

**MIDUS Milwaukee 2
Followup of
2005 Milwaukee Baseline Sample
SAQ**

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MIDUS Mail Questionnaire

We would like you to complete this booklet and mail it back to us in the enclosed envelope when you are finished. It includes several categories of questions that will help us understand aspects about your life, like your health and your general feelings about life. There are no right or wrong answers to any of these questions.

This booklet has several different kinds of questions that appear in different formats. We may ask you to circle a number, check a box, or write in an answer in the space provided. Below are examples of how to do this.

Circle the appropriate number.

1 2 4 4 5

Check one.

☒ Yes

☐ No

☒ Yes

OR

☐ No

We realize that there are many questions to answer. If at any time you find yourself getting tired, we recommend that you take a break for a while and then come back to it. Please be sure that you choose the response that comes closest to how you feel. Be sure to look at the different answer choices before answering.

Some of the questions may seem redundant to you. There are other questions that may require you to look up information. Please bear with us through these questions and answer them as best you can. We need all of the information to best understand differences among the many people in our study.

Finally, we prefer that you answer this questionnaire on your own, without input from anyone else.

Thank you so much for contributing your time to complete this booklet! It is because of people like you that this national study has been possible.

Section A: Your Health

A1. 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?

Worst

Best

0 1 2 3 4 5 6 7 8 9 10

A2. Looking back ten years ago, how would you rate your health at that time using the same 0 to 10 scale?

Worst

Best

0 1 2 3 4 5 6 7 8 9 10

A3. Looking ahead ten years into the future, what do you expect your health will be like at that time?

Worst

Best

0 1 2 3 4 5 6 7 8 9 10

A4. 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?

None

Very much

0 1 2 3 4 5 6 7 8 9 10

A5. 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?

None

Very much

0 1 2 3 4 5 6 7 8 9 10

The next section asks about various “levels” of physical activity (vigorous, moderate, light) - while at your job, while at home, and during your leisure or free time. Please answer each question thinking first about summertime, and then about wintertime. (If the question does not apply to you, for example, because you do not have a paid job or are retired, please circle 6 for “Never”).

- A6. Vigorous physical activity causes your heart to beat so rapidly that you can feel it in your chest and you perform the activity long enough to work up a good sweat and are breathing heavily. Examples include: competitive sports like running, vigorous swimming, or high intensity aerobics; digging in the garden, and lifting heavy objects.**

How often do you engage in vigorous physical activity...

	Several times a week	Once a week	Several times a month	Once a month	Less than once a month	Never
...while at your paid job...						
a. ...during the Summer?	1	2	3	4	5	6
b. ...during the Winter?	1	2	3	4	5	6
...while performing chores in and around your home...						
c. ...during the Summer?	1	2	3	4	5	6
d. ...during the Winter?	1	2	3	4	5	6
...during your leisure or free time...						
e. ...during the Summer?	1	2	3	4	5	6
f. ...during the Winter?	1	2	3	4	5	6

- A7. Moderate physical activity is not physically exhausting, but causes your heart rate to increase slightly and you typically work up a sweat. Examples include: leisurely sports like light tennis, slow or light swimming, low impact aerobics, or golfing without a power cart, brisk walking and mowing the lawn with a walking lawnmower.**

How often do you engage in moderate physical activity...

	Several times a week	Once a week	Several times a month	Once a month	Less than once a month	Never
...while at your paid job...						
a. ...during the Summer?	1	2	3	4	5	6
b. ...during the Winter?	1	2	3	4	5	6
...while performing chores in and around your home...						
c. ...during the Summer?	1	2	3	4	5	6
d. ...during the Winter?	1	2	3	4	5	6
...during your leisure or free time...						
e. ...during the Summer?	1	2	3	4	5	6
f. ...during the Winter?	1	2	3	4	5	6

A8. Light physical activity requires little physical effort. Examples include: light housekeeping like dusting or laundry; bowling, archery, easy walking, golfing with a power cart and fishing.

How often do you engage in light physical activity...

	Several times a week	Once a week	Several times a month	Once a month	Less than once a month	Never
...while at your paid job...						
a. ...during the Summer?	1	2	3	4	5	6
b. ...during the Winter?	1	2	3	4	5	6
...while performing chores in and around your home...						
c. ...during the Summer?	1	2	3	4	5	6
d. ...during the Winter?	1	2	3	4	5	6
...during your leisure or free time...						
e. ...during the Summer?	1	2	3	4	5	6
f. ...during the Winter?	1	2	3	4	5	6

Section B: Health Questions for Women

This section is for women only. Male respondents, please turn to page 8 and continue with Section C.

B1. Have you had a menstrual period in the last year?

- ☐ Yes, all of the year → Go to question B4
☐ Yes, part of the year → Go to question B4
☐ No

B2. Did your menstrual period(s) stop because of...

	Yes	No
a. ...medication, chemotherapy, or radiation?	<input type="radio"/>	<input type="radio"/>
b. ...pregnancy or breastfeeding?	<input type="radio"/>	<input type="radio"/>
c. ...severe weight loss, or other clear reason except menopause?	<input type="radio"/>	<input type="radio"/>
d. ...menopause?	<input type="radio"/>	<input type="radio"/>
e. ...hysterectomy?	<input type="radio"/>	<input type="radio"/>

B3. Approximately what was the year of your last menstrual period? (If you cannot remember the exact year, please answer with your best estimate.)

Year → Go to question B8

B4. Have you had a menstrual period in the last 3 months?

- ☐ Yes
☐ No

B5. What was the date of your last menstrual period?

Month Day Year

B6. Compared to a year ago, has the number of days between the start of one menstrual period and the start of your next menstrual period become less predictable?

- ☐ Yes
☐ No
☐ Don't know

B7. Compared to a year ago, is your menstrual flow now lighter, heavier, or about the same?

- ☐ Lighter
☐ Heavier
☐ About the same

B8. Please answer whether or not you are currently taking, or have ever taken, the following medications. If you are, or have, please indicate the total number of years you have taken them and list the name(s) of the medication(s) and their dosage(s).

	Taking currently	Taken in the past	Total number of years you have taken this type of medication
a. Birth control medication (e.g. the Pill, the Patch, the Ring, the Shot) Name(s) of the medication(s) and the dosage(s) starting with the most recent: <div></div>	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<div></div>
b. Fertility Drugs Name(s) of the medication(s) and the dosage(s) starting with the most recent: <div></div>	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<div></div>
c. Female Hormones (e.g. estrogens, progesterins, hormone patches or creams, injections, or post-menopausal hormones) Do not include birth control pills or fertility drugs. Name(s) of the medication(s) and the dosage(s) starting with the most recent: <div></div>	<input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Yes <input type="radio"/> No	<div></div>

B9. Did you indicate taking female hormones other than birth control pills or fertility drugs for any reason, either currently or in the past, in question B8 above?

☐ Yes

☐ No → **Go to question B19**

B10. What was the specialty of the doctor that prescribed the female hormones? (e.g., Generalist, Obstetrician/Gynecologist, Internist)

B11. Was the doctor that prescribed the female hormones male or female?

- ☐ Male
☐ Female

B12. Did you begin taking hormones...

	Yes	No
a. ...because of hot flashes or night sweats?	<input type="radio"/>	<input type="radio"/>
b. ...because of vaginal dryness?	<input type="radio"/>	<input type="radio"/>
c. ...to regulate periods?	<input type="radio"/>	<input type="radio"/>
d. ...to prevent osteoporosis?	<input type="radio"/>	<input type="radio"/>
e. ...because of endometriosis?	<input type="radio"/>	<input type="radio"/>
f. ...because of removal of ovaries?	<input type="radio"/>	<input type="radio"/>
g. ...because of some other reason?	<input type="radio"/>	<input type="radio"/>
Please specify: <input type="text"/>		

B13. When did you start taking female hormones?

Month Year

B14. Have you stopped taking female hormones?

- ☐ Yes
☐ No → Go to question B19

B15. When did you stop taking female hormones?

Month Year

B16. Did you stop taking female hormones because you...

	Yes	No
a. ...no longer had symptoms?	<input type="radio"/>	<input type="radio"/>
b. ...were concerned about risks?	<input type="radio"/>	<input type="radio"/>
c. ...decided to try something else?	<input type="radio"/>	<input type="radio"/>
d. ...had another reason? Please specify: <input type="text"/>	<input type="radio"/>	<input type="radio"/>

B17. Did you discuss stopping with your health care provider?

- ☐ Yes
☐ No

B18. Did your health care provider recommend that you stop?

- ☐ Yes
☐ No

B19. Are you experiencing any symptoms of menopause?

☐ Yes

☐ No → Go to question B21

B20. Over the past month, have you regularly taken (at least a couple of times a week) any of the following for menopausal symptoms?

	Yes	No
a. Aspirin, Tylenol, Advil or other pain relievers	<input type="radio"/>	<input type="radio"/>
b. Sleeping pills	<input type="radio"/>	<input type="radio"/>
c. Cream/Jellies for vaginal dryness	<input type="radio"/>	<input type="radio"/>
d. Soy supplements or Flaxseed	<input type="radio"/>	<input type="radio"/>
e. Black Cohosh, Red Clover, Dong Quai	<input type="radio"/>	<input type="radio"/>
f. Ginkgo Biloba	<input type="radio"/>	<input type="radio"/>
g. Other nutritional or herbal supplements.	<input type="radio"/>	<input type="radio"/>
Please specify: <input type="text"/>		

B21. Women have different feelings about the time when their menstrual periods stop altogether. Whether or not your periods have already stopped, which one of the following statements best describes your feelings about having your menstrual period stop altogether?

- ☐ Great relief
- ☐ Some relief
- ☐ Mixed feelings - both relief and regret
- ☐ Some regret
- ☐ Great regret
- ☐ No particular feeling one way or the other

B22. Women sometimes worry about the future and getting older. How much do you worry about...

	A lot	Some	A little	Not at all
a. ...being too old to have children?	1	2	3	4
b. ...being less attractive as a woman?	1	2	3	4
c. ...having more illness as you get older?	1	2	3	4

Section C: Personal Beliefs

C1. The next set of items explores your well-being. How strongly do you agree or disagree with each of the following statements?

	Agree strongly	Agree somewhat	Agree a little	Neither agree nor disagree	Disagree a little	Disagree somewhat	Disagree strongly
a. I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	1	2	3	4	5	6	7
b. In general, I feel I am in charge of the situation in which I live.	1	2	3	4	5	6	7
c. I am not interested in activities that will expand my horizons.	1	2	3	4	5	6	7
d. Most people see me as loving and affectionate.	1	2	3	4	5	6	7
e. I live life one day at a time and don't really think about the future.	1	2	3	4	5	6	7
f. When I look at the story of my life, I am pleased with how things have turned out.	1	2	3	4	5	6	7
g. My decisions are not usually influenced by what everyone else is doing.	1	2	3	4	5	6	7
h. The demands of everyday life often get me down.	1	2	3	4	5	6	7
i. I think it is important to have new experiences that challenge how you think about yourself and the world.	1	2	3	4	5	6	7
j. Maintaining close relationships has been difficult and frustrating for me.	1	2	3	4	5	6	7
k. I have a sense of direction and purpose in life.	1	2	3	4	5	6	7
l. In general, I feel confident and positive about myself.	1	2	3	4	5	6	7

	Agree strongly	Agree somewhat	Agree a little	Neither agree nor disagree	Disagree a little	Disagree somewhat	Disagree strongly
m. I tend to be influenced by people with strong opinions.	1	2	3	4	5	6	7
n. I do not fit very well with the people and the community around me.	1	2	3	4	5	6	7
o. When I think about it, I haven't really improved much as a person over the years.	1	2	3	4	5	6	7
p. I often feel lonely because I have few close friends with whom to share my concerns.	1	2	3	4	5	6	7
q. I don't have a good sense of what it is I'm trying to accomplish in life.	1	2	3	4	5	6	7
r. I feel like many of the people I know have gotten more out of life than I have.	1	2	3	4	5	6	7
s. I have confidence in my opinions, even if they are contrary to the general consensus.	1	2	3	4	5	6	7
t. I am quite good at managing the many responsibilities of my daily life.	1	2	3	4	5	6	7
u. I have the sense that I have developed a lot as a person over time.	1	2	3	4	5	6	7
v. I enjoy personal and mutual conversations with family members and friends.	1	2	3	4	5	6	7
w. My daily activities often seem trivial and unimportant to me.	1	2	3	4	5	6	7
x. I like most aspects of my personality.	1	2	3	4	5	6	7
y. It's difficult for me to voice my own opinions on controversial matters.	1	2	3	4	5	6	7
z. I often feel overwhelmed by my responsibilities.	1	2	3	4	5	6	7

	Agree strongly	Agree somewhat	Agree a little	Neither agree nor disagree	Disagree a little	Disagree somewhat	Disagree strongly
aa. For me, life has been a continuous process of learning, changing, and growth.	1	2	3	4	5	6	7
bb. People would describe me as a giving person, willing to share my time with others.	1	2	3	4	5	6	7
cc. I enjoy making plans for the future and working to make them a reality.	1	2	3	4	5	6	7
dd. In many ways, I feel disappointed about my achievements in life.	1	2	3	4	5	6	7
ee. I tend to worry about what other people think of me.	1	2	3	4	5	6	7
ff. I have difficulty arranging my life in a way that is satisfying to me.	1	2	3	4	5	6	7
gg. I gave up trying to make big improvements or changes in my life a long time ago.	1	2	3	4	5	6	7
hh. I have not experienced many warm and trusting relationships with others.	1	2	3	4	5	6	7
ii. I am an active person in carrying out the plans I set for myself.	1	2	3	4	5	6	7
jj. My attitude about myself is probably not as positive as most people feel about themselves.	1	2	3	4	5	6	7
kk. I judge myself by what I think is important, not by the values of what others think is important.	1	2	3	4	5	6	7
ll. I have been able to build a living environment and a lifestyle for myself that is much to my liking.	1	2	3	4	5	6	7
mm. I do not enjoy being in new situations that require me to change my old familiar ways of doing things.	1	2	3	4	5	6	7

	Agree strongly	Agree somewhat	Agree a little	Neither agree nor disagree	Disagree a little	Disagree somewhat	Disagree strongly
nn. I know that I can trust my friends, and they know they can trust me.	1	2	3	4	5	6	7
oo. Some people wander aimlessly through life, but I am not one of them.	1	2	3	4	5	6	7
pp. When I compare myself to friends and acquaintances, it makes me feel good about who I am.	1	2	3	4	5	6	7
qq. I sometimes feel as if I've done all there is to do in life.	1	2	3	4	5	6	7

C2. How strongly do you agree or disagree with each of the following statements?

	Agree strongly	Agree somewhat	Agree a little	Neither agree nor disagree	Disagree a little	Disagree somewhat	Disagree strongly
a. Women can have full and happy lives without marrying.	1	2	3	4	5	6	7
b. Employed mothers can have just as good a relationship with their children as mothers who are not employed.	1	2	3	4	5	6	7
c. To grow up emotionally healthy, children need to be raised in an intact family with both parents.	1	2	3	4	5	6	7
d. Men should share equally with their wives in the work around the house.	1	2	3	4	5	6	7
e. Men can have full and happy lives without marrying.	1	2	3	4	5	6	7
f. Women can have full and happy lives without having any children.	1	2	3	4	5	6	7
g. Men can have full and happy lives without having any children.	1	2	3	4	5	6	7

	Agree strongly	Agree somewhat	Agree a little	Neither agree nor disagree	Disagree a little	Disagree somewhat	Disagree strongly
h. The partner in a marriage who puts in the fewest hours at work should do the most household chores.	1	2	3	4	5	6	7
i. The partner in a marriage who earns the least money should do the most household chores.	1	2	3	4	5	6	7
j. Single parents can rear children just as well as married adults.	1	2	3	4	5	6	7
k. Men should share equally with their wives in taking care of young children.	1	2	3	4	5	6	7

C3. Please check only five of the following items that you feel are the most important for living a good life.

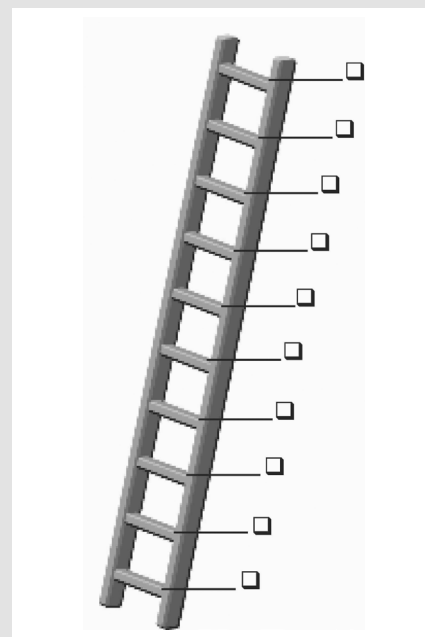
- | | |
|---|--|
| <input type="checkbox"/> Autonomy, being self reliant | <input type="checkbox"/> Physical fitness and strength |
| <input type="checkbox"/> Having a good job | <input type="checkbox"/> Positive attitude |
| <input type="checkbox"/> Continual learning and growth | <input type="checkbox"/> Positive relationships with family |
| <input type="checkbox"/> Enjoyment of life's pleasures | <input type="checkbox"/> Positive relationships with friends |
| <input type="checkbox"/> Enough money to meet basic needs | <input type="checkbox"/> Relaxation, peacefulness, contentment |
| <input type="checkbox"/> Extra money/disposable income | <input type="checkbox"/> The absence of illness |
| <input type="checkbox"/> Faith | <input type="checkbox"/> Sense of accomplishment |
| <input type="checkbox"/> Giving back to my community | <input type="checkbox"/> Sense of purpose |
| <input type="checkbox"/> Loving and caring for myself | |

C4. 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. At the bottom are the people who have the lowest 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 this time in your life, relative to other people in the community with which you most identify.



The next set of questions deal with your views of yourself.

C5. How strongly do you agree or disagree with each of the following statements?

	Agree strongly	Agree somewhat	Agree a little	Neither agree nor disagree	Disagree a little	Disagree somewhat	Disagree strongly
a. There is little I can do to change the important things in my life.	1	2	3	4	5	6	7
b. I often feel helpless in dealing with the problems of life.	1	2	3	4	5	6	7
c. I can do just about anything I really set my mind to.	1	2	3	4	5	6	7
d. Other people determine most of what I can and cannot do.	1	2	3	4	5	6	7
e. What happens in my life is often beyond my control.	1	2	3	4	5	6	7
f. When I really want to do something, I usually find a way to succeed at it.	1	2	3	4	5	6	7
g. There are many things that interfere with what I want to do.	1	2	3	4	5	6	7
h. Whether or not I am able to get what I want is in my own hands.	1	2	3	4	5	6	7
i. I have little control over the things that happen to me.	1	2	3	4	5	6	7
j. There is really no way I can solve the problems I have.	1	2	3	4	5	6	7
k. I sometimes feel I am being pushed around in my life.	1	2	3	4	5	6	7
l. What happens to me in the future mostly depends on me.	1	2	3	4	5	6	7
m. I am no better and no worse than others.	1	2	3	4	5	6	7
n. I take a positive attitude toward myself.	1	2	3	4	5	6	7
o. At times I feel that I am no good at all.	1	2	3	4	5	6	7
p. I am able to do things as well as most people.	1	2	3	4	5	6	7
q. I wish I could have more respect for myself.	1	2	3	4	5	6	7
r. On the whole, I am satisfied with myself.	1	2	3	4	5	6	7
s. I certainly feel useless at times.	1	2	3	4	5	6	7
t. I act in the same way no matter who I am with.	1	2	3	4	5	6	7

	Agree strongly	Agree somewhat	Agree a little	Neither agree nor disagree	Disagree a little	Disagree somewhat	Disagree strongly
u. I enjoy being unique and different from others in many respects.	1	2	3	4	5	6	7
v. My happiness depends on the happiness of those around me.	1	2	3	4	5	6	7
w. I often have the feeling that my relationships with others are more important than my own accomplishments.	1	2	3	4	5	6	7
x. Being able to take care of myself is a primary concern for me.	1	2	3	4	5	6	7
y. It is important to listen to others' opinions.	1	2	3	4	5	6	7

C6. *The next few questions are about the way you decide what you want out of life and how you go about trying to achieve your goals. For each situation below, two different strategies are listed. Please indicate whether your own strategy is more like the one listed in column A OR the one listed in column B.*

My own strategy is...							
	More like A			More like B			
Strategy A	A lot	Some	A little	A little	Some	A lot	Strategy B
a. When choosing my goals...							
I prefer to choose one or two important goals and really focus on achieving them.	1	2	3	4	5	6	I prefer not to limit myself—I keep my options open so I can take advantage of anything that comes up.
b. To reach my goals...							
I work hard at practicing and learning the necessary skills.	1	2	3	4	5	6	I do best by seizing on opportunities that I find.
c. If I don't seem to have a particular skill or resource that I need to reach my goal...							
I look for other things I could do to reach my goal—to make up for what I don't have or can't do.	1	2	3	4	5	6	I keep trying my best, and if that doesn't work, I think again about whether that goal is right for me.
d. When difficult circumstances arise...							
I try to make changes to those circumstances.	1	2	3	4	5	6	I try to hang tough through the difficult times.
e. My typical approach to physical health is...							
I work at staying strong and fit as I get older.	1	2	3	4	5	6	I avoid worrying about my health and fitness, unless there is a problem.

C7. How well does each of the following describe you?

	A lot	Some	A little	Not at all
a. Outgoing	1	2	3	4
b. Helpful	1	2	3	4
c. Moody	1	2	3	4
d. Organized	1	2	3	4
e. Self-confident	1	2	3	4
f. Friendly	1	2	3	4
g. Warm	1	2	3	4
h. Worrying	1	2	3	4
i. Responsible	1	2	3	4
j. Forceful	1	2	3	4
k. Lively	1	2	3	4
l. Caring	1	2	3	4
m. Nervous	1	2	3	4
n. Creative	1	2	3	4
o. Assertive	1	2	3	4
p. Hardworking	1	2	3	4
q. Imaginative	1	2	3	4
r. Softhearted	1	2	3	4
s. Calm	1	2	3	4
t. Outspoken	1	2	3	4
u. Intelligent	1	2	3	4
v. Curious	1	2	3	4
w. Active	1	2	3	4
x. Careless	1	2	3	4
y. Broad-minded	1	2	3	4
z. Sympathetic	1	2	3	4
aa. Talkative	1	2	3	4
bb. Sophisticated	1	2	3	4
cc. Adventurous	1	2	3	4
dd. Dominant	1	2	3	4
ee. Thorough	1	2	3	4

C8. How well does each of the following statements describe you?

	True of you	Somewhat true	Somewhat false	False
a. I usually like to spend my free time with friends rather than alone.	1	2	3	4
b. When faced with a decision, I usually take time to consider and weigh all possibilities.	1	2	3	4
c. When I am unhappy about something, I tend to seek the company of a friend rather than remaining alone.	1	2	3	4
d. It might be fun and exciting to be in an earthquake.	1	2	3	4
e. In most social situations I like to have someone else take the lead.	1	2	3	4
f. I like to stop and think things over before I do them.	1	2	3	4
g. People often try to take advantage of me.	1	2	3	4
h. I am a warm person rather than cool and distant.	1	2	3	4
i. Often when I get angry I am ready to hit someone.	1	2	3	4
j. I am quite effective at talking people into things.	1	2	3	4
k. My mood often goes up and down.	1	2	3	4
l. I often keep working on a problem long after others would have given up.	1	2	3	4
m. I am opposed to more censorship of books and movies because it would go against free speech.	1	2	3	4
n. I am very good at influencing people.	1	2	3	4
o. I like to try difficult things.	1	2	3	4
p. I would be more successful if people did not make things difficult for me.	1	2	3	4
q. I usually find ways to liven up my day.	1	2	3	4
r. I like hard work.	1	2	3	4
s. People often say mean things about me.	1	2	3	4
t. Sometimes I seem to enjoy hurting people by saying mean things.	1	2	3	4
u. People should obey moral laws more strictly than they do.	1	2	3	4
v. It might be fun learning to walk a tightrope.	1	2	3	4
w. I sometimes get very upset and tense as I think about the day's events.	1	2	3	4
x. Minor setbacks sometimes irritate me too much.	1	2	3	4
y. I am a cautious person.	1	2	3	4
z. I don't like to see religious authority overturned by so-called progress and logical reasoning.	1	2	3	4
aa. For me life is a great adventure.	1	2	3	4

	True of you	Somewhat true	Somewhat false	False
bb. When people insult me, I try to get even.	1	2	3	4
cc. I often prefer not to have people around me.	1	2	3	4
dd. When it is time to make decisions, others usually turn to me.	1	2	3	4
ee. Sometimes I just like to hit someone.	1	2	3	4
ff. I set very high standards for myself in my work.	1	2	3	4
gg. I always seem to have something exciting to look forward to.	1	2	3	4

C9. Of these two situations, I would dislike more:

- ☐ Situation 1: Riding a long stretch of rapids in a canoe.
- ☐ Situation 2: Waiting for someone who's late.

C9a. How much would you dislike the situation you selected above?

- ☐ I would definitely dislike it.
- ☐ I would dislike it somewhat.

C10. Of these two situations, I would dislike more:

- ☐ Situation 1: Being at the circus when two lions suddenly get loose down in the ring.
- ☐ Situation 2: Bringing my whole family to the circus and then not being able to get in because a clerk sold me tickets for the wrong night.

C10a. How much would you dislike the situation you selected above?

- ☐ I would definitely dislike it.
- ☐ I would dislike it somewhat.

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.

C11. How much do you agree or disagree with each of the following statements?

	Agree a lot	Agree a little	Neither agree nor disagree	Disagree a little	Disagree a lot
a. In uncertain times, I usually expect the best.	1	2	3	4	5
b. If something can go wrong for me, it will.	1	2	3	4	5
c. I'm always optimistic about my future.	1	2	3	4	5
d. I hardly ever expect things to go my way.	1	2	3	4	5
e. I rarely count on good things happening to me.	1	2	3	4	5
f. I expect more good things to happen to me than bad.	1	2	3	4	5

The following statements help us understand how you approach managing your life.

C12. How well does each of the following statements describe you?

	A lot	Some	A little	Not at all
a. When things don't go according to my plans, my motto is, "Where there's a will, there's a way."	1	2	3	4
b. When faced with a bad situation, I do what I can to change it for the better.	1	2	3	4
c. When my expectations are not being met, I lower my expectations.	1	2	3	4
d. To avoid disappointments, I don't set my goals too high.	1	2	3	4
e. I find I usually learn something meaningful from a difficult situation.	1	2	3	4
f. I feel relieved when I let go of some of my responsibilities.	1	2	3	4
g. Even when I feel I have too much to do, I find a way to get it all done.	1	2	3	4
h. When I am faced with a bad situation, it helps to find a different way of looking at things.	1	2	3	4
i. I often remind myself that I can't do everything.	1	2	3	4
j. When I encounter problems, I don't give up until I solve them.	1	2	3	4
k. I rarely give up on something I am doing, even when things get tough.	1	2	3	4
l. When I can't get what I want, I assume my goals must be unrealistic.	1	2	3	4
m. Even when everything seems to be going wrong, I can usually find a bright side to the situation.	1	2	3	4
n. I can find something positive even in the worst situations.	1	2	3	4
o. I like to make plans for the future.	1	2	3	4
p. I know what I want out of life.	1	2	3	4
q. I live one day at a time.	1	2	3	4
r. I find it helpful to set goals for the near future.	1	2	3	4
s. I have too many things to think about today to think about tomorrow.	1	2	3	4
t. Making sense of my past helps me to figure out what to do in the present.	1	2	3	4
u. There is no use in thinking about the past because there is nothing you can do about it.	1	2	3	4
v. After something bad happens, I think about how I could have prevented it.	1	2	3	4

		A lot	Some	A little	Not at all
w.	I am good at figuring out how things will turn out.	1	2	3	4
x.	I believe there is no sense planning too far ahead because so many things can change.	1	2	3	4
y.	I don't like to ask others for help unless I have to.	1	2	3	4
z.	Asking others for help comes naturally to me.	1	2	3	4
aa.	When I have decided on a goal, I always keep in mind its benefits.	1	2	3	4
bb.	When I cannot solve a problem by myself, I ask others for help.	1	2	3	4
cc.	When it turns out that I cannot attain a goal in any way, I let go of it.	1	2	3	4
dd.	When I find it impossible to attain a goal, I try not to blame myself.	1	2	3	4
ee.	When I have decided on something, I avoid anything that could distract me.	1	2	3	4
ff.	When obstacles get in my way, I try to get help from others.	1	2	3	4
gg.	I stop thinking about a goal that has become unattainable and let it go.	1	2	3	4
hh.	When something I wanted did not work out, I try not to think about it too much.	1	2	3	4
ii.	For goals that are difficult to achieve, I keep in mind how good I will feel when I have reached them.	1	2	3	4
jj.	When difficulties become too great, I ask others for advice.	1	2	3	4
kk.	If I cannot attain a goal in my life, I think about other new goals to pursue.	1	2	3	4
ll.	I worry a lot when expecting an important event.	1	2	3	4
mm.	I can keep in harmony with other people and my surroundings.	1	2	3	4

This set of questions is about how you respond when you are confronted with difficult or stressful events in your life.

C13. We are interested in what you generally do and feel when you experience stressful situations.

	A lot	A medium amount	Only a little	Not at all
a. I try to grow as a person as a result of the experience.	1	2	3	4
b. I concentrate my efforts on doing something about it.	1	2	3	4
c. I make a plan of action.	1	2	3	4
d. I get upset and let my emotions out.	1	2	3	4
e. I say to myself “this isn’t real”.	1	2	3	4
f. I admit to myself that I can’t deal with it, and quit trying.	1	2	3	4
g. I eat more than I usually do.	1	2	3	4
h. I try to see it in a different light, to make it seem more positive.	1	2	3	4
i. I take additional action to try to get rid of the problem.	1	2	3	4
j. I try to come up with a strategy about what to do.	1	2	3	4
k. I get upset, and am really aware of it.	1	2	3	4
l. I refuse to believe that it has happened.	1	2	3	4
m. I give up trying to reach my goal.	1	2	3	4
n. I eat more of my favorite foods to make myself feel better.	1	2	3	4
o. I look for something good in what is happening.	1	2	3	4
p. I take direct action to get around the problem.	1	2	3	4
q. I think about how I might best handle the problem.	1	2	3	4
r. I let my feelings out.	1	2	3	4
s. I pretend that it hasn’t really happened.	1	2	3	4
t. I give up the attempt to get what I want.	1	2	3	4
u. I learn something from the experience.	1	2	3	4
v. I do what has to be done, one step at a time.	1	2	3	4
w. I think hard about what steps to take.	1	2	3	4
x. I feel a lot of emotional distress and find myself expressing those feelings a lot.	1	2	3	4
y. I act as though it hasn’t even happened.	1	2	3	4
z. I reduce the amount of effort I’m putting into solving the problem.	1	2	3	4

Section D: Childhood and Race

D1. What is the month, day, and year of your birth?

Month Day Year

D2. What is your sex?

- ☐ Male
☐ Female

D3. Think about the people you have spent time with, currently and in the past. How many of them were the same race as you?

	None or almost none	Only a few	Some	About half	Most	All but a few	All or almost all
a. In high school, how many of the people you <u>socialized with</u> were the same race as you?	1	2	3	4	5	6	7
b. In high school, how many of your <u>closest friends</u> were the same race as you?	1	2	3	4	5	6	7
c. Currently, how many of the people you <u>work with</u> are the same race as you?	1	2	3	4	5	6	7
d. Currently, how many of the people you <u>socialize with</u> are the same race as you?	1	2	3	4	5	6	7
e. Currently, how many of your <u>closest friends</u> are the same race as you?	1	2	3	4	5	6	7

D4. Now think about the places where you have lived, gone to school or worked – were mostly Blacks or mostly Whites there?

	All Blacks	Mostly Blacks	About half Blacks	Mostly Whites	Almost all Whites	Does not apply
a. In the elementary school you went to?	1	2	3	4	5	<input type="checkbox"/>
b. In the middle school you went to?	1	2	3	4	5	<input type="checkbox"/>
c. In the high school you went to?	1	2	3	4	5	<input type="checkbox"/>
d. In the college you went to?	1	2	3	4	5	<input type="checkbox"/>
e. In the neighborhoods where you grew up?	1	2	3	4	5	<input type="checkbox"/>
f. In your current neighborhood?	1	2	3	4	5	<input type="checkbox"/>
g. In your current workplace?	1	2	3	4	5	<input type="checkbox"/>

D5. Thinking over your whole life, do you think that you have ever been treated unfairly or badly because of your race?

☐ Yes

☐ No → Go to question D7

D6. At what age did you first have an experience like that?

Years old

D7. The next few questions are about messages you might have received about race or racism while you were growing up. Do you remember being told any of the following things?

	Yes	No
a. Race doesn't matter.	<input type="radio"/>	<input type="radio"/>
b. With hard work you can achieve anything, regardless of your race.	<input type="radio"/>	<input type="radio"/>
c. You should "keep it real".	<input type="radio"/>	<input type="radio"/>
d. You should not trust White people.	<input type="radio"/>	<input type="radio"/>
e. You should be proud to be Black.	<input type="radio"/>	<input type="radio"/>
f. You should not trust Asian people.	<input type="radio"/>	<input type="radio"/>
g. Hispanics and Blacks have a lot in common.	<input type="radio"/>	<input type="radio"/>
h. Whites think they are better than Blacks.	<input type="radio"/>	<input type="radio"/>
i. Sometimes you have to act White to get ahead.	<input type="radio"/>	<input type="radio"/>
j. You will experience discrimination.	<input type="radio"/>	<input type="radio"/>

Section E: Work

E1. 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?

Worst

0 1 2 3 4 5 6 7 8 9 **Best**
10

E2. Looking back to just before the recession began in 2008, how would you rate your work situation at that time using the same 0 to 10 scale?

Worst

0 1 2 3 4 5 6 7 8 9 **Best**
10

E3. Looking back ten years ago, how would you rate your work situation at that time using the same 0 to 10 scale?

Worst

0 1 2 3 4 5 6 7 8 9 **Best**
10

E4. Looking ahead ten years into the future, what do you expect your work situation will be like at that time?

Worst

0 1 2 3 4 5 6 7 8 9 **Best**
10

E5. 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?

None

0 1 2 3 4 5 6 7 8 9 **Very much**
10

E6. 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?

None

0 1 2 3 4 5 6 7 8 9 **Very much**
10

The next questions are about your work history.

E7. Have you ever worked at a paid job for six months or more, whether full-time or part-time?

☐ Yes

☐ No → Go to question E34

E8. Please think about the first year you worked for six months or more at a paid job, whether it was full-time or part-time. How old were you at that time? (*Your best estimate is fine.*)

Years old

E9. Starting from the year you first worked for six months or more, and continuing up to the present, how many years were you employed at least six months out of the year? Count all years when you worked part-time or full-time at least half the year. (*Your best estimate is fine.*)

Years

E10. Of those years when you were employed for at least half the year, how many years was your employment full-time (that is, 35 hours or more per week) for six months or more? (*Your best estimate is fine.*)

Years

E11. Think of the year that you first worked at least six months. Since that time, excluding retirement, has there ever been a period of time when you were not working for pay at all?

☐ Yes

☐ No → Go to question E15

E12. Excluding retirement, how long was the single longest period of time that you were not working for pay at all?

Weeks / Months / Years (*Please circle one.*)

E13. In what month and year did that longest period begin?

Month Year

E14. What was the main reason you were not working during that longest period? (*Please check one.*)

- ☐ Could not find a job
- ☐ Physical injury or illness
- ☐ Mental or emotional problems
- ☐ Alcohol or substance abuse problems
- ☐ Family responsibilities—caring for children, spouse, or parents
- ☐ Attending school part-time or full-time
- ☐ Chose not to work to pursue personal interests

E15. Since January of 2006 have you been a full-time student at any point?

☐ Yes

☐ No → Go to question E17

E16. Were you a full-time student at any point during...

	Yes	No
a. ...2015?	<input type="radio"/>	<input type="radio"/>
b. ...2014?	<input type="radio"/>	<input type="radio"/>
c. ...2013?	<input type="radio"/>	<input type="radio"/>
d. ...2012?	<input type="radio"/>	<input type="radio"/>
e. ...2011?	<input type="radio"/>	<input type="radio"/>
f. ...2010?	<input type="radio"/>	<input type="radio"/>
g. ...2009?	<input type="radio"/>	<input type="radio"/>
h. ...2008?	<input type="radio"/>	<input type="radio"/>
i. ...2007?	<input type="radio"/>	<input type="radio"/>
j. ...2006?	<input type="radio"/>	<input type="radio"/>

E17. Which of these situations best describes your employment status from January to December of each year listed below? (Please circle one number for each year.)

	Worked full-time (35+ hrs/wk for 6+ mos)	Worked part-time (less than 35 hrs/wk for 6+ mos)	No work or worked less than 6 months
a. 2015	1	2	3
b. 2014	1	2	3
c. 2013	1	2	3
d. 2012	1	2	3
e. 2011	1	2	3
f. 2010	1	2	3
g. 2009	1	2	3
h. 2008	1	2	3
i. 2007	1	2	3
j. 2006	1	2	3

E18. In the past 10 years, have you done any work for pay?

☐ Yes

☐ No → Go to question E24

The following items ask about the types of physical activities you engage in while at your job. If you are not currently working, but were employed over the past 10 years, please tell us about your most recent job.

E19. How often, during your work-shift, does your job require you to...

	All of the time	Most of the time	Some of the time	Little of the time	Never
a. ...use a lot of physical effort?	1	2	3	4	5
b. ...lift loads weighing 50 pounds or greater?	1	2	3	4	5
c. ...lift loads weighing less than 50 pounds, but greater than 10 pounds?	1	2	3	4	5
d. ...lift loads weighing up to 10 pounds?	1	2	3	4	5
e. ...crouch, stoop, or kneel?	1	2	3	4	5
f. ...stand for long periods of time?	1	2	3	4	5
g. ...use stairs or inclines?	1	2	3	4	5
h. ...walk?	1	2	3	4	5
i. ...sit for long periods of time?	1	2	3	4	5
j. ...reach?	1	2	3	4	5
k. ...use your fingers to grasp or handle things?	1	2	3	4	5
l. ...work on a computer?	1	2	3	4	5
m. ...use your eyes for inspection of things?	1	2	3	4	5
n. ...use your eyes for reading?	1	2	3	4	5

E20. Over the past ten years, to what extent have you been exposed to the risk of accidents or injuries on your job?

- ☐ A lot
☐ Some
☐ A little
☐ Not at all

E21. During the past ten years, did you suffer any accidents or injuries at a place you worked?

- ☐ Yes
☐ No → Go to question E24

E22. During the past ten years, how many times did you suffer an accident or injury at a place you worked?

Times

E23. How serious was the injury? If there was more than one accident or injury, describe the most serious one.

- ☐ Very serious
☐ Moderately serious
☐ Somewhat serious
☐ A little serious
☐ Not very serious at all

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.

E24. Are you currently doing any work for pay? This could include self-employment or work for someone else, or any job for pay from which you are temporarily on leave or laid off.

☐ Yes

☐ No → Go to question E34

E25. In what month and year did you start working at this job?

Month

Year

E26. At this current job, do you feel you are overqualified, underqualified, or have the right qualifications and experience?

☐ Overqualified

☐ Underqualified

☐ Just right

E27. Thinking about your current job, how often...

	All of the time	Most of the time	Some of the time	Rarely	Never
a. ...do you have to work very intensively, that is, you are very busy trying to get things done?	1	2	3	4	5
b. ...do you learn new things at work?	1	2	3	4	5
c. ...does your work demand a high level of skill or expertise?	1	2	3	4	5
d. ...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?	1	2	3	4	5
e. ...do you have a choice in deciding how you do your tasks at work?	1	2	3	4	5
f. ...do you have a choice in deciding what tasks you do at work?	1	2	3	4	5
g. ...do you have a say in decisions about your work?	1	2	3	4	5
h. ...do you have a say in planning your work environment, that is, how your workplace is arranged or how things are organized?	1	2	3	4	5
i. ...does your job provide you with a variety of things that interest you?	1	2	3	4	5
j. ...do different people or groups at work demand things from you that you think are hard to combine?	1	2	3	4	5
k. ...do you get so involved in your work that you forget about everything else, even the time?	1	2	3	4	5

E28. 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, check “Does not apply” for those questions.)

	All of the time	Most of the time	Some of the time	Rarely	Never	Does not apply
a. How often do you get help and support from your coworkers?	1	2	3	4	5	<input type="checkbox"/>
b. How often are your coworkers willing to listen to your work-related problems?	1	2	3	4	5	<input type="checkbox"/>
c. How often do you get the information you need from your supervisor or superiors?	1	2	3	4	5	<input type="checkbox"/>
d. How often do you get help and support from your immediate supervisor?	1	2	3	4	5	<input type="checkbox"/>
e. How often is your immediate supervisor willing to listen to your work-related problems?	1	2	3	4	5	<input type="checkbox"/>

E29. Please indicate how often you have experienced the following.

	Once a week or more	A few times a month	A few times a year	Less than once a year	Never
a. How often do you think you are unfairly given the jobs that no one else wanted to do?	1	2	3	4	5
b. How often are you watched more closely than other workers?	1	2	3	4	5
c. How often does your supervisor or boss use ethnic, racial, or sexual slurs or jokes?	1	2	3	4	5
d. How often do your coworkers use ethnic, racial, or sexual slurs or jokes?	1	2	3	4	5
e. How often do you feel that you are ignored or not taken seriously by your boss?	1	2	3	4	5
f. How often has a co-worker with less experience and qualifications gotten promoted before you?	1	2	3	4	5

E30. To what extent do the following statements describe the way you feel about your current job?

	A lot	Some	A little	Not at all
a. I feel cheated about the chances I have had to work at good jobs.	1	2	3	4
b. When I think about the work I do on my job, I feel a good deal of pride.	1	2	3	4
c. I feel that others respect the work I do on my job.	1	2	3	4
d. Most people have more rewarding jobs than I do.	1	2	3	4
e. When it comes to my work life, I've had opportunities that are as good as most people's.	1	2	3	4
f. It makes me discouraged that other people have much better jobs than I do.	1	2	3	4

E31. In the past year, how often...

	All of the time	Most of the time	Some of the time	Rarely	Never
a. ...has your job reduced the effort you could give to activities at home?	1	2	3	4	5
b. ...has stress at work made you irritable at home?	1	2	3	4	5
c. ...has your job made you feel too tired to do the things that needed attention at home?	1	2	3	4	5
d. ...have job worries or problems distracted you when you were at home?	1	2	3	4	5
e. ...have the things you do at work helped you deal with personal and practical issues at home?	1	2	3	4	5
f. ...have the things you do at work made you a more interesting person at home?	1	2	3	4	5
g. ...has having a good day on your job made you a better companion when you got home?	1	2	3	4	5
h. ...were the skills you use on your job useful for things you had to do at home?	1	2	3	4	5
i. ...have responsibilities at home reduced the effort you could devote to your job?	1	2	3	4	5
j. ...have personal or family worries and problems distracted you when you were at work?	1	2	3	4	5
k. ...have activities and chores at home prevented you from getting the amount of sleep you needed to do your job well?	1	2	3	4	5

	All of the time	Most of the time	Some of the time	Rarely	Never
l. ...has stress at home made you irritable at work?	1	2	3	4	5
m. ...has talking with someone at home helped you deal with problems at work?	1	2	3	4	5
n. ...has providing for what is needed at home made you work harder at your job?	1	2	3	4	5
o. ...has the love and respect you get at home made you feel confident about yourself at work?	1	2	3	4	5
p. ...has your home life helped you relax and feel ready for the next day's work?	1	2	3	4	5

E32. Thinking about your work experience over the past year, how many weeks...		Number of weeks
a. ...did you work at a paid job, whether part-time or full-time, including time spent on paid vacation, paid sick time, or other paid leave?		
b. ...were you unemployed, that is, weeks that you were not working at all, but were looking for a job?		
c. ...were you not working because you were on unpaid leave, such as unpaid sick leave, disability leave, maternity leave, or something else?		
d. ...were you not working at a paid job and not actively looking for work (for example, you were retired, at home caring for children, or a student)?		
TOTAL:		52 Weeks

E33. In the <u>past year</u>, while at your job, how often did you...					
	All of the time	Most of the time	Some of the time	Rarely	Never
a. ...have too many demands made on you?	1	2	3	4	5
b. ...control the amount of time you spend on tasks?	1	2	3	4	5
c. ...have enough time to get everything done?	1	2	3	4	5
d. ...have a lot of interruptions?	1	2	3	4	5

E34. In the past year, how often has each of the following occurred at home?

	All of the time	Most of the time	Some of the time	Rarely	Never
a. You have too many demands made on you.	1	2	3	4	5
b. You control the amount of time you spend on tasks.	1	2	3	4	5
c. You have enough time to get everything done.	1	2	3	4	5
d. You have a lot of interruptions.	1	2	3	4	5

E35. Please think about the unpaid work you do at home, separate from any job you may have. To what extent do the following statements describe the way you feel about your work situation at home?

	A lot	Some	A little	Not at all
a. When I think about the work I do at home, I feel a good deal of pride.	1	2	3	4
b. I feel that others respect the work I do at home.	1	2	3	4
c. Working for pay is more rewarding than the work I do at home.	1	2	3	4

E36. Now think about the unpaid work you do in your community, still separate from any job you may have. To what extent do the following statements describe the way you feel about your volunteer work? (If you do no volunteer work in your community, check "Does not apply".)

	A lot	Some	A little	Not at all	Does not apply
a. When I think about the work I do in the community, I feel a good deal of pride.	1	2	3	4	<input type="checkbox"/>
b. I feel that others respect the work I do in the community.	1	2	3	4	<input type="checkbox"/>
c. Working for pay is more rewarding than the work I do as a volunteer.	1	2	3	4	<input type="checkbox"/>

Section F: Social Networks

F1. This question asks about contact with family through visits, phone calls, letters, or email. How often are you in contact with any members of your family, that is, any of your brothers, sisters, parents, or children who do not live with you through visits, phone calls, letters, or email?

- ☐ Several times a day
- ☐ About once a day
- ☐ Several times a week
- ☐ About once a week
- ☐ 2 or 3 times a month
- ☐ About once a month
- ☐ Less than once a month
- ☐ Never or hardly ever

F2. This question asks about social media, which includes Facebook, Twitter, Instagram, text messages, etc. How often are you in contact with any members of your family, that is, any of your brothers, sisters, parents, or children who do not live with you using social media?

- ☐ Several times a day
- ☐ About once a day
- ☐ Several times a week
- ☐ About once a week
- ☐ 2 or 3 times a month
- ☐ About once a month
- ☐ Less than once a month
- ☐ Never or hardly ever

F3. Considering only relatives you feel close to, how many relatives do you have contact with at least once a month?

F4. Thinking about the members of your family, not including your spouse/partner, how much...

	A lot	Some	A little	Not at all
a. ...do they really care about you?	1	2	3	4
b. ...do they understand the way you feel about things?	1	2	3	4
c. ...can you rely on them for help if you have a serious problem?	1	2	3	4
d. ...can you open up to them if you need to talk about your worries?	1	2	3	4
e. ...do you really care about the members of your family, not including your partner or spouse?	1	2	3	4
f. ...do you understand the way they feel about things?	1	2	3	4

Still thinking about the members of your family, not including your spouse/partner, how often...

	Often	Sometimes	Rarely	Never
g. ...do they make too many demands on you?	1	2	3	4
h. ...do they criticize you?	1	2	3	4
i. ...do they let you down when you are counting on them?	1	2	3	4
j. ...do they get on your nerves?	1	2	3	4

F5. This question asks about contact with friends through visits, phone calls, letters, or email. How often are you in contact with any of your friends through visits, phone calls, letters, or email?

- ☐ Several times a day
- ☐ About once a day
- ☐ Several times a week
- ☐ About once a week
- ☐ 2 or 3 times a month
- ☐ About once a month
- ☐ Less than once a month
- ☐ Never or hardly ever

F6. This question asks about social media, which includes Facebook, Twitter, Instagram, text messages, etc. How often are you in contact with any of your friends using social media?

- ☐ Several times a day
- ☐ About once a day
- ☐ Several times a week
- ☐ About once a week
- ☐ 2 or 3 times a month
- ☐ About once a month
- ☐ Less than once a month
- ☐ Never or hardly ever

F7. Considering only friends you feel close to, how many friends do you have contact with at least once a month?

F8. Now, thinking about your friends, how much...

	A lot	Some	A little	Not at all
a. ...do they really care about you?	1	2	3	4
b. ...do they understand the way you feel about things?	1	2	3	4
c. ...can you rely on them for help if you have a serious problem?	1	2	3	4
d. ...can you open up to them if you need to talk about your worries?	1	2	3	4

Still thinking about your friends, how often...

	Often	Sometimes	Rarely	Never
e. ...do they make too many demands on you?	1	2	3	4
f. ...do they criticize you?	1	2	3	4
g. ...do they let you down when you are counting on them?	1	2	3	4
h. ...do they get on your nerves?	1	2	3	4

F9. How often do any friends, relatives, or coworkers turn to you for advice or help with a personal or practical problem they have?

- ☐ Never
- ☐ Less than once a month
- ☐ Once or twice a month
- ☐ Three or four times a month
- ☐ A couple of times a week
- ☐ More often than a couple of times a week

F10. How often do you turn to a friend, relative, or coworker for advice or help with a personal or practical problem you have?

- ☐ Never
- ☐ Less than once a month
- ☐ Once or twice a month
- ☐ Three or four times a month
- ☐ A couple of times a week
- ☐ More often than a couple of times a week

Section G: Social Well Being

G1. How strongly do you agree or disagree with each of the following statements?

	Agree strongly	Agree somewhat	Agree a little	Neither agree nor disagree	Disagree a little	Disagree somewhat	Disagree strongly
a. The world is too complex for me.	1	2	3	4	5	6	7
b. I don't feel I belong to anything I'd call a community.	1	2	3	4	5	6	7
c. People who do a favor expect nothing in return.	1	2	3	4	5	6	7
d. I have something valuable to give to the world.	1	2	3	4	5	6	7
e. The world is becoming a better place for everyone.	1	2	3	4	5	6	7
f. I feel close to other people in my community.	1	2	3	4	5	6	7
g. My daily activities do not create anything worthwhile for my community.	1	2	3	4	5	6	7
h. I cannot make sense of what's going on in the world.	1	2	3	4	5	6	7
i. Society has stopped making progress.	1	2	3	4	5	6	7
j. People do not care about other people's problems.	1	2	3	4	5	6	7
k. My community is a source of comfort.	1	2	3	4	5	6	7
l. I find it easy to predict what will happen next in society.	1	2	3	4	5	6	7
m. Society isn't improving for people like me.	1	2	3	4	5	6	7
n. I believe that people are kind.	1	2	3	4	5	6	7
o. I have nothing important to contribute to society.	1	2	3	4	5	6	7
p. It is important for me to try to help people who I know well.	1	2	3	4	5	6	7
q. Even when things are going well for me, I can't be happy if I have a friend who is in trouble.	1	2	3	4	5	6	7
r. I am moved when I hear of another person's hardship.	1	2	3	4	5	6	7
s. I think nothing is more important than to be sympathetic to others.	1	2	3	4	5	6	7
t. My sympathy has its limits.	1	2	3	4	5	6	7

Section H: Sexuality

H1. Using a scale from 0 to 10 where 0 means “the worst possible situation” and 10 means “the best possible situation,” how would you rate the sexual aspect of your life these days?

Worst

Best

0 1 2 3 4 5 6 7 8 9 10

H2. Looking back ten years ago, how would you rate the sexual aspect of your life at that time using the same 0 to 10 scale?

Worst

Best

0 1 2 3 4 5 6 7 8 9 10

H3. Looking ahead ten years into the future, what do you expect the sexual aspect of your life will be like at that time?

Worst

Best

0 1 2 3 4 5 6 7 8 9 10

H4. 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 the sexual aspect of your life these days?

None

Very much

0 1 2 3 4 5 6 7 8 9 10

H5. 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 the sexual aspect of your life these days?

None

Very much

0 1 2 3 4 5 6 7 8 9 10

H6. How would you describe your sexual orientation? Would you say you are primarily heterosexual (sexually attracted only to the opposite sex), homosexual (sexually attracted only to your own sex), or bisexual (sexually attracted to both men and women)?

- ☐ Heterosexual
- ☐ Homosexual
- ☐ Bisexual

H7. Over the past year, have you had any sexual partners?

- ☐ Yes
- ☐ No → **Go to Section I**

H8. Over the past year, how many sex partners have you had?

- ☐ One
- ☐ Two
- ☐ Three
- ☐ Four
- ☐ Five
- ☐ Six or more

H9. Over the past six months, on average, how often have you had sex with someone?

- ☐ Two or more times a week
- ☐ Once a week
- ☐ Two or three times a month
- ☐ Once a month
- ☐ Less often than once a month
- ☐ Never or not at all

H10. To what extent would you say that sexual expression is an important part of your relationship(s)?

- ☐ A lot
- ☐ Some
- ☐ A little
- ☐ Not at all

H11. To what extent would you say that your sexual relationship(s) include emotional intimacy?

- ☐ A lot
- ☐ Some
- ☐ A little
- ☐ Not at all

H12. How often do you experience pain or discomfort in your sexual interactions?

- ☐ Never
- ☐ Some of the time
- ☐ Most of the times
- ☐ Always

H13. How often do you experience pleasure in your sexual interactions?

- ☐ Never
- ☐ Some of the time
- ☐ Most of the times
- ☐ Always

Section I: Religion and Spirituality

11. What is your religious preference? *(Please check up to three (3) choices.)*

- | | |
|---|--|
| <input type="checkbox"/> No religious preference | <input type="checkbox"/> Catholic, Roman |
| <input type="checkbox"/> Agnostic | <input type="checkbox"/> Catholic, Ukrainian |
| <input type="checkbox"/> Atheist | <input type="checkbox"/> Orthodox (Russian, Greek, Serbian) |
| <input type="checkbox"/> Protestant, interdenominational (if you go to two or more protestant churches) | <input type="checkbox"/> Catholic (all others) |
| <input type="checkbox"/> Protestant, no denomination | <input type="checkbox"/> Jewish Orthodox |
| <input type="checkbox"/> Apostolic | <input type="checkbox"/> Jewish Conservative |
| <input type="checkbox"/> Assembly of God | <input type="checkbox"/> Jewish Reform |
| <input type="checkbox"/> Baptist (all types) | <input type="checkbox"/> Jewish Reconstructionist |
| <input type="checkbox"/> Born-Again Christian | <input type="checkbox"/> Jewish (all others) |
| <input type="checkbox"/> Brethren | <input type="checkbox"/> Buddhist (all types, including Zen) |
| <input type="checkbox"/> Disciples of Christ/Christian Church | <input type="checkbox"/> Hindu |
| <input type="checkbox"/> Christian Reformed | <input type="checkbox"/> Muslim |
| <input type="checkbox"/> Church of God | <input type="checkbox"/> Rastafarian |
| <input type="checkbox"/> Congregational | <input type="checkbox"/> Other, please specify: |
| <input type="checkbox"/> Episcopal or Anglican/Church of England | <div></div> |
| <input type="checkbox"/> Evangelical | |
| <input type="checkbox"/> Holiness | |
| <input type="checkbox"/> Jehovah's Witness | |
| <input type="checkbox"/> Lutheran | |
| <input type="checkbox"/> Mennonite | |
| <input type="checkbox"/> Methodist (all types, including United Brethren) | |
| <input type="checkbox"/> Mormon, Latter Day Saints | |
| <input type="checkbox"/> Nazarene | |
| <input type="checkbox"/> Pentecostal | |
| <input type="checkbox"/> Presbyterian | |
| <input type="checkbox"/> Quaker, Society of Friends | |
| <input type="checkbox"/> Salvation Army | |
| <input type="checkbox"/> Sanctified | |
| <input type="checkbox"/> Seventh Day Adventist | |
| <input type="checkbox"/> Spiritual | |
| <input type="checkbox"/> Unitarian | |
| <input type="checkbox"/> United Church of Christ | |
| <input type="checkbox"/> Protestant, other. Please specify: | <div></div> |

The next questions are about being religious and being spiritual.

12. Please think about what the words “religious” and “spiritual” mean to you and answer these questions with those meanings in mind.

	Very	Somewhat	Not very	Not at all
a. How religious are you?	1	2	3	4
b. How spiritual are you?	1	2	3	4
c. How important is religion in your life?	1	2	3	4
d. How important is spirituality in your life?	1	2	3	4
e. How important is it for you—or would it be if you had children now—to send your children for religious or spiritual services or instruction?	1	2	3	4
f. How closely do you identify with being a member of your religious group?	1	2	3	4
g. How much do you prefer to be with other people who are the same religion as you?	1	2	3	4
h. How important do you think it is for people of your religion to marry other people who are the same religion?	1	2	3	4
i. How important is it for you to celebrate or practice on religious holidays with your family, friends, or members of your religious community?	1	2	3	4

13. Within your religious or spiritual tradition, how often do you...

	Once a day or more	A few times a week	Once a week	1-3 times per month	Less than once per month	Never
a. ...pray in private?	1	2	3	4	5	6
b. ...meditate or chant?	1	2	3	4	5	6
c. ...read the Bible or other religious literature?	1	2	3	4	5	6
d. ...attend religious or spiritual services?	1	2	3	4	5	6
e. ...attend/participate in church/temple activities? (e.g., dinners, volunteer work, church related organizations)	1	2	3	4	5	6

14. Which of the following do you believe: that it is good to explore many different religious or spiritual teachings, or that one should stick to a particular faith?

- ☐ Explore different teachings
- ☐ Stick to one faith
- ☐ Neither

15. Do you consider yourself to be a Christian?

☐ Yes

☐ No → **Go to question I8**

16. Have you been “born again,” that is, had a turning point in your life when you committed yourself to Jesus Christ?

☐ Yes

☐ No

17. Please tell us how much you agree or disagree with the following statement: “The Bible is the actual Word of God and is to be taken literally, word for word.”

☐ Strongly agree

☐ Somewhat agree

☐ Neither agree nor disagree

☐ Somewhat disagree

☐ Strongly disagree

18. Do you have a religious community or congregation?

☐ Yes

☐ No → **Go to question I10**

The next questions are about your religious community.

19. Thinking about your religious community, how much...

	A great deal	Some	A little	None
a. ...would people in your congregation help you out if you were ill?	1	2	3	4
b. ...comfort would people in your congregation be willing to give you if you had a problem or were faced with a difficult situation?	1	2	3	4

Still thinking about your religious community, how often...

	Often	Sometimes	Rarely	Never
c. ...do people in your congregation or spiritual community make too many demands on you?	1	2	3	4
d. ...do people in your congregation or spiritual community criticize you and the things you do?	1	2	3	4

I10. Think about how you try to understand and deal with major problems in your life. Please answer the following questions according to the way you cope.

	Often	Sometimes	Rarely	Never
a. When you have problems or difficulties in your family, work, or personal life, how often do you seek comfort through religious or spiritual means such as praying, meditating, attending a religious or spiritual service, or talking to a religious or spiritual advisor?	1	2	3	4
b. When you have decisions to make in your daily life, how often do you ask yourself what your religious or spiritual beliefs suggest you should do?	1	2	3	4

Still thinking about how you try to understand and deal with major problems in your life, to what extents do you...

	A great deal	Somewhat	A little bit	Not at all
c. ...try to make sense of the situation and decide what to do without relying on God?	1	2	3	4
d. ...wonder whether God has abandoned you?	1	2	3	4
e. ...feel God is punishing you for your sins or lack of spirituality?	1	2	3	4
f. ...look to God for strength, support and guidance?	1	2	3	4
g. ...work together with God as partners?	1	2	3	4
h. ...think about how your life is part of a larger spiritual force?	1	2	3	4

I11. On a daily basis, how often do you experience ...

	Often	Sometimes	Rarely	Never
a. ...a feeling of deep inner peace or harmony?	1	2	3	4
b. ...a feeling of being deeply moved by the beauty of life?	1	2	3	4
c. ...a feeling of strong connection to all life?	1	2	3	4
d. ...a sense of deep appreciation?	1	2	3	4
e. ...a profound sense of caring for others?	1	2	3	4

I12. In the following items, please indicate how much you agree or disagree.

Because of your religion or spirituality, you try to be...	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
a. ...more engaged in the present moment.	1	2	3	4	5
b. ...more sensitive to the feelings of others.	1	2	3	4	5
c. ...more receptive to new ideas.	1	2	3	4	5
d. ...a better listener.	1	2	3	4	5
e. ...a more patient person.	1	2	3	4	5
f. ...more aware of small changes in your environment.	1	2	3	4	5
g. ...more tolerant of differences.	1	2	3	4	5
h. ...more aware of different ways to solve problems.	1	2	3	4	5
i. ...more likely to perceive things in new ways.	1	2	3	4	5

Section J: Life Overall

J1. 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?

Worst

Best

0 1 2 3 4 5 6 7 8 9 10

J2. Looking back ten years ago, how would you rate your life overall at that time using the same 0 to 10 scale?

Worst

Best

0 1 2 3 4 5 6 7 8 9 10

J3. Looking ahead ten years into the future, what do you expect your life overall will be like at that time?

Worst

Best

0 1 2 3 4 5 6 7 8 9 10

J4. 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?

None

Very much

0 1 2 3 4 5 6 7 8 9 10

J5. 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?

None

Very much

0 1 2 3 4 5 6 7 8 9 10

J6. 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?

Worst

Best

0 1 2 3 4 5 6 7 8 9 10