README file for Public Data Release
MIDUS 3 Biomarker Project (P4)
April 2023

The purpose of this memo is to provide basic information about the MIDUS 3 Biomarker Project (P4) data and documentation that are publicly available via ICPSR. For details about the MIDUS 3 samples see the *Field Report* included with the MIDUS 3 Survey (2013-2014) documentation. Data and documentation for other MIDUS 3 projects are available through:

1. The MIDUS Colectica Portal (http://midus.colectica.org/) which houses interactive codebooks for all the publicly available MIDUS projects. The Portal also includes search and explore functions, links to documentation, and a custom download function.

2. The public archive at ICPSR (https://www.icpsr.umich.edu/web/ICPSR/series/203)

Decoding Documentation File Names
The documentation files described below are available as PDF files through the Colectica Portal and at ICPSR. The Portal supports the naming system below, but unfortunately, the file management system in place at ICPSR renames the files into the following format:

Documentation.pdf (*shortfilename*)

The *shortfilename* is based on the file names of the documents we submit (see below), thus, the name of this readme file at ICPSR is something like "Documentation.pdf (readme)". To find documents of interest on the ICPSR site it is recommended that you review the following descriptions and then look for key words from these file names in the parenthetical *shortfilenames*. After downloading the files it may be helpful to rename them according to the conventions below for future reference.

A. What data files are available?

a. The MIDUS 3 Biomarker (P4) dataset:
    M3_BIO_AGGREGATE_N747_20230405.sav

b. An additional Medication dataset accompanies this release. Please note this is a ***stacked*** file. That is, there is one row per medication reported, thus the 'N' indicates the total number of medications, not the number of cases:
    M3_BIO_MEDICATION_STACKED_N5751_20230223.sav

B. What is the structure of the MIDUS 3 Biomarker Dataset?

The file is a SPSS (ver. 27) dataset comprised of survey data (self-administered questionnaires, staff administered interviews), as well as physical exam, medication, functional, physiological and assay data. The file contains 3,207 variables for 747 cases from the MIDUS 3 MainRDD and Milwaukee African American samples.

The data set has been initially cleaned, meaning that value ranges and skip patterns have been checked, and data entry errors corrected. Variables have been named according to the MIDUS 3 naming conventions. All variables include labels to aid interpretation. Value labels have been applied where appropriate and discrete missing values have been defined. The following documents provide additional information about the data:

> ***MR_M3_Naming and Coding Conventions:*** is posted with the MIDUS 3 Survey (Project 1) data and describes conventions for naming and coding variables. It is included with the M3 Project 1 documentation in the MIDUS Portal or at ICPSR

> ***M3_P4 DDI CODEBOOK:*** provides additional details about each variable (e.g. question text, notes, frequency distributions etc.). The codebook was created according to DDI (Data Documentation Initiative) standards for linking data and metadata. A PDF of the codebook is available at ICPSR. An interactive version is available through the Colectica Portal (see link above).

C. Documentation files and Instruments

This section provides an overview of the Documentation files and Instruments that are linked to the M3 Biomarker data.

General Documents:

> ***MIDUS_Citation Acknowledgement***: Specifies funding acknowledgement text for all the MIDUS projects that should be included in all publications.

> ***M3_P4_Biomarker Project Summary***: Overview of the Biomarker project including descriptions of the sample, recruitment process and the clinic visit. General descriptions of the psychosocial and biomarker assessments (physiological measures, tissue samples, experimental procedures etc.) comprising the protocol are also provided along with references to documents containing more detailed information as appropriate.

> ***M3_P4_Biomarker Project Readme DataFile Notes:*** Contains details about the data that users should be aware of prior to beginning analysis, including particulars of variable names (i.e. designated 4th character) specifying data type.

Survey Instruments. The Biomarker project includes a Medical History Interview and a Self-Administered Questionnaire. Copies of these instruments with variable names included are available as standalone files.

> ***M3_Biomarker SAQ***

> ***M3_Biomarker Medical History Interview***

Composite Documentation Files. The following additional documents about biomarker protocols are also available. If reporting forms or other instruments were used in these assessments copies are included in the documents. For example, a copy of the Physical Exam

form is included in the Physical Exam documentation file below.

- <u>Constructed scales and Composite variables</u>. A variety of psycho-social scales and constructed variables are included in the dataset. These variables are comparable to MIDUS 2 constructed scales and composites. Details about their construction and background are documented in the following file:
  M3_P4_Documentation for PsychoSocial Constructs and Composite Variables

- <u>Coded Text Responses</u>. Text responses to open-ended questions or requests to 'Please Specify' or 'Please Describe' were coded into numeric categories, either new categorical variables are created, or extant codes for a related variable are expanded. Details are documented in the following file:
  M3_P4_documentation for Coded Text Responses

- <u>Gait.</u> The assessment of gait was expanded to all three data collection sites at M3. Details about the protocol and available measures can be found in the following file:
  M3_P4_Gait Data Documentation

- <u>Medication.</u> Detailed information about prescription, over-the-counter, and alternative medications used by participants is obtained during the clinic visit. Details about the protocol, a copy of the Medication Chart, and available measures including therapeutic and pharmacologic classifications can be found in the following files:
  M3_P4_Medication Data Documentation

- <u>Musculoskeletal Health</u>. The protocol includes multiple assessments of bone health (DXA scans, blood assay, self-report), body composition (muscle, fat) measured via DXA and body impedance, and muscle function (jump, balance). These assessment are described in:
  M3_P4 Musculoskeletal Health and Function Data Documentation

- <u>Physical Exam.</u> A short physical exam is performed during the clinic visit. Details about the protocol and available measures can be found in the following file along with a copy of the physical exam form:
  M3_P4_Physical Exam Data Documentation

- <u>Ankle Brachial Index (ABI)</u>. Ankle Brachial Index collection was expanded to all three data collection sites at M3. Details about the protocol and available measures can be found in the following file:
  M3_P4 Ankle Brachial Index Data Documentation

- <u>Psychophysiology.</u> The biomarker project includes an experimental psychophysiology protocol measuring heart rate variability, beat-to-beat blood pressure and respiration along with saliva cortisol levels. Details about the protocol and available measures can be found in the following file:
  M3_P4_Psychophysiology Data Documentation

- Sleep. Sleep is assessed via self-administered questionnaire and actigraphy. Details about these assessments and copies of the instruments can be found in the following file: ***M3_P4_Sleep Data Documentation***

- Tissue Samples. Details about collection, processing, and assay of blood, urine, and saliva samples obtained during the clinic visit can be found in the following file: ***M3_P4_Blood Urine Saliva Data Documentation***

D. Other important information.

ID system. The M3 dataset uses the M2ID variable to identify individual respondents. This variable can be used to merge any MIDUS datasets derived from the original longitudinal sample.

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Please report any errors or inconsistencies you find in the data or documentation to
MIDUS HelpDesk (http://midus.wisc.edu/helpdesk.php).
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