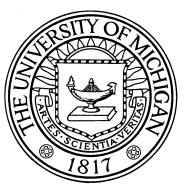
Please return your completed questionnaire in the pre-addressed postage paid envelope. If you have any questions about the questionnaire, please feel free to call us at 1-800-759-7947.

### **THANK YOU!**

Conducted by: The Survey Research Center The University of Michigan

Sponsored by: The National Institute on Aging Centers for Medicare and Medicaid Services





# Health and Retirement Study: Participant Health Questionnaire 2007

# HOW TO FILL IN THIS QUESTIONNAIRE

Please answer the questions by:

Marking a box like this: X

Writing a number in a box like this: 1 6

Please use a #2 pencil.

Erase unwanted marks completely.

# PLEASE START THE QUESTIONNAIRE AT QUESTION Q1

Place barcode label here

Name and ID#

**ON PAGE 1** 



# **ABOUT THIS QUESTIONNAIRE**

This questionnaire is a part of the Health and Retirement Study. We greatly value your past participation in the HRS, and we hope that you will find this questionnaire interesting to complete. As always, your answers are extremely important to us. Please remember that your participation is voluntary and that you may skip over any questions that you would prefer not to answer.

A Department of Health and Human Services Certificate of Confidentiality covers this research in order to help ensure your privacy. This certificate can help protect the investigators from being forced to release any research information that identifies you. Please note that we must report credible evidence of serious harm or abuse to any person to the authorities, but this questionnaire does not ask any questions about such topics.

It is very important that the questions be answered by the person whose name is printed on the front cover of this questionnaire.

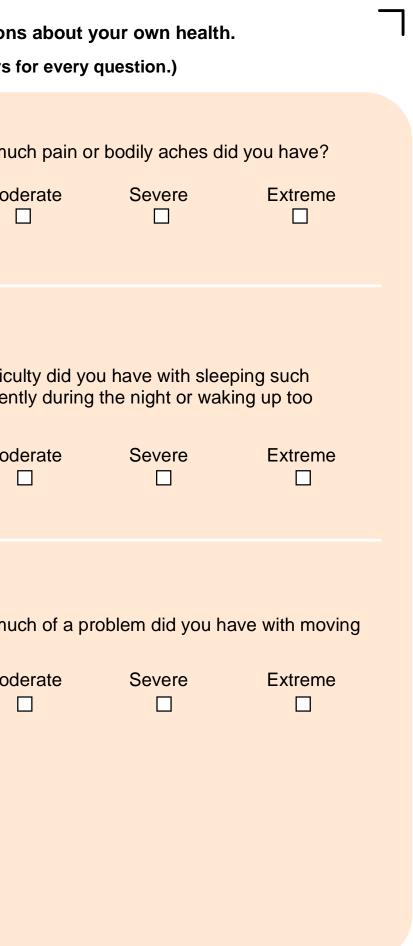
If you have any questions about the questionnaire, please feel free to call us at 1-800-759-7947.

**THANK YOU!** 

7616308832

		We	would now li	ike to ask you q	uestion
		(Plea	ase mark (X) (	ONE of the five a	nswers
Q35.	Finally, please state your gender and birth year:				
		Q1.	Overall, in t	he last 30 days,	how mu
	a) I am Male		None	Mild	Мос
	b) I was born in (year)				
		Q2.		80 days, how mu sleep, waking up morning?	
Q36.	Please add any comments that you wish in the space below:		None	Mild	Мос
	All comments should be written inside the box.				
		Q3.	Overall, in t around?	he last 30 days,	how mu
			None	Mild	Мос

Thank you very much for taking the time to answer our questions. Please send it back in the envelope provided.



#### (Please mark (X) <u>ONE</u> of the five answers for every question.) Overall, in the last 30 days, how much difficulty did you have with Q4. concentrating or remembering things? Mild Moderate Severe None Extreme In the last 30 days, how much of a problem did you have because of Q5. shortness of breath? Mild Moderate Severe Extreme None Overall, in the last 30 days, how much of a problem did you have with Q6. feeling sad, low, or depressed? None Mild Moderate Severe Extreme Do you have any impairment or health problem that limits the kind or Q7. amount of work you can do? None Mild Moderate Severe Extreme

# (Please mark (X) <u>ONE</u> of the five answers for every question.)

<mark>Q32.</mark>	Eve has had heart problems in the past and she has been told to watch her cholesterol level. Sometimes if she feels stressed at work she feels pain in her chest and occasionally in her arms.						
	How much is Ev	How much is Eve limited in the kind or amount of work she could do?					
	None	Mild	Moderate	Severe	Extreme		
<mark>Q33.</mark>	goes up quickly is overweight.	if he feels und	ler stress. Mark d	oes not exercise	much and		
	None	Mild	Moderate	Severe	Extreme		
<mark>Q34</mark> .		• • • •		•	r smoker		
	How much is Ar	nna limited in t	he kind or amoun	t of work she cou	ld do?		
	None	Mild	Moderate	Severe	Extreme		
	Q33.	Q33.       Cholesterol level her chest and or How much is Even None         Q33.       Mark has been goes up quickly is overweight.         How much is Mark       How much is Mark         None       Image: Comparison of the second seco	<ul> <li>cholesterol level. Sometimes in her chest and occasionally in her her her her her her her her her her</li></ul>	CO22       cholesterol level. Sometimes if she feels stresse her chest and occasionally in her arms.         How much is Eve limited in the kind or amount of None       Mild         Mark has been diagnosed with high blood press goes up quickly if he feels under stress. Mark d is overweight.         How much is Mark limited in the kind or amount of None         None         Mark has been diagnosed with high blood press goes up quickly if he feels under stress. Mark d is overweight.         How much is Mark limited in the kind or amount of None         None       Mild         Moderate         Mone         None       Mild         Moderate         Mone       Mild         Moderate       Moderate         How much is Mark limited in the kind or amount of the stress of the sector of	<ul> <li>cholesterol level. Sometimes if she feels stressed at work she feels her chest and occasionally in her arms.</li> <li>How much is Eve limited in the kind or amount of work she could</li> <li>None</li> <li>Mild</li> <li>Moderate</li> <li>Severe</li> <li>Severe</li> <li>Mark has been diagnosed with high blood pressure. His blood p goes up quickly if he feels under stress. Mark does not exercise is overweight.</li> <li>How much is Mark limited in the kind or amount of work he could</li> <li>None</li> <li>Mild</li> <li>Moderate</li> <li>Severe</li> <li>Severe</li> <li>Gata</li> <li>Mark has been diagnosed with high blood pressure. His blood p goes up quickly if he feels under stress. Mark does not exercise is overweight.</li> <li>How much is Mark limited in the kind or amount of work he could</li> <li>None</li> <li>Mild</li> <li>Moderate</li> <li>Severe</li> <li>Severe</li> <li>Moderate</li> <li>Severe</li> <li>How much is Anna has undergone triple bypass heart surgery. She is a heavy and still experiences severe chest pain sometimes.</li> <li>How much is Anna limited in the kind or amount of work she could</li> </ul>		

Se	ve	ere

29.	Tom feels worried all the time. He gets depressed once a week at work for a couple of days in a row, thinking about what could go wrong and that his	
	boss will disapprove of his condition. But he is able to come out of this	
	mood if he concentrates on something else.	

How much is Tom limited in the kind or amount of work he could do?

None	Mild	Moderate	Severe	Extreme



Q31

Tamara has mood swings on the job. When she gets depressed, everything she does at work is an effort for her and she no longer enjoys her usual activities at work. These mood swings are not predictable and occur two or three times during a month.

How much is Tamara limited in the kind or amount of work she could do?

None	Mild	Moderate	Severe	Extreme

Anthony generally enjoys his work. He gets depressed every 3 weeks for a day or two and loses interest in what he usually enjoys but is able to carry on with his day-to-day activities on the job.

How much is Anthony limited in the kind or amount of work he could do?

None	Mild	Moderate	Severe	Extreme

seriou of the	will now give you some examples of persons with serious and less ous health problems. We would like to know how you evaluate the health nese persons. Please assume that the persons have the same age and kground that you have.					
(Pleas	e mark (X) <u>ONE</u>	of the five ar	nswers for every qu	uestion.)		
Q8.	During the he	eadache he ca	a month that is rel an carry on with his	day-to-day affa	irs.	
	bodily aches	-	, how much of a pr	oblem did Paul	have with	
	None	Mild	Moderate	Severe	Extreme	
<b>Q9.</b>	Maria takes about two hours every night to fall asleep. She wakes up once or twice a night feeling panicked and takes more than one hour to fall asleep again. In the last 30 days, how much difficulty did Maria have with sleeping, such as falling asleep, waking up frequently during the night or waking up too early in the morning?					
	None	Mild	Moderate	Severe	Extreme	
<mark>Q10.</mark>	Henry has pain that radiates down his right arm and wrist during his day at work. This is slightly relieved in the evenings when he is no longer working on his computer. Overall, in the last 30 days, how much of bodily aches or pains did Henry have?					
	None	Mild	Moderate	Severe	Extreme	

Karen wakes up almost once every hour during the night. When he wakes up in the night, it takes around 15 minutes for her to go back to sleep. In the morning she does not feel well-rested.

In the last 30 days, how much difficulty did Karen have with sleeping such as falling asleep, waking up frequently during the night or waking up too early in the morning?

None	Mild	Moderate	Severe	Extreme

Q12

Q11

Charles has pain in his knees, elbows, wrists and fingers, and the pain is present almost all the time. Although medication helps, he feels uncomfortable when moving around, holding and lifting things. Overall, in the last 30 days, how much of bodily aches or pains did Charles have? Mild Moderate Severe Extreme None Alice falls asleep easily at night, but two nights a week she wakes up in the middle of the night and cannot go back to sleep for the rest of the night. In the last 30 days, how much difficulty did Alice have with sleeping, such as falling asleep, waking up frequently during the night or waking up too early in the morning? Mild None Moderate Severe Extreme 

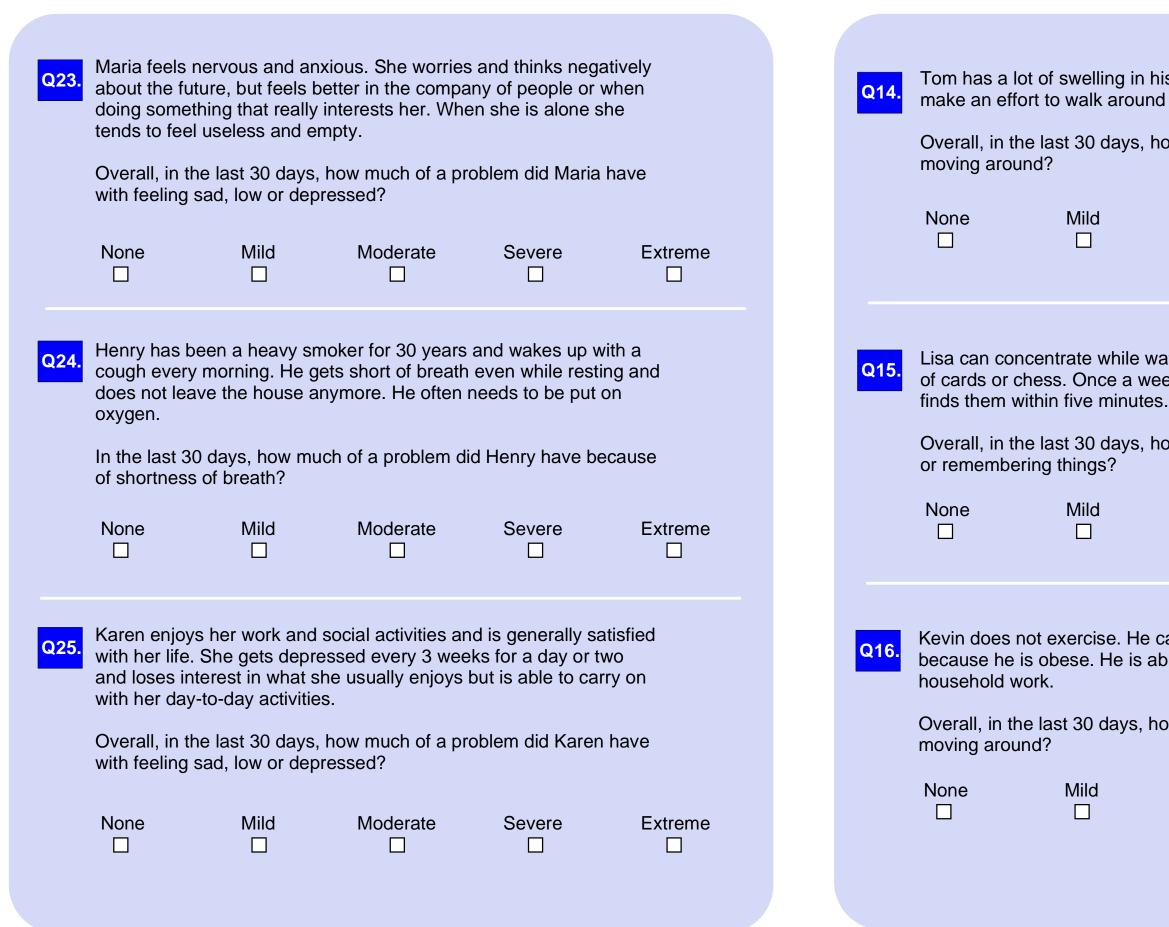
We would now like to give you some more examples of persons with health problems. We ask you to indicate the extent to which you think these people would be limited in the kind or amount of work they can do. In terms of their age, their education, and their work histories, you should imagine that these men or women are similar to yourself. Other than the conditions explicitly mentioned, you should imagine the individual is in reasonably good health.

Q26.		nost constant p ng her work.	ain in her back an	d this sometime:	s prevents
	How much is	s Alice limited in	n the kind or amou	int of work she c	ould do?
	None	Mild	Moderate	Severe	Extreme
Q27.	at work but i	s relieved with	in that causes stiffr low doses of medi eneralized discomf	cation. He does	•
	How much is	s Kevin limited	in the kind or amou	unt of work he co	ould do?
	None	Mild	Moderate	Severe	Extreme
<mark>Q28.</mark>	time. It gets	worse while sh	nd legs, and the pa e is working. Altho noving around, hol	ough medication	helps, she
	How much is	s Lisa limited in	the kind or amour	nt of work she co	ould do?

Mild

Mild

Mild



Tom has a lot of swelling in his legs due to his health condition. He has to make an effort to walk around his home as his legs feel heavy.

Overall, in the last 30 days, how much of a problem did Tom have with

Moderate	Severe	Extreme

Lisa can concentrate while watching TV, reading a magazine or playing a game of cards or chess. Once a week she forgets where her keys or glasses are, but

Overall, in the last 30 days, how much difficulty did Lisa have with concentrating

Moderate Severe Extreme 

Kevin does not exercise. He cannot climb stairs or do other physical activities because he is obese. He is able to carry the groceries and do some light

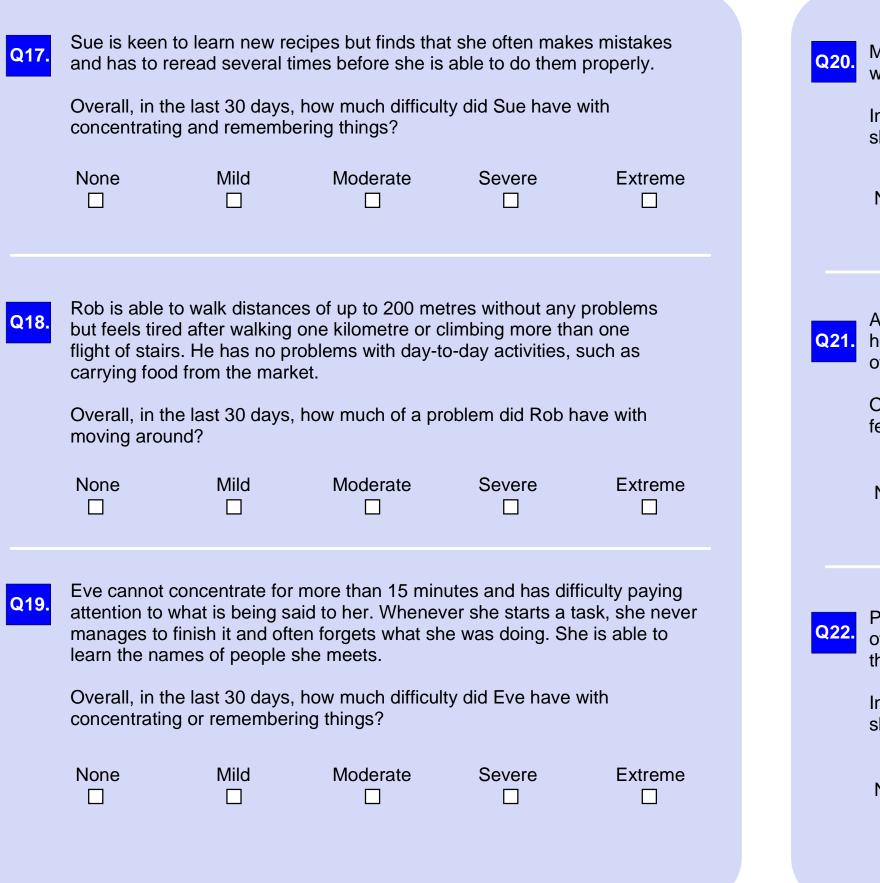
Overall, in the last 30 days, how much of a problem did Kevin have with

Moderate П

Severe П

Extreme 

#### (Please mark (X) ONE of the five answer



Mark has no problems with walking when climbing uphill for 20 meter In the last 30 days, how much of shortness of breath? Mild None Anna feels depressed most of the Q21. hopeless about the future. She fe others and that she would be bett Overall, in the last 30 days, how feeling sad, low or depressed? Mild None Paul suffers from respiratory infed of breath 3 or 4 times a week and the past month with a bad cough In the last 30 days, how much of a problem did Paul have because of shortness of breath? Mild None Moderate Severe  $\Box$ 

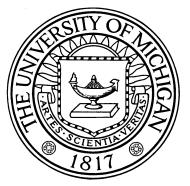
rs for every c	question.)	
ng slowly. He s or a flight c	e gets out of bre of stairs.	ath easily
a problem di	d Mark have be	cause of
Ioderate	Severe	Extreme
	veeps frequently has become a b	
much of a pro	oblem did Anna	have with
Ioderate	Severe	
d had to be a	once every year dmitted in hospi I treatment with	tal twice in

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### **THANK YOU!**

Conducted by: The Survey Research Center The University of Michigan

Sponsored by: The National Institute on Aging Centers for Medicare and Medicaid Services





# HOW TO FILL IN THIS QUESTIONNAIRE

Please answer t

Please use a #2 pencil.

Erase unwanted marks completely.

# PLEASE START THE QUESTIONNAIRE AT QUESTION

9260262265

Place barcode label here

Name and ID#

Health and Retirement Study: **Participant Health Questionnaire 2007** 

e answer the questions by:		
Marking a box like this: 🕱		
Writing a number in a box like this:	1	6

ON PAGE 1 Q1.



## **ABOUT THIS QUESTIONNAIRE**

This questionnaire is a part of the Health and Retirement Study. We greatly value your past participation in the HRS, and we hope that you will find this questionnaire interesting to complete. As always, your answers are extremely important to us. Please remember that your participation is voluntary and that you may skip over any questions that you would prefer not to answer.

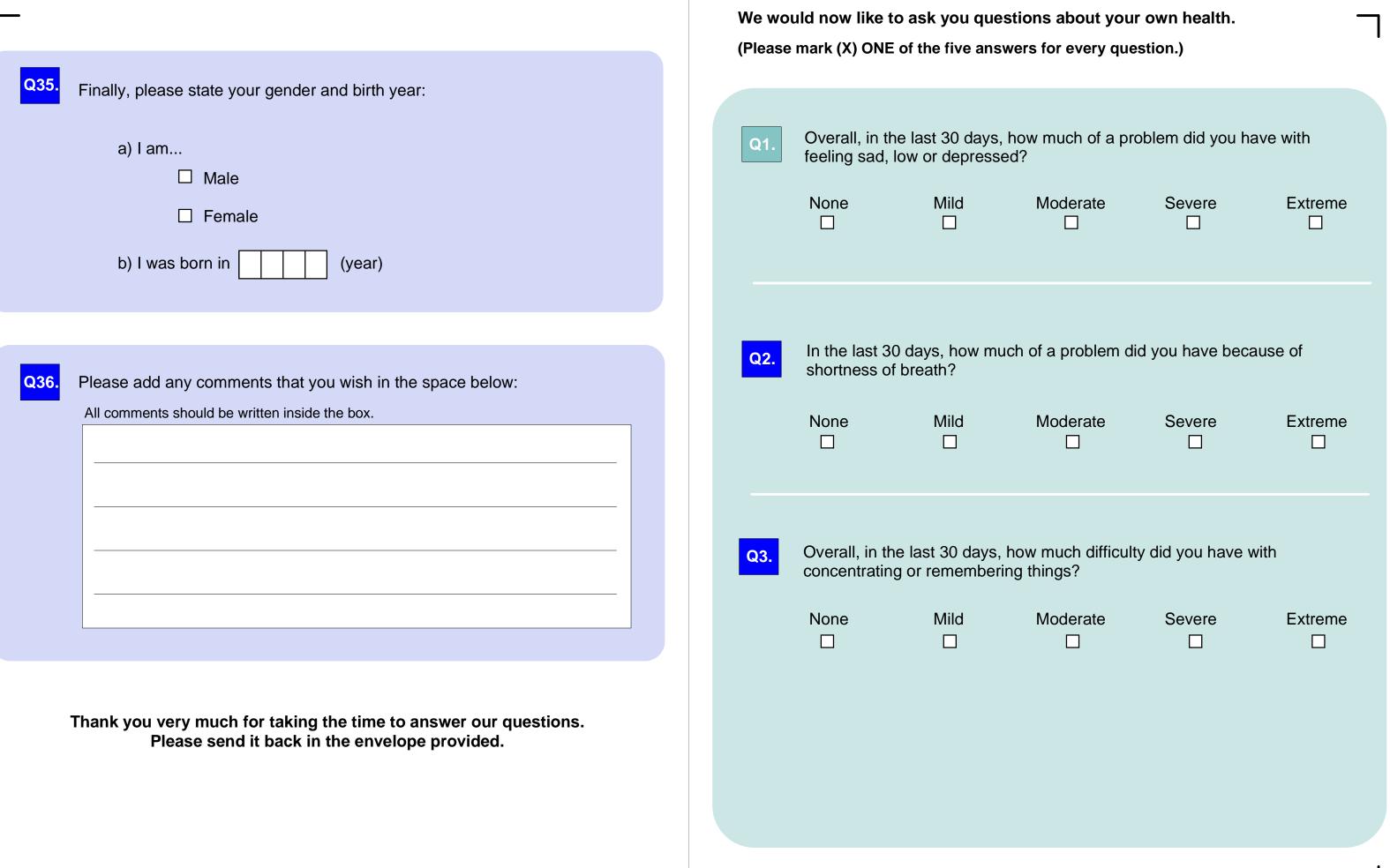
A Department of Health and Human Services Certificate of Confidentiality covers this research in order to help ensure your privacy. This certificate can help protect the investigators from being forced to release any research information that identifies you. Please note that we must report credible evidence of serious harm or abuse to any person to the authorities, but this questionnaire does not ask any questions about such topics.

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THANK YOU!

6328262267



(Pleas	e mark (X) ON	E of the five an	swers for every qu	estion.)		(Pleas	se mark (X) <u>ON</u>	<u>E</u> of the five an	swers for every qu	estion.)	
Q4.		e last 30 days, h	Noderate		ve with Extreme	Q32.	time. It gets uncomfortat	worse while he ble when movir	and legs, and the period is working. Althoung around, holding in the kind or amo	igh medication and lifting thing	helps, he feels s at work.
<b>Q5</b> .		eep, waking up	ch difficulty did you frequently during t Moderate			<mark>Q33.</mark>	work but is i pains other	elieved with lo than this gener	n that causes stiffne w doses of medica alized discomfort. n the kind or amou Moderate	tion. She does	not have any
<b>Q6.</b>	Overall, in the bodily aches None		how much of a pro Moderate	oblem did you ha Severe	Extreme	Q34.			nt pain in his back	□ and this someti	mes
Q7.	Do you have of work you o None	· · ·	t or health problen Moderate	n that limits the ł Severe	kind or amount Extreme			n from doing hi s Charles limite Mild □	s work. ed in the kind or an Moderate □	nount of work he Severe	e could do? Extreme
			2.						11.		7591262260

Tamara generally enjoys her work. She gets depressed every 3 weeks for a day or two and loses interest in what she usually enjoys but is able to carry on with her day-to-day activities on the job.

How much is Tamara limited in the kind or amount of work she could do?

None	Mild	Moderate	Severe	Extreme

Q30.

Anthony has mood swings on the job. When he gets depressed, everything he does at work is an effort for him and he no longer enjoys his usual activities at work. These mood swings are not predictable and occur two or three times during a month.

How much is Anthony limited in the kind or amount of work he could do?

None	Mild	Moderate	Severe	Extreme

Sue feels worried all the time. She gets depressed once a week at work for a couple of days in a row, thinking about what could go wrong and that her boss will disapprove of her condition. But she is able to come out of this mood if she concentrates on something else.

How much is Sue limited in the kind or amount of work she could do?

None	Mild	Moderate	Severe	Extreme

that you have.

(Please mark (X) ONE of the five answers for every question.) Paul enjoys his work and social activities and is generally satisfied with his Q8. life. He gets depressed every 3 weeks for a day or two and loses interest in what he usually enjoys but is able to carry on with his day-to-day activities. Overall, in the last 30 days, how much of a problem did Paul have with feeling sad, low or depressed? Mild None Maria has been a heavy smoker for 30 years and wakes up with a cough every morning. She gets short of breath even while resting and does not leave the house anymore. She often needs to be put on oxygen. In the last 30 days, how much of a problem did Maria have because of shortness of breath? None Mild Henry feels nervous and anxious. He worries and thinks negatively about the Q10. future, but feels better in the company of people or when doing something that really interests him. When he is alone he tends to feel useless and empty. Overall, in the last 30 days, how much of a problem did Henry have with feeling sad, low or depressed? Mild Moderate Extreme None Severe  $\Box$ 

# We will now give you some examples of persons with serious and less serious health problems. We would like to know how you evaluate the health of these persons. Please assume that the persons have the same age and background

Noderate	Severe	Extreme

Moderate	Severe	Extreme

lease n	nark (X) <u>ONE</u> of t	he five answei	rs for every quest	ion.)	
0	f breath 3 or 4 tir	nes a week ar	nfections about or nd had to be admi at required treatm	tted in hospital ty	wice in the
	n the last 30 days hortness of brea		f a problem did K	aren have becau	ise of
1	None	Mild	Moderate	Severe	Extreme
1 <mark>2.</mark> a		He feels that h	ne time. He weeps e has become a b	• •	•
	Overall, in the las ad, low or depres	· · · · · · · · · · · · · · · · · · ·	much of a proble	em did Mark have	e with feeling
1	None	Mild	Moderate	Severe	Extreme
	· · · · · · · · · · · · · · · · · · ·		lking slowly. She ers or a flight of st	-	h easily
	n the last 30 days hortness of brea		f a problem did K	aren have becau	ise of
1	None	Mild	Moderate	Severe	Extreme

We would now like to give you some more examples of persons with health problems. We ask you to indicate the extent to which you think these people would be limited in the kind or amount of work they can do. In terms of their age, their education, and their work histories, you should imagine that these men or women are similar to yourself. Other than the conditions explicitly mentioned, you should imagine the individual is in reasonably good health.

(Pleas	e mark (X) <u>ON</u>	<u>E</u> of the five a	answers for every	question.)	
<mark>Q26.</mark>		· ·	bypass heart surge e chest pain somet	-	y smoker
	How much is	Mark limited i	n the kind or amou	int of work he co	uld do?
	None	Mild	Moderate	Severe	Extreme
<mark>Q27.</mark>	Q27. Anna has been diagnosed with high blood pressure. Her blood pressure goes up quickly if she feels under stress. Anna does not exercise much and is overweight. How much is Anna limited in the kind or amount of work she could do?				
	None	Mild	Moderate	Severe	Extreme
<b>Q28.</b> Rob has had heart problems in the past and he has been told to watch his cholesterol level. Sometimes if he feels stressed at work he feels pain in his chest and occasionally in his arms.					
How much is Rob limited in the kind or amount of work he could do?					

4.



# (Please mark (X) <u>ONE</u> of the five answers for every question.)

	attention to what is being said to him. Whenever he starts a task, he never manages to finish it and often forgets what he was doing. He is able to learn the names of people he meets.						
	Overall, in the la concentrating or		ow much difficulty g things?	did Rob have wit	h		
	None	Mild	Moderate	Severe	Extreme		
<mark>Q15.</mark>	Eve is able to walk distances of up to 200 metres without any problems but feels tired after walking one kilometre or climbing more than one flight of stairs. She has no problems with day-to-day activities, such as carrying food from the market.						
	Overall, in the last 30 days, how much of a problem did Eve have with moving around?						
	None	Mild	Moderate	Severe	Extreme		
<mark>Q16.</mark>			pes but finds that es before he is ab				
	Overall, in the last 30 days, how much difficulty did Tom have with concentrating and remembering things?						
	None	Mild	Moderate	Severe	Extreme		

Rob cannot concentrate for more than 15 minutes and has difficulty paying

Charles falls asleep easily at nig Lisa does not exercise. She cannot climb stairs or do other physical Q20. Q17. the middle of the night and can activities because she is obese. She is able to carry the groceries and do some light household work. Overall, in the last 30 days, how much of a problem did Lisa have with too early in the morning? moving around? Mild None Moderate Severe Extreme None Mild Alice has pain in her knees, elb Q21 Kevin can concentrate while watching TV, reading a magazine or playing present almost all the time. Alth Q18. a game of cards or chess. Once a week he forgets where his keys or uncomfortable when moving arc glasses are, but finds them within five minutes. Overall, in the last 30 days, how Overall, in the last 30 days, how much difficulty did Kevin have with bodily aches or pains? concentrating or remembering things? Mild None None Mild Moderate Severe Extreme Paul wakes up almost once eve Q22 wakes up in the night, it takes a back to sleep. In the morning he Sue has a lot of swelling in her legs due to her health condition. She has Q19. to make an effort to walk around her home as her legs feel heavy. In the last 30 days, how much d such as falling asleep, waking u Overall, in the last 30 days, how much of a problem did Sue have with waking up too early in the morn moving around? Mild None Mild None Moderate Severe Extreme 

ght, but	two nights	a week he	wakes up in
not go ba	ack to slee	o for the re	st of the night.

In the last 30 days, how much difficulty did Charles have with sleeping, such as falling asleep, waking up frequently during the night or waking up

Moderate	Severe	Extreme
ows, wrists and fin hough medication bund, holding and v much of a proble	helps, she feels lifting things.	i
Moderate	Severe	Extreme
ery hour during the round 15 minutes e does not feel we difficulty did Paul h up frequently durin ing?	s for him to go ell-rested. have with sleepir	
Moderate	Severe	Extreme