

## **ABOUT THIS QUESTIONNAIRE**

This questionnaire is a part of the Health and Retirement Study. We greatly value your past participation in the HRS, and we hope that you will find this questionnaire interesting to complete. As always, your answers are extremely important to us. Please remember that your participation is *voluntary* and that you may skip over any questions that you would prefer not to answer.

A Department of Health and Human Services Certificate of Confidentiality covers this research in order to help ensure your privacy. This certificate can help protect the investigators from being forced to release any research information that identifies you. Please note that we must report credible evidence of serious harm or abuse to any person to the authorities, but this questionnaire does not ask any questions about such topics.

## **FILLING OUT THIS QUESTIONNAIRE**

It is very important that the questions be answered by the person to whom the questionnaire is addressed (or by someone who knows this person well enough to answer the questions instead, if the addressee is unable to complete the questionnaire alone). At the end of this questionnaire, please record in the space provided the name of the person who completed the questions.

If you have any questions about the questionnaire, please feel free to call us at

**1-866-611-6476  
THANK YOU!**



Conducted by: The Survey Research Center at the University of Michigan.

Sponsored by: The Social Security Administration and the National Institute on Aging.

## **PLEASE ANSWER THE QUESTIONS BY:**

**Marking a box like this:**

**Or writing an answer on a line like this: Answer**

**Please use a #2 pencil or black ballpoint pen.**

## **Section A:**

In the first part of this questionnaire section, we ask you to estimate how much time you spent doing various activities during the last week. For each activity, please tell us the number of hours you spent doing that activity. If you haven't done that activity at all in the last week, then mark the "0 hours" box to the right. If you spent less than an hour doing an activity, tell us how much of an hour you did spend (such as  $\frac{3}{4}$  or  $\frac{1}{2}$ ).

### **PLEASE NOTE:**

- Sometimes people do more than one activity at a time -- for example, listening to music while preparing a meal. That is, one hour of listening to music while preparing a meal would count as one hour of *listening to music* and also one hour of *preparing meals*.
- Similarly, one behavior might represent more than one activity included in the list. For example, e-mailing friends is both *using the computer* and *communicating with friends*. Record that time for both of the activities.
- Please include the time you spent traveling to and from an activity when estimating the amount of time spent on that activity.
- We realize that last week or last month might have been unusual, and that your answers may not reflect your typical activity patterns. It is important, however, to report the actual amount of time spent on each activity, rather than the usual amount.
- If you did not do an activity in the last week, please check the "0 hours" box.

How many hours did you actually spend **LAST WEEK**...

	<b>Hours spent last week</b>		<b>No time spent last week</b>
A1	Watching programs or movies/videos on TV, computers, etc.	_____ hours last week	<b>OR</b> <input type="checkbox"/> 0 hours
A2	Reading newspapers or magazines	_____ hours last week	<b>OR</b> <input type="checkbox"/> 0 hours
A3	Reading books	_____ hours last week	<b>OR</b> <input type="checkbox"/> 0 hours
A4	Listening to music	_____ hours last week	<b>OR</b> <input type="checkbox"/> 0 hours
A5	Sleeping and napping (including at night)	_____ hours last week	<b>OR</b> <input type="checkbox"/> 0 hours
A6	Walking	_____ hours last week	<b>OR</b> <input type="checkbox"/> 0 hours
A7	Participating in sports or other exercise activities	_____ hours last week	<b>OR</b> <input type="checkbox"/> 0 hours
A8	Visiting in-person with friends, neighbors, or relatives	_____ hours last week	<b>OR</b> <input type="checkbox"/> 0 hours
A9	Communicating by telephone, letters, e-mail, Facebook, Skype, or other media with friends, neighbors, or relatives	_____ hours last week	<b>OR</b> <input type="checkbox"/> 0 hours
A10	Working for pay	_____ hours last week	<b>OR</b> <input type="checkbox"/> 0 hours
A11	Using the computer	_____ hours last week	<b>OR</b> <input type="checkbox"/> 0 hours

	<b>Hours spent last week</b>		<b>No time spent last week</b>
A12 Praying or meditating	_____ hours last week	<b>OR</b>	<input type="checkbox"/> 0 hours
A13 House cleaning	_____ hours last week	<b>OR</b>	<input type="checkbox"/> 0 hours
A14 Washing, ironing, or mending clothes	_____ hours last week	<b>OR</b>	<input type="checkbox"/> 0 hours
A15 Yard work or gardening	_____ hours last week	<b>OR</b>	<input type="checkbox"/> 0 hours
A16 Shopping or running errands	_____ hours last week	<b>OR</b>	<input type="checkbox"/> 0 hours
A17 Preparing meals and cleaning up afterwards	_____ hours last week	<b>OR</b>	<input type="checkbox"/> 0 hours
A18 Personal grooming and hygiene, such as bathing and dressing	_____ hours last week	<b>OR</b>	<input type="checkbox"/> 0 hours
A19 Caring for pets	_____ hours last week	<b>OR</b>	<input type="checkbox"/> 0 hours
A20 Physically showing affection for others through hugging, kissing, etc.	_____ hours last week	<b>OR</b>	<input type="checkbox"/> 0 hours

Now think about the **LAST MONTH**. How many hours did you spend last month...

		<b>Hours spent last month</b>		<b>No time spent last month</b>
A21	Helping friends, neighbors, or relatives who did not live with you and did not pay you for the help	_____ hours last month	<b>OR</b>	<input type="checkbox"/> 0 hours
A21.5	Taking care of grandchildren	_____ hours last month	<b>OR</b>	<input type="checkbox"/> 0 hours
A22	Doing volunteer work for religious, educational, health-related, or other charitable organizations	_____ hours last month	<b>OR</b>	<input type="checkbox"/> 0 hours
A23	Attending religious services	_____ hours last month	<b>OR</b>	<input type="checkbox"/> 0 hours
A24	Attending meetings of clubs or religious groups	_____ hours last month	<b>OR</b>	<input type="checkbox"/> 0 hours
A25	Taking care of finances or investments, such as banking, paying bills, balancing the checkbook, doing taxes, etc.	_____ hours last month	<b>OR</b>	<input type="checkbox"/> 0 hours
A26	Treating or managing an existing medical condition of your own	_____ hours last month	<b>OR</b>	<input type="checkbox"/> 0 hours
A27	Playing cards or games, or solving puzzles	_____ hours last month	<b>OR</b>	<input type="checkbox"/> 0 hours
A28	Attending concerts, movies, or lectures, or visiting museums	_____ hours last month	<b>OR</b>	<input type="checkbox"/> 0 hours
A29	Singing or playing a musical instrument	_____ hours last month	<b>OR</b>	<input type="checkbox"/> 0 hours

		<b>Hours spent last month</b>		<b>No time spent last month</b>
A30	Doing arts and crafts projects, including knitting, embroidery, or painting	_____ hours last month	<b>OR</b>	<input type="checkbox"/> 0 hours
A31	Doing home improvements, including painting, redecorating, or making home repairs	_____ hours last month	<b>OR</b>	<input type="checkbox"/> 0 hours
A32	Working on, maintaining, or cleaning your car(s) or vehicle(s)	_____ hours last month	<b>OR</b>	<input type="checkbox"/> 0 hours
A33	Dining or eating outside the home (not related to business or work)	_____ hours last month	<b>OR</b>	<input type="checkbox"/> 0 hours

- A34.** Thinking of your meals **last week**, how much time did you spend eating meals at home last week?

\_\_\_\_\_ Hours last week

- A35.** Please think of how much time you spend seeing doctors, nurses, therapists or other health care providers about your own health, or going to the pharmacy for your own medications. During the past year, about how much time did you spend on average on these activities, including travel time?

_____ hours per week	<b>OR</b>	_____ hours per month	<b>OR</b>	_____ hours last year
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**A36.** Did you spend any time last week treating or managing the medical condition of another person?

- Yes → Go to question A36a
- No → Go to question A37

**A36a.** Who was that person? (**Check all that apply.**)

- spouse
- your child, stepchild or grandchild
- your parent, parent-in-law or grandparent
- other, specify \_\_\_\_\_

How many hours did you spend in total last week?

\_\_\_\_\_ Hours last week

**A37.** During the past year, about how much time did you spend on average paying or managing medical bills, including dealing with insurance claims? If you helped another person manage his or her bills or claims, please include that time.

_____ hours per week	<b>OR</b>	_____ hours per month	<b>OR</b>	_____ hours last year
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**A38.** How many days in the last twelve months were you away from home on overnight trips related to business or work?

\_\_\_\_\_ Days

**A39.** How many days in the last twelve months were you away from home on overnight trips or vacations not related to business or work?

\_\_\_\_\_ Days

**Now think about everything you do during waking hours:**

**A40.** How often do you use your mind in what you do? (**Check one.**)

- Rarely
- Sometimes
- Often
- Almost all the time
- Uncertain, can't say

**Now think about everything you do during waking hours:**

**A41.** How often do you use your body in what you do? (**Check one.**)

- Rarely
- Sometimes
- Often
- Almost all the time
- Uncertain, can't say

**A42.** How often are your activities done with other people? (**Check one.**)

- Rarely
- Sometimes
- Often
- Almost all the time
- Uncertain, can't say

**A43.** How often do your activities benefit other people? (**Check one.**)

- Rarely
- Sometimes
- Often
- Almost all the time
- Uncertain, can't say

**A44.** Were the questions in Section A answered by the person to whom this questionnaire was addressed, or did someone else answer for that person? (**Check one.**)

- Yes, the questions were answered by the person to whom the questionnaire was addressed
- The questions were answered by that person's spouse or partner
- The questions were answered by that person's son or daughter
- The questions were answered by someone else: Please say if you are a relative, a friend, a care provider, or what: \_\_\_\_\_

**A45.** Approximately, how long did it take you to complete Section A?

\_\_\_\_\_ Minutes

**End of Section A.**

**Thank you for your participation in this important survey!**



