and [agecalc]< 19 and [agecalc]>=12}

☐ Yes

☐ No

How old was the participant when he/she first started smoking tobacco cigarettes?

{[smoking\_onset] text integer}

{Branching logic (show if): [collection\_status] = '1'  
and [smoked100]= 1 or [smoked1] = 1}

\_\_\_\_\_  
(Provide age in years.)

What type of smoker is the participant?

{[smoking\_status] radio}

{Branching logic (show if): [collection\_status] = '1'  
and [smoked100]= 1 or [smoked1] = 1}

☐ {1} An EVERY day smoker

☐ {2} A FAIRLY REGULAR (some days) smoker

☐ {3} A FORMER smoker

☐ {-992} Don't Know

☐ {-995} Refused

Has the participant EVER smoked tobacco cigarettes EVERY DAY for at least 6 months?

{[smoking\_daily6m] yesno}

{Branching logic (show if): [collection\_status] = '1'  
and [smoked100]= 1 or [smoked1] = 1}

☐ Yes

☐ No

On the days that they smoke, on average, how many tobacco cigarettes does the participant smoke?

OR

If a former smoker, on the days that they smoked, on average, how many tobacco cigarettes did the participant smoke?

{[smokes\_per\_day] text integer}

{Branching logic (show if): [collection\_status] = '1'  
and [smoked100]= 1 or [smoked1] = 1}

\_\_\_\_\_  
(Provide average number of cigarettes per day)

Over the past 30 days, on how many days did the participant smoke?

OR

If former smoker, on average, on how many days did the participant smoke in a month?

{[smoke\_days\_1m] text integer}

{Branching logic (show if): [collection\_status] = '1' and [smoked100]= 1 or [smoked1] = 1}

(Every day smokers or former every day smokers should complete with '30'.)

(FOR Former Smokers): About how long has it been since the participant COMPLETELY quit smoking tobacco cigarettes?

{[quitsmoking] text integer}

{Branching logic (show if): [collection\_status] = '1' and [smoking\_status] = 3}

Length of time since quitting measured in:

{[quitsmokingunits] radio}

{Branching logic (show if): [collection\_status] = '1' and [smoking\_status] = 3}

- ☐ {1} Years  
☐ {2} Months  
☐ {3} Weeks  
☐ {4} Days

## TOBACCO (NON-CIGARETTE) - PRODUCT USE

In his/her lifetime, has the participant ....

{1} Yes

{0} No

Smoked at least 50 cigars?

☐

☐

{[cigars\_55269f] radio}

{Branching logic (show if):  
[collection\_status] = '1' and  
[agecalc]>18}

Smoked a pipe at least 50 times?

☐

☐

{[pipe\_7926e5] radio}

{Branching logic (show if):  
[collection\_status] = '1' and  
[agecalc]>18}

Used an e-cigarette or vape at least 50 times?

☐

☐

{[vape\_cdf69e] radio}

{Branching logic (show if):  
[collection\_status] = '1' and  
[agecalc]>18}

Used snuff, (such as Skoal, Skoal Bandit or Copenhagen) at least 20 times?

☐

☐

{[snuff\_145de0] radio}

{Branching logic (show if):  
[collection\_status] = '1' and  
[agecalc]>18}

Used chewing tobacco (such as  
Redman, Levi Garrett or  
Beechnut) at least 20 times?  
{[chewtobac\_9918a5] radio}  
{Branching logic (show if):  
[collection\_status] = '1' and  
[agecalc]>18}



---

Smoking Status - Core Instrument Version 2.0 Released September 2022  
H3ABioNet & H3Africa Phenotype Standards  
{Branching logic (show if): [collection\_status] = '1'}

# Alcohol Consumption

Collection date for alcohol use information:  
 {[alcohol\_col\_date] text date\_dmy}

\_\_\_\_\_  
 (DD-MM-YYYY)

## ALCOHOL CONSUMPTION

In his/her entire life, has the participant had at least 1 drink of any kind of alcohol?  
 (not counting small tastes or sips)  
 {[alcohol\_any] yesno}  
 {Branching logic (show if): [collection\_status] = '1' and [agecalc]>18}

- ☐ Yes  
☐ No

About how old was the participant when he/she first started drinking alcohol?  
 (not counting small tastes or sips)  
 {[alcohol\_age] text integer}  
 {Branching logic (show if): [collection\_status] = '1' and [agecalc]>=12 and [alcohol\_any] = '1'}

\_\_\_\_\_  
 (Provide age in years.)

During the past 30 days, on how many days did the participant drink one or more drinks of an alcoholic beverage?  
 {[alcohol\_30days] text integer}  
 {Branching logic (show if): [collection\_status] = '1' and [agecalc]>=12 and [alcohol\_any] = '1'}

\_\_\_\_\_  
 (Enter "00" if the participant did not drink in the past 30 days.)

On the days that the participant drank during the past 30 days, how many drinks did he/she usually have each day?

\_\_\_\_\_  
 (Enter "00" if the participant did not drink in the past 30 days.)

(Count as a drink a can or bottle of beer; a wine cooler or a glass of wine, champagne, or sherry; a shot of liquor or a mixed drink or cocktail.)  
 {[alcohol\_numdrinks] text integer}  
 {Branching logic (show if): [collection\_status] = '1' and [agecalc]>=12 and [alcohol\_any] = '1' and [alcohol\_30days]"00"}

What was the LARGEST number of drinks that he/she ever drank in a single day?  
 {[alcohol\_mostdrinks] text integer}  
 {Branching logic (show if): [collection\_status] = '1' and [agecalc]>=12 and [alcohol\_any] = '1'}

\_\_\_\_\_

What is the participant's preferred alcoholic beverage?

{[alcohol\_prefbev] radio}  
 {Branching logic (show if): [collection\_status] = '1' and [agecalc]>18}

- ☐ {1} Beer  
☐ {2} Brandy  
☐ {3} Cider  
☐ {4} Gin  
☐ {5} Rum  
☐ {6} Tequila  
☐ {7} Vodka  
☐ {8} Whiskey  
☐ {9} Wine  
☐ {777} Other

---

(If Other) Specify preferred alcoholic beverage:

{[alcohol\_prefbevother] text}

{Branching logic (show if): [agecalc]>18 and  
[alcohol\_prefbev]='777'}

---

Alcohol Use - Core Instrument Version 2.0 Released September 2022

H3ABioNet & H3Africa Phenotype Standards

{Branching logic (show if): [collection\_status] = '1'}

# Medication Log

Collection date for medication information:

{[medlog\_col\_date] text date\_dmy}

{Branching logic (show if): [collection\_status] = '1'}

(DD-MM-YYYY)

## MEDICATION LOG

Medication name:

{[med\_name] text}

{Branching logic (show if): [collection\_status] = '1'}

Medication Coded Name:

{[med\_code] text}

{Branching logic (show if): [collection\_status] = '1'}

Indication/reason for medication?

{[med\_indication] text}

{Branching logic (show if): [collection\_status] = '1'}

Start date:

{[med\_startdate] text date\_dmy}

{Branching logic (show if): [collection\_status] = '1'}

(DD-MM-YYYY)

Ongoing?

{[med\_ongoing] yesno}

{Branching logic (show if): [collection\_status] = '1'}

☐ Yes ☐ No

Stop date:

{[med\_stopdate] text date\_dmy}

{Branching logic (show if): [collection\_status] = '1'  
and [med\_ongoing]="0"}

(DD-MM-YYYY)

Dose amount:

{[med\_dose] text float}

{Branching logic (show if): [collection\_status] = '1'}

Dose unit:

{[med\_units] dropdown}

{Branching logic (show if): [collection\_status] = '1'}

- ☐ {1} mg
- ☐ {2} ml
- ☐ {3} spray or puff
- ☐ {4} tablet
- ☐ {5} pill
- ☐ {6} softgel
- ☐ {7} capsule
- ☐ {8} application

Dose frequency:

{[med\_freq] dropdown}

{Branching logic (show if): [collection\_status] = '1'}

- ☐ {1} once per day (QD)
- ☐ {2} twice a day (BID)
- ☐ {3} three times a day (TID)
- ☐ {4} four times a day (QID)
- ☐ {5} nightly (NOCT)
- ☐ {6} as needed (PRN)

---

Route of administration:

{[med\_route] dropdown}

{Branching logic (show if): [collection\_status] = '1'}

☐ {1} Orally    ☐ {2} Per rectum

☐ {3} Intravenous    ☐ {4} Per vaginal

☐ {5} Inhaled    ☐ {6} Intramuscularly

☐ {7} Nasogastric    ☐ {8} Subcutaneously

☐ {9} Sublingually    ☐ {10} Topical

---

Medication Log - Core Instrument Version 2.0 Released September 2022

H3ABioNet & H3Africa Phenotype Standards

{Branching logic (show if): [collection\_status] = '1'}

# Physical Activity

Collection date of physical activity information:

{[exercise\_col\_date] text date\_dmy}

{Branching logic (show if): [collection\_status] = '1'}

(DD-MM-YYYY)

## PHYSICAL ACTIVITY AT WORK

Does the participant's work involve vigorous-intensity activity that causes large increases in breathing or heart rate (e.g. carrying or lifting heavy loads, digging or construction work) for at least 10 minutes continuously?

☐ Yes

☐ No

{[vig\_activity] yesno}

{Branching logic (show if): [collection\_status] = '1'  
and [agecalc]>18}

(If YES) In a typical week, on how many days does the participant do vigorous-intensity activities at work?

(Number of days.)

{[vig\_activity\_days] text integer}

{Branching logic (show if): [collection\_status] = '1'  
and [agecalc]>18 and [vig\_activity]='1'}

(If YES) How much time does the participant spend doing vigorous-intensity activities at work on a typical day?

(In hours.)

{[vig\_activity\_time] text integer}

{Branching logic (show if): [collection\_status] = '1'  
and [agecalc]>18 and [vig\_activity]='1'}

Does the participant's work involve moderate-intensity activity that causes small increases in breathing or heart rate (e.g. brisk walking or carrying light loads) for at least 10 minutes continuously?

☐ Yes

☐ No

{[mod\_activity] yesno}

{Branching logic (show if): [collection\_status] = '1'  
and [agecalc]>18}

(If YES) In a typical week, on how many days does the participant do moderate-intensity activity at work?

(Number of days.)

{[mod\_activity\_days] text integer}

{Branching logic (show if): [collection\_status] = '1'  
and [agecalc]>18 and [mod\_activity]='1'}

(If YES) How much time does the participant spend doing moderate-intensity activities at work on a typical day?

(In hours.)

{[mod\_activity\_time] text integer}

{Branching logic (show if): [collection\_status] = '1'  
and [agecalc]>18 and [mod\_activity]='1'}



## PHYSICAL ACTIVITY DURING WORK/SCHOOL TRAVEL

Does the participant walk or use a bicycle (pedal cycle) for at least 10 minutes continuously to get to and from places?

- ☐ Yes  
☐ No

{[travel] yesno}  
{Branching logic (show if): [collection\_status] = '1'}

(If YES) In a typical week, on how many days does the participant walk or bicycle for at least 10 minutes continuously to get to and from places?

\_\_\_\_\_  
(Number of days.)

{[travel\_days] text integer}  
{Branching logic (show if): [collection\_status] = '1'  
and [travel]='1'}

(If YES) How much time does the participant spend walking or bicycling for travel on a typical day?

\_\_\_\_\_  
(In hours.)

{[travel\_time] text integer}  
{Branching logic (show if): [collection\_status] = '1'  
and [travel]='1'}

## RECREATIONAL PHYSICAL ACTIVITY

Does the participant do any vigorous-intensity sports, fitness or recreational (leisure) activities that cause large increases in breathing or heart rate (e.g. running or football) for at least 10 minutes continuously?

- ☐ Yes  
☐ No

{[vig\_sports] yesno}  
{Branching logic (show if): [collection\_status] = '1'}

(If YES) In a typical week, on how many days does the participant do vigorous-intensity sports, fitness or recreational (leisure) activities?

\_\_\_\_\_  
(Number of days.)

{[vig\_sports\_days] text integer}  
{Branching logic (show if): [collection\_status] = '1'  
and [vig\_sports]='1'}

(If YES) How much time does the participant spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?

\_\_\_\_\_  
(In hours.)

{[vig\_sports\_time] text integer}  
{Branching logic (show if): [collection\_status] = '1'  
and [vig\_sports]='1'}

Does the participant do any moderate-intensity sports, fitness or recreational (leisure) activities that cause a small increase in breathing or heart rate (e.g. brisk walking, cycling, swimming, volleyball) for at least 10 minutes continuously?

- ☐ Yes  
☐ No

{[mod\_sports] yesno}  
{Branching logic (show if): [collection\_status] = '1'}

---

(If YES) In a typical week, on how many days does the participant do moderate-intensity sports, fitness or recreational (leisure) activities?

\_\_\_\_\_

(Number of days.)

{[mod\_sports\_days] text integer}  
{Branching logic (show if): [collection\_status] = '1'  
and [mod\_sports]='1'}

---

(If YES) How much time does the participant spend doing moderate-intensity sports, fitness or recreational (leisure) activities on a typical day?

\_\_\_\_\_

(In hours.)

{[mod\_sports\_time] text integer}  
{Branching logic (show if): [collection\_status] = '1'  
and [mod\_sports]='1'}

---

## **SEDENTARY LIFESTYLE**

How much time does the participant usually spend sitting or reclining on a typical day?

\_\_\_\_\_

(In hours.)

{[sedentary\_time\_pros] text integer}  
{Branching logic (show if): [collection\_status] = '1'}

---

Physical Activity - Instrument Version 2.0 Released May 2022  
H3ABioNet & H3Africa Phenotype Standards  
{Branching logic (show if): [collection\_status] = '1'}

Collection date of diet information:

{[diet\_col\_date] text date\_dmy}

{Branching logic (show if): [collection\_status] = '1'}

(DD-MM-YYYY)

## DIET

During the past month...

{Branching logic (show if): [collection\_status] = '1'}

How often did the participant eat hot or cold cereals?

{[cereal\_freq] radio}

{Branching logic (show if): [collection\_status] = '1'}

- ☐ {1} Usually (>4 days a week)  
☐ {2} Sometimes (1-4 days a week)  
☐ {3} Rarely (< 3 days a month)  
☐ {4} Never

How often did the participant have dairy milk to drink / in cereal?  
 (Excluding cream, soy milk or small amounts of milk in coffee or tea. Including buttermilk, fermented milk and flavoured-milks)

{[dairymilk\_freq] radio}

{Branching logic (show if): [collection\_status] = '1'}

- ☐ {1} Usually (>4 days a week)  
☐ {2} Sometimes (1-4 days a week)  
☐ {3} Rarely (< 3 days a month)  
☐ {4} Never

How often did the participant drink 100% pure fruit juice?

(Excluding fruit-flavoured drinks with added sugar)

{[fruit\_juice\_freq] radio}

{Branching logic (show if): [collection\_status] = '1'}

- ☐ {1} Usually (>4 days a week)  
☐ {2} Sometimes (1-4 days a week)  
☐ {3} Rarely (< 3 days a month)  
☐ {4} Never

How often did the participant drink sweetened fruit drinks, sports or energy drinks?

{[energy\_drinks\_freq] radio}

{Branching logic (show if): [collection\_status] = '1'}

- ☐ {1} Usually (>4 days a week)  
☐ {2} Sometimes (1-4 days a week)  
☐ {3} Rarely (< 3 days a month)  
☐ {4} Never

How often did the participant eat fruit?

(Including fresh, frozen, dried or canned fruit)

{[fruit\_freq] radio}

{Branching logic (show if): [collection\_status] = '1'}

- ☐ {1} Usually (>4 days a week)  
☐ {2} Sometimes (1-4 days a week)  
☐ {3} Rarely (< 3 days a month)  
☐ {4} Never

How often did the participant eat green leafy salads or vegetables?

{[greenleafy\_freq] radio}

{Branching logic (show if): [collection\_status] = '1'}

- ☐ {1} Usually (>4 days a week)  
☐ {2} Sometimes (1-4 days a week)  
☐ {3} Rarely (< 3 days a month)  
☐ {4} Never

How often did the participant eat fried potatoes?  
 (Including french fries, home fries, or hash brown potatoes)

{[friedpotatoes\_freq] radio}

{Branching logic (show if): [collection\_status] = '1'}

- ☐ {1} Usually (>4 days a week)  
☐ {2} Sometimes (1-4 days a week)  
☐ {3} Rarely (< 3 days a month)  
☐ {4} Never

How often did the participant eat baked, boiled, mashed potatoes, sweet potatoes, or potato salad? (Excluding fried potatoes) {[potatoes_other_freq] radio} {Branching logic (show if): [collection_status] = '1'}	<input type="radio"/> {1} Usually (>4 days a week) <input type="radio"/> {2} Sometimes (1-4 days a week) <input type="radio"/> {3} Rarely (< 3 days a month) <input type="radio"/> {4} Never
How often did the participant eat beans? {[beans_freq] radio} {Branching logic (show if): [collection_status] = '1'}	<input type="radio"/> {1} Usually (>4 days a week) <input type="radio"/> {2} Sometimes (1-4 days a week) <input type="radio"/> {3} Rarely (< 3 days a month) <input type="radio"/> {4} Never
How often did the participant eat other vegetables (not previously mentioned)? (Examples; carrots, corn, beetroot) {[otherveg_freq] radio} {Branching logic (show if): [collection_status] = '1'}	<input type="radio"/> {1} Usually (>4 days a week) <input type="radio"/> {2} Sometimes (1-4 days a week) <input type="radio"/> {3} Rarely (< 3 days a month) <input type="radio"/> {4} Never
How often did the participant eat any kind of cheese? {[cheese_freq] radio} {Branching logic (show if): [collection_status] = '1'}	<input type="radio"/> {1} Usually (>4 days a week) <input type="radio"/> {2} Sometimes (1-4 days a week) <input type="radio"/> {3} Rarely (< 3 days a month) <input type="radio"/> {4} Never
How often did the participant eat whole grain bread? (Whole grain breads include whole wheat, rye, oatmeal and pumpernickel. Excluding white bread) {[wholegrain_freq] radio} {Branching logic (show if): [collection_status] = '1'}	<input type="radio"/> {1} Usually (>4 days a week) <input type="radio"/> {2} Sometimes (1-4 days a week) <input type="radio"/> {3} Rarely (< 3 days a month) <input type="radio"/> {4} Never
How often did the participant eat white bread? {[whitebread_freq] radio} {Branching logic (show if): [collection_status] = '1'}	<input type="radio"/> {1} Usually (>4 days a week) <input type="radio"/> {2} Sometimes (1-4 days a week) <input type="radio"/> {3} Rarely (< 3 days a month) <input type="radio"/> {4} Never
How often did the participant eat brown rice or other cooked whole grains, such as bulgur, cracked wheat, or millet? (Excluding white rice) {[grains_freq] radio} {Branching logic (show if): [collection_status] = '1'}	<input type="radio"/> {1} Usually (>4 days a week) <input type="radio"/> {2} Sometimes (1-4 days a week) <input type="radio"/> {3} Rarely (< 3 days a month) <input type="radio"/> {4} Never
How often did the participant eat white rice? {[white_rice_freq] radio} {Branching logic (show if): [collection_status] = '1'}	<input type="radio"/> {1} Usually (>4 days a week) <input type="radio"/> {2} Sometimes (1-4 days a week) <input type="radio"/> {3} Rarely (< 3 days a month) <input type="radio"/> {4} Never
How often did the participant eat pasta dishes, such as spaghetti, macaroni or noodles? {[pasta_freq] radio} {Branching logic (show if): [collection_status] = '1'}	<input type="radio"/> {1} Usually (>4 days a week) <input type="radio"/> {2} Sometimes (1-4 days a week) <input type="radio"/> {3} Rarely (< 3 days a month) <input type="radio"/> {4} Never
How often did the participant eat red meat, such as beef, pork, goat, mutton, venison? (Excluding chicken, turkey or seafood) {[red_meat_freq] radio} {Branching logic (show if): [collection_status] = '1'}	<input type="radio"/> {1} Usually (>4 days a week) <input type="radio"/> {2} Sometimes (1-4 days a week) <input type="radio"/> {3} Rarely (< 3 days a month) <input type="radio"/> {4} Never
How often did the participant eat processed meat, such as bacon, lunch meats, polony or hot dogs? {[processed_meat] radio} {Branching logic (show if): [collection_status] = '1'}	<input type="radio"/> {1} Usually (>4 days a week) <input type="radio"/> {2} Sometimes (1-4 days a week) <input type="radio"/> {3} Rarely (< 3 days a month) <input type="radio"/> {4} Never

How often did the participant eat chicken or other poultry?  
 {[poultry\_freq] radio}  
 {Branching logic (show if): [collection\_status] = '1'}

- ☐ {1} Usually (>4 days a week)  
☐ {2} Sometimes (1-4 days a week)  
☐ {3} Rarely (< 3 days a month)  
☐ {4} Never

How often did the participant eat seafood?  
 (Including freshwater fish and crabs)  
 {[seafood\_freq] radio}  
 {Branching logic (show if): [collection\_status] = '1'}

- ☐ {1} Usually (>4 days a week)  
☐ {2} Sometimes (1-4 days a week)  
☐ {3} Rarely (< 3 days a month)  
☐ {4} Never

How often did the participant eat spicy food,  
 containing peppers or spicy seasoning, such as Mexican  
 and Indian cuisine?

{[spicy\_freq] radio}  
 {Branching logic (show if): [collection\_status] = '1'}

- ☐ {1} Usually (>4 days a week)  
☐ {2} Sometimes (1-4 days a week)  
☐ {3} Rarely (< 3 days a month)  
☐ {4} Never

How often did the participant eat food high in sodium  
 such as canned food, condiments, pickles, or  
 restaurant-type food?  
 {[highsodium\_freq] radio}  
 {Branching logic (show if): [collection\_status] = '1'}

- ☐ {1} Usually (>4 days a week)  
☐ {2} Sometimes (1-4 days a week)  
☐ {3} Rarely (< 3 days a month)  
☐ {4} Never

How often does the participant buy from a \*vendor or  
 take-away or restaurant?  
 {[takeaway\_freq] radio}  
 {Branching logic (show if): [collection\_status] = '1'}

- ☐ {1} Usually (>4 days a week)  
☐ {2} Sometimes (1-4 days a week)  
☐ {3} Rarely (< 3 days a month)  
☐ {4} Never

What type of oil or fat is most often used for food  
 preparation in the participant's household?

{[hh\_oil\_fat\_used] radio}  
 {Branching logic (show if): [collection\_status] = '1'}

- ☐ {1} Vegetable oil  
☐ {2} Animal fat  
☐ {3} Butter or ghee  
☐ {4} Margarine  
☐ {5} Any of the above  
☐ {6} None used

Has a doctor, nurse, or other healthcare worker ever advised the participant to...

{Branching logic (show if): [collection\_status] = '1'}

Change their diet?  
 {[change\_diet] yesno}  
 {Branching logic (show if): [collection\_status] = '1'}

- ☐ Yes  
☐ No

Lose weight?

{[lose\_weight] yesno}  
 {Branching logic (show if): [collection\_status] = '1'}

- ☐ Yes  
☐ No

Diet - Instrument Version 2.0 Released May 2022  
 H3ABioNet & H3Africa Phenotype Standards  
 {Branching logic (show if): [collection\_status] = '1'}

# Retrospective Lifestyle Factors

Collection date of retrospective lifestyle factors:

{[lifestyle\_col\_date] text date\_dmy}

{Branching logic (show if): [collection\_status] = '2'}

(DD-MM-YYYY)

## CHRONIC MEDICATION

Does the participant use chronic medication?

{[chronic\_med\_use] yesno}

{Branching logic (show if): [collection\_status] = '2'}

☐ Yes

☐ No

(If Yes) Which classes of chronic medication does the participant use?

{[chronic\_med\_type] checkbox}

{Branching logic (show if): [collection\_status] = '2'

and [chronic\_med\_use] = '1'}

☐ {1} Anti-convulsants

☐ {7} Anti-depressants

☐ {8} Anti-anxiety

☐ {9} Antibiotics

☐ {2} Anti-hypertensives

☐ {3} Anti-fungals

☐ {4} Anti-psychotics

☐ {5} Anti-retrovirals

☐ {6} Anti-thyroid drugs

☐ {10} Anti-inflammatory

☐ {11} Statins

☐ {777} Other

(If Other) Specify class of chronic medication:

{[chronic\_med\_other] text}

{Branching logic (show if): [collection\_status] = '2'

and [chronic\_med\_type(777)] = '1'}

Has the participant used any antibiotics in the past 3 months?

{[antibiotics\_use] yesno}

{Branching logic (show if): [collection\_status] = '2'}

☐ Yes

☐ No

## DIET

Which diet type best describes the participant's diet?

{[diet\_type] radio}

{Branching logic (show if): [collection\_status] = '2'}

☐ {1} Low-Calorie Diet

☐ {2} Low Carb Diet

☐ {3} Low Fat Diet

☐ {4} Blood Type Diet

☐ {5} Mediterranean Diet

☐ {6} Vegetarianism

☐ {7} Veganism

☐ {8} High Protein Diet

☐ {11} High Fibre Diet

☐ {9} Not Specified

☐ {10} Other

(If Other) Specify diet type:

{[diet\_other] text}

{Branching logic (show if): [collection\_status] = '2'

and [diet\_type] = '10'}

**ALCOHOL CONSUMPTION**

Does the participant drink alcohol?  
 {[alcohol\_use] yesno}  
 {Branching logic (show if): [collection\_status] = '2'}

- ☐ Yes  
☐ No

How frequently does the participant drink alcohol?  
 {[alcohol\_freq] radio}  
 {Branching logic (show if): [collection\_status] = '2'  
 and [alcohol\_use] = '1'}

- ☐ {1} Usually (>4 days a week)  
☐ {2} Sometimes (1-4 days a week)  
☐ {3} Rarely (< 3 days a month)  
☐ {4} Occasionally (Monthly or Yearly)

**SMOKING STATUS**

Has the participant ever smoked a nicotine cigarette?  
 {[smoke\_ever] yesno}  
 {Branching logic (show if): [collection\_status] = '2'}

- ☐ Yes  
☐ No

What is the participant's smoking status?  
 {[smoke\_status] radio}  
 {Branching logic (show if): [collection\_status] = '2'  
 and [smoke\_ever] = '1'}

- ☐ {1} An EVERY day smoker  
☐ {2} A FAIRLY REGULAR (some days) smoker  
☐ {3} A FORMER smoker  
☐ {4} NON-smoker

**PHYSICAL ACTIVITY**

Moderate Physical Activity Frequency - Work  
 {[mod\_freq\_job] radio}  
 {Branching logic (show if): [collection\_status] = '2'}

- ☐ {1} Usually (>4 days a week)  
☐ {2} Sometimes (1-4 days a week)  
☐ {3} Rarely (< 3 days a month)  
☐ {4} Never

High Intensity Physical Activity Frequency - Work  
 {[high\_freq\_job] radio}  
 {Branching logic (show if): [collection\_status] = '2'}

- ☐ {1} Usually (>4 days a week)  
☐ {2} Sometimes (1-4 days a week)  
☐ {3} Rarely (< 3 days a month)  
☐ {4} Never

Moderate Physical Activity Frequency - Recreational  
 {[mod\_freq\_leisure] radio}  
 {Branching logic (show if): [collection\_status] = '2'}

- ☐ {1} Usually (>4 days a week)  
☐ {2} Sometimes (1-4 days a week)  
☐ {3} Rarely (< 3 days a month)  
☐ {4} Never

High Intensity Physical Activity Frequency -  
 Recreational  
 {[high\_freq\_leisure] radio}  
 {Branching logic (show if): [collection\_status] = '2'}

- ☐ {1} Usually (>4 days a week)  
☐ {2} Sometimes (1-4 days a week)  
☐ {3} Rarely (< 3 days a month)  
☐ {4} Never

Physical Activity Frequency - During Travel/Commute  
 {[commute\_freq] radio}  
 {Branching logic (show if): [collection\_status] = '2'}

- ☐ {1} Usually (>4 days a week)  
☐ {2} Sometimes (1-4 days a week)  
☐ {3} Rarely (< 3 days a month)  
☐ {4} Never

How much time does the participant usually spend  
 sitting or reclining on a typical day?

(In hours.)

{[sedentary\_time] text integer}  
 {Branching logic (show if): [collection\_status] = '2'}

Retrospective Lifestyle Factors Instrument - Version 1.0 Released November 2022  
 H3ABioNet & H3Africa Phenotype Standards  
 {Branching logic (show if): [collection\_status] = '2'}