

North West Adelaide Health Study Telephone Follow-Up Survey 2 - July 2007

CASE: (ID number)

A. INTRODUCTION

Good ... My name is ... from the North West Adelaide Health Study. Could I please speak with (name of study participant)?

Either

- a) Repeat introduction - go to A1.
- b) If required person not available, ask for a suitable time to call back. Record first name and make appointment to call back (End).
- c) If required person died, go to A3. If information offered re cause of death or date, record same.
- d) If required person is no longer at this telephone number, go to A4 to record details.

A1 We recently sent your household a letter from the Professor of Medicine about your continued participation in the North West Adelaide Health Study. Did you receive the letter identifying the benefits of continuing to help us with this study?

(Single response)

1. Yes
2. No
3. Don't know

Sequence guide: If A1 = 1 (ie recd letter), go to A5

A2 The letter explained that we would like you to help us by answering some questions over the phone, and possibly fill out a questionnaire which we would send to you. Would you like me to read or post the letter to you?

(Single response. *Interviewer note: If yes, please read out letter now or record address to post a letter*)

1. Yes, post out letter - check/enter address (Header of current address)
2. No
3. Don't know

Sequence guide: Go to A5

A3 (if participant has died) THEIR past involvement in the study has been most valuable in providing information that is helping to improve the health of the community.

1. Enter CAUSE of death (if volunteered)
2. Enter DATE of death (if volunteered)
3. No details give / unknown

[END/TERMINATION OF INTERVIEW - go to Q]

Information to be supplied in separate file for noting.

A4 Record forwarding address and/or telephone number for study participant.

1. Forwarding address [specify]
2. Forwarding telephone number [specify]
3. No details give / unknown

[END/TERMINATION OF INTERVIEW- go to Q]

If A4=2 (new tel number specified), participant to be re-called. If A4=3 (no details given), disposition to be recorded as "incorrect number" and ID supplied for tracking.

A5 We are seeking your help by answering some questions about your health and wellbeing. Would you have some time now to answer a few questions?

(Single response)

1. Yes
2. No - make appointment to call back later
3. No - refusal

Completed interviews in dispositions will include refusals - actual completed interviews of CATI survey to be calculated from A5.

I can assure you that information you give will remain confidential. The answers from all people interviewed will be gathered together and presented in a report. No individual answers will be passed on.

Sequence guide: If A5 = 1 (yes), go to B.

A6 Your ongoing participation is vital to the success of the study in its efforts to improve the health of people both in your community and South Australia in general. Could I ask why you no longer want to be involved in the study?

(Single response. *Interviewer note: Participants who are currently pregnant can still take part as it is only a telephone interview and a questionnaire - if not convenient time, make appt to call back within 1 month [study duration]*)

1. Too old
2. Too sick
3. Health problem(s)
4. Too busy
5. Don't want to participate
6. Tired of being asked
7. Moved out of area
8. Moved interstate/overseas
9. Other (specify)
10. No
11. Currently pregnant

Sequence guide: If A6 = 7 or 8 (moved out of area), go to A8.

A7 Try to convert for this telephone follow up. Successful?

(Single response)

1. Yes
2. No - definite

Sequence guide: If A7 = 2 (definite withdrawal), go to O1

A8 (moved out of area - locally or interstate, overseas) **You are very important to us because you are still a part of the North West Adelaide Health Study.** Try to convert - successful?

(Single response)

1. Yes
2. No - definite

Sequence guide: If A8 = 2 (definite withdrawal), go to O1

B. DEMOGRAPHICS

Just to start with a few general questions ...

B1 How would you best describe your family structure?

(Read options. Single Response)

1. A family with a child or children living with both biological or adoptive parents
2. A step or blended family
3. A sole parent family
4. Shared care parenting
5. Adult living alone
6. Adult living with partner and no children
7. Related adults living together
8. Unrelated adults living together
9. Other (specify)
10. Refused

B2 What is your current marital status? Are you ...?

(Read options. Single Response)

1. Married
2. Living with a partner (defacto)
3. Significant committed relationship but living apart from choice
4. Significant committed relationship but living apart because of work or family commitment in different locations
5. Separated but not divorced
6. Divorced
7. Widowed
8. Never married
9. Refused

Sequence guide: If B2 > 4 (ie not in a relationship), go to B4

B3 How would you rate the quality of that relationship? Would you say ...?

(Read options. Single response)

1. Very high
2. High
3. Neutral
4. Low
5. Very low
6. Don't know
7. Refused

**B4 What is your current employment status?
Are you ...?**

(Read options. Single response. *Interviewer note: if caring for someone - if being paid as a job, code as either Response 1 or 2; if caring for a relative and receiving a pension, code as unemployed or home duties if this would be their normal role*)

1. Employed - Full time
2. Employed - Part time
3. Casual
4. Unemployed
5. Student - Full time
6. Student - Part time
7. Retired
8. Home duties
9. Volunteer
10. Unable to work
11. Don't know
1. Refused

Sequence guide: If B4 > 3 (ie no paid employment), go to B7

B5 In the last week, how many hours did you undertake paid employment?

(Single Response)

1. None
2. Enter hours [number - limit field to 99]
3. Don't know
4. Refused

B6 What is your current occupation?

(Single response. *Interviewer note: the term occupation describes a particular type of job, eg plumber, nurse, teacher, clerk*)

1. Accountant
2. Administration/clerical
3. Banking
4. Boilermaker
5. Bookkeeping
6. Building/construction
7. Butcher
8. Cabinet maker
9. Care worker
10. Carpenter
11. Childcare
12. Cleaner
13. Defence force
14. Dressmaker
15. Electrician
16. Electronics
17. Engineer
18. Factory work
19. Farmer
20. Fitter and turner
21. Hairdresser
22. Hospitality
23. Labourer
24. Manager
25. Mechanic
26. Nursing - registered nurse and above
27. Nursing - enrolled nurse
28. Plumber
29. Retail/sales assistant
30. School teacher
31. Truck driver
32. Other (specify)
33. Don't know
34. Refused

B7 Since finishing school, have you ever had a period of 5 years or more outside of the paid work force?

(Single response. *Interviewer note:* If self-employment (ie own business) is their MAIN source of income, code as Response 2; otherwise if it is a "hobby" (not main source of income), code as Response 1 B7 and include Response 1 in next question B8)

1. Yes
2. No

Sequence guide: If B7=2 (no), go to B9

B8 What were your MAIN reasons for not working?

(Multiple response)

1. Self employment
2. Voluntary work
3. Unemployment
4. Further education
5. Alternative lifestyle
6. Health problems
7. To raise a family
8. To look after parents or other family members
9. Travel
10. Other (please specify)
11. Don't know
12. Refused
13. Retired

B9 Do you study at a tertiary institution such as a university or TAFE college?

(Single response. *Interviewer note:* prompt for FULL time or PART time study status)

1. Yes - FULL time Student
2. Yes - PART time Student
3. No

Sequence guide: If B8 = 3 (no), go to B11

B10 In the last week, how many hours did you undertake study?

(Single Response)

1. None
2. Enter hours [number - limit field to 99]
3. Don't know
4. Refused

B11 Do you undertake any volunteer activities?

(Single response)

1. Yes
2. No

Sequence guide: If B11 = 2 (no), go to B13

B12 In the last week, how many hours did you undertake volunteer work?

(Single Response)

1. None
2. Enter hours [number - limit field to 99]
3. Don't know
4. Refused

Sequence guide: If B2 > 4 (ie not married or in a defacto or committed relationship), go to B14

B13 What is your current spouse/partner's employment status? Are they ...?

(Read options. Multiple response)

12. Employed - Full time
13. Employed - Part time
14. Casual
15. Unemployed
16. Student - Full time
17. Student - Part time
18. Retired
19. Home duties
20. Volunteer
21. Unable to work
22. Don't know
23. Refused

B14 Do you provide long term care at your home or their home, for someone with a disability, or who is frail, aged, or who has a chronic mental or physical illness?

(Single response. *Interviewer note:* Long term care is either a minimum of 6 months which may extend into years, or they have just started a caring role and they anticipate it will be ongoing (ie not short term say as a result of an injury). This does NOT include if this is their occupation)

1. Yes
2. No

Sequence guide: If B14 = 2 (no), go to next section C.

B15 Is this FULL-time care?

(Single response. *Interviewer note: Full time care is providing assistance with another person's needs every day for the majority of the day*)

1. Yes
2. No
3. Refused

Sequence guide: If B15 > 1 (no or refused), go to B17

B16 Can you please tell me who you provide FULL-time long term care for?

(Multiple response. *Interviewer note: prompt if necessary for age of person being cared for; if 65+, enter as ELDERLY*)

1. Partner
2. (Own) Child(ren)
3. Grandchild(ren)
4. Parent(s)/Parents-in-law
5. Other relative
6. Other ELDERLY relative
7. Other person(s) - not related
8. Other ELDERLY person(s) - not related
9. Refused

B17 Do you provide PART-TIME long term care for someone?

(Single response)

1. Yes
2. No
3. Refused

Sequence guide: If B17 > 1 (no or ref), go to B20

B18 Can you please tell me who you provide PART-TIME long term care for?

(Multiple response. *Interviewer note: prompt if necessary for age of person being cared for; if 65+, enter as ELDERLY*)

1. Partner
2. (Own) Child(ren)
3. Grandchild(ren)
4. Parent(s)/Parents-in-law
5. Other relative
6. Other ELDERLY relative
7. Other person(s) - not related
8. Other ELDERLY person(s) - not related
9. Refused

B19 How many hours per week do you spend performing this part-time care?

1. Enter hours [number - limit field to 99]
2. Don't know
3. Refused

B20 In relation to your caring responsibilities, do you have support from any of the following?

(Read options. Multiple response)

1. Siblings
2. Other family member/s
3. Friends
4. Formal services such as Meals on Wheels, and the Royal District Nursing Service
5. Other (specify)
6. Refused
7. None

C. ACTIVE AUSTRALIA

The next few questions are about any physical activities that you may have done in the last week.

C1 In the last week, how many times have you walked continuously, for at least 10 minutes, for recreation, exercise or to get to or from places?

(Single Response)

0. None
1. Enter number of times [number - limit field to 99]
2. Not stated/Don't know [enter 999]
3. Refused [enter 998]

Sequence guide: If C1 = 0 (none), go to C3

C2 What do you estimate was the total time that you spent walking in this way in the last week?

(Single Response. Enter number of hours AND/OR minutes.)

1. Enter hours [number - limit field to 168, ie max number of hrs in a week]
2. Enter minutes [number - limit field to 59]
3. Not stated/Don't know [enter 999]

C3 This question excludes household chores or gardening. In the last week, how many times did you do any vigorous physical activity which made you breathe harder or puff and pant? (eg tennis, jogging, cycling, keep fit exercises)

(Single Response)

0. None
1. Enter number of times [number - limit field to 99]
2. Not stated/Don't know [enter 999]
3. Refused [enter 998]

Sequence guide: If C3 = 0 (none), go to C5

C4 What do you estimate was the total time that you spent doing this vigorous physical activity in the last week?

(Single Response. Enter number of hours AND/OR minutes.)

1. Enter hours [number - limit field to 168, ie max number of hrs in a week]
2. Enter minutes [number - limit field to 59]
3. Not stated/Don't know [enter 999]

C5 This question excludes household chores or gardening. In the last week, how many times did you do other more moderate physical activities that you have not already mentioned? (eg lawn bowls, golf, gentle swimming, etc)

(Single Response)

0. None
1. Enter number of times [number - limit field to 99]
2. Not stated/Don't know [enter 999]
3. Refused [enter 998]

Sequence guide: If C5 = 0 (none), go to next section (D).

C6 What do you estimate was the total time that you spent doing these activities in the last week?

(Single Response. Enter number of hours AND/OR minutes.)

1. Enter hours [number - limit field to 168, ie max number of hrs in a week]
2. Enter minutes [number - limit field to 59]
3. Not stated/Don't know [enter 999]

D. LIFECOURSE PERSPECTIVE

Now just to change the subject ... the next few questions will help us understand how people's health is affected by their family background.

D1 Could you please tell me ... what was your MOTHER'S country of birth?

(Single response)

1. Australia
2. Austria
3. Bosnia-Herzegovina
4. Canada
5. China
6. Croatia
7. France
8. Germany
9. Greece
10. Holland/Netherlands
11. Hong Kong
12. Iran
13. Italy
14. Japan
15. Malaysia
16. New Zealand
17. Philippines
18. Poland
19. Slovenia
20. Spain
21. UK and Ireland
22. USA
23. Vietnam
24. Former Yugoslav Republic of Macedon
25. Former Yugoslav Republics of Serbia & Montenegro
26. Other (specify)
27. Don't know / refused

D2 What kind of work did your MOTHER do for MOST of her life?

(Single Response. *Interviewer note: if adopted, then adopted mother. If have step-mother, then it is the person who they spent most of their time with when they were young. If mother has more than one type of work, enter all. The time frame is the participant's adult life - may have been home duties most of their life.*)

1. Accountant
2. Administration/clerical
3. Banking
4. Boilermaker
5. Bookkeeping
6. Building/construction
7. Butcher
8. Cabinet maker
9. Care worker
10. Carpenter
11. Childcare
12. Cleaner
13. Defence force
14. Dressmaker
15. Electrician
16. Electronics
17. Engineer
18. Factory work
19. Farmer
20. Fitter and turner
21. Hairdresser
22. Hospitality
23. Labourer
24. Manager
25. Mechanic
26. Nursing - registered nurse and above
27. Nursing - enrolled nurse
28. Plumber
29. Retail/sales assistant
30. School teacher
31. Truck driver
32. Other (specify)
33. Unemployed
34. Home duties
35. Student
36. Unable to work (disability)
37. Don't know
38. Not Applicable
39. Refused

D3 What was your FATHER'S country of birth?

(Single response)

1. Australia
2. Austria
3. Bosnia-Herzegovina
4. Canada
5. China
6. Croatia
7. France
8. Germany
9. Greece
10. Holland/Netherlands
11. Hong Kong
12. Iran
13. Italy
14. Japan
15. Malaysia
16. New Zealand
17. Philippines
18. Poland
19. Slovenia
20. Spain
21. UK and Ireland
22. USA
23. Vietnam
24. Former Yugoslav Republic of Macedon
25. Former Yugoslav Republics of Serbia & Montenegro
26. Other (specify)
27. Don't know / refused

D4 What kind of work did your FATHER do for MOST of his life?(Single Response. *Interviewer note: if adopted, then adopted father. If have step-father, then it is the person who they spent most of their time with when they were young. If father has more than one type of work, enter all.*)

1. Accountant
2. Administration/clerical
3. Banking
4. Boilermaker
5. Bookkeeping
6. Building/construction
7. Butcher
8. Cabinet maker
9. Care worker
10. Carpenter
11. Childcare
12. Cleaner
13. Defence force
14. Dressmaker
15. Electrician
16. Electronics
17. Engineer
18. Factory work
19. Farmer
20. Fitter and turner
21. Hairdresser
22. Hospitality
23. Labourer
24. Manager
25. Mechanic
26. Nursing - registered nurse and above
27. Nursing - enrolled nurse
28. Plumber
29. Retail/sales assistant
30. School teacher
31. Truck driver
32. Other (specify)
33. Unemployed
34. Home duties
35. Student
36. Unable to work (disability)
37. Don't know
38. Not Applicable
39. Refused

D5 How would you best describe your family structure when you were 4 years old? Was it ...?

(Read options. Single response)

1. A family with a child or children living with both biological or adoptive parents
2. A step or blended family
3. A sole parent family (lived only with mother)
4. A sole parent family (lived only with father)
5. Shared care parenting
6. Other (specify)
7. Don't know
8. Refused
9. Not applicable

D6 Did you have any siblings when you were 4 years old?

(Single response)

1. Yes
2. No
3. Don't know
4. Refused

Sequence guide: If D6>1 (no, dk or refused), go to D8

D7 How many siblings did you live with when you were 4 years old?

(Single response)

1. Enter number (number - limit field to 15]
2. Don't know
3. Refused

D8 Thinking back to when you were 4 years old, did either or both of your parents or guardian smoke?

(Single response)

1. Yes
2. No
3. Don't know
4. Refused

D9 When you were a child, was either your parents or guardian unemployed WHEN THEY WANTED TO BE WORKING?

(Single response)

1. Yes
2. No
3. Don't know
4. Refused

Sequence guide: If D9 > 2, (ie no, dk or refused), go to D11

D10 How long was your parent or guardian unemployed for? Was it ...?

(Read options. Single Response)

1. Less than 6 months
2. From 6 months to less than 1 year
3. From 1 year to less than 2 years
4. From 2 years to less than 3 years
5. More than 3 years
6. Has always been unemployed
7. Don't know
8. Refused

D11 How many children do you have?

(Single Response. *Interviewer note: this DOES include adopted children or step-children*)

1. No children
2. Enter [number - limit field to 99]
3. Refused

Sequence guide: If D11 = 1 or 3 (ie no children or refused), go to E1.

D21 How many children (including adopted and step children) do you have living at home of the following ages?

(Read options. Single Response)

1. **15 years of age or less** [specify - enter number field]
2. **Between 16 and 24 years of age** [specify - enter number field]
3. **25 years and over** [specify - enter number field]
4. Refused
5. None living at home

D22 Now thinking of your BIOLOGICAL children only, how many are aged 15 years of age or less and living at home?

(Single Response)

1. None
2. Enter number (limit field to 20)
3. Refused

E. EARLY LEARNING

Still thinking about when you were young ...

E1 Did you attend kindergarten or preschool?

(Single response. *Interviewer note: Pre-school is also known as kindergarten: they are places for learning and development, generally for 4 year old children in the 12 months before primary school starts. It is not a child care centre or child minding facility*)

1. Yes
2. No
3. Don't know
4. Refused

Sequence guide: If E1 > 1 (no, dk or refused), go to E4

E2 How old were you when you first started kindergarten or preschool?

(Single response)

1. 4 years old
2. 5 years old
3. Other (specify - Enter age [limit field to 1 digit])
4. Don't know/Refused

E3 How many days a week did you attend the kindergarten or preschool?

(Single response)

0. Less than one day
1. 1 day
2. 2 days
3. 3 days
4. 4 days
5. 5 days
6. More than 5 days
7. Don't know
8. Refused

E4 How many different primary schools did you attend?

(Single response)

1. 1
2. 2
3. 3
4. 4
5. 5 or more
6. Don't know
7. Refused
8. Did not attend primary school (ie did home schooling)

Sequence guide: If E4 = 8 (did not attend primary school), go to F.

E5 What is the name of the primary school you mostly attended?

(Single response. *Interviewer note: only South Australian schools are relevant – if interstate, enter Response 2*)

1. Enter primary school name [text]
2. Did not attend a primary school in South Australia
3. Don't know
4. Refused

Sequence guide: If E5 = 2 (did not attend a SA primary school), go to F.

E6 Was this a ...

(Read options. Single response)

1. Public school
2. Catholic school
3. Private or independent school
4. Don't know
5. Refused

F. NEIGHBOURHOODS AND RESIDENTIAL MIGRATION

Now for some questions about where you live ...

F1 Why did you choose to live in your current neighbourhood?

(Multiple Response. *Interviewer note: PROMPT What factors were important to you in deciding where you wanted to live?*)

1. Closeness to family
2. Closeness to shops or services
3. Closeness to friends
4. Closeness to work
5. Closeness to school
6. Family always lived in area
7. Access to public transport
8. Financial reasons/affordability
9. Safety
10. The area
11. The house/unit (residence)
12. Close to the beach
13. Close to the city
14. Other (specify)
15. Don't know
16. Refused

F2 How strongly would you agree or disagree with the following statement ... I feel a sense of community with others in my local neighbourhood. Would you say you ...?

(Read options. Single response)

1. Strongly disagree
2. Disagree
3. Neither agree or disagree
4. Agree
5. Strongly agree
6. Don't know
7. Refused

Sequence guide: If F2 = 1 thru 3, go to F4

F3 Can you please tell me why the main reason for this?

(Single response)

1. Too busy/my focus is on my family, job, friends
2. Not my type of people/different interests, lifestyle, stage of life, nothing in common
3. Like to keep to myself/not interested
4. Rental property
5. No community events to meet people
6. People not approachable/not a friendly neighbourhood
7. Don't know neighbours
8. New to area
9. Don't spend much time in neighbourhood
10. Other (specify)
11. Don't know
12. Refused

F4 Can you please tell me about the place you live in? Is it a ...

(Read options. Single response. *Interviewer note: People living in independent units attached to nursing homes OR students in university-owned apartments should be coded as Option 3 [flat, unit or apartment]. Those in a nursing home or hostel should be Option 6 (Institution or care situation. Students living in a communal university facility but with own room, would be Option 7 [Residential Hall/College].)*

1. **Separate house**
2. **Semi detached house, row or terrace house, townhouse**
3. **Flat, unit or apartment**
4. **Caravan, tent, cabin**
5. **House, flat attached to shop, office**
6. **Institution or care situation (includes nursing home)**
7. **Residential hall/college (ie university boarding house)**
8. **Living in work-provided accommodation**
9. Other (specify)
10. Don't know
11. Refused

F5 In this residence, are you ...

(Read options. Single response. *Interviewer note: Life tenure is the status of holding one's position on a permanent basis without periodic contract renewals.*)

1. **Paying off a mortgage**
2. **The outright owner / joint owner**
3. **Renting (or pay board)**
4. **Using a rent to buy scheme**
5. **Living as a dependent child with parents**
6. **Living rent free**
7. **Able to live there for the remainder of your life (that is, you have life tenure)**
8. **Living in work-provided accommodation**
9. Other (specify)
10. Don't know
11. Refused

G. LIFESTYLE / NUTRITION

Just changing the subject ...

G1 How often do you consume foods that are prepared at home? Would you say ...?

(Read options. Single response. *Interviewer notes: includes breakfast, lunch, tea and snacks. Includes canned and frozen foods that may be just defrosted and/or heated*)

1. All or nearly all of the time
2. Most of the time
3. Some of the time
4. Hardly any or none of the time
5. Don't know
6. Refused

G2 NUT1 How many serves of vegetables do you usually eat each day? A 'serve' is ½ cup cooked vegetables or 1 cup of salad.

(Single Response)

1. Less than one serve
2. Enter number of serves [number]
3. Don't eat vegetables
4. None
5. Don't know

G3 NUT2 How many serves of fruit do you usually eat each day? A 'serve' is 1 medium piece or 2 small pieces of fruit or 1 cup of diced pieces.

(Single Response)

1. Less than one serve
2. Enter number of serves [number]
3. Don't eat fruit
4. None
5. Don't know

G4 NUT3 What type of milk do you usually have?

(Single Response *Interview note: If brand of milk given, prompt for type, ie whole milk or reduced fat*)

1. Whole milk
2. Low or reduced fat
3. Skim
4. Soya
5. Evaporated/sweetened condensed
6. Other (specify)
7. None of the above
8. Don't know
9. High calcium, low fat
10. Breast milk
11. Formula
12. Rice milk
13. Doesn't drink milk

G5 NUT4 How often do you eat chips, french fries, wedges, fried potatoes or crisps?

(Single Response. *Interview note: enter number of times per day, week or month*)

1. Enter number of times per DAY [number]
2. Enter number of times per WEEK [number]
3. Enter number of times per MONTH [number]
4. Rarely (< once / month)
5. Never
6. Don't know/can't say

G6 NUT8 How often do you eat meat products such as sausages, frankfurters, fritz (devon), salami, meat pies, bacon or ham?

(Single Response. *Interview note: enter number of times per day, week or month*)

1. Enter number of times per DAY [number]
2. Enter number of times per WEEK [number]
3. Enter number of times per MONTH [number]
4. Rarely (< once / month)
5. Never
6. Don't know/can't say

G7 NUT18 During the last four weeks, on average, how many glasses of water do you usually have in a day?

(Single Response. *Interviewer note: water is tap, bottled, rain. This does not include fruit juice, cordial, fizzy or energy drinks, milk, tea or coffee. A glass = 200 mls*)

1. Enter number of glasses [number]
2. Enter mls [number]
3. Enter litres [number]
4. None
5. Don't know

Sequence guide: If G7 = 4 (none), go to G9

G8 What type of water do you usually drink?

(Single Response)

1. Tap water
2. Rain water
3. Bottled (spring) water
4. Purified water
5. Carbonated plain water
6. Don't know
7. Refused

G9 How often on average do you drink soft drink, cordial or sports drinks (eg Powerade and Gatorade)?

(Single Response. *Interviewer note: enter number of times per day, week, month or year. Includes artificially sweetened drinks*)

1. Enter number of times per DAY [number]
2. Enter number of times per WEEK [number]
3. Enter number of times per MONTH [number]
4. Enter number of times per YEAR [number]
5. Rarely (< twice / year)
6. Never
7. Don't know/can't say

G10 On average, how many litres of soft drink and sports drink (eg coke, lemonade, flavoured mineral water, Powerade, Gatorade) does your household buy at the supermarket each week?

(Single Response. *Interviewer note: Seeking info about drinks purchased as part of household shopping trips, not drinks bought during the day for a meal or snack by household members. The large supermarket bottles are 2L, the medium ones are 1.25L and the small bottles sold in delis etc are 600ml*)

1. Enter number of litres per WEEK [number]
2. Enter number of litres per FORTNIGHT [number]
3. Enter number of litres per MONTH [number]
4. Only for special occasions
5. Rarely (< once / month)
6. Don't know
7. Refused

G11 Changing the subject once again ... On average, how many hours per day do you spend sleeping?

(Single response. *Interviewer note: includes daytime sleeps, ie naps*)

1. Enter hours [number - limit to 2 digits]
2. Don't know
3. Refused

G12 How strongly would you agree or disagree with the following statement ... I find it easy to fit in some sort of physical activity during my usual day. Would you say you ...?

(Read options. Single response)

1. Strongly disagree
2. Disagree
3. Neither agree or disagree
4. Agree
5. Strongly agree
6. Don't know
7. Refused

G13 Can you please tell me which of the following best describes you ...?

(Read options. Single response. *Interviewer note:* PROMPT if necessary regarding the majority of their friends)

1. Most of my friends know each other well
2. Most of my friends don't know each other well
3. Most of my friends don't know each other
4. Other (specify)
5. Doesn't have any friends
6. Don't know
7. Refused

Sequence guide: If G14 = 5 (does not have any friends), go to next section (H).

G14 How often do you spend time with friends who do not live with you: that is, you go to see them or they come to visit you or you go out to do things together? Would it be ...?

(Read options. Single response)

1. Two or more times a week
2. Once a week
3. Once every couple of weeks
4. Once a month
5. Other (specify)
6. Don't know
7. Refused

G15 How many close friends do you have, that is people you feel at ease with and can talk to about private matters or can call on for help?

(Single response)

0. None
1. 1
2. 2
3. 3
4. 4
5. 5
6. 6
7. 7
8. 8 or more
9. Don't know
10. Refused

Sequence guide: If G15 = 0 (none), go to next section (H).

G16 Of these close friends, how many live locally?

(Single response)

0. None
1. 1
2. 2
3. 3
4. 4
5. 5
6. 6
7. 7
8. 8 or more
9. Don't know
10. Refused

H. HEALTH RELATED QUESTIONS

Just changing the subject once more ...

H1 In general, would you say your health is ...?

(Read Options. Single Response)

1. Excellent
2. Very good
3. Good
4. Fair
5. Poor

H2 In terms of your weight, do you consider yourself to be ..?

(Read options. Single response)

1. Too thin
2. A little thin
3. Normal weight
4. A little overweight
5. Very overweight
6. Don't know
7. Refused

H3 So, thinking about all aspects of your life such as employment, volunteer work, care commitments, study etc ... how would you rate the stress of your life commitments in general? Would you say ...?

(Read options. Single Response)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know
7. Refused

H4 As the next questions only relate to people of a particular age group, could you please tell me what year you were born in?

Sequence guide: If year of birth is before 1946 or after 1965, ie in 2007 the respondent is NOT aged between 42 to 61 years of age, go to L.

I. BABY BOOMERS ONLY

The next few questions are about how you might be preparing for retirement or later life.

(Interviewer note: Retirement is defined as voluntary withdrawal from the full-time paid workforce - later life is defined as after the respondent turns 65 years of age)

I1 So thinking about retirement, can you tell me which stage you are at? Are you ...

(Read options. Single response. *Interviewer note: If the respondent does home duties and therefore would not be retiring as such, enter Response 2)*

1. Not thinking about it or planning for it yet
2. Already thinking about it or planning for it
3. Already retired
4. Not going to retire
5. Don't know
6. Refused

Sequence guide: If I1 = 1 (not thinking about it yet), go to K.

If I1 = 3 (ie has retired already), go to J.

If I1 = 4 (ie does not intend to retire or does home duties), go to K.

I2 [IE FOR THOSE WHO ARE INTENDING TO RETIRE]

At what age do you intend to retire?

(Single response)

1. Enter age [number - limit field to 99]
2. Don't know
3. Refused

I3 Do you intend to work part-time after you have officially retired?

(Single response)

1. Yes
2. No
3. Don't know
4. Refused

14 How much thought, if any, have you given to preparing for retirement - what you'll do, what you'll live on, etc? Would you say ...?

(Read options. Single response)

1. Not much
2. A little bit
3. A moderate amount
4. A good deal
5. A lot
6. Don't know
7. Refused

15 Which of the following aspects of retirement/later life would you consider seeking advice on?

(Read options. Multiple response)

1. Financial
2. Non-financial such as living arrangements, social and leisure activities etc
3. Neither of these
4. Don't know
5. Refused

Sequence guide: If 15 = 1, 2 or 5 (is seeking advice or refuses), go to 17

16 Can you please tell me the main reason for this ...?

(Single response)

1. I have already sought advice
2. I don't think there is much point in planning
3. I am too busy
4. I have everything under control
5. Other (specify)
6. Don't know
7. Refused

17 Do any of the following make it difficult for you to think about and plan for your future retirement?

(Read options. Multiple response. *Interviewer note: PROMPT if necessary if change of circumstance*)

1. Lack of time
2. Multiple commitments eg children, parents, work etc
3. Lack of motivation/energy
4. Don't know where to start
5. Insufficient money
6. Stress
7. Job insecurity
8. Housing insecurity
9. Ill health
10. Other (specify)
11. Don't know
12. Refused
13. I'm not finding it difficult to think about and plan for my retirement

18 Do you intend to renovate your home when you retire?

(Single response. *Interviewer note: Renovating meaning upgrading or improving rooms or sections of the home*)

1. Yes
2. No
3. Currently renovating
4. Don't know
5. Refused
6. Not applicable

19 Do you intend to move when you retire?

(Single response)

1. Yes
2. No
3. Currently moving
4. Don't know
5. Refused

Sequence guide: If 19 > 1, go to 111

I10 Where do you intend to move?

(Single response. *Interviewer note: This may be a specific location, ie suburb/town/state, or it could be just a type of location eg near the sea, the country, inner city etc*)

1. Same area where I live now
2. Enter location or type of location [text]
3. Don't know
4. Refused

I11 In thinking about the environment you will live in during your retirement years ... how important is it to have access to a wide range of LEISURE ACTIVITIES? Would you say ...?

(Read options. Single response. *Interviewer note: Leisure activities refers to things like water sports, theatre, horse-riding, golf, concerts, walking trails, etc*)

1. Not at all
2. A little
3. Moderately
4. Very important
5. Extremely important
6. Don't know
7. Refused
8. Has not thought about it

I12 (In thinking about the environment you will live in during your retirement years) ... how important is living close to FRIENDS? Would you say ...?

(Read options. Single response)

1. Not at all
2. A little
3. Moderately
4. Very important
5. Extremely important
6. Don't know
7. Refused
8. Has not thought about it

I13 (In thinking about the environment you will live in during your retirement years) ... how important is living close to FAMILY? Would you say ...?

(Read options. Single response)

1. Not at all
2. A little
3. Moderately
4. Very important
5. Extremely important
6. Don't know
7. Refused
8. Has not thought about it

I14 (In thinking about the environment you will live in during your retirement years) ... how important is the quality, extent and nearness of HEALTH SERVICES? Would you say ...

(Read options. Single response)

1. Not at all
2. A little
3. Moderately
4. Very important
5. Extremely important
6. Don't know
7. Refused
8. Has not thought about it

I15 (In thinking about the environment that you will live in during your retirement years) ... how important is the quality, extent and nearness of GENERAL SERVICES such as banks, transport, businesses and shops?

(Read options. Single response)

1. Not at all
2. A little
3. Moderately
4. Very important
5. Extremely important
6. Don't know
7. Refused
8. Has not thought about it

I16 What do you think will be your **MAIN** source of income in later life, that is after you have retired or after you have turned 65?

(Multiple response)

1. Superannuation
2. Self-funded (through own savings or investments eg shares, rental properties)
3. Work
4. Government pension
5. Other (specify)
6. Don't know
7. Refused

I17 Thinking about your money situation in later life (after you turn 65), would you say that you ...?

(Read options. (Single response))

1. Will have enough to live comfortably
2. Will have just enough
3. Won't have enough to make ends meet
4. Don't know
5. Refused

Sequence guide: Go to K15

J. BABY BOOMERS - THOSE WHO HAVE RETIRED ALREADY

J1 Do you ...?

(Read options. Single response)

1. Work part time
2. Plan to work part-time
3. Have no intention of working part-time
4. Don't know
5. Refused

J2 How much thought, if any, did you give to preparing for retirement - what you'd do, what you'd live on, etc? Would you say ...?

(Read options. Single response)

1. Not much
2. A little bit
3. A moderate amount
4. A good deal
5. A lot
6. Don't know
7. Refused

J3 Did you talk to a retirement consultant?

(Single response)

1. Yes
2. No
3. Don't know
4. Refused

Sequence guide: If J3=2 (no), go to J6
If J3 > 2 (dk or ref), go to J7

J4 Did you talk to the retirement consultant about financial aspects?

(Single response)

1. Yes
2. No
3. Don't know
4. Refused

J5 Did you talk to the retirement consultant about non-financial aspects?

(Single response)

1. Yes
2. No
3. Don't know
4. Refused

J6 Can you please tell me the main reason for this ...?

(Multiple response)

1. I didn't think there was much point in planning
2. I was too busy
3. I had everything under control
4. Other (specify)
5. Don't know
6. Refused

J7 Did any of the following make it difficult for you to think about and plan for your future retirement?

(Read options. Multiple response)

1. Lack of time
2. Multiple commitments eg children, parents, work etc
3. Lack of motivation/energy
4. Don't know where to start
5. Insufficient money
6. Stress
7. Job insecurity
8. Housing insecurity
9. Ill health
10. Other (specify)
11. I did not find it difficult to think about and plan for my retirement
12. Don't know
13. Refused

J8 Did you renovate your home when you retired?

(Single response. *Interviewer note: Renovating meaning upgrading or improving rooms or sections of the home*)

1. Yes
2. No
3. Don't know
4. Refused

Sequence guide: If J8=1 (did renovate their home), go to J10

J9 Do you intend to do so?

(Single response. *Interviewer note: Renovating meaning upgrading or improving rooms or sections of the home*)

1. Yes
2. No
3. Don't know
4. Refused

J10 Did you move after you retired?

(Single response)

1. Yes
2. No
3. Don't know
4. Refused

Sequence guide: If J10 = 1 (did move), go to J12

J11 Do you intend to do so?

(Single response)

1. Yes
2. No
3. Don't know
4. Refused

Sequence guide: If J10 and J11 > 1 (no, dk or ref), go to J13

J12 Where did you (Do you intend to) move?

(Single response. *Interviewer note: This may be a specific location, ie suburb/town/state, or it could be just a type of location eg near the sea, the country, inner city etc*)

1. Enter location or type of location [text]
2. Don't know
3. Refused

J13 When you thought about the environment you would live in during your retirement years ... how important was it to have access to a wide range of LEISURE ACTIVITIES? Would you say ...?

(Read options. Single response. *Interviewer note: Leisure activities refers to things like water sports, theatre, horse-riding, golf, concerts, walking trails, etc*)

1. Not at all
2. A little
3. Moderately
4. Very important
5. Extremely important
6. Don't know
7. Refused
8. Did not think about it

J14 (When you thought about the environment you would live in during your retirement years) ... how important was living close to FRIENDS? Would you say ...?

(Read options. Single response)

1. Not at all
2. A little
3. Moderately
4. Very important
5. Extremely important
6. Don't know
7. Refused
8. Did not think about it

J15 (When you thought about the environment you would live in during your retirement years) ... how important was living close to FAMILY? Would you say ...?

(Read options. Single response)

1. Not at all
2. A little
3. Moderately
4. Very important
5. Extremely important
6. Don't know
7. Refused
8. Did not think about it

J16 (When you thought about the environment you would live in during your retirement years) ... how important was the quality, extent and nearness of HEALTH SERVICES? Would you say ...

(Read options. Single response)

1. Not at all
2. A little
3. Moderately
4. Very important
5. Extremely important
6. Don't know
7. Refused
8. Did not think about it

J17 (When you thought about the environment you would live in during your retirement years) ... how important was the quality, extent and nearness of GENERAL SERVICES such as banks, transport, businesses and shops?

(Read options. Single response)

1. Not at all
2. A little
3. Moderately
4. Very important
5. Extremely important
6. Don't know
7. Refused
8. Did not think about it

J18 Can you please tell me your MAIN source of income?

(Multiple response. *Interviewer note: can prompt from response list*)

1. Superannuation
2. Self-funded (through own savings or investments eg shares, rental properties)
3. Work
4. Government pension
5. Other (specify)
6. Don't know
7. Refused

J19 Thinking about your money situation, would you say that you ...?

(Read options. (Single response))

1. Have enough to live comfortably
2. Have just enough
3. Do not have enough to make ends meet
4. Don't know
5. Refused

Sequence guide: Go to K15

K. BABY BOOMERS - those who don't intend to retire, including those who are performing home duties or who are unable to work

K1 How much thought, if any, have you given to preparing for later life - what you'll do, what you'll live on, etc? Would you say ...?

(Read options. Single response)

1. Not much
2. A little bit
3. A moderate amount
4. A good deal
5. A lot
6. Don't know
7. Refused

K2 Which of the following aspects of later life would you consider seeking advice on?

(Read options. Multiple response)

1. Financial
2. Non-financial such as accommodation, social activities, volunteering etc
3. Neither of these
4. Don't know
5. Refused

Sequence guide: If K2 = 1, 2 or 5 (is considering seeking advice or refuses), go to K4

K3 Can you please tell me the main reason for this ...?

(Multiple response)

1. I have already sought advice
2. I don't think there is much point in planning
3. I am too busy
4. I have everything under control
5. Other (specify)
6. Don't know
7. Refused

K4 Do any of the following make it difficult for you to think about and plan for later life?

(Read options. Multiple response)

1. Lack of time
2. Multiple commitments eg children, parents, work etc
3. Lack of motivation/energy
4. Don't know where to start
5. Insufficient money
6. Stress
7. Job insecurity
8. Housing insecurity
9. Ill health
10. Other (specify)
11. I'm not finding it difficult to think about and plan for my retirement
12. Don't know
13. Refused

K5 Do you intend to renovate your home as you grow older?

(Single response. Interviewer note: Renovating meaning upgrading or improving rooms or sections of the home)

1. Yes
2. No
3. Currently renovating
4. Don't know
5. Refused
6. Not applicable

K6 Do you intend to move in response to your changing needs or interests as you grow older?

1. Yes
2. Currently moving
3. No
4. Don't know
5. Refused

Sequence guide: If K6 > 2 (no, dk or ref), go to K8

K7 Where do you intend to move?

(Single response. Interviewer note: This may be a specific location, ie suburb/town/state, or it could be just a type of location eg near the sea, the country, inner city etc)

1. Enter location or type of location [text]
2. Don't know
3. Refused

K8 In thinking about the environment you will live in as you grow older ... how important is it to have access to a wide range of LEISURE ACTIVITIES? Would you say ...?

(Read options. Single response. Interviewer note: Leisure activities refers to things like water sports, theatre, horse-riding, concerts, walking trails, etc)

1. Not at all
2. A little
3. Moderately
4. Very important
5. Extremely important
6. Don't know
7. Refused
8. Has not thought about it

K9 (In thinking about the environment you will live in as you grow older) ... how important is living close to FRIENDS? Would you say ...?

(Read options. Single response)

1. Not at all
2. A little
3. Moderately
4. Very important
5. Extremely important
6. Don't know
7. Refused
9. Has not thought about it

K10 (In thinking about the environment you will live in as you grow older) ... how important is living close to FAMILY? Would you say ...?

(Read options. Single response)

1. Not at all
2. A little
3. Moderately
4. Very important
5. Extremely important
6. Don't know
7. Refused
10. Has not thought about it

K11 (In thinking about the environment you will live in as you grow older) ... how important is the quality, extent and nearness of HEALTH SERVICES? Would you say ...

(Read options. Single response)

1. Not at all
2. A little
3. Moderately
4. Very important
5. Extremely important
6. Don't know
7. Refused
11. Has not thought about it

K12 (In thinking about the environment that you will live in as you grow older) ... how important is the quality, extent and nearness of GENERAL SERVICES such as banks, transport, businesses and shops?

(Read options. Single response)

1. Not at all
2. A little
3. Moderately
4. Very important
5. Extremely important
6. Don't know
7. Refused
12. Has not thought about it

K13 What do you think will be your MAIN source of income in later life, that is after you have retired or after you have turned 65?

(Multiple response)

1. Superannuation
2. Self-funded (through own savings or investments eg shares, rental properties)
3. Work
4. Government pension
5. Other (specify)
6. Don't know
7. Refused

K14 Thinking about your money situation in later life (after you turn 65), would you say that you ...?

(Read options. Single response)

1. Will have enough to live comfortably
2. Will have just enough
3. Won't have enough to make ends meet
4. Don't know
5. Refused

K15 (all to answer from here) How much influence do you think a person's FAMILY MEDICAL HISTORY has on their ability to age well? Would you say ...?

(Read options. Single response)

1. None
2. A little
3. Neutral
4. A moderate amount
5. A lot
6. Don't know
7. Refused

K16 How much influence do you think a person's LIFESTYLE has on how well they age? Would you say ...?

(Read options. Single response. Interviewer note: Lifestyle relates to diet, exercise, stress, leisure time, etc)

1. None
2. A little
3. Neutral
4. A moderate amount
5. A lot
6. Don't know
7. Refused

K17 How much influence do you think a person's ATTITUDE has on how well they age? Would you say ...?

(Read options. Single response)

1. None
2. A little
3. Neutral
4. A moderate amount
5. A lot
6. Don't know
7. Refused

K18 Would you be willing to be contacted at a later date to possibly be interviewed by a researcher regarding baby boomers?

(Single response)

1. Yes
2. No

L. KESSLER PSYCHOLOGICAL DISTRESS SCALE (K10 - Health Status)

These last questions are about how you have been feeling in the last 4 weeks.

L1 In the past four weeks, about how often did you feel tired out for no good reason?

(Read Options. Single Response)

1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time
6. Don't know
7. Refused

L2 (In the past four weeks) ... about how often did you feel nervous?

(Read Options. Single Response)

1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time
6. Don't know
7. Refused

Sequence guide: If L2 = 5 (none), go to L4

L3 (In the past four weeks) ... about how often did you feel so nervous that nothing could calm you down?

(Read Options. Single Response)

1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time
6. Don't know
7. Refused

L4 (In the past four weeks) ... about how often did you feel hopeless?

(Read Options. Single Response)

1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time
6. Don't know
7. Refused

L5 (In the past four weeks) ... about how often did you feel restless or fidgety?

(Read Options. Single Response)

1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time
6. Don't know
7. Refused

Sequence guide: If L5 = 5 (none), go to L7

L6 (In the past four weeks) ... about how often did you feel so restless you could not sit still?

(Read Options. Single Response)

1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time
6. Don't know
7. Refused

L7 (In the past four weeks) ... about how often did you feel depressed?

(Read Options. Single Response)

1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time
6. Don't know
7. Refused

L8 (In the past four weeks) ... about how often did you feel everything was an effort?

(Read Options. Single Response)

1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time
6. Don't know
7. Refused

L9 (In the past four weeks) ... about how often did you feel so sad that nothing could cheer you up?

(Read Options. Single Response)

1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time
6. Don't know
7. Refused

L10 (In the past four weeks) ... about how often did you feel worthless?

(Read Options. Single Response)

1. All of the time
2. Most of the time
3. Some of the time
4. A little of the time
5. None of the time
6. Don't know
7. Refused

Sequence guide: If respondent is in not in Location 2 or 3, go to O. (END).

M. SOUTHERN CROSS CONTROLS (n-14)
(LOCATION 2 - WOMAC™
OSTEOARTHRITIS INDEX

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(Interviewer note: if both knees are involved, then questions relate to the worst knee. See briefing notes re questions if necessary. If respondent says that they don't do, or try to avoid an activity, prompt to respond if they hypothetically had to do it - briefing notes supplied)

M1 Think about the pain you felt in your knee during the last 2 weeks ... how much pain do you have ... WALKING ON A FLAT SURFACE?

(Read options. Single response. Interviewer note: Refers to walking on even surface eg sidewalk or in shops)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused
7. I have had no pain at all with any activity in the last two weeks

Sequence guide: If M1 = 7 (no pain in past 2 weeks), go to M6

M2 [Think about the pain you felt in your knee during the last 2 weeks, how much pain do you have] ... GOING UP OR DOWN STAIRS?

(Read options if necessary. Single response. Interviewer note: If one way worse than other rate according to most extreme pain. If respondent avoids answering, ask how much pain if they hypothetically had to do it.)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused

M3 [Think about the pain you felt in your knee during the last 2 weeks, how much pain do you have] ... AT NIGHT WHILE IN BED, ie pain that disturbs your sleep?

(Read options if necessary. Single response.

Interviewer note: Refers to pain that disturbs sleep)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused

M4 [Think about the pain you felt in your knee during the last 2 weeks, how much pain do you have] ... SITTING OR LYING?

(Read options if necessary. Single response.

Interviewer note: Pain while sitting in chair or lying awake in bed)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused

M5 [Think about the pain you felt in your knee during the last 2 weeks, how much pain do you have] ... STANDING UPRIGHT?

(Read options if necessary. Single response.

Interviewer note: If get pain while in standing position but not moving)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused

M6 Think about the stiffness (not pain) you felt in your knee during the last 2 weeks. Stiffness is a sensation of decrease ease in moving your joint. How severe is your stiffness AFTER FIRST AWAKENING in the morning?

(Read options if necessary. Single response)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused
7. I have had no stiffness at all with any activity in the past two weeks

Sequence guide: If M6 = 7 (no stiffness in past 2 weeks), go to M8

M7 How severe is your stiffness after sitting, lying or resting LATER IN THE DAY?

(Read options if necessary. Single response)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused

M8 Think about the difficulty you had in doing the following daily physical activities due to your knee during the last 2 weeks. By this, we mean your ability to move around and to look after yourself.

Thinking about your knees in the last 2 weeks, what degree of difficulty do you have ... DESCENDING STAIRS?

(Read options if necessary. Single response.

Interviewer note: If respondent avoids, then asked how much pain if they hypothetically had to do it)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused

M9 [Thinking about your knees in the last 2 weeks, what degree of difficulty do you have] ... ASCENDING STAIRS?

(Read options if necessary. Single response.

Interviewer note: If respondent avoids, then asked how much pain if they hypothetically had to do it)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused

M10 [Thinking about your knees in the last 2 weeks, what degree of difficulty do you have] ... RISING FROM SITTING?

(Read options if necessary. Single response)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused

M11 [Thinking about your knees in the last 2 weeks, what degree of difficulty do you have] ... STANDING?

(Read options if necessary. Single response.

Interviewer note: Degree of difficulty remaining in a standing position)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused

M12 [Thinking about your knees in the last 2 weeks, what degree of difficulty do you have] ... BENDING TO THE FLOOR?

(Read options if necessary. Single response.

Interviewer note: Can bend down using back or squat)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused

M13 [Thinking about your knees in the last 2 weeks, what degree of difficulty do you have] ... **WALKING ON A FLAT SURFACE?**

(Read options if necessary. Single response.)

Interviewer note: walk on even surface eg sidewalk or in shops)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused

M14 [Thinking about your knees in the last 2 weeks, what degree of difficulty do you have] ... **GETTING IN OR OUT OF THE CAR, OR GETTING ON OR OFF A BUS?**

(Read options if necessary. Single response.)

Interviewer note: Can be either driver or passenger; if degree differs between getting in or out, or on or off bus, rate direction which produces greatest difficulty)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
1. Don't know / refused

M15 [Thinking about your knees in the last 2 weeks, what degree of difficulty do you have] ... **GOING SHOPPING?**

(Read options if necessary. Single response)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused

M16 [Thinking about your knees in the last 2 weeks, what degree of difficulty do you have] ... **PUTTING ON YOUR SOCKS OR STOCKINGS?**

(Read options if necessary. Single response.)

Interviewer note: If respondent avoids, then ask how much pain if they hypothetically had to do it)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused

M17 [Thinking about your knees in the last 2 weeks, what degree of difficulty do you have] ... **RISING FROM BED?**

(Read options if necessary. Single response.)

Interviewer note: Act of swinging legs over side of bed and standing up)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused

M18 [Thinking about your knees in the last 2 weeks, what degree of difficulty do you have] ... **TAKING OFF YOUR SOCKS OR STOCKINGS?**

(Read options if necessary. Single response)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused

M19 [Thinking about your knees in the last 2 weeks, what degree of difficulty do you have] ... LYING IN BED?

(Read options if necessary. Single response.)

Interviewer note: Difficulty turning from side to side or staying in one position in lying posture)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused

M20 [Thinking about your knees in the last 2 weeks, what degree of difficulty do you have] ... GETTING IN OR OUT OF THE BATH?

(Read options if necessary. Single response.)

Interviewer note: If only shower, record degree of difficulty getting in and out of shower. If difficulty different between getting in and out, rate activity which produces greatest difficulty)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused

M21 [Thinking about your knees in the last 2 weeks, what degree of difficulty do you have] ... SITTING?

(Read options if necessary. Single response.)

Interviewer note: sitting in chair for a prolonged period)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused

M22 [Thinking about your knees in the last 2 weeks, what degree of difficulty do you have] ... GETTING ON OR OFF THE TOILET?

(Read options if necessary. Single response.)

Interviewer note: If degree of difficulty different for two actions rate action that is the most difficult)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused

M23 [Thinking about your knees in the last 2 weeks, what degree of difficulty do you have] ... (with) HEAVY DOMESTIC DUTIES?

(Read options if necessary. Single response.)

Interviewer note: Activities such as mowing, shovelling, vacuuming, moving heavy objects)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused

M24 [Thinking about your knees in the last 2 weeks, what degree of difficulty do you have] ... (with) LIGHT DOMESTIC DUTIES?

(Read options if necessary. Single response.)

Interviewer note: activities include crafts, hobbies, clearing table, cooking, dusting)

1. None
2. Mild
3. Moderate
4. Severe
5. Extreme
6. Don't know / refused

**N. SOUTHERN CROSS CONTROLS (n~23)
- LOCATION 3 - Shoulder Pain and
Disability Index**

(Interviewer note: if both shoulders are involved, the questions relate to the worst shoulder. If respondent says don't do, or try to avoid, an activity prompt to respond if they hypothetically had to do it)

These next questions relate to your shoulder area.

N1 Thinking about THE LAST WEEK, please describe your pain on a scale from 0 to 10, where 0 is no pain and 10 is the worst pain imaginable. How severe is your pain ... AT ITS WORST?

(Single response. Interviewer note: repeat scale if necessary)

- 0. No pain at all
- 1. 1
- 2. 2
- 3. 3
- 4. 4
- 5. 5
- 6. 6
- 7. 7
- 8. 8
- 9. 9
- 10. The worst pain imaginable
- 11. Don't know
- 12. No pain in shoulder in the last week

Sequence guide: If N1 = 12 (no pain in last week), go to N6

N2 [Thinking about your shoulder in the last week, how severe is your pain ... on a scale from 0 to 10, where 0 is no pain and 10 is the worst pain imaginable] ... WHEN LYING ON THE INVOLVED SIDE?

(Single response. Interviewer note: repeat scale if necessary)

- 0. No pain at all
- 1. 1
- 2. 2
- 3. 3
- 4. 4
- 5. 5
- 6. 6
- 7. 7
- 8. 8
- 9. 9
- 10. The worst pain imaginable
- 11. Don't know

N3 [Thinking about your shoulder in the last week, how severe is your pain ... on a scale from 0 to 10, where 0 is no pain and 10 is the worst pain imaginable] ... REACHING FOR SOMETHING ON A HIGH SHELF?

(Single response. Interviewer note: repeat scale if necessary. If respondent avoids, then asked how much pain if they hypothetically had to do it)

- 0. No pain at all
- 1. 1
- 2. 2
- 3. 3
- 4. 4
- 5. 5
- 6. 6
- 7. 7
- 8. 8
- 9. 9
- 10. The worst pain imaginable
- 11. Don't know

N4 [Thinking about your shoulder in the last week, how severe is your pain ... on a scale from 0 to 10, where 0 is no pain and 10 is the worst pain imaginable]
... **TOUCHING THE BACK OF YOUR NECK?**

(Single response. *Interviewer note: repeat scale if necessary*)

- 0. No pain at all
- 1. 1
- 2. 2
- 3. 3
- 4. 4
- 5. 5
- 6. 6
- 7. 7
- 8. 8
- 9. 9
- 10. The worst pain imaginable
- 11. Don't know

N5 [Thinking about your shoulder in the last week, how severe is your pain ... on a scale from 0 to 10, where 0 is no pain and 10 is the worst pain imaginable] ...
PUSHING WITH THE INVOLVED ARM?

(Single response. *Interviewer note: repeat scale if necessary. If respondent avoids, then asked how much pain if they hypothetically had to do it*)

- 0. No pain at all
- 1. 1
- 2. 2
- 3. 3
- 4. 4
- 5. 5
- 6. 6
- 7. 7
- 8. 8
- 9. 9
- 10. The worst pain imaginable
- 11. Don't know

N6 For these next questions, can you please describe your experience on a scale from 0 to 10, where 0 is no difficulty and 10 is so difficult it requires help. So thinking about your shoulder area in the last week, how much difficulty do you have
... **WASHING YOUR HAIR?**

(Single response. *Interviewer note: repeat scale if necessary*)

- 0. No difficulty
- 1. 1
- 2. 2
- 3. 3
- 4. 4
- 5. 5
- 6. 6
- 7. 7
- 8. 8
- 9. 9
- 10. So difficult it requires help
- 11. Don't know

N7 [Thinking about your shoulder in the last week, how much difficulty do you have ... on a scale from 0 to 10, where 0 is no difficulty and 10 is so difficult it requires help] ... **WASHING YOUR BACK?**

(Single response. *Interviewer note: repeat scale if necessary*)

- 0. No difficulty
- 1. 1
- 2. 2
- 3. 3
- 4. 4
- 5. 5
- 6. 6
- 7. 7
- 8. 8
- 9. 9
- 10. So difficult it requires help
- 11. Don't know

N8 [Thinking about your shoulder in the last week, how much difficulty do you have ... on a scale from 0 to 10, where 0 is no difficulty and 10 is so difficult it requires help]... **PUTTING ON AN UNDERSHIRT OR JUMPER?**

(Single response. Interviewer note: repeat scale if necessary)

- 0. No difficulty
- 1. 1
- 2. 2
- 3. 3
- 4. 4
- 5. 5
- 6. 6
- 7. 7
- 8. 8
- 9. 9
- 10. So difficult it requires help
- 11. Don't know

N9 [Thinking about your shoulder in the last week, how much difficulty do you have ... on a scale from 0 to 10, where 0 is no difficulty and 10 is so difficult it requires help] ... **PUTTING ON A SHIRT THAT BUTTONS DOWN THE FRONT?**

(Single response. Interviewer note: repeat scale if necessary)

- 0. No difficulty
- 1. 1
- 2. 2
- 3. 3
- 4. 4
- 5. 5
- 6. 6
- 7. 7
- 8. 8
- 9. 9
- 10. So difficult it requires help
- 11. Don't know

N10 [Thinking about your shoulder in the last week, how much difficulty do you have ... on a scale from 0 to 10, where 0 is no difficulty and 10 is so difficult it requires help] ... **PUTTING ON YOUR PANTS?**

(Single response. Interviewer note: repeat scale if necessary)

- 0. No difficulty
- 1. 1
- 2. 2
- 3. 3
- 4. 4
- 5. 5
- 6. 6
- 7. 7
- 8. 8
- 9. 9
- 10. So difficult it requires help
- 11. Don't know

N11 [Thinking about your shoulder in the last week, how much difficulty do you have ... on a scale from 0 to 10, where 0 is no difficulty and 10 is so difficult it requires help] ... **PLACING AN OBJECT ON A HIGH SHELF?**

(Single response. Interviewer note: repeat scale if necessary)

- 0. No difficulty
- 1. 1
- 2. 2
- 3. 3
- 4. 4
- 5. 5
- 6. 6
- 7. 7
- 8. 8
- 9. 9
- 10. So difficult it requires help
- 11. Don't know

N12 [Thinking about your shoulder in the last week, how much difficulty do you have ... on a scale from 0 to 10, where 0 is no difficulty and 10 is so difficult it requires help] ... **CARRYING A HEAVY OBJECT OF 10 POUNDS (4.5 kilograms)?**

(Single response. *Interviewer note: repeat scale if necessary. Suggest large bag of potatoes if participant has difficulty with quantity*)

- 0. No difficulty
- 1. 1
- 2. 2
- 3. 3
- 4. 4
- 5. 5
- 6. 6
- 7. 7
- 8. 8
- 9. 9
- 10. So difficult it requires help
- 11. Don't know

N13 [Thinking about your shoulder in the last week, how much difficulty do you have ... on a scale from 0 to 10, where 0 is no difficulty and 10 is so difficult it requires help] ... **REMOVING SOMETHING FROM YOUR BACK POCKET?**

(Single response. *Interviewer note: repeat scale if necessary. For female participants who may not relate to this activity, suggest reaching around to the lower back*)

- 0. No difficulty
- 1. 1
- 2. 2
- 3. 3
- 4. 4
- 5. 5
- 6. 6
- 7. 7
- 8. 8
- 9. 9
- 10. So difficult it requires help
- 11. Don't know

Sequence guide: If already asked **Error! Reference source not found.**, skip to next section go to 0. (END).

O. QUESTIONNAIRE / CONTACT DETAILS

So just to finish off with some general questions ...

O1 Would you be willing to answer a general health and well-being questionnaire that we would send out to you?

(Single response)

1. Yes
2. No

Sequence guide: If O1 = 2 (no), go to O3

O2 Would you rather we sent it to you by post or by email?

(Single response)

1. Post
2. Email

O3 We would like to keep you up to date about the study by sending you our newsletter or invite you again to participate in any other health assessment. Would you mind if we contact you at a later date?

(Single response)

1. Yes, can contact
2. No, total withdrawal from the study

Sequence guide: If IO2 = 1 (ongoing contact), go to O5

O4 Your involvement in the study has been most valuable in providing information that is helping to improve the health of the community. Thank you for your time today. **END/TERMINATION OF INTERVIEW**

O5 Do you have an email address so that we can send you updates about the study?

(Multiple response)

1. Enter HOME email address [text]
2. Enter WORK email address [text]
3. No email address

O6 Can I please confirm that your address is ...? (*HEADER - current address*)

(Multiple response)

1. Address confirmed
2. Change of address

Sequence guide: If O6 = 1 (address confirmed), go to O8

O7 Change of address

1. Enter address [text]
2. Enter postcode 5 _ _ _

O8 Our records show that you have a second address. Is this still ...? (*HEADER -second address, ie if current address is postal - if address recorded, read out from header. If NO address recorded, continue*) Is there another address we can record for you?

1. Enter address (change or new) [text]
2. Enter postcode 5 _ _ _

O9 What is the length of time you have spent at your current address?

(Single response)

1. Enter years [number - limit field to 99]
2. Enter months [number - limit field to 11]
3. Don't know
4. Refused

Sequence guide: If O9 > 7 years (ie still has same address as at recruitment), go to O14

The following questions are in relation to your address at your first clinic appointment.

(*Interviewer note: Phase 1A - in 2000; Phase 1B - in approx 2000/3*).

Our records show your address at that time was: (*Interviewer note: HEADER - address at Stage 1 recruitment*)

O10 What was the length of time you spent at this address?

(*Interviewer note: PROMPT with year of Stage 1 appointment*)

(Single response)

1. Enter years [number - limit field to 99]
2. Enter months [number - limit field to 11]
3. Don't know
4. Refused

O11 How many times have you moved since the time of your first clinic appointment?

(Single response)

1. 1
2. 2
3. 3
4. 4
5. 5
6. 6
7. 7 or more
8. Don't know
9. Refused
10. None

Sequence guide: If O11 = 1, 2, 3; or 8 or 9 (small number of moves or dk/ref), go to O13

O12 What is the address you spent most time at?

(Single response)

1. Enter text
2. Don't know
3. Refused

O13 Which suburb or town did you mostly live as a child (up to the age of 15 years)?

(Single response. *Interviewer note: (If respondent moved around a lot, please specify the place where the MAJORITY of time was spent. If respondent doesn't know the suburb name, ask for the locality name)*)

1. Enter suburb/town/locality [text]
2. Enter state [text]
3. Don't know
4. Refused

O14 Is this the best phone number to contact you, or is there another number (eg work, mobile) that might be more appropriate?

(Multiple Response. *Interviewer note: confirm number and determine if the best number is a home, work or other phone number)*)

1. This is the best number
2. Home number
3. Work number
4. Mobile number
5. Other number

O15 Additional telephone numbers

(Multiple Response. *Interviewer note: confirm number and determine if the best number is a home, work or other phone number)*)

1. This is the best number
2. Home number
3. Work number
4. Mobile number
5. Other number

P. END OF INTERVIEW (main)

That concludes the interview. Are there any comments that you would like to make about the study?

(Single Response)

1. Yes (specify)
2. No

On behalf of the North West Adelaide Health Study Team, I would like to thank you very much for helping us once again. We very much appreciate your ongoing participation in this study which makes a very important contribution to the awareness of health issues in the north western area of Adelaide. Depending on the sections you have answered, you may be sent more than one questionnaire. Thank you again for your time.

Interviewer note: Further information, phone 1800 635 352, or Internet <http://www.nwelaidehealthstudy.org>)

(IF NECESSARY) As some of the questions we have asked may have been distressing or caused some concern for some people, I would like to offer you a telephone number if you feel that you need to discuss some of these concerns with a qualified professional.

[Adult Mental Health Services - 24 hour crisis and emergency assistance - 131-465]

Q. END OF INTERVIEW (for people speaking on behalf of those participants who have either died or moved house)

Thank you for your time today.