

## CLINIC INTERVIEW PROTOCOL

### 1. Introduction

This section contains information about the in-clinic interview. This interview is comprised of three sections: Alcohol use, social/economic status and physical activity. Specific information about the questions asked in the clinic interview is provided in this section. Please read the next section, entitled "Interview Guidelines" for more information about the general interview conduct.

### 2.0 Alcohol Use

#### 2.1 Introduction

If anyone asks what drinking has to do with osteoporosis, simply explain that we are not suggesting they are related, that we are simply trying to explore a variety of subjects that some people think might be related. But don't volunteer this kind of explanation unless you are asked. In most cases, you can proceed to ask this series in the same straightforward way that you ask all the other questions.

#### 2.2 Questions

**Q1.** Ask the participant if he has had at least 12 drinks of any kind of alcoholic beverage in the **past 12 months**. Be sure to emphasize the time period. Alcoholic beverages include but are not limited to:

- Beer (12 ounce can or more)
- Wine (5 ounce, or a full glass)
- A mixed drink, such as a martini or Manhattan, containing a "jigger," "shot," or a "finger of liquor" or more.

This question should be asked for all types of alcoholic beverages together. If the participant answers 'yes,' continue to the rest of the alcohol questions. If the participant answers 'no,' then ask question #2 and go on to the social and economic status questionnaire.

**Q1a.** For the average number of drinks per week, month or year, use smallest unit possible. Do not use decimal places or fractions. (If necessary, use different units to eliminate the need for decimals/fractions.) If the participant does not drink regularly, probe for the average week/month for the past year.

For example:

**Response:**

A participant says that he had 13 drinks in the past year.

**Code as:**

Okay as is.

A participant says that he had 16 drinks in the past month.

Record as 4 drinks per week.

A participant says that he had ½ drink a week

Change units to months to avoid fraction. (½ drink per week = 2 month.)

A participant spent one week on vacation and had 2 drinks a day during that week, and none the rest of the year.

Record as 14 drinks per year.

**Q1b.** For the average number of drinks per day, make sure that the participant understands that we are interested in the number of drinks per day WHEN HE DRANK ALCOHOL. This should be a whole number; no fractions or decimals allowed.

**Q1c.** 5 drinks on a single day. Again, no fractions/decimals are allowed. If the participant did not have at least five drinks on any one day, fill in the appropriate circle and leave the boxes empty. To illustrate: A participant says that every other Saturday he drinks 5 beers. This should be coded at 2 days per month.

**Q1d.** 9 drinks on a single day. No fractions are allowed. If a participant did not have at least 9 drinks on a single day, fill in the appropriate circle and leave the boxes empty.

**Q2.** 5 or more alcoholic drinks everyday. This question should be asked of all participants, even those who have not had anything to drink in the past 12 months. If the participant currently has five or more alcoholic drinks almost ever day, then answer 'yes.'

### 3.0 Social and economic status

**Q3&4.** The MacArthur Subjective Status Scale (MacStatus) was designed to assess self-perceived social ranking. Previous research examined social class identification, but generally found little variance in how individuals label themselves: the vast majority identify themselves as middle class. MacStatus was developed to capture the common sense of social status across the SES indicators (such as income, education, occupation.) In an easy pictorial format, it presents a 'social ladder,' and asks individuals to place an 'X' on the rung on which they feel they stand. There are two versions of the ladder, the first linked to standing in one's community (community ladder, Q3), and the other linked to traditional SES (SES ladder, Q4.) The community ladder (Q3) should be performed first.

Make sure that the participant places an 'X' on the rung of the ladder, not the space in between rungs. Code the ladder as follows: starting with the BOTTOM rung of the ladder=1, count UP THE LADDER to 10. Fill in the corresponding circle in the 'clinic use only' box.

(Source: Nancy E. Alder, PhD. University of California, San Francisco.)

### 4.0 Physical Activity

This next set of questions ask about the participant's CURRENT lifestyle practices.

**Q5.** Walks for exercise? **Walking for exercise** includes any regular walking by the participant done **specifically for its exercise value**. This would include walking to the store, post office or senior center because he '**wants the exercise.**' For those with irregular exercise habits or who walk for exercise every other day, add up the total blocks for a week and then divide by 7 to get an average. Do not enter fractions/decimals. If the respondents says that city blocks in his area are much longer or much shorter than the 12 to a mile indicated, convert the blocks that he walks to miles and then compute blocks per day based on 12 to a mile.

**Q6.** Walking as part of daily routine? Walking as part of the daily routine includes walking to the store because the respondent has no other way to get there, walking around a shopping mall because there is no other alternative, etc. Do not include walking up and down the aisles of a grocery store, for example, or walking around the

house while cleaning. A general rule of thumb should be to include only walking distances of a block or more at a time. This will generally be done outside or in a large shopping mall or similar setting.

**Q7.** Hours spent sleeping or lying down. This means time spent in a fully, or almost fully reclined position. This does not include sitting upright with the feet up, such as on an ottoman. For clarification, think of the back – if it is bent at more than a 45° angle then consider the participant sitting up, not reclined.

**Q8.** Hours spent sitting upright per day. This includes all time when the participant is sitting (back bent at a greater than 45° angle) , with the feet dangling or with the feet up.

Q7 and Q8 should not add up to more than 24 hours.

**Q9.** Week spent confined to bed. Include only consecutive weeks in bed. For example, if a participant had the flu twice for 4 days each, but these episodes were 6 months apart, this would not be consider one week. Include illness, injury or surgery. This can be a combination of time in the hospital or at home.

**Q10.** Volunteer or paid jobs outside the home for more than one month. List all of the jobs that the individual held over the past year for more than one month. If the individual had more than four jobs in the past year, list the four most recent jobs held. If the participant is unemployed, disabled, a homemaker, a student or retired, list as such a probe for normal activities of a normal 8 hour day, 5 days per week.

Indicate how the participant gets to and from work. This includes walking/riding bike to work because the respondent has no other way to get there.

Average job schedule. Fill in a value for each field. If the participant has a varied schedule (works every Saturday morning), fill in the average time: 12 months a year, 1 day a week, 4 hours per day.

Hours spent sitting: This should be less than the 'hours per day' box of the above question. If the participant does not sit down on the job, then enter '0.'

Activity category: Choose the most appropriate category for the activity that the participant most often does when not sitting.

