#### **ICPSR 4248**

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

Sharon Tennstedt
New England Research Institutes

John Morris Hebrew Senior Life, Boston

Frederick Unverzagt Indiana University

George Rebok

Johns Hopkins University

Sherry Willis
Pennsylvania State University

Karlene Ball University of Alabama at Birmingham

Michael Marsiske
University of Florida

Form 5 Take-Home Questionnaire

Inter-university Consortium for Political and Social Research P.O. Box 1248 Ann Arbor, Michigan 48106 www.icpsr.umich.edu

#### **Terms of Use**

The terms of use for this study can be found at: http://www.icpsr.umich.edu/cocoon/ICPSR/TERMS/4248.xml



#### **Baseline Take-Home Questionnaire**

#### **Form #5**

A1. Study ID#: Label

A2. Visit #: H1, H3, H4, H5 A3. Form Version: 03/01/1998

VISIT	Frequency	Percent	Cum Freq	Cum Percent
H1	2765	40.79	2765	40.79
Н3	2060	30.39	4825	71.18
H4	1954	28.82	6779	100.00

Supported by Grants from the National Institute on Aging and National Institute of Nursing Research of the National Institutes of Health

### **ACTIVE**

#### **Baseline 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 30 minutes to complete. Keep in mind, there are no right or wrong answers. Only <u>your</u> 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 four (4) 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. One section asks about your health. Try to answer every item, but do not dwell too long on any one question. After you have completed all 4 sections, check to make sure that you have not missed any items. If you have any questions about these 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
ž	2. agree
	3. slightly agree
	4. slightly disagree
	5. disagree
	6. strongly disagre

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

#### Now try another example:

I'll never be able to learn to type well.	1. 2. 3.	strongly agree agree slightly agree
	4. 5 . 6.	slightly disagree disagree strongly disagree
	0.	surongry unsugree

If you already know how to type well, you circle number  $\underline{6}$ . However, if you can type but think you could improve, you might circle number  $\underline{5}$ . Circle number  $\underline{1}$  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  $\underline{1}$  or the  $\underline{6}$ . 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

B1	Frequency	Percent	Cum Freq	Cum Percent
-9	9	0.13	9	0.13
1	513	7.57	522	7.70
2	411	6.06	933	13.76
3	328	4.84	1261	18.60
4	180	2.66	1441	21.26
5	1140	16.82	2581	38.07
6	4198	61.93	6779	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	9	0.13	9	0.13
1	3197	47.16	3206	47.29
2	2143	31.61	5349	78.91
3	760	11.21	6109	90.12
4	203	2.99	6312	93.11
5	206	3.04	6518	96.15
6	261	3.85	6779	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	7	0.10	7	0.10
-7	1	0.01	8	0.12
1	927	13.67	935	13.79
2	1130	16.67	2065	30.46
3	1313	19.37	3378	49.83
4	480	7.08	3858	56.91
5	1315	19.40	5173	76.31
6	1606	23.69	6779	100.00

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

1. strongly agree

2. agree

3. slightly agree

4. slightly disagree

5. disagree

6. strongly disagree

B4	Frequency	Percent	Cum Freq	Cum Percent
-9	18	0.27	18	0.27
-7	1	0.01	19	0.28
1	820	12.10	839	12.38
2	738	10.89	1577	23.26
3	609	8.98	2186	32.25
4	464	6.84	2650	39.09
5	1547	22.82	4197	61.91
6	2582	38.09	6779	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.

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

B5	Frequency	Percent	Cum Freq	Cum Percent
-9	17	0.25	17	0.25
1	1470	21.68	1487	21.94
2	1341	19.78	2828	41.72
3	751	11.08	3579	52.80
4	328	4.84	3907	57.63
5	1145	16.89	5052	74.52
6	1727	25.48	6779	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.
- 1. strongly agree
- 2. agree
- 3. slightly agree
- 4. slightly disagree
- 5. disagree

6. strongly disagree

B6	Frequency	Percent	Cum Freq	Cum Percent
-9	18	0.27	18	0.27
-8	1	0.01	19	0.28
1	725	10.69	744	10.98
2	841	12.41	1585	23.38
3	786	11.59	2371	34.98
4	545	8.04	2916	43.02
5	1638	24.16	4554	67.18
6	2225	32.82	6779	100.00

[15].

[17]

[19]

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.

1. strongly agree

2. agree

3. slightly agree

4. slightly disagree

5. disagree

6. strongly disagree

B7	Frequency	Percent	Cum Freq	Cum Percent
-9	19	0.28	19	0.28
-7	1	0.01	20	0.30
1	2435	35.92	2455	36.21
2	2301	33.94	4756	70.16
3	898	13.25	5654	83.40
4	305	4.50	5959	87.90
5	413	6.09	6372	94.00
6	407	6.00	6779	100.00

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

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

**Cum Percent** Frequency Percent Cum Freq 0.19 0.19 13 13 1808 26.67 1821 26.86 1785 26.33 3606 53.19 876 12.92 4482 66.12 309 4.56 4791 70.67 925 13.65 5716 84.32 1063 15.68 6779 100.00

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

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

6. strongly disagree

B9	Frequency	Percent	Cum Freq	Cum Percent
-9	8	0.12	8	0.12
1	3855	56.87	3863	56.98
2	1675	24.71	5538	81.69
3	520	7.67	6058	89.36
4	129	1.90	6187	91.27
5	284	4.19	6471	95.46
6	308	4.54	6779	100.00

[25]

[28]

[29]

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

B10	Frequency	Percent	Cum Freq	Cum Percent
-9	21	0.31	21	0.31
-7	2	0.03	23	0.34
1	3631	53.56	3654	53.90
2	1833	27.04	5487	80.94
3	440	6.49	5927	87.43
4	115	1.70	6042	89.13
5	287	4.23	6329	93.36
6	450	6.64	6779	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

B11	Frequency	Percent	Cum Freq	Cum Percent
-9	14	0.21	14	0.21
1	566	8.35	580	8.56
2	780	11.51	1360	20.06
3	708	10.44	2068	30.51
4	395	5.83	2463	36.33
5	1540	22.72	4003	59.05
6	2776	40.95	6779	100.00

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

702

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

6. strongly disagree

B12	Frequency	Percent	Cum Freq	Cum Percent
-9	17	0.25	17	0.25
-8	1	0.01	18	0.27
1	1513	22.32	1531	22.58
2	1874	27.64	3405	50.23
3	1019	15.03	4424	65.26
4	778	11.48	5202	76.74
5	875	12.91	6077	89.64

6779

100.00

[34]

[33]

[31]

10.36

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.

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

6. strongly disagree

B13	Frequency	Percent	Cum Freq	Cum Percent
-9	14	0.21	14	0.21
-7	1	0.01	15	0.22
1	3526	52.01	3541	52.23
2	2271	33.50	5812	85.74
3	469	6.92	6281	92.65
4	107	1.58	6388	94.23
5	182	2.68	6570	96.92
6	209	3.08	6779	100.00

14. I take a great interest in solving puzzles.

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

**Cum Percent** Frequency Percent Cum Freq 13 0.19 0.19 13 34.39 2318 34.19 2331 1494 22.04 3825 56.42 870 12.83 4695 69.26 345 5.09 5040 74.35 823 12.14 5863 86.49 916 13.51 6779 100.00

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

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

6. strongly disagree

B15	Frequency	Percent	Cum Freq	Cum Percent
-9	12	0.18	12	0.18
1	470	6.93	482	7.11
2	462	6.82	944	13.93
3	498	7.35	1442	21.27
4	428	6.31	1870	27.59
5	1829	26.98	3699	54.57
6	3080	45.43	6779	100.00

[35]

[36]

[37]

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

B16	Frequency	Percent	Cum Freq	Cum Percent
-9	25	0.37	25	0.37
1	878	12.95	903	13.32
2	1274	18.79	2177	32.11
3	998	14.72	3175	46.84
4	451	6.65	3626	53.49
5	1454	21.45	5080	74.94
6	1699	25.06	6779	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

B17	Frequency	Percent	Cum Freq	Cum Percent
-9	22	0.32	22	0.32
1	4699	69.32	4721	69.64
2 3	1460	21.54	6181	91.18
	180	2.66	6361	93.83
4	60	0.89	6421	94.72
5	148	2.18	6569	96.90
6	210	3 10	6779	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

B18	Frequency	Percent	Cum Freq	Cum Percent
-9	24	0.35	24	0.35
1	822	12.13	846	12.48
2	1080	15.93	1926	28.41
3	900	13.28	2826	41.69
4	404	5.96	3230	47.65
5	1336	19.71	4566	67.36
6	2213	32.64	6779	100.00

[41]

[42]

[43]

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

[44]

[45]

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

strongly disagree 6.

B19	Frequency	Percent	Cum Freq	Cum Percent
-9	21	0.31	21	0.31
-7	1	0.01	22	0.32
1	889	13.11	911	13.44
2	916	13.51	1827	26.95
3	761	11.23	2588	38.18
4	487	7.18	3075	45.36
5	1469	21.67	4544	67.03
6	2235	32.97	6779	100.00

20. My letter writing skill has gone downhill.

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

Percent B20 Frequency Cum Freq Cum Percent 0.25 0.25 17 17 0.27 -8 0.01 18 1 701 10.34 719 10.61 1602 883 13.03 23.63 764 11.27 2366 34.90 2702 39.86 336 4.96 1444 21.30 4146 61.16 2633 6779 100.00 38.84

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

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

		•
[46]	6.	strongly disagree

B21	Frequency	Percent	Cum Freq	Cum Percent
-9	23	0.34	23	0.34
-8	1	0.01	24	0.35
1	3299	48.66	3323	49.02
2	2317	34.18	5640	83.20
3	613	9.04	6253	92.24
4	133	1.96	6386	94.20
5	200	2.95	6586	97.15
6	193	2.85	6779	100.00

CODEBOOK

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

B22	Frequency	Percent	Cum Freq	Cum Percent
-9	20	0.30	20	0.30
-7	2	0.03	22	0.32
1	1270	18.73	1292	19.06
2	1121	16.54	2413	35.60
3	492	7.26	2905	42.85
4	294	4.34	3199	47.19
5	1155	17.04	4354	64.23
6	2425	35.77	6779	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

B23 Frequency Percent Cum Freq Cum Percent 18 0.27 0.27 18 -7 0.01 19 0.28 1 1126 1145 16.89 16.61 33.23 1108 16.34 2253 947 13.97 3200 47.20 421 6.21 3621 53.41 1312 19.35 4933 72.77

6779

27.23

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

1846

- 1. strongly agree
- 2. agree

100.00

- 3. slightly agree
- 4. slightly disagree
- 5. disagree

6. strongly disagree

[49]

[47]

[48]

B24	Frequency	Percent	Cum Freq	Cum Percent
-9	17	0.25	17	0.25
-7	1	0.01	18	0.27
1	209	3.08	227	3.35
2	240	3.54	467	6.89
3	271	4.00	738	10.89
4	261	3.85	999	14.74
5	1500	22.13	2499	36.86
6	4280	63.14	6779	100.00

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

[50]

[51]

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

6. strongly disagree

B25	Frequency	Percent	Cum Freq	Cum Percent
-9	16	0.24	16	0.24
1	1317	19.43	1333	19.66
2	1192	17.58	2525	37.25
3	1064	15.70	3589	52.94
4	359	5.30	3948	58.24
5	1227	18.10	5175	76.34
6	1604	23.66	6779	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

B26 Cum Freq **Cum Percent** Frequency Percent 22 0.32 22 0.32 -8 0.01 23 0.34 3.97 246 3.63 269 241 3.56 510 7.52 274 4.04 784 11.57 448 6.61 1232 18.17 45.08 1824 26.91 3056 3723 54.92 6779 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]					6.	str
	B27	Frequency	Percent	Cum Freq	Cum Percent	
	0	21	0.31	21	0.31	

B27	Frequency	Percent	Cum Freq	Cum Percent
-9	21	0.31	21	0.31
1	411	6.06	432	6.37
2	456	6.73	888	13.10
3	490	7.23	1378	20.33
4	563	8.31	1941	28.63
5	1762	25.99	3703	54.62
6	3076	45.38	6779	100.00

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

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

6. strongly disagree

B28	Frequency	Percent	Cum Freq	Cum Percent
-9	14	0.21	14	0.21
-7	2	0.03	16	0.24
1	3861	56.96	3877	57.19
2	2267	33.44	6144	90.63
3	294	4.34	6438	94.97
4	71	1.05	6509	96.02
5	139	2.05	6648	98.07
6	131	1.93	6779	100.00

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

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

B29	Frequency	Percent	Cum Freq	Cum Percent
-9	17	0.25	17	0.25
1	4766	70.31	4783	70.56
2	1617	23.85	6400	94.41
	180	2.66	6580	97.06
4	56	0.83	6636	97.89
5	62	0.91	6698	98.81
6	81	1.19	6779	100.00

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

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

6. strongly disagree

B30	Frequency	Percent	Cum Freq	Cum Percent
-9	14	0.21	14	0.21
-8	1	0.01	15	0.22
1	858	12.66	873	12.88
2	1753	25.86	2626	38.74
3	1472	21.71	4098	60.45
4	449	6.62	4547	67.07
5	1169	17.24	5716	84.32
6	1063	15.68	6779	100.00

[56]

[57]

[58]

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

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

6. strongly disagree

B31	Frequency	Percent	Cum Freq	Cum Percent
-9	11	0.16	11	0.16
1	990	14.60	1001	14.77
2	1225	18.07	2226	32.84
3	1086	16.02	3312	48.86
4	377	5.56	3689	54.42
5	1250	18.44	4939	72.86
6	1840	27.14	6779	100.00

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

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

6. strongly disagree

B32	Frequency	Percent	Cum Freq	Cum Percent
-9	17	0.25	17	0.25
1	4168	61.48	4185	61.73
2	1926	28.41	6111	90.15
3	278	4.10	6389	94.25
4	93	1.37	6482	95.62
5	144	2.12	6626	97.74
6	153	2.26	6779	100.00

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

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

6. strongly disagree

B33	Frequency	Percent	Cum Freq	Cum Percent
-9	14	0.21	14	0.21
-8	1	0.01	15	0.22
1	851	12.55	866	12.77
2	1097	16.18	1963	28.96
3	942	13.90	2905	42.85
4	405	5.97	3310	48.83
5	1352	19.94	4662	68.77
6	2117	31.23	6779	100.00

[61]

[63]

[64]

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

B34	Frequency	Percent	Cum Freq	Cum Percent
-9	18	0.27	18	0.27
-7	1	0.01	19	0.28
1	953	14.06	972	14.34
2	1469	21.67	2441	36.01
3	1390	20.50	3831	56.51
4	453	6.68	4284	63.20
5	1243	18.34	5527	81.53
6	1252	18.47	6779	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]

[68]

[66]

B35	Frequency	Percent	Cum Freq	Cum Percent
-9	10	0.15	10	0.15
-7	1	0.01	11	0.16
1	1798	26.52	1809	26.69
2	1962	28.94	3771	55.63
3	1411	20.81	5182	76.44
4	318	4.69	5500	81.13
5	691	10.19	6191	91.33
6	588	8.67	6779	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

strongly disagree

5. disagree

6.

B36	Frequency	Percent	Cum Freq	Cum Percent
-9	17	0.25	17	0.25
-8	1	0.01	18	0.27
-7	1	0.01	19	0.28
1	520	7.67	539	7.95
2	763	11.26	1302	19.21
3	1035	15.27	2337	34.47
4	595	8.78	2932	43.25
5	1742	25.70	4674	68.95
6	2105	31.05	6779	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			minor problems			no problems
1	2	3	4	5	6	7

C1	Frequency	Percent	Cum Freq	Cum Percent
-9	402	5.93	402	5.93
-8	2	0.03	404	5.96
-7	1	0.01	405	5.97
1	179	2.64	584	8.61
2	188	2.77	772	11.39
3	458	6.76	1230	18.14
4	2391	35.27	3621	53.41
5	1006	14.84	4627	68.25
6	1295	19.10	5922	87.36
7	857	12.64	6779	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.

	a	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	40	0.59	40	0.59
1	215	3.17	255	3.76
2	281	4.15	536	7.91
3	619	9.13	1155	17.04
4	2262	33.37	3417	50.41
5	1137	16.77	4554	67.18
6	1358	20.03	5912	87.21
7	867	12.79	6779	100.00

b. phone numbers you use frequently 1 2 3 4 5 6 7

C2B	Frequency	Percent	Cum Freq	Cum Percent
-9	31	0.46	31	0.46
-1	1	0.01	32	0.47
1	335	4.94	367	5.41
2	248	3.66	615	9.07
3	273	4.03	888	13.10
4	603	8.90	1491	21.99
5	483	7.12	1974	29.12
6	1721	25.39	3695	54.51
7	3084	45.49	6779	100.00

c. things people tell you

1 2 3 4 5 6 7

C2C	Frequency	Percent	Cum Freq	Cum Percent
-9	35	0.52	35	0.52
-8	3	0.04	38	0.56
-7	1	0.01	39	0.58
1	146	2.15	185	2.73
2	244	3.60	429	6.33
3	547	8.07	976	14.40
4	1668	24.61	2644	39.00
5	1368	20.18	4012	59.18
6	1818	26.82	5830	86.00
7	949	14.00	6779	100.00

d. personal dates (e.g., birthdays)

1 2 3 4 5

7

C2D	Frequency	Percent	Cum Freq	Cum Percent
-9	28	0.41	28	0.41
1	293	4.32	321	4.74
2	333	4.91	654	9.65
3	468	6.90	1122	16.55
4	1143	16.86	2265	33.41
5	878	12.95	3143	46.36
6	1786	26.35	4929	72.71
7	1850	27.29	6779	100.00

e. words 1 2 3 4 5 6 7

C2E	Frequency	Percent	Cum Freq	Cum Percent
-9	58	0.86	58	0.86
-8	1	0.01	59	0.87
1	189	2.79	248	3.66
2	300	4.43	548	8.08
3	611	9.01	1159	17.10
4	1753	25.86	2912	42.96
5	1318	19.44	4230	62.40
6	1687	24.89	5917	87.28
7	862	12.72	6779	100.00

f.	going to the st	ore an	d forgettin	g 1	2	3	4	5	6	7
	what you wan	ted to	buv	_						
	J = 1 - 1 - 1		J							
		C2F	Frequency	Percent	Cum Freq	Cum l	Percent			
		-9	25	0.37	25	0.37				
		-8	1	0.01	26	0.38				
		1	97	1.43	123	1.81				
		2	214	3.16	337	4.97				
		3	488	7.20	825	12.17				
		4	1608	23.72	2433	35.89				
		5	1140	16.82	3573	52.71				
		6	1974	29.12	5547	81.83				
		7	1232	18.17	6779	100.00	0			
Œ	haginning to d	lo com	athing and							
g.	beginning to d forgetting wha	at you	were doing	g 1		3	4	5	6	7
g.		at you	were doing		Cum Freq		4 Percent	5	6	7
g.		at you	were doing	g 1	Cum Freq 24			5	6	7
g.		at you  C2G	Frequency 24 1	Percent	Cum Freq 24 25	Cum l		5	6	7
g.		czG -9	Frequency 24 1 56	Percent 0.35 0.01 0.83	Cum Freq 24 25 81	Cum 1 0.35		5	6	7
g.		czG -9	Frequency 24 1 56 241	Percent 0.35 0.01	Cum Freq 24 25	Cum I 0.35 0.37		5	6	7
g.		C2G -9 -7 1	Frequency 24 1 56	Percent 0.35 0.01 0.83	Cum Freq 24 25 81	Cum I 0.35 0.37 1.19	Percent	5	6	7
g.		C2G -9 -7 1 2 3 4	Frequency 24 1 56 241 634 2016	Percent 0.35 0.01 0.83 3.56	Cum Freq 24 25 81 322	Cum I 0.35 0.37 1.19 4.75	Percent	5	6	7
g.		C2G -9 -7 1 2 3	Frequency 24 1 56 241 634	Percent 0.35 0.01 0.83 3.56 9.35	Cum Freq 24 25 81 322 956	Cum l 0.35 0.37 1.19 4.75 14.10	Percent	5	6	7
g.		C2G -9 -7 1 2 3 4	Frequency 24 1 56 241 634 2016	Percent 0.35 0.01 0.83 3.56 9.35 29.74	Cum Freq 24 25 81 322 956 2972	Cum l 0.35 0.37 1.19 4.75 14.10 43.84	Percent	5	6	7
g.		C2G -9 -7 1 2 3 4 5	Frequency 24 1 56 241 634 2016 1399	Percent 0.35 0.01 0.83 3.56 9.35 29.74 20.64	Cum Freq 24 25 81 322 956 2972 4371	Cum 1 0.35 0.37 1.19 4.75 14.10 43.84 64.48	Percent	5	6	7
g.		C2G -9 -7 1 2 3 4 5	Frequency 24 1 56 241 634 2016 1399 1521	Percent 0.35 0.01 0.83 3.56 9.35 29.74 20.64 22.44	Cum Freq 24 25 81 322 956 2972 4371 5892	Cum J 0.35 0.37 1.19 4.75 14.10 43.84 64.48 86.92	Percent	5	6	7
g. h.	forgetting wha	C2G -9 -7 1 2 3 4 5 6 7	Frequency 24 1 56 241 634 2016 1399 1521 887	Percent 0.35 0.01 0.83 3.56 9.35 29.74 20.64 22.44	Cum Freq 24 25 81 322 956 2972 4371 5892	Cum J 0.35 0.37 1.19 4.75 14.10 43.84 64.48 86.92	Percent	5	6	7
		C2G -9 -7 1 2 3 4 5 6 7	Frequency 24 1 56 241 634 2016 1399 1521 887	Percent 0.35 0.01 0.83 3.56 9.35 29.74 20.64 22.44	Cum Freq 24 25 81 322 956 2972 4371 5892 6779	Cum J 0.35 0.37 1.19 4.75 14.10 43.84 64.48 86.92	Percent	5	6	7
	forgetting what losing the three	C2G -9 -7 1 2 3 4 5 6 7	Frequency 24 1 56 241 634 2016 1399 1521 887	Percent 0.35 0.01 0.83 3.56 9.35 29.74 20.64 22.44 13.08	Cum Freq 24 25 81 322 956 2972 4371 5892 6779	Cum J 0.35 0.37 1.19 4.75 14.10 43.84 64.48 86.92 100.00	Percent  O			

always

sometimes

never

C2H	Frequency	Percent	Cum Freq	Cum Percent
-9	24	0.35	24	0.35
-8	1	0.01	25	0.37
-7	1	0.01	26	0.38
1	61	0.90	87	1.28
2	230	3.39	317	4.68
3	610	9.00	927	13.67
4	1681	24.80	2608	38.47
5	1457	21.49	4065	59.96
6	1911	28.19	5976	88.15
7	803	11.85	6779	100.00

		always	8	SO	metim	ies		never
i.	knowing whether you've already told someone something	1	2	3	4	5	6	7

C2I	Frequency	Percent	Cum Freq	Cum Percent
-9	28	0.41	28	0.41
-8	1	0.01	29	0.43
-7	1	0.01	30	0.44
1	131	1.93	161	2.37
2	305	4.50	466	6.87
3	645	9.51	1111	16.39
4	1766	26.05	2877	42.44
5	1523	22.47	4400	64.91
6	1711	25.24	6111	90.15
7	668	9.85	6779	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		S	ometir	nes		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	39	0.58	39	0.58
-8	1	0.01	40	0.59
-7	5	0.07	45	0.66
-1	1	0.01	46	0.68
1	166	2.45	212	3.13
2	243	3.58	455	6.71
3	559	8.25	1014	14.96
4	1619	23.88	2633	38.84
5	1346	19.86	3979	58.70
6	1637	24.15	5616	82.84
7	1163	17.16	6779	100.00

		aiways	S	S	ometir	nes		neve	r
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	40	0.59	40	0.59
-8	1	0.01	41	0.60
-7	5	0.07	46	0.68
-1	1	0.01	47	0.69
1	131	1.93	178	2.63
2	207	3.05	385	5.68
3	491	7.24	876	12.92
4	1109	16.36	1985	29.28
5	958	14.13	2943	43.41
6	1847	27.25	4790	70.66
7	1989	29.34	6779	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	5	sor	netim	es	n	ever
a.	three or four paragraphs before the one you are currently reading	1	2	3	4	5	6	7

C4A	Frequency	Percent	Cum Freq	Cum Percent
-9	39	0.58	39	0.58
-8	1	0.01	40	0.59
-7	4	0.06	44	0.65
-1	1	0.01	45	0.66
1	85	1.25	130	1.92
2	197	2.91	327	4.82
3	660	9.74	987	14.56
4	1571	23.17	2558	37.73
5	1514	22.33	4072	60.07
6	1683	24.83	5755	84.89
7	1024	15.11	6779	100.00

	alway	'S	SOI	netim	es	n	ever
the paragraph before the one you	1	2	3	4	5	6	7
are currently reading							

b.

C4B	Frequency	Percent	Cum Freq	Cum Percent
-9	50	0.74	50	0.74
-8	1	0.01	51	0.75
-7	5	0.07	56	0.83
-1	1	0.01	57	0.84
1	81	1.19	138	2.04
2	174	2.57	312	4.60
3	472	6.96	784	11.57
4	1043	15.39	1827	26.95
5	1105	16.30	2932	43.25
6	2011	29.67	4943	72.92
7	1836	27.08	6779	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	58	0.86	58	0.86
-7	5	0.07	63	0.93
-1	1	0.01	64	0.94
1	79	1.17	143	2.11
2	178	2.63	321	4.74
3	402	5.93	723	10.67
4	861	12.70	1584	23.37
5	873	12.88	2457	36.24
6	1870	27.59	4327	63.83
7	2452	36.17	6779	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.

		alway	S		somet	imes		neve	r
a.	keep an appointment book	1	2	3	4	5	6	7	

C5A	Frequency	Percent	Cum Freq	Cum Percent
-9	28	0.41	28	0.41
-7	1	0.01	29	0.43
1	3583	52.85	3612	53.28
2	831	12.26	4443	65.54
3	367	5.41	4810	70.95
4	584	8.61	5394	79.57
5	485	7.15	5879	86.72
6	351	5.18	6230	91.90
7	549	8.10	6779	100.00

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

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

C5C	Frequency	Percent	Cum Freq	Cum Percent
-9	29	0.43	29	0.43
-8	1	0.01	30	0.44
-7	2	0.03	32	0.47
1	2445	36.07	2477	36.54
2	1059	15.62	3536	52.16
3	620	9.15	4156	61.31
4	943	13.91	5099	75.22
5	612	9.03	5711	84.25
6	488	7.20	6199	91.44
7	580	8.56	6779	100.00

alway	sometimes				neve		
1	2	3	4	5	6	7	

d.	keep things you need to do in a
	prominent place where you will
	notice them

C5D	Frequency	Percent	Cum Freq	Cum Percent
-9	23	0.34	23	0.34
-8	1	0.01	24	0.35
-7	2	0.03	26	0.38
-1	1	0.01	27	0.40
1	2596	38.29	2623	38.69
2	1254	18.50	3877	57.19
3	636	9.38	4513	66.57
4	822	12.13	5335	78.70
5	562	8.29	5897	86.99
6	498	7.35	6395	94.34
7	384	5.66	6779	100.00

#### **SECTION D**

INSTRUCTIONS: This section asks for your views about your health. This information will help keep track of how you feel and how well you are able to do your usual activities.

**Answer every question** by marking the answer as indicated. If you are unsure about how to answer a question, please give the best answer you can.

#### 1. In general, would you say your health is:

(circle one)

Excellent.	1
Very good	2
Good	3
Fair	4
Poor	5

HEALTH_G	Frequency	Percent	Cum Freq	Cum Percent
-9	21	0.31	21	0.31
-7	1	0.01	22	0.32
1	645	9.51	667	9.84
2	2361	34.83	3028	44.67
3	2663	39.28	5691	83.95
4	1019	15.03	6710	98.98
5	69	1.02	6779	100.00

#### 2. <u>Compared to one year ago</u>, how would you rate your health in general <u>now</u>?

(circle one)

Much better now than one year ago1
Somewhat better now than one year ago2
About the same3
Somewhat worse now than one year ago4

Much worse now than one year ago5	
-----------------------------------	--

HEAL_1Y	Frequency	Percent	Cum Freq	Cum Percent
-9	13	0.19	13	0.19
-8	1	0.01	14	0.21
-7	1	0.01	15	0.22
1	520	7.67	535	7.89
2	900	13.28	1435	21.17
3	4172	61.54	5607	82.71
4	1112	16.40	6719	99.11
5	60	0.89	6779	100.00

### 3. The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?

(circle one number on each line)

	<u>ACTIVITIES</u>	Yes, limited a lot	Yes, limited a little	No, not limited at all
a.	Vigorous activities, such as running, lifting heavy objects,	1	2	3
	participating in strenuous sports?			

D3A	Frequency	Percent	Cum Freq	Cum Percent
-9	28	0.41	28	0.41
-7	1	0.01	29	0.43
-1	1	0.01	30	0.44
1	3491	51.50	3521	51.94
2	2573	37.96	6094	89.90
3	685	10.10	6779	100.00

D3B	Frequency	Percent	Cum Freq	Cum Percent
-9	22	0.32	22	0.32
-7	1	0.01	23	0.34
1	815	12.02	838	12.36
2	2490	36.73	3328	49.09
3	3451	50.91	6779	100.00

1

c. Lifting or carrying groceries?

3

D3C	Frequency	Percent	Cum Freq	Cum Percent
-9	22	0.32	22	0.32
-8	1	0.01	23	0.34
-7	1	0.01	24	0.35
1	547	8.07	571	8.42
2	2133	31.46	2704	39.89
3	4075	60.11	6779	100.00

d. Climbing **several** flights of stairs?

1

1

2

2

3

D3				
D	Frequency	Percent	Cum Freq	Cum Percent
-9	28	0.41	28	0.41
-8	1	0.01	29	0.43
-7	1	0.01	30	0.44
1	1631	24.06	1661	24.50
2	2625	38.72	4286	63.22
3	2493	36.78	6779	100.00

e. Climbing **one** flight of stairs?

1

2

3

D3E	Frequency	Percent	Cum Freq	Cum Percent
-9	34	0.50	34	0.50
-8	1	0.01	35	0.52
-7	1	0.01	36	0.53
1	576	8.50	612	9.03
2	1713	25.27	2325	34.30
3	4454	65.70	6779	100.00

f. Bending, kneeling, or stooping?

1

2

3

D3F	Frequency	Percent	Cum Freq	Cum Percent
-9	35	0.52	35	0.52
-8	1	0.01	36	0.53
-7	1	0.01	37	0.55
1	1301	19.19	1338	19.74
2	2912	42.96	4250	62.69
3	2529	37.31	6779	100.00

g. Walking more than a mile?

D3 G Percent Cum Freq **Cum Percent** Frequency -9 0.62 0.62 -8 1 0.01 43 0.63 2 0.03 45 0.66 2122 2077 30.64 31.30 29.97 2032 4154 61.28

38.72

6779

1

1

1

100.00

1

2

2

2

2

3

3

3

3

h. Walking **several blocks**?

2625

D3 Η Frequency Percent Cum Freq **Cum Percent** -9 31 0.46 31 0.46 -8 0.03 33 0.49 2 0.50 -7 1 0.01 34 1262 1228 18.11 18.62 42.20 1599 23.59 2861 3918 57.80 6779 100.00

i. Walking **one block**?

D3I Frequency Percent Cum Freq Cum Percent 31 0.46 31 0.46 -7 0.01 32 0.47 1 448 480 7.08 6.61 1081 15.95 1561 23.03 5218 76.97 6779 100.00

j. Bathing or dressing yourself?

Percent D3J Frequency Cum Freq **Cum Percent** 14 0.21 14 0.21 -7 0.22 0.01 15 76 1.12 91 1.34 421 6.21 512 7.55 6267 92.45 6779 100.00

ACTIVE FORM # 5 - INDIVIDUAL BASELINE TAKE-HOME QUESTIONNAIRE - VERSION 03/01/98--PAGE 28 CODEBOOK

4.	During the past 4 weeks, have you had any of the following problems with your
	work or other regular daily activities as a result of your physical health?

(circle one number on each line)

YES NO

a. Cut down the **amount of time** you spent on work or other activities?

1

2

D4A	Frequency	Percent	Cum Freq	Cum Percent
-9	28	0.41	28	0.41
-7	2	0.03	30	0.44
1	1951	28.78	1981	29.22
2	4798	70.78	6779	100.00

b. **Accomplished less** than you would like?

1

2

D4B	Frequency	Percent	Cum Freq	Cum Percent
-9	17	0.25	17	0.25
-7	2	0.03	19	0.28
1	3620	53.40	3639	53.68
2	3140	46.32	6779	100.00

c. Were limited in the **kind** of work or other activities?

1

2

D4C	Frequency	Percent	Cum Freq	Cum Percent
-9	34	0.50	34	0.50
-7	2	0.03	36	0.53
1	2801	41.32	2837	41.85
2	3942	58.15	6779	100.00

d. Had **difficulty** performing the work or other activities (for example, it took extra effort)?

1

2

D4D	Frequency	Percent	Cum Freq	Cum Percent
-9	28	0.41	28	0.41
-7	2	0.03	30	0.44
-1	1	0.01	31	0.46
1	2770	40.86	2801	41.32
2	3978	58.68	6779	100.00

<b>5.</b>	During the past 4 weeks, have you had any of the following problems with your
	work or other regular daily activities as a result of any emotional problems
	(such as feeling depressed or anxious)?

(circle one number on each line)

a.	Cut down the amount of time you spent on	1	2
	work or other activities?		

NO

2

YES

1

D5A	Frequency	Percent	Cum Freq	Cum Percent
-9	24	0.35	24	0.35
-7	2	0.03	26	0.38
1	1290	19.03	1316	19.41
2	5463	80.59	6779	100.00

b. **Accomplished less** than you would like?

D5B	Frequency	Percent	Cum Freq	Cum Percent
-9	19	0.28	19	0.28
-7	2	0.03	21	0.31
1	2433	35.89	2454	36.20
2	4325	63.80	6779	100.00

c. Didn't do work or other activities as **carefully** as 1 2 usual?

D5C	Frequency	Percent	Cum Freq	Cum Percent
-9	23	0.34	23	0.34
-7	2	0.03	25	0.37
1	1415	20.87	1440	21.24
2	5339	78.76	6779	100.00

6.	During the past 4 weeks, to what extent has your physical health or emotional
	problems interfered with your normal social activities with family, friends,
	neighbors, or groups?
	(circle one)

Not at all	1
Slightly	2
Moderately	3
Quite a bit	4
Extremely	5

D6	Frequency	Percent	Cum Freq	Cum Percent
-9	23	0.34	23	0.34
-8	1	0.01	24	0.35
-7	2	0.03	26	0.38
1	4475	66.01	4501	66.40
2	1312	19.35	5813	85.75
3	601	8.87	6414	94.62
4	309	4.56	6723	99.17
5	56	0.83	6779	100.00

## 7. How much bodily pain have you had during the past 4 weeks? (circle one)

None	1
Very Mild	2
Mild	3
Moderate	1
Severe5	5
Very Severe	6

D7	Frequency	Percent	Cum Freq	Cum Percent
-9	31	0.46	31	0.46
-8	2	0.03	33	0.49
-7	2	0.03	35	0.52
1	1144	16.88	1179	17.39
2	2017	29.75	3196	47.15
3	1312	19.35	4508	66.50
4	1702	25.11	6210	91.61
5	482	7.11	6692	98.72
6	87	1.28	6779	100.00

# 8. During the <u>past 4 weeks</u>, how much did <u>pain</u> interfere with your normal work (including both work outside the home and housework)?

(circle one)

Not at all	.1
A little bit	2
Moderately	3
Quite a bit	.4
Extremely	5

D8	Frequency	Percent	Cum Freq	Cum Percent
-9	23	0.34	23	0.34
-7	2	0.03	25	0.37
1	3143	46.36	3168	46.73
2	1784	26.32	4952	73.05
3	1155	17.04	6107	90.09
4	585	8.63	6692	98.72
5	87	1.28	6779	100.00

9. These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks .....

(circle one number on each line)

Did you feel full of

pep?

a.

All of the time		A good bit of the time		of the	
1	2	3	4	5	6

D9A	Frequency	Percent	Cum Freq	Cum Percent
-9	33	0.49	33	0.49
-8	2	0.03	35	0.52
-7	3	0.04	38	0.56
1	228	3.36	266	3.92
2	2036	30.03	2302	33.96
3	1603	23.65	3905	57.60
4	1756	25.90	5661	83.51
5	774	11.42	6435	94.93
6	344	5.07	6779	100.00

b. Have you been a 1 2 3 4 5 6 very nervous person?

D9B	Frequency	Percent	Cum Freq	Cum Percent
-9	27	0.40	27	0.40
-8	2	0.03	29	0.43
-7	3	0.04	32	0.47
1	89	1.31	121	1.78
2	140	2.07	261	3.85
3	279	4.12	540	7.97
4	927	13.67	1467	21.64
5	1966	29.00	3433	50.64
6	3346	49.36	6779	100.00

	All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
Have you felt so down in the dumps that nothing could cheer you up?	1	2	3	4	5	6

c.

D9C	Frequency	Percent	Cum Freq	Cum Percent
-9	24	0.35	24	0.35
-7	3	0.04	27	0.40
1	27	0.40	54	0.80
2	47	0.69	101	1.49
3	121	1.78	222	3.27
4	499	7.36	721	10.64
5	1078	15.90	1799	26.54
6	4980	73.46	6779	100.00

d. Have you felt calm 1 2 3 4 5 6 and peaceful?

D9D	Frequency	Percent	Cum Freq	Cum Percent
-9	24	0.35	24	0.35
-8	1	0.01	25	0.37
-7	3	0.04	28	0.41
1	932	13.75	960	14.16
2	3198	47.18	4158	61.34
3	1101	16.24	5259	77.58
4	873	12.88	6132	90.46
5	406	5.99	6538	96.44
6	241	3.56	6779	100.00

e. Did you have a lot 1 2 3 4 5 6 of energy?

D9E	Frequency	Percent	Cum Freq	Cum Percent
-9	32	0.47	32	0.47
-7	3	0.04	35	0.52
-1	1	0.01	36	0.53
1	438	6.46	474	6.99
2	1902	28.06	2376	35.05
3	1522	22.45	3898	57.50
4	1502	22.16	5400	79.66
5	881	13.00	6281	92.65
6	498	7.35	6779	100.00

All of the time		A good bit of the time	of the		of the
1	2	3	4	5	6

f. Have you felt downhearted and blue?

D9F	Frequency	Percent	Cum Freq	Cum Percent
-9	34	0.50	34	0.50
-7	4	0.06	38	0.56
1	42	0.62	80	1.18
2	95	1.40	175	2.58
3	186	2.74	361	5.33
4	981	14.47	1342	19.80
5	2105	31.05	3447	50.85
6	3332	49.15	6779	100.00

g. Did you feel worn out?

D9G	Frequency	Percent	Cum Freq	Cum Percent
-9	28	0.41	28	0.41
-7	3	0.04	31	0.46
1	94	1.39	125	1.84
2	297	4.38	422	6.23
3	538	7.94	960	14.16
4	1799	26.54	2759	40.70
5	2543	37.51	5302	78.21
6	1477	21.79	6779	100.00

h. Have you been a happy person?

D9H	Frequency	Percent	Cum Freq	Cum Percent
-9	26	0.38	26	0.38
-7	3	0.04	29	0.43
1	1455	21.46	1484	21.89
2	3401	50.17	4885	72.06
3	849	12.52	5734	84.58
4	580	8.56	6314	93.14
5	247	3.64	6561	96.78
6	218	3.22	6779	100.00

	All of the time		A good bit of the time			
Did vou feel tired?	1	2		4	5	6

D9I	Frequency	Percent	Cum Freq	Cum Percent
-9	24	0.35	24	0.35
-8	1	0.01	25	0.37
-7	3	0.04	28	0.41
1	173	2.55	201	2.97
2	438	6.46	639	9.43
3	754	11.12	1393	20.55
4	2460	36.29	3853	56.84
5	2413	35.60	6266	92.43
6	513	7.57	6779	100.00

# 10. During the <u>past 4 weeks</u>, how much of the time has your <u>physical health or emotional problems</u> interfered with your social activities (like visiting with friends, relatives, etc.)?

(circle one)

i.

All of the time	
Most of the time2	
Some of the time	3
A little of the time4	
None of the time5	į

D10	Frequency	Percent	Cum Freq	Cum Percent
-9	29	0.43	29	0.43
-7	3	0.04	32	0.47
1	80	1.18	112	1.65
2	211	3.11	323	4.76
3	903	13.32	1226	18.09
4	1271	18.75	2497	36.83
5	4282	63.17	6779	100.00

11.	How TRUE or FALSE is	each of the following statements for you? Use the 5
	point scale provided.	(circle one number on each line)

		Definitely true	Mostly true	Don't know	Mostly false	Definitely false
a.	I seem to get sick a little easier than other people.	1	2	3	4	5

D11A	Frequency	Percent	Cum Freq	Cum Percent
-9	31	0.46	31	0.46
-7	3	0.04	34	0.50
1	59	0.87	93	1.37
2	181	2.67	274	4.04
3	674	9.94	948	13.98
4	1440	21.24	2388	35.23
5	4391	64.77	6779	100.00

b. I am as healthy as anybody I know.

2

3

4

5

D11B	Frequency	Percent	Cum Freq	Cum Percent
-9	31	0.46	31	0.46
-7	4	0.06	35	0.52
1	1882	27.76	1917	28.28
2	2568	37.88	4485	66.16
3	1039	15.33	5524	81.49
4	572	8.44	6096	89.92
5	683	10.08	6779	100.00

2

c. I expect my health to get worse.

1

1

3

4

4

5

5

D11C	Frequency	Percent	Cum Freq	Cum Percent
-9	31	0.46	31	0.46
-8	3	0.04	34	0.50
-7	2	0.03	36	0.53
1	334	4.93	370	5.46
2	839	12.38	1209	17.83
3	2605	38.43	3814	56.26
4	1168	17.23	4982	73.49
5	1797	26.51	6779	100.00

d. My health is excellent. 1 2 3

D11D Frequency Percent Cum Freq Cum Percent 31 0.46 31 0.46 0.52 4 0.06 35 1069 16.29 15.77 1104 3442 50.77 4546 67.06 3 7.91 536 5082 74.97 4 867 12.79 5949 87.76 830 12.24 6779 100.00

#### **SECTION E:**

Below is a list of statements about ways you may have felt or behaved recently. For each statement, please circle the response choice that comes closest to describing how you felt or behaved <u>during the past week</u>. For example, if your answer to the first statement is "1-2 days", circle the number 1. There are no right or wrong answers. **Please circle an answer for every statement.** 

	Less			
	than	1-2	3-4	5-7
Never	1 day	days	days	days

3

#### During the past week, ...

E1. I did not feel like eating; my appetite was 0 0 1 2 poor.

EATING	Frequency	Percent	Cum Freq	Cum Percent
-9	26	0.38	26	0.38
-8	1	0.01	27	0.40
-7	3	0.04	30	0.44
0	5810	85.71	5840	86.15
1	698	10.30	6538	96.44
2	158	2.33	6696	98.78
3	83	1.22	6779	100.00

E2. I felt that I could not shake off the blues 0 0 1 2 3 even with help from my family or friends.

BLUES	Frequency	Percent	Cum Freq	Cum Percent
-9	48	0.71	48	0.71
-7	3	0.04	51	0.75
0	5984	88.27	6035	89.02
1	527	7.77	6562	96.80
2	126	1.86	6688	98.66
3	91	1.34	6779	100.00

E3. I had trouble keeping my mind on what I 0 0 1 2 3 was doing.

KEEPMIND	Frequency	Percent	Cum Freq	Cum Percent
-9	32	0.47	32	0.47
-7	3	0.04	35	0.52
0	5483	80.88	5518	81.40
1	943	13.91	6461	95.31
2	228	3.36	6689	98.67
3	90	1.33	6779	100.00

					Never	Less than 1 day		3-4 days	5-7 day:
E4.	I felt depressed.				0	0	1	2	3
		DEDDESS	Frequency	Percent	Cum Freq	Cum Per	cent		
		-9	34	0.50	34	0.50	Cent		
		-8	4	0.06	38	0.56			
		-7	2	0.03	40	0.59			
		0	5503	81.18	5543	81.77			
		1	866	12.77	6409	94.54			
		2	237	3.50	6646	98.04			
		3	133	1.96	6779				
		3	133	1.90	0779	100.00			
E5.	I felt hopeful ab	out the fu	ture.		0	0	1	2	3
		HOPEFUL	Frequency	Percent	Cum Freq	Cum Pe	ercent		
		-9	103	1.52	103	1.52			
		-8	2	0.03	105	1.55			
		-7	4	0.06	109	1.61			
		0	1455	21.46	1564	23.07			
		1	598	8.82	2162	31.89			
		2	928	13.69	3090	45.58			
		3	3689	54.42	6779	100.00			
				<b>"</b>	•	1			
E6.	My sleep was re	stless.			0	0	1	2	3
		RESTLESS	Frequency	Percent	Cum Freq	Cum Pe	ercent		
		-9	49	0.72	49	0.72			
		-8	2	0.03	51	0.75			
		-7	3	0.04	54	0.80			
		0	3290	48.53	3344	49.33			
		1	1851	27.30	5195	76.63			
		2	925	13.65	6120	90.28			
		3	659	9.72	6779	100.00			
E7.	I was happy.				0	0	1	2	3
		II A DDXZ	Γ	D	C F	C . D			
		HAPPY	Frequency	Percent	Cum Freq	Cum Pero	cent		
		-9 -8	72	1.06 0.09	72 78	1.06			
		-ð	6	10.09	1/8	1.15	1		

11/31 1	1 requeries	1 CICCIII	Cuming	Cum i cicciii
-9	72	1.06	72	1.06
-8	6	0.09	78	1.15
-7	3	0.04	81	1.19
0	705	10.40	786	11.59
1	491	7.24	1277	18.84
2	1269	18.72	2546	37.56
3	4233	62.44	6779	100.00

E8.	I felt lonely.				Never 0	Less than 1 day		3-4 days 2	5-7 days
		LONELY	Frequency	Percent	Cum Freq	Cum Per	cont		
		-9	55	0.81	55	0.81	CCIII		
		-8	2	0.03	57	0.84			
		-7	3	0.03	60	0.89			
		0	4942	72.90	5002	73.79			
		1	932	13.75	5934	87.54			
		2	465	6.86	6399	94.39			
		3	380	5.61	6779	100.00			
		3	360	3.01	0119	100.00			
E9.	I enjoyed life.				0	0	1	2	3
		ENJOYED	Frequency	Percent	Cum Freq	Cum Pe	rcent		
		-9	78	1.15	78	1.15	100110		
		-8	1	0.01	79	1.17			
		-7	4	0.06	83	1.22			
		0	597	8.81	680	10.03			
		1	384	5.66	1064	15.70			
		2	958	14.13	2022	29.83			
		3	4757	70.17	6779	100.00			
E10.	I had crying spe	ells.			0	0	1	2	3
		CRYINGSP	Frequency	Percent	Cum Freq	Cum Pe	rcent		
		-9	38	0.56	38	0.56			
		-8	2	0.03	40	0.59			
		-7	2	0.03	42	0.62			
		0	6273	92.54	6315	93.16			
		1	265	3.91	6580	97.06			
		2	101	1.49	6681	98.55			
		3	98	1.45	6779	100.00			
E11.	I felt sad.				0	0	1	2	3
		FELT_SAD		Percent	Cum Freq	Cum Pe	rcent		
		-9	46	0.68	46	0.68			
		-8	1	0.01	47	0.69			
		-7	2	0.03	49	0.72			
		0	5328	78.60	5377	79.32			
		1	911	13.44	6288	92.76			
		2	279	4.12	6567	96.87			
		3	212	3.13	6779	100.00			

 Less

 than
 1-2
 3-4
 5-7

 Never
 1 day
 days
 days
 days

 0
 0
 1
 2
 3

E12. I could not "get going."

GETGOING	Frequency	Percent	Cum Freq	Cum Percent
-9	30	0.44	30	0.44
-7	2	0.03	32	0.47
0	4517	66.63	4549	67.10
1	1461	21.55	6010	88.66
2	501	7.39	6511	96.05
3	268	3.95	6779	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.