



**SCORED LSB / PSYCHOSOCIAL
MEASURES FROM BASELINE TO FOLLOW
UP VISIT 12**

Cross Sectional Measures

CODEBOOK

ARCHIVED DATASET 2018

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DOCUMENTATION FOR THE SWAN LSB/PYCHOSOCIAL CROSS-SECTIONAL MEASURES BASELINE – FOLLOW UP VISIT 12 DATASET

Who is included in the public use dataset:

The dataset contains information from Baseline to Visit 12 for the 3,302 women from the 7 clinical sites participating in the SWAN longitudinal study. The sites include Boston, MA, Pittsburgh, PA, Oakland and Los Angeles, CA, Detroit, MI, Newark, NJ, and Chicago, IL. The assigned participant ID has been replaced with a randomly generated ARCHID in order to protect participant privacy.

This codebook documents the LSB (Lifestyle, Symptoms and Behaviors)/Psychosocial information obtained from the Cross-sectional Interview, Annual Interviews, and Self-Administered Questionnaire Part A (*hereafter referred to as SAA*) from Baseline through Follow up 12 Visit datasets.

Missing data coding: Original missing codes (-1: not applicable, -7: refused, -8: don't know, -9: missing) have been recoded to SAS missing codes (.B: not applicable, .D: refused, .C: don't know, and .A: missing).

Created variables: Some key standard variables that might be needed for many analyses were created. The names and coding of the created variables can be found beginning in Section IV.

Acculturation-Language (ACCBIN0, ACCCAT0, PROGRAM0, READSPK0, SPKFRND0, THINK0) was obtained once on the Baseline Interview from questions D.3 – 6. This scale includes 4 questions and was scored according to code provided by NERI/Nancy Avis. Responses were recoded so that 0 = only another language, 1 = other>English, 3 = English>other, and 4 = English only. The mean of these 4 questions was then used to create a binary variable (ACCBIN0: 0 = low/no acculturation, 1 = high acculturation) and a categorical variable (ACCCAT0: 0 = low, 1 = mid, 2 = high acculturation).

Attitudes toward Aging and Menopause (ATTAGMN0, ATTACAT0, ATTAGMN9, ATTACAT9) was obtained on the Cross-sectional Interview from questions I.1.a-j and the Visit 09 Follow up Interview questions F2.a-e and F.3.a-e, and was scored according to Sommer B, et al, *Psychosomatic Medicine*, 1999; 61:868-75. This scale includes 10 questions, although only 8 of the 10 questions are used for scoring. For this scale, a score is calculated if at least 6 of the 8 items were completed. Responses were reversed where necessary (OLD_VAL, FREE, POSITIVE) so that all items are positively scored. Items are summed, and can range from 0.00 to 3.00. A higher value indicates a more positive attitude. Additionally, the continuous score (ATTAGMN0, ATTAGMN9) is converted to a categorical score (ATTACAT0, ATTACAT9) defined as: 0=neutral/negative attitude (0.0-1.99); 1=slightly/somewhat positive attitude (2.00-2.49); and 2=highly positive attitude (2.50-3.00).

Visit 01 asked only one question from this scale (WORSE1) and Visit 04 asked six questions (POSITIV4, WORSE4, MENODEP4, REGRET4, NO_MED4, and H_NOTIC4). Therefore, scores were not derived for either of these visits.

Life Orientation Test (OPTISUM1, NEGORNT1, POSORNT1) was obtained on the Follow Up Visit 01 SAA from questions K.1.a-f. This scale includes 6 questions and was scored according to Scheier MF & Carver CS, *Health Psychology*, 1985, 4(3):219-247. To create the optimism summary score (OPTISUM1), the 3 “negative” items were reverse scored and then summed with the 3 “positive” items. The optimism summary score ranges from 0-18, with higher scores indicating more optimism. In addition, a positive orientation score (POSORNT1) was calculated by summing the 3 “positive” items, and a negative orientation score (NEGORNT1) was calculated by summing the 3 “negative” items. Both variables range from 0-9. It is important to note that SWAN did not include the 4 filler questions that are normally part of the scale. Also, the standard Life Orientation Test has 5 response categories (agree a lot, agree a little, neither agree nor disagree, disagree a little, disagree a lot). SWAN has changed the scale so that there are 4 different response categories (a lot like me, somewhat like me, a little like me, and not at all like me).

Spielberger Trait Anger Scales were obtained on the SAA at Follow Up Visits 04 and 07 and scored in accordance with the Spielberger references: Spielberger CD, Reheiser EC (2009). *Assessment of emotions: Anxiety, anger, depression, and curiosity*. Applied Psychology: Health and Well-Being 1, 271-302., Spielberger CD, et al. *The assessment of anger: The State-Trait Anger Scale*. In: Butcher JN, Spielberger CD, editors. *Advances in Personality Assessment*, 1983. and Spielberger CD. *The experience and expression of anger*:

Constructions and validation of an anger expression scale. In: Chesney MA, editor. *Anger & Hostility in Behavioral Medicine*, 1984,4-30.

- Spielberger Trait Anger Scale (STATANG7) was calculated from ten questions. All responses were positively scored. For this scale, a score is calculated if at least 8 of the 10 items were completed. Items are summed, and can range from 10 to 40; thus, a higher value indicates high trait anger. Trait anger refers to a predisposition to find a large range of situations to be annoying and to experience State Anger frequently. It is measured by asking participants about how angry they feel in general. Visit 07 is the only SWAN visit at which this particular Spielberger scale was asked.
- Spielberger Angry Reaction Subscale (STATANR4, STATANR7) was calculated from four questions, which are a subset of the Trait Anger questions. All responses were positively scored. For this scale, a score is calculated if at least 3 of the 4 items were completed. Items are summed, and the total score can range from 4 to 16; thus, a higher value indicates high trait angry reaction.
- Spielberger Angry Temperament Subscale (STATANT7) was calculated from four questions which are a subset of the Trait Anger questions. All responses were positively scored. For this scale, a score is calculated if at least 3 of the 4 items were completed. Items are summed, and can range from 4 to 16; thus, a higher value indicates high trait angry temperament. Angry Temperament subscale measures individual differences in the disposition to experience angry feelings without provocation. Visit 07 is the only visit at which this particular Spielberger subscale was asked.
- Spielberger Trait Anger Expression Inventory - Anger In Scale (STAXIN4) was calculated from eight questions, and all responses were positively scored. For this scale, a score is calculated if at least 6 of the 8 items were completed. Items are summed, and the total score can range from 8 to 32; thus, a higher score indicates the extent to which feelings of anger are suppressed. Visit 04 is the only SWAN visit at which this particular Spielberger scale was asked.
- Spielberger Trait Anger Expression Inventory - Anger Out Scale (STAXOUT4) was calculated from eight questions, and all responses were positively scored. For this scale, a score is calculated if at least 6 of the 8 items were completed. Items are summed, and the total score can range from 8 to 32; thus, a higher score indicates the extent to which feelings of anger are expressed. Visit 04 is the only SWAN visit at which this particular Spielberger scale was asked.

Spielberger Trait Anxiety Scale (STANXIT4, STANXIT7) was calculated on the SAA at Follow Up Visits 04 and 07 from ten questions in accordance with the reference Spielberger CD, Reheiser EC (2009). *Assessment of emotions: Anxiety, anger, depression, and curiosity.* Applied Psychology: Health and Well-Being 1, 271-302. This reference validates SWAN's use of 10 items instead of the 20-item scale outlined in Spielberger CD (1979). *Preliminary Manual for the State-Trait Personality Inventory (STPI)*. Unpublished manuscript. Tampa, FL, University of South Tampa. One further reference is Spielberger CD. *STAI Manual for State-Trait Anxiety Inventory.* Consulting Psychologists Press, 1970. Responses were reversed where necessary so that all items are positively scored, then were summed (range 10 to 40). Thus a higher value indicates high trait anxiety. For this scale, a score is calculated if at least 8 of the 10 items were completed. These questions were also asked at Visit 01; however, the response options for Visit 01 do not match those for Visit 04 & Visit 07 and thus have not been scored.

Pittsburgh Sleep Quality Index (PSQI_SCORE4, PSQI_SCORE12) scores were created for visits 4 and 12. Scores range from 0 – 21 and are a sum of the following seven component variables (range 0 – 3 each), which are also included (question numbers correspond to the accompanying form in the next section):

1. Daytime dysfunction (PSQIDAYDYS#) based on D10 and D11
2. Sleep Disturbances (PSQIDISTB#) based on D7b – D7j
3. Sleep Duration (PSQIDURAT#) based on D6
4. Sleep Efficiency (PSQIHSE#) based on D3, D5, and D6
5. Sleep Latency (PSQILATEN#) based on D4, D7a
6. Sleep Medications needed (PSQIMEDS#) based on D9
7. Subjective sleep quality (PSQISLPQUAL#) based on D8

Raw variables used to calculate these scores can be found in the Self-Administered Questionnaire A.

Please note that some questionable bedtime values reported in the Self-A have been changed from PM to AM in this dataset and for scoring (n=63 in visit 4, n=8 in visit 12). Additionally, PSQI variables for some participants with questionable bedtimes (n=32 in visit 4, n=9 in visit 12) have been set to missing in this dataset. It is recommended that analysts use the versions of the following sleep variables included in this dataset if they wish

to recreate scores: BEDMIL#, BEDTIMA#, BEDTIME#, GETUPAMP#, GETUPMIL#, and GETUPTI#. Other variables needed for scoring can be pulled from the Self-A dataset. Impacted IDs are listed below.

Race/ Ethnicity (RACE) Participant race/ethnicity is provided from the Screener dataset, coded as:

- 1= Black
- 2= Chinese/Chinese American
- 3= Japanese/Japanese American
- 4= White Non-Hispanic
- 5= Hispanic

Study site (SITE) Participant study site is provided from the Screener dataset, coded as:

- 11= Detroit, MI
- 12= Boston, MA
- 13= Chicago, IL
- 14= Oakland, CA
- 15= Los Angeles, CA
- 16= Newark, NJ
- 17= Pittsburgh, PA

Additional Notes:

- Visit 09 pulled summary scores from two different forms – the Follow up Interview and the Self-Administered Questionnaire Part A. If one of the forms was not present, the summary scores for that participant pulled from that form were missing. In addition, one site began collecting data again at Visit 09 after a gap of several visits using primarily the abbreviated follow up interview, that did not include a good many scores that are present in the LSB dataset.
- Not all scales created in this dataset have a published reference on which they were based. Nonetheless, the summary scores that have been created are provided to facilitate consistence across future SWAN manuscripts and presentations. Thus, use of these particular summary scores is encouraged by the Coordinating Center rather than the creation of new scales by individual investigators unless absolutely necessary.
- The number of women who completed each visit and each set of questions will vary. The SAS missing value (.) is used when a woman has not completed or does not have enough data to score a particular questionnaire.

LSB CROSS SECTIONAL DATASET MEASURES BY VISIT

SCALE (LSB Cross Sectional)	# Items	V00	V01	V02	V03	V04	V05	V06	V07	V08	V09	V10	V11	V12
Language Acculturation	4	FUI												
Attitude Toward Aging & Menopause	10	XSEC									FUI			
Optimism-Life Orientation Test	6*		SAA											
Spielberger Trait Anxiety	10**		SAA***			SAA			SAA					
Spielberger Trait Anger	10								SAA					
Sp. Angry Reaction	4					SAA			SAA					
Sp. Angry Temperament	4								SAA					
Spielberger Anger In	8					SAA								
Spielberger Anger Out	8					SAA								
Pittsburgh Sleep Quality Index						SAA								SAA

*Optimism scale is normally a 12-items

** Spielberger Trait Anxiety is normally a 20-items, but the 2009 article (see reference above) validates the use of the 10-item sale

***At V01 the wrong response options were used for Spielberger Trait Anxiety

SECTION III. QUESTIONS FROM DATA COLLECTION FORMS (VARIABLE NAMES INCLUDED)

ACCULTURATION (LANGUAGE):

The following questions were used to construct the ACCBIN0, ACCCAT0, PROGRAM0, READSPK0, SPKFRND0, THINK0 variables:

Now I would like to ask you some questions concerning language.

CODES

- 1....ONLY ENGLISH
- 2....ONLY CHINESE
- 3....ENGLISH MORE OFTEN THAN CHINESE
- 4....CHINESE MORE OFTEN THAN ENGLISH
- 5....BOTH CHINESE AND ENGLISH EQUALLY

- 6....ONLY JAPANESE
- 7....ENGLISH MORE OFTEN THAN JAPANESE
- 8....JAPANESE MORE OFTEN THAN ENGLISH
- 9....BOTH JAPANESE AND ENGLISH EQUALLY

- 10....ONLY SPANISH
- 11....ENGLISH MORE OFTEN THAN SPANISH
- 12....SPANISH MORE OFTEN THAN ENGLISH
- 13....BOTH SPANISH AND ENGLISH EQUALLY

- 14....OTHER, Please Specify: _____
- 8....DON'T KNOW
- 77....REFUSED

In general, what language do you read and speak? _____
LANGREA0 , READSPE0

In what language do you usually think? _____
LANGTHN0 , THNKSPE0

What language do you usually speak with your friends? _____
LANGSPE0 , SPEKSPE0

What is/are the language(s) of the radio or TV programs that you prefer to watch? _____
LANGPRO0 , PROGSPE0

ATTITUDES TOWARD AGING AND MENOPAUSE:

The following questions were used to construct the ATTACAT0, ATTACAT9, ATTAGMN0, and ATTAGMN9 variables:

Now I am going to read you some statements about some general attitudes and feelings that women your age may have. Please tell me whether you personally agree, you feel neutral or your disagree with them [READ a-e]

[PROMPT AT*: Do you personally agree, feel neutral (have no opinion) or disagree with:]

	Agree	Neutral	Disagree	DK	REF
*a. The older a woman is, the more valued she is. <u>OLD_VAL</u>	1	2	3	-8	-7
*b. A woman is less attractive after menopause. <u>ATTRACT</u>	1	2	3	-8	-7
c. Women who no longer have menstrual periods feel free and independent. <u>FREE</u>	1	2	3	-8	-7
d. Menopause is a midlife change that generally does not need medical attention. <u>NO_MED</u>	1	2	3	-8	-7
*e. Women with little free time hardly notice the menopause. <u>H_NOTICE</u>	1	2	3	-8	-7

Now I am going to read you some statements about your personal feelings. Please tell me whether you agree, your feel neutral or your disagree with them. [READ a-e]

[PROMPT AT*: Do you agree, feel neutral (have no opinion) or disagree?]

	Agree	Neutral	Disagree	DK	REF
*a. Overall, going through the menopause or change of life will be, or was, a positive experience for me. <u>POSITIVE</u>	1	2	3	-8	-7
*b. As I age, I feel worse about myself. <u>WORSE</u>	1	2	3	-8	-7
c. During the menopause or the change of life, I became, or expect to become, irritable or depressed. <u>MENODEPR</u>	1	2	3	-8	-7
d. I will feel, or felt, regret when my periods stopped for the last time. <u>REGRET</u>	1	2	3	-8	-7
*e. I don't, or didn't know what to expect with the menopause. <u>EXPECT</u>	1	2	3	-8	-7

LIFE ORIENTATION TEST – OPTIMISM (LOT):

The following questions were used to construct the OPTISUM1, NEGORNT1 and POSORNT1 variables:

Please read the following statements about yourself and indicate how much the statement describes the way you usually are. (CIRCLE ONE NUMBER ON EACH LINE)

		A lot like me	Somewhat like me	A little like me	Not at all like me
a. In uncertain times, I usually expect the best.	<u>EXPBEST1</u>	3	2	1	0
b. If something can go wrong for me, it will.	<u>GOWRONG1</u>	3	2	1	0
c. I'm always optimistic about my future.	<u>OPTIMIS1</u>	3	2	1	0
d. I hardly ever expect things to go my way.	<u>HRDLEXP1</u>	3	2	1	0
e. I rarely count on good things happening to me.	<u>GOODTH1</u>	3	2	1	0
f. Overall, I expect more good things to happen to me than bad.	<u>MOREGOO1</u>	3	2	1	0

SPIELBERGER TRAIT ANGER SCALE (all ten questions),

SPIELBERGER ANGRY REACTION SUBSCALE (upper case italic letters), and

SPIELBERGER ANGRY TEMPERAMENT SUBSCALE (upper case letters):

The following questions were used to construct the STATANG7, STATANR4, STATANR7 and STATANT7 variables:

n attached to the variable name indicates a visit number:

A number of **statements** that people have used to describe themselves are given below. Please read each statement and circle the number that corresponds to your response for each item. There are no right or wrong answers. Do not spend too much time on any one statement, but give the answer that describes how you generally feel. . (CIRCLE ONE NUMBER FOR EACH.)

		Almost Never	Sometimes	Often	Almost Always
A. I am quick tempered.	<u>QUICKTPn</u>	1	2	3	4
B. I have a fiery temper.	<u>FIERYTPn</u>	1	2	3	4
C. I am a hot-headed person.	<u>HOTHEADn</u>	1	2	3	4
D. I get angry when I'm slowed down by others' mistakes.	<u>GETANGRn</u>	1	2	3	4
E. I feel annoyed when I am not given recognition for doing good work.	<u>ANNOYEDn</u>	1	2	3	4
F. I fly off the handle.	<u>FLYOFFn</u>	1	2	3	4
g. When I get mad, I say nasty things.	<u>SAYNASTn</u>	1	2	3	4
H. It makes me furious when I'm criticized in front of others.	<u>FURIOUSn</u>	1	2	3	4
i. When I get frustrated, I feel like hitting someone.	<u>FEELHITn</u>	1	2	3	4
J. I feel infuriated when I do a good job & get a poor evaluation.	<u>INFURIAN</u>	1	2	3	4

SPIELBERGER TRAIT ANGER EXPRESSION – ANGER IN SCALE (lower case letters) and ANGER OUT SCALE (upper case letters):

The following questions were used to construct the STAXIN4 and STAXOUT4 variables:

Everyone feels angry or furious from time to time, but people differ in the ways they react when they are angry. A number of statements are listed below which people use to describe their reactions when they feel *angry* or *furious*. Read each statement and then fill in the circle with the number which indicates how *often* you *generally* react or behave in the manner described when you are feeling angry or furious. Remember that there are no right or wrong answers. Do not spend too much time on any one statement.

When Angry or Furious...	Almost Never	Sometimes	Often	Almost Always
A. I express my anger. <u>EXPRESS4</u>	1	2	3	4
b. I keep things in. <u>KEEPIN4</u>	1	2	3	4
c. I pout or sulk. <u>POUTSUL4</u>	1	2	3	4
d. I withdraw from people. <u>WITHDRA4</u>	1	2	3	4
E. I make sarcastic remarks to others. <u>SARCAST4</u>	1	2	3	4
F. I do things like slam doors. <u>SLAMDOO4</u>	1	2	3	4
g. I boil inside, but I don't show it. <u>BOILINS4</u>	1	2	3	4
H. I argue with others. <u>ARGUE4</u>	1	2	3	4
i. I tend to harbor grudges that I don't tell anyone about. <u>GRUDGES4</u>	1	2	3	4
J. I strike out at whatever infuriates me. <u>STRIKOU4</u>	1	2	3	4
k. I am secretly quite critical of others. <u>CRITICA4</u>	1	2	3	4
l. I am angrier than I am willing to admit. <u>ANGRIER4</u>	1	2	3	4
M. I say nasty things. <u>NASTY4</u>	1	2	3	4
n. I'm irritated a great deal more than people are aware of. <u>IRRITAT4</u>	1	2	3	4
O. I lose my temper. <u>TEMPER4</u>	1	2	3	4
P. If someone annoys me, I'm apt to tell him or her how I feel. <u>ANNOYSM4</u>	1	2	3	4

SPIELBERGER TRAIT ANXIETY:

The following questions were used to construct the STANXIT4 and STANXIT7 variables:

A number of **statements** that people have used to describe themselves are given below. Please read each statement and circle the number that represents **how you generally feel**. There are no right or wrong answers. Do not spend too much time on any one statement, but give the answer that seems to describe how you generally feel. (CIRCLE ONE NUMBER FOR EACH.)

		Almost Never	Sometimes	Often	Almost Always
a. I am a steady person.	<u>STEADPE4</u>	1	2	3	4
b. I feel satisfied with myself.	<u>SATISEL4</u>	1	2	3	4
c. I feel nervous and restless.	<u>RESTLES4</u>	1	2	3	4
d. I wish I could be as happy as others seem to be.	<u>WISHAPP4</u>	1	2	3	4
e. I feel like a failure.	<u>LIKEFAI4</u>	1	2	3	4
f. I get in a state of turmoil or tension as I think over my recent concerns and interests.	<u>TENSION4</u>	1	2	3	4
g. I feel secure.	<u>FEELSEC4</u>	1	2	3	4
h. I lack self-confidence.	<u>LACKSEL4</u>	1	2	3	4
i. I feel inadequate.	<u>INADEQA4</u>	1	2	3	4
j. I worry too much over something that does not matter.	<u>WORRYTO4</u>	1	2	3	4

PITTSBURGH SLEEP QUALITY INDEX:

The following questions were used to construct the PSQI_SCORE4 and PSQI_SCORE12 variables, and the component variables psqidaydys4, psqidaydys12, psqidistb4, psqidistb12, psqidurat4, psqidurat12, psqihse4, psqihse12, psqilatent4, psqilatent12, psqimed4, psqimed12, psqislpqual4, and psqislpqual12 :

PLEASE NOTE: The time variables and military versions were provided in the dataset because of corrections made. The military version is in blue and in parentheses below:

The following questions relate to your usual sleep habits during the past month only. Your answers should give the most accurate description for most of the days and nights in the past month. Please answer all questions.

D3. During the past month, when have you usually gone to bed at night? (PLEASE CIRCLE A.M. OR P.M.)

USUAL BED TIME _____:____ _____ **BEDTIME_n** **(BEDMIL_n)**
A.M. 1.
P.M. 2. **BEDTIMA_n**

D4. During the past month, how long (in minutes) has it usually taken you to fall asleep each night?

NUMBER OF MINUTES _____ **NUMMINU_n**

D5. During the past month, when have you usually gotten up in the morning? (PLEASE CIRCLE A.M. OR P.M.)

USUAL GETTING UP TIME _____:____ _____ **GETUPT_n** **(GETUPMIL_n)**
A.M. 1.
P.M. 2. **GETPAMP_n**

D6. During the past month, how many hours of **actual sleep** did you get at night? (This may be different than the number of hours you spend in bed.)

HOURS OF SLEEP PER NIGHT _____ **HRSSLEE_n**

D7. During the past month, how often have you had trouble sleeping because you...

	Not during the past month	Less than once a week	Once or twice a week	Three or more times a week
a. Cannot get to sleep within 30 minutes <u>NO30SLEn</u>	1	2	3	4
b. Wake up in the middle of the night or early in the morning <u>WAKEMIDn</u>	1	2	3	4
c. Have to get up to use the bathroom <u>USEBATHn</u>	1	2	3	4
d. Cannot breathe comfortably <u>CANTBRTn</u>	1	2	3	4
e. Cough or snore loudly <u>SNOREn</u>	1	2	3	4
f. Feel too cold <u>TOOCOLDn</u>	1	2	3	4
g. Feel too hot <u>TOOHOTn</u>	1	2	3	4
h. Had bad dreams <u>BADREAMn</u>	1	2	3	4
i. Have pain <u>HAVPAINn</u>	1	2	3	4
j. Other reason(s). <u>TRBSLEPn</u>	1	2	3	4
Please describe: <u>OTHTRBn</u>				

D8. During the past month, how would you rate your sleep quality overall?

	<u>SLEEPQLn</u>
Very good	1
Fairly good	2
Fairly bad.....	3
Very bad	4

D9. During the past month, how often have you taken medicine (prescribed or "over the counter") to help you sleep?

	<u>MEDICINn</u>
Not during the past month	1
Less than once a week	2
Once or twice a week	3
Three or more times a week	4

D10. During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?

TRBAWAKn

- Not during the past month 1
- Less than once a week 2
- Once or twice a week 3
- Three or more times a week 4

D11. During the past month, how much of a problem has it been for you to keep up enough enthusiasm to get things done?

ENTHUSn

- No problem at all 1
- Only a very slight problem 2
- Somewhat of a problem 3
- A very big problem 4

Alphabetical Listing of Created Variables in the Dataset

Variable	Label	Code
ATTAGMN0	V0 Attitude Aging & Menopause Mean (0-3)	
ATTACAT0	V0 Categ Attitude Aging & Menopause	1: Negative/Neutral 2: Slightly/Somewhat Positive 3: Highly Positive
ACCCAT0	V0 Categ Lang Acculturation	0: Low 1: Mid 2: High Accult
ACCBIN0	V0 Binary Lang Acculturation	0: Low/No Accult 1: High Accult
OPTISUM1	V1 Optimism Summary Score (0-18)	
NEGORNT1	V1 Negative Orientation (0-9)	
POSORNT1	V1 Positive Orientation (0-9)	
STANXIT4	V4 Spielberger Trait Anxiety Inventory	
STATANR4	V4 Spiel. Trait Angry Reaction Subscale (4-16)	
STAXIN4	V4 Spiel. Anger Expression: Anger In (8-32)	
STAXOUT4	V4 Spiel. Anger Expression: Anger Out (8-32)	
STANXIT7	V7 Spielberger Trait Anxiety Inventory	
STATANG7	V7 Spiel. Trait Anger Scale (10-40)	
STATANT7	V7 Spiel. Trait Angry Temperament Subscale (4-16)	
STATANR7	V7 Spiel. Trait Angry Reaction Subscale (4-16)	
ATTAGMN9	V9 Attitude Aging & Menopause Mean (0-3)	
ATTACAT9	V9 Categ Attitude Aging & Menopause	1: Negative/Neutral 2: Slightly/Somewhat Positive 3: Highly Positive
BEDTIMA4	V4 Bed Time AM/PM	1: A.M. 2: P.M.
GETPAMP4	V4 Wake Up Time AM/PM	1: A.M. 2: P.M.
BEDTIME4	V4 Bed Time during last month	
BEDMIL4	V4 Bed Time Military	
GETUPTI4	V4 Wake Up Time during last month	
GETUPMIL4	V4 Wake Up Time Military	
psqislpqual4	V4 Overall Sleep Quality (0-3)	
psqilaten4	V4 Sleep Latency (0-3)	
psqidurat4	V4 Duration of Sleep (0-3)	
psqihse4	V4 Sleep Efficiency (0-3)	
psqidistb4	V4 Sleep Disturbance (0-3)	
psqimed4	V4 Needs Meds to Sleep (0-3)	
psqidaydys4	V4 Day Dysfunction Due to Sleepiness (0-3)	
psqi_score4	V4 Global PSQI Score (0-21)	
BEDTIMA12	V12 Bed Time AM/PM	1: A.M.

Variable	Label	Code
		2: P.M.
GETPAMP12	V12 Wake Up Time AM/PM	1: A.M. 2: P.M.
BEDTIME12	V12 Bed Time during last month	
BEDMIL12	V12 Bed Time Military	
GETUPTI12	V12 Wake Up Time during last month	
GETUPMIL12	V12 Wake Up Time Military	
psqislpqual12	V12 Overall Sleep Quality (0-3)	
psqilaten12	V12 Sleep Latency (0-3)	
psqidurat12	V12 Duration of Sleep (0-3)	
psqihse12	V12 Sleep Efficiency (0-3)	
psqidistb12	V12 Sleep Disturbance (0-3)	
psqimed12	V12 Needs Meds to Sleep (0-3)	
psqidaydys12	V12 Day Dysfunction Due to Sleepiness (0-3)	
psqi_score12	V12 Global PSQI Score (0-21)	