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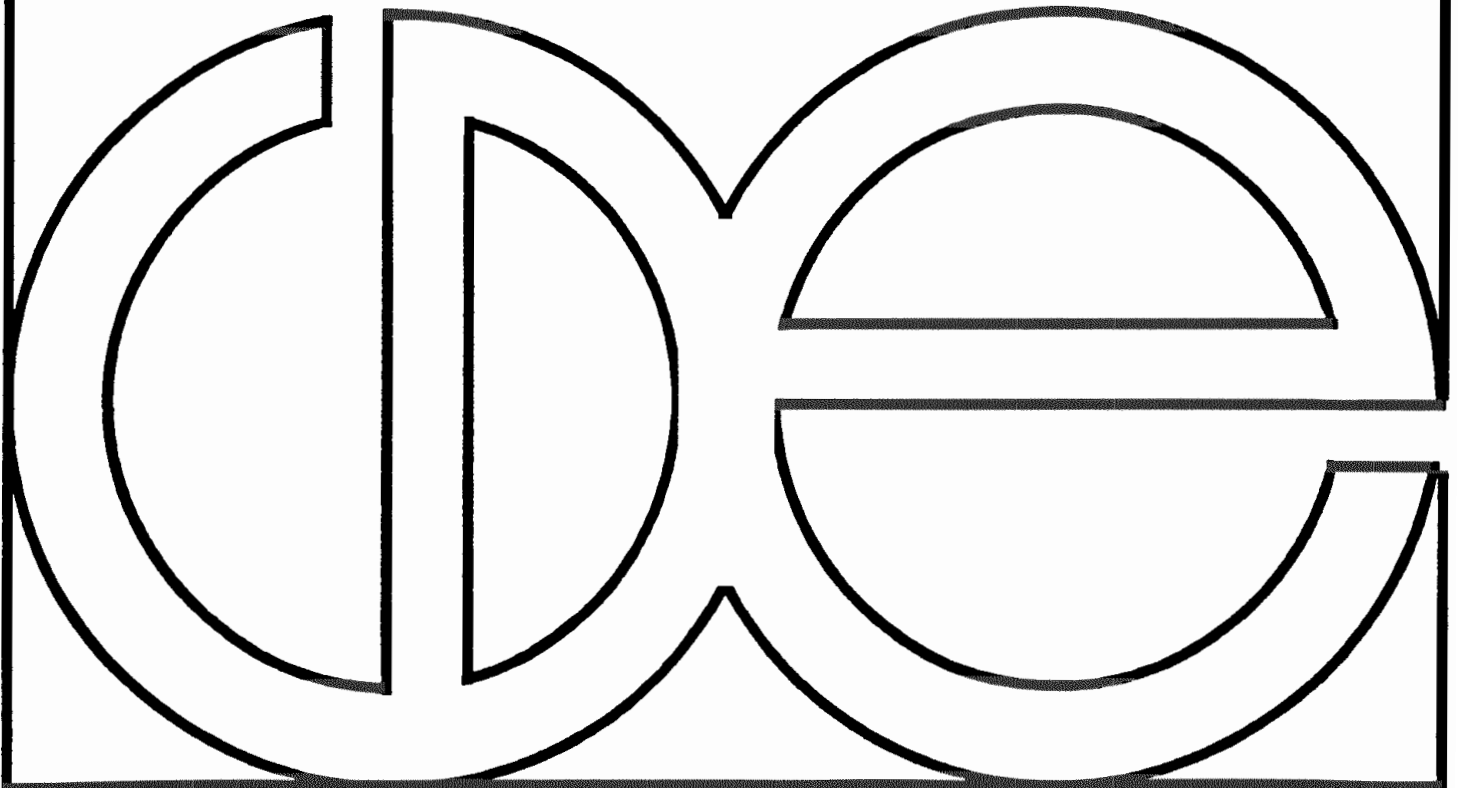
University of Wisconsin-Madison

**MEASUREMENT OF HEALTH OUTCOMES AND ANTECEDENTS  
IN WHITEHALL II, THE NATIONAL SURVEY  
OF FAMILIES AND HOUSEHOLDS,  
AND THE WISCONSIN LONGITUDINAL SURVEY**

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Measurement of Health Outcomes and Antecedents in Whitehall II,  
The National Survey of Families and Households, and  
The Wisconsin Longitudinal Survey

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## INTRODUCTION

Health in middle age is at least as important a national interest as health in childhood and health in old age. For it is a society's middle-aged population that most often carries the heaviest load of responsibility for both the young and the old in families as well as in formal social institutions, such as the workplace. When midlife adults are physically and mentally healthy, and can engage their abilities optimally at home and at work, those dependent upon them are more likely to thrive as well. Similarly, when physical and mental health "fails" in midlife, the welfare of the young and the old is also put in greater jeopardy.

Yet, to date, demographic differences in midlife health and their antecedents and correlates have not been well mapped or understood. More theoretical consideration and better empirical investigation is certainly called for to fill in this gap. Particularly so in light of the rapid "middle-aging" of contemporary societies, due to the large influx of baby-boomers into the midlife years.

In 1989, the Health Program of the John D. and Catherine T. MacArthur Foundation began funding a new Research Network on Successful Midlife Development (MIDMAC) under the directorship of Gilbert Brim, with the aim of furthering interdisciplinary research on issues related to multiple dimensions of health in midlife--that is, including attention to physical health, but also psychological health and social health, which the MIDMAC group has conceptualized as social responsibility (akin to social generativity).

Newly generated studies can undoubtedly contribute to the understanding of midlife now lacking. But an optimal developmental understanding of midlife health would include longitudinal measurement of antecedents and outcomes. Ongoing longitudinal studies as well

as cross-sectional studies may be profitably mined to provide descriptive information about physical, psychological, and social health in midlife, and how this health varies by such demographic characteristics as gender, social class, and race/ethnicity. But longitudinal studies, in particular, offer better opportunities than cross-sectional studies do to effectively evaluate hypotheses about the causal paths from earlier life to optimal health in midlife and beyond.

In this paper I provide tables cross-tabulating three major longitudinal studies--Whitehall II, the National Survey of Families and Households, and the Wisconsin Longitudinal Study--by the types of health measures available within them. I also append a listing of these measures. Additionally, I include two cross-tabulations of measures in previous and current waves of the Whitehall II study, the Wisconsin Longitudinal Study, and the National Survey of Families and Households that might be considered for their potential use in evaluating various hypotheses for differences in health that might be observed along such demographic divisions as gender, social class, and race/ethnicity.

### **THREE CURRENT LONGITUDINAL STUDIES OF MIDLIFE HEALTH**

Three longitudinal studies currently underway that include a substantial midlife population are the Whitehall II Health Study of British civil servants, the National Survey of Families and Households (NSFH), and the Wisconsin Longitudinal Study (WLS). Each of these studies includes a member of the MacArthur Research Network on Successful Midlife Development as either principal investigator or co-investigator. Each study in its most recent follow-up has expanded its measures of physical, psychological, and social health in collaboration with MIDMAC and researchers working with other National Institute on Health-supported surveys, such as the Health and Retirement Survey.

## **Whitehall II**

The Whitehall II Health Study includes a sample of 10,314 middle-aged British civil servants (predominantly Caucasian) representing the birth cohorts 1930-1950. Respondents completed a self-administered interview and were given a physical exam during the first wave, which took place from 1985-87 (WH85), when they were age 35-55. A follow-up survey by mail was conducted about three years later (WH89). A full-scale reinterview and physical exam approximately five years after the baseline study was begun in 1991 and is currently being completed (WH91). Respondents at the follow-up are about age 41-61. Michael Marmot, Professor in the Department of Epidemiology and Public Health and University College and Middlesex School of Medicine in London and MIDMAC member is the principal investigator for this survey. (For additional design details see Marmot et al. 1991.)

## **National Survey of Families and Households**

The National Survey of Families and Households is a representative national sample of 13,1017 American adults age 19 and older. This survey includes oversamples of blacks and Hispanics, as well as newly married persons and nontraditional family members (e.g., single parents, stepparents, cohabitators), but with appropriate weighting represents the U.S. population with respect to age, race/ethnicity, and sex. The first wave of face-to-face interviewing for this survey took place in 1987-1988 (NSFH87) and included about 6,800 respondents age 30-59 from birth cohorts 1927-1957. Spouse/partners were also given self-administered questionnaires to return. (For additional design details see Sweet, Bumpass, and Call 1988.)

A five-year follow-up of the NSFH began in 1992 and continued in 1993, including interviews with spouse/partner, a selected child, and a selected parent (NSFH92). Larry

Bumpass, Professor in the Department of Sociology and Center for Demography and Ecology at the University of Wisconsin and MIDMAC member is Principal Investigator for this survey. James Sweet, Chair and Professor in the Department of Sociology and Center for Demography and Ecology co-directs the survey.

### **Wisconsin Longitudinal Study**

The Wisconsin Longitudinal Study includes a representative sample of 10,317 Wisconsin 1957 high school seniors--approximately one-third of Wisconsin youth graduating in that year. These respondents were born around 1939. They were first interviewed in 1957, when they were about 18 years old, using a small self-administered survey (WLS57). Additional post-graduation information was obtained about them in 1964 when they were about 25 (WLS64), and an extensive follow-up interview of respondents took place in 1975, at about age 36 (WLS75). A subsample of selected siblings (N=2,124) of respondents were interviewed 1977. Follow-up of the entire original respondent sample (at about age 53)--including nonrespondents in 1975--and an expanded sample of siblings began in 1992 and is still in progress (WLS92). Robert Hauser, Professor in the Department of Sociology and the Center for Demography and Ecology at the University of Wisconsin-Madison is principal investigator of this survey. MIDMAC member Carol Ryff is a Co-Investigator. (For additional design information see Hauser et al. 1992).

### **MEASUREMENT OF HEALTH OUTCOMES**

In an effort to further collaboration, replication, and complementary hypothesis testing regarding midlife health, I have compiled a three-survey cross-tabulation of question numbers (or in some cases for earlier WLS waves, column numbers on tape) for measures of physical,

psychological and social health that have been used in each of the survey waves of Whitehall II, NSFH, and WLS in Table 1. The actual questions denoted by Table 1 can be found listed in the Appendix. Table 1 does not include health outcome measures available WLS' selected sibling sample, but these may be found completely detailed in Table 3, Section I.

All three surveys in current waves include self-reported measures of global health, indications of long-term illnesses and conditions, functional limitation, and exhaustion. Both Whitehall and WLS get reports of relatively recent symptoms, sick days in bed, hospitalization, and menopausal symptoms. Whitehall has the strongest longitudinal replication of health items across surveys. NSFH also has some item replication across waves. WLS prior to 1992 only includes information about health when respondent was unable to work due to health.

Measures of psychological distress and depression are included in all three current surveys. Current waves of the surveys all also include measures of positive mental health as well--e.g., positive affect, esteem, efficacy, environmental mastery, self-acceptance, purpose in life, autonomy, positive relations with others, and personal growth. Both Whitehall and the NSFH provide some longitudinal comparisons of both psychological distress and positive subjective well-being.

Measures of social responsibility, one construction of "social health," are also included in each survey. Current waves each include questions about social support and caregiving provided to family members and friends, as well as organizational participation. Longitudinal evaluations of organizational participation will be available across all three surveys; changes in rates of giving social support and caregiving across time will be available in both the Whitehall survey and the NSFH.

## MEASUREMENT OF ANTECEDENTS AND CORRELATES OF HEALTH

Expanding the research agenda on health at midlife from description to explanation, however, requires evaluation of additional associations between health and other "mediating" variables. Again, to provoke interest in the possibilities for comparative measurement across populations, Table 2 displays a cross-tabulation of variables that might be considered for their potential usefulness in hypotheses regarding the antecedents and/or correlates of health across two of the three studies--the Whitehall II study and the WLS. Table 3, Sections II and III display a similar, although not identical, comparison of measures of socioeconomic status (Section II) and three categories of mediator measures (Section III)--enduring personal characteristics, social relationships, and psychological resources--for the WLS and the NSFH.

In terms of *childhood and adolescent antecedents*, the richness of the WLS data is apparent from Table 1 and Table 3. Yet both surveys include a significant amount of information about parental socioeconomic status and childhood family size. The NSFH has even more detailed data about childhood histories in varying family structure types, as well as relatively rich information on parents' socioeconomic status.

The WLS has the most expansive measures of respondents' aspirations and plans for the future as well as parental aspirations and support for further education dating back to adolescence. Reports about the influence of teachers and friends on post-high school plans are also available. Likewise, information about high school coursework and class rank is included in this database.

Moving along the pathway *into adulthood and midlife*, both the WLS and Whitehall have information about height and weight, use of hormone replacement therapy, and menopause.



Health habits, such as drinking alcohol, exercise, and smoking are reported in both WLS and Whitehall. NSFH includes questions about drinking alcohol as well; the first wave interview also included a query about drug abuse within the household.

Whitehall and WLS both have questions related to hazards in the respondent's work environment. Exhaustion is queried in all three surveys; likewise all three surveys include items that may be used to evaluate stress "spilling" across the domains of work and family (some identical questions suggested by MIDMAC are included in both WLS and Whitehall).

Earnings and varying assessments of wealth are available to evaluate income's association with health in all three surveys. WLS and NSFH have the most extensive measures of wealth and inheritance (and a fair degree of overlap of measures).

Work characteristics are measured in some detail in both the WLS and Whitehall. Employment histories to varying degrees are available in all of the surveys. NSFH and WLS have the most complete employment histories, although each have different strengths--NSFH totally tracks periods in and out of the labor force but only gets occupational status for jobs held at the point of interview (and also for age 50 if occupation at that age was different for persons older than 50), while the WLS has occupational status and job characteristics of first job, job in 1975, and for up to four jobs between 1975 and 1992-93.

Information about spouses/partners (e.g., education) are included in all three surveys. The NSFH has the most expansive information on spouses/partners, including data obtained directly from the spouse/partner. Complete marital histories and fertility histories are available in the NSFH; relatively complete marital and fertility histories can be pieced together from WLS data and to a somewhat lesser extent, Whitehall II data. Quite a bit of information on at least

one selected child is available in WLS and NSFH.

Relationships with parents and parents-in-law are most fully detailed in the NSFH and, to a somewhat lesser extent, WLS. Other social relationships are queried about in all three surveys, including social support received and given, caregiving received and given, frequency of contact and closeness with kin, participation in religious activities, and involvement in other social organizational activities.

Finally, measures of *psychosocial management resources* are available in each of the surveys. Measures of relatively enduring characteristics (like IQ and personality) can be found in the WLS data and to some degree in Whitehall. But other even more culturally contingent and environmentally malleable psychosocial "management" styles and resources are also interesting candidates as mediating mechanisms. Along these lines, for example, goal orientation (tenacious and/or flexible) is assessed in WLS. Both WLS and Whitehall also ask for reports of subjective importance (centrality) of various life domains (e.g., occupation, finances). All three surveys ask respondents to give their own subjective evaluations of how well they are doing in various areas of life. Feelings of meaningfulness, hope, optimism, and control are measured to some extent in each of the surveys. And in WLS, social comparisons in relation to same-sexed parent, a selected child, and a selected sibling are included.

#### SUMMARY

Measures of physical, psychological and social health from three ongoing longitudinal studies that include large representative samples of midlife adults both in the United States and Great Britain are detailed here. Multiple dimensions of physical, psychological, and social health are represented by the measures in each of the surveys and there appears to be enough

similarity as well as diversity of measurement to make comparative descriptive analysis valuable. Further, each study offers differing strengths as well as overlap in measures that might be considered "mediators" in developing models of explanation for health differences across groups.

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**I. WHITEHALL II**

**II. NSFH**

**III. WLS**

	WH85	WH89	WH91	NSFH87	NSFH92	WLS75	WLS92
<b>A. HEALTH</b>							
Global	16	10	10,39,49	SE2:7	SE2:4	19,26c,52d	SA:1a-b
Compared to past			40 (1 yr)				SA:2a (10 yrs)
Long-term illnesses	17,18,25,27	11,16,18,14	11,17	27,32,33	C1a-C4a		883a-c,SA:10a
Heart trouble assessment	20-22	12,13,15	12-14				SA:9A-9C
Symptoms	19,26,28,36	17,19,20	15,18,19				SA:4
Work absence	30		16				SA:5
Sick days in bed			20				SA:15b
Medications	32	22	21				SA:10b,11
Hospitalization		23	29				SA:9a,9c
Menopausal symptoms	36		41,42,44,46,48	34,SE2:11,12	C30z-C35(55+)	19,26-26c, 47a,49,50,52d	
Functional limitations			45		SE2:5		
Pain			74		SE6:12a		
Exhaustion	37						
Premenstrual symptoms	38						
Health satisfaction							
<b>B. PSYCHOLOGICAL WELL-BEING*</b>							
Symptoms	19h	17h	15				SA:9a-9c
Functional limitations		43,44,48	47a,e,g,i;75				SA:9a,9c
Zest, Energy			47b,47c,47f	SE2:2a-1 (CESD)	SE2:6a-1 (CESD)		866f-872g(Clim)
Depression/Distress/Anxiety	181,80-109(GHQ)	161,53-82(GHQ)	87-116(GHQ)		7-9 (MOS: Clinical)		SA:18a-4(CESD)
Irritability				SE2:1	SE2:6m-o,SE6:12b		SA:18u-w
Positive affect	74a-j (ABS)	50a-j (ABS)	47d,47h		SE2:1		
Life satisfaction	56,59y,59z,72a-b,73	41,43v,43w,49	71+72		SE2:2a-k	33 (job)	278s (job)
Purpose in Life	69		83g,83m				
Optimism			11;83h,k,l,n	SE13:59l,60e,60m	SE2:10e		SA:18s
Esteem				SE13:59c	SE2:10a,f,i		
Efficacy	38,70,71	24	83a-f		SE2:10b,c,f,h,j		438s-492f,
<b>RYFF scales: Autonomy</b>					SE2:17a-17h,		SA:19a-19pp
<b>Purpose in life</b>					SE2:18a-18j		(54 total items from 6 scales)
<b>Environmental mastery</b>					(3 items from each of the 6 scales)		
<b>Self-acceptance</b>							
<b>Positive relations w/others</b>							
<b>Personal growth</b>							
<b>Medications</b>	32			SE2:3,4,5,6			
<b>Role quality</b>							

\*NOTE: Some items in the CESD, GHQ and RYFF lists might also be used for measurement of esteem, efficacy, optimism, energy, etc.

I. WHITEHALL II

II. NSFH

III. WLS

	WH85	WH89	WH91	NSFH87	NSFH92	WLS75	WLS92
<b>C. SOCIAL RESPONSIBILITY</b>							
Work contribution to general welfare			63	27,32-34,37-43	C40-C63c		894-902
Nonroutine caregiving	79d		78	SE2:17a-o SE2:18,23	SE18:7a-7d SE18:8a-8d**	87a-q	SA:28a-r SA:23
Organizational involvement			81	SE13:59d,g,k Se13:60a,g	SE2:10d,SE18:1d, 1g,5c,5f,9c,9d		
Social support given to friends and family	66	48a-b					
Attitudes toward responsibility to others						42l	
Volunteer work	65					136	
Voting							

\*\*Additional questions using these same categories of giving are asked in the personal interview regarding adult children, parents, and parents-in-law on an individual basis.

III. WLS

I. WHITEHALL II

	WH85 Ages 35-55	WH89 Ages 39-59	WH91 Ages 41-61	WLS7 Age 18	WLS64 Age 25	WLS75 & 77 (SIBS) Age 36	WLS92 Age 53
<b>A. CHILDHOOD AND ADOLESCENT ANTECEDENTS</b>							
<u>Starting Points</u>							
Birth cohort/Age							
Gender	1a			SEXRSP	284-387	828-994	3a-24
Education	1b			CMBRD HSGRAD			524-525
Nationality	5a-b exam			197-201	526-527		
Family religion							
HS characteristics							
<u>Parent &amp; Family Characteristics</u>							
Father's education	12a						
Father's occupation	12b-g						
Father death (if, when)	12h-j	7a-b	7	EDFA57Q			146s
Father's cause of death	12k	7c		OCF57			
Mother's education	13a			EDMO57Q		502-519(57)	142
Mother's occupation							
Mother death (if, when)	13b-d	8a-b	8				
Mother's cause of death	13e	8c					
Parental heritable diseases	14			226-253		520-523(57)	
Parental income				SESP57		473	
Perceived family econ. status							
Intact family growing up							
Have siblings	15	9a	4a-b 4a-b				648-700
Number of siblings							
Birth order & sib chars.							
Sibling heritable diseases	15a-e	9b-f				648-700	
Info. on selected sib from R (SELECTED SIB WLS77 DATA below)							
Near relatives w/ psychiatric disorders (incl. alcoholism)			9a-e				878f-878s(abcd)
<b>PARENT DATA WLS57</b>							
Aspiration for child's education							
Parental family wealth estimate				152-168 172			
Opinion of value of college				173-185			

TABLE 2: SURVEY BY MEDIATOR MATRIX  
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I. WHITEHALL II

III. WLS

	WH85 Ages 35-55	WH89 Ages 39-59	WH91 Ages 41-61	WLS57 Age 18	WLS64 Age 25	WLS75 & 77 (SIBS) Age 36	WLS92 Age 53
<u>Adolescent Experiences/Resources</u>							
HS Grade Percentile Rank				HSRANKQ 130-140	101-111,210-215	701-761	
Course sequence in HS							
Educ/job aspirations/plans in HS							
Best friends in senior class (data on friends in dataset)						786-807 762-765	
Teacher & parental influence in HS				120-129 146-147	112-115		
College perceptions/plans				202-209 TCHEVL			
Interest in HS & military plans				216-225 197-201			
Perception of need for & parental support for college							
Teacher evaluation of R							
Significant others' influence (parents, teachers, friends, military & marriage)							
HS characteristics							
<u>Other Early Adulthood Experiences</u>							
Occup. history	2b, 3						
Onset of smoking	41						
Military status/experience	29b						
Weight at age 25	33b-c,34a-b						
History of contraceptive use							
					254-262(M),389-400	1075-1116,1790-2032	SA:8-8d
					388	995-1074	
<b>B. MIDLIFE RESOURCES AND STRESSES</b>							
<u>Biomedical Factors</u>							
Health/biomedical measures	exam						SA:7
Height	exam						SA:6
Weight	29a						
Contraceptive use	33a-33d						
Menopause	35a-c						
Menopausal symptoms	36a-f						
Hormone replacement therapy	35d-g						
Menstrual characteristics							
Premenstrual symptoms	37a-d						
			exam				
			22a-d,23a-c				
			24a-c				
			29a-g				
			24d-g				
			26-28				
			28a-f				



TABLE 2: SURVEY BY MEDIATOR M  
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I. WHITEHALL II

III. WLS

	WH85 Ages 35-55	WH89 Ages 39-59	WH91 Ages 41-61	WLS57 Age 18	WLS64 Age 25	WLS75 & 77 (SIBS) Age 36	WLS92 Age 53
<u>Health Habits</u>							
Smoking habits & history	39a-42c	25a-28d	30a-31d				SA:8-8e
Drinking habits	43a-45d	29a-31d	33,34a-d				874-874s
MAST-alcoholism screen			35a-d				876-878a
Drinking change in 5 yrs	43b-d		33c-d				
Coffee & tea consumption	46a-c		36a-d				
Nutrition habits	47a-n	32a-e	37-38				
Nutrition habit change in 5 yrs		33a-b,34	exam				
Diet diaries	exam		51a-f,52,53				SA:3a-b
Exercise habits	48a-f	35a-f	73c				
Hours sleep (weekday)	31						
<u>Environmental Conditions</u>							
Exposure to smoke at work			32a				
Exposure to smoke at home			32b				
Job dangers/hazards			56a-c				293-295
Use of visual display units	57a-f	42a-c					
Job environment conditions & control			57a-f				
Hours worked per week in bldg.			58				
<u>Perceived Stress</u>							
Physical exhaustion			74				SA:9Aa,c
Emotional exhaustion			75				SA:9Aa,c
End of workday stress	58f-i		55				
Stress of commuting			76				
Perceived stress (last 4 wks)			77				
Perceived stress affects health							
Life events: past 12 months, including, how upsetting?	75a-h	51a-h					
Perceived work/family conflict		84a-d,85a-d					SA:22a-l
<u>Economic Factors</u>							
Income	file	file	file				594n-6A9b
Home ownership	8	4	5			2033-2070	814m
Car availability	11	6	6				818s

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I. WHITEHALL II

	WH85 Ages 35-55	WH89 Ages 39-59	WH91 Ages 41-61	WLS57 Age 18	WLS64 Age 25	WLS75 & 77 (SIBS) Age 36	WLS92 Age 53
Other assets/wealth							814s-822f 838-840f 823-826s
Pensions							
Health insurance							
Money short for food/clothes	79e	52b	86b				
Difficulty paying bills	79f	52c	86c				
<b><u>Work Factors</u></b>							
Hours of work (weekday)			73a				266o
Occupation (grade)	2a	1a-c	1-d			1404-1405 1208-1351 1117-1154	d263 aa01-263b 936m-952 934f-936
Midlife occupational changes	4a-4b		1e				
Retirement grade,date,reason							
Retirement plans							
Job chars: speed, intensity, time pressure, routinization	49a-j	36a-j	59a-j			1302-1320	286m-292m
Job control	50a-j	37a-h	60a-b,65 66			1321-1330 1328-1331 WL40	276p-276m 276, WL41-WL42 EOW, 276p-WL40 298
Job supervision							
Supervising others							
Job change/loss prospects							
Problem solving style	51a-j						
experienced at work	52a-g	38a-g	61a-c				
Work clarity & fairness	53a-h	39a-h	62a-h				
Job involvement & identity							
Perceived contribution of job to society	54a-f	40a-e	63 64a-d 54				
Social support at work							
Daily commuting time							
<b><u>Home/Family Life</u></b>							
Household composition	9, 10a-i	5a-d					186s-Hg7
Hours with family (weekday)			73b				
Marital status	6	3	3a,c 3b		401-403	1494-1504,1562-1574	34m-56b
Marital history	7a-b						
<b><u>Spouse</u></b>							
Spouse education	7d						68t
Spouse employment status	7e						76m-80x 76f,884m,SA:12
Spouse occupation	7f-k						
Spouse health							

I. WHITEHALL II

III. WLS

	WH85 Ages 35-55	WH89 Ages 39-59	WH91 Ages 41-61	WLS57 Age 18	WLS64 Age 25	WLS75 & 77 (SIBS) Age 36	WLS92 Age 53
Sibship of spouse							
Spouse from intact family							
Spouse parents' SES chars.							
Marital power in decisions	79i						
Similarity & closeness to spouse							
Spouse & close persons' support, nonsupport & worries	59a-o	43a-o				1533-1538 1539 1540-1561	76h-76i
<i>Children</i>							
Number of own children							
& fertility history	10f-h(by age)	5d	4c			1644-1731	92m-124g 126g-138a 321b-342b
All child chars.							
Selected child chars.							
Contact & closeness w/ selected child							
Children turning out ok	79						
Children socially adjusted	79b						346m-350m
<i>Parents/Parents-in-law</i>							
Parent/in-law health							
Contact & closeness w/parents							
Parental income							
Inheritance & other intertransfers to/from parents & children							142i,148,158s,162s 466f-476f 538m-584m 640-701b
<i>Other Social Relationships</i>							
Social support given/received							
Perceived available social support							
Characteristics of closest network persons	59q-x	43p-u					
Contact & closeness w/ selected HS friend							
Confidants	60a						
Freq. kin worries/problems	79c	52a	86a				24a-25d SA:28a-c
Frequency of being hugged	60b						
Frequency of kin visits	61a-b	44a-b	79a-b				
Freq. work friend visits	62	45	80a-b				
Freq. nonkin visits	63a-b	46a-b					
Freq. nonkin telephone/letters	63c						
Freq. entertain at home	67					2116-2117	SA:31 SA:30

I. WHITEHALL II

III. WLS

	WH85 Ages 35-55	WH89 Ages 39-59	WH91 Ages 41-61	WLS57 Age 18	WLS64 Age 25	WLS75 & 77 (SIBS) Age 36	WLS92 Age 53
Freq. help aged/disabled kin Contact & closeness w/selected sib	79d		78a-b				894-928m 408-412
SELECTED SIBLING DATA WLS77						XX XX XX XX XX XX XX XX	4031-4c6
IQ (Henmon-Nelson Test) Education Occupational history Current job chars. Income Marital history Fertility history Social participation  (SIB DATA in 1992 will basically include similar quex to R DATA)							XX
<u>Neighborhood/Community Factors</u>							
<u>Neighborhood</u> Residential characteristics (pop., rural/urban, proximity to college) Problems with housing Problems with neighborhood	79g 79h	52d 52e	86d 86e		187-190	272-283	429-272
<u>Voluntary organizations/activities</u> Hobbies Religious preference Freq. attend religious serv. Freq. volunteer work Organizational participation	68a-b 64 65 66a-b	47 48a-b	81a-b			528-529 530-531 2091-2115	448s 452f SA:29a-r
C. PSYCHOSOCIAL MANAGEMENT RESOURCES							
<u>Relatively Enduring Characteristics (psychological)</u>							
Cognition IQ (Henmon Nelson test)			exam				IQHNQ

I. WHITEHALL II

III. WLS

	WH85 Ages 35-55	WH89 Ages 39-59	WH91 Ages 41-61	WLS57 Age 18	WLS64 Age 25	WLS75 & 77 (SIBS) Age 36	WLS92 Age 53
Abstract reasoning (WAIS)							314t-318m
Personality: NEO-AC							SA:17a-cc
Temperament/personality		70a-f					866f-872f
Depressive (history)							SA:18u-w
Type A	58a-l						
Hostility			50a-d				
Distrust/paranoia/hostility	110:1-38						
Sensitivity to sensations							
<u>Life Management Strategies</u>							
<u>Goal Orientations</u>							
Tenacious goal pursuit/ flexible goal adjustment (Brandtstadter scales)						1451-1473	SA:20a-j 934f
Midlife aspirations for 10 yrs hence							
<u>Centrality/Importance Management</u>							
Importance of life domains			71a-f				412-414f
Rated importance of job chars.						1352-1366	301a-302:SA23aj 300f
Perceived relative job quality							
<u>Life Evaluations</u>							
Perceived success in life domains							
Satisfaction with life domains							416s-418f
Satisfaction with job	56a-h	41					278s
Satisfaction with health	38a						
Satisfaction with personal relationships	59y	43v					
Satisfaction with leisure	59z	43w					
Satisfaction w/standard of living	72a	49					
Satisfaction w/accommodation	72b						
Satisfaction w/life	73a-e					1387-1402	
<u>Coping Characteristics</u>							
Coping style (boss conflict)	55a-n						
Sense of optimism			83h				SA:19(R,yff)
Sense of meaning in life			83m				SA:19(R,yff)
Sense of direction and purpose	69		83g				



**TABLE 3: CROSS-SURVEY COMPARISONS: MEASURES OF HEALTH, SES, AND MEDIATORS IN THE WISCONSIN LONGITUDINAL STUDY AND THE NATIONAL SURVEY OF FAMILIES AND HOUSEHOLDS**

**I. HEALTH OUTCOME MEASURES**

	I. WLS		II. NSFH	
	WLS92 R	WLS93 Sibling	NSFH87 R	NSFH92 R
<b>WOMEN AND MEN:</b>				
Overall health rating	X	X		
Overall health compared to same sex/age peers	X	X	X	X
Overall health satisfaction				X
Overall appearance satisfaction				X
Change since 10 yrs ago:				
Health	X	X		
Appearance	X	X		
Eyesight		X		
Teeth		X		
Energy		X		
Weight		X		
Hearing		X		
Hair condition		X		
Body shape		X		
Skin condition		X		
Sexual pleasure		X		
Strength of arms		X		
Strength of legs		X		
Digestive functions		X		
Obesity (height/weight)	X	X		
Illnesses and conditions <sup>1</sup> :				
Anemia	X	X		
Asthma	X	X		X
Arthritis/rheumatism	X	X		X
Bronchitis/emphysema	X	X		X
Cancer	X	X		X
Chronic liver trouble	X	X		X
Diabetes	X	X		X
Serious back trouble	X	X		
Heart trouble	X	X		X
High blood pressure	X	X		X
Circulation problems	X	X		
Kidney/bladder problems	X	X		
Ulcer	X	X		X
Allergies	X	X		
Multiple sclerosis	X	X		
Colitis	X	X		X
High cholesterol		X		
Loss of sight or hearing				X

<sup>1</sup> NSFH87 did not have a checklist, but asked about disabling conditions and then had up to two conditions specified.

**TABLE 3: CROSS-SURVEY COMPARISONS: WLS & NSFH**  
Page 2

**I. HEALTH OUTCOME MEASURES**

	I. WLS		II. NSFH	
	WLS92 R	WLS93 Sibling	NSFH87 R	NSFH92 R
Illnesses/conditions (continued)				
Mental retardation				X
Alzheimer's disease/senility				X
Specified other illness(es)	X	X	X	X
Functional disability due to chronic illnesses <sup>2</sup>	X	X	X	X
Employment disability	X	X	X	X
Activities of Daily Living (ADLs) limited:				
Bathing, dressing, eating, going to bathroom			X	X
Moving about in house			X	X
Doing household tasks			X	X
Climbing flight of stairs			X	X
Walking six blocks			X	X
Doing heavy work				X
Received personal care for chronic illness last 12 mo.	X	X	X	X
Received help with basic ADLs last 12 months	X	X		
Need help with basic ADLs (Rs 55 and older)				X
Symptoms--frequency last 12 mo. AND degree of discomfort:				
Lack of energy	X	X		
Trouble sleeping	X	X		
Fatigue/exhaustion	X	X		
Headache	X	X		
Visual problems	X	X		
Dizziness/faintness	X	X		
Numbness	X	X		
Ringing in ears	X	X		
Nausea	X	X		
Vomiting	X	X		
Upset stomach	X	X		
Constipation	X	X		
Diarrhea	X	X		
Urination problems	X	X		
Aching muscles	X	X		
Stiff/swollen joints	X	X		
Back pain/strain	X	X		
Chest pain	X	X		
Shortness of breath	X	X		

<sup>2</sup> WLS asks degree of limitations for each illness/condition indicated.



TABLE 3: CROSS-SURVEY COMPARISONS: WLS & NSFH  
Page 3

I. HEALTH OUTCOME MEASURES

	I. WLS		II. NSFH	
	WLS92 R	WLS93 Sibling	NSFH87 R	NSFH92 R
Symptoms (continued):				
Excessive sweating	X	X		
Respiratory problems	X	X		
Coughing/wheezing		X		
Palpitations		X		
Difficulties w/sex		X		
Painful sex		X		
Illness bed days/last yr	X	X		
# hospitalizations/last yr	X	X		
Reason & length, longest hospitalization last yr		X		
Health care utilization, last 12 months:				
Health exam		X		
Dental check-up		X		
Stress test		X		
Cholesterol test		X		
Blood pressure check		X		
Chest x-ray		X		
Prostate exam (men)		X		
Pap smear (women)		X		
Mammogram (women)		X		
Health behaviors:				
Freq. light exercise	X	X		
Freq. vigorous exercise	X	X		
Ever smoke	X	X		
Currently smoke	X	X		
Years smoked	X	X		
Amount smoked when smoker	X	X		
Age stopped smoking		X		
Alcohol use: freq. & amounts	X	X		X
Alcoholism (SMAST items)	X	X		
Drug abuse problem			X	
<b>WOMEN ONLY</b>				
Age of menopause	X	X		
Pre/peri/postmenopausal status	X	X		
Menstrual change last 12 mo	X	X		
Surgically induced menopause	X	X		
Reproductive organs removed	X	X		
Age at repro organ surgery	X	X		
Reasons for repro organ surgery		X		
People influencing repro organ surgery		X		

TABLE 3: CROSS-SURVEY COMPARISONS: WLS & NSFH

I. HEALTH OUTCOME MEASURES

	I. WLS		II. NSFH	
	WLS92 R	WLS93 Sibling	NSFH87 R	NSFH92 R
Hormone Replacement (HRT) ever	X	X		
Age began HRT	X	X		
Current use of hormones	X	X		
History and types of HRT	X	X		
Reasons for HRT		X		
Reasons for stopping HRT		X		
Degree of experience of menopausal symptoms:				
Hot flashes	X	X		
Depression	X	X		
Sleep disturbance	X	X		
Bone Pains	X	X		
Night Sweats	X	X		
Current degree of menopausal symptom experience	X	X		
Specific symptoms & degree of bother, last 6 mos.:				
Hot flashes		X		
Depression		X		
Sleep disturbance		X		
Bone pains		X		
Night sweats		X		
Breast tenderness		X		
Heavy periods		X		
Painful periods		X		
Vaginal dryness		X		
Irregular bleeding		X		
Self-assessed menopause effects on:				
Family life	X	X		
Work life	X	X		
Feelings about self as woman	X	X		
Alternative treatments used for menopause (e.g., exercise, vitamins)	X	X		
Info. sources on menopause	X	X		
Adequacy of information	X	X		
Age of mother at menopause	S <sup>3</sup>	X		
Age of menarche		X		
Premenstrual period difficulty		X		
Menstrual difficulty		X		
Use of contraception:				
Years used		X		
Age last used		X		
Current usage		X		

<sup>3</sup> In WLS, "S" denotes info. from sibling regarding family that may be used for respondent.

TABLE 3: CROSS-SURVEY COMPARISONS:  
Page 5

II. MEASURES OF SOCIOECONOMIC STATUS

	I. WLS				II. NSFH			
	WLS57-64 Rs	WLS75 Rs	WLS77 Sib	WLS92 R	WLS93 Sibling	NSFH87 R	NSFH92 R	
Mother's education	X	X	X					
Father's education	X	X	X					
Mother's occupation (also from taxes)	X	X	X					
Father's occupation (also from taxes)	X	X	X					
Family of origin income (years around 1957--from tax records)	X		X					
R's subjective evaluation of relative socioeconomic status of family of origin	X							
R educational history and attainment	X	X	X	X	X	X	X	
R first occupational status		X	X					
R occupational status 1970		X	X					
R current occupational status	X	X	X	X	X	X	X	
R personal earnings	X	X	X	X	X	X	X	
R household income	X	X	X	X	X	X	X	
Spouse educational attainment (first and current)		X	X	X	X	X	X	
Spouse occupational status	X (husband only)	X	X	X	X	X	X	
Spouse earnings		X	X	X	X	X	X	
Parental and other money gifts/loans to R and spouse				X	X	X	X	
Inheritances received				X	X	X	X	
Assets				X	X	X	X	
Liabilities				X	X	X	X	
Home ownership				X	X	X	X	
Class of worker (Marxist)				X				
Work history (continuous vs. fragmented, disorderly)		X	X	X	X	X	X	

TABLE 3: CROSS-SURVEY COMPARISONS:  
Page 6

III. MEASURES OF MEDIATING CAUSAL PROCESSES

	I. WLS				II. NSFH			
	WLS57-64 R	WLS75 R	WLS77 Sibling	WLS92 R	WLS93 Sibling	NSFH87 R	NSFH92 R	
<b>A. RELATIVELY ENDURING PERSONAL CHARACTERISTICS</b>								
Ability (Hennon Nelson IQ test given in high school)	X		X					
WAIS Similarities (IQ) subtest				X	X			
Neuroticism scale				X	X			
Extraversion scale				X	X			
Openness to experience scale				X	X			
Agreeableness scale				X	X			
Conscientiousness scale				X	X			
<b>B. SOCIAL RELATIONSHIPS</b>								
Birth order		X					X	
Sibship size & characteristics		X					X	
Intact family growing up		X					X	
Mother a smoker during R/Sib childhood					S		X	
Father a smoker during R/Sib childhood					S		X	
Other in household smoked during R/Sib childhood					S		X	
Parent support for educ	X							
Parent aspiration for R ed	X							
Parent aspiration for R occupation	X							
Alcoholic in family of origin					X		X	
Ever lived with alcoholic partner					X		X	
Best friends' educational plans senior year	X							
Friend influence on post-HS plans	X							
Contact w/HS best friend <sup>1</sup>					X			
Current closeness w/HS best friend <sup>1</sup>					X			
Current comparison w/HS best friend <sup>1</sup>					X			

<sup>1</sup> WLS includes a best friend in sample--with complete data--for about one-third of the sample.

TABLE 3: CROSS-SURVEY COMPARISONS:  
Page 7

III. MEASURES OF MEDIATING CAUSAL PROCESSES

	I. WLS					II. NSFH		
	WLS57-64 R	WLS75 R	WLS77 Sibling	WLS92 R	WLS93 Sibling	NSFH87 R	NSFH92 R	
<b>B. SOCIAL RELATIONSHIPS (continued)</b>								
Father's support/violence toward R (youth) <sup>2</sup> :								
encouraged college for R				S			X	
got to know R's childhood friends				S			X	
enjoyed talking to R				S			X	
helped R when needed				S			X	
hugged R				S			X	
allowed R child decisions				S			X	
tried to control R as child				S			X	
insulted and swore at R as child				S			X	
slapped, shoved, threw things at R				S			X	
Mother support/violence toward R (youth) <sup>2</sup> :								
encouraged college for R				S			X	
got to know R's childhood friends				S			X	
enjoyed talking to R				S			X	
helped R when needed				S			X	
hugged R				S			X	
allowed R childhood decisions				S			X	
tried to control R as a child				S			X	
insulted and swore at R				S			X	
slapped, shoved, threw things at R				S			X	
Sibling support/violence toward R (youth) <sup>2</sup> :								
enjoyed talking to R				S			X	
helped R when needed				S			X	
insulted or swore at R				S			X	
hugged R				S			X	
slapped, shoved or threw things at R				S			X	
Mother/father support/violence (childrearing yrs) <sup>2</sup> :								
enjoyed talking to each other				S			X	
helped each other when needed				S			X	
insulted or swore at each other				S			X	
hugged each other				S			X	
slapped, shoved or threw things at each other				S			X	

<sup>2</sup> Family support/violence questions asked only retrospectively of WLS sibling in 1992-93 regarding both Sib and WLS graduate respondent.

TABLE 3: CROSS-SURVEY COMPARISONS:  
Page 8

III. MEASURES OF MEDIATING CAUSAL PROCESSES

	I. WLS				II. NSFH			
	WLS57-64 R	WLS75 R	WLS77 Sibling	WLS92 R	WLS93 Sibling	NSFH87 R	NSFH92 R	
<b>B. SOCIAL RELATIONSHIPS (continued)</b>								
Teacher/counselor contact about educational plans	X							
Teacher encouraged college	X							
Teacher influenced post HS plans	X							
Parents had marital problems while childrearing R/Sib			S	X				X
Have confiding relationship w/ adult when growing up				X				X
Could count on friends when having problems growing up				X				X
Household size and composition				X				X
Current frequency of sex				X				X
Age at first marriage	X		X	X				X
Marital history (incl. divorces, deaths)	X		X	X				X
First spouse characteristics			X	X				X
Characteristics of first year of 1st marriage			X	X				X
Marital status	X		X	X				X
Marital/cohabitation quality: disagreements				X				X
time together				X				X
frequency of sex				X				X
fairness of chores				X				X
fairness: division of household tasks				X				X
prediction of marital survival				X				X
Marital closeness				X				X
Marital similarity				X				X
Marital happiness, satisfaction				X				X
Self-assessed marital role quality				X				X
Self-assessed household worker role quality				X				X
Spouse work disability				X				X
Spouse health & dependence				X				X
Spousal violence				X				X

TABLE 3: CROSS-SURVEY COMPARISONS:  
Page 9

III. MEASURES OF MEDIATING CAUSAL PROCESSES

	I. WLS				II. NSFH			
	WLS57-64 R	WLS75 R	WLS77 Sibling	WLS92 R	WLS93 Sibling	NSFH87 R	NSFH92 R	
<b>B. SOCIAL RELATIONSHIPS (continued)</b>								
Fertility history (including unplanned births, deaths of children)	X	X	X	X	X	X	X	
Experiences in parent role:								
Relationship quality with children			X	X	X	X	X	
Marital status of children			X	X	X	X	X	
Educational attainment of children	X		X	X	X	X	X	
Grandchildren			X	X	X	X	X	
Adult child coresidence								
Self-assessed parent role quality						X		
In-depth info on relationship & comparison with selected child		X		X		X	X	
Mother/father age, mortality, health, proximity, dependence				X	X	X	X	
Mom/Dad: Contact, closeness, Mom/dad: Similarity, comparisons				X	X	X	X	
Parents-in-law health, dependence				X	X	X	X	
Parent coresidence (current)				X	X	X	X	
Parent history of coresidence with R						X	X	
Sibling contact, closeness, proximity			X	X	X	X	X	
Sibling comparisons			X	X	X			
Caregiving (e.g., help with basic ADLs and IADLs) to family members and friends, in household/out of household			X		X	X	X	
Financial and Instrumental help given to adult children, parents, siblings, other relatives, friends/neighbors/coworkers last mo. (transportation, child care, household work)			X		X	X	X	

TABLE 3: CROSS-SURVEY COMPARISONS:  
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III. MEASURES OF MEDIATING CAUSAL PROCESSES

	I. WLS				II. NSFH			
	WLS57-64 R	WLS75 R	WLS77 Sibling	WLS92 R	WLS93 Sibling	NSFH87 R	NSFH92 R	
<b>B. SOCIAL RELATIONSHIPS (continued)</b>								
Financial and Instrumental help <i>received from</i> adult children, parents, siblings, other relatives, friends/neighbors/coworkers last mo. (transportation, child care, household work)			X	X	X	X	X	
Emotional help <i>given to</i> adult children, parents, siblings, other relatives, friends/neighbors/coworker last mo.			X	X	X	X	X	
Emotional help <i>received from</i> adult children, parents, siblings, other relatives, friends/neighbors/coworker last mo.			X	X	X	X	X	
Confidant available (family)			X	X	X			
Confidant available (friend)			X	X	X			
Perceived availability of social support in 1) monetary need, 2) emotional need, 3) illness need: 1) adult children, 2) parents, 3) siblings, 4) other relatives, 5) friends/neighbors/coworkers			X	X	X	X	X	
Amount of participation in religiously-related groups and other social organizations	X		X	X	X	X	X	
Religious service attendance	X		X	X	X	X	X	
Freq. visit w/friends last mo.	X		X	X	X	X	X	
Freq. visit w/family last mo.			X	X	X	X	X	
Others scale (Ryff, 1989)			X	X	X		X	



TABLE 3: CROSS-SURVEY COMPARISONS: WLS & NSFH  
Page 11

III. MEASURES OF MEDIATING CAUSAL PROCESSES

	I. WLS				II. NSFH			
	WLS57-64 R	WLS75 R	WLS77 Sibling	WLS92 R	WLS93 Sibling	NSFH87 R	NSFH92 R	
<b>B. SOCIAL RELATIONSHIPS (continued)</b>								
Rossi/MIDMAC work/family conflict scales:								
Work interference w/family			X	X	X			
Family interference w/work			X	X	X			
Family enhancement of work			X	X	X			
<b>C. PSYCHOLOGICAL RESOURCES</b>								
Academic competence (HS grades and rank)		X						
<b>Ryff (1989) Psychological Well-Being Scales:</b>								
Autonomy				X	X			X
Purpose in Life				X	X			X
Personal Growth				X	X			X
Environmental Mastery				X	X			X
Self Acceptance				X	X			X
Self-esteem (Rosenberg 3-items)						X		X
Efficacy (ISR, one item)						X		X
Mastery (Pearlin 7-item)		X				X		X
Control on job			X	X	X			
Overall happiness						X		X
Satisfaction with Job								X
Overall Marital happiness		X	X	X	X	X		X
Satisfaction with Marriage								X
Satisfaction with multiple domains of life								X
Optimism (including aspirations/expectations)		X	X	X	X			X
<b>Clinical depression (life history)</b>								
Psychological Distress (CES-D)			X	X	X			X
Anger/Irritability			X	X	X	X		X
State anxiety								
Spielberger Trait Anxiety Scale								
<b>Brandstatter Goal Orientation scales:</b>								
Tenacious goal pursuit				X	X			X
Flexible goal adjustment				X	X			X

APPENDIX

WH85: WHITEHALL 1985-88 (BASELINE SCREEN)

A. HEALTH

16. Over the last 12 months would you say your health has been very good, good, average, poor, or very poor?
17. a) Do you have any longstanding illness, disability or infirmity?  
b) What is the matter with you?
18. There are some kinds of health problems that keep recurring and some that people have all the time. In the last 12 months have you suffered from any of the following health problems?
- a) bronchitis
  - b) arthritis or rheumatism
  - c) sciatica, lumbago or recurring backache
  - d) persistent skin trouble (e.g. eczema)
  - e) asthma
  - f) hay fever
  - g) recurring stomach trouble/indigestion
  - h) being constipated all or most of the time
  - i) piles
  - j) persistent foot trouble
  - k) trouble with varicose veins
  
  - m) persistent trouble with your gums or mouth
  - n) any other recurring health problem (please specify)
19. Have you had any of the following symptoms in the last 14 days?
- a) a cough, cararrh or phlegm
  - b) diarrhea
  - c) heartburn, wind or indigestion
  - d) shortness of breath
  - e) dizziness or giddiness
  - f) earache or discomfort in the ears
  - g) swollen ankles
  
  - i) a cold or flu
  - j) a sore throat
  - k) difficulty in sleeping
  - l) pains in the chest
  - m) a backache or pains in the back
  - n) nausea or vomiting
  - o) feeling tired for no apparent reason
  - p) rashes, itches or other skin trouble
  - q) toothache or trouble with the gums
  - r) any other complaints in the last 14 days (specify)
20. a) Have you ever had any pain or discomfort in your chest?  
b) Do you get this pain or discomfort when you walk uphill or hurry?

- c) Do you get it when you walk at an ordinary pace on the level?  
d) When you get any pain or discomfort in your chest what do you do?  
e) Does it go away when you stand still?  
f) How soon?  
g) Where do you get this pain or discomfort?
21. a) Have you ever had a severe pain across the front of your chest lasting for half an hour or more?  
b) Did you talk to a doctor about it?  
c) What did he say it was?  
d) How many of these attacks have you had?
22. a) Have you ever had heart trouble suspected or confirmed?  
b) When was the first time?  
c) What was the diagnosis?  
d) Did you attend a hospital?  
e) Are you still attending a doctor for heart trouble?
25. Has your doctor ever told you that your blood pressure was above normal?  
b) When was the first time?  
c) Have you ever had treatment for high blood pressure?  
d) Are you taking drug treatment for high blood pressure now?
26. a) Do you get any pains in either leg on walking?  
b) Does this pain ever begin when you are standing still or sitting?  
c) Do you get this pain in your calf or calves?  
d) Do you get it when you walk uphill or hurry?  
e) Do you get it when you walk at an ordinary pace or on the level?  
f) Does this pain ever disappear while you are still walking?  
g) What do you do if you get it when you are walking?  
h) What happens to it if you stand still?
27. Do you suffer from diabetes?
28. a) Do you usually bring up any phlegm from your chest first thing in the morning in winter?  
b) Do you usually bring up phlegm in the morning on moist days for as much as three months in the winter?  
c) In the past three years have you had a period of increased cough and phlegm lasting for 3 weeks or more?
30. In the last 12 months how many days were you off work for health reasons?
32. In the last 14 days have you taken any of these medicines prescribed by a doctor?  
a) pain killers  
b) medicines for indigestion  
f) laxatives  
g) other
- h) In the last 2 weeks have you taken other medicines not prescribed by a doctor? Specify.
36. (WOMEN) a) Do you suffer from menopausal symptoms?
- What symptoms do you suffer from?  
b) hot flushes  
c) depression

- d) sleep disturbance
- e) bone pains
- f) other (specify)

37. If you are still having periods do you suffer from any premenstrual symptoms?

- a) irritability
- b) swelling or weight gain
- c) breast tenderness
- d) other

38. a) All things considered how satisfied or dissatisfied are you with your present state of health? (Very dissatisfied...Very satisfied)

## B. PSYCHOLOGICAL WELL-BEING

18. There are some kinds of health problems that keep recurring and some that people have all the time. In the last 12 months have you suffered from any of the following health problems?

- l) nervous trouble or persistent depression

19. Have you had any of the following symptoms in the last 14 days?

- h) nervy, tense or depressed

32. In the last 14 days have you taken any of these medicines prescribed by a doctor?

- c) tranquillizers
- d) sleeping pills
- e) antidepressants

38. b) Which one of the following statements best reflects your view on reducing the chances of having a heart attack? (Pick one of these three)

1. There is very little you can do for yourself, it is fate or bad luck.
2. There are certain things you can do for yourself, which MIGHT help reduce the chance of a heart attack.
3. There are certain things you can do for yourself which will definitely help reduce the chance of a heart attack.

56. About your job in general. How satisfied have you been with the following?

- a) your usual take home pay
- b) your work prospects
- c) the people you work with
- d) physical working conditions
- e) the way your department is run
- f) the way your abilities are used
- g) the interest and skill involved in your job
- h) your job as a whole taking everything into consideration

59. y) All things considered how satisfied or dissatisfied are you overall with your own personal relationships? (Very dissatisfied... Very satisfied)

z) All things considered how satisfied or dissatisfied are you with the way you spend your leisure time?

69. How often do you have the feeling that there is little meaning in the things you do in your daily life?

70. When you have difficulties in important aspects of your life, do you feel you will succeed in overcoming them?

71. How often do you have the feeling that you do not have a clear idea of how your personal life will work out?

72. a) All things considered how satisfied or dissatisfied are you with your standard of living?  
b) All things considered how satisfied or dissatisfied are you with your present accommodation?

73. Indicate your agreement with each item.

- a) In most ways my life is close to my ideal
- b) The conditions of my life are excellent
- c) I am satisfied with my life
- d) So far I have got the important things I want in life
- e) If I could live my life over again I would change almost nothing

74. **Affect Balance Scale: (ABS)**

During the past few weeks did you feel:

- a) Particularly excited or interested in something
- b) So restless you could not sit long in a chair
- c) Proud because someone complimented you on something you had done
- d) Very lonely or remote from other people
- e) Pleased about having accomplished something
- f) Bored
- g) On top of the world
- h) Depressed or very unhappy
- i) That things were going your way
- j) Upset because someone criticised you

**General Health Questionnaire: (GHQ)**

Have you recently:

- 80. Been able to concentrate on whatever you're doing?
- 81. Lost much sleep over worry?
- 82. Been having restless, disturbed nights?
- 83. Been managing to keep yourself busy and occupied?
- 84. Been getting out of the house as much as usual?
- 85. Been managing as well as most people would in your shoes?
- 86. Felt on the whole you were doing things well?
- 87. Been satisfied with the way you've carried out your task?
- 88. Been able to feel warmth and affection for those near to you?
- 89. Been finding it easy to get on with other people?
- 90. Spent much time chatting with people?
- 91. Felt that you are playing a useful part in things?
- 92. Felt capable of making decisions about things?
- 93. Felt constantly under strain?
- 94. Felt you couldn't overcome your difficulties?
- 95. Been finding life a struggle all the time?
- 96. Been able to enjoy your normal day-to-day activities?
- 97. Been taking things hard?
- 98. Been getting scared or panicky for no good reason?
- 99. Been able to face up to your problems?
- 100. Found everything getting on top of you?
- 101. Been feeling unhappy and depressed?
- 102. Been losing confidence in yourself?
- 103. Been thinking of yourself as a worthless person?
- 104. Felt that life is entirely hopeless?
- 105. Been feeling hopeful about your own future?

- 106. Been feeling reasonably happy, all things considered?
- 107. Been feeling nervous and strung-up all the time?
- 108. Felt that life isn't worth living?
- 109. Found at times you couldn't do anything because your nerves were too bad?

**C. SOCIAL RESPONSIBILITY**

- 65. Do you do any voluntary work for other people (e.g. visiting sick, disabled or elderly, belonging to Friends of the Hospital etc.)?
- 66. a) Do you belong to any clubs or organizations? (Social or recreational groups, trade union, commercial groups, professional organizations, political parties, sports clubs, cultural groups, pressure groups etc.)  
b) Taking all of the above together, how often do you attend?
- 79. d) How often do you have to spend time looking after aged or disabled relatives?

## WH89: WHITEHALL MAILBACK FOLLOWUP 1989-1990

## A. HEALTH

10. Over the last 12 months would you say your health has been very good, good, average, poor, or very poor?
11. a) Do you have any longstanding illness, disability or infirmity?  
b) What is the matter with you?
12. a) Have you ever had any pain or discomfort in your chest?  
b) Do you get this pain or discomfort when you walk uphill or hurry?  
c) Do you get it when you walk at an ordinary pace on the level?  
d) When you get any pain or discomfort in your chest, what do you do?  
e) Does it go away when you stand still?  
f) How soon?  
g) Where do you get this pain or discomfort?
13. a) Have you ever had a severe pain across the front of your chest lasting for half an hour or more?  
b) Did you talk to a doctor about it?  
c) What did he say it was?  
d) How many of these attacks have you had?
14. a) Has a doctor ever told you that your blood pressure was above normal?  
b) When was the first time?  
c) Have you ever had treatment for high blood pressure?  
d) Are you taking drug treatment for high blood pressure now?
15. a) Have you ever had heart trouble suspected or confirmed?  
b) When was the first time?  
c) What was the diagnosis?  
d) Did you attend a hospital?  
e) Are you still attending a doctor for heart trouble?
16. There are some kinds of health problems that keep recurring and some that people have all the time. In the last 12 months have you suffered from any of the following health problems?
- a) bronchitis
  - b) arthritis or rheumatism
  - c) sciatica, lumbago or recurring backache
  - d) persistent skin trouble (e.g. eczema)
  - e) asthma
  - f) hay fever
  - g) recurring stomach trouble/indigestion
  - h) being constipated all or most of the time
  - i) piles
  - j) persistent foot trouble
  - k) trouble with varicose veins
  
  - m) persistent trouble with your gums or mouth
  - n) any other recurring health problem (please specify)
17. Have you had any of the following symptoms in the last 14 days?

- a) a cough, cararrh or phlegm
- b) diarrhea
- c) heartburn, wind or indigestion
- d) shortness of breath
- e) dizziness or giddiness
- f) earache or discomfort in the ears
- g) swollen ankles
- i) a cold or flu
- j) a sore shroat
- k) difficulty in sleeping
- l) pains in the chest
- m) a backache or pains in the back
- n) nausea or vomiting
- o) feeling tired for no apparent reason
- p) rashes, itches or other skin trouble
- q) toothache or trouble with the gums
- r) any other complaints in the last 14 days (specify)

18. Do you suffer from diabetes?

19.     a) Do you usually bring up any phlegm from your chest first thing in the morning in winter?  
       b) Do you usually bring up phlegm in the morning on moist days for as much as three months in the winter?

20. In the past three years have you had a period of increased cough and phlegm lasting for 3 weeks or more?

22. a) This questions concerns any medicines prescribed by a doctor that you may have taken during the last 14 days. Have you been taking any medicines, tablets, tonics or pills (including contraceptive pills) within the last 14 days?  
      b) Please list any medicines below.

23.     a) During the last 12 months, were you in hospital as a patient, overnight or longer?  
       b) How many times did you go into hospital overnight or longer during the last 12 months?  
       c) How many days altogether were you in hospital during the alst 12 months?  
       d) What were the main reasons for you being in hospital?

## B. PSYCHOLOGICAL WELL-BEING

16. There are some kinds of health problems that keep recurring and some that people have all the time. In the last 12 months have you suffered from any of the following health problems?  
l) nervous trouble or persistent depression

17. Have you had any of the following symptoms in the last 14 days?  
h) nervy, tense or depressed

24. Which one of the following statements best reflects your view on reducing the chances of having a heart attack? (Pick one of these three.)  
1. There is very little you can do for yourself, it is fate or bad luck.  
2. There are certain things you can do for yourself, which MIGHT help reduce the chance of a heart attack.  
3. There are certain things you can do for yourself which will definitely help reduce the chance of a heart attack.

41. About your job in general. How satisfied are you with your job as a whole, taking everything into consideration?  
(Very satisfied...Very dissatisfied)



43. v) All things considered, how satisfied or dissatisfied are you overall with your own personal relationships?  
w) All things considered, how satisfied are you with the way you spend your leisure time?

49. All things considered, how satisfied or dissatisfied are you with your standard of living?

**50. Affect Balance Scale: (ABS)**

During the past few weeks did you feel:

- a) Particularly excited or interested in something
- b) So restless you could not sit long in a chair
- c) Proud because someone complimented you on something you had done
- d) Very lonely or remote from other people
- e) Pleased about having accomplished something
- f) Bored
- g) On top of the world
- h) Depressed or very unhappy
- i) That things were going your way
- j) Upset because someone criticised you

**General Health Questionnaire: (GHQ)**

Have you recently:

- 53. Been able to concentrate on whatever you're doing?
- 54. Lost much sleep over worry?
- 55. Been having restless, disturbed nights?
- 56. Been managing to keep yourself busy and occupied?
- 57. Been getting out of the house as much as usual?
- 58. Been managing as well as most people would in your shoes?
- 59. Felt on the whole you were doing things well?
- 60. Been satisfied with the way you've carried out your task?
- 61. Been able to feel warmth and affection for those near to you?
- 62. Been finding it easy to get on with other people?
- 63. Spent much time chatting with people?
- 64. Felt that you are playing a useful part in things?
- 65. Felt capable of making decisions about things?
- 66. Felt constantly under strain?
- 67. Felt you couldn't overcome your difficulties?
- 68. Been finding life a struggle all the time?
- 69. Been able to enjoy your normal day-to-day activities?
- 70. Been taking things hard?
- 71. Been getting scared or panicky for no good reason?
- 72. Been able to face up to your problems?
- 73. Found everything getting on top of you?
- 74. Been feeling unhappy and depressed?
- 75. Been losing confidence in yourself?
- 76. Been thinking of yourself as a worthless person?
- 77. Felt that life is entirely hopeless?
- 78. Been feeling hopeful about your own future?
- 79. Been feeling reasonably happy, all things considered?
- 80. Been feeling nervous and strung-up all the time?
- 81. Felt that life isn't worth living?
- 82. Found at times you couldn't do anything because your nerves were too bad?

**C. SOCIAL RESPONSIBILITY**

48. a) Do you belong to any clubs or organizations? (Social or recreational groups, trade unions, commercial groups, professional organizations, political parties, sports clubs, cultural groups, pressure groups etc.)
- b) Taking all the above organizations together, how often do you attend?

## WH91: PHASE 2 SCREEN (1991-1992)

## A. HEALTH

10. Over the last 12 months would you say your health has been: very good, good, average, poor, or very poor?
11. a) Do you have any longstanding illness, disability or infirmity?  
b) What is the matter with you?
12. a) Have you ever had any pain or discomfort in your chest?  
b) Do you get this pain or discomfort when you walk uphill or in a hurry?  
c) Do you get it when you walk at an ordinary pace on the level?  
d) When you get any pain or discomfort in your chest, what do you do?  
e) Does it go away when you stand still?  
f) How soon?  
g) Where do you get this pain or discomfort?
13. a) Have you ever had a severe pain across the front of your chest lasting half an hour or more?  
b) Did you talk to a doctor about it?  
c) what did he say it was?  
d) How many of these attacks have you had?
14. a) Have you ever had heart trouble suspected or confirmed by your GP or a hospital doctor?  
b) When was the first time?  
c) What was the diagnosis?  
d) Did you attend a hospital?  
e) Are you still attending a doctor for heart trouble?
15. Have you had any of the following symptoms in the last 14 days?  
a) A cough, cattarrh or phlegm  
b) Diarrhea  
c) Heartburn, wind or indigestion  
d) Shortness of breath  
e) Dizziness or giddiness  
f) Earache or discomfort in the ears  
g) Swollen ankles  
i) Cold or "flu"  
j) A sore throat  
l) Pains in the chest  
m) A backache or pains in the back  
n) Nausea or vomiting  
o) Feeling tired for no apparent reason  
p) Rashes, itches or other skin trouble  
q) Blocked or runny nose  
r) Dry throat  
s) Headache  
t) Dry, itchy or tired eyes  
u) Wheeziness  
v) Toothache or trouble with the gums  
w) Any other complaints in the last 14 days?
16. In the last 12 months how many days were you off work for health reasons?

17. Do you suffer from diabetes?
18. a) Do you usually bring up any phlegm from your chest first thing in the morning in winter?  
b) Do you usually bring up phlegm in the morning on most days for as much as 3 months in the winter?
19. In the past 3 years have you had a period of increased cough and phlegm lasting for 3 weeks or more?
20. Have you been taking any medicines, tablets, tonic or pills (including contraceptive pills) within the last 14 days? Please list.
21. a) During the last 12 months, were you in hospital as an in-patient, overnight, or longer?  
b) How many times did you go into hospital overnight or longer during the last 12 months?  
c) How many days?
29. (WOMEN) a) Do you experience menopausal symptoms?  
b) To what extent do you experience the following symptoms?  
a) Hot flushes  
b) Depression  
c) Sleep disturbance  
d) Bone pains  
e) Night sweats  
f) Other (please specify)
39. In general would you say your health is: excellent, very good, good, fair, poor?
40. Compared to one year ago, how would you rate your health in general now?
41. Does your health now limit you in these activities? If so, how much?
- a) Vigorous activities, such as running lifting heavy objects, participating in strenuous sports  
b) Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling or playing golf  
c) Lifting or carrying groceries  
d) Climbing several flights of stairs  
e) Climbing one flight of stairs  
f) Bending, kneeling or stooping  
g) Walking more than one mile  
h) Walking half a mile  
i) Walking one hundred yards  
j) Bathing and dressing yourself
42. During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of your physical health?  
a) Cut down the amount of time you spent on work or other activities?  
b) Accomplished less than you would like  
c) Were limited in the kind of work or other activities (sic)  
d) Had difficulty performing the work or other other activities (for example, it took extra effort)
44. During the past 4 weeks to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbors or groups?

45. How much bodily pain have you had during the past 4 weeks?
46. During the past 4 weeks, how much did pain interfere with your normal work (including both work outside and home and housework)?
48. During the past 4 weeks how much of the time has your physical health or emotional problems interfered with your social activities (like visiting friends, relatives, etc.)?
49. Please choose the answer that best describes how true or false each of the following statements is for you:
- a) I seem to get sick a little easier than other people.
  - b) I am as healthy as anybody I know.
  - c) I expect my health to get worse.
  - d) My health is excellent.
74. How often do you feel physically exhausted at the end of the day?

**B. PSYCHOLOGICAL WELL-BEING**

15. Have you had any of the following symptoms in the last 14 days?
- h) nervy, tense or depressed
  - k) difficulty in sleeping
43. During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?
- a) Cut down the amount of time you spent on work or other activities?
  - b) Accomplished less than you would like
  - c) Didn't do work or other activities as carefully as usual
44. (See health: question asks about physical health OR emotional problem interference with normal social activities with family, friends, etc.)
47. How much of the time during the past 4 weeks:
- a) Did you feel full of life
  - b) Have you been a very nervous person
  - c) Have you felt so down in the dumps that nothing could cheer you up
  - d) Have you felt calm and peaceful
  - e) Did you have a lot of energy
  - f) Have you felt downhearted and blue
  - g) Did you feel worn out
  - h) Have you been a happy person
  - i) Did you feel tired
48. (See health section: question asks about physical health OR emotional problem interference with social activities like visiting friends, relatives, etc.)
71. All things considered, rate how important each of the following areas are to your life at present:
- a) your health
  - b) your marital or love relationship
  - c) your job
  - d) your sex life
  - e) your family life

f) your leisure time activities

72. All things considered, how satisfied or dissatisfied are you with the following areas of your life:

- a) your marital or love relationship
- b) your leisure time activities
- c) your standard of living
- d) your job
- e) your health
- f) your family life
- g) your sex life
- h) the way you feel about yourself as a person

75. How often do you feel emotionally or mentally exhausted at the end of the day?

83. How much do you agree or disagree with the following statements:

- a) At home, I feel I have control over what happens in most situations.
- b) At work, I feel I have control over what happens in most situations.
- c) Keeping healthy depends on things that I can do.
- d) There are certain things I can do for myself to reduce the risk of a heart attack.
- e) There are certain things I can do for myself to reduce the risk of getting cancer.
- f) I feel that what happens in my life is often determined by factors beyond my control.
  
- g) I have a sense of direction and purpose in life.
  
- h) Over the next 5-10 years I expect to have many more positive than negative experiences.
- k) One can always find a solution to painful things in life.
- l) My life in the future will probably be full of changes without my knowing what will happen next.
- m) I very often have the feeling that there's little meaning in the things I do in my daily life.
- n) I am certain that there will always be people whom I will be able to count on in the future.

#### GENERAL HEALTH QUESTIONNAIRE (GHQ):

(For Questions 87-116): Have you recently (over the past few weeks):

(Better than usual, same as usual, less than usual, much less than usual)

- 87. Been able to concentrate on whatever you're doing?
- 88. Lost much sleep over worry?
- 89. Been having restless, disturbed nights?
- 90. Been managing to keep yourself busy and occupied?
- 91. Been getting out of the house as much as usual?
- 92. Been managing as well as most people would in your shoes?
- 93. Felt on the whole you were doing things well?
- 94. Been satisfied with the way you've carried out your task?
- 95. Been able to feel warmth and affection for those near to you?
- 96. Been finding it easy to get on with other people?
- 97. Spent much time chatting with people?
- 98. Felt that you are playing a useful part in things?
- 99. Felt capable of making decisions about things?
- 100. Felt constantly under strain?
- 101. Felt you couldn't overcome your difficulties?
- 102. Been finding life a struggle all the time?
- 103. Been able to enjoy your normal day-to-day activities?
- 104. Been taking things hard?

- 105. Been getting scared or panicky for no good reason?
- 106. Been able to face up to your problems?
- 107. Found everything getting on top of you?
- 108. Been feeling unhappy and depressed?
- 109. Been losing confidence in yourself?
- 110. Been thinking of yourself as a worthless person?
- 111. Felt that life is entirely hopeless?
- 112. Been feeling hopeful about your own future?
- 113. Been feeling reasonably happy, all things considered?
- 114. Been feeling nervous and strung-up all the time?
- 115. Felt that life isn't worth living?
- 116. Found at times you couldn't do anything because your nerves were so bad?

**C. SOCIAL RESPONSIBILITY**

- 63. How would you judge the contribution your job makes to the general welfare of society, compared with other jobs? (Harmful or no contribution, slight contribution, great contribution, very great contribution.)
  
- 78.
  - a) Are you currently providing any personal care or help to an aged or disabled relative(s)?
  - b) How many hours in an average week do you spend looking after this person(s)?
  
- 81.
  - a) Are you an active member of social or recreational groups, trade unions, commercial groups, professional organizations, political parties, sports clubs, cultural groups, pressure groups, etc.?
  - b) Taking all the above organizations together, how many hours in an average month do you devote to activities of these organizations?

NSFH87: WAVE 1, 1987-88

**A. HEALTH**

Personal Interview:

27. Do you (or does anyone living here) require care or assistance because of a disability or chronic illness?
32. What is your major illness or disability?
33. In what year did you first need care or assistance?
34. Because of your illness or disability, do you have any difficulty with
- a) Working for pay?
  - b) Driving a car?
  - c) Doing day-to-day tasks?
  - d) Climbing a flight of stairs without resting?
  - e) Caring for personal needs such as dressing, eating, or going to the bathroom?
  - f) Moving about inside the house?

Self-enumerated questionnaire:

- SE2:7. Compared with other people your age, how would you describe your health?  
(Very poor, poor, fair, good, excellent)
- SE2:11. Do you have a physical or mental condition that limits your ability to:
- a) Care for personal needs, such as dressing, eating, or going to the bathroom?
  - b) Move about inside the house?
  - c) Work for pay?
  - d) Do day-to-day household tasks?
  - e) Climb a flight of stairs?
  - f) Walk six blocks?
- SE2:12. (IF YES TO ANY ITEM IN QUESTION 11) How long have health conditions limited your activities?

**B. PSYCHOLOGICAL WELL-BEING**

Self-enumerated questions:

- SE2:1. First taking things all together, how would you say things are these days? (Very unhappy...Very happy)
- SE2:2. (Modified CES-D)  
Next is a list of the ways you might have felt or behaved during the past week. On how many days during the past week did you:
- a) feel bothered by things that usually don't bother you?
  - b) not feel like eating; your appetite was poor?
  - c) feel that you could not shake off the blues even with help from your family or friends?
  - d) have trouble keeping your mind on what you were doing?
  - e) feel depressed?
  - f) feel that everything you did was an effort?
  - g) feel fearful?



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- h) sleep restlessly?
- i) talk less than usual?
- j) feel lonely?
- k) feel sad?
- l) feel you could not get going?

SE2:3. How would you describe the work you do around the house? Would you say it is: (7-pt semantic differential scales)

- Interesting--Boring
- Appreciated--Unappreciated
- Overwhelming--Manageable
- Complicated--Simple
- Lonely--Sociable
- Poorly Done--Well Done

SE2:4. How would you describe the work you do at your paid job?

Would you say it is: (Same 7-pt semantic differential scales as SE2:3.)

SE2:5. How would you describe the things you do as a parent?

Would you say it is: (Same 7-pt semantic differential scales as SE2:3.)

SE2:6. How would you describe the things you do as a husband or wife?

Would you say it is: (Same 7-pt semantic differential scales as SE2:3.)

SE13:59. Agree or disagree?

- c) I have always felt pretty sure my life would work out the way I wanted it to.
- l) I feel that I'm a person of worth, at least on an equal plane with others.

SE13:60. e) On the whole, I am satisfied with myself.

- m) I am able to do things as well as other people.

### C. SOCIAL RESPONSIBILITY

#### Personal interview:

27. [Do you or] does anyone living here require care or assistance because of a disability or chronic illness?

32. What is their major illness or disability?

33. In what year did they first need care or assistance?

34. Because of their illness or disability, did/do they have any difficulty with

- a) Working for pay?
- b) Driving a car?
- c) Doing day-to-day tasks?
- d) Climbing a flight of stairs without resting?
- e) Caring for personal needs such as dressing, eating, or going to the bathroom?
- f) Moving about inside the house?

37. Sometimes people help take care of relatives who are seriously ill or disabled, and who do not live with them.

Have you provided such care at any time during the last 12 months?

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38. Who did you help care for? Tell me their first name, age and how they are related to you.
39. Which of these persons did you spend the most time helping?
40. Are you still helping?
41. Why are you no longer helping?
42. In about how many different weeks during the past 12 months did you help take care of (person)?
43. During those weeks, about how many hours on the average, did you spend helping take care of him/her?

Self-enumerated questions:

SE2:17. How often, if at all, do you participate in each type of organization:

- a) fraternal groups
- b) service clubs
- c) veterans' groups
- d) political groups
- e) labor unions
- f) sports groups
- g) youth groups
- h) school related groups
- i) hobby or garden clubs
- j) school fraterniteis or sororitites
- k) nationality groups
- l) farm organizations
- m) literary, art, study or discussion groups
- n) professional or academic societies
- o) church-affiliated groups

SE2:18. During the past month have you given the following kinds of help to 1)friends, 2) sons or daughters 19 and over, 3) parents, 4) brothers/sisters, and/or 5) other relatives (people outside your household): (check all that apply for each category of relation)

- a) help with baby sitting or child care
- b) help with transportation
- c) help with repairs to home or car
- d) help with other kinds of work around the house
- e) advice, encouragement, moral or emotional support

SE2:23. Which of the following things do you or your spouse do for any of these (adult children) on a regular basis:

- a) listen to problems and provide advice
- b) provide news about mutual friends and the fmaily
- c) help out with household tasks, including transportation
- d) help out with child care
- e) provide financial assistance
- f) provide companionship

SE13:59. Agree or disagree?

- d) Parents ought to help their children with college expenses.
- g) Parents ought to provide financial help to their adult children when the children are having financial difficulty.
- k) Children ought to let aging parents live with them when the parents can no longer live by themselves.

SE13:60. Agree or disagree?

- a) Children ought to provide financial help to aging parents when their parents are having financial difficulty.

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**g) Parents ought to let their adult children live with them when the children are having problems.**

NSFH92: WAVE 2, 1992-93

**A. HEALTH**

Personal Interview:

C1a. Next are some questions on your health. This card lists a number of common long-term medical problems. Do you have any of these conditions? [Card listing conditions given to R] What is the most serious condition you have? The next most serious condition?

C2a. Do you have any other long-term physical or mental condition or disability which limits what you are able to do, or which is likely to limit your activities in the future?

C3a. What is the most serious condition that you have?

C4a. What is the next most serious condition?

(IF over age 55):

C30z. Because of a health or physical problem do you need assistance with bathing or showering?

C32. Dressing?

C33. Eating?

C34. Getting in or out of bed or a chair?

C35. Using the toilet?

Self-enumerated:

SE2:4. Compared with other people your age, how would you describe your health? (Very poor, poor, fair, good, excellent)

SE2:5. How much do physical or mental conditions limit your ability to:

a) care for personal needs, such as bathing, dressing, eating, or going to the bathroom?

b) move about inside the house?

c) do day-to-day household tasks?

d) climb a flight of stairs?

e) do heavy work like shoveling snow or heavy housecleaning?

f) work for pay, such as the amount or type of work you do?

SE6:12a. (Agree or disagree?) I am usually exhausted when I get home from work.

**B. PSYCHOLOGICAL WELL-BEING**

SE2:1. Taking things all together, how would you say things are these days? (Very unhappy...Very happy)

SE2:2. Overall, how satisfied are you with...

a) your home

b) your neighborhood

c) your city or town

d) your financial situation

e) the amount of leisure time that you have

f) your health

g) your physical appearance

h) your friendships

i) your sex life

- j) your family life
- k) your present job

SE2:6. Modified CES-D

On how many days during the past week did you:

- a) feel bothered by things that usually don't bother you
- b) not feel like eating; your appetite was poor
- c) feel that you could not shake off the blues even with help from your family or friends
- d) have trouble keeping your mind on what you were doing
- e) feel depressed
- f) feel that everything you did was an effort
- g) feel fearful
- h) sleep restlessly
- i) talk less than usual
- j) feel lonely
- k) feel sad
- l) feel you could not get going

(Marks/Aquilino anger/irritability index)

- m) feel irritable, or likely to fight or argue
- n) feel like telling someone off?
- o) feel angry or hostile for several hours at a time?

(SE2:7-9: MOS clinical depression items)

SE2:7. In the past year have you had 2 weeks or more during which you felt sad, blue, or depressed or when you lost all interest or pleasure in things that you usually cared about or enjoyed?

SE2:8. Have you felt depressed or sad much of the time in the past year?

SE2:9. Have you had 2 years or more in your life when you felt depressed or sad most days, even if you felt okay sometimes?

SE2:10. Please indicate how much you agree or disagree with each of the following statements:

- a) On the whole, I am satisfied with myself.
- b) I have always felt pretty sure my life would work out the way I wanted it to.
- c) I can do just about anything I really set my mind to do.
- e) I feel hopeful about the future.
- f) I am able to do things as well as other people.
- g) Sometimes I feel that I'm being pushed around in life.
- h) There is really no way I can solve some of the problems I have.
- i) I feel that I'm a person of worth, at least on an equal plane with others.
- j) I have little control over the things that happen to me.

SE2:17. (RYFF scale items) Agree or disagree?

- a) I like most parts of my personality.
- b) I think it is important to have new experiences that challenge how you think about yourself and the world.
- c) The demands of everyday life often get me down.
- d) Maintaining close relationships has been difficult and frustrating for me.
- e) I tend to be influenced by people with strong opinions.
- f) I have confidence in my own opinions, even if they are different from the way most other people think.
- g) I live life one day at a time and don't really think about the future.

h) I have not experienced many warm and trusting relationships with others.

SE2:18. (RYFF scale items) Agree or disagree?

- a) When I look at the story of my life, I am pleased about how things have turned out.
- b) In many ways, I feel disappointed about my achievements in life.
- c) People would describe me as a giving person, willing to share my time with others.
- d) I gave up trying to make big improvements or changes in my life a long time ago.
- e) In general, I feel I am in charge of the situation in which I live.
- f) I sometimes feel as if I have done all there is to do in life.
- g) I am quite good at managing the many responsibilities of my daily life.
- h) Some people wander aimlessly through life, but I am not one of them.
- i) For me, life has been a continuous process of learning changing, and growth.
- j) I judge myself by what I think is important, not by the values of what other think is important.

SE6:12b. (Agree or disagree?) I am usually tense and irritable when I get home from work.

### C. SOCIAL RESPONSIBILITY

#### Personal interview:

C40. Sometimes because of a physical or mental condition, illness, or disability, people have trouble taking care of themselves and require the assistance of friends or relatives. During the last 12 months have you, yourself GIVEN anyone not living with you any help or assistance because of their health problem or disability?

C41. Who did you help? ...(additional sequence items here...)

C48. In about how many different weeks during the past 12 months did you help?

C49. During those weeks, about how many hours per week on the average did you help?

C48a. Have you given any of this help in the past 30 days?

C63a. During the last 12 months have you, yourself GIVEN anyone WHO WAS LIVING WITH YOU AT THE TIME any help with personal care because of their health condition, illness or or disability?

C63b. Who did you provide with the most personal care?

C63c. About how many weeks during the past 12 months did you help this person with personal care?

#### Self-enumerated:

SE2:10. Please indicate how much you agree or disagree with each of the following statements:

- d) I feel I should give as much time or money as I can to help others.

SE18:7. How often do you participate in the following types of organizations...

- a) Service clubs, fraternal groups, or political groups
- b) Work-related groups, such as unions, farm organizations, or professional societies
- c) Sports, hobby or garden organizations, or discussion groups
- d) Church-affiliated groups (do not include religious services)

**II. NATIONAL SURVEY OF  
FAMILIES AND HOUSEHOLDS**

**NSFH92**

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SE18:8. Next we are interested in the help and support that you give to or receive from other people. We are talking here about help that is not paid for.

Circle everyone you gave help to (None of these; friends, neighbors, co-workers; parents/children; brothers/sisters; other relatives):

During the past month to whom have you given the following types of help:

- a) Help with baby sitting or child care
- b) Help with transportation
- c) Help with housework, yardwork, car repairs, and other work around the house
- d) Advice, encouragement, moral or emotional support

NOTE: Additionally, in the personal interview, Rs are asked about giving these categories of support to parents, parents-in-law and adult children (age 19+) on an individual basis.

SE18:1. Please indicate how much you agree or disagree:

- d) Parents ought to help their children with college expenses.
- g) Parents ought to provide financial help to their adult children when the children are having financial difficulty.

SE18:5. Agree or disagree?

- c) Children ought to let aging parents live with them when the parents can no longer live by themselves.
- f) Children ought to provide financial help to aging parents when their parents are having financial difficulty.

SE18:9. c) Parents ought to let their adult children live with them when the children are having problems.

- d) A father who doesn't live with his children should pay child support even if he cannot see the children frequently.

WLS75: 1975 FOLLOW-UP OF ORIGINAL 1957 RESPONDENTS

A. HEALTH

19. What were you doing most of last week, working, keeping house, going to school, or something else?  
(f) unable to work, disabled or too ill to work
26. When did you last work for pay at a regular job or business—either full-time or part-time?
- 26a. Why did you leave that job?  
(02) Health
- 26b. Do you want a regular job now, either full-time or part-time?
- 26c. (IF NO) What are the reasons you are not looking for work?  
(09) Ill health, physical disability
- 47a. Would you want to continue to work, even if you didn't have to?  
(WHY NOT?) (61) Want to work, but health won't permit it
49. Do you think the chances are good or not so good that you will be doing what you want to do 10 years from now?
50. What would be the reasons for that?  
(39) (PREVENTED BY) Poor health  
(59) (DEPENDS) Depends on health
- 52d. What was the main reason you did not work in 1974?  
(xx) Ill health, physical disability

B. PSYCHOLOGICAL WELL-BEING

33. (Regarding current or last job): All things considered how satisfied are/were you with the job as a whole?  
(Very satisfied...very dissatisfied)
- \*\*Rs are also listed to rate how important several attributes of a job are to him/her. Then asked to rate well their job does on each of these attributes. From this a more detailed index of the difference between desires and realities might be created for job satisfaction.

C. SOCIAL RESPONSIBILITY

- 42l. I'd like to find out how important a number of things are to you in judging jobs in general--not just your job but any job.  
(How important is:) the chance to help people?
87. Now we would like some information about your activities and memberships. First indicate which of these organizations you belong to. (Then) Would you say that you are very involved or not very involved in:
- a) Church affiliated groups, but not the church itself
  - b) Labor unions
  - c) Veterans' organizations
  - d) Fraternal organizations or lodges
  - e) Business or civic groups
  - f) Parent-teachers' associations



- g) Community centers
- h) Organizations of people of the same nationality
- i) Sport teams
- j) Country club
- k) Youth groups (Scout leader etc.)
- l) Professional groups
- m) Political clubs or organizations
- n) Neighborhood improvement organizations
- o) Charity or welfare organizations
- p) Other, specify
- q) Other, specify

136. In November 1974, you remember, there were elections for Congressmen and Senators and also for state and local officials. Do you remember for sure whether you voted in that election?

- 1) voted
- 2) didn't vote
- 3) ineligible

WLS92: 1992-93 FOLLOW-UP

A. HEALTH

Phone interview:

883a. Do you have any long-term physical or mental condition, illness or disability which limits what you are able to do, or which is likely to limit your activities in the future?

883b. What is the most serious condition that you have?

883c. What is the next most serious condition that you have?

Self-administered questionnaire:

SA:1. How would you rate your health:

- a) At the present time?
- b) Compared with other people your age and sex?

SA:2. Compared to 10 years ago:

- a) How would you rate your health?

SA:4. During the last year, how many days, if any, did you stay in bed more than half the day because of illness or injury?

SA:5. During the last year, how many times, if any, have you been hospitalized for at least one night?

SYMPTOMS:

9a. Please identify each symptom you have experienced in the past 6 months.

- a. Lack of energy
- b. Trouble sleeping
- c. Fatigue/exhaustion
- d. Headache
- e. Visual problems
- f. Dizziness/faintness
- g. Numbness
- h. Ringing in ears
- i. Nausea
- j. Vomiting
- k. Upset stomach
- l. Constipation
- m. Diarrhea
- n. Urination problems
- o. Aching muscles
- p. Stiff/swollen joints
- q. Back pain/strain
- r. Chest pain
- s. Shortness of breath
- t. Excessive sweating
- u. Respiratory problems
- v. Skin problems

9b. For each symptom you have circled, indicate the approximate frequency of this symptom. (Monthly or less often, About

once a week, or Daily or more often)

9c. For each symptom you have circled, indicate the degree of discomfort this symptom has caused you in the past 6 months.  
(None, A little, Some, A lot)

ILLNESSES:

10a. Indicate those illnesses or conditions a medical professional says you have.

- a. Anemia
- b. Asthma
- c. Arthritis/rheumatism
- d. Bronchitis/emphysema
- e. Cancer
- f. Chronic liver trouble
- g. Diabetes
- h. Serious back trouble
- i. Heart trouble
- j. High blood pressure
- k. Circulation problems
- l. Kidney/bladder problems
- m. Ulcer
- n. Allergies
- o. Multiple sclerosis
- p. Colitis

10b. Next circle how much each condition currently interferes with what you like to do. (List of conditions given.) (Not at all, Very little, Some, Quite a bit, A great deal)

11. Do you have a physical or mental condition that limits the amount or kind of work you can do for pay?

15b. (WOMEN ONLY) To what extent are you currently experiencing any menopausal symptoms?  
(Symptoms EVER or CURRENTLY experienced enumerated just previous to this question:  
hot flushes/flushes, depression, sleep disturbance, bone pains, night sweats.)

**B. PSYCHOLOGICAL WELL-BEING**

Phone interview:

278s. All things considered, how satisfied are you with your job as a whole?

Please tell how much you agree or disagree: (12 RYFF items)

- 438s. I tend to be influenced by people with strong opinions.
- 440. In general, I feel I am in charge of the situation in which I live.
- 440f. I think it is important to have new experiences that challenge how I think about myself and the world.
- 440m. Maintaining close relationships has been difficult and frustrating for me.
- 440s. Some people wander aimlessly thru life but I am not one of them.
- 442. When I look at the story of my life, I am pleased with how things have turned out.
- 442f. I have confidence in my opinions even if they are contrary to the general consensus.
- 442m. The demands of everyday life often get me down.
- 442s. For me, life has been a continuous process of learning, changing, and growing.
- 488g. I have not experienced many warm and trusting relationships with others.
- 488m. I live life one day at a time and don't really think about the future.
- 490. I judge myself by what I think is important not by what others think is important.

490m. I gave up trying to make big improvements or changes in my life a long time ago.

492f. I like most aspects of my personality.

(866f-872g: **KESSLER** clinical depression history sequence)

866f. Have you ever had a time in your life lasting 2 weeks or more when nearly every day you felt sad, blue, depressed or when you lost interest in most things like work, hobbies or things you usually liked to do for fun?

866m. (IF YES) This kind of experience is usually called an episode of depression. sometimes these episodes can be caused by alcohol, drugs, medications, or physical illness. Were your episodes of depression always caused by these things?

868. Think of your worst period of depression. How old were you when that period occurred?

868s. Then think of your most recent period of feeling this way. How old were you when that it occurred?

870a. During that episode period did you lose weight without trying to – as much as 2 pounds a week for several weeks or as much as 10 pounds altogether?

870b. Did you have 2 weeks or more when nearly every night you had trouble falling asleep?

870c. Did you have 2 weeks or more when you lacked energy or felt tired out all the time even when you had not been working very hard?

870d. Did you have 2 weeks or more when you felt very bad when you got up, but felt better later in the day?

870e. Did you have 2 weeks or more when you lost interest in most things, like work, hobbies, or things you usually liked to do for fun?

870f. Did you have 2 weeks or more when you thought a lot about death—either your own, someone else's, or death in general?

872e. In your lifetime, how many periods have you had that lasted 2 weeks or more when you felt sad, blue, or depressed and also had some of the problems you just told me about?

873b. How long do these periods usually last?

873d. How much time usually goes on from the end of one period to the beginning of the next?

871m. How old were you the first time you had a period of two weeks or more when you had some of these problems and also felt sad, blue, or depressed?

871p. About how old were you the first time you had a period of this sort lasting 2 weeks or more?

871q. How old were you the last time you had a period of this sort?

872f. Between any of these periods, were you feeling OK at least for some months?

872g. Between any of these periods were you fully able to work and enjoy being with other people?

Self-administered questionnaire:

SA:18. On how many days during the past week did you... (Full 20-item CES-D)

- a) Feel you could not shake off the blues even with help from your family and friends?
- b) Feel bothered by things that usually don't bother you?
- c) Think your life had been a failure?
- d) Feel happy?
- e) Feel that people were unfriendly?
- f) Feel lonely?
- g) Enjoy life?
- h) Have crying spells?
- i) Feel that people disliked you?
- j) Feel sad?
- k) Feel depressed?
- l) Have trouble keeping your mind on what you were doing?
- m) Not feel like eating, your appetite was poor?
- n) Feel you were just as good as other people?
- o) Feel everything you did was an effort?
- p) Feel hopeful about the future?
- q) Feel fearful?

- r) Sleep restlessly?
- s) Talk less than usual?
- t) Feel you could not "get going"?

(Marks/Aquilino hostility/irritability index)

- u) Feel irritable, or likely to fight or argue?
- v) Feel like telling someone off?
- w) Feel angry or hostile for several hours at a time?

SA:19. 42 RYFF items (from 6 scales)

- a) My decisions are not usually influenced by what everyone else is doing.
- b) I am good at juggling my time so that I can fit everything in that needs to get done.
- c) I am not interested in activities that will expand my horizons.
- d) I don't have many people who want to listen when I need to talk.
- e) I enjoy making plans for the future and working to make them a reality.
- f) I feel like many of the people I know have gotten more out of life than I have.
- g) I have confidence in my opinions even if they are contrary to the general consensus.
- h) I tend to worry about what other people think of me.
- i) I often feel overwhelmed by my responsibilities.
- j) I have the sense that I have developed a lot as a person over time.
- k) I enjoy personal and mutual conversations with family members and friends.
- l) My daily activities often seem trivial and unimportant to me.
- m) In general, I feel confident and positive about myself.
- n) I am quite good at managing the many responsibilities of my daily life.
- o) I often change my mind about decisions if my friends or family disagree.
- p) I do not fit very well with the people and community around me.
- q) When I think about it, I haven't really improved much as a person over the years.
- r) I often feel lonely because I have few close friends with whom to share my concerns.
- s) I am an active person in carrying out the plans I set for myself.
- t) When I compare myself to friends and acquaintances, it makes me feel good about who I am.
- u) I think it is important to have new experiences that challenge how I think about myself and the world.
- v) I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.
- w) I have difficulty arranging my life in a way that is satisfying to me.
- x) I don't want to try new ways of doing things--my life is fine the way it is.
- y) It seems to me that most other people have more friends than I do.
- z) I tend to focus on the present, because the future nearly always brings me problems.
- aa) My attitude about myself is probably not as positive as most people feel about themselves.
- bb) People would describe me as a giving person, willing to share my time with others.
- cc) Being happy with myself is more important to me than having others approve of me.
- dd) I have been able to create a lifestyle for myself that is much to my liking.
- ee) I do not enjoy being in new situations that require me to change my old familiar ways of doing things.
- ff) Most people see me as loving and affectionate.
- gg) I don't have a good sense of what it is I'm trying to accomplish in life.
- hh) I made some mistakes in the past, but I feel that all in all everything has worked out for the best.
- ii) I sometimes feel as if I've done all there is to do in life.
- jj) It's difficult for me to voice my opinions on controversial matters.
- kk) I generally do a good job of taking care of my personal finances and affairs.
- ll) There is truth to the saying you can't teach an old dog new tricks.
- mm) I know I can trust my friends, and they know they can trust me.
- nn) I used to set goals for myself, but that now seems like a waste of time.
- oo) The past had its ups and downs, but in general, I wouldn't want to change it.
- pp) In many ways, I feel disappointed about my achievements in life.

**C. SOCIAL RESPONSIBILITY**

Phone interview:

894. During the last 12 months have you, yourself, given personal care for a period of one month or more to a family member or friend because of a physical or mental condition, illness, or disability?
- 894f. To whom did you give the most personal care?
- 900m. In about how many different weeks during the past 12 months did you give personal care to this person?
- 900s. During those weeks, about how many hours per week, on the average, did you help this person?
902. (IF NO TO LAST 12 MONTHS) Have you EVER given personal care for a period of one month or more to a family member or friend who, because of a long-term physical or mental condition, illness or disability was not able to take care of him or herself?

Self-administered questionnaire:

- SA:23. During the past month have you given the following kinds of help? Check everyone that you gave each kind of help to. (No one; friends, neighbors, co-workers; sons or daughters (19 and older); parents; brothers or sister; other relatives)
- a) Help with baby sitting or child care
  - b) Help with transportation
  - c) Help with housework, yardwork, car repairs, and other work around the house
  - d) Advice, encouragement, moral or emotional support
- SA:28. Here is a list of clubs and organizations that many people belong to. Please circle your level of involvement with each activity.
- a) church connected groups, but not the church itself
  - b) labor unions
  - c) veterans' organizations
  - d) fraternal organizations or lodges
  - e) business or civic groups
  - f) parent-teachers' associations
  - g) community centers
  - h) organizations of people of the same nationality
  - i) sport teams
  - j) country club
  - k) youth groups (Scout leader, etc.)
  - l) professional groups
  - m) political clubs or organizations
  - n) neighborhood improvement organizations
  - o) charity or welfare organizations
  - p) hobby groups
  - q) other; specify
  - r) other; specify

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