

ICPSR 4248

ACTIVE (Advanced Cognitive Training for Independent and Vital Elderly), 1999-2001 [United States]

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Form 510 Post-Test Take-Home Codebook

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ACTIVE

Take-Home Questionnaire

Post Test

Form # 510

A1. Study ID#:

Label

A2. Visit # : H2

A3. Form Version: 05/01/98

VISIT	Frequency	Percent	Cum Freq	Cum Percent
H2	2493	100.00	2493	100.00

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ACTIVE

Take-Home Questionnaire

Thank you for agreeing to participate in the ACTIVE Project, a program designed to determine whether training in later adulthood can improve concentration, memory and problem solving. The program will determine if people who have had this type of training remain healthier, more positive, and handle daily activities more easily. Types of daily activities that may become easier include managing finances, taking medication, using the telephone, and driving.

Please complete this questionnaire and return it to us at the time of your next appointment. It should take about 15 minutes to complete. Keep in mind, there are no right or wrong answers. Only your responses are valuable, so please do not get help from anyone at home. All of your answers are completely confidential, and will only be seen by people directly associated with the program. Your answers will be grouped together with others. No information about any individual will ever be reported. Your name will never appear in any report.

This questionnaire consists of three (3) sections, each having its own set of instructions. Please read the instructions carefully before you begin each section. Some of the sections ask you about how you feel or think about certain situations. Some sections ask about your memory. Try to answer every item, but do not dwell too long on any one question. After you have completed the questionnaire, check to make sure that you have not missed any items. If you have any questions about any items, a member of the ACTIVE staff will be happy to answer them the next time you come in.

Go to Next Page

SECTION B

On the following pages are statements about how you feel or think about certain situations. Read each statement and select the answer on the right which best reflects what you believe is true for you in the given situation.

Circle the number in front of the answer which indicates the extent to which you agree or disagree with each statement. There are no “right” or “wrong” answers--we want to know which choice best describes you in each case. Be sure to answer every question.

Here is an example:

I like to read mysteries.

1. strongly agree
 2. agree
 3. slightly agree
 4. slightly disagree
 5. disagree
 6. strongly disagree
-

Circle the number of the answer choice that best describes you. If you especially enjoy reading mystery stories, you would circle number 1. If you dislike mystery stories and never read such books you would circle number 6.

Now try another example:

I'll never be able to learn to type well.

1. strongly agree
 2. agree
 3. slightly agree
 4. slightly disagree
 5. disagree
 6. strongly disagree
-

If you already know how to type well, you circle number 6. However, if you can type but think you could improve, you might circle number 5. Circle number 1 if you believe you never will be able to type well.

As you answer the items on the next pages, please keep these points in mind:

1. When you feel you can, please choose either the number 1 or the 6. That is to say, try to avoid choosing the middle answers all of the time, unless, of course, that is the best answer.
2. Do not spend too much time thinking about your answer. Give the first natural answer as it comes to you, describing yourself in the given situation.
3. **Answer every question**, even if it doesn't seem to apply to you very well.
4. Be as honest as possible about what is true of **you**.
5. **Circle the number** in the right column that corresponds to your answer.

Now Begin:

-
- | | |
|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| 1. I would have to ask a sales person to figure out how much I'd save with a 20% discount. | 1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree |
|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
- [8]

B1	Frequency	Percent	Cum Freq	Cum Percent
-9	2	0.08	2	0.08
1	181	7.26	183	7.34
2	147	5.90	330	13.24
3	108	4.33	438	17.57
4	58	2.33	496	19.90
5	392	15.72	888	35.62
6	1605	64.38	2493	100.00

2. I'm highly motivated to learn new things.

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

[13]

B2	Frequency	Percent	Cum Freq	Cum Percent
-9	2	0.08	2	0.08
1	1256	50.38	1258	50.46
2	748	30.00	2006	80.47
3	252	10.11	2258	90.57
4	64	2.57	2322	93.14
5	80	3.21	2402	96.35
6	91	3.65	2493	100.00

3. The older I get, the harder it is to think clearly.

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

[14]

B3	Frequency	Percent	Cum Freq	Cum Percent
-9	2	0.08	2	0.08
1	341	13.68	343	13.76
2	414	16.61	757	30.37
3	425	17.05	1182	47.41
4	184	7.38	1366	54.79
5	519	20.82	1885	75.61
6	608	24.39	2493	100.00

-
4. I'd prefer an instructor to show me how to solve number problems rather than work them out myself.

[15].

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

B4	Frequency	Percent	Cum Freq	Cum Percent
-9	8	0.32	8	0.32
1	328	13.16	336	13.48
2	247	9.91	583	23.39
3	217	8.70	800	32.09
4	150	6.02	950	38.11
5	575	23.06	1525	61.17
6	968	38.83	2493	100.00

-
5. If I had to take a timed intelligence test or something similar right now, I'd worry whether I'd be able to finish it on time.

[17]

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

B5	Frequency	Percent	Cum Freq	Cum Percent
-9	7	0.28	7	0.28
1	566	22.70	573	22.98
2	448	17.97	1021	40.95
3	254	10.19	1275	51.14
4	122	4.89	1397	56.04
5	438	17.57	1835	73.61
6	658	26.39	2493	100.00

-
6. I am afraid that I wouldn't do very well on an intelligence test or a similar kind of test at this time.

[19]

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

B6	Frequency	Percent	Cum Freq	Cum Percent
-9	10	0.40	10	0.40
1	280	11.23	290	11.63
2	288	11.55	578	23.18
3	270	10.83	848	34.02
4	205	8.22	1053	42.24
5	628	25.19	1681	67.43
6	812	32.57	2493	100.00

-
7. After studying the answers to sample word puzzles or alphabet letter problems such as scrambled words (anagrams), I could solve similar ones on my own.

[25]

B7	Frequency	Percent	Cum Freq	Cum Percent
-9	7	0.28	7	0.28
1	926	37.14	933	37.42
2	841	33.73	1774	71.16
3	331	13.28	2105	84.44
4	101	4.05	2206	88.49
5	138	5.54	2344	94.02
6	149	5.98	2493	100.00

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

-
8. I have to use a lot more mental energy for solving difficult problems now than I used to.

[28]

B8	Frequency	Percent	Cum Freq	Cum Percent
-9	10	0.40	10	0.40
1	690	27.68	700	28.08
2	610	24.47	1310	52.55
3	283	11.35	1593	63.90
4	105	4.21	1698	68.11
5	378	15.16	2076	83.27
6	417	16.73	2493	100.00

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

-
9. Keeping a close watch on my diet is important and worthwhile to me.

[29]

B9	Frequency	Percent	Cum Freq	Cum Percent
-9	7	0.28	7	0.28
1	1435	57.56	1442	57.84
2	584	23.43	2026	81.27
3	194	7.78	2220	89.05
4	54	2.17	2274	91.22
5	101	4.05	2375	95.27
6	118	4.73	2493	100.00

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

10. There would be ways for me to learn how to fill out a tax form if I really wanted to.

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

[31]

B10	Frequency	Percent	Cum Freq	Cum Percent
-9	11	0.44	11	0.44
1	1394	55.92	1405	56.36
2	630	25.27	2035	81.63
3	157	6.30	2192	87.93
4	44	1.76	2236	89.69
5	104	4.17	2340	93.86
6	153	6.14	2493	100.00

11. There's no doubt it will become harder and harder for me to add and subtract numbers.

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

[33]

B11	Frequency	Percent	Cum Freq	Cum Percent
-9	8	0.32	8	0.32
-8	1	0.04	9	0.36
1	165	6.62	174	6.98
2	211	8.46	385	15.44
3	240	9.63	625	25.07
4	142	5.70	767	30.77
5	597	23.95	1364	54.71
6	1129	45.29	2493	100.00

12. I can learn new things as well as always.

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

[34]

B12	Frequency	Percent	Cum Freq	Cum Percent
-9	10	0.40	10	0.40
1	592	23.75	602	24.15
2	741	29.72	1343	53.87
3	313	12.56	1656	66.43
4	232	9.31	1888	75.73
5	342	13.72	2230	89.45
6	263	10.55	2493	100.00

13. If at first glance I couldn't make sense of a train time-table, I'd be able to figure it out by studying it carefully.

[35]

B13	Frequency	Percent	Cum Freq	Cum Percent
-9	6	0.24	6	0.24
1	1400	56.16	1406	56.40
2	760	30.49	2166	86.88
3	171	6.86	2337	93.74
4	32	1.28	2369	95.03
5	52	2.09	2421	97.11
6	72	2.89	2493	100.00

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

14. I take a great interest in solving puzzles.

[36]

B14	Frequency	Percent	Cum Freq	Cum Percent
-9	8	0.32	8	0.32
1	877	35.18	885	35.50
2	532	21.34	1417	56.84
3	307	12.31	1724	69.15
4	114	4.57	1838	73.73
5	291	11.67	2129	85.40
6	364	14.60	2493	100.00

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

15. It's no use teaching me new tricks; I'd rather stick with my old ones.

[37]

B15	Frequency	Percent	Cum Freq	Cum Percent
-9	8	0.32	8	0.32
1	156	6.26	164	6.58
2	151	6.06	315	12.64
3	159	6.38	474	19.01
4	157	6.30	631	25.31
5	626	25.11	1257	50.42
6	1236	49.58	2493	100.00

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

16. I need someone to help me when it comes to solving difficult puzzles or games.

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

[41]

B16	Frequency	Percent	Cum Freq	Cum Percent
-9	6	0.24	6	0.24
1	347	13.92	353	14.16
2	450	18.05	803	32.21
3	400	16.04	1203	48.26
4	160	6.42	1363	54.67
5	503	20.18	1866	74.85
6	627	25.15	2493	100.00

17. It means a lot to me to be able to write coherent letters to my friends and relatives.

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

[42]

B17	Frequency	Percent	Cum Freq	Cum Percent
-9	5	0.20	5	0.20
-7	1	0.04	6	0.24
1	1773	71.12	1779	71.36
2	489	19.61	2268	90.97
3	66	2.65	2334	93.62
4	21	0.84	2355	94.46
5	59	2.37	2414	96.83
6	79	3.17	2493	100.00

18. It's inevitable that my letter writing ability will deteriorate.

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

[43]

B18	Frequency	Percent	Cum Freq	Cum Percent
-9	4	0.16	4	0.16
1	290	11.63	294	11.79
2	391	15.68	685	27.48
3	305	12.23	990	39.71
4	135	5.42	1125	45.13
5	520	20.86	1645	65.98
6	848	34.02	2493	100.00

19. I can't expect to be good at remembering zip codes at my age.

[44]

B19	Frequency	Percent	Cum Freq	Cum Percent
-9	3	0.12	3	0.12
1	312	12.52	315	12.64
2	327	13.12	642	25.75
3	270	10.83	912	36.58
4	167	6.70	1079	43.28
5	551	22.10	1630	65.38
6	863	34.62	2493	100.00

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

20. My letter writing skill has gone downhill.

[45]

B20	Frequency	Percent	Cum Freq	Cum Percent
-9	3	0.12	3	0.12
1	245	9.83	248	9.95
2	319	12.80	567	22.74
3	262	10.51	829	33.25
4	116	4.65	945	37.91
5	542	21.74	1487	59.65
6	1006	40.35	2493	100.00

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

21. If I want to and work at it, I'm able to figure out quite a few puzzles and similar problems.

[46]

B21	Frequency	Percent	Cum Freq	Cum Percent
-9	5	0.20	5	0.20
1	1291	51.78	1296	51.99
2	805	32.29	2101	84.28
3	217	8.70	2318	92.98
4	39	1.56	2357	94.54
5	75	3.01	2432	97.55
6	61	2.45	2493	100.00

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

22. I wouldn't be able to figure out postal rates on a package without the postman's help.

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

[47]

B22	Frequency	Percent	Cum Freq	Cum Percent
-9	5	0.20	5	0.20
1	454	18.21	459	18.41
2	383	15.36	842	33.77
3	157	6.30	999	40.07
4	101	4.05	1100	44.12
5	453	18.17	1553	62.29
6	940	37.71	2493	100.00

23. Right now, I'd be threatened by unfamiliar test problems on an intelligence test or a similar test.

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

[48]

B23	Frequency	Percent	Cum Freq	Cum Percent
-9	6	0.24	6	0.24
1	430	17.25	436	17.49
2	374	15.00	810	32.49
3	340	13.64	1150	46.13
4	134	5.38	1284	51.50
5	503	20.18	1787	71.68
6	706	28.32	2493	100.00

24. I can't figure out sale prices of items unless someone helps me.

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

[49]

B24	Frequency	Percent	Cum Freq	Cum Percent
-9	4	0.16	4	0.16
1	91	3.65	95	3.81
2	81	3.25	176	7.06
3	102	4.09	278	11.15
4	98	3.93	376	15.08
5	470	18.85	846	33.94
6	1647	66.06	2493	100.00

25. There's no way around it; I'll always be nervous when I take a test.

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

[50]

B25	Frequency	Percent	Cum Freq	Cum Percent
-9	4	0.16	4	0.16
1	484	19.41	488	19.57
2	427	17.13	915	36.70
3	415	16.65	1330	53.35
4	110	4.41	1440	57.76
5	474	19.01	1914	76.77
6	579	23.23	2493	100.00

26. There's nothing I can do to preserve my mental clarity.

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

[51]

B26	Frequency	Percent	Cum Freq	Cum Percent
-9	4	0.16	4	0.16
1	83	3.33	87	3.49
2	76	3.05	163	6.54
3	88	3.53	251	10.07
4	150	6.02	401	16.09
5	641	25.71	1042	41.80
6	1451	58.20	2493	100.00

27. I couldn't learn to solve word puzzles or alphabet letter problems such as scrambled words (anagrams) without a teacher's help.

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

[52]

B27	Frequency	Percent	Cum Freq	Cum Percent
-9	3	0.12	3	0.12
1	161	6.46	164	6.58
2	152	6.10	316	12.68
3	172	6.90	488	19.57
4	181	7.26	669	26.84
5	664	26.63	1333	53.47
6	1160	46.53	2493	100.00

28. If I forget my friend's zip code I'd be able to learn it again.

[56]

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

B28	Frequency	Percent	Cum Freq	Cum Percent
-9	10	0.40	10	0.40
1	1516	60.81	1526	61.21
2	755	30.28	2281	91.50
3	102	4.09	2383	95.59
4	20	0.80	2403	96.39
5	50	2.01	2453	98.40
6	40	1.60	2493	100.00

29. I'd be able to keep an accurate record of my expenses so as to avoid financial problems.

[57]

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

B29	Frequency	Percent	Cum Freq	Cum Percent
-9	5	0.20	5	0.20
1	1827	73.29	1832	73.49
2	550	22.06	2382	95.55
3	50	2.01	2432	97.55
4	14	0.56	2446	98.11
5	22	0.88	2468	99.00
6	25	1.00	2493	100.00

30. My mental acuity (sharpness) is bound to decline.

[58]

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

B30	Frequency	Percent	Cum Freq	Cum Percent
-9	10	0.40	10	0.40
-8	2	0.08	12	0.48
1	284	11.39	296	11.87
2	601	24.11	897	35.98
3	538	21.58	1435	57.56
4	163	6.54	1598	64.10
5	470	18.85	2068	82.95
6	425	17.05	2493	100.00

31. I would feel on edge right now if I had to take an intelligence test or something similar.

[61]

B31	Frequency	Percent	Cum Freq	Cum Percent
-9	9	0.36	9	0.36
1	375	15.04	384	15.40
2	438	17.57	822	32.97
3	366	14.68	1188	47.65
4	119	4.77	1307	52.43
5	479	19.21	1786	71.64
6	707	28.36	2493	100.00

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

32. I'd like to be good at solving word problems.

[63]

B32	Frequency	Percent	Cum Freq	Cum Percent
-9	7	0.28	7	0.28
-7	1	0.04	8	0.32
1	1563	62.70	1571	63.02
2	674	27.04	2245	90.05
3	111	4.45	2356	94.50
4	23	0.92	2379	95.43
5	57	2.29	2436	97.71
6	57	2.29	2493	100.00

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

33. I would feel tense and uneasy taking word tests right now.

[64]

B33	Frequency	Percent	Cum Freq	Cum Percent
-9	6	0.24	6	0.24
1	333	13.36	339	13.60
2	367	14.72	706	28.32
3	344	13.80	1050	42.12
4	143	5.74	1193	47.85
5	488	19.57	1681	67.43
6	812	32.57	2493	100.00

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

34. It's inevitable that my intellectual functioning will decline as I get older.

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

[66]

B34	Frequency	Percent	Cum Freq	Cum Percent
-9	7	0.28	7	0.28
-8	1	0.04	8	0.32
1	325	13.04	333	13.36
2	496	19.90	829	33.25
3	503	20.18	1332	53.43
4	178	7.14	1510	60.57
5	499	20.02	2009	80.59
6	484	19.41	2493	100.00

35. I don't remember things as well as I used to.

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

[67]

B35	Frequency	Percent	Cum Freq	Cum Percent
-9	4	0.16	4	0.16
1	600	24.07	604	24.23
2	748	30.00	1352	54.23
3	502	20.14	1854	74.37
4	127	5.09	1981	79.46
5	281	11.27	2262	90.73
6	231	9.27	2493	100.00

36. It's becoming more hopeless to figure out complicated schedules as I get older.

1. strongly agree
2. agree
3. slightly agree
4. slightly disagree
5. disagree
6. strongly disagree

[68]

B36	Frequency	Percent	Cum Freq	Cum Percent
-9	4	0.16	4	0.16
1	186	7.46	190	7.62
2	258	10.35	448	17.97
3	354	14.20	802	32.17
4	187	7.50	989	39.67
5	653	26.19	1642	65.86
6	851	34.14	2493	100.00

SECTION C

This section is about how you remember information. There are no right or wrong answers. Circle a number between 1 and 7 that best reflects your judgment about your memory. Think carefully about your responses, and try to be as realistic as possible when you make your choice. **Please answer all questions.**

1. **How would you rate your memory in terms of the kinds of problems that you have?**

major problems			some minor problems				no problems
	1	2	3	4	5	6	7

C1	Frequency	Percent	Cum Freq	Cum Percent
-9	153	6.14	153	6.14
-8	3	0.12	156	6.26
1	53	2.13	209	8.38
2	82	3.29	291	11.67
3	180	7.22	471	18.89
4	842	33.77	1313	52.67
5	397	15.92	1710	68.59
6	497	19.94	2207	88.53
7	286	11.47	2493	100.00

2. **How often do these present a problem for you?**

Circle a number between 1 and 7 that best reflects your judgment about your memory.

		always		sometimes			never	
a.	phone numbers you've just checked	1	2	3	4	5	6	7

C2A	Frequency	Percent	Cum Freq	Cum Percent
-9	14	0.56	14	0.56
-8	1	0.04	15	0.60
1	61	2.45	76	3.05
2	106	4.25	182	7.30
3	238	9.55	420	16.85
4	790	31.69	1210	48.54
5	412	16.53	1622	65.06
6	547	21.94	2169	87.00
7	324	13.00	2493	100.00

		always		sometimes			never	
		1	2	3	4	5	6	7
b.	phone numbers you use frequently							

C2B	Frequency	Percent	Cum Freq	Cum Percent
-9	12	0.48	12	0.48
-8	1	0.04	13	0.52
1	113	4.53	126	5.05
2	90	3.61	216	8.66
3	101	4.05	317	12.72
4	205	8.22	522	20.94
5	169	6.78	691	27.72
6	655	26.27	1346	53.99
7	1147	46.01	2493	100.00

c. things people tell you

C2C	Frequency	Percent	Cum Freq	Cum Percent
-9	11	0.44	11	0.44
-8	1	0.04	12	0.48
1	55	2.21	67	2.69
2	89	3.57	156	6.26
3	180	7.22	336	13.48
4	670	26.88	1006	40.35
5	487	19.53	1493	59.89
6	656	26.31	2149	86.20
7	344	13.80	2493	100.00

d. personal dates (e.g., birthdays)	1	2	3	4	5	6	7
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C2D	Frequency	Percent	Cum Freq	Cum Percent
-9	8	0.32	8	0.32
-8	2	0.08	10	0.40
1	110	4.41	120	4.81
2	122	4.89	242	9.71
3	157	6.30	399	16.00
4	397	15.92	796	31.93
5	331	13.28	1127	45.21
6	697	27.96	1824	73.16
7	669	26.84	2493	100.00

e.	words	1	2	3	4	5	6	7
	1	1	1	1	1	1	1	1
	2	1	1	1	1	1	1	1
	3	1	1	1	1	1	1	1
	4	1	1	1	1	1	1	1
	5	1	1	1	1	1	1	1
	6	1	1	1	1	1	1	1
	7	1	1	1	1	1	1	1

C2E	Frequency	Percent	Cum Freq	Cum Percent
-9	15	0.60	15	0.60
-8	1	0.04	16	0.64
1	65	2.61	81	3.25
2	103	4.13	184	7.38
3	254	10.19	438	17.57
4	603	24.19	1041	41.76
5	503	20.18	1544	61.93
6	638	25.59	2182	87.53
7	311	12.47	2493	100.00

- always**
sometimes
never
- f. going to the store and forgetting 1 2 3 4 5 6 7
 what you wanted to buy

C2F	Frequency	Percent	Cum Freq	Cum Percent
-9	5	0.20	5	0.20
-8	1	0.04	6	0.24
1	31	1.24	37	1.48
2	88	3.53	125	5.01
3	185	7.42	310	12.43
4	590	23.67	900	36.10
5	423	16.97	1323	53.07
6	745	29.88	2068	82.95
7	425	17.05	2493	100.00

- g. beginning to do something and 1 2 3 4 5 6 7
 forgetting what you were doing

C2G	Frequency	Percent	Cum Freq	Cum Percent
-9	8	0.32	8	0.32
1	27	1.08	35	1.40
2	77	3.09	112	4.49
3	250	10.03	362	14.52
4	696	27.92	1058	42.44
5	538	21.58	1596	64.02
6	561	22.50	2157	86.52
7	336	13.48	2493	100.00

- h. losing the thread of thought in 1 2 3 4 5 6 7
 conversation

C2H	Frequency	Percent	Cum Freq	Cum Percent
-9	7	0.28	7	0.28
-8	1	0.04	8	0.32
1	37	1.48	45	1.81
2	77	3.09	122	4.89
3	227	9.11	349	14.00
4	611	24.51	960	38.51
5	512	20.54	1472	59.05
6	708	28.40	2180	87.44
7	313	12.56	2493	100.00

- i. knowing whether you've already 1 2 3 4 5 6 7
 told someone something

C2I	Frequency	Percent	Cum Freq	Cum Percent
-9	8	0.32	8	0.32
1	53	2.13	61	2.45
2	126	5.05	187	7.50
3	242	9.71	429	17.21
4	612	24.55	1041	41.76
5	559	22.42	1600	64.18
6	647	25.95	2247	90.13
7	246	9.87	2493	100.00

3. As you are reading a novel, how often do you have trouble remembering what you have read...

Circle a number between 1 and 7 that best reflects your judgment about your memory.

always

sometimes

never

- a. the chapter before the one you are currently reading

1 2 3 4 5 6 7

C3A	Frequency	Percent	Cum Freq	Cum Percent
-9	10	0.40	10	0.40
-1	1	0.04	11	0.44
1	54	2.17	65	2.61
2	77	3.09	142	5.70
3	236	9.47	378	15.16
4	606	24.31	984	39.47
5	467	18.73	1451	58.20
6	622	24.95	2073	83.15
7	420	16.85	2493	100.00

- b. the paragraph just before the one you are currently reading

1 2 3 4 5 6 7

C3B	Frequency	Percent	Cum Freq	Cum Percent
-9	10	0.40	10	0.40
-1	1	0.04	11	0.44
1	48	1.93	59	2.37
2	78	3.13	137	5.50
3	179	7.18	316	12.68
4	417	16.73	733	29.40
5	360	14.44	1093	43.84
6	694	27.84	1787	71.68
7	706	28.32	2493	100.00

4. When you are reading a newspaper or magazine article, how often do you have trouble remembering what you have read...

Circle a number between 1 and 7 that best reflects your judgment about your memory.

- always** **sometimes** **never**
- a. three or four paragraphs before the 1 2 3 4 5 6 7
 one you are currently reading

C4A	Frequency	Percent	Cum Freq	Cum Percent
-9	13	0.52	13	0.52
1	57	2.29	70	2.81
2	64	2.57	134	5.38
3	236	9.47	370	14.84
4	590	23.67	960	38.51
5	572	22.94	1532	61.45
6	595	23.87	2127	85.32
7	366	14.68	2493	100.00

- b. the paragraph before the one you 1 2 3 4 5 6 7
 are currently reading

C4B	Frequency	Percent	Cum Freq	Cum Percent
-9	15	0.60	15	0.60
-8	1	0.04	16	0.64
1	40	1.60	56	2.25
2	64	2.57	120	4.81
3	180	7.22	300	12.03
4	382	15.32	682	27.36
5	406	16.29	1088	43.64
6	763	30.61	1851	74.25
7	642	25.75	2493	100.00

- c. three or four sentences before the 1 2 3 4 5 6 7
 one you are currently reading

C4C	Frequency	Percent	Cum Freq	Cum Percent
-9	18	0.72	18	0.72
1	45	1.81	63	2.53
2	56	2.25	119	4.77
3	149	5.98	268	10.75
4	304	12.19	572	22.94
5	291	11.67	863	34.62
6	725	29.08	1588	63.70
7	905	36.30	2493	100.00

5. How often do you use these techniques to remind yourself about things?..

Circle a number between 1 and 7 that best reflects your judgment about your memory.

always

sometimes

never

- a. keep an appointment book 1 2 3 4 5 6 7

C5A	Frequency	Percent	Cum Freq	Cum Percent
-9	12	0.48	12	0.48
1	1367	54.83	1379	55.31
2	291	11.67	1670	66.99
3	136	5.46	1806	72.44
4	186	7.46	1992	79.90
5	165	6.62	2157	86.52
6	134	5.38	2291	91.90
7	202	8.10	2493	100.00

- b. write yourself reminder notes 1 2 3 4 5 6 7

C5B	Frequency	Percent	Cum Freq	Cum Percent
-9	8	0.32	8	0.32
1	883	35.42	891	35.74
2	441	17.69	1332	53.43
3	225	9.03	1557	62.45
4	351	14.08	1908	76.53
5	224	8.99	2132	85.52
6	174	6.98	2306	92.50
7	187	7.50	2493	100.00

- c. make lists of things to do 1 2 3 4 5 6 7

C5C	Frequency	Percent	Cum Freq	Cum Percent
-9	11	0.44	11	0.44
1	951	38.15	962	38.59
2	390	15.64	1352	54.23
3	211	8.46	1563	62.70
4	337	13.52	1900	76.21
5	187	7.50	2087	83.71
6	191	7.66	2278	91.38
7	215	8.62	2493	100.00

- d. keep things you need to do in a prominent place where you will notice them 1 2 3 4 5 6 7

C5D	Frequency	Percent	Cum Freq	Cum Percent
-9	9	0.36	9	0.36
1	1014	40.67	1023	41.03
2	460	18.45	1483	59.49
3	225	9.03	1708	68.51
4	267	10.71	1975	79.22
5	186	7.46	2161	86.68
6	189	7.58	2350	94.26
7	143	5.74	2493	100.00

Thank you for completing the ACTIVE Take-Home Questionnaire.
Please return your completed questionnaire to us when you come
back for your next visit.