ICPSR 37404

Health and Relationships Project, United States, 2014-2015

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Questionnaire for Diary Merged With Baseline Data

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Opening Prompt

Q1.1. Please answer the following questions for the past 24 hours (since your last diary entry).
Q1.2. Is this diary entry for today? Or a previous day?
○ Today○ A Previous Day
Q1.3. What day are you entering for?
Q1.4. Over the past 24 hours, approximately how much time have you spent with your spouse (do not count time spent sleeping)?
Hours
ect/Mood

Affe

Q2.1. Over the past 24 hours, to what extent did you feel:

	Not at All	A Little	Moderately	A Lot	Extremely
a. Calm	0	0	0	0	0
b. Нарру	0	0	0	0	0
c. Frustrated	0	0	0	0	0
d. Worried	0	0	0	0	0
e. Tired	0	0	0	0	0
f. Sad	0	0	0	0	0
g. Irritable	0	0	0	0	0
h. Angry	0	0	0	0	0
i. Upset	0	0	0	0	0

a. Headache, backache, or muscle soreness? b. Cough, sore throat, fever, chills, or other cold and flu symptoms? c. Nausea, diarrhea, poor appetite, or other stomach problems? d. Chest pain or dizziness? e. Fatigued? f. Other physical symptoms or discomforts? Please describe. 23.2. Overall, how did you feel physically over the past 24 hours? Excellent Very Good Good Fair Poor Dersonal Support/Strain 25.1. Since this time yesterday, how much did social interactions with anyone other than your spouse reled irritated, hurt or annoyed? Not at All A Little Modeately A Great Deal Extremely 24.3. Who was this interaction with? (check all that apply) Parent or parent-in-law Child Friend Someone at Work Other 24.7. Since this time yesterday, how much did interactions with people other than your spouse bring you pleasure or made you feel good?	Excellent	Very Good	Goo	od	Fair O		Poor
None of the day A little of the day Most of the the day All d. a. Headache, backache, or muscle soreness? b. Cough, sore throat, fever, chills, or other cold and flu symptoms? c. Nausea, diarrhea, poor appetite, or other stomach problems? d. Chest pain or dizziness? e. Fatigued? f. Other physical symptoms or discomforts? Please describe. 23.2. Overall, how did you feel physically over the past 24 hours? Excellent Very Good Good Fair Poor Other stomach problems. 251. Since this time yesterday, how much did social interactions with anyone other than your spouse reel irritated, hurt or annoyed? Not at All A Little Modeately A Great Deal Extremely Modeately A Great Deal Extremely Call. 3. Who was this interaction with? (check all that apply) Parent or parent-in-law Child Friend Someone at Work Other Law Child Friend Someone at Work Other Child Great Child Friend Someone at Work Other Child Great Child Friend Someone at Work Other Child Great Child Great Child Friend Someone at Work Other Child Great Child Gr	ical Health Symptoms						
the day the day the day All day All day. a. Headache, backache, or muscle soreness? b. Cough, sore throat, fever, chills, or other cold and flu symptoms? c. Nausea, diarrhea, poor appetite, or other stomach problems? d. Chest pain or dizziness? e. Fatigued? f. Other physical symptoms or discomforts? Please describe. 23.2. Overall, how did you feel physically over the past 24 hours? Excellent Very Good Good Fair Poor Oversonal Support/Strain 251. Since this time yesterday, how much did social interactions with anyone other than your spouse reel irritated, hurt or annoyed? Not at All A Little Modeately A Great Deal Extremely Oversonal Support/Strain 243. Who was this interaction with? (check all that apply) Parent or parent-in-law Child Friend Someone at Work Other Death of the past 247. Since this time yesterday, how much did interactions with people other than your spouse bring your pleasure or made you feel good?	Q3.1. Over the past 24 hour	s, how much of the	e day did you	feel			
b. Cough, sore throat, fever, chills, or other cold and flu symptoms? c. Nausea, diarrhea, poor appetite, or other stomach problems? d. Chest pain or dizziness? e. Fatigued? f. Other physical symptoms or discomforts? Please describe. Q3.2. Overall, how did you feel physically over the past 24 hours? Excellent Very Good Good Fair Poor Oversonal Support/Strain Q51. Since this time yesterday, how much did social interactions with anyone other than your spouse of feel irritated, hurt or annoyed? Not at All A Little Modeately A Great Deal Extremely Oversonal Support of this interaction with? (check all that apply) Parent or parent-in-law Child Friend Someone at Work Other Oversonal Support of this time yesterday, how much did interactions with people other than your spouse bring your pleasure or made you feel good?							All day
other cold and flu symptoms? c. Nausea, diarrhea, poor appetite, or other stomach problems? d. Chest pain or dizziness? e. Fatigued? f. Other physical symptoms or discomforts? Please describe. Q3.2. Overall, how did you feel physically over the past 24 hours? Excellent Very Good Good Fair Poor Dersonal Support/Strain Q51. Since this time yesterday, how much did social interactions with anyone other than your spouse reel irritated, hurt or annoyed? Not at All A Little Modeately A Great Deal Extremely Q4.3. Who was this interaction with? (check all that apply) Parent or parent-in-law Child Friend Someone at Work Other Q47. Since this time yesterday, how much did interactions with people other than your spouse bring your pleasure or made you feel good?		che, or muscle	0	0	0	0	0
d. Chest pain or dizziness? e. Fatigued? f. Other physical symptoms or discomforts? Please describe. Q3.2. Overall, how did you feel physically over the past 24 hours? Excellent Very Good Good Fair Poor Dersonal Support/Strain Q51. Since this time yesterday, how much did social interactions with anyone other than your spouse relection in the poor of the poor			0	0	0	0	0
e. Fatigued? f. Other physical symptoms or discomforts? Please describe. Q3.2. Overall, how did you feel physically over the past 24 hours? Excellent Very Good Good Fair Poor Oversonal Support/Strain Q51. Since this time yesterday, how much did social interactions with anyone other than your spouse refeel irritated, hurt or annoyed? Not at All A Little Modeately A Great Deal Extremely Oversonal Support in the past 24 hours? Q4.3. Who was this interaction with? (check all that apply) Parent or parent-in-law Child Friend Someone at Work Other Child Friend Someone A			0	0	0	0	0
f. Other physical symptoms or discomforts? Please describe. Q3.2. Overall, how did you feel physically over the past 24 hours? Excellent Very Good Good Fair Poor Oversonal Support/Strain Q51. Since this time yesterday, how much did social interactions with anyone other than your spouse refeel irritated, hurt or annoyed? Not at All A Little Modeately A Great Deal Extremely Oversonal Support or parent-in-law Child Friend Someone at Work Other Child Friend Someone at Work Other Child Friend Someone at Work Other Child Someone A	d. Chest pain or dizzi	ness?	0	0	0	0	0
discomforts? Please describe. Q3.2. Overall, how did you feel physically over the past 24 hours? Excellent Very Good Good Fair Poor Oversonal Support/Strain Q51. Since this time yesterday, how much did social interactions with anyone other than your spouse relection in the property of the past 24 hours? Not at All A Little Modeately A Great Deal Extremely Overall All that apply) Parent or parent-in-law Child Friend Someone at Work Other Other Child Friend Someone at Work Other Other Child Friend Someone at Work Other Child Friend Someone All	e. Fatigued?		0	0	0	0	0
Excellent Very Good Good Fair Poor Coresonal Support/Strain 251. Since this time yesterday, how much did social interactions with anyone other than your spouse received irritated, hurt or annoyed? Not at All A Little Modeately A Great Deal Extremely Cores			0	0	0	0	0
Dersonal Support/Strain Q51. Since this time yesterday, how much did social interactions with anyone other than your spouse reled irritated, hurt or annoyed? Not at All A Little Modeately A Great Deal Extremely Q4.3. Who was this interaction with? (check all that apply) Parent or parent-in-law Child Friend Someone at Work Other Q4.7. Since this time yesterday, how much did interactions with people other than your spouse bring yesterday or made you feel good?							
Deersonal Support/Strain Q51. Since this time yesterday, how much did social interactions with anyone other than your spouse refeel irritated, hurt or annoyed? Not at All A Little Modeately A Great Deal Extremely Q4.3. Who was this interaction with? (check all that apply) Parent or parent-in- law Child Friend Someone at Work Other D D D Q47. Since this time yesterday, how much did interactions with people other than your spouse bring your poleasure or made you feel good?	•		r the past 24 h	nours?			
Not at All A Little Modeately A Great Deal Extremely Q4.3. Who was this interaction with? (check all that apply) Parent or parent-in-law Child Friend Someone at Work Other Q47. Since this time yesterday, how much did interactions with people other than your spouse bring you pleasure or made you feel good?	Excellent	Very Good	Goo				
Q4.3. Who was this interaction with? (check all that apply) Parent or parent-in- law Child Friend Someone at Work Other □ □ □ □ □ □ □ Q47. Since this time yesterday, how much did interactions with people other than your spouse bring your pleasure or made you feel good?	Excellent Output Dersonal Support/Strain Q51. Since this time yesterd	Very Good O lay, how much did	Goo	od	0	r than your s	0
Parent or parent-in- law Child Friend Someone at Work Other	Excellent Output Dersonal Support/Strain Q51. Since this time yesterdeel irritated, hurt or annoyed	Very Good O lay, how much did	Goo O social interac	od tions with a	anyone other	-	pouse mak
law Child Friend Someone at Work Other	Excellent Dersonal Support/Strain Q51. Since this time yesterd eel irritated, hurt or annoyed Not at All	Very Good O day, how much did d? A Little	Goo Social interact	od tions with a	anyone other	-	o pouse make tremely
pleasure or made you feel good?	Excellent opersonal Support/Strain Q51. Since this time yesterd eel irritated, hurt or annoyed Not at All	Very Good O day, how much did d? A Little	Goo Social interac Modea	od tions with a	anyone other	-	o pouse make tremely
	Excellent Opersonal Support/Strain 251. Since this time yesterd eel irritated, hurt or annoyed Not at All Opersonal Support/Strain Parent or parent-in-law	Very Good // Ay, how much did d? A Little on with? (check al	Social interact Modea I that apply) Frier	tions with a	A Great Dea	al Ex	pouse make tremely
Not at All A Little Moderately A Lot Extremely	Excellent concersonal Support/Strain Q51. Since this time yesterd eel irritated, hurt or annoyed Not at All Q4.3. Who was this interacti Parent or parent-in- law Q47. Since this time yesterd	Very Good O day, how much did d? A Little O fon with? (check al Child □	Social interact Modea I that apply) Frier	tions with a stely	A Great Dea	al Ex Vork	pouse make tremely Other

	Parent or parent-in- law □	Child			Friend	S	omeone at wor	k	Other
Q5.1	essors . Over the past 24 hours, in for you:	ndicate wh	ich of	the foll	owing you	ı experiei	nced and how s	stressfu	ıl each expe
was	ioi you.		Did toda	ur	If this	occurred	today, how stre	essful v	vas it for you
			Yes	No	Not at	A Little	Moderately	A Lot	Extremel
	a. I had an argument with spouse.	n my	0	0	0	0	0	0	0
	 b. Something happened my spouse that I could h argued about but I decid let it pass. 	ave	0	0	0	0	0	0	0
	c. I had an argument or disagreement with some other than my spouse	one	0	0	0	0	0	0	0
	d. Interactions with my s made me feel irritated, h annoyed.		0	0	0	0	0	0	0
	e. Something else happe to me (other than items selected above) that mos people would consider stressful.		0	0	0	0	0	0	0
Q5.2	?. Please check off any of th	ne following	Dic	lems/ed this cour day?		•	e experienced of the state of t	ccur, ho	•
				s No	Not at	A Little	Moderately	A Lot	Extremely
	Housework and home de	emands		0	0	0	0	0	0
	Work demands			0	0	0	0	0	0
	Financial concerns			0	0	0	0	0	0
	Health problem, please s what the problem was:	specify	0	0	0	0	0	0	0
	Your spouse had some p	roblem or							

Q5.3. Ov	erall, how trying or	stressful was your	day?		
	Not at All ○	A Little	Moderately ○	A Lot	Extremely
0.5.4					
Q5.4. If you wo	ould like to add mor	e details about stres	ss you experienced toda	y, please do so he	re:
				^	
				~	

Emotion Work

Q6.1. Over the past 24 hours, how often did you do each of the following with your spouse?

	Not at All	A Little	Some	Quite a Bit	A Great Deal
Share your personal thoughts and feelings.	0	0	0	0	0
b. Praise your spouse.	0	0	0	0	0
c. Sense that your spouse is bothered about something.	0	0	0	0	0
d. Suggest solutions to your spouse's problems.	0	0	0	0	0
e. Keep your thoughts or feelings to yourself.	0	0	0	0	0

Empathic Responding

Q7.1.	Over the	e past 24	1 hours,	how often	have	you
-------	----------	-----------	----------	-----------	------	-----

	Not at All	A Little	Some	Quite a Bit	A Great Deal
a. Tried to help your spouse by doing something for them.	0	0	0	0	0
 b. Tried to help your spouse by listening to them. 	0	0	0	0	0
c. Tried to comfort your spouse by telling them about your positive feelings for them.	0	0	0	0	0
d. Tried to see things from your spouse's perspective.	0	0	0	0	0
e. Tried to help your spouse by giving them personal space.	0	0	0	0	0
f. Tried to understand how your spouse feels.	0	0	0	0	0

Intimacy

081	Over the past 24 hours	how much did you	feel closeness and	Lintimacy with your	enouse ?
WO. 1.	UVEL ING DASEZ4 NODES.	HOW HIUGH OIG VOU	ieei cioseness and	1 11 11 11 11 11 11 11 11 11 11 11 11 1	らいいいちせ イ

Not at All	A Little	Some	Quite a Bit	A Great Deal
0	0	0	0	0

Interactions with Spouse

Q9.2. Over the past 24 hours, how much did your spouse...

	Not at All	A Little	Some	Quite a Bit	A Great Deal
a. Let you down	0	0	0	0	0
b. Criticize you	0	0	0	0	0
d. Act inconsiderate towards you	0	0	0	0	0
e. Make you feel loved and cared for	0	0	0	0	0
f. Seem bothered or upset with you	0	0	0	0	0
g. Make demands on you	0	0	0	0	0
h. Do something nice for you without being asked	0	0	0	0	0
i. Bring you pleasure or make you feel good	0	0	0	0	0

Q9.3. If you would like to add more details about any of these experiences, please do so here:

				\			
Q9.4. C	Over the past 24 hours, how much did you	I			0	uite a	A Grea
		Not at All	A Litt	tle S	ome	Bit	Deal
á	a. Criticize your spouse	0	0		0	0	0
	b. Try to make your spouse feel loved and cared for	0	0		0	0	0
(c. Feel bothered or upset with your spouse	0	0		0	0	0
(d. Make demands on your spouse	0	0		0	0	0
	e. Do something nice for your spouse without being asked	0	0		0	0	0
f	f. Try to improve your spouse's mood	0	0		0	0	0
	g. Want your spouse to listen to you more	0	0		0	0	0
t	than they did f you would like to add more details about any	of these expe	erience	s, please	e do so here	e:	
t ⊋9. <i>5.</i> If	f you would like to add more details about any o		eriences	s, please	e do so here	e:	
t Q9. <i>5.</i> If	f you would like to add more details about any	ı feel:	eriences Not at All	^ ~	e do so here	A	Extrem
t Q9.5. If Q9.5. If Q9.5. If Q9.5. If Q9.5. If Q9.5. If Q9.5.	f you would like to add more details about any ontrol Over the past 24 hours, to what extent did you a. That you were unable to control important the	u feel:	Not at	^ ~		A	Extrem
t Q9.5. If Q	ontrol Over the past 24 hours, to what extent did you a. That you were unable to control important the	u feel:	Not at All	A Little	Moderatel	A y Lot	Extrem
09.5. If 29.5. If 210.1.	f you would like to add more details about any ontrol Over the past 24 hours, to what extent did you a. That you were unable to control important the	u feel:	Not at All	A Little	Moderatel	A Lot	0
t Q9.5. If Q	ontrol Over the past 24 hours, to what extent did you a. That you were unable to control important the your life b. Confident about your ability to handle proble	u feel: nings in	Not at All	A Little	Moderatel O	y A Lot	0
09.5. If	ontrol Over the past 24 hours, to what extent did you a. That you were unable to control important the your life b. Confident about your ability to handle problet c. That things were going your way d. That difficulties were piling up so high that you	u feel: nings in	Not at All	A Little	Moderatel O O	A Lot	0
onal Co	ontrol Over the past 24 hours, to what extent did you a. That you were unable to control important th your life b. Confident about your ability to handle proble c. That things were going your way d. That difficulties were piling up so high that you could not overcome them	u feel: nings in	Not at All	A Little	Moderatel O O	A Lot	0

Excellent	Very Good	Good	Faiı O	r	Poor
O	O	O	O		O
. Thinking over the past 24	hours, how true a	are the following	ng statements for	you?	
	Not at All	A Little	Moderately	A Lot	Extremely
I ate more than I should have today.	0	0	0	0	0
I made unhealthy food choices today.	0	0	0	0	0
I ate healthy foods today.	0	0	0	0	0
f liquor each equal 1 drink)?	·			
9. Over the past 24 hours, of liquor each equal 1 drinks 5. Over the past 24 hours, of liquors, of liq)?	·			
f liquor each equal 1 drink	now many cigarett	es, cigars, and	d/or bowls of tobac	cco did you s	moke?
if liquor each equal 1 drink i. Over the past 24 hours, 1 i. Over the past 24 hours, 1	now many cigarett for how many minual vacuum cleaner for how many minu	es, cigars, and utes did you er)? utes did you er	d/or bowls of tobac ngage in moderat	cco did you s e physical ac	moke? stivity or exerc

Q11.8. These questions are about **how you and your spouse may have influenced each other's health habits today** (for example, how much you ate, drank, or exercised). How much did each of the following occur today:

	Not at All	A Little	Some	Quite a Bit	A Great Deal
My spouse influenced my health habits in an unhealthy way (for example, to eat or drink more, exercise less).	0	0	0	0	0
My spouse influenced my health habits in a positive way.	0	0	0	0	0
I tried to have a positive influence on my spouse's health habits.	0	0	0	0	0
I was concerned about my spouse's health habits.	0	0	0	0	0
I participated in healthy habits (such as exercise, dieting) with my spouse.	0	0	0	0	0

. Please des	scribe the main ways that you and	your spouse influenced each other's health hat	oits to

Final Question

Q12.1. Over the past 24 hours, did anything else happen that you would like to tell us about?



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