

CLINIC INTERVIEW

1. Introduction

This section contains information about the in-clinic interview. This interview is comprised of two sections: sleep habits and functional status. Specific information about the questions asked in the clinic interview is provided in this section. Please read the titled “Interview Guidelines” for more information about general interview conduct.

2. Sleep Habits

Quantity and quality of sleep change with age. These questions are designed to determine how much each participant sleeps and whether or not he feels he gets the sleep that he needs. In addition, determining sleep and nap periods will give us an estimate of time spent inactive.

Q1-2. General sleep habits

We are interested in the average number of hours spent sleeping and the number of hours of sleep needed to feel rested. If participants say that their sleeping and waking patterns vary and thus can't answer how many hours of sleep they get each night, try to elicit what happens on average. Answer to the nearest hour, always round up from 0.5.

Q3. General nap habits

“Regular naps” in this question, does not necessarily mean everyday, but it does mean at least once per week on a regular basis. If the participant does take regular naps, we are interested in on average how many days per week are spent napping and how long each nap lasts. Note that less than one day per week should be marked as 1 day.

Q4. Epworth Sleepiness Scale

This set of questions will provide a measurement of the participant's general level of daytime sleepiness. These questions ask how likely a participant is to dose off or fall asleep (in contrast to feeling just tired) during certain everyday activities. Answers should reflect the participant's life in recent times. The most appropriate choice should be marked for each part (a-h). If the participant says they haven't done a certain activity recently, explain that they should answer the question as to how the activity would have affected them if they did that activity in recent times.

You should develop a card that has the possible responses indicated so that you do not need to repeat them several times for the participant.

3. Functional Status

Q5-9. These questions ask about difficulty in accomplishing selected activities. One frequent area of confusion regarding functional status measures is determining the degree of difficulty for activities that the subject accomplished with help or with special aids. Therefore, we ask about difficulty when the respondent performs the activity **by himself and without using any special aids.**

It is important that the participant answers the questions about the degree of difficulty for the 5 specific activities when he does **NOT** use any aids or receive help.

Be sure the participant understands that the questions are about difficulty he has by himself and without the use of special aids. Aids include a cane, walker, artificial limb, special eating appliances, special reaching appliances, grab bars, automatic lifts, etc.

Customization: How you ask the functional status questions can be tailored somewhat to the participant. If a participant is obviously using a cane, say “without your cane, would you have difficulty....”.

If a participant says that he can do an activity but only very slowly, ask if he has difficulty doing the activity at a speed that he would consider normal for his age. If he does have difficulty at a normal speed, then mark ‘yes.’

Pain vs. difficulty: If a participant says he has pain but not difficulty, ask if pain makes the task more difficult or impossible to do. If so, then this is ‘difficulty.’ If he doesn’t do something because of pain, then this should be interpreted as a form of difficulty.

For each question, the participant should determine if he has difficulty doing the activity listed. If he answers YES, he will need to indicate the level of difficulty and then indicate if the difficulty is due to a health or physical problem. If he answers NO, then you can skip to the next question. If he answers I DON’T DO IT, he should indicate if this is because of a health or physical problem.

Function Questions:

For multiple activity questions, like housework, where the level of difficulty may vary across activities use the following rules of thumb:

1. If she doesn’t do one or two activities for nonhealth reasons (e.g. wash windows) but has no difficulty with most others, then code as “no difficulty”.
2. If she is unable to do some activities but has no difficulty with most others, code as “some difficulty”.
3. If she is unable to do some activities and has difficulty with most others, code as “much difficulty”.
4. If she is unable to do most activities, code as “unable”.

If difficulty (answers “Yes”) with an activity ask about the degree of difficulty and then the reason for the difficulty (health or physical problem).

If a participant reports that they do not do an activity ask if this is because of a health or physical problem.