

Milwaukee Survey
MIDUS II Project 1
SAQ

Table of Contents

Section A: Your Health.....	4
Section B: Health Questions for Women.....	7
Section C: Personal Beliefs.....	12
Section D: Childhood (from MIDUS I).....	28
Section E: Work:.....	31
Section F: Social Well Being.....	38
Section G: Sexuality.....	40
Section H: Religion and Spirituality.....	42
Section I: Life Overall.....	47

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 3 4 5

Check one.

☒ Yes
☐ No

OR

☒ Yes
☐ 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. **[BASA1]**

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. **[BASA2]**

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. **[BASA3]**

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. **[BASA4]**

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. **[BASA5]**

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/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. [BASA6A] to [BASA6F]

How often do you engage in **vigorous** physical activity that 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: competitive sports like running, vigorous swimming, or high intensity aerobics; digging in the garden, or lifting heavy objects)

	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. [BASA7A] to [BASA7F]

How often do you engage in **moderate** physical activity, that is not physically exhausting, **but** it causes your heart rate to increase slightly **and** you typically work up a sweat?

(Examples: leisurely sports like light tennis, slow or light swimming, low impact aerobics, or golfing without a power cart; brisk walking, mowing the lawn with a walking lawnmower)

	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. [BASA8A] to [BASA8F]

How often do you engage in **light** physical activity that requires little physical effort?

(Examples: light house keeping like dusting or laundry; bowling, archery, easy walking, golfing with a power cart or fishing)

	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 12 and continue with Section C.

B1. [BASB1]

Have you had a menstrual period in the last year?

- ☐ Yes, all of the year → **Go to B4.**
- ☐ Yes, part of the year → **Go to B2.**
- ☐ No, none of the year → **Go to B2.**

B2. [BASB2A] to [BASB2E]

Do you know if your menstrual period(s) stopped for any of the following reasons?

	Yes	No
a. Medication, chemotherapy, or radiation	<input type="checkbox"/>	<input type="checkbox"/>
b. Pregnancy or breastfeeding	<input type="checkbox"/>	<input type="checkbox"/>
c. Severe weight loss, or other clear reason except menopause	<input type="checkbox"/>	<input type="checkbox"/>
d. Menopause	<input type="checkbox"/>	<input type="checkbox"/>
e. Hysterectomy	<input type="checkbox"/>	<input type="checkbox"/>

B3. [BASB3]

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 B8.**

B4. [BASB4]

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

- ☐ Yes
- ☐ No

B5. [BASB5A] to [BASB5C]

What is the date of your last menstrual period?

_____Month_____Day_____Year

B6. [BASB6]

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. [BASB7]

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

- ☐ Lighter
☐ Heavier
☐ About the same

B8. [BASB8A1-4] to [BASB8C1-4]

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
<p>a. Birth control medication (e.g. the Pill, the Patch, the Ring, the Shot)</p> <p>Name(s) of the medication(s) and the dosage(s) starting with the most recent.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<p>_____# Years</p>
<p>b. Fertility Drugs</p> <p>Name(s) of the medication(s) and the dosage(s) starting with the most recent.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<p>_____# Years</p>
<p>c. Female Hormones (e.g. estrogens, progesterins, hormone patches or creams, injections, or post-menopausal hormones) <u>Do not include birth control pills or fertility drugs.</u></p> <p>Name(s) of the medication(s) and the dosage(s) starting with the most recent.</p> <p>_____</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<p>_____# Years</p>

If you checked "Yes" to taking female hormones other than birth control pills or fertility drugs for any reason (either currently or in the past), please answer the following questions – if you checked "No", go to B17.

B9. [BAS9B]

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

B10. [BASB10]

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

- ☐ Male
☐ Female

B11. [BASB11A] to [BASB11I]

What were the reasons you began taking hormones?

(Check all that apply.)

- ☐ Hot flashes/night sweats
☐ Vaginal dryness
☐ To regulate periods
☐ To prevent osteoporosis
☐ To prevent heart disease
☐ To improve memory
☐ Endometriosis
☐ Removal of ovaries
☐ Some other reason

Please Specify:

B12. [BASB12A] [BASB12B]

When did you start taking female hormones?

(Give month and year.)

_____Month_____Year

If you have stopped taking female hormones → Go to B13.

If you are still taking female hormones → Go to B17.

B13. **[BASB13A] [BASB13B]**

When did you stop taking female hormones?

(Give month and year.)

_____Month_____Year

B14. [BASB14A] to [BASB14D]

What were the reasons for stopping?

- ☐ No longer had symptoms
- ☐ Concern about risks
- ☐ Decided to try something else
- ☐ Some other reason

Please Specify:

B15. [BASB15]

Did you discuss stopping with your health care provider?

- ☐ Yes
- ☐ No

B16. [BASB16]

Did your health care provider recommend your stopping?

- ☐ Yes
- ☐ No

B17. [BASB17A] to [BASB17G]

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

If you are not experiencing menopausal symptoms, go to B18 on the next page.

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

B18. [BASB18]

Women have different feelings about the time when their menstrual periods stop altogether. Which one of the statements below best describes your feelings about this? Please answer, whether or not your periods have already stopped.

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

B19. [BASB19A] to [BASB19C]

Women sometimes worry about the future and getting older. How much do you worry about each of the following?

	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. [BASC1A] to [BASC1QQ]

The next set of items explore your well-being. Please indicate how strongly you agree or disagree with each of the following statements.

	AGREE				DISAGREE		
	Strongly	Some what	A little	Neither agree or disagree	A little	Some what	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				DISAGREE		
	Strongly	Some what	A little	Neither agree or disagree	A little	Some what	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	1	2	3	4	5	6	7

personality.



	AGREE				DISAGREE		
	Strongly	Some what	A little	Neither agree or disagree	A little	Some what	Strongly
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
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

	AGREE				DISAGREE		
	Strongly	Some what	A little	Neither agree or disagree	A little	Some what	Strongly
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
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. [BASC2A] to [BASC2Q]

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 | |

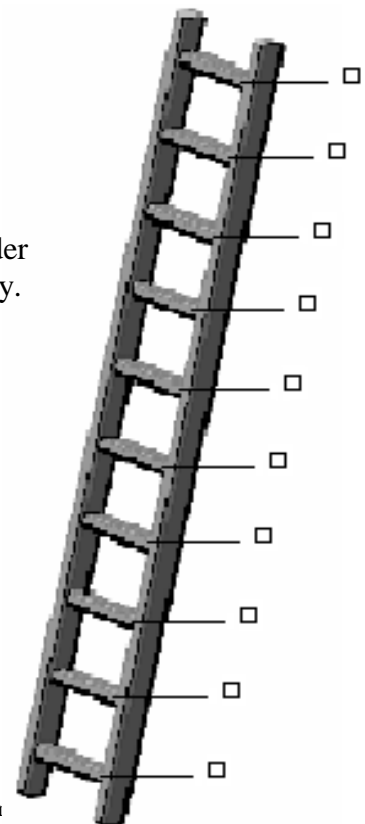
C3. [BASC3]

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.



C4. [BASC4A] to [BASC4Y]

The next set of questions deal with your views of yourself. Please indicate how strongly you agree or disagree with each of the following statements.

	AGREE				DISAGREE		
	Strongly	Some what	A little	Neither agree or disagree	A little	Some what	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	1	2	3	4	5	6	7

me.

	AGREE				DISAGREE		
	Strongly	Some what	A little	Neither agree or disagree	A little	Some what	Strongly
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
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
---	---	---	---	---	---	---	---

C5. [BASC5A] to [BASC5E]

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.

<i>My own strategy is...</i>								
		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.

C6. [BASC6A] to [BASC6EE]

Please indicate how well each of the following describes you.

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

C7. [BASC7A] to [BASC7GG]

Please indicate how well each of the following statements describes 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

***See page 48**

	True of you	Somewhat true	Somewhat false	False
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
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

C8. [BASC8]

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.

C8a. [BASC8A]

How much would you dislike the situation you selected above?

- ☐ I would definitely dislike it.

☐ I would dislike it somewhat.

C9. [BASC9]

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.

C9a. [BASC9A]

How much would you dislike the situation you selected above?

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

C10. [BASC10A] to [BASC10F]

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.

	AGREE			DISAGREE	
	A lot	A little	Neither agree or disagree	A little	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

C11. [BASC11A] to [BASC11MM]

The following statements are designed to help us understand how you approach managing your life. Please indicate how well 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

	A lot	Some	A little	Not at all
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
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

		A lot	Some	A little	Not at all
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

C12. [BASC12A] to [BASC12Z]

This set of questions is about how you respond when you are confronted with difficult or stressful events in your life. We are interested in what you generally do and feel when you experience stressful situations. Please circle the number that best describes how you usually experience a stressful event.

		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

	A lot	A medium amount	Only a little	Not at all
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

- D1. Below, and on the next page, are three lists of things that happen to some children. After each list, please indicate how often your parents, siblings, or anyone else did things like this to you. (If a question does not apply because there was no such person in your family when you were growing up, circle "8".)

LIST A	
Insulted you or swore at you Sulked or refused to talk to you Stomped out of the room	Did or said something to spite you Threatened to hit you Smashed or kicked something in anger

[BASD1A] to [BASD1E]

		Often	Some- times	Rarely	Never	Does not apply
a.	During your childhood, how often did your mother, or the woman who raised you, do any of the things on List A to you?	1	2	3	4	8
b.	During your childhood, how often did your father, or the man who raised you, do any of the things on List A to you?	1	2	3	4	8
c.	During your childhood, how often did any of your brothers do any of the things on List A to you?	1	2	3	4	8
d.	During your childhood, how often did any of your sisters do any of the things on List A to you?	1	2	3	4	8
e.	During your childhood, how often did anybody else do any of the things on List A to you?	1	2	3	4	8

LIST B
Pushed, grabbed, or shoved you Slapped you Threw something at you

[BASD2A] to [BASD2E]

		Often	Some- Times	Rarely	Never	Does not apply
a.	During your childhood, how often did your mother, or the woman who raised you, do any of the things on List B to you?	1	2	3	4	8
b.	During your childhood, how often did your father, or the man who raised you, do any of the things on List B to you?	1	2	3	4	8
c.	During your childhood, how often did any of your brothers do any of the things on List B to you?	1	2	3	4	8
d.	During your childhood, how often did any of your sisters do any of the things on List B to you?	1	2	3	4	8
e.	During your childhood, how often did anybody else do any of the things on List B to you?	1	2	3	4	8

LIST C	
Kicked, bit, or hit you with a fist Hit or tried to hit you with something	Beat you up Choked you Burned or scalded you

[BASD3A] to [BASD3E]

		Often	Some- Times	Rarely	Never	Does not apply
a.	During your childhood, how often did your mother, or the woman who raised you, do any of the things on List C to you?	1	2	3	4	8
b.	During your childhood, how often did your father, or the man who raised you, do any of the things on List C to you?	1	2	3	4	8
c.	During your childhood, how often did any of your brothers do any of the things on List C to you?	1	2	3	4	8
d.	During your childhood, how often did any of your sisters do any of the things on List C to you?	1	2	3	4	8
e.	During your childhood, how often did anybody else do any of the things on List C to you?	1	2	3	4	8

SECTION E: WORK

If it has been more than 10 years since you were employed, go to E11 on page 37.

E1. [BASE1A] to [BASE1N]

The following items ask about the types of physical activities you engage in while at your job. Please indicate how often, during your work-shift, you do each of the following. If you are not currently working, but were employed over the past 10 years, please tell us about your most recent job.

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

for reading?

E2. [BASE2]

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

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

E3. [BASE3]

During the past ten years, how many times did you suffer an accident or injury at a place you worked? (If none, enter "0".)

_____ # Times

If you answered "1 or more times" for E3 go to E4, otherwise go to E5.

E4. [BASE4]

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

If you are not currently working for pay, go to E11 on page 37.

If you are currently working for pay, go to E5 on the next page.

E5. **[BASE5A] to [BASE5P]**

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?

	All of the time	Most of the time	Some of the time	Rarely	Never
a. Your job reduces the effort you can give to activities at home.	1	2	3	4	5
b. Stress at work makes you irritable at home.	1	2	3	4	5
c. Your job makes you feel too tired to do the things that need attention at home.	1	2	3	4	5
d. Job worries or problems distract you when you are at home.	1	2	3	4	5
e. The things you do at work help you deal with personal and practical issues at home.	1	2	3	4	5
f. The things you do at work make you a more interesting person at home.	1	2	3	4	5
g. Having a good day on your job makes you a better companion when you get home.	1	2	3	4	5
h. The skills you use on your job are useful for things you have to do at home.	1	2	3	4	5
i. Responsibilities at home reduce the effort you can devote to your job.	1	2	3	4	5
j. Personal or family worries and problems distract you when you are at work.	1	2	3	4	5
k. Activities and chores at home prevent you from getting the amount of sleep you need to do your job well.	1	2	3	4	5
l. Stress at home makes you irritable at work.	1	2	3	4	5
m. Talking with someone at home helps you deal with problems at work.	1	2	3	4	5
n. Providing for what is needed at home makes you work harder at your job.	1	2	3	4	5
o. The love and respect you get at home makes you feel confident about yourself at work.	1	2	3	4	5
p. Your home life helps you relax and feel ready for the next day's work.	1	2	3	4	5

E6. **[BASE6A] to [BASE6K]**

Please indicate how often each of the following is true of your job.

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

E7. [BASE7A] to [BASE7D]

In the past year, how often has each of the following occurred at your job?

	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

E8. [BASE8A] to [BASE8E]

Please indicate how often each of the following is true of you job. (If you do not have a supervisor, or do not have any coworkers or colleagues, circle “6” 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	6
b. How often are your coworkers willing to listen to your work-related problems?	1	2	3	4	5	6
c. How often do you get the information you need from your supervisor or superiors?	1	2	3	4	5	6
d. How often do you get help and support from your immediate supervisor?	1	2	3	4	5	6
e. How often is your immediate supervisor willing to listen to your work-related problems?	1	2	3	4	5	6

E9. [BASE9A] to [BASE9F]

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

E10. [BASE10A] to [BASE10F]

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

E11. [BASE11A] to [BASE11D]

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

E12. [BASE12A] to [BASE12C]

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

E13. [BASE13A] to [BASE13C]

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, circle "5".)

	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	5
b. I feel that others respect the work I do in the community.	1	2	3	4	5

c. Working for pay is more rewarding than the work I do as a volunteer.

1

2

3

4

5

SECTION F: SOCIAL WELL BEING

F1. **[BASF1A] to [BASF1T]**

Please indicate how strongly you agree or disagree with each of the following statements.

	AGREE				DISAGREE		
	Strongly	Some what	A little	Neither agree or disagree	A little	Some what	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	1	2	3	4	5	6	7

help people who I know well.

	AGREE				DISAGREE		
	Strongly	Some what	A little	Neither agree or disagree	A little	Some what	Strongly
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 G: SEXUALITY

G1. [BASG1]

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	

G2. [BASG2]

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	

G3. [BASG3]

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	

G4. [BASG4]

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	

G5. [BASG5]

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	

G6. [BASG6]

How would you describe your sexual orientation? Would you say you are 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

G7. **[BASG7]**

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

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> None → <i>Go to Section H on page 42.</i> | <input type="checkbox"/> Four |
| <input type="checkbox"/> One | <input type="checkbox"/> Five |
| <input type="checkbox"/> Two | <input type="checkbox"/> Six or more |
| <input type="checkbox"/> Three | |

G8. **[BASG8]**

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

G9. **[BASG9]**

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

G10. **[BASG10]**

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

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

G11. **[BASG11]**

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

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

G12. **[BASG12]**

How often do you experience pleasure in your sexual interactions?

- ☐ Never

- ☐ Some of the time
- ☐ Most of the time
- ☐ Always

SECTION H: RELIGION AND SPIRITUALITY

H1. [BASH1A] to [BASH1C] (first three choices)

What is your religious preference?

- | | |
|---|--|
| <input type="checkbox"/> No religious preference | |
| <input type="checkbox"/> Agnostic | |
| <input type="checkbox"/> Atheist | |
| <input type="checkbox"/> Protestant, interdenominational (if you go to two or more Protestant churches) | <input type="checkbox"/> Catholic, Roman |
| <input type="checkbox"/> Protestant, no denomination | <input type="checkbox"/> Catholic, Ukrainian |
| <input type="checkbox"/> Apostolic | <input type="checkbox"/> Orthodox (Russian, Greek, Serbian) |
| <input type="checkbox"/> Assembly of God | <input type="checkbox"/> Catholic (all others) |
| <input type="checkbox"/> Baptist (all types) | <input type="checkbox"/> Jewish Orthodox |
| <input type="checkbox"/> Born-Again Christian | <input type="checkbox"/> Jewish Conservative |
| <input type="checkbox"/> Brethren | <input type="checkbox"/> Jewish Reform |
| <input type="checkbox"/> Disciples of Christ/Christian Church | <input type="checkbox"/> Jewish Reconstructionist |
| <input type="checkbox"/> Christian Reformed | <input type="checkbox"/> Jewish (all others) |
| <input type="checkbox"/> Church of God | <input type="checkbox"/> Buddhist (all types, including Zen) |
| <input type="checkbox"/> Congregational | <input type="checkbox"/> Hindu |
| <input type="checkbox"/> Episcopal or Anglican/Church of England | <input type="checkbox"/> Muslim |
| <input type="checkbox"/> Evangelical | <input type="checkbox"/> Rastafarian |
| <input type="checkbox"/> Holiness | |
| <input type="checkbox"/> Jehovah's Witness | <input type="checkbox"/> Other |
| <input type="checkbox"/> Lutheran | (Please specify:) |
| <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:) | |

H1a.

Is this a Christian religion?

- ☐ Yes
☐ No

H2. [BASH2A] to [BASH2I]

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

	Very	Some what	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

H3. [BASH3A] to [BASH3E]

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

H4. [BASH4]

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

The next two questions are specifically for Christian respondents. If you marked a Christian religion in Question H1, please answer H5 and H6. If not, please go to H7.

H5. [BASH5]

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

- ☐ Yes
- ☐ No

H6. [BASH6]

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

H7. **[BASH7]**

Do you have a religious community or congregation?

- ☐ Yes → *Continue with the next question.*
☐ No → *Go to H9.*

H8. **[BASH8A] to [BASH8D]**

The next questions are about your religious community.

	A great deal	Some	A little	None
a. If you were ill, how much would people in your congregation help you out?	1	2	3	4
b. If you had a problem or were faced with a difficult situation, how much comfort would people in your congregation be willing to give you?	1	2	3	4
c. How often do people in your congregation or spiritual community make too many demands on you?	1	2	3	4
d. How often do people in your congregation or spiritual community criticize you and the things you do?	1	2	3	4

H9. **[BASH9A] to [BASH9H]**

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.

<i>Answer how often for each of these items.</i>	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
<i>Answer how much for each of these items.</i>	A great deal	Some	A little	None
c. I try to make sense of the situation and decide what to do without relying on God.	1	2	3	4
d. I wonder whether God has abandoned me.	1	2	3	4
e. I feel God is punishing me for my sins or lack of	1	2	3	4

spirituality.				
f. I look to God for strength, support and guidance.	1	2	3	4
g. I work together with God as partners.	1	2	3	4
h. I think about how my life is part of a larger spiritual force.	1	2	3	4

H10. [BASH10A] to [BASH10E]

On a daily basis, how often do you experience the following:

	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

H11. [BASH11A] to [BASH11I]

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

<i>Because of your religion or spirituality, do you try to be...</i>	Strongly agree	Agree	Neither agree or 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 my 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 I: LIFE OVERALL

I1. **[BASI1]**

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	

I2. **[BASI2]**

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	

I3. **[BASI3]**

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	

I4. **[BASI4]**

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	

I5. **[BASI5]**

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	

I6. **[BASI6]**

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	

Best

0

1

2

3

4

5

6

7

8

9

10

Please use this space to tell us anything else you would like us to know, or to make suggestions about this portion of the survey.

[illegible]

Thank you for completing this survey!

Please return both questionnaires in the envelope provided to:

MIDUS: Midlife in the US
UW Survey Center
630 W. Mifflin St. Room B174
Madison, WI 53703-2636

* *Multidimensional Personality Questionnaire-35 (MPQ-35)*. Copyright ©1982, 1995, 2003 by Auke Tellegen. Unpublished test. Used by permission of the University of Minnesota Press. All rights reserved.