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National Survey of Midlife Development in the United States (MIDUS II): Biomarker Project, 2004-2009

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Readme First Memo

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README file for MIDUS II Biomarker Project (P4) Data
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***   It is important to read through this document carefully   ***
***   prior to using the data and documentation.   ***

The purpose of this memo is to provide basic information about the MIDUS II Biomarker Project (P4) data and documentation that are publicly available via ICPSR. For details about the MIDUS samples see *Descriptions of MIDUS Samples* included with the MIDUS II Survey (2004-2006) documentation.

Note: The ICPSR convention for naming links to documentation in which the content is indicated in parentheses. Thus, the link name for the Description of MIDUS Samples (referenced above) is "Documentation-pdf(sampdesc))". Link names for documents referenced below are provided as appropriate.

A. What Data Files Are Available?

The MIDUS II – Biomarker (P4) dataset: *M2_P4_AGGREGATE_DATA_002_6-7-12.sav*

B. What is the Structure of the Project 4 Dataset?
The dataset comprised of survey data (self-administered questionnaires, staff administered interviews), physical exam data, and physiological data (over 2,500 variables) for 1255 cases from the MainRDD, Twin, and Milwaukee African American samples. The variable called SAMPLMAJ identifies which of the subsamples a case belongs to. We have combined these samples into one file to parallel the structure of the MIDUS II Survey (Project 1) Data file. Variables have been named according to the Short Variable Name (SVN) conventions. All variables include labels to aide interpretation. Value labels have been applied where appropriate. Discrete missing values have also been defined and the following labels applied: DON'T KNOW, REFUSED/MISSING, and INAPP. Details about value labels can also be found in the naming conventions document (see *Naming and Coding Conventions for Variables_10-26-05*)

Note: The data file submitted to ICPSR was created in SPSS (ver. 19). ICPSR subsequently converted the file into alternative formats. The available formats can be identified via the "Download select files" link on the ICPSR main page for the MIDUS Biomarker project.

C. ID Systems
Respondent IDs. The same respondent identification system has been applied to all MIDUS II data. The variable is called M2ID. This system has been implemented to help maintain confidentiality of respondents. It is used in all of the MIDUS I and MIDUS II data files.

Family IDs. A family identification system has been applied to MIDUS 2 data. The variable is called M2FAMNUM. Every respondent has a family number. Related respondents (Main-Siblings or Twin-Twin) have the same family number. This system is used in all of the MIDUS I and

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MIDUS II data files.

D. Instruments, Protocols, and Documentation Files
General Documents:
>*Biomarker Project Acknowledgement Text:* Please include in all publications using data from the Biomarker project. (ICPSR link - Documentation-pdf(useacknowledgement))

>*Biomarker Project Summary:* Project overview contains a description of the protocol and along with general information about the instruments and data collection protocols identified below. (ICPSR link – Documentation-pdf(summary))

Instruments:
The following are available as standalone files. Other instruments and data collection tools are included in the composite documentation files as indicated below.
>*Self-Administered Questionnaire* (ICPSR link – Documentation-pdf(saq))*:* 25 page booklet containing psychosocial scales assessing:
>* Mood (e.g. anger, anxiety, depression, positive affect).
>* Stress.
>* Relationships with others (e.g. support received and given, interdependence & independence, social obligation).
>* Life experiences (e.g. childhood trauma, positive events).
>* Sympathy, adjustment, self-control.
>* Having a good life.

>*Medical History* (ICPSR link – Documentation-pdf(medicalhistory))*:* 25 page booklet assessing medical history, health behaviors and significant life events since completing the MIDUS II Survey Project (P1):
>* Symptoms and conditions.
>* Major health events (e.g. broken bones, surgeries, injuries, etc.).
>* Immune function (e.g. allergies and immunizations).
>* Family medical history.
>* Current health practices (e.g. diet, exercise, smoking, alcohol use, health care and screenings).
>* Life events (e.g. change in marital status, deaths of family member or close friends, and, other events as reported by respondent).

Composite Documentation Files:
The following composite files contain the indicated instruments and protocols, as well as additional documentation for specific content areas.

>*Blood, Urine and Saliva Data:* includes the tissue sample collection and processing protocols, as well as details about assay protocols. (ICPSR link – Documentation-pdf(bloodurineslaiva))

Bone Health Data (ICPSR link – Documentation-pdf(bonehealth))*: includes the Bone Densitometry Scan protocol and the Bone questionnaire which assesses:
- History of broken bones and falls for respondent and immediate family
- Medical conditions that might impact bone health
- Medication/Treatment history -. use of osteoporosis medications and other medications or treatments (e.g. chemotherapy) that could affect bone health
- History of smoking, passive smoking, exercise
- Women's health- # of past pregnancies, current menarchal status (e.g. pre or post-menopausal)
- Metal in the body – presence of pins, rods, or other metal in body to facilitate interpretation of whole body scan data.

Medication Data: includes a copy of the medication chart used to record details about usage of prescription, over-the-counter, and alternative medications, as well as protocols for collecting and coding medication data. (ICPSR link – Documentation-pdf(medication))

Physical Exam Protocol (ICPSR link – Documentation-pdf(physicalexam)): includes a copy of the physical exam form and protocols for conducting assessments of:
- Vital signs.
- Morphometrics (weight, height, waist, hip measurements).
- Functioning (grip strength, visual acuity, peak flow, timed walk, chair stands).
- Integument (hair, skin).
- Hearing (tuning fork, bone conduction, pinnae, external canal, ear drum).
- Sinuses, Mouth, Neck.
- Cardiovascular function (auscultation, murmurs, pulses).
- Thorax and Lungs (inspection, auscultation).
- Musculoskeletal system (muscles, spine, joints, tender points, extremities).
- Neurological function (coordination, motor system, reflexes, sensation, autonomic).

Psychophysiology Protocol: includes a handedness questionnaire along with the protocol flowsheet for administering a laboratory challenge study of cardiovascular reactivity in response to cognitive and orthostatic (standing) challenge. (ICPSR link – Documentation-pdf(psychophysiology))

Sleep Data (ICPSR link – Documentation-pdf(sleep)): includes the following:
- Pittsburgh Sleep Questionnaire (PSQ) used to assess sleep quality over the past month.
- Protocol for collecting objective sleep data via the Actiwatch® system, and the Daily Sleep Diary used to assess sleep quality during the period that participants wear the Actiwatch®.

C. Additional Information
Constructed scales. Scale scores have been created for the Pittsburgh Sleep Questionnaire (PSQ) and most of the psychosocial constructs assessed in the Self-Administered Questionnaire. In

addition, other composite variables have been constructed (e.g. Waist/Hip Ratio, Body Mass Index (BMI), counts of conditions). These variables can be found at the end of the data for the instrument or protocol containing the variables used to create the scale score or composite. Details about creating these variables can be found in:

> *Documentation for Psychosocial Constructs and Composite Variables*
> (ICPSR link – Documentation-pdf(scales))

<u>Other Issues.</u> Information about other issues to be aware of in using these data (e.g. missing data, added variables, recoding) can be found in:

> *Biomarker Project (P4) Readme Data File Notes*: contains information about administrative variables, procedures for handling missing data and other issues that arose during data collection and cleaning. (ICPSR link – Documentation-pdf(datanotes))

D. Data and Documentation Updates and Additions
1. <u>June 2012</u>:
    a. Laboratory Assays:
        i. Blood Assay Data: Stored serum samples were assayed for Glucose, Insulin, and IGF-1 (Insulin-like Growth Factor 1). These data have been added to the MIDUS Biomarker data file along with HOMA-IR, an indicator of insulin resistance.
        ii. Blood, Urine, & Saliva Documentation: The documentation has been updated to include the new blood assays. In addition, Section C has been revised to include footnotes and additional detail about assay sensitivity. Text describing computation of HOMA-IR has been added to the Documentation of Scales and Constructed Variables (described above).

    b. Heart Rate Variability (HRV) Filter Variables: Quality control codes (i.e. filter variables) have been developed for both the psychophysiology experimental session overall and the individual protocol periods for which we have measures of heart rate variability. The new codes have been added to the data file. A detailed description of these variables can be found in Section D of the Psychophysiology Protocol documentation (see above)

    c. Bone Scan Data and Documentation – a new administrative variable, B4DNARSN, has been added to the data file. This categorical variable is linked to B4DAVAIL (i.e. Is bone scan data available?) and provides additional details as to why bone scan data is missing. Information about this variable has also been added to the Bone Data Documentation file (p. A4)

    d. Medication Data and Documentation:
        i. Additional Medications Coded: Some biomarker participants report taking more medications (prescription, over-the-counter, alternative) than can be recorded on the MIDUS Medication Chart. Information about these

additional medications was recorded and entered separately as text, rather than discrete quantitative data. This text data has been converted to numeric format and is now included in the data file. Additional details can be found in the Readme Datafile Notes (described above).

   ii. Constructed Variables: The prescription medication data includes a few summary variables indicating if particular medication types (e.g. blood pressure, depression) are used and if so how many medications of a given type are being taken. The original versions of the two Corticosteroid summary variables (B4XCOD, B4XCOC) incorrectly included some Sex Hormones. This error has been corrected and new variables to separately indicate Sex Hormone use have been created and added to the data file. See the Documentation of Scales and Constructed Variables (described above) for details about creation of these variables.

   iii. Diagnosis Codes: Appendix C in the Medication Data Documentation has been updated to include diagnosis codes were inadvertently left out of the earlier version.

e. Physical Exam Documentation: citations for some of the functional assessments have been added to this document.

f. Project 4 Summary: text about the informed consent process for the biomarker data collection has been added to this document.