

MIDJA TO MIDUS ROADMAP

Overview

A majority of the items in the MIDJA Survey were taken from the MIDUS II Project 1 SAQ and Phone Interview

Of the remaining items most were taken from the MIDUS II Project 4 Biomarker SAQ.

Some of the MIDUS items were modified slightly to accommodate cultural differences, while more substantial changes were made to others. The final items are unique to MIDJA.

These items are color-coded on the following pages as follows:

Unique items appear in **purple**

Items with **slight** modifications appear in **dark green**

Items with more **substantial** modifications appear in **light green**

See the documentation file Readme - MIDJA Data File Notes.pdf for more details.

The overall purpose of this document is to help data users link the MIDJA and MIDUS items and variables.

Thus all of the items in the MIDJA Survey Questionnaire are listed on the following pages, one item per row, with question and header text interspersed as appropriate. Scale scores and constructed variables are also listed. They appear at the end of the set of questions used to construct them.

The following information is listed for each item:

MIDJA Quest. No. - The question number for the item in the MIDJA Survey Questionnaire

MIDJA SVN - MIDJA Short Variable Name

MIDJA in MIDUS fmt - the MIDJA variable name when converted to MIDUS

MIDJA Question - the MIDJA item or header text in Japanese

MIDUS II Quest. No. - The corresponding MIDUS II Question number. The source of the item is indicated as follows:

1. Letter & Number (e.g. A1, E6) or Letter (a, b, c, etc.) - item is taken from the MIDUS II Project 1 SAQ

Thus A1 indicates P1 SAQ section A question 1.

2. Phone, Letter & Number (e.g. PhoneA36, PhoneA58) - item is taken from the MIDUS II Project 1 Phone Interview

3. BioQ, Number or Number & Letter (e.g. BioQ4, BioQ12m) - item is taken from the MIDUS II Project 4 (Biomarker) SAQ.

Thus the number (4) or number & letter (12m) indicates the question number.

MIDUS II SVN - the MIDUS Short Variable Name

MIDUS II SPSS Label - the MIDUS II variable label in SPSS

MIDUS II Question - the MIDUS II item or header text in English

For question with multiple items (e.g. A9, BioQ11), the section and question numbers are listed at the beginning of the question set or at the first item. For the remaining items, just the letters corresponding to the individual items are listed.

MIDJA_Project 1				MIDUSII_project 1 & project 4			
MIDJA Quest. No	Final MIDJA SVN	MIDJA in MIDUS fmt	MIDJA_Question	MIDUS II Quest. No.	MIDUSII SVN	MIDUS II SPSS Label	MIDUSII_Question
(A) 健康のことについておたずねします				Section A: Your Health			
A1	j1sa1	b1sa1	現在のあなたの健康度を、「もっとも不良」を0、「もっとも良好」を10として、0から10であてはまる数字に○をつけてください。(○は1つだけ)	A1	b1sa1	Rate health current	Using a scale from 0 to 10 where 0 means "the worst possible health" and 10 means "the best possible health," how would you rate your health these days?
A2	j1sa2	b1sa2	10年前を振り返ってください。その時のあなたの健康度はどのくらいだったとお考えですか0から10であてはまる数字に○をつけてください。(○は1つだけ)	A2	b1sa2	Rate health ten years	Looking back ten years ago, how would you rate your health at that time using the same 0 to 10 scale?
A3	j1sa3	b1sa3	今から10年後をお考えください。その時のあなたの健康度はどのくらいだろうとお考えですか。0から10であてはまる数字に○をつけてください。(○は1つだけ)	A3	b1sa3	Rate health ten years future	Looking ahead ten years into the future, what do you expect your health will be like at that time?
A4	j1sa4	b1sa4	最近、ご自身の健康を、どの程度コントロールしていますか。「まったくしていない」を0、「とてもしている」を10として、0から10であてはまる数字に○をつけてください。(○は1つだけ)	A4	b1sa4	Rate control over health	Using a 0 to 10 scale where 0 means "no control at all" and 10 means "very much control," how would you rate the amount of control you have over your health these days?
A5	j1sa5	b1sa5	最近、ご自身の健康について、どの程度考えたり、努力したりしていますか。「まったくしていない」を0、「とてもしている」を10として、0から10であてはまる数字に○をつけてください。	A5	b1sa5	Rate thought/effort put into health	Using a 0 to 10 scale where 0 means "no thought or effort" and 10 means "very much thought and effort," how much thought and effort do you put into your health these days?
	J1SSATIS	B1SSATIS			B1SSATIS	Life Satisfaction (5-items)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SSATI2	B1SSATI2			B1SSATI2	Life Satisfaction (6-items)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
A6			次のことについて、あなたは、どの程度あてはまると思いますか。あてはまる数字に○をつけてください。(ア)から(オ)まで○はそれぞれ1つずつ)	A9			Please indicate the degree to which each of the following statements is true of you in general.
ア	j1sa6a	b1sa9a	自分の体の変化に敏感だ	a	b1sa9a	Often aware of various things in my body	a. I am often aware of various things happening within my body.
イ	j1sa6b	b1sa9b	突然の雑音にイライラする	b	b1sa9b	Sudden loud noises really bother me	b. Sudden loud noises really bother me.
ウ	j1sa6c	b1sa9c	暑すぎたり寒すぎたりするのは嫌だ	c	b1sa9c	Hate to be too hot/too cold	c. I hate to be too hot or too cold.
エ	j1sa6d	b1sa9d	お腹がすいたことに、すぐ気づく	d	b1sa9d	Quick to sense hunger contractions	d. I am quick to sense hunger contractions in my stomach.
オ	j1sa6e	b1sa9e	痛みに耐えられない	e	b1sa9e	Low pain	e. I have a low tolerance for pain.

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	J1SAMPLI	B1SAMPLI			B1SAMPLI	Somatic Amplification	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
A7			この1ヶ月間に、あなたは、次のような症状をどのくらい経験しましたか。あてはまる数字に○をつけてください。(ア)から(ケ)まで○はそれぞれ1つずつ)	A10			During the past 30 days, how often have you experienced each of the following?
ア	j1sa7a	b1sa10a	頭痛	a	b1sa10a	Headaches frequency (30 dys)	a. Headaches
イ	j1sa7b	b1sa10b	肩こりや腰痛	b	b1sa10b	Backaches frequency (30 dys)	b. Backaches
ウ	j1sa7c	b1sa10c	汗をたくさんかく	c	b1sa10c	Sweat frequency (30 dys)	c. Sweating a lot
エ	j1sa7d	b1sa10d	イライラ感	d	b1sa10d	Irritability freq (30 dys)	d. Irritability
オ	j1sa7e	b1sa10e	ほてり	e	b1sa10e	Hot flushes/flushes frequency (30 dys)	e. Hot flushes or flashes
カ	j1sa7f	b1sa10f	関節の痛み、関節の固さ	f	b1sa10f	Aches/joint stiffness frequency (30 dys)	f. Aches or stiffness in joints
キ	j1sa7g	b1sa10g	寝つけない、睡眠障害	g	b1sa10g	Falling/staying sleep frequency (30 dys)	g. Trouble getting to sleep or staying asleep
ク	j1sa7h	b1sa10h	尿もれ	h	b1sa10h	Leaking urine frequency (30 dys)	h. Leaking urine
ケ	j1sa7i	b1sa10j	手足の痛み	j	b1sa10j	Extremities aches/pain freq (30 dys)	j. Pain or aches in extremities (arms/hands/legs/feet)
A8			この1年間に、あなたはどのような症状を経験したり治療したりしましたか。次の中からあてはまるものに○をつけてください。(○はいくつでも)	A11			In the past twelve months, have you experienced or been treated for any of the following?
1	j1sa8a	b1sa11a	ぜんそく、気管支炎、肺気腫	a	b1sa11a	Asthma/bronchitis/emphysema ever (12 mo)	a. Asthma, bronchitis, or emphysema
2	j1sa8b	b1sa11b	結核	b	b1sa11b	Tuberculosis ever (12 mo)	b. Tuberculosis
3	j1sa8c	b1sa11c	他の肺の病気	c	b1sa11c	Other lung problems ever (12 mo)	c. Other lung problems

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4	j1sa8d	b1sa11d	関節炎、リウマチ、その他の骨・関節の病気	d	b1sa11d	Joint/bone diseases ever (12 mo)	d. Arthritis, rheumatism, or other bone or joint diseases
5	j1sa8e	b1sa11e	坐骨神経痛、腰痛	e	b1sa11e	Sciatica/lumbago/backache ever (12 mo)	e. Sciatica, lumbago, or recurring backache
6	j1sa8f	b1sa11f	慢性的な肌のトラブル（湿疹）	f	b1sa11f	Skin trouble persistent ever (12 mo)	f. Persistent skin trouble (e.g. eczema)
7	j1sa8g	b1sa11g	甲状腺の病気	g	b1sa11g	Thyroid disease ever (12 mo)	g. Thyroid disease
8	j1sa8h	b1sa11h	花粉症	h	b1sa11h	Hay fever ever (12 mo)	h. Hay fever
9	j1sa8i	b1sa11i	慢性的な胃の不調、消化不良、下痢	i	b1sa11i	Stomach trouble ever (12 mo)	i. Recurring stomach trouble, indigestion, or diarrhea
10	j1sa8j	b1sa11j	泌尿器やぼう胱の病気	j	b1sa11j	Urinary/bladder problem ever (12 mo)	j. Urinary or bladder problems
11	j1sa8k	b1sa11k	慢性的な便秘	k	b1sa11k	Constipated all/most ever (12 mo)	k. Being constipated all or most of the time
12	j1sa8l	b1sa11l	胆のうの病気	l	b1sa11l	Gall bladder trouble ever (12 mo)	l. Gall bladder trouble
13	j1sa8m	b1sa11m	慢性的な足の問題（うおのめ、巻き爪等）	m	b1sa11m	Foot trouble persistent ever (12 mo)	m. Persistent foot trouble (e.g. bunions, ingrown toenails)
14	j1sa8n	b1sa11n	治療が必要な静脈瘤	n	b1sa11n	Varicose veins ever (12 mo)	n. Trouble with varicose veins requiring medical treatment
15	j1sa8o	b1sa11o	エイズ、またはHIV感染	o	b1sa11o	AIDS/HIV ever (12 mo)	o. AIDS or HIV infection
16	j1sa8p	b1sa11p	自己免疫疾患（こう原病など）	p	b1sa11p	Lupus/autoimmune disorder ever (12 mo)	p. Lupus or other autoimmune disorders
17	j1sa8q	b1sa11q	慢性的な歯肉や口の病気	q	b1sa11q	Gum/mouth troubl persistent ever (12 mo)	q. Persistent trouble with your gums or mouth
18	j1sa8r	b1sa11r	慢性的な歯の病気	r	b1sa11r	Teeth trouble persistent ever (12 mo)	r. Persistent trouble with your teeth

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19	j1sa8s	b1sa11s	高血圧、高血圧症	s	b1sa11s	High blood press/hypertensn ever (12 mo)	s. High blood pressure or hypertension
20	j1sa8t	b1sa11t	不安、うつ、または他の精神的問題	t	b1sa11t	Anxiety/depression ever (12 mo)	t. Anxiety, depression, or some other emotional disorder
21	j1sa8u	b1sa11u	アルコール依存や薬物依存	u	b1sa11u	Alcohol/drug problem ever (12 mo)	u. Alcohol or drug problems
22	j1sa8v	b1sa11v	偏頭痛	u	b1sa11v	Migraine headaches ever (12 mo)	v. Migraine headaches
23	j1sa8w	b1sa11w	慢性の睡眠障害	w	b1sa11w	Chronic sleep problems ever (12 mo)	w. Chronic sleeping problems
24	j1sa8x	b1sa11x	糖尿病や高血糖	x	b1sa11x	Diabetes/high blood sugar ever (12 mo)	x. Diabetes or high blood sugar
25	j1sa8y	b1sa11y	多発性硬化症、てんかん、他の神経障害	y	b1sa11y	Neurological disorder ever (12 mo)	y. Multiple sclerosis, epilepsy, or other neurological disorders
26	j1sa8z	b1sa11z	脳出血・脳梗塞	z	b1sa11z	Stroke ever (12 mo)	z. Stroke
27	j1sa8aa	b1sa11aa	潰瘍（かいよう）	aa	b1sa11aa	Ulcer ever (12 mo)	aa. Ulcer
28	j1sa8bb	b1sa11bb	ヘルニアや脱腸	bb	b1sa11bb	Hernia ever (12 mo)	bb. Hernia or rupture
29	j1sa8cc	b1sa11cc	痔	cc	b1sa11cc	Piles/hemorrhoids ever (12 mo)	cc. Piles or hemorrhoids
30	j1sa8dd	b1sa11dd	嚥下障害（ものが飲み込みにくい）	dd	b1sa11dd	Swallowing problems ever (12 mo)	dd. Swallowing Problems
31	J1sa8ee	J1sa11ee	いずれもない				None of the above
	J1SCHRON	B1SCHRON			B1SCHRON	Number Chronic Conditions (12 mo)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SCHROX	B1SCHROX			B1SCHROX	Having any chronic conditions (12 mo)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables

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A9			この1ヶ月間に、あなたは、次にあげる症状のいずれかで医師が処方した薬を飲みましたか。＊（ア）から（シ）それぞれに「はい」か「いいえ」に○をつけてください。「はい」の場合、どのくらいの回数か、数字に○をつけてください。	A12			During the past 30 days have you taken prescription medicine for any of the following conditions?
ア	j1sa9a	b1sa12a	高血圧 - はい/いいえ	a	b1sa12a	RX hypertension ever (30 dys)	a. Hypertension- Yes/No
	j1sa9ay	b1sa12ay	高血圧 - はいの場合、どのくらいの回数ですか		b1sa12ay	RX hypertension frequency (30 dys)	ay. Hypertension- If Yes, how often?
イ	j1sa9b	b1sa12b	糖尿病 - はい/いいえ	b	b1sa12b	RX diabetes ever (30 dys)	b. Diabetes- Yes/No
	j1sa9by	b1sa12by	糖尿病 - はいの場合、どのくらいの回数ですか		b1sa12by	RX diabetes frequency (30 dys)	by. Diabetes- If Yes, how often?
ウ	j1sa9c	b1sa12c	高コレステロール - はい/いいえ	c	b1sa12c	RX cholesterol ever (30 dys)	c. High cholesterol- Yes/No
	j1sa9cy	b1sa12cy	高コレステロール - はいの場合、どのくらいの回数ですか		b1sa12cy	RX cholesterol frequency (30 dys)	cy. High cholesterol- If Yes, how often?
エ	j1sa9d	b1sa12d	心臓病 - はい/いいえ	d	b1sa12d	RX heart condition ever (30dys)	d. A heart condition- Yes/No
	j1sa9dy	b1sa12dy	心臓病 - はいの場合、どのくらいの回数ですか		b1sa12dy	RX heart condition frequency (30 dys)	dy. A heart condition - If Yes, how often?
オ	j1sa9e	b1sa12e	肺の病気 - はい/いいえ	e	b1sa12e	RX lung problems ever (30 dys)	e. Lung problems- Yes/No
	j1sa9ey	b1sa12ey	肺の病気 - はいの場合、どのくらいの回数ですか		b1sa12ey	RX lung problems frequency (30 dys)	ey. Lung problems- If Yes, How often?
カ	j1sa9f	b1sa12f	潰瘍（かいよう） - はい/いいえ	f	b1sa12f	RX ulcer ever (30 dys)	f. Ulcers- Yes/No
	j1sa9fy	b1sa12fy	潰瘍（かいよう） - はいの場合、どのくらいの回数ですか		b1sa12fy	RX ulcer frequency (30 dys)	fy. Ulcers- If Yes, How often?
キ	j1sa9g	b1sa12g	関節炎 - はい/いいえ	g	b1sa12g	RX arthritis ever (30 dys)	g. Arthritis- Yes/No
	j1sa9gy	b1sa12gy	関節炎 - はいの場合、どのくらいの回数ですか		b1sa12gy	RX arthritis frequency (30 dys)	gy. Arthritis- If Yes, How often?

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ク	j1sa9h	b1sa12h	ホルモン代替療法（エストロゲン等） - はい/いいえ	h	b1sa12h	RX hormone therapy ever (30 days)	h. Hormone replacement, such as estrogen- Yes/No
	j1sa9hy	b1sa12hy	ホルモン代替療法（エストロゲン等） - はいの場合、どのくらいの回数ですか		b1sa12hy	RX hormone therapy frequency (30 dys)	hy. Hormone replacement, such as estrogen- If Yes, How often?
ケ	j1sa9i	b1sa12i	避妊 - はい/いいえ	i	b1sa12i	RX birth control ever (30 dys)	i. Birth control- Yes/No
	j1sa9iy	b1sa12iy	避妊 - はいの場合、どのくらいの回数ですか		b1sa12iy	RX birth control frequency (30 dys)	iy. Birth control- If Yes, How often?
コ	j1sa9j	b1sa12j	頭痛 - はい/いいえ	j	b1sa12j	RX headaches ever (30 dys)	j. Headaches- Yes/No
	j1sa9jy	b1sa12jy	頭痛 - はいの場合、どのくらいの回数ですか		b1sa12jy	RX headaches frequency (30 dys)	iy. Headaches- If Yes, How often?
サ	j1sa9k	b1sa12k	神経症、不安、うつ - はい	k	b1sa12k	RX anxiety/depression ever (30 dys)	k. Nerves, anxiety, or depression- Yes/No
	j1sa9ky	b1sa12ky	神経症、不安、うつ - はいの場合、どのくらいの回数ですか		b1sa12ky	RX anxiety/depression freq (30 dys)	ky. Nerves, anxiety, or depression- If Yes, how often?
シ	j1sa9l	b1sa12l	痛み - はい /いいえ	l	b1sa12l	RX pain ever (30 dys)	l. Pain- Yes/No
	j1sa9ly	b1sa12ly	痛み - はいの場合、どのくらいの回数ですか		b1sa12ly	RX pain frequency (30 dys)	ly. Pain- If Yes, how often?
	J1SRXMED	B1SRXMED			B1SRXMED	Total Numbers Rx medicine taking (30 dys)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SRXMEX	B1SRXMEX			B1SRXMEX	Took any RX medicine (30 dys)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
A10			あなたは、健康上の理由で、次の行動がどのくらい <u>できなくなる</u> ことがありますか。あてはまる数字に○をつけてください。（（ア）～（コ）まで○はそれぞれ1つずつ）	A28			How much does your health limit you in doing each of the following?
ア	j1sa10a	b1sa28a	購入した食料品や雑貨類を持ち上げたり、運んだりする	a	b1sa28a	Health limits lifting/carrying groceries	a. Lifting or carrying groceries
イ	j1sa10b	b1sa28b	1人で入浴したり着替える	b	b1sa28b	Health limits bathing/dressing self	b. Bathing or dressing yourself

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ウ	j1sa10c	b1sa28c	2～3 階上まで階段である	c	b1sa28c	Health limits climb several flight stair	c. Climbing several flights of stairs
エ	j1sa10d	b1sa28d	一階上に階段である	d	b1sa28d	Health limits climb one flight of stairs	d. Climbing one flight of stairs
オ	j1sa10e	b1sa28e	体を曲げたり、ひざをついたり、かがんだりする	e	b1sa28e	Health limits bending/kneeling/stooping	e. Bending, kneeling, or stooping
カ	j1sa10f	b1sa28f	2キロ以上歩く	f	b1sa28f	Health limits walking more than one mile	f. Walking more than a mile
キ	j1sa10g	b1sa28g	200～300m 歩く	g	b1sa28g	Health limits walking several blocks	g. Walking several blocks
ク	j1sa10h	b1sa28h	50m 歩く	h	b1sa28h	Health limits walking one block	h. Walking one block
ケ	j1sa10i	b1sa28i	激しく動く（走る、重量あげなど）	i	b1sa28i	Health limits vigorous activity	i. Vigorous activity (e.g., running, lifting heavy objects)
コ	j1sa10j	b1sa28j	軽く動く（散歩する、掃除機をかけるなど）	j	b1sa28j	Health limits moderate activity	j. Moderate activity (e.g., bowling, vacuuming)
	J1SBADL1	B1SBADL1			B1SBADL1	Basic Activity of Daily Living (2-item version)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SBADL2	B1SBADL2			B1SBADL2	Basic Activity of Daily Living (3-item version)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SIADL	B1SIADL			B1SIADL	Instrumental Activity of Daily Living	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
A11			あなたは、次のようなとき、息切れしますか。あてはまる数字に○をつけてください。（（ア）～（エ）まで○はそれぞれ1つずつ）	A29			Do you get short of breath in the following situations?
ア	j1sa11a	b1sa29a	早歩きしたり、ゆるやかな坂を登るとき	a	b1sa29a	Short brth hurry ground/walk slight hill	a. When hurrying on ground level or walking up a slight hill.
イ	j1sa11b	b1sa29b	同年代の人と一緒に歩くとき	b	b1sa29b	Short breath walk w/ peer level ground	b. When walking with other people your age on level ground.
ウ	j1sa11c	b1sa29c	自分のペースで歩くとき	c	b1sa29c	Short breath walk own pace level ground	c. When walking at your own pace on level ground.

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エ	j1sa11d	b1sa29d	洗濯したり、着替えたりするとき	d	b1sa29d	Short breath washing/dressing	d. When washing or dressing.
	J1SDYSPN	B1SDYSPN			B1SDYSPN	Progressive Levels of Dyspnea	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
A12	j1sa12	b1sa44	今まで、手術や麻酔を必要とする処置を受けたことがありますか。 （局所麻酔、全身麻酔、歯の治療時の麻酔を含みます）	A44	b1sa44	Anesthesia ever	Have you ever in your life had an operation or major procedure that required any type of anesthesia (including local anesthesia, general anesthesia, dental anesthesia, etc.)?
A13	j1sa13cy	b1sa45	そのうち一番最近のものはいつですか。（1 平成 2 昭和）	A45	b1sa45	Anesthesia most recent Common Era Year	In what year did this happen (most recently)? Common Era: Year
	j1sa13cm	j1sa13cm				Anesthesia most recent Common Era Month	In what year did this happen (most recently)? Common Era: Month
A14	j1sa14	j1sa14	この1年間に、1 日以上病院に入院したことはありますか。				Have you ever been hospitalized at least overnight or over in the past 12 months?
A15	j1sa15	b1sa46	何回ありますか。	A46	b1sa46	Num times hospitalized overnight (12 mo)	How many separate times in the past 12 months have you been hospitalized overnight?
A16	j1sa16	b1sa47	通算で、何日入院しましたか	A47	b1sa47	Total number nights in hospital (12 mo)	How many nights did you stay in a hospital altogether in the past 12 months
A17			この1年間に、あなたは身体面の健康について受診したり、医師にかかりましたか。「はい」の場合、何回かかりましたか。	A53			Please indicate how many times you saw each of the following doctors in the past 12 months about your physical health. Include only visits regarding your own physical health, not visits when you took someone else to be examined. (If none, please enter "0".)
7	j1sa17a	j1sa17a	定期健康診断や婦人科健診を受診した - はい/いいえ			Had physical routine exam (12 mo)	a. Saw a doctor, hospital or clinic for a routine physical check-up or gynecological exam - Yes/No
	j1sa17an	b1sa53a	定期健康診断や婦人科健診を受診した	a	b1sa53a	Num times physical routine exam (12 mo)	a. Saw a doctor, hospital or clinic for a routine physical check-up or gynecological exam - Number of times
4	j1sa17b	j1sa17b	定期健康診断や定期検査で歯科検診を受診した - はい/いいえ			Had dental routine exam (12 mo)	b. Saw a dentist for a routine check-up or exam - Yes/No
	j1sa17bn	b1sa53b	定期健康診断や定期検査で歯科検診を受診した - 回数	b	b1sa53b	Number times dental routine exam (12 mo)	b. Saw a dentist for a routine check-up or exam- Number of times
9	j1sa17c	j1sa17c	定期健康診断や定期検査で眼科検診を受診した - はい/いいえ			Had optical routine exam (12 mo)	c. Saw an optician for a routine check-up or exam - Yes/No

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	j1sa17cn	b1sa53c	定期健康診断や定期検査で眼科検診を受診した- 回 数	c	b1sa53c	Num times optical routine exam (12 mo)	c. Saw an optician for a routine check-up or exam- Number of times
エ	j1sa17d	j1sa17d	救急処置室または救急当番の診療所で受診した（例えば、急な症状が現れた、事故にあった、その他予期しない何かのために） - はい/いいえ			Had urgent care (12 mo)	d. Saw a doctor, emergency room, or clinic for urgent care treatment (for example, because of new symptoms, an accident, or something else unexpected) - Yes/No
	j1sa17dn	b1sa53d	救急処置室または救急当番の診療所で受診した（例えば、急な症状が現れた、事故にあった、その他予期しない何かのために） - 回 数	d	b1sa53d	Number times urgent care (12 mo)	d. Saw a doctor, emergency room, or clinic for urgent care treatment (for example, because of new symptoms, an accident, or something else unexpected)- Number of times
オ	j1sa17e	j1sa17e	病院や診療所、歯科や眼科を、治療または手術の予定で受診した - はい/いいえ			Had scheduled treat/surgry (12 mo)	e. Saw a doctor, hospital, clinic, dentist or ophthalmologist for scheduled treatment or surgery - Yes/No
	j1sa17en	b1sa53e	病院や診療所、歯科や眼科を、治療または手術の予定で受診した- 回 数	e	b1sa53e	Num times scheduled treat/surgery (12 mo)	e. Saw a doctor, hospital, clinic, dentist or ophthalmologist for scheduled treatment or surgery- Number of times
	J1SUSEMD	B1SUSEMD			B1SUSEMD	Number Times Seeing Medical Doctor (12 mo)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
A18			この1年間に、あなたは、健康を維持するためや病気にならないようにするために、次にあげたことを、どのくらいの頻度でしましたか。あてはまる数字に○をつけてください。	A56			Please indicate how often you used each of the following therapies in the past 12 months, either to treat a physical health problem, to treat an emotional or personal problem, to maintain or enhance your wellness, or to prevent the onset of illness?
ア	j1sa18a	b1sa56a	鍼（はり）治療に行く	a	b1sa56a	Acupuncture frequency (12 mo)	a. Acupuncture
イ	j1sa18b	b1sa56c	カイロプラクティック、整体、マッサージを受ける	c	b1sa56c	Chiropractor frequency (12 mo)	c. Chiropractic
ウ	j1sa18c	b1sa56f	運動や運動療法（ジム、ピラティス、ヨガ、トレッキング、水泳など）	f	b1sa56f	Exercise/movement therapy freq (12 mo)	f. Exercise or movement therapy (yoga, pilates, tai chi, feldenkrais, etc.)
エ	j1sa18d	b1sa56g	漢方薬を飲む	g	b1sa56g	Herbal therapy frequency (12 mo)	g. Herbal therapy
オ	j1sa18e	b1sa56h	ビタミンや健康補助食品を摂取する	h	b1sa56h	High dose mega-vitamins frequency (12mo)	h. High dose mega-vitamins
カ	j1sa18f	b1sa56s	上記以外 具体的にお答えください	s	b1sa56s	Oth non-traditional therapy freq (12 mo)	s. Any other non-traditional remedy or therapy
A19	j1sa19	j1sa19	あなたが加入している健康保険は次のどれですか。あてはまる数字に○をつけてください。				Are you currently covered by any of the following health insurance plans? (1=my employers insurance, 2=spouses employers insurance, 3=national health insurance, 4=none of the above)

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A20			あなた個人の名義で加入している民間の医療保険（入院保険）はありますか。次の中からすべてあげてください。（○はいくつでも）				Among the following, is there any private medical insurance (hospitalization insurance) in which you are enrolled in your name? (Please circle as many as applicable)
1	j1sa20a	J1sa20a	入院特約付きの医療保険			Medical with hospital supplement	1. Medical insurance with a supplementary contract for hospitalization
2	j1sa20b	J1sa20b	がん保険			Cancer Insurance	2. Cancer insurance
3	j1sa20c	J1sa20c	介護特約付きの医療保険			Medical with home care supplement	3. Medical insurance with a supplementary contract for home care
4	j1sa20d	J1sa20d	成人病・生活習慣病特約付きの医療保険			Medical with adult disease supplement	4. Medical insurance with a supplementary contract for adult diseases
5	j1sa20e	J1sa20e	その他の民間医療保険（ただし、入院したときだけしか費用が払われない保険や歯の治療、メガネを作る、自宅での介護や事故などのように1つの決まったことにしか対応していない保険は含みません。）			Other private medical	5. Other private medical insurance. General coverage do not report if it is for a specific coverage (e.g. dental, prescription glasses, medications)
6	j1sa20f	J1sa20f	加入しているが、内容はわからない			Enrolled, details unknown	6. Enrolled but don't know the details
7	j1sa20g	J1sa20g	加入していない			Not enrolled	7. Not enrolled
(B) タバコについておたずねします				Smoking			
	j1sb1a					Did R EVER smoke?	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
B1	j1sb1	b1pa37	あなたが初めてタバコを吸ったのは、何歳のときですか。現在、吸っていない方でも、昔に吸ったことがあれば、そのときの年齢をお書きください。	PhoneA36	b1pa37	Age had first cigarette	At what age did you have your very first cigarette? At what age did you have your very FIRST cigarette, if EVER
B2	j1sb2	b1pa38a	今まで日常的にタバコを吸っていたことはありますか。（毎日少なくとも2、3本程度吸っていた方も含みます）	PhoneA37	b1pa38a	Ever smoked cigarettes regularly	Have you ever smoked cigarettes regularly -- that is, at least a few cigarettes every day?
B3	j1sb3	b1pa38b	日常的にタバコを吸い始めたのは、何歳のときからですか？	PhoneA38	b1pa38b	Age began to smoke regularly	At what age did you begin to smoke REGULARLY?
B4	j1sb4	b1pa39	現在、タバコを毎日吸っていますか	PhoneA39	b1pa39	Now smoke cigarettes regularly	Do you smoke cigarettes regularly NOW?
B5	j1sb5	b1pa40	今までの人生の中で、もっともタバコを吸っていたときは、1日に平均何本くらい吸っていましたか。	PhoneA40	b1pa40	Cigs/day during heaviest yr (cur smoker)	On average, about how many cigarettes did you smoke per day in the one year in your live when you smoked most heavily?

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(C) アルコール（飲酒）についておたずねします				Drinking			
C1	j1sc1	b1pa51	この1ヶ月の中で平均的な1週間の思い浮かべてください。あなたは、1週間のうち何日くらいアルコールを飲みましたか。	PhoneA51	b1pa51	How many days per week drank	Think about a typical week, about how many days per week did you have a drink?
C2	j1sc2	b1pa52	アルコールを飲んだとき、平均すると、一度にあなたは何杯くらい飲みましたか。	PhoneA52	b1pa52	Number drinks on days when drank	With these definitions in mind, on the days when you drank, about how many drinks did you drink on the average?
C3	j1sc3	b1pa53	この1ヶ月間に、一度にアルコールを5杯以上飲んだことは何回ありますか。	PhoneA53	b1pa53	Times had 5+drinks same occsn (past mo)	Considering all types of alcoholic beverages, how many times during the past month did you have 5 or more drinks on the same occasion?
C4	j1sc4	b1sa67	この1年間に、最初に思ったよりも飲みすぎてしまったり、長い時間飲み続けてしまったりしたことが、何回くらいありましたか。	A67	b1sa67	# times drank more than intended (12 mo)	During the past 12 months, how many times did you use much larger amounts of alcohol than you intended to when you began, or used them for a longer period of time than you intended to? (Never, once or twice, 3 to 5 times, 6 to 10 times, 11 to 20 times, more than 20 times)
C5	j1sc5	b1sa68	この1年間に、仕事中や勉強中、あるいは子どものめんどろをみているときに、酔いが残っていたり、二日酔いだったことが、何回くらいありましたか。	A68	b1sa68	# times alcoh effects at work/etc (12mo)	In the past 12 months, how many times have you been under the effects of alcohol or suffering its after effects while at work or school, or while taking care of children?
C6	j1sc6	b1pa58	あなたが16歳になるまでに、アルコールで問題を抱える人（酒乱やアルコール依存症の人）と暮らしたことがありますか。	PhoneA58	b1pa58	Lived with alcoholic during childhood	When you were growing up, that is during your first 16 years, did you live with anyone who was a problem drinker or alcoholic?
C7	j1sc7	b1pa59	あなたは、今までアルコールで問題を抱える人（酒乱やアルコール依存症の人）と結婚したり、一緒に暮らしたことがありますか。	PhoneA59	b1pa59	Ever married to/lived with alcoholic	Have you ever been married to, or lived with a partner who was a problem drinker or alcoholic?
(D) あなたの感情または気分についておたずねします				Affection			
D1			ここ30日間で、どのくらい以下のように感じましたか。	A24			During the past 30 days, how much of the time did you feel...
ア	j1sd1a	b1sa24a	悲しくて何も慰めにならない	a	b1sa24a	Felt so sad no could cheer freq (30 dys)	a. so sad nothing could cheer you up?
イ	j1sd1b	b1sa24b	神経質	b	b1sa24b	Felt nervous frequency (30 dys)	b. nervous?
ウ	j1sd1c	b1sa24c	落ち着かない	c	b1sa24c	Felt restless frequency (30 dys)	c. restless or fidgety?

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エ	j1sd1d	b1sa24d	絶望	d	b1sa24d	Felt hopeless frequency (30 dys)	d. hopeless?
オ	j1sd1e	b1sa24e	何事もおっくうに感じる	e	b1sa24e	Felt everything was effort freq (30 dys)	e. that everything was an effort?
カ	j1sd1f	b1sa24f	価値がない	f	b1sa24f	Felt worthless frequency (30 dys)	f. worthless?
キ	j1sd1g	b1sa24g	孤独	g	b1sa24g	Felt lonely frequency (30 dys)	g. lonely?
ク	j1sd1h	b1sa24h	怖い	h	b1sa24h	Felt afraid frequency (30 dys)	h. afraid?
ケ	j1sd1i	b1sa24i	イライラ	i	b1sa24i	Felt jittery frequency (30 dys)	i. jittery?
コ	j1sd1j	b1sa24j	じれったい	j	b1sa24j	Felt irritable frequency (30 dys)	j. irritable?
サ	j1sd1k	b1sa24k	恥ずかしい	k	b1sa24k	Felt ashamed frequency (30 dys)	k. ashamed?
シ	j1sd1l	b1sa24l	腹立たしい	l	b1sa24l	Felt upset frequency (30 dys)	l. upset?
ス	j1sd1m	b1sa24m	怒り	m	b1sa24m	Felt angry frequency (30 dys)	m. angry?
セ	j1sd1n	b1sa24n	欲求不満	n	b1sa24n	Felt frustrated frequency (30 dys)	n. frustrated?
	J1SNEGAF	B1SNEGAF			B1SNEGAF	Negative affect	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SNEGPA	B1SNEGPA			B1SNEGPA	PANAS Negative Adjectives	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
D2			それでは、この1ヵ月間に、次にあげるようなことをどのくらい感じましたか。（（ア）～（ス）まで○は1つずつ）	A26			During the past 30 days, how much of the time did you feel...
ア	j1sd2a	b1sa26a	楽しい	a	b1sa26a	Felt cheerful frequency (30 dys)	a. cheerful?

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イ	j1sd2b	b1sa26b	機嫌がいい	b	b1sa26b	Felt good spirits frequency (30 dys)	b. in good spirits?
ウ	j1sd2c	b1sa26c	とても幸せ	c	b1sa26c	Felt extremely happy frequency (30 dys)	c. extremely happy?
エ	j1sd2d	b1sa26d	穏やか、安らか	d	b1sa26d	Felt calm and peaceful freq (30 dys)	d. calm and peaceful?
オ	j1sd2e	b1sa26e	満足	e	b1sa26e	Felt satisfied frequency (30 dys)	e. satisfied?
カ	j1sd2f	b1sa26f	充実感	f	b1sa26f	Felt full of life frequency (30 dys)	f. full of life?
キ	j1sd2g	b1sa26g	親しみ	g	b1sa26g	Felt close to others frequency (30 dys)	g. close to others?
ク	j1sd2h	b1sa26h	受け入れられている感じ	h	b1sa26h	Felt belong frequency (30 dys)	h. like you belong?
ケ	j1sd2i	b1sa26i	熱中	i	b1sa26i	Felt enthusiastic frequency (30 dys)	i. enthusiastic?
コ	j1sd2j	b1sa26j	注意深い	j	b1sa26j	Felt attentive frequency (30 dys)	j. attentive?
サ	j1sd2k	b1sa26k	誇り	k	b1sa26k	Felt proud frequency (30 dys)	k. proud?
シ	j1sd2l	b1sa26l	活動的	l	b1sa26l	Felt active frequency (30 dys)	l. active?
ス	j1sd2m	b1sa26m	自信がある	m	b1sa26m	Felt confident frequency (30 dys)	m. confident?
	J1SPOS AF	B1SPOS AF			B1SPOS AF	Positive affect	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SPOS PA	B1SPOS PA			B1SPOS PA	PANAS Positive Adjectives	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables

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D3			この1ヵ月間の、あなたの様子についてお答えください。次にあげるようなことを、あなたはどのくらい感じたり、考えたりしましたか。（（ア）～（コ）まで○はそれぞれ1つずつ）	BioQ4			The following questions ask about your feelings and thoughts during the last month. For each question, answer by circling how often you felt or thought a certain way. The best approach is to answer each question fairly quickly. That is, don't try to count up the number of times you felt a particular way, but rather indicate the answer that seems like a reasonable estimate.
ア	j1sd3a	b4q4a	予想外のことが起きて、頭にきている	a	b4q4a	PSS Upset by something unexpected	a. been upset because of something that happened unexpectedly?
イ	j1sd3b	b4q4b	自分の人生にとって大切なことをコントロールできないでいると感じる	b	b4q4b	PSS Unable to control important things	b. felt that you were unable to control the important things in your life?
ウ	j1sd3c	b4q4c	神経質になったり、ストレスを感じている	c	b4q4c	PSS Felt nervous and stressed	c. felt nervous and “stressed”?
エ	j1sd3d	b4q4d	自分の問題を自分で解決できることに自信をもっている	d	b4q4d	PSS Confident to handle personal problems	d. felt confident about your ability to handle your personal problems?
オ	j1sd3e	b4q4e	物事は自分の考えたとおりに進んでいると思う	e	b4q4e	PSS Things were going your way	e. felt that things were going your way?
カ	j1sd3f	b4q4f	自分がしなければならないことに対処できないと感じる	f	b4q4f	PSS Could not cope with all things to do	f. found that you could not cope with all the things that you had to do?
キ	j1sd3g	b4q4g	生活の中で生じるイライラをコントロールできる	g	b4q4g	PSS Able to control irritations in life	g. been able to control irritations in your life?
ク	j1sd3h	b4q4h	自分がもつてをコントロールしていると感じる	h	b4q4h	PSS Felt on top of things	h. felt that you were on top of things?
ケ	j1sd3i	b4q4i	自分のコントロールが及ばないことに腹がたつ	i	b4q4i	PSS Angered by things outside control	i. been angered because of things that were outside of your control?
コ	j1sd3j	b4q4j	難しいことばかりが山積みで、自分では解決しきれない	j	b4q4j	PSS Difficulties piling up cant overcome	j. felt difficulties were piling up so high that you couldn't overcome them?
	J1SPS_PS	B4QPS_PS			B4QPS_PS	Percieved Stress Scale	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
D4			あなたは、普段、次のような場面で、どのくらい不安に感じますか。（（ア）～（ケ）まで○はそれぞれ1つずつ）	BioQ8			Please circle the number that best describes how much fear or anxiety you generally feel in the following situations
ア	j1sd4a	b4q8a	目上の人と話すとき	a	b4q8a	S- ANX Talking to authority	a. Talking to people in authority.

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イ	j1sd4b	b4q8b	パーティーや集まりに参加するとき	b	b4q8b	S- ANX Going to a party	b. Going to a party.
ウ	j1sd4c	b4q8c	仕事を他の人にみられているとき	c	b4q8c	S- ANX Working while observed	c. Working while being observed.
エ	j1sd4d	b4q8d	よく知らない人に電話をするとき	d	b4q8d	S- ANX Calling someone you dont know well	d. Calling someone you don't know very well.
オ	j1sd4e	b4q8e	よく知らない人と話すとき	e	b4q8e	S- ANX Talking with people dont know well	e. Talking with people you don't know very well.
カ	j1sd4f	b4q8f	注目されているとき	f	b4q8f	S- ANX Center of attention	f. Being the center of attention.
キ	j1sd4g	b4q8g	よく知らない人に、反対意見を述べるとき	g	b4q8g	S- ANX Express disagreement to stranger	g. Expressing a disagreement or disapproval to people you don't know very well.
ク	j1sd4h	b4q8h	買った物を返品するとき	h	b4q8h	S- ANX Returning goods to a store	h. Returning goods to a store.
ケ	j1sd4i	b4q8i	押しの強い店員に、「いらない」と断るとき	i	b4q8i	S- ANX Resist high-pressure salesperson	i. Resisting a high-pressure salesperson.
	J1SSA_SA	B4QSA_SA			B4QSA_SA	Social Anxiety Scale	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
D5			怒ったり、腹が立ったりしたときのことを思いうかべてください。あなたは、どのくらい以下のような反応を示したり、ふるまったりしますか。あてはまる番号に○をつけてください。	BioQ5			Circle the number that best describes how often you generally react or behave in the manner described when you feel angry or furious.
ア	j1sd5a	b4q5a	引きこもる	a	b4q5a	ANG-EXP Withdraw from people	a. I withdraw from people.
イ	j1sd5b	b4q5b	すねたり、ふくれたりする	b	b4q5b	ANG-EXP Pout or sulk	b. I pout or sulk.
ウ	j1sd5c	b4q5c	認めたくないほど怒を感じる	c	b4q5c	ANG-EXP Angrier than willing to admit	c. I am angrier than I'm willing to admit.
エ	j1sd5d	b4q5d	他の人に対して、ひそかに批判的に思う	d	b4q5d	ANG-EXP Secretly critical of others	d. I am secretly critical of others.
オ	j1sd5e	b4q5e	はらわたが煮えくりかえっても、それを表にださない	e	b4q5e	ANG-EXP Boil inside; dont show it	e. I boil inside, but don't show it.

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MIDJA Quest. No	Final MIDJA SVN	MIDJA in MIDUS fmt	MIDJA_Question	MIDUS II Q uest. No.	MIDUSII SVN	MIDUS II SPSS Label	MIDUSII_Question
カ	j1sd5f	b4q5f	恨みをいだく	f	b4q5f	ANG-EXP Harbor grudges	f. I harbor grudges.
キ	j1sd5g	b4q5g	自分の心にしまっておく	g	b4q5g	ANG-EXP Keep things in	g. I keep things in.
ク	j1sd5h	b4q5h	他の人が思うよりも、いらついている	h	b4q5h	ANG-EXP Irritated more than others aware	h. I am irritated more than others are aware.
ケ	j1sd5i	b4q5i	ドアをボタンと閉める	i	b4q5i	ANG-EXP Slam doors	i. I slam doors.
コ	j1sd5j	b4q5j	意地悪なことをいう	j	b4q5j	ANG-EXP Say nasty things	j. I say nasty things.
サ	j1sd5k	b4q5k	いやみをいう	k	b4q5k	ANG-EXP Make sarcastic remarks	k. I make sarcastic remarks.
シ	j1sd5l	b4q5l	他者と議論する	l	b4q5l	ANG-EXP Argue with others	l. I argue with others.
ス	j1sd5m	b4q5m	かんしゃくをおこす	m	b4q5m	ANG-EXP Lose my temper	m. I lose my temper.
セ	j1sd5n	b4q5n	憤慨(ふんがい) することは何でも当たり散らす	n	b4q5n	ANG-EXP Strike out at what infuriates me	n. I strike out at whatever infuriates me.
ソ	j1sd5o	b4q5o	怒りをあらわにする	o	b4q5o	ANG-EXP Express my anger	o. I express my anger.
タ	j1sd5p	b4q5p	いやな思いをさせられたら、自分がどんな感じなのかを相手に伝える	p	b4q5p	ANG-EXP Someone annoys me, I tell them	p. If someone annoys me I tell them how I feel.
チ	j1sd5q	b4q5q	かんしゃくを起こさないようにする	q	b4q5q	ANG-EXP Control my temper	q. I control my temper.
ツ	j1sd5r	b4q5r	冷静さを保つ	r	b4q5r	ANG-EXP Keep my cool	r. I keep my cool.
テ	j1sd5s	b4q5s	すぐに落ち着く	s	b4q5s	ANG-EXP Calm down faster	s. I calm down faster.
ト	j1sd5t	b4q5t	おどしをかける	t	b4q5t	ANG-EXP Make threats	t. I make threats.

MIDJA_Project 1				MIDUSII_project 1 & project 4			
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ナ	j1sd5u	b4q5u	何もしない	u	b4q5u	ANG-EXP Do nothing	u. I do nothing.
ニ	j1sd5v	b4q5v	私を怒らせた人やできごとを無視する	v	b4q5v	ANG-EXP Ignore what angers me	v. I ignore the situation or person who angers me.
	J1SAE_AI	B4QAE_AI			B4QAE_AI	Spielberger Anger Expression:Anger/In	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SAE_AO	B4QAE_AO			B4QAE_AO	Spielberger Anger Expression:Anger/Out	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SAE_AC	B4QAE_AC			B4QAE_AC	Spielberger Anger Expression: Anger/Control	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SAE_AA	B4QAE_AA			B4QAE_AA	Spielberger Anger Expresson:Adjustment Scale	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
(E) 仕事のことにについておたずねします				Section F: Work			
E1	j1se1	b1pb6	現在、あなたは、 <u>収入が得られる</u> 仕事をしていますか。自営業の場合は仕事の手伝いも含みます。	PhoneB6	b1pb6	Working for pay at the present time	Are you doing any work for pay at the present time? This includes helping with the family business.
E2	j1se2	J1se2	あなたの現在の職業は、次のどれにあたりますか。職業の分類がよくわからない場合には、10 その他の欄に具体的に記入してください。			Current job type	Which of the following describes your current job? (1=blue collar job, 2=service business, 3= white collar job/clerical, 4=speciatlists personnel, 5=management position, 6=corporate manager, 7=family operated business, 8=liberal profession, 9=agriculture/fishing, 10=other)
E3	j1se3	J1se3	現在のあなたの勤務形態は、次のどれにあたりますか。			Description of working style	Which of the following describes your working styles? (1=full-time, 2=temporary/part-time, 3=other)
E4	j1se4	J1se4	あなたの仕事の内容を、具体的にお聞かせください。（経理事務、食料品の販売、アパートの管理人、タクシ-の運転手、看護師、大工、和服の仕立て、牛乳配達などのように具体的に)			Content of job	Please describe the content of your job (be specific such as accounting, grocery sales, an apartment superintendent, a carpenter, kimono tailoring, and milk delivery).
E5	j1se5	J1se5	従業員（働いている人）は、会社全体（支店・営業所も含む）で何人くらいですか。自営業の場合は、ご自分や家族従業員も含めた人数でお答えください。			Number of employees	Approximately how many employees (workers) does your company have in total (including branches and sales offices). Please circle the number that applies. For family business, please include yourself, all employeeed family members, and all other employees. (1=1, 2=2-4, 3=5-9, 4=10-29, 5=30-99, 6=100-299, 7=300-499, 8=500-999, 9=1000 or more, 10=National or local goverment agency, 11=don't know)

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E6	j1se6	J1se6	役職をお持ちですか。（「持っている」と答えた方は、具体的な役職名もお書きください）			In management position	Are you in a management position? (if you answer "yes", please write in the title.
E7	j1se7	b1sf18	この1年間で、あなたは職場（仕事の間）において、人間関係で何か問題がありましたか。	F18	b1sf18	Problem with someone at work (12 mo)	In the past 12 months, did you have any serious ongoing problems getting along with someone at work?
E8	j1se8	b1sf19	この1年間に、あなたは職場（仕事の間）で、人間関係以外で何らかのストレスを抱えたことがありましたか。ストレスとは、例えば、過度な要求、仕事上の大きな変化、先行き不安などのことです。	F19	b1sf19	Other ongoing stress at work (12 mo)	Have you had any other serious ongoing stress at work — things like consistently extreme work demands, major changes, or uncertainties that most people would consider highly stressful?
E9	j1se9	b1sf20	もし、あなたが今の仕事を続けたいと望んだ場合、今後2年間、今の仕事を続けられる可能性はどのくらいあると思いますか。	F20	b1sf20	Chances could keep job for next 2 yrs	If you wanted to stay in your present job, what are the chances that you could keep it for the next two years?
E10	j1se10	b1sf21	仕事があなただの身体的な健康に及ぼす影響をどのようにお考えですか。	F21	b1sf21	Job effect on physical health	Overall, what kind of effect does your job have on your physical health? If you have more than one job, please give your best judgment of the combined effect of your jobs.
E11	j1se11	b1sf22	それでは、仕事があなただの情緒的・心理的な健康（こころの健康）に及ぼす影響をどのようにお考えですか。	F22	b1sf22	Job effect on emotional/mental health	Overall, what kind of effect does your job have on your emotional or mental health? Again, if you have more than one job, please give your best judgment of the combined effect of your jobs.
E12	j1se12	b1sf4	最近、あなたは、どのくらい、ご自身の仕事の状況をコントロールしていますか。「全くしていない」を0、「とてもしている」を10として、0から10であてはまる数字に○をつけてください。（○は1つだけ）	F4	b1sf4	Rate amount control over work situation	Using a 0 to 10 scale where 0 means "no control at all" and 10 means "very much control," how would you rate the amount of control you have over your work situation these days?
E13	j1se13	b1sf5	最近、あなたは、どのくらい、ご自身の仕事の状況について考えたり、努力したりしていますか。0から10であてはまる数字に○をつけてください。（○は1つだけ）	F5	b1sf5	Rate thought/effort put into work	Using a 0 to 10 scale where 0 means "no thought or effort" and 10 means "very much thought and effort," how much thought and effort do you put into your work situation these days?
E14			ここでは、仕事と家庭生活や個人の生活とのかかわりについておたずねします。次のそれぞれについて、この1年間に、どのくらい起きたかお答えください。あてはまる数字に○をつけてください。（（ア）～（タ）まで○はそれぞれ1つずつ）	F27			The next questions are about how your job may affect your family and personal life, and how your family and personal life may affect your job. How often have you experienced each of the following in the past year?
ア	j1se14a	b1sf27a	仕事のせいで、家でやることがおろそかになる	a	b1sf27a	Job reduces effort to activities at home	a. Your job reduces the effort you can give to activities at home.
イ	j1se14b	b1sf27b	仕事でのストレスのために、家でいらつく	b	b1sf27b	Job stress makes irritable at home	b. Stress at work makes you irritable at home.
ウ	j1se14c	b1sf27c	仕事のせいで疲れすぎて、家でなすべきことができない	c	b1sf27c	Job makes too tired to do things at home	c. Your job makes you feel too tired to do the things that need attention at home.
エ	j1se14d	b1sf27d	家にいるときでも、仕事上での心配ごとや問題が気になる	d	b1sf27d	Job problems distract you at home	d. Job worries or problems distract you when you are at home.

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オ	j1se14e	b1sf27e	仕事でやっていることが、家庭での問題に対処するのに役立つ	e	b1sf27e	Job helps to deal with issues at home	e. The things you do at work help you deal with personal and practical issues at home.
カ	j1se14f	b1sf27f	仕事をしていることで、家でも魅力的な人間になることができる	f	b1sf27f	Job makes you more interesting at home	f. The things you do at work make you a more interesting person at home.
キ	j1se14g	b1sf27g	仕事でよいことがあった日には、帰宅したとき、より良い話し相手になれる	g	b1sf27g	Job makes you better companion at home	g. Having a good day on your job makes you a better companion when you get home.
ク	j1se14h	b1sf27h	仕事で身についた能力は、家でも役立つ	h	b1sf27h	Job skills useful at home	h. The skills you use on your job are useful for things you have to do at home.
ケ	j1se14i	b1sf27i	家でやらなければならないことがあると、仕事がおろそかになる	i	b1sf27i	Home responsibilities reduce job effort	i. Responsibilities at home reduce the effort you can devote to your job.
コ	j1se14j	b1sf27j	仕事中でも、個人的・家族的な心配ごとや問題が気になる	j	b1sf27j	Personal worries distract you at job	j. Personal or family worries and problems distract you when you are at work.
サ	j1se14k	b1sf27k	家事をすることで、より良い仕事をするために必要な睡眠時間が削られる	k	b1sf27k	Home chores prevents sleep to do job	k. Activities and chores at home prevent you from getting the amount of sleep you need to do your job well.
シ	j1se14l	b1sf27l	家でのストレスが、職場でのいらつきにつながる	l	b1sf27l	Home stress makes irritable at job	l. Stress at home makes you irritable at work.
ス	j1se14m	b1sf27m	家で誰かと話すことが、仕事での問題解決に役立つ	m	b1sf27m	Talk someone at home helps job problems	m. Talking with someone at home helps you deal with problems at work.
セ	j1se14n	b1sf27n	家で必要なことをやっていると、仕事でもより一生懸命できる	n	b1sf27n	Providing home makes work harder at job	n. Providing for what is needed at home makes you work harder at your job.
ソ	j1se14o	b1sf27o	家庭で尊敬され、愛情を感じることが、仕事での自信につながる	o	b1sf27o	Home love makes you confident at job	o. The love and respect you get at home makes you feel confident about yourself at work.
タ	j1se14p	b1sf27p	家庭生活があることで、リラックスでき、翌日の仕事への備えにもなる	p	b1sf27p	Home helps to relax for next workday	p. Your home life helps you relax and feel ready for the next day's work.
	J1SPOSWF	B1SPOSWF			B1SPOSWF	Positive Work to Family Spillover	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SNEGWF	B1SNEGWF			B1SNEGWF	Negative Work to Family Spillover	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SPOSFW	B1SPOSFW			B1SPOSFW	Positive Family to Work Spillover	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables

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	J1SNEGFW	B1SNEGFW			B1SNEGFW	Negative Family to Work Spillover	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
E15			次のそれぞれのことは、あなたが の仕事をするうえで、どれくらいの頻度でありますか。あてはまる数字に○をつけてください。（ア）～（サ）まで○はそれぞれ1つずつ）	F28			Please indicate how often each of the following is true of your job.
ア	j1se15a	b1sf28a	「仕事を終わらせようととても忙しい」といったように、集中して働かなければならないこと	a	b1sf28a	Work intensively at job	a. How often do you have to work very intensively, that is, you are very busy trying to get things done?
イ	j1se15b	b1sf28b	仕事で新たなことを学ぶこと	b	b1sf28b	Learn new things at work	b. How often do you learn new things at work?
ウ	j1se15c	b1sf28c	高度な技術や専門性が求められること	c	b1sf28c	Work demands high skill level	c. How often does your work demand a high level of skill or expertise?
エ	j1se15d	b1sf28d	自分からすすんでものごとをしなければならないこと	d	b1sf28d	Initiate things at job	d. On your job, how often do you have to initiate things, such as coming up with your own ideas, or figuring out on your own what needs to be done?
オ	j1se15e	b1sf28e	仕事をどのようにすすめるか、自ら選んで決めること	e	b1sf28e	Choice how to do work tasks	e. How often do you have a choice in deciding how you do your tasks at work?
カ	j1se15f	b1sf28f	仕事で何をするか、自ら選んで決めること	f	b1sf28f	Choice what tasks to do at work	f. How often do you have a choice in deciding what tasks you do at work?
キ	j1se15g	b1sf28g	仕事上の決定に自分の意見を反映させること	g	b1sf28g	Say in work decisions	g. How often do you have a say in decisions about your work?
ク	j1se15h	b1sf28h	仕事場の環境づくりに自分の意見を反映させること	h	b1sf28h	Say in planning work environment	h. How often do you have a say in planning your work environment, that is, how your workplace is arranged or how things are organized?
ケ	j1se15i	b1sf28i	仕事をすることで、いろいろな興味が出てくること	i	b1sf28i	Job provides variety interesting things	i. How often does your job provide you with a variety of things that interest you?
コ	j1se15j	b1sf28j	仕事上で、他の人や他のグループから、同時には満たすことのできない要求をされること	j	b1sf28j	Work demands hard to combine	j. How often do different people or groups at work demand things from you that you think are hard to combine?
サ	j1se15k	b1sf28k	何もかも、時間さえも忘れて仕事に打ち込むこと	k	b1sf28k	So involved in work forget time	k. How often do you get so involved in your work that you forget about everything else, even the time?
E16			ここ1年の間に、仕事で、次のそれぞれの事柄は、どのくらいの頻度で、あなたにおこりましたか。あてはまる数字に○をつけてください。（ア）～（エ）まで○はそれぞれ1つずつ）	F29			In the past year, how often has each of the following occurred at your job?
ア	j1se16a	b1sf29a	過度な要求を受ける	a	b1sf29a	Too many demands at job	a. You have too many demands made on you.

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イ	j1se16b	b1sf29b	仕事に費やす時間をコントロールする	b	b1sf29b	Control amount of time on tasks at job	b. You control the amount of time you spend on tasks.
ウ	j1se16c	b1sf29c	全てをやり遂げるのに十分な時間がある	c	b1sf29c	Time to get everything done at job	c. You have enough time to get everything done.
エ	j1se16d	b1sf29d	絶え間なく中断させられる	d	b1sf29d	Lot of interruptions at job	d. You have a lot of interruptions.
	J1SJCS D	B1SJCS D			B1SJCS D	Skill Discretion (Job Characteristics)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SJCD A	B1SJCD A			B1SJCD A	Decision Authority (Job Characteristics)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SJCD S	B1SJCD S			B1SJCD S	Demands Scale (Job Characteristics)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
E17			次のそれぞれことは、あなたが仕事をするうえで、どのくらいの頻度でありますか。あてはまる数字に○をつけてください。（（ア）～（オ）まで○はそれぞれ1つずつ）もしあなたに上司や同僚がいない場合は、その項目に関しては、回答番号「6」を○で囲んでください。	F30			Please indicate how often each of the following is true of your job. (If you do not have a supervisor, or do not have any coworkers or colleagues, circle “6” for those questions.)
ア	j1se17a	b1sf30a	同僚から助けてもらうこと	a	b1sf30a	Coworker help/support	a. How often do you get help and support from your coworkers?
イ	j1se17b	b1sf30b	仕事上の問題について、同僚が話を聞こうとしてくれること	b	b1sf30b	Coworker listen to work-related problems	b. How often are your coworkers willing to listen to your work-related problems?
ウ	j1se17c	b1sf30c	仕事上必要な情報を上司から得ること	c	b1sf30c	Supervisor gives needed information	c. How often do you get the information you need from your supervisor or superiors?
エ	j1se17d	b1sf30d	直属の上司に助けてもらうこと	d	b1sf30d	Supervisor help/support	d. How often do you get help and support from your immediate supervisor?
オ	j1se17e	b1sf30e	仕事上の問題について、直属の上司が話を聞こうとしてくれること	e	b1sf30e	Supervisor listens to work-related probs	e. How often is your immediate supervisor willing to listen to your work-related problems?
	J1SJCC S	B1SJCC S			B1SJCC S	Coworker Support (Job Characteristics)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SJCC S	B1SJCC S			B1SJCC S	Supervisor Support (Job Characteristics)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
E18			次のことは、現在のあなたの仕事でどのくらいあてはまりますか。あてはまる数字に○をつけてください。（（ア）～（カ）まで○はそれぞれ1つずつ）	F32			To what extent do the following statements describe the way you feel about your current job?

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ア	j1se18a	b1sf32a	良い仕事に就ける機会があったのに、そうならず、だまされたような気がする	a	b1sf32a	Feel cheated about good job chances	a. I feel cheated about the chances I have had to work at good jobs.
イ	j1se18b	b1sf32b	自分がしている仕事を思い浮かべるとき、私はとてもプライドを感じる	b	b1sf32b	Feel pride for work at job	b. When I think about the work I do on my job, I feel a good deal of pride.
ウ	j1se18c	b1sf32c	自分がしている仕事のことで、私は、他の人から尊敬されていると感じる	c	b1sf32c	Others respect my work at job	c. I feel that others respect the work I do on my job.
エ	j1se18d	b1sf32d	ほとんどの人が、私よりも、やりがいのある仕事をしている	d	b1sf32d	Others have more rewarding jobs	d. Most people have more rewarding jobs than I do.
オ	j1se18e	b1sf32e	仕事の上で、私は多くの人と同じように良い機会に恵まれてきた	e	b1sf32e	Had opportunities as good as others	e. When it comes to my work life, I've had opportunities that are as good as most people's.
カ	j1se18f	b1sf32f	他の人が自分よりももっと良い仕事に就いていることに、私はがっかりさせられる	f	b1sf32f	Others have better jobs than me	f. It makes me discouraged that other people have much better jobs than I do.
	J1SPIWOR	B1SPIWOR			B1SPIWOR	Perceived Inequality in Work	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
E19	j1se19	b1sf1	現在の、ご自分の仕事の状況をお考えください。現在の仕事の状況が「もっとも悪い」を0、「もっとも良い」を10として、0から10であてはまる数字に○をつけてください。(○は1つだけ) (現在、仕事を持っている方は「仕事を持っている状況」についてお答えください)	F1	b1sf1	Rate current work situation	Please think of the work situation you are in now, whether part-time or full-time, paid or unpaid, at home or at a job. Using a scale from 0 to 10 where 0 means "the worst possible work situation" and 10 means "the best possible work situation," how would you rate your work situation these days?
E20	j1se20	b1sf2	10年前を振り返ってください。その時のご自身の仕事の状況を0から10であてはまる数字に○をつけてください。(○は1つだけ) (10年前、仕事を持っていなかった方は「仕事を持っていなかった状況」についてお答えください)	F2	b1sf2	Rate work situation ten years ago	Looking back ten years ago, how would you rate your work situation at that time using the same 0 to 10 scale?
E21	j1se21	b1sf3	今から10年後をお考えください。その時のご自身の仕事の状況がどうか、0から10であてはまる数字に○をつけてください。(○は1つだけ) (10年後、仕事を持っていないとお考えの方は「仕事を持っていない状況」についてお答えください)	F3	b1sf3	Rate work situation ten years future	Looking ahead ten years into the future, what do you expect your work situation will be like at that time?
(F) 経済的状況についておたずねします				Section G: Finances			
F1	j1sf1	b1sg1	最近のあなたの経済状況について、「もっとも悪い」を0、「もっとも良い」を10として、0から10であてはまる数字に○をつけてください。(○は1つだけ)	G1	b1sg1	Rate current financial situation	Using a scale from 0 to 10 where 0 means "the worst possible financial situation" and 10 means "the best possible financial situation," how would you rate your financial situation these days?
F2	j1sf2	b1sg2	10年前を振り返ってください。その時のあなたの経済状況は、どのくらいだったとお考えですか。0から10であてはまる数字に○をつけてください。(○は1つだけ)	G2	b1sg2	Rate financial situation ten years ago	Looking back ten years ago, how would you rate your financial situation at that time using the same 0 to 10 scale?

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F3	j1sf3	b1sg3	今から10年後をお考えください。その時のあなたの経済状況は、どのくらいだろうと予想しますか。0から10であてはまる数字に○をつけてください。(○は1つだけ)	G3	b1sg3	Rate financial situation ten yrs future	Looking ahead ten years into the future, what do you expect your financial situation will be like at that time?
F4	j1sf4	b1sg4	最近、あなたは、ご自身の経済状況をどのくらいコントロールしていますか。「全くしていない」を0、「とてもしている」を10として、0から10であてはまる数字に○をつけてください。(○は1つだけ)	G4	b1sg4	Rate control over financial situation	Using a 0 to 10 scale where 0 means "no control at all" and 10 means "very much control," how would you rate the amount of control you have over your financial situation these days?
F5	j1sf5	b1sg5	最近、あなたは、ご自身の経済状況についてどのくらい考えたり、努力したりしていますか。0から10であてはまる数字に○をつけてください。(○は1つだけ)	G5	b1sg5	Rate thought/effort into financial sitn	Using a 0 to 10 scale where 0 means "no thought or effort" and 10 means "very much thought and effort," how much thought and effort do you put into your financial situation these days?
F6	j1sf6	b1sg6	あなたや同居のご家族がもっているお金はどの程度だと思いますか。あてはまる数字に○をつけてください。(○は1つだけ)	G6	b1sg6	\$ to meet needs (more,enough,no enough)	In general, would you say you (and your family living with you) have more money than you need, just enough for your needs, or not enough to meet your needs?
(G) 価値観や考え方についておたずねします				Section E: Personal Beliefs			
G1			次のそれぞれの文章に <u>どれくらい</u> 「同意する」または「同意しない」かをおたずねします。それぞれの文章であてはまる数字1つに○をつけてください。	E4			in the past 12 months, did you have any serious ongoing problems getting along with someone at work?
ア	j1sg1a	b1se4a	人生で大切なことを変えるために自分でできることは、ほとんどない	a	b1se4a	Little can do to change important things	a. There is little I can do to change the important things in my life.
イ	j1sg1b	b1se4b	人生の問題に対処するにあたって、私はしばしば無力感を感じる	b	b1se4b	Helpless dealing with problems of life	b. I often feel helpless in dealing with the problems of life.
ウ	j1sg1c	b1se4c	本当にやろうと決めたことは、ほとんど何でもやることができる	c	b1se4c	Do just about anything I set my mind to	c. I can do just about anything I really set my mind to.
エ	j1sg1d	b1se4d	私のできることとできないことの多くは、他の人によって決定されている	d	b1se4d	Oths determine what I can and cannot do	d. Other people determine most of what I can and cannot do.
オ	j1sg1e	b1se4e	私の人生で起こることは、自分でコントロールできる範囲をしばしば超えている	e	b1se4e	What happens in life is beyond my ctrl	e. What happens in my life is often beyond my control.
カ	j1sg1f	b1se4f	本当にやりたいことがある時には、それを達成するための方法をたいてい見つけることができる	f	b1se4f	When really want something, find way	f. When I really want to do something, I usually find a way to succeed at it.
キ	j1sg1g	b1se4g	私がやりたいことを邪魔するものがたくさんある	g	b1se4g	Many things interfere w/ what I want do	g. There are many things that interfere with what I want to do.
ク	j1sg1h	b1se4h	私が欲しいものを手に入れられるかどうかは、自分次第である	h	b1se4h	Whether I get what want is in own hands	h. Whether or not I am able to get what I want is in my own hands.

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ケ	j1sg1i	b1se4i	私に起こることは、自分ではどうすることもできない	i	b1se4i	Little control over things happen to me	i. I have little control over the things that happen to me.
コ	j1sg1j	b1se4j	私の抱えている問題を解決する方法は全くない	j	b1se4j	Really no way I can solve probs I have	j. There is really no way I can solve the problems I have.
サ	j1sg1k	b1se4k	私は、ときどき人生に振り回されていると感じる	k	b1se4k	Feel pushed around in life	k. I sometimes feel I am being pushed around in my life.
シ	j1sg1l	b1se4l	私に将来どんなことが起きるかは、ほとんど自分次第だ	l	b1se4l	Happens to me in future depends on me	l. What happens to me in the future mostly depends on me.
ス	j1sg1m	b1se4m	私は、他の人と比べて、よくも悪くもない	m	b1se4m	No better/worse than others	m. I am no better and no worse than others.
セ	j1sg1n	b1se4n	自分に対して、肯定的である	n	b1se4n	Take positive attitude toward self	n. I take a positive attitude toward myself.
ソ	j1sg1o	b1se4o	自分は、まったく駄目な人間だと思ふことがある	o	b1se4o	Feel no good at all at times	o. At times I feel that I am no good at all.
タ	j1sg1p	b1se4p	少なくとも人並みに、物事をする事ができる	p	b1se4p	Able to do things as well as most people	p. I am able to do things as well as most people.
チ	j1sg1q	b1se4q	もう少し自分を尊敬できるようになりたい	q	b1se4q	Wish have more respect for myself	q. I wish I could have more respect for myself.
ツ	j1sg1r	b1se4r	私は、自分に満足している	r	b1se4r	On the whole, Im satisfied with myself	r. On the whole, I am satisfied with myself.
テ	j1sg1s	b1se4s	時々、自分は役に立たない人間だと感じる	s	b1se4s	Certainly feel useless at times	s. I certainly feel useless at times.
	J1SMASTE	B1SMASTE			B1SMASTE	Personal Mastery	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SCONST	B1SCONST			B1SCONST	Perceived Constraints	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SCTRL	B1SCTRL			B1SCTRL	Sense of Control (Mastery + Constraints)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SESTEE	B1SESTEE			B1SESTEE	Self-esteem	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables

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G2			次の（ア）～（カ）までの文章は、あなたの人生でどのくらいあてはまりますか。それぞれの項目であてはまる数字 1 つに○をつけてください。	E10			The next set of questions asks about your outlook on life. Answer according to your own feelings, rather than how you think “most people” would answer.
ア	j1sg2a	b1se10a	不確実な場合は、いつも最善を期待する	a	b1se10a	In uncertain times usually expect best	a. In uncertain times, I usually expect the best.
イ	j1sg2b	b1se10b	何か私に悪いことが起こりそうだとすると、本当にそうなる	b	b1se10b	Something can go wrong for me it will	b. If something can go wrong for me, it will.
ウ	j1sg2c	b1se10c	私は、自分の将来に対して、常に楽観的である	c	b1se10c	Optimistic about my future	c. I’m always optimistic about my future.
エ	j1sg2d	b1se10d	私は、「自分の思い通りに物事がはこぶ」とは、とても思えない	d	b1se10d	Hardly ever expect things to go my way	d. I hardly ever expect things to go my way.
オ	j1sg2e	b1se10e	「よいことが起こりそうだ」などと期待することはめったにない	e	b1se10e	Rarely count on good things happen to me	e. I rarely count on good things happening to me.
カ	j1sg2f	b1se10f	私には、悪いことより良いことのほうが起こると思う	f	b1se10f	Expect more good things happen than bad	f. I expect more good things to happen to me than bad.
	J1SOPTIM	B1SOPTIM			B1SOPTIM	LOT: Optimism	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SPESSI	B1SPESSI			B1SPESSI	LOT: Pessimism	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SORIEN	B1SORIEN			B1SORIEN	LOT Overall: Optimism+Pessimism	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
G3			次の（ア）～（ト）までの文章は、あなたの生き方をどのくらいよく表していますか。それぞれの項目であてはまる数字 1 つに○をつけてください。	E12			The following statements are designed to help us understand how you approach managing your life. Please indicate how well the following statements describe you.
ア	j1sg3a	b1se12a	自分の計画が思い通りに進まない時、私のモットーは「意思ある所に道がある」である	a	b1se12a	Where theres a will theres a way	a. When things don’t go according to my plans, my motto is, “Where there’s a will, there’s a way.”
イ	j1sg3b	b1se12b	困難な状況に直面した時、私はそれを良い方向に変えようとする	b	b1se12b	Do what can to change for better	b. When faced with a bad situation, I do what I can to change it for the better.
ウ	j1sg3c	b1se12c	自分の期待がはずれそうな時、私は目標を下げる	c	b1se12c	If expectation not being met, lower them	c. When my expectations are not being met, I lower my expectations.

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エ	j1sg3d	b1se12d	私は、失望したくないから目標を高く設定しない	d	b1se12d	To avoid disappnt, no set goals too high	d. To avoid disappointments, I don't set my goals too high.
オ	j1sg3e	b1se12e	私は、困難な状況からたいてい何か教訓を得る	e	b1se12e	Learn meaningful from diffclt situation	e. I find I usually learn something meaningful from a difficult situation.
カ	j1sg3f	b1se12f	私は、責任から開放されるとほっとする	f	b1se12f	Relieved when let go of responsibilities	f. I feel relieved when I let go of some of my responsibilities.
キ	j1sg3g	b1se12g	やらなければならない事が多すぎるときでも、私はその全てをやり遂げる方法を見つけ出す	g	b1se12g	Even when feel too much, get it all done	g. Even when I feel I have too much to do, I find a way to get it all done.
ク	j1sg3h	b1se12h	私は困難な状況に直面したら、物事を異なった観点からみるようにしたらよいと思う	h	b1se12h	Find different way of looking at things	h. When I am faced with a bad situation, it helps to find a different way of looking at things.
ケ	j1sg3i	b1se12i	私は、全てのことはできないとしばしば自分に言い聞かせる	i	b1se12i	Remind myself I cant do everything	i. I often remind myself that I can't do everything.
コ	j1sg3j	b1se12j	困難に直面したとき、それを解決するまであきらめない	j	b1se12j	When probs, No give up until solve them	j. When I encounter problems, I don't give up until I solve them.
サ	j1sg3k	b1se12k	物事がどんなにむずかしくなっても、私はめったにやっていることをあきらめない	k	b1se12k	Rarely give up even when get tough	k. I rarely give up on something I am doing, even when things get tough.
シ	j1sg3l	b1se12l	私は望んでいたものを手に入れられなかったとき、自分の目標が現実的でなかったのだと思う	l	b1se12l	Cant get want, assume goals unrealistic	l. When I can't get what I want, I assume my goals must be unrealistic.
ス	j1sg3m	b1se12m	たとえすべてが悪い方に向かっているように思えたとしても、私はたいてい、状況の明るい側面を見つけることができる	m	b1se12m	When go wrong, usually find bright side	m. Even when everything seems to be going wrong, I can usually find a bright side to the situation.
セ	j1sg3n	b1se12n	私は、最悪の事態のときでさえ、何か前向きのことをみつけることができる	n	b1se12n	Find positive even in worst situations	n. I can find something positive even in the worst situations.
ソ	j1sg3o	b1se12y	必要がない限り、私は他の人に助けを求めることを好まない	y	b1se12y	No like ask oths for help unless have to	y. I don't like to ask others for help unless I have to.
タ	j1sg3p	b1se12z	他の人に助けを求めることは、私にとって当たり前のことだ	z	b1se12z	Asking others comes naturally for me	z. Asking others for help comes naturally to me.
チ	j1sg3q	b1se12bb	自分で問題を解決できないときには、他の人に助けを求める	bb	b1se12bb	No solve prob alone, ask others for help	bb. When I cannot solve a problem by myself, I ask others for help.
ツ	j1sg3r	b1se12ff	障害がおこったとき、私は誰かに助けを求めようとする	ff	b1se12ff	Obstacles in way, get help from others	ff. When obstacles get in my way, I try to get help from others.

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テ	j1sg3s	b1se12jj	困難が大きくなった時、他の人にアドバイスを求める	jj	b1se12jj	Difficulties too great, ask oths advice	jj. When difficulties become too great, I ask others for advice.
ト	j1sg3t	b1se12mm	他の人や周囲の状況とうまく調和していくことができる	mm	b1se12mm	Keep harmony w/ others and surroundings	mm. I can keep in harmony with other people and my surroundings.
	J1SPERSI	B1SPERSI			B1SPERSI	Persist in Goal Striving (Primary Ctrl)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SREAPP	B1SREAPP			B1SREAPP	Positive Reappraisal (Secondary Control)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SCHANG	B1SCHANG			B1SCHANG	Lower Aspriations (Secondary Control)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SSPCTR	B1SSPCTR			B1SSPCTR	Selective Primary Control	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SCPCTR	B1SCPCTR			B1SCPCTR	Compensatory Primary Control	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SCSCAG	B1SCSCAG			B1SCSCAG	Adjustment of Goals (Compensatory Secndry Ctrl)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SSUFFI	B1SSUFFI			B1SSUFFI	Self-Sufficiency	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
G4			次のそれぞれの文章にどれくらい「同意する」または「同意しない」かをおたずねします。それぞれの文章であてはまる数字1つに○をつけてください。	BioQ11			The following questions are about the ays you generally interact with others, including your sense of obligation towards others. Please circle the number that corresponds to how much you agree or disagree with the following statements (where 1 = strongly disagree and 7 = strongly agree).
ア	j1sg4a	b4q11a	私は身近にいる権威を持った人を尊敬する	a	b4q11a	RELAT Respect authority figures	a. I have respect for the authority figures with whom I interact.
イ	j1sg4b	b4q11b	誤解されるよりは「ノー」と素直に言った方がましだ	b	b4q11b	RELAT Prefer to say NO directly	b. I'd rather say "NO" directly, than risk being misunderstood.
ウ	j1sg4c	b4q11c	グループの他の人と調和し、良好な人間関係を保つことは、私にとって大切なことである	c	b4q11c	RELAT Important to keep harmony in group	c. It is important for me to maintain harmony or smooth relationships within my group.
エ	j1sg4d	b4q11d	すすんで発言することは、私にとって問題ではない	d	b4q11d	RELAT Speaking up is no problem	d. Speaking up is not a problem for me.

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オ	j1sg4e	b4q11e	旺盛な想像力を持つことは、私にとって大切なことだ	e	b4q11e	RELAT Lively imagination important	e. Having a lively imagination is important to me.
カ	j1sg4f	b4q11f	自分一人だけがほめられたり、賞をもらったりしても、私は気にならない	f	b4q11f	RELAT Being singled out for praise OK	f. I am comfortable with being singled out for praise or rewards.
キ	j1sg4g	b4q11g	私は、謙虚な人を尊敬する	g	b4q11g	RELAT Respect for modest people	g. I respect people who are modest about themselves.
ク	j1sg4h	b4q11h	家にいるときの自分と、職場や他の社会的な場にいるときの自分は変わらない	h	b4q11h	RELAT Same person at home, work, social	h. I am the same person at home that I am at work or in other social settings.
ケ	j1sg4i	b4q11i	私は、グループのために自分の利益を犠牲にするだろう	i	b4q11i	RELAT Sacrifice self for benefit of group	i. I will sacrifice my self-interest for the benefit of the group I am in.
コ	j1sg4j	b4q11j	自分の仕事や家族のことを決めるにあたって、他の人のアドバイスを考慮すべきだと思う	j	b4q11j	RELAT Should consider others input: plans	j. I should take into consideration others' advice when making work or family plans.
サ	j1sg4k	b4q11k	会ったばかりの人と対応する時、私は率直に、ずばりと言うことを好む	k	b4q11k	RELAT Prefer to be direct with new people	k. I prefer to be direct and forthright when dealing with people I've just met.
シ	j1sg4l	b4q11l	グループの中で決められたことを尊重することは、私にとって重要なことである	l	b4q11l	RELAT Important to respect group decision	l. It is important to me to respect decisions made by the group.
ス	j1sg4m	b4q11m	もしグループが私を必要とするなら、たとえ自分がそのグループを気に入らなくてもそこに残るだろう	m	b4q11m	RELAT Stay with group even if not happy	m. I will stay in a group if they need me, even when I'm not happy with the group.
セ	j1sg4n	b4q11n	もし自分の家族が何か失敗をしたら、私は責任を感じる	n	b4q11n	RELAT If family fails, I feel responsible	n. If people in my family fail, I feel responsible.
ソ	j1sg4o	b4q11o	グループの人の意見に全く賛同しなくても、私は反論を避けるだろう	o	b4q11o	RELAT Even if strong disagree -dont argue	o. Even when I strongly disagree with group members, I avoid an argument.
タ	j1sg4p	b4q11p	自分自身の考えを持つことは大切である	p	b4q11p	RELAT Important to have my own ideas	p. It is important to have my own ideas.
チ	j1sg4q	b1se4t	私は、誰と一緒にいようと、同じように振る舞う	E4t	b1se4t	Act same way no matter who Im with	t. I act in the same way no matter who I am with.
ツ	j1sg4r	b1se4u	色々な面で他の人とは違うユニークな自分が好きである	E4u	b1se4u	Enjoy being unique/different from others	u. I enjoy being unique and different from others in many respects.
テ	j1sg4s	b1se4v	私の幸せは、身近にいる人たちの幸せ次第である	E4v	b1se4v	My happiness depends on happiness of oth	v. My happiness depends on the happiness of those around me.

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ト	j1sg4t	b1se4w	私は、しばしば自分の業績よりも他人とのつきあいの方が大切だと感じる	E4w	b1se4w	Relations more important than accomplish	w. I often have the feeling that my relationships with others are more important than my own accomplish-ments.
ナ	j1sg4u	b1se4x	自立できることは私にとって、とても重要なことである	E4x	b1se4x	Able to care of self is primary concern	x Being able to take care of myself is a primary concern for me.
ニ	j1sg4v	b1se4y	他の人の意見を聞くことは大切である	E4y	b1se4y	Important to listen to others' opinions	y It is important to listen to others' opinions.
	J1SINTER	B1SINTER			B1SINTER	Self-Construal: Interdependence (P1 3-item version)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SINDEP	B1SINDEP			B1SINDEP	Self-Construal: Independence (P1 3-item version)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SSC_IT	B4QSC_IT			B4QSC_IT	Self-Construal: Interdependence (P4 10-item version)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SSC_ID	B4QSC_ID			B4QSC_ID	Self-Construal: Independence (P4 7-item version)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SJINTR					Self-Construal: Interdependence (J1 12-item version)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SJINDP					Self-Construal: Independence (J1 10-item version)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
G5			次のそれぞれの文章に、どれくらい「同意する」または「同意しない」かをおたずねします。それぞれの文章であてはまる数字 1 つに○をつけてください。	H16			Please indicate how strongly you agree or disagree with each of the following statements.
ア	j1sg5a	b4q12m	たとえ、ものごとがうまくいっていたとしても、友人が問題に巻き込まれていたら、うれしく感じることはできない	BioQ12m	b4q12m	RELAT Not happy if friend in trouble	m. Even when things are going well for me, I can't be happy if I have a friend who is in trouble.
イ	j1sg5b	b4q12n	他の人の苦難を聞くと、心が動かされる	BioQ12n	b4q12n	RELAT Moved by another persons hardship	n. I am moved when I hear of another person's hardship.
ウ	j1sg5c	b4q12o	他の人を思いやるほど大切なことはない	BioQ12o	b4q12o	RELAT Important to be sympathetic others	o. I think nothing is more important than to be sympathetic to others.
エ	j1sg5d	b4q12p	私の思いやりには、限度がある	BioQ12p	b4q12p	RELAT My sympathy has its limits	p. My sympathy has its limits.
オ	j1sg5e	b4s12q	ふつう私は、尊敬できる人の意見にしたがう	BioQ12q	b4s12q	RELAT Follow opinion of people I respect	q. I usually follow the opinions of people I can respect.

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カ	j1sg5f	b4s12r	私は、自分の意見と異なっている、多数意見にしたがうことができる	BioQ12r	b4s12r	RELAT Adjust opinion to fit group	r. When many people have an opinion different from mine, I can adjust mine to theirs.
キ	j1sg5g	b4s12s	他の人の価値観のほうに理にかなっている場合、私は自分の価値観を他の人の価値観に合わせる ことができる	BioQ12s	b4s12s	RELAT Adjust values to fit others	s. When values held by others sound more reasonable, I can adjust my values to theirs.
ク	j1sg5h	b4s12t	いったん起きてしまったことを変えるのは難しいので、私はむしろ自分を変えて、それに合わせようとする	BioQ12t	b4s12t	RELAT Adjust to things hard to change	t. Once something has happened, I try to adjust myself to it because it is difficult to change it myself.
ケ	j1sg5i	b4s12u	人生で何が起るかかわからないので、起こることを変えようとしても無駄だ	BioQ12u	b4s12u	RELAT Life uncertain: try change no use	u. It is useless to try to change what is going to happen in life because it is impossible to predict it.
コ	j1sg5j	b1sh16p	自分がよく知っている人を助けようとすることは、大切なことだ	H16p	b1sh16p	Important to help people who I know well	p. It is important for me to try to help people who I know well.
	J1SSYMP	B1SSYMP			B1SSYMP	Sympathy scale	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SADJ	B4QADJ			B4QADJ	Adjustment scale	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
G6			次の（ア）～（マ）までの言葉は、あなた自身にどのくらいあてはまりますか。それぞれの項目であてはまる数字 1 つに○をつけてください。	E6			Please indicate how well each of the following describes you.
ア	j1sg6a	b1se6a	外向的	a	b1se6a	Outgoing describes you how well	a. Outgoing
イ	j1sg6b	b1se6b	助けになる	b	b1se6b	Helpful describes you how well	b. Helpful
ウ	j1sg6c	b1se6c	気分屋	c	b1se6c	Moody describes you how well	c. Moody
エ	j1sg6d	b1se6d	計画性のある	d	b1se6d	Organized describes you how well	d. Organized
オ	j1sg6e	b1se6e	自信家	e	b1se6e	Self confident describes you how well	e. Self-confident
カ	j1sg6f	b1se6f	親しみやすい	f	b1se6f	Friendly describes you how well	f. Friendly
キ	j1sg6g	b1se6g	温情のある	g	b1se6g	Warm describes you how well	g. Warm

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ク	j1sg6h	b1se6h	悩みがちな	h	b1se6h	Worrying describes you how well	h. Worrying
ケ	j1sg6i	b1se6i	責任感がある	i	b1se6i	Responsible describes you how well	i. Responsible
コ	j1sg6j	b1se6j	説得力のある	j	b1se6j	Forceful describes you how well	j. Forceful
サ	j1sg6k	b1se6k	いきいきしている	k	b1se6k	Lively describes you how well	k. Lively
シ	j1sg6l	b1se6l	めんどろみのよい	l	b1se6l	Caring describes you how well	l. Caring
ス	j1sg6m	b1se6m	神経質な	m	b1se6m	Nervous describes you how well	m. Nervous
セ	j1sg6n	b1se6n	独創的な	n	b1se6n	Creative describes you how well	n. Creative
ソ	j1sg6o	b1se6o	独断的	o	b1se6o	Assertive describes you how well	o. Assertive
タ	j1sg6p	b1se6p	勤勉な	p	b1se6p	Hardworking describes you how well	p. Hardworking
チ	j1sg6q	b1se6q	想像力豊かな	q	b1se6q	Imaginative describes you how well	q. Imaginative
ツ	j1sg6r	b1se6r	心やさしい	r	b1se6r	Softhearted describes you how well	r. Softhearted
テ	j1sg6s	b1se6s	穏やかな	s	b1se6s	Calm describes you how well	s. Calm
ト	j1sg6t	b1se6t	ずけずけとものをいう	t	b1se6t	Outspoken describes you how well	t. Outspoken
ナ	j1sg6u	b1se6u	知的な	u	b1se6u	Intelligent describes you how well	u. Intelligent
ニ	j1sg6v	b1se6v	好奇心が強い	v	b1se6v	Curious describes you how well	v. Curious

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ヌ	j1sg6w	b1se6w	活動的な	w	b1se6w	Active describes you how well	w. Active
ネ	j1sg6x	b1se6x	軽率な	x	b1se6x	Careless describes you how well	x. Careless
ノ	j1sg6y	b1se6y	心の広い	y	b1se6y	Broad minded describes you how well	y. Broad-minded
ハ	j1sg6z	b1se6z	思いやりがあ る	z	b1se6z	Sympathetic describes you how well	z. Sympathetic
ヒ	j1sg6aa	b1se6aa	話好き	aa	b1se6aa	Talkative describes you how well	aa. Talkative
フ	j1sg6bb	b1se6bb	洗練されている	bb	b1se6bb	Sophisticated describes you how well	bb. Sophisticated
ヘ	j1sg6cc	b1se6cc	冒険的な	cc	b1se6cc	Adventurous describes you how well	cc. Adventurous
ホ	j1sg6dd	b1se6dd	支配的な	dd	b1se6dd	Dominant describes you how well	dd. Dominant
マ	j1sg6ee	b1se6ee	几帳面な	ee	b1se6ee	Thorough describes you how well	ee. Thorough
	J1SNEURO	B1SNEURO			B1SNEURO	Neuroticism Personality Trait	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SEXTRA	B1SEXTRA			B1SEXTRA	Extraversion Personality Trait	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SOPEN	B1SOPEN			B1SOPEN	Openness Personality Trait	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SCONS1	B1SCON1			B1SCON1	Conscientiousness Personality Trait (Parallel M1 items)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SCONS2	B1SCON2			B1SCON2	Conscientiousness Personality Trait (M1 items + 1 additional)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SAGREE	B1SAGREE			B1SAGREE	Agreeableness Personality Trait	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables

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	J1SAGENC	B1SAGENC			B1SAGENC	Agency Personality Trait	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
G 7			次のそれぞれの文章にどれくらい「同意する」または「同意しない」かをおたずねします。それぞれの文章であてはまる数字1つに○をつけてください。	BioQ14			The following questions are about your views of yourself. Please circle the number that corresponds to how much you agree or disagree with the following statements (where 1 = strongly disagree and 7 = strongly agree).
ア	j1sg7a	b4q14a	自分がしたくないことでも、私はやり遂げることができる	a	b4q14a	CNTRL Make self do things dont want to	a. I can make myself do things I don't want to do.
イ	j1sg7b	b4q14b	自分に何か悪いことが起こったときに、自分よりもっと不幸な人がいると考える	b	b4q14b	CNTRL If I have prob; others have worse	b. When something bad happens to me, I think of all the others who are much worse off than I am.
ウ	j1sg7c	b4q14c	必要に応じて、自分の考えや欲求をコントロールできる	c	b4q14c	CNTRL Can control thoughts/desires	c. I can control my thoughts and desires if I need to.
エ	j1sg7d	b4q14d	状況に応じて、考え、感情、行動などを自分で変えることができるのは、私にとって大切だ	d	b4q14d	CNTRL Impt think, feel, act as needed	d. It is important to me to be able to think, feel, and act differently depending on the needs and demands of the situation.
オ	j1sg7e	b4q14e	思考や感情を自ら変えることで、はじめて、人はより良い人間になることができる	e	b4q14e	CNTRL Can improve self if change thoughts	e. One can be a better person only through changing one's thoughts and feelings.
カ	j1sg7f	b4q14f	身体と心を強く保つことは、私にとって大切だ	f	b4q14f	CNTRL Impt be strong in mind and body	f. It is important for me to be strong in body and mind.
キ	j1sg7g	b4q14g	おかれた状況に応じて、自分の感情をコントロールしている	g	b4q14g	CNTRL Control emotions by change thoughts	g. I control my emotions by changing the way I think about the situation I'm in.
ク	j1sg7h	b4q14h	私は、自分の感情を心にしまっておく	h	b4q14h	CNTRL I keep my emotions to myself	h. I keep my emotions to myself.
ケ	j1sg7i	b4q14i	ストレスのある状況に直面したとき、私は平静を保てるような方向に気持ちを向けようとする	i	b4q14i	CNTRL In stress, use thoughts keep calm	i. When I'm faced with a stressful situation, I make myself think about it in a way that helps me stay calm.
コ	j1sg7j	b4q14j	さびしいとか、怒りといったマイナスの感情を感じたとき、それを表に出さないようにしている	j	b4q14j	CNTRL Feel, but dont express neg emotion	j. When I am feeling negative emotions (such as sadness or anger), I make sure not to express them.
サ	j1sg7k	b4q14k	私は、感情的な人間だと思われている	k	b4q14k	CNTRL Known as emotional person	k. I am known as an emotional person.
シ	j1sg7l	b4q14l	他の人に迷惑をかけることは、大切である	l	b4q14l	CNTRL Impt not to be bother to others	l. It is important to me that I not bother others.
ス	j1sg7m	b4q14m	私は、他の人に迷惑をかけるないように行動しようとする	m	b4q14m	CNTRL Try to behave:so no trouble others	m. I try to behave so as not to cause trouble to others.

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セ	j1sg7n	b4q14n	私は、ときどき、他の人の重荷になっているのではないかと不安になる	n	b4q14n	CNTRL Worry I am burden on others	n. I sometimes worry that I am a burden on others.
ソ	j1sg7o	b4q14o	私は自分の限界をわきまえている	o	b4q14o	CNTRL I know my own limitations	o. I know my own limitations.
タ	j1sg7p	b4q14p	私は、平穏な心を保てるよう努力している	p	b4q14p	CNTRL Do best to maintain a calm mind	p. I do my best to maintain a calm mind.
チ	j1sg7q	b4q14q	私にとって人生で最も大切なことは、自分が思い描くようにすることである	q	b4q14q	CNTRL Top priority:do what supposed to	q. A top priority in my life is to do well what I am supposed to do.
ツ	j1sg7r	b4q14r	他の人に評価されるとき、とても緊張する	r	b4q14r	CNTRL Feel very tense when evaluated	r. I feel very tense when I am being evaluated by others.
テ	j1sg7s	b4q14s	私は、他の人がどう反応するか、ときどき気になる	s	b4q14s	CNTRL Often concerned re: response to me	s. I am often concerned about how other people might respond to me.
	J1SSC_SC	B4QSC_SC			B4QSC_SC	Self-control Scale	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SSC_CC	B4QSC_CC			B4QSC_CC	Cognition Control	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SSC_EC	B4QSC_EC			B4QSC_EC	Emotion Control	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SSC_BC	B4QSC_BC			B4QSC_BC	Burden Consciousness	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
(H) 社会との関わりについておたずねします				Section H: Community involvement			
H 1			以下のそれぞれについて、あなたにどのくらいあてはまりますか。あてはまる数字に○をつけてください。（(ア)～(カ)まで○は1つずつ）	H6			To what extent do each of the following statements describe you?
ア	j1sh1a	b1sh6a	人は、私のことを「あなたならではの独自のやり方で社会貢献をしている」と言うだろう	a	b1sh6a	Made unique contributions to society	a. Others would say that you have made unique contributions to society.
イ	j1sh1b	b1sh6b	私には、他の人に伝達できるという重要な技能がある	b	b1sh6b	Important skills to pass along to others	b. You have important skills you can pass along to others.
ウ	j1sh1c	b1sh6c	多くの人が、私にアドバイスを求めにくる	c	b1sh6c	Many people come to you for advice	c. Many people come to you for advice.

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エ	j1sh1d	b1sh6d	他の人から必要とされていると感じる	d	b1sh6d	Feel other people need you	d. You feel that other people need you.
オ	j1sh1e	b1sh6e	私は、多くの人々の生活に良い影響を与えていると思う	e	b1sh6e	Good influence on others lives	e. You have had a good influence on the lives of many people.
カ	j1sh1f	b1sh6f	私は、人に何かを教えるのが好きである	f	b1sh6f	Like to teach things to people	f. You like to teach things to people.
	J1SGENER	B1SGENER			B1SGENER	Loyola Generativity Scale	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
H 2	j1sh2	b1se3	職場、趣味などのサークル、友人関係など、あなたが所属していると強く感じる社会集団を思い浮かべてください。右の はしごは、そのような社会集団の中での人々の位置を示しています。立場が最も高い人は、はしごの一番上にいます。立場が最も低い人は、はしごの一番下にいます。あなたが所属していると最も強く感じる社会集団で、他の人と比べて、あなたは、はしごのどの位置にいますか。右の図の 1～10に○をつけてください。	E3	b1se3	Rank standing in community on ladder	Think of this ladder as representing where people stand in their communities. People define community in different ways; please define it in whatever way is most meaningful to you. At the top of the ladder are the people who have the highest standing in their community. Where would you place yourself on this ladder? Please check the box next to the rung on the ladder where you think you stand at the time in your life,relative to other people in the community with which you most identify.
(I) ご近所の方とおつきあいについておたずねします				Section I: Your Neighborhood			
I1	j1si1	b1si1	あなたは近所の方々と、日頃どのくらい挨拶を交わしていますか。	I1	b1si1	Contact with neighbors frequency	How often do you have any contact, even something as simple as saying "hello", with any of your neighbors?
I2	j1si2	b1si2	あなたは、どのくらい近所の方々と話しをしたり、お付き合いをしたりしていますか。	I2	b1si2	Conversatn/get togethr w/ neighbor (freq)	How often do you have a real conversation or get together socially with any of your neighbors?
I3	j1si3	b1si3	現在のところに住んで、おおよそ何年になりますか。（1 年未満の場合は、「0」と記入してください）	I3	b1si3	Years lived in current neighborhood	How many years have you lived in your current neighborhood, or if you live in a rural area, in your current township? (If less than one year, enter "0".)
(J) 人生についておたずねします				Section Q: Life Overall			
J1	j1sj1	b1sq1	あなたの人生は、最近どのくらいだとお考えですか。「もっとも悪い」を0、「もっとも良い」を10として、0 から 1 0 であてはまる数字に○をつけてください。（○は1つだけ）	Q1	b1sq1	Rate life overall currently	Using a scale from 0 to 10 where 0 means "the worst possible life overall" and 10 means "the best possible life overall," how would you rate your life overall these days?
J2	j1sj2	b1sq2	10年前を振り返ってください。その時のあなたの人生は、どのくらいだったとお考えですか。0 から 1 0 であてはまる数字に○をつけてください。（○は1つだけ）	Q2	b1sq2	Rate life overall ten years ago	Looking back ten years ago, how would you rate your life overall at that time using the same 0 to 10 scale?

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J3	j1sj3	b1sq3	今から10年後をお考えください。その時のあなたの人生は、どのくらいだろうと予想しますか。0から10であてはまる数字に○をつけてください。(○は1つだけ)	Q3	b1sq3	Rate life overall ten years future	Looking ahead ten years into the future, what do you expect your life overall will be like at that time?
J4	j1sj4	b1sq4	最近、あなたは、人生を、どの程度コントロールしていますか。「全くしていない」を0、「とてもしている」を10として、0から10であてはまる数字に○をつけてください。(○は1つだけ)	Q4	b1sq4	Rate control over life overall	Using a 0 to 10 scale where 0 means "no control at all" and 10 means "very much control," how would you rate the amount of control you have over your life overall these days?
J5	j1sj5	b1sq5	最近、あなたは、どのくらい、人生について考えたり、努力したりしていますか。「全くしていない」を0、「とてもしている」を10として、0から10であてはまる数字に○をつけてください。(○は1つだけ)	Q1	b1sq5	Rate thought/effort into life overall	Using a 0 to 10 scale where 0 means "no thought or effort" and 10 means "very much thought and effort," how much thought and effort do you put into your life overall these days?
J6	j1sj6	b1sq6	あなたは、今日という日を、どのように感じているかお答えください。「もっとも悪い」を0、「もっとも良い」を10として、0から10であてはまる数字に○をつけてください。(○は1つだけ)	Q2	b1sq6	Rate your day today	Using a 0 to 10 scale where 0 means "the worst possible day overall" and 10 means "the best possible day overall", how would you rate your day today?
J7			ここでは、あなたご自身の人生についておうかがいします。次の(ア)～(ク)までの文章それぞれについて、どのくらい「同意する」または「同意しない」か、あてはまる数字1つに○をつけてください。	BioQ15			The next questions are about your evaluations of your life overall. Please circle the number that corresponds to how much you agree or disagree with the following statements (where 1 = strongly disagree and 7 = strongly agree).
ア	j1sj7a	b4q15a	他の人に比べて、私は幸せだと思う	a	b4q15a	GDLIFE More happy than peers	a. Compared to most of my peers, I consider myself to be more happy.
イ	j1sj7b	b4q15b	ほとんどの面で、私の人生は理想に近いものだ	b	b4q15b	GDLIFE Life close to ideal	b. In most ways my life is close to my ideal.
ウ	j1sj7c	b4q15c	私の人生は、とてもすばらしい状態にある	c	b4q15c	GDLIFE Life conditions excellent	c. The conditions of my life are excellent.
エ	j1sj7d	b4q15d	私は、自分の人生に満足している	d	b4q15d	GDLIFE Satisfied with life	d. I am satisfied with my life.
オ	j1sj7e	b4q15e	私は、これまで自分の人生で望んだ重要なものを手に入れてきた	e	b4q15e	GDLIFE Gotten important things	e. So far I have gotten the important things I want in life.
カ	j1sj7f	b4q15f	もう一度人生をやりなおせるとしても、私には変えたいと思うところはほとんどない	f	b4q15f	GDLIFE Live over, change nothing	f. If I could live my life over, I would change almost nothing.
キ	j1sj7g	b4q15g	人生において、私は感謝することがたくさんある	g	b4q15g	GDLIFE So much to be thankful for	g. I have so much in life to be thankful for.
ク	j1sj7h	b4q15h	私はいろいろな人に感謝する	h	b4q15h	GDLIFE Grateful to many people	h. I am grateful to a wide variety of people.
	J1SSW_SL	B4QSW_SL			B4QSW_SL	Subjective WellBeing - Satisfaction with Life Scale	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables

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MIDJA Quest. No	Final MIDJA SVN	MIDJA in MIDUS fmt	MIDJA_Question	MIDUS II Q uest. No.	MIDUSII SVN	MIDUS II SPSS Label	MIDUSII_Question
	J1SSW_GR	B4QSW_GR			B4QSW_GR	Subjective WellBeing - Gratitude Scale	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
J8			次の（ア）～（カ）までの文章それぞれについて、どのくらい「同意する」または「同意しない」か、あてはまる数字1つに○をつけてください。	E1			The next set of items explore your well-being. Please indicate how strongly you agree or disagree with each of the following statements.
ア	j1sj8a	b1se1a	たとえ他の人と意見が反対であっても、私は自分の意見を言うことを恐れない	a	b1se1a	Not afraid to voice opinions in oppositn	a. I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.
イ	j1sj8b	b1se1b	一般的に、私は目の前の状況を把握していると感じる	b	b1se1b	In charge of situation in which I live	b. In general, I feel I am in charge of the situation in which I live.
ウ	j1sj8c	b1se1c	私は、自分の視野をひろげることにつながる活動に興味が無い	c	b1se1c	No interested activities expand horizons	c. I am not interested in activities that will expand my horizons.
エ	j1sj8d	b1se1d	たいていの人は、私のことを誠実で情に厚いと思っている	d	b1se1d	Most see me as loving/affectionate	d. Most people see me as loving and affectionate.
オ	j1sj8e	b1se1e	私は、今、一日一日を生きているのであって、将来のことを深く考えたりしない	e	b1se1e	Live life day by day, no think about fut	e. I live life one day at a time and don't really think about the future.
カ	j1sj8f	b1se1f	私は、自分の人生を振り返ってみて、結果として起きていることをうれしく思う	f	b1se1f	Pleased with how life turned out	f. When I look at the story of my life, I am pleased with how things have turned out.
キ	j1sj8g	b1se1g	私はものを決めるとき、他のみんながすることに、影響されたりはしない	g	b1se1g	Decisions nor influenced by others doing	g. My decisions are not usually influenced by what everyone else is doing.
ク	j1sj8h	b1se1h	毎日の生活でやらなければならないことに、しばしば愕然（がくぜん）とする	h	b1se1h	Demands of everyday life oft get me down	h. The demands of everyday life often get me down.
ケ	j1sj8i	b1se1i	自分や世の中についての考え方を換えさせるような新しい経験をする事は、大切だと思う	i	b1se1i	Experience challenge how think important	i. I think it is important to have new experiences that challenge how you think about yourself and the world.
コ	j1sj8j	b1se1j	親密な関係を維持することは、私にとって難しく、また欲求不満のもとになっている	j	b1se1j	Maintaining close relationships diffict	j. Maintaining close relationships has been difficult and frustrating for me.
サ	j1sj8k	b1se1k	私は、人生の方向や目的について、考えをもっている	k	b1se1k	Have sense of direction/purpose in life	k. I have a sense of direction and purpose in life.
シ	j1sj8l	b1se1l	一般的に、私は、自分自身に対して、自信があり肯定的だ	l	b1se1l	Feel positive/confident about self	l. In general, I feel confident and positive about myself.
ス	j1sj8m	b1se1m	私は、強い意見を持つ人に影響されがちだ	m	b1se1m	Influenced by people w/ strong opinions	m. I tend to be influenced by people with strong opinions.

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セ	j1sj8n	b1se1n	私は、自分の周りの人や地域社会にあまりとけ込んでいない	n	b1se1n	Don't fit in w/ people and community	n. I do not fit very well with the people and the community around me.
ソ	j1sj8o	b1se1o	振り返ってみると、過去何年も私は人間として本当には成長していない	o	b1se1o	Haven't improved as person over years	o. When I think about it, I haven't really improved much as a person over the years.
タ	j1sj8p	b1se1p	自分の悩みをうちあける親友がほとんどいないので、私は孤独だとしばしば感じる	p	b1se1p	Few close friends to share concerns with	p. I often feel lonely because I have few close friends with whom to share my concerns.
チ	j1sj8q	b1se1q	人生で何を成し遂げようとしているのか、私はよくわかっていない	q	b1se1q	No good sense of what try to accomplish	q. I don't have a good sense of what it is I'm trying to accomplish in life.
ツ	j1sj8r	b1se1r	知っている人の多くは、私に比べて、人生からより多くのものを得てきたと感じる	r	b1se1r	Others gotten more out of life than I	r. I feel like many of the people I know have gotten more out of life than I have.
テ	j1sj8s	b1se1s	たとえ一般に合意されていることに反しても、私は自分の考えに自信をもっている	s	b1se1s	Confndce in my opinions even if contrary	s. I have confidence in my opinions, even if they are contrary to the general consensus.
ト	j1sj8t	b1se1t	毎日の生活でいくつもある責任をやりくりすることに、私は長けている	t	b1se1t	Good managing daily responsibilities	t. I am quite good at managing the many responsibilities of my daily life.
ナ	j1sj8u	b1se1u	私は、これまで人として、とても成長してきたと思う	u	b1se1u	Developed a lot as person over time	u. I have the sense that I have developed a lot as a person over time.
ニ	j1sj8v	b1se1v	家族や友だちと個人的なやりとりを、私は楽しむ	v	b1se1v	Enjoy conversations w/ family & friends	v. I enjoy personal and mutual conversations with family members and friends.
ヌ	j1sj8w	b1se1w	自分が日常していることは、些細で大切なことではないように、しばしば感じる	w	b1se1w	Daily activities seem trivial & unimport	w. My daily activities often seem trivial and unimportant to me.
ネ	j1sj8x	b1se1x	私は、自分の性格をおおかたにおいて好きだ	x	b1se1x	Like most aspects of my personality	x. I like most aspects of my personality.
ノ	j1sj8y	b1se1y	議論の分かれる事柄について、自分の意見を言うことが、私には難しい	y	b1se1y	Difficult voice opinion on controversial	y. It's difficult for me to voice my own opinions on controversial matters.
ハ	j1sj8z	b1se1z	自分の責務に、しばしば押しつぶされそうなる	z	b1se1z	Overwhelmed by my responsibilities	z. I often feel overwhelmed by my responsibilities.
ヒ	j1sj8aa	b1se1aa	私にとって、人生とは、学び続け、変化し続け、成長し続けるものである	aa	b1se1aa	Life process of learning/changing/growth	aa. For me, life has been a continuous process of learning, changing, and growth.
フ	j1sj8bb	b1se1bb	人は私のことを、「他の人のために時間を費やす面倒見のいい人だ」というだろう	bb	b1se1bb	Others describe me as giving/share time	bb. People would describe me as a giving person, willing to share my time with others.

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ヘ	j1sj8cc	b1se1cc	私は、将来の計画をたて、それを実現させることに楽しみを見いだす	cc	b1se1cc	Enjoy make plans for future & make real	cc. I enjoy making plans for the future and working to make them a reality.
ホ	j1sj8dd	b1se1dd	私は、自分が人生で成してきたことの多くに失望している	dd	b1se1dd	Disappointed about achievements in life	dd. In many ways, I feel disappointed about my achievements in life.
マ	j1sj8ee	b1se1ee	他の人が、私のことをどのように思うか心配しがちだ	ee	b1se1ee	Worry about what others think of me	ee. I tend to worry about what other people think of me.
ミ	j1sj8ff	b1se1ff	自分にとって満足できるように生活をやりくりすることは、私には難しい	ff	b1se1ff	Diffcult arranging life in satisfying way	ff. I have difficulty arranging my life in a way that is satisfying to me.
ム	j1sj8gg	b1se1gg	人生をととてもよいものにしようとか、変えようとかすることは、とうの昔にあきらめた	gg	b1se1gg	Gave up try making improvements long ago	gg. I gave up trying to make big improvements or changes in my life a long time ago.
メ	j1sj8hh	b1se1hh	心温まり信頼できる人間関係をもったことは、それほどない	hh	b1se1hh	No experience warm & trusting relations	hh. I have not experienced many warm and trusting relationships with others.
			Note: Item b1selii was not included in MIDJA, thus shifting correspondence between MIDJA and MIDUS II var names See Documentation of Scales for Psychological WellBeing				Note: Item b1se1ii was not included in MIDJA, thus shifting correspondence between MIDJA and MIDUS II var names. See Documentation of Scales for Psychological WellBeing
モ	j1sj8ii	b1se1jj	自分自身に対する態度に関して、私は、おそらく他の人ほど肯定的ではない	jj	b1se1jj	Self attitude not as positive as others	jj. My attitude about myself is probably not as positive as most people feel about themselves.
ヤ	j1sj8jj	b1se1kk	私は、他の人が大切だと考える価値観ではなく、自分が大切だと考えることで自分を判断する	kk	b1se1kk	Judge self by what I think is important	kk. I judge myself by what I think is important, not by the values of what others think is important.
ユ	j1sj8kk	b1se1ll	私は、自分の好みにとても合った生活環境やライフスタイルを作ることができている	ll	b1se1ll	Able to build lifestyle to my liking	ll. I have been able to build a living environment and a lifestyle for myself that is much to my liking.
ヨ	j1sj8ll	b1se1mm	慣れ親しんだやり方を変えないといけないので、新しい環境は楽しめない	mm	b1se1mm	No enjoy situations require change ways	mm. I do not enjoy being in new situations that require me to change my old familiar ways of doing things.
ラ	j1sj8mm	b1se1nn	私は友だちを信頼できると自分でわかっているし、友だちは私を信頼できるとわかっている	nn	b1se1nn	I can trust friends & they can trust me	nn. I know that I can trust my friends, and they know they can trust me.
リ	j1sj8nn	b1se1oo	目的を持たずに人生を放浪する人もいるが、私はそのような人間ではない	oo	b1se1oo	Some wander aimlessly but not me	oo. Some people wander aimlessly through life, but I am not one of them.
ル	j1sj8oo	b1se1pp	友だちや知人と自分を比べてみて、私は自分がどんな人間であるかということに満足を感じている	pp	b1se1pp	Feel good when compare myself to friends	pp. When I compare myself to friends and acquaintances, it makes me feel good about who I am.
レ	j1sj8pp	b1se1qq	私は、ときどき、人生でなすべきことはすべてなしてきたかのように感じる	qq	b1se1qq	Done all there is to do in life	qq. I sometimes feel as if I've done all there is to do in life.

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	J1SPWBA1	B1SPWBA1			B1SPWBA1	Autonomy (Psych Well-Being 3-item)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SPWBE1	B1SPWBE1			B1SPWBE1	Environmental Mastery (Psych Well-Being 3-item)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SPWBG1	B1SPWBG1			B1SPWBG1	Personal Growth (Psych Well-Being 3-item)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SPWBR1	B1SPWBR1			B1SPWBR1	Positive relations with others (Psych Well-Being 3-item)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SPWBU1	B1SPWBU1			B1SPWBU1	Purpose in Life (Psych Well-Being 3-item)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SPWBS1	B1SPWBS1			B1SPWBS1	Self Acceptance (Psych Well-Being 3-item)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SPWBA2	B1SPWBA2			B1SPWBA2	Autonomy (Psych Well-Being 7-item)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SPWBE2	B1SPWBE2			B1SPWBE2	Environmental Mastery (Psych Well-Being 7-item)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SPWBG2	B1SPWBG2			B1SPWBG2	Personal Growth (Psych Well-Being 7-item)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SPWBR2	B1SPWBR2			B1SPWBR2	Positive Relations w/ others (Psych Well-Being 7-item)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SPWBU2	B1SPWBU2			B1SPWBU2	Purpose in Life (Psych Well-Being 7-item)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SPWBS2	B1SPWBS2			B1SPWBS2	Self Acceptance (Psych Well-Being 7-item)	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
㇏	j1sj8qq	j1sj8qq	あるがままに受け入れている			Take things as they are	I take things as they are
㇏	j1sj8rr	j1sj8rr	生まれてきて良かったと感じる			Grateful I was born	I am grateful that I was born
㇏	j1sj8ss	j1sj8ss	ボーっとしている時間が心地よい			Feels good do nothing and relax	It feels good to do nothing and relax

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ソ	j1sj8tt	j1sj8tt	人生というものは瞬間瞬間の積み重ねのようなものである			Life is succession of present moments	What we call life is a succession of present moments
㍑	j1sj8uu	j1sj8uu	何もしないで過ごす時は満ちたりた気分になる			Satisfied with time to laze	I am satisfied with the time to laze away
㍒	j1sj8vv	j1sj8vv	今生きていることのありがたみを感じる			Gratitude just to be alive	It feels gratitude just to be alive
㍓	j1sj8ww	j1sj8ww	私が今存在していること自体に意味があると感じる			Existence by itself has meaning	To me, my existence here and now, by itself, has meanings.
㍔	j1sj8xx	j1sj8xx	自分だけのために使える時間があると、自由な気持ちになる			Feel free when spend all time for myself	I feel free when I spend all my time just for myself
㍕	j1sj8yy	j1sj8yy	目的もなく一人でぶらぶらするのが好きだ			Like to walk by myself with no aim	I like to walk around by myself with no specific aim.
㍖	j1sj8zz	j1sj8zz	幸せなのは、他者のおかげである			Happiness depends on others	My happiness depends on others.
	J1SMWBGR					Minimalist Well-Being: Gratitude	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SMWBPD					Minimalist Well-Being: Positive Disengagement	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
(K) 友人についておたずねします				Section J: Social Networks (Friends)			
K1	j1sk1	b4q13h1	あなたは友人は何人くらいいますか。	BioQ13	b4q13h1	SUPFRND-# Friends	How many friends do you have? Circle One: 0-5, 6-10, 11-20, 21-50, 51+
	J1SSGFA	B4QSGFA			B4QSGFA	Friendship Support Scale	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
K2	j1sk2	b1sj3	あなたは、一般的に、どのくらいの頻度で 友人と連絡を取り合いますか。連絡の方法とは、訪問・電話・手紙・電子メールを含みます。	J3	b1sj3	Contact with friends (freq)	How often are you in contact with any of <u>your friends</u> , including visits, phone calls, letters, or electronic mail messages?
K3			ここでは、あなたの「友人」についておうかがいします。次のそれぞれについて、どのくらい、あなたにあてはまりますか。あてはまる数字に○をつけてください。（ア）～（ク）まで○はそれぞれ1つずつ	J4			The next several questions are about your friends. Please circle the appropriate number for each item.
㍗	j1sk3a	b1sj4a	あなたの友人は、どのくらいあなたのことを気にかけてくれますか	a	b1sj4a	Friends really care about you	a. How much do your friends really care about you?

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イ	j1sk3b	b1sj4b	あなたの友人は、どのくらいあなたの考えや気持ちを尊重してくれますか	b	b1sj4b	Friends understand way you feel	b. How much do they understand the way you feel about things?
ウ	j1sk3c	b1sj4c	あなたが深刻な問題を抱えているとき、あなたは友人にどのくらい頼ることができますか	c	b1sj4c	Rely on friends for help with problem	c. How much can you rely on them for help if you have a serious problem?
エ	j1sk3d	b1sj4d	あなたが悩みについて相談する必要があるとき、あなたは友人にどのくらい打ち明けることができますか	d	b1sj4d	Open up to friends about worries	d. How much can you open up to them if you need to talk about your worries?
オ	j1sk3e	b1sj4e	あなたの友人は、どのくらいの頻度で、あなたに過大な要求をしますか	e	b1sj4e	Friends make too many demands on you	e. How often do your friends make too many demands on you?
カ	j1sk3f	b1sj4f	あなたの友人は、どのくらいの頻度で、あなたを批判しますか	f	b1sj4f	Friends criticize you	f. How often do they criticize you?
キ	j1sk3g	b1sj4g	あなたが友人を頼りにしているとき、あなたの友人は、どのくらいの頻度で、あなたをがっかりさせますか	g	b1sj4g	Friends let you down	g. How often do they let you down when you are counting on them?
ク	j1sk3h	b1sj4h	あなたの友人は、どのくらいの頻度で、あなたをいらだたせますか	h	b1sj4h	Friends get on your nerves	h. How often do they get on your nerves?
	J1SFDSP0	B1SFDSP0			B1SFDSP0	Support from Friends	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SFDsNE	B1SFDsNE			B1SFDsNE	Strain from Friends	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SFDsOL	B1SFDsOL			B1SFDsOL	Friendship Affectual Solidarity	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
K4			次に、友人に対するあなたのお考えをおうかがいします。あてはまる数字に○をつけてください。（ア）～（ク）まで○は1つずつ）	BioQ13			The next several questions are about your specific relationships with your friends, family (not including your spouse/partner) and spouse/partner. Please circle the appropriate number for each item.
ア	j1sk4a	b4q13a	あなたは、どのくらい友人のことを気にかけますか	a	b4q13a	SUPFRND Care about friends	a. How much do you really care about your friends?
イ	j1sk4b	b4q13b	あなたは、どのくらい友人の考えや気持ちを尊重しますか	b	b4q13b	SUPFRND Understand friends feeling	b. How much do you understand the way your friends feel about things?
ウ	j1sk4c	b4q13c	深刻な問題を抱えているとき、友人は、あなたに、どのくらい頼ってきますか	c	b4q13c	SUPFRND Friends rely on you serious probs	c. How much can your friends rely on you for help if they have a serious problem?
エ	j1sk4d	b4q13d	悩みについて相談する必要があるとき、あなたの友人は、あなたに、どのくらい打ち明けることができますか	d	b4q13d	SUPFRND Friends open up to you re worries	d. How much can your friends open up to you if they need to talk about their worries?

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オ	j1sk4e	b4q13e	あなたは、どのくらいの頻度で、友人に過大な要求をしますか	e	b4q13e	SUPFRND Make too many demands on friend	e. How often do you make too many demands on your friends?
カ	j1sk4f	b4q13f	あなたは、どのくらいの頻度で、友人を批判しますか	f	b4q13f	SUPFRND Criticize friends	f. How often do you criticize your friends?
キ	j1sk4g	b4q13g	友人があなたを頼りにしているとき、あなたは、どのくらいの頻度で、友人をがっかりさせますか	g	b4q13g	SUPFRND Let friends down	g. How often do you let your friends down when they are counting on you?
ク	j1sk4h	b4q13h	あなたは、どのくらいの頻度で、友人をいらだたせますか	h	b4q13h	SUPFRND Get on friends nerves	h. How often do you get on your friends' nerves?
	J1SSUGF	B4QSUGF			B4QSUGF	Support Given to Friends	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SSTGF	B4QSTGF			B4QSTGF	Strain Given to Friends	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SSOGFD	B4QSOGFD			B4QSOGFD	Affectual Solidarity Given to Friend	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
(L) 結婚や親しい関係についておたずねします				Section L: Marriage or Close Relationship			
L1	j1sl1	b1pb19	あなたは結婚していますか。（結婚のような関係でパートナーと一緒に住んでいる場合も結婚に含めます。）	PhoneB19	b1pb19	Marital status currently	Are you married, separated, divorced, widowed, or never married?
L2	j1sl2	j1sl2	結婚している（あるいは、結婚していた）期間をお答えください。現在結婚されている場合は、結婚されて何年になりますか。別居されている場合、別居期間は抜かしてください。再婚の場合は、現在の結婚期間をお答えください。離婚または死別された場合は、何年結婚されていましたか。			Number years married	If you are currently, or were ever, married please indicate the number of years? (If currently married indicate # of years; if separated indicate how long; if remarried, answer for current marriage; if widowed or divorced, indicate how long you were married)
L3	j1sl3cy	b1pb21y	最初に結婚したのは、いつですか。	PhoneB21@y	b1pb21y	Common Era Year married (first marriage)	In what month and <u>year</u> were you married (for the first time)?
	j1sl3mo	b1pb21m		PhoneB21@m	b1pb21m	Common Era Month married (first marriage)	In what <u>month</u> and year were you married (for the first time)?
L4	j1sl4	b1sl1	最近のあなたの結婚生活やパートナーとの関係を「もっとも悪い」を0、「もっとも良い」を10として、次の0から10であてはまる数字に○をつけてください。（○は1つだけ） なお、この質問が該当しない場合は、「X 該当しない」に○をつけてください。	L1	b1sl1	Rate current marriage/relationship	Using a scale from 0 to 10 where 0 means "the worst possible marriage or close relationship" and 10 means "the best possible marriage or close relationship," how would you rate your marriage or close relationship these days?

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L5	j1sl5	b1sl2	10年前を振り返ってください。その時の結婚生活やパートナーとの関係を 0 から 1 0 であてはまる数字に○をつけてください。(○は1つだけ) なお、この質問が該当しない場合は、「X 該当しない」に○をつけてください。	L2	b1sl2	Rate marriage/relationship ten yrs ago	Looking back ten years ago, how would you rate your marital or close relationship situation at that time using the same 0 to 10 scale?
L6	j1sl6	b1sl3	今から10年後をお考えください。その時の結婚生活やパートナーとの関係を 0 から 1 0 であてはまる数字に○をつけてください。(○は1つだけ) なお、この質問が該当しない場合は、「X 該当しない」に○をつけてください。	L3	b1sl3	Rate marriage/relationship ten yrs futur	Looking ahead ten years into the future, what do you expect your marriage or close relationship will be like at that time?
L7	j1sl7	b1sl4	最近、あなたは、結婚生活やパートナーとの関係をどのくらいコントロールできていますか。「全くできていない」を 0、「とてもできている」を 1 0 として、0 から 1 0 であてはまる数字に○をつけてください。(○は1つだけ) なお、この質問が該当しない場合は、「X 該当しない」に○をつけてください。	L4	b1sl4	Rate control over marriage/relationship	Using a 0 to 10 scale where 0 means "no control at all" and 10 means "very much control," how would you rate the amount of control you have over your marriage or close relationship these days?
L8	j1sl8	b1sl5	あなたは、最近どのくらい、結婚生活やパートナーとの関係について考えたり、努力したりしていますか。「全くしていない」を 0、「とてもしている」を 1 0 として、次の 0 から 1 0 であてはまる数字に○をつけてください。(○は1つだけ) なお、この質問が該当しない場合は、「X 該当しない」に○をつけてください。	L5	b1sl5	Rate thought/effort marriage/relationship	Using a 0 to 10 scale where 0 means "no thought or effort" and 10 means "very much thought and effort," how much thought and effort do you put into your marriage or close relationship these days?
L9	j1sl9	b1sl7	この 1 年間で、「配偶者またはパートナーとの関係に問題がある」と、どのくらいの頻度で考えていますか。	L7	b1sl7	Relationship in trouble (12 mo)	During the past year, how often have you thought your relationship might be in trouble?
L10	j1sl10	b1sl8	配偶者またはパートナーとの関係で、いつ何が起こるか予測することは難しいものです。しかし、現実的に、あなたが配偶者またはパートナーと最終的に別れる結果になる可能性は、どのくらいあると思いますか。	L8	b1sl8	Chances eventually separate from SP	It is always difficult to predict what will happen in a relationship, but realistically, what do you think the chances are that you and your partner will eventually separate?
	J1SMARRS	B1SMARRS			B1SMARRS	Marital Risk	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
L11			夫婦などの関係では、生活について意見が衝突することがよくあります。あなたと配偶者またはパートナーは、どのくらい意見が食い違っていますか。(ア)～(ウ)まで○は1つずつ)	L9			Couples often disagree about a lot of issues in life. How much do you and your spouse or partner disagree on the following issues?
ア	j1sl11a	b1sl9a	いくら使うか、いくら貯金したり投資したりするか、といったお金に関すること	a	b1sl9a	Disagree about money matters with SP	a. Money matters, such as how much to spend, save or invest.
イ	j1sl11b	b1sl9b	何をするか、誰がするか、といった家事に関すること	b	b1sl9b	Disagree about household tasks with SP	b. Household tasks, such as what needs doing and who does it.
ウ	j1sl11c	b1sl9c	何をするか、誰とするか、といった余暇の過ごし方に関すること	c	b1sl9c	Disagree about leisure activities w/ SP	c. Leisure time activities, such as what to do and with whom.
	J1SSPDIS	B1SSPDIS			B1SSPDIS	Spouse/Partner Disagreement	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
L12	j1sl12	b1sl10	あなたと配偶者またはパートナーは、あなたにとって重要なことについて、どのくらい話しますか。	L10	b1sl10	Good talk with SP (freq)	How often do you and your spouse or partner have a really good talk about something important to you?

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L13			次の事柄についてお答えください。あてはまる数字に○をつけてください。（ア）～（カ）まで○はそれぞれ1つずつ	L11			The next several questions are about your spouse/partner. Please circle the appropriate number for each item
ア	j1sl13a	b1sl11a	あなたの配偶者やパートナーは、どのくらいあなたのことを気にかけてくれますか	a	b1sl11a	SP really cares about you	a. How much does your spouse or partner really care about you?
イ	j1sl13b	b1sl11b	あなたの配偶者やパートナーは、あなたの考えや気持ちをどのくらい尊重してくれますか	b	b1sl11b	SP understands way you feel	b. How much does he or she understand the way you feel about things?
ウ	j1sl13c	b1sl11c	あなたの配偶者やパートナーは、どのくらいあなたのよさをわかっていますか	c	b1sl11c	SP appreciates you	c. How much does he or she appreciate you?
エ	j1sl13d	b1sl11d	あなたが深刻な問題を抱えているとき、あなたは、あなたの配偶者やパートナーに、どのくらい頼ることができますか	d	b1sl11d	Rely SP for help with serious problem	d. How much can you rely on him or her for help if you have a serious problem?
オ	j1sl13e	b1sl11e	あなたが悩みについて相談する必要があるとき、あなたは、あなたの配偶者やパートナーに、どのくらい、打ち明けることができますか	e	b1sl11e	Open up to SP about worries	e. How much can you open up to him or her if you need to talk about your worries?
カ	j1sl13f	b1sl11f	あなたの配偶者やパートナーと一緒にいるとき、あなたは、どのくらいリラックスでき、自分らしいですか	f	b1sl11f	Can relax, be yourself around SP	f. How much can you relax and be yourself around him or her?
L14			同様に、次の事柄についてお答えください。あてはまる数字に○をつけてください。（ア）～（カ）まで○はそれぞれ1つずつ	L11			
ア	j1sl14a	b1sl11g	あなたの配偶者やパートナーは、どのくらいの頻度で、あなたに過大な要求をしますか	g	b1sl11g	SP makes too many demands on you	g. How often does your spouse or partner make too many demands on you?
イ	j1sl14b	b1sl11h	あなたの配偶者やパートナーは、どのくらいの頻度で、あなたを緊張させますか	h	b1sl11h	SP makes you feel tense	h. How often does he or she make you feel tense?
ウ	j1sl14c	b1sl11i	あなたの配偶者やパートナーは、どのくらいの頻度で、あなたと言い争いますか	i	b1sl11i	SP argues with you	i. How often does he or she argue with you?
エ	j1sl14d	b1sl11j	あなたの配偶者やパートナーは、どのくらいの頻度で、あなたを批判しますか	j	b1sl11j	SP criticizes you	j. How often does he or she criticize you?
オ	j1sl14e	b1sl11k	あなたがあなたの配偶者やパートナーを頼りにしているとき、あなたの配偶者やパートナーは、どのくらいの頻度で、あなたをがっかりさせますか。	k	b1sl11k	SP lets you down	k. How often does he or she let you down when you are counting on him or her?
カ	j1sl14f	b1sl11l	あなたの配偶者やパートナーは、どのくらいの頻度で、あなたをいらだたせますか	l	b1sl11l	SP gets on your nerves	l. How often does he or she get on your nerves?
	J1SSPEMP	B1SSPEMP			B1SSPEMP	Support from Spouse/Partner	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables

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	J1SSPCRI	B1SSPCRI			B1SSPCRI	Strain from Spouse/Partner	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SSPSOL	B1SSPSOL			B1SSPSOL	Spouse Affectual Solidarity	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
L15			同様に、次の事柄についてお答えください。（（ア）～（カ）まで○はそれぞれ1つずつ）	BioQ13			
ア	j1sl15a	b4q13o	あなたは、どのくらい配偶者やパートナーのことを気にかけますか	o	b4q13o	SUPPART Care about partner	o. How much do you really care about your spouse/partner?
イ	j1sl15b	b4q13p	あなたは、どのくらい配偶者やパートナーの考えや気持ちを、尊重していますか	p	b4q13p	SUPPART Understand partner	p. How much do you understand the way your spouse/partner feels about things?
ウ	j1sl15c	b4q13q	あなたは、どのくらい配偶者やパートナーのよさがわかっていますか	q	b4q13q	SUPPART Appreciate partner	q. How much do you appreciate your spouse/partner?
エ	j1sl15d	b4q13r	あなたの配偶者やパートナーが、深刻な問題を抱えているとき、あなたの配偶者やパートナーは、あなたに、どのくらい頼ってきますか	r	b4q13r	SUPPART Partner rely on you serious probs	r. How much can your spouse/partner rely on you for help if he/she has a serious problem?
オ	j1sl15e	b4q13s	あなたの配偶者やパートナーが、悩みについて相談する必要があるとき、あなたの配偶者やパートナーは、あなたに、どのくらい打ち明けることができますか	s	b4q13s	SUPPART Partner open up re worries	s. How much can your spouse/partner open up to you if he/she needs to talk about his/her worries?
カ	j1sl15f	b4q13t	あなたと一緒にいるとき、あなたの配偶者やパートナーは、どのくらいリラックスでき、自分らしいですか	t	b4q13t	SUPPART Partner relax/be self with you	t. How much can your spouse/partner relax and be his/herself around you?
L16			同様に、次の事柄についてお答えください。あてはまる数字に○をつけてください。（（ア）～（カ）まで○はそれぞれ1つずつ）				
ア	j1sl16a	b4q13u	あなたは、どのくらいの頻度で、あなたの配偶者やパートナーに、過大な要求をしますか	u	b4q13u	SUPPART Make too many demands on partner	u. How often do you make too many demands on your spouse/partner?
イ	j1sl16b	b4q13v	あなたは、どのくらいの頻度で、あなたの配偶者やパートナーを、緊張させますか	v	b4q13v	SUPPART Partner feel tense	v. How often do you make your spouse/partner feel tense?
ウ	j1sl16c	b4q13w	あなたは、どのくらいの頻度で、あなたの配偶者やパートナーと言い争いますか	w	b4q13w	SUPPART Argue with partner	w. How often do you argue with your spouse/partner?
エ	j1sl16d	b4q13x	あなたは、どのくらいの頻度で、あなたの配偶者やパートナーを批判しますか	x	b4q13x	SUPPART Criticize partner	x. How often do you criticize you spouse/partner?
オ	j1sl16e	b4q13y	あなたの配偶者やパートナーがあなたを頼りにしているとき、あなたは、どのくらいの頻度で、あなたの配偶者やパートナーを、がっかりさせますか	y	b4q13y	SUPPART Let partner down	y. How often do you let your spouse/partner down when he/she is counting on you?

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カ	j1sl16f	b4q13z	あなたは、どのくらいの頻度で、あなたの配偶者やパートナーを、いらだたせますか	z	b4q13z	SUPPORT Get on partners nerves	z. How often do you get on your spouse/partner nerves?
	J1SSUGS	B4QSUGS			B4QSUGS	Support Given to Spouse Scale	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SSTGS	B4QSTGS			B4QSTGS	Strain Given to Spouse Scale	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SSOLGS	B4QSOLGS			B4QSOLGS	Affectual Solidarity Given to Spouse/partner	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
L17	j1sl17	b1sl12	家事には、料理・買い物・洗濯・掃除・庭仕事・修理・請求書の支払いなど、いろいろなことがあります。あなたと配偶者またはパートナーのどちらのほうが、多くの家事を行っていますか。	L12	b1sl12	Who does more household chores (R or SP)	Running a household involves a lot of chores (like cooking, shopping, laundry, cleaning, yardwork, repairs, and paying bills), and couples vary in who does these things. Overall, do you do more of such chores, does your spouse or partner do more of them, or do you split them equally? If you have children, do not count childrearing tasks such as bathing them, taking them places, or helping them with their homework, but do include chores like doing their laundry, washing their dishes, or cooking for them.
L18	j1sl18	b1sl13	特にこれといって特別な事情がない場合、あなたは家事を1日、何時間くらいしますか。（まったくしないのであれば「0」としてください）	L13	b1sl13	R does household chores (hrs/wk)	In a typical week, about how many hours do you generally spend doing household chores? (If none, enter "0".)
L19	j1sl19	b1sl14	特にこれといって特別な事情がない場合、配偶者またはパートナーは、家事を、1日、何時間くらいしますか。（まったくしないのであれば「0」としてください）	L14	b1sl14	SP does household chores (hrs/wk)	In a typical week, about how many hours does your spouse/partner spend doing household chores? (If none, enter "0".)
L20	j1sl20	b1sl15	あなたにとって、配偶者またはパートナーとの家事の役割分担は、公平だと思いますか。	L15	b1sl15	How fair are household chores to R	How fair do you think this arrangement of household chores is to you?
L21	j1sl21	b1sl16	配偶者またはパートナーにとって、あなたとの家事の役割分担は、公平だと思いますか。	L16	b1sl16	How fair are household chores to SP	How fair do you think this arrangement of household chores is to your spouse or partner?
L22			あなたと配偶者またはパートナーの関係について、次のそれぞれについて、どのくらい「同意する」か「同意しない」かお答えください。（（ア）～（エ）まで○は1つずつ）	L17			How much do you agree or disagree with the following statements?
ア	j1sl22a	b1sl17a	私たちは配偶者またはパートナーと私は、何かを決めるときに協力し合う	a	b1sl17a	Make decisions with SP as a team	a. My partner and I are a team when it comes to making decisions.
イ	j1sl22b	b1sl17b	私が、配偶者またはパートナーにものごとを相談すると、事態は良い方向へ向かう	b	b1sl17b	Talk with SP makes things better	b. Things turn out better when I talk things over with my partner.
ウ	j1sl22c	b1sl17c	私は、配偶者またはパートナーにじっくり相談することなく将来のプランを立てることはない	c	b1sl17c	Talk with SP before make plans	c. I don't make plans for the future without talking it over with my partner.

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エ	j1sl22d	b1sl17d	私は、医療・家計・家族のことについて何かを決めなければならないとき、配偶者またはパートナーに助言を求める	d	b1sl17d	Ask SP for advice about issues	d. When I have to make decisions about medical, financial, or family issues, I ask my partner for advice.
	J1SSPDEC	B1SSPDEC			B1SSPDEC	Spouse/Partner Decision Making	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
L23	j1sl23	b1sl18	あなたは、配偶者またはパートナーの現在の健康状態を、どのくらいだと思いますか。	L18	b1sl18	Describe SP physical health currently	How would you describe your spouse's or partner's overall physical health at the present time?
L24	j1sl24	b1sl19	あなたは、配偶者またはパートナーの <u>現在の情緒的安定性や精神的健康状態（こころの健康）</u> を、どのくらいだと思いますか。	L19	b1sl19	Describe SP mental health currently	How would you describe your spouse's or partner's overall mental or emotional health at the present time?
L25	j1sl25	b1sl20	あなたの配偶者またはパートナーは、現在、フルタイムまたはパートタイムで働いていますか。	L20	b1sl20	SP currently working for pay	Is your spouse or partner currently working for pay, whether full-time or part-time?
(M) お子さんについておたずねします				Section K: Children			
M1	j1sm1	b1pc2	あなたにはお子さんがいらっしゃいますか。（義理のお子さん、養子のお子さんを含みます。亡くなっている場合は含みません。）	PhoneC (Children)	b1pc2	Any children.	Do you have any children living with you or elsewhere (including adopted and step children, not including deceased children)?
M2	j1sm2	b1sk1	（以下の質問では、2人以上のお子さんがいる場合は、お子さん全体としてのお答えをお答えください。）M2. お子さんとの関係は、最近どのくらいだとお考えですか。「もっとも悪い」を0、「もっとも良い」を10として、0から10であてはまる数字に○をつけてください。（○は1つだけ）	K1	b1sk1	Rate current relationship with children	Using a scale from 0 to 10 where 0 means "the worst possible relationship" and 10 means "the best possible relationship," how would you rate your overall relationship with your children these days?
M3	j1sm3	b1sk2	<u>10年前を振り返ってください。</u> その時のお子さんとの関係を、0から10であてはまる数字に○をつけてください。（○は1つだけ）	K2	b1sk2	Rate relatnshp w/ children ten years ago	Looking back ten years ago, how would you rate your overall relationship with your children at that time using the same 0 to 10 scale? (If you had no children ten years ago, check “Does not apply”.)
M4	j1sm4	b1sk3	<u>今から10年後をお考えください。</u> その時のお子さんとの関係を、0から10であてはまる数字に○をつけてください。（○は1つだけ）	K3	b1sk3	Rate reltnshp w/ children ten yrs future	Looking ahead ten years into the future, what do you expect your overall relationship with your children will be like at that time?
M5	j1sm5	b1sk4	あなたは、最近どのくらい、お子さんとの関係をコントロールしていますか。「全くしていない」を0、「とてもしている」を10として、次の0から10であてはまる数字に○をつけてください。（○は1つだけ）	K4	b1sk4	Rate control over relatnshp w/ children	Using a 0 to 10 scale where 0 means "no control at all" and 10 means "very much control," how would you rate the amount of control you have over your overall relationship with your children these days?
M6	j1sm6	b1sk5	最近、あなたは、お子さんとの関係についてどのくらい、考えたり、努力したりしていますか。「全くしていない」を0、「とてもしている」を10として、次の0から10であてはまる数字に○をつけてください。（○は1つだけ）	K5	b1sk5	Rate thought/effort reltnshp w/ children	Using a 0 to 10 scale where 0 means "no thought or effort" and 10 means "very much thought and effort," how much thought and effort do you put into your overall relationship with your children these days?
M7			次のそれぞれについて、どのくらい、あなたにあてはまるかお答えください。あてはまる数字に○をつけてください。（（ア）～（カ）まで○は1つずつ）	K6			Please indicate the degree to which each of the following statements is true of you in general.

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ア	j1sm7a	b1sk6a	自分の子どもたちに、これまで与えてきた機会を思うと、私は満足に感じる	a	b1sk6a	Feel good about opportunities for child	a. I feel good about the opportunities I have been able to provide for my children.
イ	j1sm7b	b1sk6b	子どもとの家族関係は、私の場合、他の多くの人と比べて、より問題があるように思う	b	b1sk6b	Family life w/ children more negative	b. It seems to me that family life with my children has been more negative than most people's.
ウ	j1sm7c	b1sk6c	自分の子どもとの問題で、時に私は恥ずかしい思いをさせられたり、当惑させられたりする	c	b1sk6c	Problems with children caused shame	c. Problems with my children have caused me shame and embarrassment at times.
エ	j1sm7d	b1sk6d	家族として、子どもと一緒に楽しいことをするような余裕は、これまでなかった	d	b1sk6d	No resources for fun things w/ children	d. As a family, we have not had the resources to do many fun things together with the children.
オ	j1sm7e	b1sk6e	私は、他の人と同じくらいのことを自分の子どもにすることができたと信じている	e	b1sk6e	Do for children as much as others	e. I believe I have been able to do as much for my children as most other people.
カ	j1sm7f	b1sk6f	これまで子どもにしてきてあげたことを思うと、私はとてもプライドを感じる	f	b1sk6f	Pride about what able to do for children	f. I feel a lot of pride about what I have been able to do for my children.
	J1SPIFAM	B1SPIFAM			B1SPIFAM	Perceived Inequality in Family	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables

(N) 家族についておたずねします

Section J: Social Networks (Family)

N1	j1sn1	J1sn1	あなたには別居している <u>家族</u> はいらっしゃいますか。			Any family not live with you	Are there any members of your family who do not live with you?
N2	j1sn2	b1sj1	あなたは、別居している <u>家族</u> とは、どのくらいの頻度で連絡を取り合いますか。連絡の方法とは、訪問・電話・手紙・電子メールを含みます。（2人以上いる場合は、全体としてのお考えをお答えください。）	J1	b1sj1	Contact with family members (freq)	How often are you in contact with any members of <u>your family</u> , that is, any of your brothers, sisters, parents, or children who do not live with you, including visits, phone calls, letters, or electronic mail messages?
N3			次のそれぞれについて、どのくらい、あなたに当てはまるかお答えください。当てはまる数字に○をつけてください。（（ア）～（カ）まで○は1つずつ）	J2			The next several questions are about your family. Please circle the appropriate number for each item.
ア	j1sn3a	b1sj2a	<u>配偶者やパートナー以外の家族</u> は、どのくらいあなたのことを気にかけてくれますか	a	b1sj2a	Family members really care about you	a. Not including your spouse or partner, how much do members of your family really care about you?
イ	j1sn3b	b1sj2b	<u>配偶者やパートナー以外の家族</u> は、どのくらいあなたの考えや気持ち尊重してくれますか	b	b1sj2b	Family members understand way you feel	b. How much do they understand the way you feel about things?
ウ	j1sn3c	b1sj2c	あなたが深刻な問題を抱えているとき、 <u>配偶者やパートナー以外の家族</u> に、どのくらい頼ることができますか	c	b1sj2c	Rely on family for help with problem	c. How much can you rely on them for help if you have a serious problem?
エ	j1sn3d	b1sj2d	あなたが悩みについて相談する必要があるとき、あなたは、 <u>配偶者やパートナー以外の家族</u> に、どのくらい打ち明けることができますか	d	b1sj2d	Open up to family about worries	d. How much can you open up to them if you need to talk about your worries?

MIDJA_Project 1				MIDUSII_project 1 & project 4			
MIDJA Quest. No	Final MIDJA SVN	MIDJA in MIDUS fmt	MIDJA_Question	MIDUS II Q uest. No.	MIDUSII SVN	MIDUS II SPSS Label	MIDUSII_Question
オ	j1sn3e	b1sj2e	あなたは、どのくらい <u>配偶者やパートナー以外の家族</u> のことを気にかけますか	e	b1sj2e	Really care about family members	e. How much do you really care about the members of your family, not including your partner or spouse?
カ	j1sn3f	b1sj2f	あなたは、どのくらい <u>配偶者やパートナー以外の家族</u> の考えや気持ち尊重していますか	f	b1sj2f	Understand way family feels	f. How much do you understand the way they feel about things?
N4			次のそれぞれについて、どのくらい、あなたにあてはまるか、お答えください。あてはまる数字に○をつけてください。（ア）～（コ）まで○は1つずつ				Please circle the appropriate number for each item.
ア	j1sn4a	b1sj2g	<u>配偶者やパートナー以外の家族</u> は、どのくらいの頻度で、あなたに、過大な要求をしていますか	g	b1sj2g	Family members make too many demands	g. Not including your spouse or partner, how often do members of your family make too many demands on you?
イ	j1sn4b	b1sj2h	<u>配偶者やパートナー以外の家族</u> は、どのくらいの頻度で、あなたを批判しますか	h	b1sj2h	Family members criticize you	h. How often do they criticize you?
ウ	j1sn4c	b1sj2i	あなたが、 <u>配偶者やパートナー以外の家族</u> を頼りにしているとき、あなたの家族はどのくらいの頻度で、あなたをがっかりさせますか	i	b1sj2i	Family members let you down	i. How often do they let you down when you are counting on them?
エ	j1sn4d	b1sj2j	<u>配偶者やパートナー以外の家族</u> は、どのくらいの頻度で、あなたを、いらだたせますか	j	b1sj2j	Family members get on your nerves	j. How often do they get on your nerves?
オ	j1sn4e	b4q13i	深刻な問題を抱えているとき、あなたの家族（配偶者やパートナー以外）は、あなたに、どのくらい頼ってきますか	BioQ13i	b4q13i	SUPFAM Family rely on you serious probs	i. How much can your family (not including your spouse or partner) rely on you for help if they have a serious problem?
カ	j1sn4f	b4q13j	悩みについて相談する必要があるとき、あなたの家族（配偶者やパートナー以外）は、あなたに、どのくらい打ち明けることができますか	BioQ13j	b4q13j	SUPFAM Family open up to you re worries	j. How much can your family open up to you if they need to talk about their worries?
キ	j1sn4g	b4q13k	あなたは、どのくらいの頻度で、家族（配偶者やパートナー以外）に、過大な要求をしますか	BioQ13k	b4q13k	SUPFAM Make too many demands on family	k. How often do you make too many demands on members of your family?
ク	j1sn4h	b4q13l	あなたは、どのくらいの頻度で家族（配偶者やパートナー以外）を、批判しますか	BioQ13l	b4q13l	SUPFAM Criticize family	l. How often do you criticize your family?
ケ	j1sn4i	b4q13m	あなたを頼りにしているとき、あなたは、どのくらいの頻度で、あなたの家族（配偶者やパートナー以外）を、がっかりさせますか	BioQ13m	b4q13m	SUPFAM Let family down	m. How often do you let your family down when they are counting on you?
コ	j1sn4j	b4q13n	あなたは、どのくらいの頻度で、家族（配偶者やパートナー以外）を、いらいらさせますか	BioQ13n	b4q13n	SUPFAM Get on family nerves	n. How often do you get on your family's nerves?
	J1SKINPO	B1SKINPO			B1SKINPO	Support from Family	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SKINNE	B1SKINNE			B1SKINNE	Strain from Family	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables

MIDJA_Project 1				MIDUSII_project 1 & project 4			
MIDJA Quest. No	Final MIDJA SVN	MIDJA in MIDUS fmt	MIDJA_Question	MIDUS II Quest. No.	MIDUSII SVN	MIDUS II SPSS Label	MIDUSII_Question
	J1SFAMSO	B1SFAMSO			B1SFAMSO	Family Affectual Solidarity	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SSUGFA	B4QSUGFA			B4QSUGFA	Support Given to Family	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SSTGFA	B4QSTGFA			B4QSTGFA	Strain Given to Family Scale	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
	J1SSOGFM	B4QSOGFM			B4QSOGFM	Affectual Solidarity Given to Family	Constructed Variable, see MIDJA Documentation of Scales & Constructed Variables
(0) 宗教についておたずねします				Section N: Religion and Spirituality			
O1	j1so1	j1so1	あなたには信仰している宗教はありますか	N1	b1sn1	Religious preference choice	What is your religious preference?
02			次の質問は、宗教に関するものです。あなたにとって、宗教とはどのようなものか考えながら、思ったとおりにお答えください。				The following question is about religion. Please consider what a religion means to you and answer what you think.
ア	j1so2a	b1sn2a	あなたはどれくらい信仰心に厚いですか		b1sn2a	How religious are you	How religious are you?
イ	j1so2b	b1sn2c	あなたの人生で、宗教はどのくらい大切ですか		b1sn2c	Religion important in your life	How important is religion in your life?
ウ	j1so2c	j1so2c	どのくらい神様あるいは仏様を信じていますか			Extent believe in god/buddha	To what extent do you believe in god/buddha?
03			あなたはどのくらい、次のことをしていますか。				How often do you do the following?
ア	j1so3a	J1so3a	自宅で神棚や仏壇、あるいは荒神様などに祈ったり、拝んだりする（水や線香、ご飯を供えるだけのことも含む）			Pray/worship at home altar	Pray to or worship at a Shinto or Buddhist altar or Aragami at home (This includes simply offering water, incense, or cooked rice)
イ	j1so3b	J1so3b	毎日、家でお経や聖書などを読む		b1sn3c	Read sutra or Bible daily at home	Read a sutra or the Bible at home every day.
ウ	j1so3c	J1so3c	テレビやラジオの説教や礼拝などの宗教番組を見たり聞いたりする			Religious program TV and radio	Watch and listen to a religious program, such as sermon and a worship service, on TV and the radio.
(P) ご両親の健康についておたずねします				Section D: Parents' Health			

MIDJA_Project 1				MIDUSII_project 1 & project 4			
MIDJA Quest. No	Final MIDJA SVN	MIDJA in MIDUS fmt	MIDJA_Question	MIDUS II Quest. No.	MIDUSII SVN	MIDUS II SPSS Label	MIDUSII_Question
P1	j1sp1	b1sd1	あなたの実のお母様はご健在ですか。	D1	b1sd1	Biological mother still alive	Is your biological mother still alive?
P1a	j1sp1a	b1sd1a	あなたのお母様は何歳ですか。（正確に思い出せない場合は、おおよその年齢をお答えください）	a	b1sd1a	Age of biological mother	How old is she? (Your best estimate is fine.)
P1b	j1sp1b	b1sd1b	あなたのお母様の現在の身体的健康についてお答えください。	b	b1sd1b	Rate physical hlth of biological mother	How would you rate your biological mother's current physical health?
P1c	j1sp1ccy	b1sd1c	あなたのお母様は何年に亡くなりましたか。（正確に思い出せない場合は、おおよその年をお答えください）	c	b1sd1c	Common Era Year Death of biological mother	In what year did she die?
P1d	j1sp1d	b1sd1d	あなたのお母様は何歳で亡くなりましたか。（正確に思い出せない場合は、おおよその年齢をお答えください）	d	b1sd1d	Mother's age at time of death	How old was she when she died?
P2	j1sp2	b1sd2	あなたの実のお父様はご健在ですか。	D2	b1sd2	Biological father still alive	Is your biological father still alive?
P2a	j1sp2a	b1sd2a	あなたのお父様は何歳ですか。（正確に思い出せない場合は、おおよその年齢をお答えください）	a	b1sd2a	Age of biological father	How old is he?
P2b	j1sp2b	b1sd2b	あなたのお父様の現在の身体的健康について判断してください。	b	b1sd2b	Rate physical hlth of biological father	How would you rate your biological father's current physical health?
P2c	j1sp2ccy	b1sd2c	あなたのお父様は何年に亡くなりましたか。（正確に思い出せない場合は、おおよその年をお答えください）	c	b1sd2c	Common Era Year Death of biological father	In what year did he die?
P2d	j1sp2d	b1sd2d	あなたのお父様は何歳で亡くなりましたか。（正確に思い出せない場合は、おおよその年齢をお答えください）	d	b1sd2d	Father's age at time of death	How old was he when he died?
(Q) 最後に、あなたご自身のことについておたずねします							
Q1	j1sq1	b1prsex	あなたの性別を教えてください。	PhoneX2	b1prsex	Respondent gender	What is your gender?
	j1sq2age	j1sq2age				Current age	What is your age?
Q3	j1sq3	j1sq3	あなたが終了した最終学歴は、次のうちどれにあてはまりますか。	PhoneB1	b1pb1	Highest level of education completed	What is the highest grade of school or year of college you completed?
Q4	j1sq4	b1si5	現在、あなたの家は、持ち家ですか、それとも借家ですか。	I5	b1si5	Own home outright, mortgage, or rent	Do you own your home outright, are you paying on a mortgage, or do you rent? (If you have more than one home, answer for your primary residence.)

MIDJA_Project 1				MIDUSII_project 1 & project 4			
MIDJA Quest. No	Final MIDJA SVN	MIDJA in MIDUS fmt	MIDJA_Question	MIDUS II Quest. No.	MIDUSII SVN	MIDUS II SPSS Label	MIDUSII_Question
Q5	j1sq5	j1sq5	あなたのご家族は何人ですか。（あなたを含めます。また、別居の方も含めます。）				How many people are there in your family (including you, and your family member living apart) ?
Q6			ここ1年間に、次のような問題が、あなたの家族全体の中でおきましたか。（（ア）～（コ）まで○は1つずつ）	J7			Please indicate whether the following problems have happened to family (anyone close to you (e.g., spouse/partner, parents, children) in the past 12 months. (If a question does not apply because you have no spouse or partner, or no children, or your parents are deceased, check “Does not apply” in the appropriate column).
ア	j1sq6a	j1sq6a	慢性の病気や身体障害			AF Chronic disease/disability (12 mo)	a. Any Family Chronic disease or disability
イ	j1sq6b	j1sq6b	頻繁（ひんばん）にかかる軽い病気			AF frequent minor illnesses (12 mo)	b. Any Family Frequent minor illnesses
ウ	j1sq6c	j1sq6c	感情的な問題（例えば、悲しみ、不安など）			AF emotional problems (12 mo)	c. Any Family Emotional problems (e.g., sadness, anxiety)
エ	j1sq6d	j1sq6d	アルコールや薬物の問題			AF alcohol/substance problems (12 mo)	d. Any Family Alcohol or substance problems
オ	j1sq6e	j1sq6e	経済的な問題（例えば、低い所得、深刻な借金があるなど）			AF financial problems (12 mo)	e. Any Family Financial problems (e.g., low income or heavy debts)
カ	j1sq6f	j1sq6f	学校や職場での問題（例えば、落第、勤務評価が低いことなど）			AF school/work problems (12 mo)	f. Any Family Problems at school or at work (e.g., failing grades, poor job performance)
キ	j1sq6g	j1sq6g	仕事が見つからなかったり、続かなかったりすること			AF difficult find/keep job (12 mo)	g. Any Family Difficulty finding or keeping a job
ク	j1sq6h	j1sq6h	配偶者やパートナーとの問題			AF marital/relationship problems (12 mo)	h. Any Family Marital or partner relationship problems
ケ	j1sq6i	j1sq6i	法的な問題（例えば、訴訟に巻き込まれる、警察に罰金を支払う、交通違反など）			AF legal problems (12 mo)	i. Any Family Legal problems (e.g., involved in law suits, police charges, traffic violations)
コ	j1sq6j	j1sq6j	他の人と、一緒にやっていくことがむずかしい			AF difficult get along with oths (12 mo)	j. Any Family Difficulty getting along with people