National Study of Caregiving

Section HE [HEALTH]  

QUESTION TEXT:
Would you say that in general, your health is excellent, very good, good, fair, or poor?

CODES
1 EXCELLENT
2 VERY GOOD
3 GOOD
4 FAIR
5 POOR
REFUSED
DON'T KNOW

{[] I will read a list of some diseases that a doctor may have said you have. Please tell me if a doctor ever told you that you had...[]}

RESPONSE [1] a. a heart attack or myocardial infarction?
RESPONSE [2] b. any other heart disease including angina or congestive heart failure?
RESPONSE [3] c. high blood pressure or hypertension?
RESPONSE [4] d. arthritis?
RESPONSE [5] e. osteoporosis or thinning of the bones?
RESPONSE [6] f. diabetes?
RESPONSE [7] g. lung disease, such as emphysema, asthma, or chronic bronchitis?
RESPONSE [8] h. cancer?
RESPONSE [9] i. serious difficulty seeing?
RESPONSE [10] j. serious difficulty hearing?

CODES
1 YES
PROGRAMMER INSTRUCTIONS:
Array the responses and variable text columns in the panel.
Display 'variable text' in the a-j sequence until all rows have been displayed.

<table>
<thead>
<tr>
<th>BOX HE3</th>
<th>BOX HE3</th>
<th>NOT ON FILE</th>
</tr>
</thead>
<tbody>
<tr>
<td>If HE2h = 1 (YES, CANCER), go to HE3. Otherwise, go to HE4PRE.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HE3</th>
<th>che5cncrskin</th>
<th>C5 HE3 CANCER TYPE SKIN CANCER</th>
</tr>
</thead>
<tbody>
<tr>
<td>che5cncrbrst</td>
<td>C5 HE3 CANCER TYPE BREAST CANCER</td>
<td></td>
</tr>
<tr>
<td>che5cncrpros</td>
<td>C5 HE3 CANCER TYPE PROSTATE CANCER</td>
<td></td>
</tr>
<tr>
<td>che5cncroth</td>
<td>C5 HE3 CANCER TYPE OTHER TYPE</td>
<td></td>
</tr>
</tbody>
</table>

DISPLAY INSTRUCTIONS:
If pre-loaded CG SEX= 2 (MALE), display "prostate cancer," and response code 3.

QUESTION TEXT:
Was that skin cancer, breast cancer, {prostate cancer,} or some other type?
SELECT ALL THAT APPLY

<table>
<thead>
<tr>
<th>CODES</th>
<th>Code All That Apply</th>
<th>HE4PRE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>SKIN CANCER</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>BREAST CANCER</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>{PROSTATE CANCER}</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>OTHER TYPE OF CANCER (SPECIFY)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>REFUSED</td>
<td>HE4PRE</td>
</tr>
<tr>
<td></td>
<td>DON'T KNOW</td>
<td>HE4PRE</td>
</tr>
</tbody>
</table>

HE3a

QUESTION TEXT:
SPECIFY TYPE OF CANCER
IF NEEDED: What type of cancer was that?

ENTER TEXT
Length 25
REFUSED
DON'T KNOW

HE4PRE

QUESTION TEXT:
Now I have a few questions about other health problems.
PRESS 1 AND ENTER TO CONTINUE

HE4

DISPLAY INSTRUCTIONS:
Display “In the last month” in underlined text.
**QUESTION TEXT:**

In the last month, have you been bothered by pain?

**CODES**

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>YES</td>
<td>HE6</td>
</tr>
<tr>
<td>2</td>
<td>NO</td>
<td>HE6</td>
</tr>
<tr>
<td></td>
<td>REFUSED</td>
<td>HE6</td>
</tr>
<tr>
<td></td>
<td>DON'T KNOW</td>
<td>HE6</td>
</tr>
</tbody>
</table>

**HE5**

**DISPLAY INSTRUCTIONS:**

Display “In the last month” in underlined text.

**QUESTION TEXT:**

In the last month, how often has pain limited your activities? Would you say every day, most days, some days, rarely, or never?

**CODES**

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>EVERY DAY</td>
<td>HE6</td>
</tr>
<tr>
<td>2</td>
<td>MOST DAYS</td>
<td>HE6</td>
</tr>
<tr>
<td>3</td>
<td>SOME DAYS</td>
<td>HE6</td>
</tr>
<tr>
<td>4</td>
<td>RARELY</td>
<td>HE6</td>
</tr>
<tr>
<td>5</td>
<td>NEVER</td>
<td>HE6</td>
</tr>
<tr>
<td></td>
<td>REFUSED</td>
<td>HE6</td>
</tr>
<tr>
<td></td>
<td>DON'T KNOW</td>
<td>HE6</td>
</tr>
</tbody>
</table>

**HE6**

**DISPLAY INSTRUCTIONS:**

Display “In the last month” in underlined text.

**QUESTION TEXT:**

In the last month, did you have any breathing problems, including shortness of breath or difficulty breathing?

**CODES**

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>YES</td>
<td>HE8</td>
</tr>
<tr>
<td>2</td>
<td>NO</td>
<td>HE8</td>
</tr>
<tr>
<td></td>
<td>REFUSED</td>
<td>HE8</td>
</tr>
<tr>
<td></td>
<td>DON'T KNOW</td>
<td>HE8</td>
</tr>
</tbody>
</table>

**HE7**

**DISPLAY INSTRUCTIONS:**

Display “In the last month” in underlined text.

**QUESTION TEXT:**

In the last month, how often did your breathing problems limit your activities? Would you say every day, most days, some days, rarely, or never?

**CODES**

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>EVERY DAY</td>
<td>HE7</td>
</tr>
<tr>
<td>2</td>
<td>MOST DAYS</td>
<td>HE7</td>
</tr>
<tr>
<td>3</td>
<td>SOME DAYS</td>
<td>HE7</td>
</tr>
<tr>
<td>4</td>
<td>RARELY</td>
<td>HE7</td>
</tr>
<tr>
<td>5</td>
<td>NEVER</td>
<td>HE7</td>
</tr>
<tr>
<td></td>
<td>REFUSED</td>
<td>HE7</td>
</tr>
<tr>
<td></td>
<td>DON'T KNOW</td>
<td>HE7</td>
</tr>
</tbody>
</table>
HE8 CHE5ARMSTR C5 HE8 LIMITED STRENGTH IN ARMS

DISPLAY INSTRUCTIONS:
Display “In the last month” in underlined text.

QUESTION TEXT:
In the last month, did you have limited strength or movement in your shoulders, arms, or hands?

CODES
1 YES
2 NO
REFUSED HE10
DON’T KNOW HE10

HE9 CHE5ARMMLMT C5 HE9 ARM STRENGTH OFT LIMITED

DISPLAY INSTRUCTIONS:
Display “In the last month” in underlined text.

QUESTION TEXT:
In the last month, how often did this problem with your shoulders, arms or hands limit your activities?
[Would you say every day, most days, some days, rarely, or never?]

CODES
1 EVERY DAY
2 MOST DAYS
3 SOME DAYS
4 RARELY
5 NEVER
REFUSED HE12
DON’T KNOW HE12

HE10 CHE5LEGSTR C5 HE10 LIMITED STRENGTH IN LEGS

DISPLAY INSTRUCTIONS:
Display “In the last month” in underlined text.

QUESTION TEXT:
In the last month, did you have limited strength in your hips, legs, knees, or feet?

CODES
1 YES
2 NO
REFUSED HE12
DON’T KNOW HE12

HE11 CHE5LEGMLMT C5 HE11 LEG STRENGTH OFT LIMITED

DISPLAY INSTRUCTIONS:
Display “In the last month” in underlined text.

QUESTION TEXT:
In the last month, how often did this problem with your hips, legs, knees, or feet limit your activities?
[Would you say every day, most days, some days, rarely, or never?]

CODES
1 EVERY DAY
2 MOST DAYS
3 SOME DAYS
4 RARELY
HE12 ch5lownery C5 HE12 LOW ENERGY IN LAST MONTH
DISPLAY INSTRUCTIONS:
Display “In the last month” in underlined text.

QUESTION TEXT:
In the last month, did you have low energy or were you easily exhausted?

CODES

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>NO</td>
<td>HE14</td>
</tr>
<tr>
<td>2</td>
<td>REFUSED</td>
<td>HE14</td>
</tr>
<tr>
<td></td>
<td>DON’T KNOW</td>
<td>HE14</td>
</tr>
</tbody>
</table>

HE13 ch5enrgylmt C5 HE13 ENERGY OFT LIMITED
DISPLAY INSTRUCTIONS:
Display “In the last month” in underlined text.

QUESTION TEXT:
In the last month, how often did your low energy or exhaustion limit your activities?

[Would you say every day, most days, some days, rarely, or never?]

CODES

<table>
<thead>
<tr>
<th></th>
<th>EVERY DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>MOST DAYS</td>
</tr>
<tr>
<td>2</td>
<td>SOME DAYS</td>
</tr>
<tr>
<td>3</td>
<td>RARELY</td>
</tr>
<tr>
<td>4</td>
<td>NEVER</td>
</tr>
<tr>
<td>5</td>
<td>REFUSED</td>
</tr>
<tr>
<td></td>
<td>DON’T KNOW</td>
</tr>
</tbody>
</table>

HE14 ch5sleeple C5 HE14 TROUBL FALLNG BACK ASLEP
DISPLAY INSTRUCTIONS:
Display “In the last month” in underlined text.

QUESTION TEXT:
In the last month, on nights when you woke up before you wanted to get up, how often did you have trouble falling back asleep?

[Would you say every night, most nights, some nights, rarely, or never?]

CODES

<table>
<thead>
<tr>
<th></th>
<th>EVERY NIGHT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>MOST NIGHTS</td>
</tr>
<tr>
<td>2</td>
<td>SOME NIGHTS</td>
</tr>
<tr>
<td>3</td>
<td>RARELY</td>
</tr>
<tr>
<td>4</td>
<td>NEVER</td>
</tr>
<tr>
<td>5</td>
<td>REFUSED</td>
</tr>
<tr>
<td></td>
<td>DON’T KNOW</td>
</tr>
</tbody>
</table>

BOX HE15 BOX HE15 NOT ON FILE

If preloaded INHOUSEHOLD flag = 1 for Caregiver, go to HE15.
Otherwise, go to HE16.
### HE15 che5sleepint C5 HE15 INTERRUPTED SLEEP

**DISPLAY INSTRUCTIONS:**
Display “In the last month” in underlined text.

**QUESTION TEXT:**

In the last month, how often did helping [SP] cause your sleep to be interrupted?

[Would you say every day, most days, some days, rarely, or never?]

**CODES**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>EVERY NIGHT</td>
</tr>
<tr>
<td>2</td>
<td>MOST NIGHTS</td>
</tr>
<tr>
<td>3</td>
<td>SOME NIGHTS</td>
</tr>
<tr>
<td>4</td>
<td>RARELY</td>
</tr>
<tr>
<td>5</td>
<td>NEVER</td>
</tr>
<tr>
<td></td>
<td>REFUSED</td>
</tr>
<tr>
<td></td>
<td>DON'T KNOW</td>
</tr>
</tbody>
</table>

### HE16 che5weight C5 HE16 WEIGHT IN POUNDS

**QUESTION TEXT:**

How much do you currently weigh?

ENTER WEIGHT IN POUNDS

**ENTER NUMBER**

<table>
<thead>
<tr>
<th>Range</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>REFUSED</td>
<td></td>
</tr>
<tr>
<td>DON'T KNOW</td>
<td></td>
</tr>
<tr>
<td>65 to 600</td>
<td></td>
</tr>
<tr>
<td>90 to 300</td>
<td></td>
</tr>
</tbody>
</table>

### HE17a che5heightft C5 HE17A HEIGHT IN FEET

**QUESTION TEXT:**

How tall are you?

ENTER FEET

**ENTER NUMBER**

<table>
<thead>
<tr>
<th>Range</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>REFUSED</td>
<td></td>
</tr>
<tr>
<td>DON'T KNOW</td>
<td></td>
</tr>
<tr>
<td>3 to 7</td>
<td></td>
</tr>
<tr>
<td>4 to 6</td>
<td></td>
</tr>
<tr>
<td>HE18</td>
<td></td>
</tr>
</tbody>
</table>

### HE17b che5heightin C5 HE17B HEIGHT INCHES

**QUESTION TEXT:**

How tall are you?

ENTER INCHES

**ENTER NUMBER**

<table>
<thead>
<tr>
<th>Range</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>REFUSED</td>
<td></td>
</tr>
<tr>
<td>DON'T KNOW</td>
<td></td>
</tr>
<tr>
<td>0 to 11</td>
<td></td>
</tr>
</tbody>
</table>

### HE18 che5lost10lb C5 HE18 IN YR LOST 10 POUNDS

**QUESTION TEXT:**

Have you lost 10 or more pounds in the last 12 months?
**CODES**

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
<th>REFUSED</th>
<th>DON'T KNOW</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td>HE19</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td>HE19</td>
</tr>
</tbody>
</table>

**HE18a**

**che5try2lose**

C5 HE18A TRYING TO LOSE WEIGHT

**QUESTION TEXT:**

Were you trying to lose weight?

**CODES**

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
<th>REFUSED</th>
<th>DON'T KNOW</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td>HE19</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td>HE19</td>
</tr>
</tbody>
</table>

**HE19**

**che5moodcher**

C5 HE19A CG FELT CHEERFUL

**che5moodpcfl**

C5 HE19B CG FELT CALM PEACEFUL

**che5moodfull**

C5 HE19C CG FELT FULL OF LIFE

**che5moodbord**

C5 HE19D CG FELT BORED

**che5moodlone**

C5 HE19E CG FELT LONELY

**che5moodupst**

C5 H319F CG FELT UPSET

**DISPLAY INSTRUCTIONS:**

Use “Same Question Stem” display.

If at HE19a, do not display question text in brackets.

Otherwise, display question text in brackets.

Display “the last month” in underlined text.

**QUESTION TEXT:**

{{Thinking about the last month, how often did you feel…[{}]}]

{variable text [a-f]}

RESPONSE [1] a. cheerful?

RESPONSE [2] b. calm and peaceful?

RESPONSE [3] c. full of life?

RESPONSE [4] d. bored?

RESPONSE [5] e. lonely?

RESPONSE [6] f. upset?

{{Would you say every day, most days, some days, rarely, or never?}}

**CODES**

<table>
<thead>
<tr>
<th></th>
<th>EVERY DAY</th>
<th>MOST DAYS</th>
<th>SOME DAYS</th>
<th>RARELY</th>
<th>NEVER</th>
<th>REFUSED</th>
<th>DON'T KNOW</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
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<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PROGRAMMER INSTRUCTIONS:**

Array the responses and variable text columns in the panel.

Display ‘variable text’ in the a-f sequence until all rows have been displayed.
HE20

che5fltitin  C5 HE20A CG FELT LITTLE INTERST
che5fltdown  C5 HE20B CG FELT DOWN DEPRESSED
che5fltnervs  C5 HE20C CG FELT NERVOUS ANXIOUS
che5fltworry  C5 HE20D CG FELT UNABLE2STP WRRY

DISPLAY INSTRUCTIONS:

Use "Same Question Stem" display.
If at HE20a, do not display question text in brackets.
Otherwise, display question text in brackets.
Display "the last month" in underlined text.

QUESTION TEXT:

{} Over the last month, how often have you...
{} 
{variable text [a-d]}
RESPONSE [1] a. had little interest or pleasure in doing things?
RESPONSE [2] b. felt down, depressed, or hopeless?
RESPONSE [3] c. felt nervous, anxious, or on edge?
RESPONSE [4] d. been unable to stop or control worrying?

{} Would you say not at all, several days, more than half the days, or nearly every day?

CODES

1  NOT AT ALL
2  SEVERAL DAYS
3  MORE THAN HALF THE DAYS
4  NEARLY EVERY DAY
    REFUSED
    DON'T KNOW

PROGRAMMER INSTRUCTIONS:

Array the responses and variable text columns in the panel.
Display 'variable text' in the a-d sequence until all rows have been displayed.

HE21

che5lifemng  C5 HE21A LIFE HAS MEANING PURPOSE
che5feelconf  C5 HE21B CG FEELS CONFIDENT
che5gaveup   C5 HE21C CG GAVEUP IMPROVING LIFE
che5lifegood  C5 HE21D CG LIKES LIVING SITUATION
che5lifelone  C5 HE21E CG FEELS LONELY
che5easychng  C5 HE21F CG ADJUSTS CHANG EASILY
che5rcvrqick  C5 HE21G CG RECOVERS QUICKLY

DISPLAY INSTRUCTIONS:

Use "Same Question Stem" display.
If at HE21a, do not display question text in brackets.
Otherwise, display question text in brackets.

QUESTION TEXT:

{} Now I'm going to read a few statements.

Think about yourself, and after each statement, please tell me whether you agree strongly, agree somewhat, disagree somewhat, or disagree strongly.

{variable text [a-g]}
RESPONSE [5] e. I often feel lonely because I have few close friends.
RESPONSE [6] f. I have an easy time adjusting to changes.
RESPONSE [7] g. I get over (recover from) illness and hardship quickly.

CODES
1 AGREE STRONGLY Section HD
2 AGREE SOMEWHAT Section HD
3 DISAGREE SOMEWHAT Section HD
4 DISAGREE STRONGLY Section HD
   REFUSED Section HD
   DON’T KNOW Section HD

PROGRAMMER INSTRUCTIONS:
Array the responses and variable text columns in the panel.
Display 'variable text' in the a-g sequence until all rows have been displayed.