

Module 4
Health Behaviors

Preload needed: None

Other section variables needed:

Fills: None

Variables in this module: V150-V217

IF THIS IS A PROXY INTERVIEW (A009={2 or 3}), GO TO END OF MODULE
(Ask Self only)

V150_Intro

We engage in many activities related to managing our health. These activities may include seeking health information, discussing our health with others, or managing our health including our health-related conditions or behaviors.

We'd like to ask you about the role technology might play in the management of your health.

Iwer: Health-related conditions include things like diabetes or high cholesterol. Health-related behaviors include things like taking medications, dieting, and exercising.

Press 1 to continue

V151_YN-TEL

IF MADE OR RECEIVED PHONE CALLS

In the past month, have you made or received any phone calls involving your health?

1. Yes
5. No → GO TO V160
8. DK → GO TO V160
9. RF → GO TO V160

V152_FREQTEL

FREQUENCY OF PHONE CALLS

How frequently did you make or receive phone calls related to your health in the past month?

1. Daily
2. A few times a week

3. Once a week
4. A few times
5. Once
8. DK
9. RF

V153_ACTTEL

IF ACTIONS DONE ON PHONE CALLS

We are interested in the purpose of these phone calls. Did you carry out an action related to managing your health, such as make an appointment, refill a prescription, track your calories, food, or exercise?

Iwer: other “actions” include getting test results, tracking insulin or blood pressure.

1. Yes
5. No
8. DK
9. RF

V154_SHARETEL

IF SHARE INFO ON PHONE CALLS

On these phone calls, did you share information about your health with others?

1. Yes
5. No → GO TO V157
8. DK → GO TO V157
9. RF → GO TO V157

V155_SHRPROTEL

PHONE-SHARE WITH HLTH CARE PROFESSIONAL

Did you share information with a health care professional?

Iwer: “Health care professional” includes physician, physician’s assistant, nurse, dentist, therapist, paid caregiver.

1. Yes
5. No
8. DK
9. RF

V156_SHRFAMTEL

PHONE-SHARE WITH FRIEND OR FAMILY

Did you share with a friend or family member?

1. Yes
5. No
8. DK
9. RF

V157_ADVICETEL

IF SOUGHT ADVICE ON PHONE CALLS

On these phone calls, did you seek health-related advice or support from others?

1. Yes
5. No → GO TO V160
8. DK → GO TO V160
9. RF → GO TO V160

V158_ADVPROTEL

PHONE-ADVICE FROM HLTH CARE PROFESSIONAL

Was this from a health care professional?

Iwer: "Health care professional" includes physician, physician's assistant, nurse, dentist, therapist, paid caregiver.

1. Yes
5. No
8. DK
9. RF

V159_ADVAMTEL

PHONE-SEEK ADVICE FRIEND OR FAMILY

(Did you seek advice) from a friend or family member?

1. Yes
5. No
8. DK
9. RF

----- **TEXT MESSAGES** -----

V160_YN-TEXT
IF SENT OR RECEIVED TEXT MESSAGES

In the past month, have you sent or received text messages related to your health?

1. Yes
5. No → GO TO V169
8. DK → GO TO V169
9. RF → GO TO V169

V161_FREQTEXT
FREQUENCY OF TEXT MESSAGES

How frequently did you send or receive text messages related to your health in the past month?

1. Daily
2. A few times a week
3. Once a week
4. A few times
5. Once

8. DK
9. RF

V162_ACTTEXT
IF ACTIONS DONE ON TEXT MESSAGES

What was the purpose of these text messages? Did you carry out an action related to managing your health, such as make an appointment, refill a prescription, track your calories, food, or exercise?

Iwer: other “actions” include getting test results, tracking insulin or blood pressure.

1. Yes
5. No
8. DK
9. RF

V163_SHARETEXT
IF SHARE INFORMATION ON TEXT MESSAGES

In these text messages, did you share information about your health with others?

1. Yes
5. No → GO TO V166

8. DK → GO TO V166
9. RF → GO TO V166

V164_SHRPROFTXT
TEXT-SHARE WITH HLTH CARE PROFESSIONAL

Was this with a health care professional?

Iwer: “Health care professional” includes physician, physician’s assistant, nurse, dentist, therapist, paid caregiver.

1. Yes
5. No
8. DK
9. RF

V165_SHRFAMTXT
TEXT-SHARE WITH FRIEND OR FAMILY

(Did you share) with a friend or family member?

1. Yes
5. No
8. DK
9. RF

V166_ADVICETXT
IF SOUGHT ADVICE ON TEXT MESSAGES

In these text messages, did you seek health-related advice or support from others?

1. Yes
5. No → GO TO V169
8. DK → GO TO V169
9. RF → GO TO V169

V167_ADVPROFTXT
TEXT-ADVICE FROM HLTH CARE PROFESSIONAL

Was this with a health care professional?

Iwer: “Health care professional” includes physician, physician’s assistant, nurse, dentist, therapist, paid caregiver.

1. Yes
5. No

8. DK
9. RF

V168_ADFAMTXT

TEXT-ADVICE FROM FRIEND OR FAMILY

(Did you share) with a friend or family member?

1. Yes
5. No
8. DK
9. RF

----- *E-MAIL MESSAGES* -----

V169_YN-EMAIL

IF SENT OR RECEIVED EMAIL

In the past month, have you sent or received e-mails related to your health?

1. Yes
5. No → GO TO V178
8. DK → GO TO V178
9. RF → GO TO V178

V170_FREQEMAIL

FREQUENCY OF EMAIL MESSAGES

How frequently did you send or receive e-mails related to your health (in the past month)?

1. Daily
2. A few times a week
3. Once a week
4. A few times
5. Once
8. DK
9. RF

V171_ACTEMAIL

IF ACTIONS DONE ON EMAIL MESSAGES

What was the purpose of these e-mails? Did you carry out an action related to managing your health (such as make an appointment, refill a prescription, track your calories, food, or exercise)?

lwer: other “actions” include getting test results, tracking insulin or blood pressure.

1. Yes
5. No
8. DK
9. RF

V172_SHAREMAIL

IF SHARE INFORMATION ON EMAIL MESSAGES

(In these e-mails,) did you share information about your health with others?

1. Yes
5. No → GO TO V175
8. DK → GO TO V175
9. RF → GO TO V175

V173_SHRPROEML

EMAIL-SHARE WITH HLTH CARE PROFESSIONAL

Was this with a health care professional?

Iwer: "Health care professional" includes physician, physician's assistant, nurse, dentist, therapist, paid caregiver.

1. Yes
5. No
8. DK
9. RF

V174_SHRFAMEML

EMAIL-SHARE WITH FRIEND OR FAMILY

(Did you share) with a friend or family member?

1. Yes
5. No
8. DK
9. RF

V175_ADVICEEML

IF SOUGHT ADVICE ON EMAIL MESSAGES

(In these emails,) did you seek health-related advice or support from others?

1. Yes
5. No → GO TO V178
8. DK → GO TO V178

9. RF → GO TO V178

V176_ADVPROEML

EMAIL-ADVICE FROM HLTH CARE PROFESSIONAL

Was this from a health care professional?

Iwer: "Health care professional" includes physician, physician's assistant, nurse, dentist, therapist, paid caregiver.

1. Yes
5. No
8. DK
9. RF

V177_ADVFAMEML

EMAIL-ADVICE FROM FRIEND OR FAMILY

(Did you seek advice) from a friend or family member?

1. Yes
5. No
8. DK
9. RF

----- **VIDEO CHATS** -----

V178_YN-VIDEO

IF ON VIDEO CHATS

In the past month, have you had any video calls related to your health, using video chat tools like Skype or FaceTime?

1. Yes
5. No → GO TO V187
8. DK → GO TO V187
9. RF → GO TO V187

V179_FREQVIDEO

FREQUENCY OF VIDEO CHATS

How frequently did your video chats relate to your health (in the past month)?

1. Daily
2. A few times a week
3. Once a week

4. A few times
5. Once
8. DK
9. RF

V180_ACTVIDEO

IF ACTIONS DONE ON VIDEO CHATS

What was the purpose of these video calls? Did you carry out an action related to managing your health, (such as make an appointment, refill a prescription, track your calories, food, or exercise)?

Iwer: other “actions” include getting test results, tracking insulin or blood pressure.

1. Yes
5. No
8. DK
9. RF

V181_SHARVIDEO

IF SHARE INFORMATION ON VIDEO CHATS

(In these video chats,) did you share information about your health with others?

1. Yes
5. No → GO TO V184
8. DK → GO TO V184
9. RF → GO TO V184

V182_SHRPROVID

VIDEO-SHARE WITH HLTH CARE PROFESSIONAL

Was this with a health care professional?

Iwer: “Health care professional” includes physician, physician’s assistant, nurse, dentist, therapist, paid caregiver.

1. Yes
5. No
8. DK
9. RF

V183_SHRFAMVID

VIDEO-SHARE WITH FRIEND OR FAMILY

(Did you share) with a friend or family member?

1. Yes
5. No
8. DK
9. RF

V184_ADVICEVID

IF SOUGHT ADVICE ON VIDEO CHATS

(In these video calls,) did you seek health-related advice or support from others?

1. Yes
5. No → GO TO V187
8. DK → GO TO V187
9. RF → GO TO V187

V185_ADVPROVID

VIDEO-ADVICE FROM HLTH CARE PROFESSIONAL

Was this from a health care professional?

Iwer: “Health care professional” includes physician, physician’s assistant, nurse, dentist, therapist, paid caregiver.

1. Yes
5. No
8. DK
9. RF

V186_ADVFAMVID

VIDEO-ADVICE FROM FRIEND OR FAMILY

(Did you seek advice) from a friend or family member?

1. Yes
5. No
8. DK
9. RF

-----**SOCIAL MEDIA**-----

V187_YN-SOCMED

IF ON SOCIAL MEDIA

In the past month, have you posted information related to your health on social media such as Facebook or Twitter?

1. Yes
5. No → GO TO V196
8. DK → GO TO V196
9. RF → GO TO V196

V188_FREQSOCMED
FREQUENCY OF SOCIAL MEDIA

How frequently did you post information related to your health on social media (in the past month)?

1. Daily
2. A few times a week
3. Once a week
4. A few times
5. Once
8. DK
9. RF

V189_ACTSOCMED
IF ACTIONS DONE ON SOCIAL MEDIA

What was the purpose of these posts? Did you carry out an action related to managing your health, (such as make an appointment, refill a prescription, track your calories, food, or exercise)?

Iwer: other “actions” include getting test results, tracking insulin or blood pressure.

1. Yes
5. No
8. DK
9. RF

V190_SHARESOC
IF SHARE INFORMATION ON SOCIAL MEDIA

On these posts, did you share information about your health with others?

1. Yes
5. No → GO TO V193
8. DK → GO TO V193
9. RF → GO TO V193

V191_SHRPROSOC
SOCMED-SHARE WITH HLTH CARE PROFESSIONAL

Was this with a health care professional?

Iwer: “Health care professional” includes physician, physician’s assistant, nurse, dentist, therapist, paid caregiver.

1. Yes
5. No
8. DK
9. RF

V192_SHRFAMSOC

SOCMED-SHARE WITH FRIEND OR FAMILY

(Did you share) with a friend or family member?

1. Yes
5. No
8. DK
9. RF

V193_ADVICESOC

IF SOUGHT ADVICE ON SOCIAL MEDIA

On these posts, did you seek health-related advice or support from others?

1. Yes
5. No → GO TO V196
8. DK → GO TO V196
9. RF → GO TO V196

V194_ADVPROSOC

SOCMED-ADVICE FROM HLTH CARE PROFESSIONAL

Was this from a health care professional?

Iwer: “Health care professional” includes physician, physician’s assistant, nurse, dentist, therapist, paid caregiver.

1. Yes
5. No
8. DK
9. RF

V195_ADVFAMSOC

SOCMED-ADVICE FROM FRIEND OR FAMILY

(Did you seek advice) from a friend or family member?

1. Yes
5. No
8. DK
9. RF

----- **ONLINE HEALTH MANAGEMENT SITES** -----

V196_YN-HMSITES

IF ON HEALTH MANAGEMENT SITES

In the past month, have you used any online health-management tools or websites, including those connected with your doctor's office, health care agency, insurance company, pharmacy, or other health-related sites such as Patient Portals or Weight Watcher's Online?

1. Yes
5. No → GO TO V205
8. DK → GO TO V205
9. RF → GO TO V205

V197_FREQSITES

FREQUENCY OF HEALTH MANAGEMENT SITES

How frequently did you use health-management sites (in the past month)?

1. Daily
2. A few times a week
3. Once a week
4. A few times
5. Once
8. DK
9. RF

V198_ACTSITES

IF ACTIONS DONE ON HLTH MANAGEMNT SITES

What was the purpose of your use of these sites? Did you carry out an action related to managing your health, (such as make an appointment, refill a prescription, track your calories, food, or exercise)?

Iwer: other "actions" include getting test results, tracking insulin or blood pressure.

1. Yes

- 5. No
- 8. DK
- 9. RF

V199_SHARESITES

IF SHARE INFORMATION ON HMSITE

On these sites, did you share information about your health with others?

- 1. Yes
- 5. No → GO TO V202
- 8. DK → GO TO V202
- 9. RF → GO TO V202

V200_SHRPROSITES

HMSITES-SHARE WITH HLTH CARE PROFESSIONAL

Was this with a health care professional?

Iwer: "Health care professional" includes physician, physician's assistant, nurse, dentist, therapist, paid caregiver.

- 1. Yes
- 5. No
- 8. DK
- 9. RF

V201_SHRFAMSITES

HMSITES-SHARE WITH FRIEND OR FAMILY

(Did you share) with a friend or family member?

- 1. Yes
- 5. No
- 8. DK
- 9. RF

V202_ADVICESITES

HMSITES-SEEK HEALTH RELATED ADVICE

(On these sites,) did you seek health-related advice or support from others?

- 1. Yes
- 5. No → GO TO V205
- 8. DK → GO TO V205
- 9. RF → GO TO V205

V203_ADVPROSITES
HMSITES -ADVICE FROM HLTH CARE PROFESSIONAL

Was this from a health care professional?

Iwer: "Health care professional" includes physician, physician's assistant, nurse, dentist, therapist, paid caregiver.

1. Yes
5. No
8. DK
9. RF

V204_ADVFAMSITES
HMSITES-ADVICE FROM FRIEND OR FAMILY

(Did you seek advice) from a friend or family member?

1. Yes
5. No
8. DK
9. RF

----- **MOBILE APPS** -----

V205_YN-APPS
IF USED HEALTH RELATED APPS

In the past month, have you used any downloaded health-related mobile applications or "apps" on a smartphone or tablet computer such as an iPad, Android, or Kindle Fire?

1. Yes
5. No → GO TO V214
8. DK → GO TO V214
9. RF → GO TO V214

V206_FREQAPPS
FREQUENCY OF HEALTH RELATED APPS

How frequently did you use health-management apps (in the past month)?

1. Daily
2. A few times a week
3. Once a week

4. A few times
5. Once
8. DK
9. RF

V207_ACTAPPS

IF ACTIONS DONE USING HEALTH RELATED APPS

(What was the purpose of your use of these apps?) Did you carry out an action related to managing your health, (such as make an appointment, refill a prescription, track your calories, food, or exercise)?

Iwer: other “actions” include getting test results, tracking insulin or blood pressure.

1. Yes
5. No
8. DK
9. RF

V208_SHARAPP

IF SHARE INFORMATION USING APPS

Using these apps, did you share information about your health with others?

1. Yes
5. No → GO TO V211
8. DK → GO TO V211
9. RF → GO TO V211

V209_SHRPROAPP

HMAPPS-SHARE WITH HLTH CARE PROFESSIONAL

(Was this) with a health care professional?

Iwer: “Health care professional” includes physician, physician’s assistant, nurse, dentist, therapist, paid caregiver.

1. Yes
5. No
8. DK
9. RF

V210_SHRFAMAPP

HMAPPS-SHARE WITH FRIEND OR FAMILY

(Did you share) with a friend or family member?

1. Yes
5. No
8. DK
9. RF

V211_ADVICEAPP

HMAPPS-SEEK HEALTH RELATED ADVICE

Using these applications, did you seek health-related advice or support from others?

1. Yes
5. No → GO TO V214
8. DK → GO TO V214
9. RF → GO TO V214

V212_ADVPROAPP

HMAPPS -ADVICE FROM HLTH CARE PROFESSIONAL

(Was this) from a health care professional?

Iwer: "Health care professional" includes physician, physician's assistant, nurse, dentist, therapist, paid caregiver.

1. Yes
5. No
8. DK
9. RF

V213_ADV FAMAPP

HMAPPS-ADVICE FROM FRIEND OR FAMILY

(Did you seek advice) from a friend or family member?

1. Yes
5. No
8. DK
9. RF

V214_YNINTERNET

IF USED INTERNET TO SEARCH FOR INFORMATION

In the past month, have you used the Internet to search for information relating to your health?

1. Yes
5. No → GO TO V216
8. DK → GO TO V216
9. RF → GO TO V216

V215_FREQINTNET
FREQUENCY OF INTERNET FOR INFORMATION

How frequently did you use the Internet to search for health-related information (in the past month)?

1. Daily
2. A few times a week
3. Once a week
4. A few times
5. Once
8. DK
9. RF

V216_YNBRAIN
IF USED BRAIN GAMES

In the past month, have you used any computerized or on-line brain games or brain training programs designed to keep your memory and thinking sharp?

1. Yes
5. No → GO TO END OF MODULE
8. DK → GO TO END OF MODULE
9. RF → GO TO END OF MODULE

V217_FREQBRAIN
FREQUENCY OF BRAIN GAMES

How frequently did you use the computerized or on-line brain games or brain training programs (in the past month)?

1. Daily
2. A few times a week
3. Once a week
4. A few times
5. Once
8. DK
9. RF

----- END OF MODULE -----